

## Girls District IV 2A/1A Swim &amp; Dive Champs 2022

November 4-5, 2022

## Results

## #201 Girls 4x50 Yard Medley Relay

Dist IV: 1:55.67! 1993 Tumwater High School

M. Fiksdal, M. Frazee, D. Frazee, M. Hettick

2:01.50 2A State 2022

Team	Relay	Finals Time	
1 ABER		2:03.43	40.0
	Mullins, Emma 10	Matisons, Anna 12	
	Orona, Litzzy 12	Burns, Keara 11	
	32.97	32.31	30.11 28.04
2 TUMW		2:04.89	34.0
	Kalar, Jenna 10	Sarsfield, Makayla 10	
	Opdahl, Vivian 11	Johnston, Mily 11	
	32.23	34.96	31.08 26.62
3 HHS		2:10.20	32.0
	McIntosh, Milan 12	Guardamagna, Ludovica 12	
	Dangleis, Paige 10	Carter, Rosie 12	
	34.37	37.75	26.45 31.63
4 CR		2:13.39	30.0
	Dunning, Reese 10	Taylor, Lucy 10	
	Gravel, Kali 12	Gravel, Bree 12	
	35.04	38.73	32.56 27.06
5 ROCH		2:27.09	28.0
	Morgan, Grace 10	Smith, Kaysee 10	
	McElfresh, Kiran 12	Danielson, Julie 11	
	36.33	44.69	34.29 31.78
6 HBH		2:29.95	26.0
	Schroeder, Emily 09	Payne, Sarah 12	
	Brewer, McKelvey 11	Schwarz, Marissa 12	
	47.48	42.58	28.73 31.16
7 SHEL		2:31.46	24.0
	LaCelle, Hailey 10	Dale, Lucy 11	
	Smith, Madeleine 11	Dowling, Fiona 11	
	45.08	38.97	35.15 32.26
8 BHHS		2:32.30	22.0
	Knight, Ollie 11	Godi, Ludo 12	
	Holbrook, Abby 09	Grostick, Eden 11	
	36.45	46.58	40.57 28.70
9 MMHS		2:40.60	18.0
	Taitano, Chloe 11	Schellenberg, Anabelle 09	
	Barella, Julia 09	Collins, Natalie 10	
	43.71	44.38	37.03 35.48
10 EC		2:50.84	14.0
	Rauhala, Melissa 12	Boren, Victoria 11	
	Monserrate, Senia 11	Howard, Annika 09	
	43.74	55.28	37.99 33.83
--- RAL			DQ
	Jones, Lilly 09	Gaston, Natalie 12	
	Jackson, Chelsee 11	Rechenberg, Lara 10	
	59.33	53.95	33.51 33.61
--- WHS			DQ
	Nute, Jessica 12	Peck, Lolo 11	
	Rushlo, Lily 09	Delliquadri, Eva 12	
	35.47	45.15	46.75 32.63

## #202 Girls 200 Yard Free

Dist IV: 1:50.67! 2006 Amelia Messegee

2:06.00 2A State 2022

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1 Bringman, Chihiro	11	CENT	2:02.50	2A
	28.50	30.36	31.50	32.14
2 Mutoli, Kaylin	11	SHEL	2:12.05	17.0
	29.23	32.82	34.92	35.08
3 Smith, Kaysee	10	ROCH	2:16.02	16.0
	31.16	34.42	35.13	35.31
4 Morgan, Grace	10	ROCH	2:21.16	15.0
	32.46	35.08	36.56	37.06
5 Kalar, Jenna	10	TUMW	2:24.53	14.0
	31.66	36.09	38.65	38.13
6 McGaughan, Jolie	11	MMHS	2:26.12	13.0
	31.31	36.48	39.48	38.85
<b>B - Final</b>				
7 Paull, Megan	11	TUMW	2:25.67	12.0
	31.68	35.83	39.34	38.82
8 Bernt, Kaylee	10	EC	2:27.76	11.0
	34.42	37.23	39.13	36.98
9 Melville, Isabella	09	ABER	2:28.49	9.0
	33.86	37.60	39.62	37.41
10 Nute, Jessica	12	WHS	2:28.52	7.0
	33.03	37.57	40.07	37.85
11 Gatbonton, Mads	11	BHHS	2:31.48	6.0
	32.99	38.46	40.91	39.12
12 Mullins, Emma	10	ABER	2:32.98	5.0
	33.47	37.06	41.14	41.31
<b>C - Final</b>				
13 Peck, Lolo	11	WHS	2:38.72	4.0
	35.16	40.15	42.42	40.99
14 Howard, Annika	09	EC	2:48.47	3.0
	37.49	42.79	45.30	42.89
15 Tucker, Taelynn	11	MMHS	2:49.74	2.0
	37.76	44.64	43.83	43.51
*16 Martin, Asha	10	ABER	2:50.78	0.5
	36.68	42.71	45.44	45.95
*16 Rojas Contreras, Wer	10	ABER	2:50.78	0.5
	37.97	41.03	43.79	47.99
18 Henwood, Finn	12	HHS	3:03.05	
	38.40	45.91	50.70	48.04

## #202 Girls 200 Yard Free

Dist IV: 1:50.67! 2006 Amelia Messegee

2:06.00 2A State 2022

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1 Bringman, Chihiro	11	CENT	2:03.16	q2A
	28.59	30.78	31.96	31.83
2 Mutoli, Kaylin	11	SHEL	2:11.44	q
	30.07	33.17	34.13	34.07
3 Smith, Kaysee	10	ROCH	2:14.38	q
	30.70	34.59	34.96	34.13

4 Morgan, Grace	10	ROCH	2:20.93	q
	32.43	35.09	36.63	36.78
5 Kalar, Jenna	10	TUMW	2:23.30	q
	31.12	35.24	38.44	38.50
6 McGaughan, Jolie	11	MMHS	2:26.22	q
	31.43	36.36	40.42	38.01
7 Nute, Jessica	12	WHS	2:28.30	q
	33.08	37.33	39.65	38.24
8 Bernt, Kaylee	10	EC	2:28.47	q
	34.09	37.75	38.82	37.81
9 Mullins, Emma	10	ABER	2:29.77	q
	32.79	37.38	39.81	39.79
10 Paull, Megan	11	TUMW	2:30.90	q
	32.43	37.35	40.46	40.66
11 Gatbonton, Mads	11	BHHS	2:31.27	q
	33.26	38.92	40.59	38.50
12 Melville, Isabella	09	ABER	2:32.55	q
	34.29	1:18.12	40.26	
13 Peck, Lolo	11	WHS	2:39.02	q
	35.27	40.95	42.36	40.44
14 Howard, Annika	09	EC	2:49.56	q
	38.99	42.69	44.30	43.58
15 Rojas Contreras, Wer	10	ABER	2:51.36	q
			2:14.73	
16 Tucker, Taelynn	11	MMHS	2:51.67	q
	36.59	42.74	43.91	48.43
17 Martin, Asha	10	ABER	2:51.88	q
	36.86	42.70	47.40	44.92
18 Henwood, Finn	12	HHS	3:03.65	q

## #203 Girls 200 Yard IM

Dist IV: 2:08.71! 1999 Sara Crowell - TIMB

2:23.00 2A State 2022

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1 Rusu, Medea	10	RFHS	2:18.56	2A
	29.44	33.87	42.34	32.91
2 Dangleis, Paige	10	HHS	2:20.33	2A
	29.77	36.16	41.16	33.24
3 Ollenburg, Lelia	11	SHEL	2:24.78	16.0
	29.86	35.78	45.18	33.96
4 Orona, Litzzy	12	ABER	2:29.52	15.0
	32.13	37.93	44.24	35.22
5 Matisons, Anna	12	ABER	2:40.28	14.0
	36.70	41.19	43.25	39.14
6 Forsman, Grace	10	EC	2:47.92	13.0
	37.21	44.57	51.23	34.91
<b>B - Final</b>				
7 Yamashita, Sam	09	CR	2:47.02	12.0
	36.59	43.38	48.75	38.30
8 Davis, Jacee	11	MMHS	2:55.22	11.0
	38.56	46.60	51.00	39.06
9 Wagner, Lily	10	TUMW	2:56.80	9.0
	36.87	47.56	53.76	38.61
10 Dowling, Fiona	11	SHEL	2:58.01	7.0
	38.60	49.18	50.57	39.66

## Girls District IV 2A/1A Swim &amp; Dive Champs 2022

November 4-5, 2022

## Results

**B - Final ... (#203 Girls 200 Yard IM)**

11	McElfresh, Kiran	12 ROCH	2:59.41	6.0
	39.28	47.74	52.71	39.68
12	Johnstone, Riona	10 BHHS	3:09.10	5.0
	43.48	49.13	52.33	44.16

**C - Final**

13	Burnham, Isis	10 MMHS	3:03.59	4.0
	41.49	48.67	51.16	42.27
14	Dale, Lucy	11 SHEL	3:04.43	3.0
	39.58	48.98	53.72	42.15
15	Taylor, Lucy	10 CR	3:06.02	2.0
	44.34	50.03	48.37	43.28
16	Fernandez, Tess	11 CR	3:06.08	1.0
	40.45	48.70	55.27	41.66
17	O'Claire, Cecelia	11 CR	3:15.33	
	42.52	50.74	59.16	42.91
18	Rushlo, Lily	09 WHS	3:24.94	
	45.86	51.25	1:02.12	45.71

**#203 Girls 200 Yard IM**

Dist IV: 2:08.71! 1999 Sara Crowell - TIMB  
2:23.00 2A State 2022

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Rusu, Medea	10 RFHS	2:19.79	q2A
	29.75	34.29	42.31	33.44
2	Dangleis, Paige	10 HHS	2:21.81	q2A
	29.80	37.18	41.50	33.33
3	Ollenburg, Lelia	11 SHEL	2:24.41	q
	29.54	35.87	45.95	33.05
4	Orona, Litzzy	12 ABER	2:32.33	q
	30.77	39.79	44.31	37.46
5	Matisons, Anna	12 ABER	2:39.38	q
	36.79	40.47	43.30	38.82
6	Forsman, Grace	10 EC	2:46.74	q
	35.74	45.93	50.73	34.34
7	Yamashita, Sam	09 CR	2:47.38	q
	37.22	42.99	49.06	38.11
8	Davis, Jacee	11 MMHS	2:54.97	q
	38.98	45.06	50.27	40.66
9	Wagner, Lily	10 TUMW	2:55.26	q
	36.10	45.60	54.24	39.32
10	Dowling, Fiona	11 SHEL	2:57.37	q
	37.22	48.01	51.05	41.09
11	McElfresh, Kiran	12 ROCH	2:58.58	q
	39.33	47.28	52.86	39.11
12	Johnstone, Riona	10 BHHS	3:05.82	q
	43.15	48.06	50.84	43.77
13	Taylor, Lucy	10 CR	3:05.96	q
	42.78	48.93	50.04	44.21
14	Burnham, Isis	10 MMHS	3:07.46	q
	39.74	47.94	54.15	45.63
15	Fernandez, Tess	11 CR	3:07.75	q
	38.63	48.26	58.62	42.24

16	Dale, Lucy	11 SHEL	3:08.35	q
	41.19	50.42	52.90	43.84
17	O'Claire, Cecelia	11 CR	3:17.67	q
	41.09	55.04	1:00.00	41.54
18	Rushlo, Lily	09 WHS	3:22.87	q
	47.37	48.10	1:01.02	46.38
19	Boren, Victoria	11 EC	3:31.65	
	47.86	57.18	58.86	47.75
20	Turner, Adrianna	09 TUMW	3:47.60	
	49.88	52.88	1:17.02	47.82
---	Benn, Ava	10 ABER	DQ	
	38.48	44.83	1:09.31	42.43
---	Barella, Julia	09 MMHS	DQ	
	38.86	53.48	1:09.85	47.12

**#204 Girls 50 Yard Free**

Dist IV: 23.97! 2004 Karlyn Hougan - TUM  
26.10 2A State 2022

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1	Allred, Madeline	11 SHEL	25.92	2A
2	Van Dyne, Olivia	12 BHHS	26.55	17.0
3	Bringman, Suki	09 CENT	27.53	16.0
4	Gravel, Bree	12 CR	27.88	15.0
5	Sarsfield, Makayla	10 TUMW	28.36	14.0
6	McIntosh, Milan	12 HHS	28.81	13.0
<b>B - Final</b>				
7	Burns, Keara	11 ABER	28.69	12.0
8	Payne, Sarah	12 HBH	29.58	11.0
9	Gravel, Kali	12 CR	30.06	9.0
10	Morgan, Annie	09 CR	30.08	7.0
11	Opdahl, Vivian	11 TUMW	30.65	6.0
12	Schwarz, Marissa	12 HBH	31.09	5.0
<b>C - Final</b>				
13	Jandu, Harnoor	10 ABER	30.19	4.0
14	Wright, Anabella	10 CR	30.90	3.0
15	Meza, Jessica	12 ABER	31.30	2.0
16	Alavez, Arianna	09 ABER	32.20	1.0
17	Danielson, Julie	11 ROCH	32.43	
18	Fernandez, Tess	11 CR	32.90	

**#204 Girls 50 Yard Free**

Dist IV: 23.97! 2004 Karlyn Hougan - TUM  
26.10 2A State 2022

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Allred, Madeline	11 SHEL	26.66	q
2	Van Dyne, Olivia	12 BHHS	26.88	q
3	Bringman, Suki	09 CENT	27.38	q
4	Gravel, Bree	12 CR	27.78	q
5	Sarsfield, Makayla	10 TUMW	28.16	q
6	McIntosh, Milan	12 HHS	28.65	q
7	Burns, Keara	11 ABER	28.77	q
8	Gravel, Kali	12 CR	29.59	q
9	Payne, Sarah	12 HBH	29.72	q

10	Morgan, Annie	09 CR	29.82	q
11	Opdahl, Vivian	11 TUMW	30.17	q
12	Schwarz, Marissa	12 HBH	30.32	q
13	Jandu, Harnoor	10 ABER	30.53	q
14	Wright, Anabella	10 CR	30.54	q
15	Meza, Jessica	12 ABER	31.55	q
16	Alavez, Arianna	09 ABER	31.60	q
17	Danielson, Julie	11 ROCH	31.80	q
18	Fernandez, Tess	11 CR	32.62	q
19	Wilson, Lilly	09 BHHS	32.77	
20	Schellenberg, Anabel	09 MMHS	32.81	
21	Hamilton, Lynden	12 TUMW	32.87	
22	Bradley, Kate	09 HHS	33.10	
23	Grostick, Eden	11 BHHS	33.21	
24	Zurfluh, Reese	11 EC	33.55	

**#205 Girls 1 mtr Diving**

Dist IV: 403.85! 2015 CeCe Pennella

Name	Yr	Team	Finals Score	
<b>A - Final</b>				
1	Hamilton, Lynden	12 TUMW	269.05	20.0
2	Weeks, Rylee	11 TUMW	234.95	17.0

**#205 Girls 1 mtr Diving**

Dist IV: 403.85! 2015 CeCe Pennella

Name	Yr	Team	Prelim Score	
<b>Preliminaries</b>				
1	Hamilton, Lynden	12 TUMW	269.05	q
2	Weeks, Rylee	11 TUMW	234.95	q
---	Heikkila, Saylor	11 ABER	DQ	

**#206 Girls 100 Yard Fly**

Dist IV: 58.26! 2001 Lindsey Gall - WFW  
1:04.80 2A State 2022

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1	Brewer, McKelvey	11 HBH	1:02.85	2A
	29.35	33.50		
2	Ollenburg, Lelia	11 SHEL	1:05.06	17.0
	30.98	34.08		
3	Johnston, Mily	11 TUMW	1:05.18	16.0
	29.70	35.48		
4	Anderson, Emma	10 KAL	1:14.17	15.0
	32.42	41.75		
5	Sachs, Abbi	11 SHEL	1:16.41	14.0
	33.82	42.59		
6	Opdahl, Vivian	11 TUMW	1:18.28	13.0
	34.02	44.26		
<b>B - Final</b>				
7	Mullins, Emma	10 ABER	1:15.52	12.0
	35.59	39.93		
8	Benn, Ava	10 ABER	1:19.82	11.0
	37.51	42.31		
9	Jackson, Chelsea	11 RAL	1:20.38	9.0
	37.19	43.19		

## Girls District IV 2A/1A Swim &amp; Dive Champs 2022

November 4-5, 2022

## Results

## B - Final ... (#206 Girls 100 Yard Fly)

10	Wagner, Lily	10 TUMW	1:21.76	7.0
	37.52	44.24		
11	Smith, Madeleine	11 SHEL	1:23.99	6.0
	37.70	46.29		
12	Peck, Lolo	11 WHS	1:24.54	5.0
	37.42	47.12		

## C - Final

13	McElfresh, Kiran	12 ROCH	1:22.59	4.0
	39.22	43.37		
14	Barella, Julia	09 MMHS	1:25.58	3.0
	39.61	45.97		
15	Holbrook, Abby	09 BHHS	1:26.09	2.0
	38.27	47.82		
16	Tucker, Taelynn	11 MMHS	1:27.91	1.0
	42.35	45.56		
17	Davis, Jacee	11 MMHS	1:29.77	
	42.06	47.71		
18	Knight, Ollie	11 BHHS	1:29.89	
	42.90	46.99		

## #206 Girls 100 Yard Fly

Dist IV: 58.26! 2001 Lindsey Gall - WFW  
1:04.80 2A State 2022

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Brewer, McKelvey	11 HBH	1:02.53	q2A
	29.18	33.35		
2	Ollenburg, Lelia	11 SHEL	1:03.90	q2A
	30.08	33.82		
3	Johnston, Mily	11 TUMW	1:05.61	q
	29.89	35.72		
4	Opdahl, Vivian	11 TUMW	1:14.49	q
	33.04	41.45		
5	Anderson, Emma	10 KAL	1:15.58	q
	33.96	41.62		
6	Sachs, Abbi	11 SHEL	1:16.98	q
	33.12	43.86		
7	Mullins, Emma	10 ABER	1:17.03	q
	35.25	41.78		
8	Jackson, Chelsea	11 RAL	1:17.85	q
	35.60	42.25		
9	Wagner, Lily	10 TUMW	1:19.33	q
	36.35	42.98		
10	Benn, Ava	10 ABER	1:23.51	q
	37.92	45.59		
11	Smith, Madeleine	11 SHEL	1:23.64	q
	38.48	45.16		
12	Peck, Lolo	11 WHS	1:25.22	q
	38.77	46.45		
13	Holbrook, Abby	09 BHHS	1:25.39	q
	37.67	47.72		
14	Tucker, Taelynn	11 MMHS	1:26.33	q
	38.49	47.84		

15	McElfresh, Kiran	12 ROCH	1:26.54	q
	39.89	46.65		
16	Barella, Julia	09 MMHS	1:26.62	q
	39.65	46.97		
17	Knight, Ollie	11 BHHS	1:28.00	q
	38.50	49.50		
18	Davis, Jacee	11 MMHS	1:28.73	q
	41.50	47.23		

19	Pickering, Kaylee	11 TUMW	1:35.89	
	42.17	53.72		
20	Rojas Contreras, Wer	10 ABER	1:38.41	
	44.19	54.22		
21	Henwood, Finn	12 HHS	1:40.37	
	44.33	56.04		
22	Rushlo, Lily	09 WHS	1:43.10	
	47.13	55.97		
23	Monserrate, Senia	11 EC	1:43.68	
	42.08	1:01.60		
24	Ziegler, Kim	11 MMHS	1:50.87	
	51.46	59.41		

## #207 Girls 100 Yard Free

Dist IV: 51.15! 2006 Amelia Messegee  
57.60 2A State 2022

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1	Dangleis, Paige	10 HHS	56.56	2A
	27.01	29.55		
2	Allred, Madeline	11 SHEL	59.02	17.0
	28.20	30.82		
3	Hood, Mija	10 ABER	1:01.58	16.0
	29.13	32.45		
4	Gravel, Bree	12 CR	1:02.11	15.0
	29.14	32.97		
5	McGaughan, Jolie	11 MMHS	1:05.00	14.0
	30.41	34.59		
6	Guardamagna, Ludov	12 HHS	1:05.76	13.0
	29.68	36.08		
<b>B - Final</b>				
7	Payne, Sarah	12 HBH	1:05.37	12.0
	31.40	33.97		
8	Melville, Isabella	09 ABER	1:08.65	11.0
	33.82	34.83		
9	Dunning, Reese	10 CR	1:08.84	9.0
	31.95	36.89		
10	Wright, Anabella	10 CR	1:10.61	7.0
	33.54	37.07		
11	Rechenberg, Lara	10 RAL	1:14.88	6.0
	33.56	41.32		
12	Morgan, Annie	09 CR	1:20.97	5.0
	38.70	42.27		
<b>C - Final</b>				
13	Alavez, Arianna	09 ABER	1:12.73	4.0
	35.42	37.31		
14	Danielson, Julie	11 ROCH	1:12.81	3.0
	34.02	38.79		

15	Schwarz, Marissa	12 HBH	1:13.40	2.0
	35.21	38.19		
16	Godi, Ludo	12 BHHS	1:13.90	1.0
	34.87	39.03		
17	Grostick, Eden	11 BHHS	1:16.04	
	34.45	41.59		
18	Taitano, Chloe	11 MMHS	1:17.93	
	37.50	40.43		

## #207 Girls 100 Yard Free

Dist IV: 51.15! 2006 Amelia Messegee  
57.60 2A State 2022

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Dangleis, Paige	10 HHS	56.08	q2A
	26.75	29.33		
2	Allred, Madeline	11 SHEL	1:00.58	q
	28.84	31.74		
3	Gravel, Bree	12 CR	1:01.88	q
	29.32	32.56		
4	Hood, Mija	10 ABER	1:02.31	q
	29.50	32.81		
5	Guardamagna, Ludov	12 HHS	1:03.84	q
	29.47	34.37		
6	McGaughan, Jolie	11 MMHS	1:04.86	q
	30.63	34.23		
7	Payne, Sarah	12 HBH	1:07.78	q
	32.53	35.25		
8	Dunning, Reese	10 CR	1:08.10	q
	31.46	36.64		
9	Wright, Anabella	10 CR	1:09.58	q
	33.56	36.02		
10	Melville, Isabella	09 ABER	1:10.26	q
	34.19	36.07		
11	Morgan, Annie	09 CR	1:11.50	q
	33.58	37.92		
12	Rechenberg, Lara	10 RAL	1:11.82	q
	32.94	38.88		
13	Godi, Ludo	12 BHHS	1:12.87	q
	34.29	38.58		
14	Alavez, Arianna	09 ABER	1:15.04	q
	36.73	38.31		
15	Schwarz, Marissa	12 HBH	1:15.53	q
	35.88	39.65		
16	Grostick, Eden	11 BHHS	1:16.06	q
	35.53	40.53		
17	Danielson, Julie	11 ROCH	1:16.68	q
	35.55	41.13		
18	Taitano, Chloe	11 MMHS	1:16.78	q
	36.34	40.44		

## Girls District IV 2A/1A Swim &amp; Dive Champs 2022

November 4-5, 2022

## Results

#208 Girls 500 Yard Free				C - Final				7 Larzalere, Emily 10 WHS 6:21.74 q					
Dist IV: 5:05.38! 1996 Misty Westphal - CAP				13 McIntosh, Milan 12 HHS 6:51.69 4.0	31.46	36.77	37.98	39.02	39.30	39.74	39.48	39.47	
5:45.00 2A State 2022				42.95	42.99	43.23	42.56	39.86	38.66				
Name	Yr	Team	Finals Time	42.76	41.56			8 Burns, Keara 11 ABER 6:34.88 q					
<b>A - Final</b>				14 Bingham, Riley 12 LCHS 6:55.95 3.0	32.76	37.81	38.54	39.52	40.55	40.81	41.27	41.57	
1 Bringman, Chihiro 11 CENT 5:35.47 2A	29.67	32.46	32.88	33.43	42.96	43.31	42.32	43.01	41.58	40.47			
	33.44	34.11	34.82	35.23	42.60	39.30			9 Bernt, Kaylee 10 EC 6:37.33 q				
	35.58	33.85			15 Austad, Sonja 09 LCHS 6:57.33 2.0	35.23	38.26	40.19	41.14				
2 Johnston, Mily 11 TUMW 5:45.01 17.0	29.37	31.78	34.03	35.20	36.19	41.50	43.43	42.22	39.93	41.03	41.49	41.98	
	35.90	36.65	36.45	36.28	43.23	42.99	43.37	42.42	40.66	37.42			
	35.34	34.01			16 Carter, Rosie 12 HHS 6:59.88 1.0	33.77	38.75	40.93	40.92				
3 Brewer, McKelvey 11 HBH 5:47.16 16.0	31.20	35.32	35.91	36.49	36.48	41.80	43.57	42.97	41.05	41.15	41.79	42.00	
	35.18	36.60	35.42	34.13	42.63	43.13	43.39	42.45	40.90	38.21			
	33.95	32.96			17 Smith, Madeleine 11 SHEL 7:06.84	35.32	41.41	41.70	42.14				
4 Bringman, Suki 09 CENT 5:47.46 15.0	31.15	34.61	35.38	35.81	36.72	42.58	44.04	44.20	43.08	41.11	41.65	40.76	
	35.38	35.96	35.52	35.77	43.47	43.33	44.34	43.14	40.85	37.35			
	34.72	33.16			18 Dowling, Fiona 11 SHEL 7:13.54	33.60	38.15	40.68	41.60				
5 Smith, Kaysee 10 ROCH 5:53.20 14.0	32.46	35.15	35.98	35.66	37.65	42.15	43.93	44.60	41.35	42.89	1:27.32	42.08	
	36.41	36.07	35.51	35.39	44.48	44.81	45.13	44.88	40.63				
	35.83	34.74			<b>#208 Girls 500 Yard Free</b>				13 McIntosh, Milan 12 HHS 6:48.60 q				
6 Wirtz, Paige 09 MMHS 6:28.49 13.0	34.64	38.94	39.98	40.62	Dist IV: 5:05.38! 1996 Misty Westphal - CAP				33.70	37.55	41.77	41.46	
	40.08	40.28	39.65	39.64	5:45.00 2A State 2022				43.48	41.91	43.10	41.69	
	38.17	36.49			Name Yr Team Prelim Time				42.70	41.24			
<b>B - Final</b>				<b>Preliminaries</b>				14 Smith, Madeleine 11 SHEL 6:55.42 q					
7 Larzalere, Emily 10 WHS 6:20.60 12.0	33.24	38.59	40.16	39.90	1 Bringman, Chihiro 11 CENT 5:32.81 q2A	35.24	41.32	43.25	42.76				
	39.44	39.27	39.14	39.00	29.94	32.58	33.35	34.00	42.59	42.77	43.34	42.29	
	37.10	34.76			33.80	34.43	34.06	33.94	41.84	40.02			
8 Bernt, Kaylee 10 EC 6:34.91 11.0	35.03	38.11	39.06	39.71	34.10	32.61			15 Austad, Sonja 09 LCHS 7:00.04 q				
	40.92	40.96	41.08	40.90	2 Johnston, Mily 11 TUMW 5:37.29 q2A	35.74	41.04	43.19	43.29				
	40.68	38.46			29.34	32.24	34.49	34.39	43.27	44.07	44.20	42.70	
9 Burns, Keara 11 ABER 6:36.04 9.0	40.71	38.33			34.63	35.40	35.06	34.98	42.94	39.60			
	33.88	38.62	40.08	40.12	33.44	33.32			16 Carter, Rosie 12 HHS 7:01.06 q				
	40.81	41.02	41.13	41.34	30.26	34.45	35.62	35.49	36.28	40.06	43.00	43.67	
	40.71	38.33			35.35	35.39	35.46	35.29	44.42	44.35	43.32	42.39	
10 Gatbonton, Mads 11 BHHS 6:37.92 7.0	34.30	39.50	39.39	40.61	34.44	33.03			42.38	41.19			
	40.38	40.93	42.40	41.71	4 Smith, Kaysee 10 ROCH 5:54.81 q	31.52	35.10	35.68	36.62	42.24	43.58	43.62	43.84
	40.56	38.14			36.73	36.16	36.44	36.02	43.86	41.45			
11 Paull, Megan 11 TUMW 6:43.44 6.0	33.32	37.61	40.25	41.08	35.86	34.68			17 Bingham, Riley 12 LCHS 7:01.46 q				
	41.08	41.56	42.96	43.13	5 Bringman, Suki 09 CENT 5:55.04 q	30.68	33.98	35.31	35.83	36.40	41.41	42.60	42.46
	42.51	39.94			30.68	33.98	35.31	35.83	42.24	43.58	43.62	43.84	
12 Yamashita, Sam 09 CR 6:46.83 5.0	36.29	40.78	41.31	41.72	35.98	36.48	36.64	36.47	43.86	41.45			
	42.17	42.51	41.74	41.47	37.95	35.72			18 Dowling, Fiona 11 SHEL 7:05.26 q				
	40.92	37.92			6 Wirtz, Paige 09 MMHS 6:17.72 q	32.16	36.53	38.66	39.28	36.43	40.08	41.83	42.73
								19 LaCelle, Hailey 10 SHEL 7:08.88					
								38.07 42.33 43.85 44.27					
								45.02 45.20 43.21 42.96					
								43.90 40.07					
								20 Neil, Wendy 09 ABER 7:34.37					
								36.36 42.51 45.04 45.37					
								46.73 47.40 49.19 48.46					
								48.43 44.88					

## Girls District IV 2A/1A Swim &amp; Dive Champs 2022

November 4-5, 2022

## Results

## Preliminaries ... (#208 Girls 500 Yard Free)

21	O'Claire, Cecelia	11 CR	7:37.37		
	36.85	44.16	45.64	46.69	
	48.01	48.09	47.75	48.59	
	48.66	42.93			
22	Howard, Annika	09 EC	7:40.17		
	40.74	45.31	46.93	47.55	
	46.91	47.97	47.91	48.05	
	46.73	42.07			
23	Holbrook, Abby	09 BHHS	7:41.17		
	39.34	44.72			
	47.32				
24	Martin, Asha	10 ABER	7:53.05		
	39.63	46.56	49.27	49.46	
	50.21	50.42	48.93	47.96	
	47.59	43.02			
25	Shipman, Emma	10 SHEL	8:01.02		
	38.98	45.80	2:26.79	1:42.05	
	49.36	50.03	48.01		
26	Collins, Natalie	10 MMHS	8:17.82		
	41.19	46.03	51.11	52.46	
	51.04	52.59	53.06	52.08	
	51.70	46.56			
27	Rheinhardt, Alana	12 SHEL	8:23.55		
	43.05	49.01	50.85	52.03	
	51.82	52.58	52.63	53.96	
	50.38	47.24			
28	Pendleton, Molly	10 FORT	8:29.57		
	41.77	50.13	52.83	51.23	
	1:47.64	52.71	1:46.16	47.04	
	0.06				
29	Schroeder, Emily	09 HBH	8:56.55		
	43.12	51.12	55.82	53.42	
	55.19	56.45	56.38	56.30	
	55.63	53.12			

## #209 Girls 4x50 Yard Free Relay

Dist IV: 1:42.09! 1996 Olympia High School

C. Hardee, F. Stidd, H. Raedel, S. Fong

1:48.40 2A State 2022

Team	Relay	Finals Time
1 SHEL		1:50.16 40.0
	Ollenburg, Lelia 11	Allred, Madeline 11
	Mutoli, Kaylin 11	Sachs, Abbi 11
	27.26	26.22 27.52 29.16
2 ABER		1:52.26 34.0
	Hood, Mija 10	Jandu, Harnoor 10
	Burns, Keara 11	Orona, Litzy 12
	27.41	29.95 28.18 26.72
3 HHS		1:55.48 32.0
	McIntosh, Milan 12	Guardamagna, Ludovica 12
	Carter, Rosie 12	Dangleis, Paige 10
	29.58	31.61 28.40 25.89

4 CR		1:56.16 30.0
	Gravel, Bree 12	Wright, Anabella 10
	Gravel, Kali 12	Yamashita, Sam 09
	28.32	30.49 29.44 27.91
5 ROCH		2:01.27 28.0
	Danielson, Julie 11	Morgan, Grace 10
	McElfresh, Kiran 12	Smith, Kaysee 10
	31.89	28.83 30.35 30.20
6 WHS		2:08.77 26.0
	Nute, Jessica 12	Peck, Lolo 11
	Delliquadri, Eva 12	Larzalere, Emily 10
	31.06	31.51 41.27 24.93
7 TUMW		2:09.60 24.0
	Hamilton, Lynden 12	Weeks, Rylee 11
	Wagner, Lily 10	Paull, Megan 11
	32.02	34.68 32.47 30.43
8 EC		2:10.65 22.0
	Zurfluh, Reese 11	Rauhala, Melissa 12
	Bernt, Kaylee 10	Forsman, Grace 10
	37.73	31.78 33.11 28.03
9 HBH		2:10.70 18.0
	Payne, Sarah 12	Schroeder, Emily 09
	Schwarz, Marissa 12	Brewer, McKelvey 11
	30.86	41.47 33.33 25.04
10 BHHS		2:11.62 14.0
	Johnstone, Riona 10	Godi, Ludo 12
	Mortensen, Mikayla 12	Wilson, Lilly 09
	34.14	39.94 25.34 32.20
11 RAL		2:36.85 12.0
	Jackson, Chelsea 11	Rechenberg, Lara 10
	Jones, Lilly 09	Gaston, Natalie 12
	33.78	34.63 43.76 44.68
--- MMHS		DQ
	Wirtz, Paige 09	Schellenberg, Anabelle 09
	Davis, Jacee 11	McGaughan, Jolie 11
	30.86	34.40 30.44 29.13

## #210 Girls 100 Yard Back

Dist IV: 58.32! 1998 Shea Fitzgerald - CAP

1:03.90 2A State 2022

Name	Yr	Team	Finals Time
<b>A - Final</b>			
1 Rusu, Medea	10	RFHS	1:03.56 2A
	31.08	32.48	
2 Hood, Mija	10	ABER	1:05.67 17.0
	31.26	34.41	
3 Mutoli, Kaylin	11	SHEL	1:06.89 16.0
	32.36	34.53	
4 Kalar, Jenna	10	TUMW	1:09.22 15.0
	33.02	36.20	
5 Sachs, Abbi	11	SHEL	1:10.53 14.0
	33.64	36.89	
6 Wirtz, Paige	09	MMHS	1:14.66 13.0
	35.83	38.83	
<b>B - Final</b>			
7 Morgan, Grace	10	ROCH	1:16.25 12.0
	37.41	38.84	

8 Nute, Jessica	12	WHS	1:17.42 11.0
	39.09	38.33	
9 Jackson, Chelsea	11	RAL	1:17.84 9.0
*10 Dunning, Reese	10	CR	1:19.29 6.5
	38.44	40.85	
*10 Knight, Ollie	11	BHHS	1:19.29 6.5
	38.65	40.64	
12 Jandu, Harnoor	10	ABER	1:24.58 5.0
	39.21	45.37	
<b>C - Final</b>			
13 Austad, Sonja	09	LCHS	1:23.04 4.0
14 Meza, Jessica	12	ABER	1:23.09 3.0
	40.61	42.48	
15 Minor, Miley	10	HHS	1:24.90 2.0
	39.63	45.27	
16 Heikkila, Saylor	11	ABER	1:25.13 1.0
	39.74	45.39	
17 Rechenberg, Lara	10	RAL	1:26.13
	40.22	45.91	
18 Taitano, Chloe	11	MMHS	1:27.87
	43.10	44.77	

## #210 Girls 100 Yard Back

Dist IV: 58.32! 1998 Shea Fitzgerald - CAP

1:03.90 2A State 2022

Name	Yr	Team	Prelim Time
<b>Preliminaries</b>			
1 Rusu, Medea	10	RFHS	1:04.15 q
	31.67	32.48	
2 Hood, Mija	10	ABER	1:06.44 q
	31.81	34.63	
3 Mutoli, Kaylin	11	SHEL	1:07.44 q
	32.41	35.03	
4 Kalar, Jenna	10	TUMW	1:10.05 q
	33.54	36.51	
5 Sachs, Abbi	11	SHEL	1:10.39 q
	34.18	36.21	
6 Wirtz, Paige	09	MMHS	1:16.22 q
	37.13	39.09	
7 Morgan, Grace	10	ROCH	1:17.36 q
	37.49	39.87	
8 Nute, Jessica	12	WHS	1:19.09 q
	39.28	39.81	
9 Jackson, Chelsea	11	RAL	1:19.23 q
	39.01	40.22	
10 Dunning, Reese	10	CR	1:19.45 q
	38.14	41.31	
11 Knight, Ollie	11	BHHS	1:19.77 q
	38.83	40.94	
12 Jandu, Harnoor	10	ABER	1:21.43 q
13 Meza, Jessica	12	ABER	1:21.75 q
	39.91	41.84	
14 Austad, Sonja	09	LCHS	1:23.75 q
15 Heikkila, Saylor	11	ABER	1:25.95 q
	40.50	45.45	

**Girls District IV 2A/1A Swim & Dive Champs 2022**

**November 4-5, 2022**

**Results**

**Preliminaries ... (#210 Girls 100 Yard Back)**

16	Minor, Miley	10 HHS	1:27.07	q
	40.44	46.63		
17	Rechenberg, Lara	10 RAL	1:27.40	q
	42.46	44.94		
18	Taitano, Chloe	11 MMHS	1:28.19	q
	43.34	44.85		

19	Delliquadri, Eva	12 WHS	1:33.30	
	44.87	48.43		
20	Mock, Laura	10 BHHS	1:33.96	
	45.39	48.57		

21	Zurfluh, Reese	11 EC	1:35.78	
	46.07	49.71		
22	Turner, Adrianna	09 TUMW	1:36.73	
23	Sukolsky, Izzy	11 SHEL	1:41.14	
	48.37	52.77		
24	Danielson, Miley	09 ROCH	1:42.32	

**#211 Girls 100 Yard Breast**

**Dist IV: 1:05.89! 2018 Bryanna Ungs**

**1:13.50 2A State 2022**

Name	Yr	Team	Finals Time	
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**A - Final**

1	Matisons, Anna	12 ABER	1:11.48	2A
	33.65	37.83		
2	Van Dyne, Olivia	12 BHHS	1:14.69	17.0
	33.74	40.95		
3	Orona, Litzy	12 ABER	1:19.06	16.0
	37.11	41.95		
4	Gravel, Kali	12 CR	1:20.14	15.0
	37.03	43.11		
5	Sarsfield, Makayla	10 TUMW	1:20.45	14.0
	37.60	42.85		
6	Larzalere, Emily	10 WHS	1:20.65	13.0
	37.57	43.08		

**B - Final**

7	Anderson, Emma	10 KAL	1:20.92	12.0
	38.98	41.94		
8	Guardamagna, Ludov	12 HHS	1:21.24	11.0
	38.29	42.95		
9	Taylor, Lucy	10 CR	1:24.64	9.0
	39.95	44.69		
10	Neil, Wendy	09 ABER	1:26.53	7.0
	40.12	46.41		
11	Forsman, Grace	10 EC	1:26.73	6.0
	40.55	46.18		
12	Bingham, Riley	12 LCHS	1:27.61	5.0
	42.18	45.43		

**C - Final**

13	Mortensen, Mikayla	12 BHHS	1:30.03	4.0
	42.04	47.99		
14	Carter, Rosie	12 HHS	1:30.37	3.0
	42.53	47.84		
15	Johnstone, Riona	10 BHHS	1:32.13	2.0
	42.59	49.54		

16	Burnham, Isis	10 MMHS	1:32.24	1.0
	43.72	48.52		
17	Zumpano, Karis	12 FORT	1:34.50	
	44.18	50.32		
18	LaCelle, Hailey	10 SHEL	1:35.46	
	44.41	51.05		

**#211 Girls 100 Yard Breast**

**Dist IV: 1:05.89! 2018 Bryanna Ungs**

**1:13.50 2A State 2022**

Name	Yr	Team	Prelim Time	
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**Preliminaries**

1	Matisons, Anna	12 ABER	1:13.21	q2A
	34.10	39.11		
2	Van Dyne, Olivia	12 BHHS	1:14.57	q
	33.96	40.61		
3	Gravel, Kali	12 CR	1:17.95	q
	36.84	41.11		
4	Orona, Litzy	12 ABER	1:18.62	q
	37.81	40.81		
5	Sarsfield, Makayla	10 TUMW	1:20.37	q
	35.47	44.90		
6	Larzalere, Emily	10 WHS	1:20.49	q
	37.08	43.41		
7	Guardamagna, Ludov	12 HHS	1:20.50	q
	37.25	43.25		
8	Anderson, Emma	10 KAL	1:20.83	q
	38.13	42.70		
9	Taylor, Lucy	10 CR	1:22.94	q
	38.88	44.06		
10	Forsman, Grace	10 EC	1:24.41	q
	40.04	44.37		
11	Bingham, Riley	12 LCHS	1:25.97	q
	40.99	44.98		
12	Neil, Wendy	09 ABER	1:26.14	q
	40.50	45.64		
13	Mortensen, Mikayla	12 BHHS	1:28.84	q
	42.73	46.11		
14	Johnstone, Riona	10 BHHS	1:29.79	q
	41.77	48.02		
15	Carter, Rosie	12 HHS	1:31.62	q
	43.22	48.40		
16	Burnham, Isis	10 MMHS	1:32.43	q
	44.39	48.04		
17	Zumpano, Karis	12 FORT	1:34.01	q
	43.82	50.19		
18	LaCelle, Hailey	10 SHEL	1:35.08	q
	43.36	51.72		
19	Dale, Lucy	11 SHEL	1:36.50	
	46.50	50.00		
20	Cerrillo Serrano, Juli	11 ABER	1:37.60	
	45.36	52.24		
21	Schellenberg, Anabel	09 MMHS	1:37.90	
	46.30	51.60		

22	Jackson, Aliza	12 CHEH	1:42.56	
	47.31	55.25		
23	Bradley, Kate	09 HHS	1:43.56	
	49.28	54.28		
24	Ziegler, Kim	11 MMHS	1:46.79	
	51.23	55.56		

**#212 Girls 4x100 Yard Free Relay**

**Dist IV: 3:43.23! 1998 Capital High School**

**S. Fitzgerald, R. Owen, K. Jensen, M. Westphal**

**4:01.00 2A State 2022**

Team	Relay	Finals Time	
1	SHEL	4:01.25	40.0
	Ollenburg, Lelia 11	Allred, Madeline 11	
	Mutoli, Kaylin 11	Sachs, Abbi 11	
	28.40	58.57	27.72 59.16
	28.26	58.74	30.17 1:04.78
2	TUMW	4:17.50	34.0
	Johnston, Mily 11	Opdahl, Vivian 11	
	Kalar, Jenna 10	Sarsfield, Makayla 10	
	28.10	59.22	31.31 1:09.31
	30.92	1:05.31	29.75 1:03.66
3	ABER	4:26.06	32.0
	Mullins, Emma 10	Melville, Isabella 09	
	Jandu, Harnoor 10	Hood, Mija 10	
	31.35	1:22.49	17.95
	36.12	1:08.22	37.33 1:37.40
4	CR	4:30.15	30.0
	Yamashita, Sam 09	Wright, Anabella 10	
	Dunning, Reese 10	Morgan, Annie 09	
	29.71	1:03.89	32.23 1:09.01
	31.78	1:08.91	32.12 1:08.34
5	MMHS	4:35.08	28.0
	Wirtz, Paige 09	Tucker, Taelynn 11	
	Davis, Jacee 11	McGaughan, Jolie 11	
	31.37	1:05.99	35.34 1:21.20
	25.65	1:02.89	30.71 1:05.00
6	BHHS	4:41.69	26.0
	Gatbonton, Mads 11	Wilson, Lilly 09	
	Grostick, Eden 11	Van Dyne, Olivia 12	
	32.76	1:10.08	35.99 1:14.26
	34.37	1:14.97	28.31 1:02.38
7	EC	4:48.24	24.0
	Zurfluh, Reese 11	Rauhala, Melissa 12	
	Forsman, Grace 10	Bernt, Kaylee 10	
	35.52	1:16.47	35.34 1:18.57
	30.90	1:04.79	32.87 1:08.41
8	HHS	5:19.29	22.0
	Bradley, Kate 09	Henwood, Finn 12	
	Schmitz, Paisley 09	Minor, Miley 10	
	35.97	1:17.88	20.31 37.57
	47.01		

**Scores - Women**

**Women - Team Rankings - Through Event 212**

1.	Aberdeen High School	301
2.	Tumwater High School Girls	272

**Girls District IV 2A/1A Swim & Dive Champs 2022**

**November 4-5, 2022**

**Results**

**(Scores - Women)**

3. Shelton High Climbers	251
4. Columbia River High School	210.5
5. Hockinson High School	170
6. Black Hills High School	129.5
7. Rochester High School	126
8. Mark Morris High School	121
9. Hudson's Bay High School	110
10. Eatonville Cruisers	104
11. Washougal High School	78
12. Centralia High School	71
13. Ridgefield High School	40
14. Robert A. Long High School	36
15. Kalama High School	27
16. LaCenter Highschool	14