

Wood @ Northcreek and Mt. Si v Ingl - 10/12/2023

Results - Only Session

#4 Girls 50 Yard Free

| | | | | |
|-----|----------------|-------|--------|--|
| --- | Rouf, Afshan | 17 NC | X41.11 | |
| --- | Garg, Aanya | IHS | X41.17 | |
| --- | LaMaine, Chloe | WHS | X41.25 | |
| --- | Lamason, Fiona | IHS | X45.07 | |
| --- | Tam, Cadence | 13 NC | X47.61 | |
| --- | Lam, Kaylee | WHS | X48.26 | |
| --- | Liu, Ellen | 16 NC | X51.30 | |

#5 Girls 1 mtr Diving

| Name | Age | Team | Finals Score | NISCA |
|------|--------------------|-------|--------------|-------|
| 1 | Nguyen, Kaila | 17 NC | 215.45 | 120 |
| 2 | Berrios, Lillian | IHS | 177.35 | 100 |
| 3 | Benitez, Alexandra | WHS | 160.85 | 90 |
| 4 | Lundberg, Clara | IHS | 138.35 | 74 |
| 5 | Lin, Hannah | 17 NC | 137.80 | 73 |
| 6 | Roemer, Emilia | WHS | 135.60 | 72 |
| 7 | Gupta, Shreya | 17 NC | 121.35 | 60 |
| 8 | Hill, Brooke | WHS | 113.00 | 53 |
| 9 | Kuhtz, Anna | MSHS | 101.60 | 42 |
| 10 | O'Neill, Maya | IHS | 67.65 | |
| --- | Gilley, Stella | IHS | X58.85 | |
| --- | Pathak, Ishana | IHS | X56.50 | |
| --- | Brown, Jamie | IHS | X50.80 | |
| --- | Patni, Yashvy | 15 NC | X46.05 | |

#6 Girls 100 Yard Fly

| Name | Age | Team | Finals Time | NISCA |
|------|--------------------|-------|-------------|-------|
| 1 | Balog, Anouk | IHS | 1:06.99 | 72 |
| 2 | Lam, Lena | 16 NC | 1:11.64 | 50 |
| | 33.60 | 38.04 | | |
| 3 | Gordon, Devon | WHS | 1:12.36 | 47 |
| 4 | Dudsic, Qianna | IHS | 1:14.49 | 38 |
| | 34.18 | 40.31 | | |
| 5 | Thornburg, Jameson | 16 NC | 1:16.84 | 28 |
| | 33.94 | 42.90 | | |
| 6 | Lin, Jill | WHS | 1:17.77 | 25 |
| | 34.56 | 43.21 | | |
| 7 | Davidson, Izabella | WHS | 1:19.72 | 18 |
| | 34.67 | 45.05 | | |
| 8 | Bonham, Sydney | MSHS | 1:21.78 | 10 |
| | 35.94 | 45.84 | | |
| 9 | Pryor, Isla | MSHS | 1:23.98 | 3 |
| | 37.93 | 46.05 | | |
| --- | Kowalski, Rhiannon | IHS | DQ | |
| | 36.83 | 49.37 | | |

#7 Girls 100 Yard Free

| Name | Age | Team | Finals Time | NISCA |
|------|------------------|-------|-------------|-------|
| 1 | Song, Megan | 16 NC | 58.84 | 78 |
| | 28.57 | 30.27 | | |
| 2 | Ramberg, Lillian | 17 NC | 59.44 | 74 |
| | 29.03 | 30.41 | | |
| 3 | Sinnott, Aspen | MSHS | 59.53 | 73 |
| | 28.99 | 30.54 | | |
| 4 | Huang, Iris | IHS | 59.82 | 71 |
| | 28.70 | 31.12 | | |

| | | | | |
|-----|----------------------|-------|----------|----|
| 5 | Rader, Lucca | IHS | 1:00.25 | 68 |
| | 28.03 | 32.22 | | |
| 6 | Towle, Laken | IHS | 1:00.97 | 63 |
| | 29.39 | 31.58 | | |
| 7 | Hanson, Audrey | 15 NC | 1:04.90 | 39 |
| | 31.21 | 33.69 | | |
| 8 | Ericksen, Elise | MSHS | 1:07.76 | 23 |
| | 31.30 | 36.46 | | |
| 9 | Lin, Jill | WHS | 1:11.40 | 4 |
| | 33.80 | 37.60 | | |
| 10 | Hakkarainen, Molly | WHS | 1:11.95 | 2 |
| | 33.30 | 38.65 | | |
| 11 | Harper, Brooke | WHS | 1:12.52 | |
| | 34.78 | 37.74 | | |
| 12 | Van Heerden, Lynette | MSHS | 1:15.71 | |
| | 36.52 | 39.19 | | |
| --- | Yoon, Katelyn | IHS | X1:03.53 | |
| | 30.28 | 33.25 | | |
| --- | Meyer, Zoe | IHS | X1:03.70 | |
| | 30.87 | 32.83 | | |
| --- | Berrios, Lillian | IHS | X1:08.77 | |
| | 32.80 | 35.97 | | |
| --- | Lutz, Gabriella | WHS | X1:09.63 | |
| | 32.61 | 37.02 | | |
| --- | Buchanan, Sophia | 14 NC | X1:10.78 | |
| | 33.28 | 37.50 | | |
| --- | Keshwani, Arushi | IHS | X1:14.93 | |
| | 35.25 | 39.68 | | |
| --- | Allen, Charlie | 16 NC | X1:15.45 | |
| | 36.61 | 38.84 | | |
| --- | LaCroix, Hannah | MSHS | X1:15.48 | |
| | 36.13 | 39.35 | | |
| --- | Pyakurel, Sirisha | 15 NC | X1:15.75 | |
| | 36.45 | 39.30 | | |
| --- | Davidson, Izabella | WHS | X1:17.56 | |
| | 34.57 | 42.99 | | |
| --- | Farah, Julie | IHS | X1:18.02 | |
| | 37.02 | 41.00 | | |
| --- | Deng, Audrey | IHS | X1:18.03 | |
| | 35.84 | 42.19 | | |
| --- | Shecter, Tova | MSHS | X1:18.74 | |
| | 37.67 | 41.07 | | |
| --- | Kovacich, Charlotte | WHS | X1:19.88 | |
| | 37.27 | 42.61 | | |
| --- | Blair, Molly | MSHS | X1:20.39 | |
| | 39.30 | 41.09 | | |
| --- | Dulas, Claire | WHS | X1:23.05 | |
| | 40.12 | 42.93 | | |
| --- | Arnold, Janae | WHS | X1:23.06 | |
| | 39.13 | 43.93 | | |
| --- | Siddiqui, Iman | 14 NC | X1:24.41 | |
| | 39.47 | 44.94 | | |
| --- | Mascarenhas, Daniel | 17 NC | X1:25.19 | |
| | 40.71 | 44.48 | | |
| --- | Byri, Ria | WHS | X1:26.64 | |
| | 39.75 | 46.89 | | |
| --- | Olivares-Montano, Pe | MSHS | X1:29.88 | |
| | 41.44 | 48.44 | | |

| | | | | |
|-----|----------------|-------|----------|--|
| --- | Garg, Aanya | IHS | X1:31.38 | |
| | 43.19 | 48.19 | | |
| --- | LaMaine, Chloe | WHS | X1:36.47 | |
| | 45.59 | 50.88 | | |

#8 Girls 500 Yard Free

| Name | Age | Team | Finals Time | NISCA |
|------|-------------------|---------|-------------|---------|
| 1 | Winn, Leah | 18 NC | 5:19.77 | 103 |
| | 28.69 | 31.70 | 32.55 | 32.57 |
| | 32.79 | 33.23 | 32.65 | 33.24 |
| | 32.65 | 29.70 | | |
| 2 | Traina, Megan | WHS | 5:43.37 | 72 |
| | 30.16 | 32.42 | 34.89 | 34.74 |
| | 35.36 | 35.32 | 35.67 | 35.30 |
| | 34.83 | 34.68 | | |
| 3 | Guilanians, Niobe | WHS | 5:47.98 | 67 |
| | 31.38 | 35.22 | 35.91 | 35.68 |
| | 36.42 | 34.50 | 35.48 | 34.56 |
| | 34.54 | 34.29 | | |
| 4 | Balog, Anouk | IHS | 5:49.91 | 65 |
| | 32.15 | 34.76 | 35.60 | 35.73 |
| | 35.22 | 35.87 | 35.58 | 35.80 |
| | 35.47 | 33.73 | | |
| 5 | Shelton, Madelyn | WHS | 5:54.16 | 60 |
| | 31.85 | 35.12 | 36.06 | 35.98 |
| | 35.64 | 1:11.20 | 36.23 | 36.47 |
| | 35.61 | | | |
| 6 | Chau, Olivia | MSHS | 5:55.38 | 58 |
| | 31.21 | 35.14 | 36.43 | 36.26 |
| | 35.94 | 36.26 | 36.16 | 36.11 |
| | 36.85 | 35.02 | | |
| 7 | Pai, Vilina | 14 NC | 6:32.32 | 20 |
| | 34.09 | 38.85 | 39.76 | 40.77 |
| | 40.52 | 40.92 | 40.59 | 40.37 |
| | 1:16.45 | | | |
| 8 | Chang, Ellina | IHS | 7:10.25 | |
| | 36.34 | 41.66 | 44.28 | 44.31 |
| | 44.23 | 44.50 | 45.41 | 44.32 |
| | 43.40 | 41.80 | | |
| 9 | Kravsov, Arina | MSHS | 7:23.82 | |
| | 36.29 | | | 45.98 |
| | 46.37 | 47.53 | 46.95 | 46.22 |
| | 48.06 | 39.16 | | |
| 10 | Lamason, Fiona | IHS | 9:23.46 | |
| | 45.67 | 52.61 | 55.40 | 57.56 |
| | 59.25 | 1:01.15 | 58.78 | 1:00.43 |
| | 58.46 | 54.15 | | |

#9 Girls 200 Yard Free Relay

| Team | Relay | Finals Time | NISCA | |
|------|---------------------|-----------------------|-------|-------|
| 1 | NC A | 1:47.36 | 300 | |
| | Ramberg, Lillian 17 | Thornburg, Jameson 16 | | |
| | Song, Megan 16 | Winn, Leah 18 | | |
| | 26.71 | 28.53 | 27.93 | 24.19 |
| 2 | MSHS A | 1:49.05 | 285 | |
| | Nelson, Siena | Schlotfeldt, Josie | | |
| | Sinnott, Aspen | Chau, Olivia | | |
| | 27.35 | 28.31 | 26.87 | 26.52 |

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Results - Only Session

| (#9 Girls 200 Yard Free Relay) | | | | |
|--------------------------------|----------------------|--------------------------|----------|-------|
| | | | | NISCA |
| *3 | IHS | A | 1:49.31 | 282 |
| | Huang, Iris | Rader, Lucca | | |
| | Reid, Makena | Balog, Anouk | | |
| | 27.19 | 27.62 | 27.27 | 27.23 |
| *3 | WHS | A | 1:49.31 | 282 |
| | Guilianians, Niobe | Bensen, Bianca | | |
| | Han, Taryn | Traina, Megan | | |
| | 27.96 | 27.67 | 27.03 | 26.65 |
| 5 | IHS | B | 2:02.06 | 165 |
| | Deng, Audrey | Meyer, Zoe | | |
| | Ottele, Grace | Towle, Laken | | |
| | 34.09 | 30.76 | 29.97 | 27.24 |
| 6 | IHS | D | 2:03.17 | 156 |
| | Berrios, Lillian | O'Neill, Maya | | |
| | Pathak, Ishana | Gilley, Stella | | |
| | 30.20 | 31.65 | 30.70 | 30.62 |
| 7 | MSHS | B | 2:07.95 | 120 |
| | McCallum, Shelby | Tomlisson, Sophia | | |
| | Ericksen, Elise | Bonham, Sydney | | |
| | 32.52 | 33.38 | 31.92 | 30.13 |
| 8 | NC | B | 2:08.31 | 117 |
| | Buchanan, Sophia 14 | Mascarenhas, Danielle 17 | | |
| | Shrestha, Neeva 18 | Lam, Lena 16 | | |
| | 32.97 | 35.94 | 30.61 | 28.79 |
| 9 | WHS | B | 2:10.91 | 96 |
| | Walsh, Ella | Lin, Jill | | |
| | Ralph, Alexandra | Harper, Brooke | | |
| | 31.94 | 32.42 | 32.64 | 33.91 |
| 10 | WHS | C | 2:15.27 | 66 |
| | Roemer, Emilia | Klies, Lexi | | |
| | Lutz, Gabriella | Hakkarainen, Molly | | |
| | 32.76 | 37.60 | 31.88 | 33.03 |
| 11 | IHS | C | 2:17.36 | 54 |
| | Chang, Ellina | Malone, Malley | | |
| | Mo, Emily | Prentice, Hadley | | |
| | 41.74 | 31.92 | 29.97 | 33.73 |
| 12 | NC | C | 2:23.87 | 12 |
| | Hubinette, Linnea 15 | Pyakurel, Sirisha 15 | | |
| | Siddiqui, Iman 14 | Woolley, Jacqueline 14 | | |
| | 36.20 | 34.55 | 36.98 | 36.14 |
| 13 | WHS | D | 2:32.94 | |
| | Kovacich, Charlotte | Arnold, Janae | | |
| | Dokken, Sadie | LaMaine, Chloe | | |
| | 35.07 | 39.34 | 35.93 | 42.60 |
| 14 | IHS | F | 2:36.57 | |
| | Carranza, Sofia | Farah, Julie | | |
| | Garg, Aanya | Lundberg, Clara | | |
| | 39.12 | 35.20 | 41.22 | 41.03 |
| --- | MSHS | C | X2:21.36 | |
| | McCracken, Ryann | Wallace, Jalyn | | |
| | LaCroix, Hannah | Brosseau, Carly | | |
| | 34.60 | 38.36 | 35.49 | 32.91 |
| --- | NC | D | X2:54.58 | |
| | Goff, Lyla 15 | Jankovic, Adriana 14 | | |
| | Liu, Ellen 16 | Rouf, Afshan 17 | | |
| | 40.27 | 53.62 | 40.67 | 40.02 |

| --- IHS E DQ | | | | |
|------------------|-------|------------------|-------|--|
| Keshwani, Arushi | | Lamason, Fiona | | |
| Lewis, Chloe | | Shapiro, Kamilla | | |
| | | | | |
| 34.73 | 44.53 | 33.28 | 30.88 | |

#10 Girls 100 Yard Back

| Name | Age | Team | Finals Time | NISCA |
|--------------------|-------------------|---------|-------------|----------|
| 1 Bensen, Bianca | | WHS | 1:05.26 | 78 |
| | 32.56 | 32.70 | | |
| 2 Nguyen, Trinity | 16 | NC | 1:06.36 | 72 |
| | 32.41 | 33.95 | | |
| 3 McElwee, Eleanor | | IHS | 1:07.87 | 64 |
| | 33.22 | 34.65 | | |
| 4 Yoon, Katelyn | | IHS | 1:09.65 | 54 |
| | 33.70 | 35.95 | | |
| 5 Hanson, Audrey | 15 | NC | 1:09.99 | 52 |
| | 34.66 | 35.33 | | |
| 6 Shelton, Madelyn | | WHS | 1:13.48 | 35 |
| | 35.68 | 37.80 | | |
| 7 Meyer, Zoe | | IHS | 1:14.58 | 30 |
| | 36.44 | 38.14 | | |
| 8 Kk, Sankari | 15 | NC | 1:15.35 | 27 |
| | 36.37 | 38.98 | | |
| 9 Han, Taryn | | WHS | 1:16.81 | 20 |
| | 36.87 | 39.94 | | |
| 10 Pryor, Isla | | MSHS | 1:27.78 | |
| | 41.34 | 46.44 | | |
| 11 Mohanty, Shreya | | MSHS | 1:37.16 | |
| | 46.75 | 50.41 | | |
| --- | Gong, Abby | 15 | NC | X1:12.57 |
| | 35.97 | 36.60 | | |
| --- | Gordon, Devon | | WHS | X1:16.84 |
| | 38.17 | 38.67 | | |
| --- | Ralph, Alexandra | | WHS | X1:20.38 |
| | 38.96 | 41.42 | | |
| --- | Lewis, Chloe | | IHS | X1:22.12 |
| | 40.14 | 41.98 | | |
| --- | Ottele, Grace | | IHS | X1:24.20 |
| | 40.58 | 43.62 | | |
| --- | Gupta, Yuvika | 17 | NC | X1:24.39 |
| | 40.65 | 43.74 | | |
| --- | Keshwani, Arushi | | IHS | X1:30.26 |
| | 43.62 | 46.64 | | |
| --- | Golden, Paige | 15 | NC | X1:44.71 |
| | 51.08 | 53.63 | | |
| --- | Tam, Cadence | 13 | NC | X1:55.30 |
| | 53.53 | 1:01.77 | | |
| --- | Burac, Irina | | WHS | XDQ |
| | 38.70 | 44.27 | | |
| --- | Jankovic, Adriana | 14 | NC | XDQ |
| | 54.53 | 1:00.35 | | |

| | | | | |
|-----|------------------|---------|---------|------------|
| 3 | Reid, Makena | IHS | 1:21.18 | 50 |
| | 37.44 | 43.74 | | |
| 4 | Buchanan, Sophia | 14 | NC | 1:24.55 36 |
| | 40.37 | 44.18 | | |
| 5 | Walsh, Ella | WHS | 1:28.76 | 20 |
| | 41.38 | 47.38 | | |
| 6 | Range, Miranda | WHS | 1:29.40 | 18 |
| | 42.50 | 46.90 | | |
| 7 | Dudsic, Qianna | IHS | 1:29.97 | 16 |
| | 42.88 | 47.09 | | |
| 8 | Shrestha, Neeva | 18 | NC | 1:32.75 6 |
| | 43.09 | 49.66 | | |
| 9 | Dokken, Sadie | WHS | 1:38.07 | |
| | 46.18 | 51.89 | | |
| 10 | Kravsov, Arina | MSHS | 1:40.71 | |
| | 46.70 | 54.01 | | |
| --- | Mo, Emily | | IHS | X1:26.52 |
| | 40.56 | 45.96 | | |
| --- | Shapiro, Kamilla | | IHS | X1:26.76 |
| | 39.97 | 46.79 | | |
| --- | Pierce, Camille | | IHS | X1:28.94 |
| | 41.06 | 47.88 | | |
| --- | Malone, Malley | | IHS | X1:32.80 |
| | 44.07 | 48.73 | | |
| --- | Deng, Audrey | | IHS | X1:36.81 |
| | 45.98 | 50.83 | | |
| --- | Carranza, Sofia | | IHS | X1:48.91 |
| | 50.73 | 58.18 | | |
| --- | Liu, Ellen | | 16 | NC |
| | 58.04 | 1:04.34 | | X2:02.38 |
| --- | Willis, Emma | | MSHS | DQ |
| | 52.48 | 1:02.89 | | |

#12 Girls 400 Yard Free Relay

| Team | Relay | Finals Time | NISCA |
|------|--------------------|--------------------|---------------|
| 1 | NC | A | 3:58.94 252 |
| | Nguyen, Trinity 16 | Pai, Vilina 14 | |
| | Winn, Leah 18 | Song, Megan 16 | |
| | 30.15 | 1:03.70 | 28.82 1:00.89 |
| | 26.38 | 55.16 | 28.51 59.19 |
| 2 | MSHS | A | 3:59.22 252 |
| | Nelson, Siena | Schlotfeldt, Josie | |
| | Sinnott, Aspen | Chau, Olivia | |
| | 28.57 | 59.78 | 28.36 1:01.65 |
| | 28.62 | 59.67 | 28.00 58.12 |
| 3 | IHS | A | 4:04.30 225 |
| | Balog, Anouk | McElwee, Eleanor | |
| | Rader, Lucca | Brown, Audrey | |
| | 28.17 | 58.89 | 28.89 59.87 |
| | 30.05 | 1:04.95 | 28.55 1:00.59 |
| 4 | IHS | B | 4:22.46 138 |
| | Dudsic, Qianna | Kowalski, Rhiannon | |
| | Towle, Laken | Yoon, Katelyn | |
| | 32.23 | 1:08.61 | 29.07 1:02.56 |
| | 29.88 | 1:01.85 | 32.54 1:09.44 |

#11 Girls 100 Yard Breast

| Name | Age | Team | Finals Time | NISCA |
|-----------------|-------|-------|-------------|-------|
| 1 Brown, Audrey | | IHS | 1:15.27 | 77 |
| | 35.17 | 40.10 | | |
| 2 Lam, Lena | 16 | NC | 1:19.72 | 56 |
| | 37.46 | 42.26 | | |

Wood @ Northcreek and Mt. Si v Ingl - 10/12/2023

Results - Only Session

(#12 Girls 400 Yard Free Relay)

NISCA

| | | | | |
|----|------------------------|----------------------|---------|---------|
| 5 | WHS | A | 4:26.35 | 123 |
| | Guilanians, Niobe | Gordon, Devon | | |
| | Burac, Irina | Shelton, Madelyn | | |
| | 29.19 | 1:00.41 | 32.45 | 1:06.89 |
| | 33.50 | 1:12.15 | 31.55 | 1:06.90 |
| 6 | NC | B | 4:35.69 | 84 |
| | Kk, Sankari 15 | Gong, Abby 15 | | |
| | Shrestha, Neeva 18 | Hanson, Audrey 15 | | |
| | 32.64 | 1:09.59 | 31.44 | 1:05.54 |
| | 32.66 | 1:12.48 | 32.03 | 1:08.08 |
| 7 | WHS | B | 4:54.59 | 12 |
| | Ralph, Alexandra | Range, Miranda | | |
| | Davidson, Izabella | Roemer, Emilia | | |
| | 33.84 | 1:11.27 | 35.68 | 1:14.05 |
| | 35.42 | 1:18.53 | 33.39 | 1:10.74 |
| 8 | IHS | C | 5:02.34 | |
| | Deng, Audrey | Ottele, Grace | | |
| | Pierce, Camille | Prentice, Hadley | | |
| | 38.07 | 1:19.30 | 33.00 | 1:09.72 |
| | 34.93 | 1:15.82 | 1:17.50 | |
| 9 | MSHS | B | 5:12.52 | |
| | Pryor, Isla | Blair, Molly | | |
| | Mohanty, Shreya | McCallum, Shelby | | |
| | 34.08 | 1:12.65 | 37.19 | 1:20.51 |
| | 39.13 | 1:26.75 | 35.40 | 1:12.61 |
| 10 | NC | C | 5:17.09 | |
| | Gupta, Yuvika 17 | Allen, Charlie 16 | | |
| | Woolley, Jacqueline 14 | Hubinette, Linnea 15 | | |
| | 34.70 | 1:13.63 | 37.52 | 1:19.08 |
| | 36.97 | 1:20.71 | 38.30 | 1:23.67 |
| 11 | WHS | C | 5:51.37 | |
| | Dulas, Claire | Byri, Ria | | |
| | LaMaine, Chloe | Kovacich, Charlotte | | |
| | 41.10 | 1:27.70 | 39.09 | 1:22.39 |
| | 47.56 | 1:38.79 | 38.68 | 1:22.49 |