

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 1 Girls 200 Yard Medley Relay

Team	Relay	Prelim Time	Finals Time
A - Final			
1 Lakeside School	A	1:48.33	1:46.99
1) Derstadt, Sadye JR 25.99 31.42 25.38	2) Dull, Stella SR 24.20	3) Cancelmo, Caroline JR	4) Hall, Noli JR
2 Garfield Swim Team-PN	A	1:48.14	1:47.34
1) Liffmann, Cole SR 27.50 29.12 24.60	2) Rivard, Maddie JR 26.12	3) Pham, Sophie SO	4) Risse, Kate SR
3 Seattle Prep Swim Team	A	1:51.83	1:49.73
1) Lauinger, Megan SO 27.94 30.84 26.93	2) Effgen, Clare FR 24.02	3) Lauinger, Anna SR	4) Gooding, Lane JR
4 Holy Names Academy Swimming	A	1:51.36	1:52.17
1) Jarrett, Maisey O SO 28.27 32.56 26.80	2) Irani, Delana SO 24.54	3) Magnotti, Ruthie SO	4) Williams, Moira M JR
5 Ballard HS Girls	A	1:54.74	1:53.26
1) Yovanovich, Claudia SR 26.10 33.78 27.47	2) Chew, Alyson JR 25.91	3) Onkels, Mia JR	4) Barba, Rosie SR
6 Nathan Hale High School Fall-PN	A	2:02.74	2:01.19
1) Bull, Maria FR 30.62 35.82 28.72	2) Lundberg, Claire JR 26.03	3) Jones, Kaylin SO	4) Wies, Chloe FR
7 Bishop Blanchet High School	A	2:07.27	2:06.49
1) Hobart, Ellie 11 30.91 36.23 38.21	2) Mitchell, Jocelyn 09 21.14	3) Allison, Grace 10	4) Balcom, Lily 10
8 Ihs Girls 2022-ZZ	A	2:07.30	2:06.69
1) Gaisser, Anna SR 32.22 37.28 28.74	2) Paulus, Savannah SO 28.45	3) Kim, Olivia JR	4) Springer, Finley SO
B - Final			
9 West Seattle	A	2:09.50	2:07.34
1) Webb, Sparks SR 32.60 35.89 30.78	2) Stahl, Lucy JR 28.07	3) Norman, Soledad SR	4) Legge, Evelyn JR
10 Roosevelt Girls Swim Team	B	2:09.05	2:09.64
1) Vu, Kaitlyn JR 33.07 34.62 1:01.95	2) Germer Mills, Ellery SO	3) Snyder, Stella SO	4) Dalnekoff, Lyla FR
11 Lincoln High School-PN	A	2:14.80	2:13.61
1) Fox, Juliet SO 33.76 36.42 35.68	2) Liston, Sophia SO 27.75	3) Yau, Noelle JR	4) Elsing, Naomi SO
12 Chief Sealth	A	2:26.13	2:27.22
1) Lyshol, Isabel SR 41.56 46.08 26.23	2) Osgood, Emma SR 33.35	3) Ferry, London SO	4) Winger, Cora FR
13 Eastside Catholic	A	2:37.37	2:41.41
1) Kostal, Alex SO 58.93 39.14 39.56	2) Kokoskin, Gloria JR 23.78	3) Hizer, Ella JR	4) Harris, Alaina SO
--- Cleveland High School-PN	A	2:22.49	NS
1) Spivey, Quinci SR	2) Bernstein, Aileen SO	3) Woodside, Katie SR	4) Kussman-Carter, Elena JR

Event 1 Girls 200 Yard Medley Relay

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Garfield Swim Team-PN	A	1:57.46	1:48.14 a
1) Liffmann, Cole SR 27.45 30.06 24.15	2) Rivard, Maddie JR 26.48	3) Pham, Sophie SO	4) Risse, Kate SR
2 Lakeside School	A	1:49.13	1:48.33 a
1) Derstadt, Sadye JR 26.27 31.72 26.06	2) Dull, Stella SR 24.28	3) Cancelmo, Caroline JR	4) Hall, Noli JR

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Preliminaries ... (Event 1 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Prelim Time
3 Holy Names Academy Swimming	A	1:54.92	1:51.36 a
1) Jarrett, Maisey O SO 28.25 31.75 26.82	2) Irani, Delana SO 24.54	3) Magnotti, Ruthie SO	4) Williams, Moira M JR
4 Seattle Prep Swim Team	A	1:56.29	1:51.83 a
1) Lauinger, Anna SR 28.73 31.09 27.97	2) Effgen, Clare FR 24.04	3) McGowan, Grace SO	4) Gooding, Lane JR
5 Ballard HS Girls	A	1:56.24	1:54.74 a
1) Yovanovich, Claudia SR 26.70 33.62 28.38	2) Chew, Alyson JR 26.04	3) Onkels, Mia JR	4) Barba, Rosie SR
6 Nathan Hale High School Fall-PN	A	2:07.19	2:02.74 a
1) Bull, Maria FR 32.00 35.27 31.44	2) Lundberg, Claire JR 24.03	3) Jones, Kaylin SO	4) Wies, Chloe FR
7 Bishop Blanchet High School	A	2:04.13	2:07.27 a
1) Hobart, Ellie 11 31.24	2) Mitchell, Jocelyn 09 28.88	3) Allison, Grace 10	4) Balcom, Lily 10
8 Ihs Girls 2022-ZZ	A	2:06.17	2:07.30 a
1) Gaisser, Anna SR 31.43 41.48 24.92	2) Paulus, Savannah SO 29.47	3) Kim, Olivia JR	4) Springer, Finley SO
9 Roosevelt Girls Swim Team	B	2:16.00	2:09.05 a
1) Vu, Kaitlyn JR 32.42 35.23 43.84	2) Germer Mills, Ellery SO 17.56	3) Snyder, Stella SO	4) Dalnekoff, Lyla FR
10 West Seattle	A	2:08.63	2:09.50 a
1) Webb, Sparks SR 33.82 35.69 31.12	2) Stahl, Lucy JR 28.87	3) Norman, Soledad SR	4) Legge, Evelyn JR
11 Franklin High School-PN	A	2:12.63	2:14.20 a
1) Raymond, Jayla FR 30.82 47.83 25.97	2) Anderson, Skye JR 29.58	3) Washburn, River JR	4) Darby, Daisy SR
12 Lincoln High School-PN	A	1:53.62	2:14.80 a
1) Fox, Juliet SO 33.96 38.29 34.54	2) Liston, Sophia SO 28.01	3) Yau, Noelle JR	4) Elsing, Naomi SO
13 Cleveland High School-PN	A	2:17.19	2:22.49 a
1) Spivey, Quinci SR 32.68 52.63 57.18	2) Bernstein, Aileen SO	3) Woodside, Katie SR	4) Kussman-Carter, Elena JR
14 Chief Sealth	A	2:19.84	2:26.13 a
1) Doan, Kathy SR 41.56 20.18 18.39	2) Osgood, Emma SR 1:06.00	3) Ferry, London SO	4) Winger, Cora FR
15 Eastside Catholic	A	2:45.02	2:37.37 a
1) Kostal, Alex SO 52.52 43.48 32.01	2) Kokoskin, Gloria JR 29.36	3) Hizer, Ella JR	4) Harris, Alaina SO
--- Holy Names Academy Swimming	B	2:06.77	X2:01.63
1) Chang, Lilah Huai Hsin SO 31.90 33.41 29.29	2) Weber, Clare FR 27.03	3) Orazem, Rhea K FR	4) Smith, Stella L SO
--- Seattle Prep Swim Team	B	2:05.00	X2:04.83
1) Huynh, Bella SO 33.57 36.87 28.16	2) Rehkopf, Sonja SO 26.23	3) Farrington, Sam FR	4) Wilwerding, Brooke SR
--- Ballard HS Girls	B	2:18.11	X2:05.34
1) Williams, Daisy SO 33.08 34.45 30.45	2) Guist, Penelope FR 27.36	3) Keenan, Tess SO	4) Skinner, Madelyn SR
--- Nathan Hale High School Fall-PN	B	2:12.83	X2:10.42
1) Shuler, Anna FR 33.03 36.22 30.82	2) Byrne, Aya FR 30.35	3) Young, Gabi SO	4) Lillis, Avery FR
--- Lakeside School	B	2:23.65	X2:13.65
1) Irwin-Pokorny, Amelia SR 36.07 37.41 32.51	2) Traverse, Josephine FR 27.66	3) Dennis, Mac JR	4) Parakhina, Anastasia FR

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Results

Preliminaries ... (Event 1 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Prelim Time
--- Bishop Blanchet High School 1) Halter, Cassie 09 32.63 37.69 35.03	B 2) Pigman, Audrey 11 28.87	2:23.21 3) Ness, Kari 11	X2:14.22 4) Vath, Sara 11
--- Garfield Swim Team-PN 1) Pody, Violet SR 35.92 37.51 32.64	B 2) Kukreja, Mulan FR 29.32	2:20.27 3) Mertel, Kathryn FR	X2:15.39 4) Said, Summayah SR
--- Seattle Prep Swim Team 1) De Villasante, Regina JR 36.71 35.99 34.05	C 2) Zwiebel, Ellie FR 29.14	2:18.00 3) Dennehy, Quinn SR	X2:15.89 4) Crisera, Nora SO
--- Garfield Swim Team-PN 1) Gruber, Galen JR 36.34 39.53 32.47	C 2) Geri, Vivian SO 28.32	2:25.78 3) Cortedano, Divina FR	X2:16.66 4) Risse, Lauren SR
--- West Seattle 1) Rysemus, Lucille JR 33.51 37.94 40.61	B 2) Baber, Isabella SO 25.03	2:18.61 3) DuPuis, Lilly SO	X2:17.09 4) McCall, Clara JR
--- Ballard HS Girls 1) Bargfrede, Bailey FR 1:25.34 20.64 31.91	C 2) Williams-Gurian, Brandy JR	2:41.89 3) Godwin, Freya FR	X2:17.80 4) Baker, Vivian SR
--- Ihs Girls 2022-ZZ 1) Hill, Sophia FR 35.42 39.79 1:05.77	B 2) Hamel, Aurora SO	2:19.51 3) Grossman, Lena FR	X2:20.98 4) Geokezas, Evvi SO
--- Bishop Blanchet High School 1) Dockter, Kira 11 37.03 42.91 34.22	C 2) Moore, Ali 12 28.06	2:26.56 3) Shic, Adenine 12	X2:22.22 4) Vance, Hudson 09
--- Lincoln High School-PN 1) Di Loreto, Gianna JR 36.60 39.46 36.09	B 2) McTaggart, Reina JR 30.65	2:20.00 3) Brinza, Lizzy JR	X2:22.80 4) Hibno, Riko JR
--- Nathan Hale High School Fall-PN 1) Bender, Liv JR 38.20 38.09 34.19	C 2) Clark, Mia FR 33.05	2:42.13 3) Torgersen, Sanna FR	X2:23.53 4) Bender, Moa FR
--- Lincoln High School-PN 1) Mahoney-Schaefer, Lily JR 38.07 41.44 36.96	C 2) Kieserman, Nina SR 29.33	2:35.00 3) Morrissey, Aine JR	X2:25.80 4) Roupp, Ceci FR
--- Ihs Girls 2022-ZZ 1) Frahm, Freya SR 39.63 39.41 38.02	C 2) Schoonover, Sage JR 31.44	2:28.90 3) Sharma, Angelica JR	X2:28.50 4) Gongaware, Gwen SO
--- Lakeside School 1) Talwar, Ria SR 35.87 46.79 36.26	C 2) Biernacki, Sophie SR 33.65	2:28.85 3) Chang, Jer-Shyan JR	X2:32.57 4) Droz, Josie JR
--- West Seattle 1) Pulanco, Samara JR 41.21 15.75 38.51	C 2) Slagle-Taylor, Key SO 1:13.19	2:33.49 3) Burco, Margaret JR	X2:48.66 4) Kestner, Heidi JR
--- Cleveland High School-PN 1) Ma, Nicole SO 49.17 59.36 37.88	B 2) Gee, Katelyn FR 36.10	2:45.00 3) Schroeder, Emma FR	X3:02.51 4) Ly, Michelle SO
--- Roosevelt Girls Swim Team 1) Finocchio, Lyla SO 30.30 33.81 27.37	A 2) Torpey, Elise SO	1:53.25 3) Clarke, Olive JR	DQ 4) Eleveld, Kate SR
--- Holy Names Academy Swimming 1) Brannfors, Anneliese M JR 31.34 36.04 33.12	C 2) Esperon, Charlotte M JR	2:27.53 3) Binder, Em JR	DQ 4) Bednarski, Amelia JR
--- Franklin High School-PN 1) Richards, Ophelia FR 36.50 42.19 34.28	B 2) Horton, Bella FR	2:23.00 3) Stewart, Lucy FR	DQ 4) Marceron, Kayla SO

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 2 Girls 200 Yard Freestyle

Name				Yr	School	Prelim Time	Finals Time
A - Final							
1	Cancelmo, Caroline			JR	Lakeside School	1:56.06	1:52.86
	26.96	28.15	28.74	29.01			
2	McCarthy, Nora			FR	Lakeside School	1:56.20	1:54.48
	26.56	28.99	29.43	29.50			
3	Halfman, Zoe			SO	Seattle Prep Swim Team	1:59.66	1:58.27
	27.36	29.48	30.78	30.65			
4	Ambach, Greta			FR	Roosevelt Girls Swim Team	2:05.87	2:04.88
	28.58	31.42	32.77	32.11			
5	Ewers, Emma			JR	Ihs Girls 2022-ZZ	2:04.78	2:05.06
	28.51	31.85	32.98	31.72			
6	Blume, Alexis			10	Bishop Blanchet High School	2:04.94	2:05.16
	28.21	31.38	32.84	32.73			
7	Best, Julia			SR	Lakeside School	2:03.37	2:06.16
	27.55	31.44	33.93	33.24			
8	Seibert, Maggie			FR	Lakeside School	2:08.10	2:06.60
	28.45	32.20	33.41	32.54			
B - Final							
9	Nightingale, Ellie			SO	Seattle Prep Swim Team	2:09.59	2:08.71
	29.67	32.88	32.91	33.25			
10	O'Donnell, Eden			FR	West Seattle	2:11.55	2:12.17
	29.92	33.31	34.99	33.95			
11	Gardiner, Josie			SR	Seattle Prep Swim Team	2:11.40	2:12.24
	29.96	33.31	34.07	34.90			
12	Beckman, Kate E			JR	Holy Names Academy Swimming	2:11.97	2:12.68
	29.92	33.43	34.58	34.75			
13	Fox, Juliet			SO	Lincoln High School-PN	2:13.01	2:12.91
	29.82	32.97	35.00	35.12			
14	Kukreja, Mulan			FR	Garfield Swim Team-PN	2:12.90	2:13.32
	29.52	33.45	35.64	34.71			
15	Hillyer, Claire E			FR	Holy Names Academy Swimming	2:13.17	2:14.18
	30.67	34.41	35.00	34.10			
16	Holt, Juliette M			SO	Holy Names Academy Swimming	2:14.14	2:18.78
	30.83	34.69	36.35	36.91			
C - Final							
17	Halter, Cassie			09	Bishop Blanchet High School	2:14.14	2:13.43
	29.97	33.06	35.32	35.08			
18	Young, Gabi			SO	Nathan Hale High School Fall-PN	2:14.59	2:13.92
	30.06	33.87	35.34	34.65			
19	Mead, Lilly			11	Bishop Blanchet High School	2:16.73	2:14.50
	30.06	33.82	35.43	35.19			
20	Thorpe, Zoe			SO	Nathan Hale High School Fall-PN	2:19.62	2:15.92
	29.53	33.75	35.58	37.06			
21	Kuiper, Sonja			JR	Holy Names Academy Swimming	2:17.78	2:16.12
	29.73	34.56	35.79	36.04			
22	Lundberg, Claire			JR	Nathan Hale High School Fall-PN	2:17.79	2:18.75
	31.62	34.12	36.94	36.07			
23	Murray, Cassidy			SO	Ihs Girls 2022-ZZ	2:21.16	2:19.44
	30.89	35.18	36.61	36.76			
24	Kwok, Solimar			SR	Roosevelt Girls Swim Team	2:20.59	2:22.85
	31.40	35.60	37.73	38.12			

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Results

Event 2 Girls 200 Yard Freestyle

Name				Yr	School	Seed Time	Prelim Time	
Preliminaries								
1	Cancelmo, Caroline			JR	Lakeside School	1:59.25	1:56.06	a
	27.07	29.11	29.89	29.99				
2	McCarthy, Nora			FR	Lakeside School	1:59.64	1:56.20	a
	27.09	29.31	29.79	30.01				
3	Halfman, Zoe			SO	Seattle Prep Swim Team	2:01.01	1:59.66	a
	27.58	30.47	31.29	30.32				
4	Best, Julia			SR	Lakeside School	2:06.04	2:03.37	a
	27.50	30.95	32.15	32.77				
5	Ewers, Emma			JR	Ihs Girls 2022-ZZ	2:06.24	2:04.78	a
	27.55	30.52	32.96	33.75				
6	Blume, Alexis			10	Bishop Blanchet High School	2:09.75	2:04.94	a
	28.24	31.46	33.16	32.08				
7	Ambach, Greta			FR	Roosevelt Girls Swim Team	2:08.28	2:05.87	a
	28.66	31.81	32.82	32.58				
8	Seibert, Maggie			FR	Lakeside School	2:11.73	2:08.10	a
	28.39	32.11	33.39	34.21				
9	Nightingale, Ellie			SO	Seattle Prep Swim Team	2:13.61	2:09.59	a
	29.33	32.58	34.32	33.36				
10	Gardiner, Josie			SR	Seattle Prep Swim Team	2:13.67	2:11.40	a
	29.95	33.02	34.01	34.42				
11	O'Donnell, Eden			FR	West Seattle	2:13.09	2:11.55	a
	29.76	33.16	34.97	33.66				
12	Beckman, Kate E			JR	Holy Names Academy Swimming	2:18.02	2:11.97	a
	29.64	33.49	34.75	34.09				
13	Kukreja, Mulan			FR	Garfield Swim Team-PN	2:16.22	2:12.90	a
	29.90	33.21	34.62	35.17				
14	Fox, Juliet			SO	Lincoln High School-PN	2:14.62	2:13.01	a
	30.28	33.64	34.65	34.44				
15	Hillyer, Claire E			FR	Holy Names Academy Swimming	2:12.99	2:13.17	a
	30.85	34.16	34.72	33.44				
16	Holt, Juliette M			SO	Holy Names Academy Swimming	2:20.84	2:14.14	a
	30.33	34.05	35.60	34.16				
17	Halter, Cassie			09	Bishop Blanchet High School	2:15.20	J2:14.14	a
	30.32	33.36	35.08	35.38				
18	Young, Gabi			SO	Nathan Hale High School Fall-PN	2:21.65	2:14.59	a
	30.41	33.57	35.79	34.82				
19	Mead, Lilly			11	Bishop Blanchet High School	2:27.87	2:16.73	a
	30.65	34.32	36.02	35.74				
20	Kuiper, Sonja			JR	Holy Names Academy Swimming	2:26.35	2:17.78	a
	30.49	35.39	36.59	35.31				
21	Lundberg, Claire			JR	Nathan Hale High School Fall-PN	2:21.48	2:17.79	a
	31.45	34.46	35.88	36.00				
22	Thorpe, Zoe			SO	Nathan Hale High School Fall-PN	2:22.59	2:19.62	a
	29.63	34.27	36.94	38.78				
23	Kwok, Solimar			SR	Roosevelt Girls Swim Team	2:22.35	2:20.59	a
	31.54	35.06	36.55	37.44				
24	Murray, Cassidy			SO	Ihs Girls 2022-ZZ	2:21.62	2:21.16	a
	31.76	36.05	37.01	36.34				
25	Dockter, Kira			11	Bishop Blanchet High School	2:26.33	2:21.88	
	31.12	35.65	37.19	37.92				

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Results

Preliminaries ... (Event 2 Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
26 Yoon, Sabi	SO	Ballard HS Girls	2:24.12	2:24.02
32.10	35.46	37.39	39.07	
27 Nickel, Clara	JR	Roosevelt Girls Swim Team	2:23.25	2:24.86
30.88	36.05	38.69	39.24	
28 Roupp, Ceci	FR	Lincoln High School-PN	2:29.86	2:25.37
33.65	36.93	38.29	36.50	
29 Stewart, Maya	FR	Ihs Girls 2022-ZZ	2:23.21	2:26.70
32.41	38.02	38.45	37.82	
30 Graham, Zia	FR	Nathan Hale High School Fall-PN	2:30.10	2:26.99
32.17	36.63	38.86	39.33	
31 Chalmers, Marlow	SR	Seattle Prep Swim Team	2:25.41	2:29.99
32.14	37.48	40.41	39.96	
32 Fung, Paige	JR	Roosevelt Girls Swim Team	2:30.15	2:31.35
32.41	37.96	40.61	40.37	
33 Mock, Serena C	FR	Holy Names Academy Swimming	2:36.35	2:33.52
35.46	37.80	39.94	40.32	
34 Wynne, Norah	SO	Lincoln High School-PN	2:37.07	2:34.46
36.23	39.53	40.67	38.03	
35 Lyshol, Isabel	SR	Chief Sealth	3:18.40	3:07.78
43.25	48.27	48.94	47.32	

Event 3 Girls 200 Yard IM

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Pham, Sophie	SO	Garfield Swim Team-PN	2:06.76	2:07.64
26.52	32.09	38.70	30.33	
2 Hooper, Caroline A	SO	Holy Names Academy Swimming	2:13.40	2:11.17
27.98	33.12	38.69	31.38	
3 Wang, Ellie	SO	Holy Names Academy Swimming	2:11.91	2:11.18
28.93	32.89	39.92	29.44	
4 Magnotti, Ruthie	SO	Holy Names Academy Swimming	2:11.80	2:11.76
28.82	34.25	38.72	29.97	
5 Lauinger, Anna	SR	Seattle Prep Swim Team	2:12.61	2:13.60
28.45	33.48	40.14	31.53	
6 Jaeger, Elyse	SR	Roosevelt Girls Swim Team	2:16.78	2:17.21
29.12	34.42	41.74	31.93	
7 Effgen, Clare	FR	Seattle Prep Swim Team	2:18.68	2:18.33
29.80	37.04	38.47	33.02	
8 Dull, Stella	SR	Lakeside School	2:22.89	2:25.13
30.40	38.20	39.68	36.85	
B - Final				
9 Onkels, Mia	JR	Ballard HS Girls	2:23.77	2:18.66
29.01	35.43	41.33	32.89	
10 Kim, Olivia	JR	Ihs Girls 2022-ZZ	2:24.18	2:22.69
30.05	36.59	43.06	32.99	
11 Weber, Clare	FR	Holy Names Academy Swimming	2:25.33	2:24.61
34.02	37.45	39.78	33.36	
12 Allison, Grace	10	Bishop Blanchet High School	2:27.63	2:24.81
31.66	36.63	44.06	32.46	
13 Torpey, Elise	SO	Roosevelt Girls Swim Team	2:28.45	2:25.02
30.67	36.53	43.21	34.61	
14 Parakhina, Anastasia	FR	Lakeside School	2:31.16	2:32.73
32.25	36.69	48.94	34.85	

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Results

B - Final ... (Event 3 Girls 200 Yard IM)

Name	Yr	School	Prelim Time	Finals Time
15 Webb, Sparks	SR	West Seattle	2:35.05	2:32.83
33.67 36.51 47.06	35.59			
16 Bull, Maria	FR	Nathan Hale High School Fall-PN	2:36.06	2:33.82
32.30 38.94 47.04	35.54			
C - Final				
17 Liu, Lexi	JR	Lakeside School	2:37.33	2:35.30
31.64 39.07 45.88	38.71			
18 Rysemus, Lucille	JR	West Seattle	2:39.10	2:36.33
31.63 40.07 49.08	35.55			
19 Mai, Chloe	JR	Roosevelt Girls Swim Team	2:36.40	2:37.04
32.94 40.98 47.08	36.04			
20 Tang, Iris	JR	Lakeside School	2:41.75	2:39.01
31.98 40.14 50.07	36.82			
21 Stahl, Lucy	JR	West Seattle	2:37.42	2:39.38
34.71 41.08 45.99	37.60			
22 Hizer, Ella	JR	Eastside Catholic	2:43.39	2:44.60
35.85 40.11 49.85	38.79			
23 Grossman, Lena	FR	Ihs Girls 2022-ZZ	2:44.41	2:45.47
36.54 41.72 50.30	36.91			
24 Ferry, London	SO	Chief Sealth	2:53.90	2:53.30
34.31 44.04 54.35	40.60			

Event 3 Girls 200 Yard IM

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Pham, Sophie	SO	Garfield Swim Team-PN	2:09.83	2:06.76 a
26.11 31.60 38.22	30.83			
2 Magnotti, Ruthie	SO	Holy Names Academy Swimming	2:17.71	2:11.80 a
28.52 34.40 39.01	29.87			
3 Wang, Ellie	SO	Holy Names Academy Swimming	2:12.95	2:11.91 a
28.67 33.14 39.70	30.40			
4 Lauinger, Anna	SR	Seattle Prep Swim Team	2:14.99	2:12.61 a
29.06 33.03 39.58	30.94			
5 Hooper, Caroline A	SO	Holy Names Academy Swimming	2:15.26	2:13.40 a
28.20 33.85 39.60	31.75			
6 Jaeger, Elyse	SR	Roosevelt Girls Swim Team	2:18.19	2:16.78 a
28.70 33.83 41.66	32.59			
7 Effgen, Clare	FR	Seattle Prep Swim Team	2:22.86	2:18.68 a
30.04 37.86 38.04	32.74			
8 Dull, Stella	SR	Lakeside School	2:25.63	2:22.89 a
30.70 37.31 40.23	34.65			
9 Onkels, Mia	JR	Ballard HS Girls	2:22.31	2:23.77 a
29.85 35.91 43.37	34.64			
10 Kim, Olivia	JR	Ihs Girls 2022-ZZ	2:24.63	2:24.18 a
30.92 37.29 42.84	33.13			
11 Weber, Clare	FR	Holy Names Academy Swimming	2:35.37	2:25.33 a
32.82 38.69 39.44	34.38			
12 Allison, Grace	10	Bishop Blanchet High School	2:27.27	2:27.63 a
31.52 37.84 44.91	33.36			
13 Torpey, Elise	SO	Roosevelt Girls Swim Team	2:27.35	2:28.45 a
31.13 37.25 44.07	36.00			
14 Parakhina, Anastasia	FR	Lakeside School	2:34.68	2:31.16 a
31.20 36.35 48.30	35.31			

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

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

Name	Yr	School	Seed Time	Prelim Time	
15 Webb, Sparks	SR	West Seattle	2:31.89	2:35.05	a
33.28	38.11	46.70	36.96		
16 Bull, Maria	FR	Nathan Hale High School Fall-PN	2:35.04	2:36.06	a
33.29	38.50	47.05	37.22		
17 Mai, Chloe	JR	Roosevelt Girls Swim Team	2:37.13	2:36.40	a
32.80	40.63	46.93	36.04		
18 Liu, Lexi	JR	Lakeside School	2:43.09	2:37.33	a
32.20	39.98	46.67	38.48		
19 Stahl, Lucy	JR	West Seattle	2:38.23	2:37.42	a
33.93	39.25	46.27	37.97		
20 Rysemus, Lucille	JR	West Seattle	2:45.62	2:39.10	a
32.17	41.30	49.94	35.69		
21 Tang, Iris	JR	Lakeside School	2:41.74	2:41.75	a
32.08	38.67	52.32	38.68		
22 Hizer, Ella	JR	Eastside Catholic	2:44.13	2:43.39	a
34.22	40.86	51.76	36.55		
23 Grossman, Lena	FR	Ihs Girls 2022-ZZ	2:46.31	2:44.41	a
36.10	40.91	48.93	38.47		
24 Ferry, London	SO	Chief Sealth	2:59.94	2:53.90	a
35.74	44.87	53.21	40.08		
25 Horton, Bella	FR	Franklin High School-PN	2:53.59	2:58.69	
37.65	45.77	51.42	43.85		
26 Shic, Adenine	12	Bishop Blanchet High School	2:57.96	3:03.36	
35.71	43.96	1:00.55	43.14		
--- Tanaka, Deryn	SR	West Seattle	3:08.40	DQ	
38.94	45.17	58.53			
--- Johnson, Ale	FR	Roosevelt Girls Swim Team	3:23.19	DQ	
42.40	49.83	1:00.16			
--- Jablonski, Ella	JR	Lakeside School	2:07.70	DQ	
26.45	32.73	39.52			

Event 4 Girls 50 Yard Freestyle

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Yovanovich, Claudia	SR	Ballard HS Girls	24.15	23.64
2 Andrews, Catherine	SR	Roosevelt Girls Swim Team	24.08	23.83
3 Cancelmo, Caroline	JR	Lakeside School	25.10	24.38
4 Gooding, Lane	JR	Seattle Prep Swim Team	24.39	24.44
5 White, Matilda	SO	Lincoln High School-PN	24.57	24.58
6 Williams, Moira M	JR	Holy Names Academy Swimming	25.26	24.80
7 Hall, Noli	JR	Lakeside School	25.11	25.05
8 Sherwood, Gigi	SR	Roosevelt Girls Swim Team	24.95	25.24
B - Final				
9 Berg, Quincy	FR	Lincoln High School-PN	25.60	25.16
10 Liu, Chloe	SO	Lakeside School	25.47	25.56
11 Clarke, Olive	JR	Roosevelt Girls Swim Team	26.77	26.17
12 Halfman, Reese	11	Bishop Blanchet High School	26.96	26.39
13 Eleveld, Kate	SR	Roosevelt Girls Swim Team	26.78	26.60
14 Stanley, Maddie	12	Bishop Blanchet High School	26.21	26.66
15 Jones, Kaylin	SO	Nathan Hale High School Fall-PN	26.66	26.69
16 Wilwerding, Brooke	SR	Seattle Prep Swim Team	26.46	26.76

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

C - Final ... (Event 4 Girls 50 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time
17 Barba, Rosie	SR	Ballard HS Girls	26.96	26.65
18 Smith, Stella L	SO	Holy Names Academy Swimming	27.33	27.01
19 Farrington, Sam	FR	Seattle Prep Swim Team	27.61	27.17
20 Hobart, Ellie	11	Bishop Blanchet High School	27.15	27.27
21 Zwiebel, Ellie	FR	Seattle Prep Swim Team	27.51	27.53
*22 Shuler, Mariel	JR	Nathan Hale High School Fall-PN	27.87	27.60
*22 Kinney, Deirdre	SR	Lincoln High School-PN	27.40	27.60
24 Norman, Soledad	SR	West Seattle	27.81	27.66

Event 4 Girls 50 Yard Freestyle

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Andrews, Catherine	SR	Roosevelt Girls Swim Team	24.96	24.08 q
2 Yovanovich, Claudia	SR	Ballard HS Girls	23.41	24.15 q
3 Gooding, Lane	JR	Seattle Prep Swim Team	24.86	24.39 q
4 White, Matilda	SO	Lincoln High School-PN	25.57	24.57 q
5 Sherwood, Gigi	SR	Roosevelt Girls Swim Team	25.62	24.95 q
6 Cancelmo, Caroline	JR	Lakeside School	25.78	25.10 q
7 Hall, Noli	JR	Lakeside School	25.17	25.11 q
8 Williams, Moira M	JR	Holy Names Academy Swimming	25.42	25.26 q
9 Liu, Chloe	SO	Lakeside School	25.78	25.47 q
10 Berg, Quincy	FR	Lincoln High School-PN	26.09	25.60 q
11 Stanley, Maddie	12	Bishop Blanchet High School	26.97	26.21 q
12 Wilwerding, Brooke	SR	Seattle Prep Swim Team	26.51	26.46 q
13 Jones, Kaylin	SO	Nathan Hale High School Fall-PN	27.09	26.66 q
14 Clarke, Olive	JR	Roosevelt Girls Swim Team	27.19	26.77 q
15 Eleveld, Kate	SR	Roosevelt Girls Swim Team	27.56	26.78 q
16 Halfman, Reese	11	Bishop Blanchet High School	26.34	26.96 q
17 Barba, Rosie	SR	Ballard HS Girls	26.64	26.96 q
18 Hobart, Ellie	11	Bishop Blanchet High School	27.75	27.15 q
19 Smith, Stella L	SO	Holy Names Academy Swimming	26.75	27.33 q
20 Kinney, Deirdre	SR	Lincoln High School-PN	27.35	27.40 q
21 Zwiebel, Ellie	FR	Seattle Prep Swim Team	28.74	27.51 q
22 Farrington, Sam	FR	Seattle Prep Swim Team	28.22	27.61 q
23 Norman, Soledad	SR	West Seattle	27.60	27.81 q
24 Shuler, Mariel	JR	Nathan Hale High School Fall-PN	28.38	27.87 q
25 Legge, Evelyn	JR	West Seattle	27.49	27.93 q
26 Gaisser, Anna	SR	Ihs Girls 2022-ZZ	28.49	27.93 q
27 Wall, Norah E	SR	Holy Names Academy Swimming	28.89	28.00
28 Kussman-Carter, Elena	JR	Cleveland High School-PN	28.32	28.22
29 Brannfors, Anneliese M	JR	Holy Names Academy Swimming	29.22	28.26
30 Jones, Britt	JR	Nathan Hale High School Fall-PN	29.16	28.38
*31 Shuler, Anna	FR	Nathan Hale High School Fall-PN	29.84	28.47
*31 Blocher, Allie	SO	Lakeside School	28.95	28.47
33 Keenan, Tess	SO	Ballard HS Girls	29.22	28.54
34 Springer, Finley	SO	Ihs Girls 2022-ZZ	29.00	28.65
35 Snyder, Wren	SO	Roosevelt Girls Swim Team	29.95	28.68
36 Vath, Sara	11	Bishop Blanchet High School	30.19	28.72
37 Cortedano, Divina	SR	Garfield Swim Team-PN	29.53	28.78

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 4 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
*38 Chee, Aiyun	SR	Seattle Prep Swim Team	28.58	28.80
*38 Harris, Alaina	SO	Eastside Catholic	28.87	28.80
40 Risse, Lauren	SR	Garfield Swim Team-PN	29.56	28.88
41 Crisera, Nora	SO	Seattle Prep Swim Team	29.20	28.91
42 Said, Summayah	SR	Garfield Swim Team-PN	29.32	28.99
43 Williams, Daisy	SO	Ballard HS Girls	29.27	29.02
44 Ridenour, Riley	SO	Roosevelt Girls Swim Team	29.90	29.10
45 Vance, Hudson	09	Bishop Blanchet High School	30.54	29.11
46 Coleman, Sofia	FR	Seattle Prep Swim Team	29.61	29.12
47 McTaggart, Reina	JR	Lincoln High School-PN	29.71	29.14
48 Balcom, Lily	10	Bishop Blanchet High School	28.62	29.15
49 Taylor, Posy	FR	Ihs Girls 2022-ZZ	29.47	29.21
50 Sullivan, Ann	SR	Seattle Prep Swim Team	29.85	29.34
51 Bednarski, Amelia	JR	Holy Names Academy Swimming	29.73	29.39
52 Snyder, Stella	SO	Roosevelt Girls Swim Team	29.02	29.44
*53 Kokoskin, Gloria	JR	Eastside Catholic	30.06	29.65
*53 Darby, Daisy	SR	Franklin High School-PN	28.47	29.65
55 Peato, Alex	11	Bishop Blanchet High School	30.71	29.69
56 Volk, Hana	SO	Nathan Hale High School Fall-PN	30.07	29.79
57 O'Neil, Katie	JR	Roosevelt Girls Swim Team	29.18	30.04
58 Woodside, Katie	SR	Cleveland High School-PN	30.09	30.07
59 Zimmer, Avery	JR	West Seattle	29.06	30.17
60 Mahoney-Schaefer, Lily	JR	Lincoln High School-PN	30.12	30.26
61 Bugala, Frances	SO	West Seattle	31.41	30.47
62 Lillis, Avery	FR	Nathan Hale High School Fall-PN	30.36	30.48
63 Lockman, Ruby	JR	West Seattle	30.59	30.57
64 Stewart, Lucy	FR	Franklin High School-PN	32.33	30.68
65 Washburn, River	JR	Franklin High School-PN	29.94	30.69
66 Mertel, Kathryn	FR	Garfield Swim Team-PN	30.12	30.70
67 Hill, Sophia	FR	Ihs Girls 2022-ZZ	30.32	30.77
68 Campbell, Piper	FR	Nathan Hale High School Fall-PN	32.02	30.94
69 Rocha, Cecelia	SO	Seattle Prep Swim Team	30.47	31.02
70 Baker, Vivian	SR	Ballard HS Girls	30.61	31.04
71 Morrissey, Aine	JR	Lincoln High School-PN	30.47	31.18
72 Kryman, Josephine M	SO	Holy Names Academy Swimming	31.28	31.29
73 Boychuk, Misha	FR	Roosevelt Girls Swim Team	31.31	31.31
74 MacGovern-Shih, Madeline	SO	Garfield Swim Team-PN	31.88	31.38
75 Erickson, Hadley	FR	Nathan Hale High School Fall-PN	31.93	31.42
76 Sharma, Angelica	JR	Ihs Girls 2022-ZZ	31.84	31.49
77 Klem, Sally	FR	West Seattle	31.62	31.53
78 Arthur, Natalie	SR	Seattle Prep Swim Team	30.87	31.56
79 Bernstein, Aileen	SO	Cleveland High School-PN	31.75	31.59
80 Howe, Josie	SO	Garfield Swim Team-PN	32.23	31.72
81 Frank, Aleta	SO	Roosevelt Girls Swim Team	31.64	31.75
82 Burco, Margaret	JR	West Seattle	31.00	31.81
83 Dennehy, Quinn	SR	Seattle Prep Swim Team	31.33	31.85
84 Sourov, Abbey	10	Bishop Blanchet High School	31.58	31.93
85 Jahn, Annika	FR	Ballard HS Girls	31.35	31.97
86 Widmer, Erin K	SR	Holy Names Academy Swimming	31.71	32.08
87 Wijesekera, Samara	SR	Holy Names Academy Swimming	32.04	32.13
88 Gongaware, Gwen	SO	Ihs Girls 2022-ZZ	31.67	32.16
89 Moore, Ali	12	Bishop Blanchet High School	30.72	32.29

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 4 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
90 Anderson, Stella	SR	Seattle Prep Swim Team	32.52	32.39
91 Anderson, Skye	JR	Franklin High School-PN	31.09	32.54
92 Chalmers, Jo	JR	Seattle Prep Swim Team	32.23	32.59
93 Belle, Katie	JR	Holy Names Academy Swimming	32.89	32.80
94 Clark, Elle	FR	Roosevelt Girls Swim Team	31.75	32.84
95 Kratz, Grace	SR	Seattle Prep Swim Team	32.88	32.87
96 Watkins, Molly	SR	Lincoln High School-PN	32.72	32.93
97 Chang, Jer-Shyan	JR	Lakeside School	33.59	32.99
98 Gutierrez Lanza, Mara	JR	Lincoln High School-PN	32.53	33.00
99 Fletcher, Annika	JR	Lincoln High School-PN	32.59	33.02
100 Hamel, Aurora	SO	Ihs Girls 2022-ZZ	32.01	33.18
101 Huie, Olivia	JR	Lincoln High School-PN	32.77	33.23
*102 Frahm, Freya	SR	Ihs Girls 2022-ZZ	33.50	33.27
*102 Kinch, Keara	FR	West Seattle	33.95	33.27
104 O'Brien, Paula Q	SO	Holy Names Academy Swimming	33.20	33.30
105 Redmond, Mel	SO	Ballard HS Girls	32.65	33.38
106 Marsh, Trista B	SO	Holy Names Academy Swimming	33.15	33.41
107 Mack, Riley S	SO	Holy Names Academy Swimming	33.28	33.55
108 Eid, Chloe	SR	Holy Names Academy Swimming	33.85	33.61
109 Winger, Cora	FR	Chief Sealth	32.15	33.68
110 Smith, Madeleine	SR	Garfield Swim Team-PN	33.57	33.86
111 Mikhkels, Linnea	SR	Ballard HS Girls	34.26	33.89
112 Menon, Nisha	FR	Roosevelt Girls Swim Team	33.63	34.19
113 Droz, Josie	JR	Lakeside School	33.64	34.52
114 Redmond, Hadley	SR	Ballard HS Girls	33.86	35.31
115 Ly, Michelle	SO	Cleveland High School-PN	37.02	35.78
116 Schroeder, Emma	FR	Cleveland High School-PN	35.99	35.97
117 Johnson, Linnea	SR	Garfield Swim Team-PN	35.12	36.24
118 Arthur, Samie	SR	Seattle Prep Swim Team	35.23	36.27
119 Doan, Kathy	SR	Chief Sealth	36.91	36.58
120 Hamilton, Tessa	FR	Ballard HS Girls	35.34	36.59
121 Robinson, Mia	SR	Seattle Prep Swim Team	32.41	36.71
122 Diers, Anna	SO	Ballard HS Girls	36.67	36.83
123 Toppenberg, Reilly	JR	Ballard HS Girls	34.87	37.99
124 Le, Phuong	JR	Chief Sealth	38.84	38.19
125 Gee, Katelyn	FR	Cleveland High School-PN	41.81	38.62
126 Begaliev, Salta	JR	Nathan Hale High School Fall-PN	38.45	38.68
127 Baumfeld, Violet	FR	Nathan Hale High School Fall-PN	38.95	39.19
128 Vu, Vivian	SO	Chief Sealth	39.13	39.59
129 Buckley, Virginia	SR	Garfield Swim Team-PN	39.98	39.81
130 Gebregziabher, Lael	JR	Lakeside School	38.26	40.62
131 Bean, Maya	JR	Ballard HS Girls	41.80	40.70
132 Ma, Nicole	SO	Cleveland High School-PN	41.83	40.93
133 Choudhary, Trisha	SO	Lakeside School	40.24	42.53
134 Kostal, Alex	SO	Eastside Catholic	42.47	43.16
135 Otto, Petra	FR	Nathan Hale High School Fall-PN	45.00	44.25
136 Marceron, Kayla	SO	Franklin High School-PN	41.94	45.34
137 Chenicheri, Meira	JR	Lakeside School	44.18	45.57
138 Peng, Amber	FR	Lakeside School	41.98	47.54
--- Spivey, Quinci	SR	Cleveland High School-PN	27.03	X27.55
--- Skinner, Madelyn	SR	Ballard HS Girls	27.23	X27.87
--- Fitzpatrick, Kate	SO	Seattle Prep Swim Team	27.88	X28.02

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 4 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
--- Dalnekoff, Lyla	FR	Roosevelt Girls Swim Team	28.25	X28.36
--- Robinson, Gemma	09	Bishop Blanchet High School	32.85	DFS
--- Palmer Markham, Georgia	SO	Chief Sealth	44.00	DFS
--- Mullally, Juliet	SR	Seattle Prep Swim Team	33.68	DFS
--- Nguyen, Lan	SO	Cleveland High School-PN	38.15	DFS
--- Li, Sasa	SO	Franklin High School-PN	39.03	DFS
--- Farinas, Gabi	JR	Lakeside School	30.21	DFS

Event 5 Girls 1 mtr Diving

Name	Yr	School	Prelim Score	Finals Score
Finals				
1 Forrester, Ardaea	JR	Ihs Girls 2022-ZZ	220.65	306.50
2 Springer, Finley	SO	Ihs Girls 2022-ZZ	218.10	299.80
3 Teplitsky, Sunshine	SO	Garfield Swim Team-PN	190.05	273.25
4 De Boer, Claire	JR	Lincoln High School-PN	184.55	272.60
5 Lee, Courtney	JR	Lincoln High School-PN	185.20	259.50
6 Solomon, Akal	JR	Lakeside School	188.55	252.05
7 Chalasani, Nour	FR	Lincoln High School-PN	186.10	247.45
8 Zhou, Lily	JR	Lakeside School	167.80	240.45
9 Chi, Isobel	SO	Lakeside School	160.60	236.10
10 Concepcion, Annabelle	JR	Lakeside School	156.55	227.05
11 Orwig, Ainsley	JR	West Seattle	151.60	215.65
12 Byrne, Aya	FR	Nathan Hale High School Fall-PN	125.00	191.60
13 Teodoro, Sofia	JR	Ihs Girls 2022-ZZ	111.20	176.80

Event 5 Girls 1 mtr Diving

Name	Yr	School	Prelim Score
Preliminaries			
1 Forrester, Ardaea	JR	Ihs Girls 2022-ZZ	273.00
2 Springer, Finley	SO	Ihs Girls 2022-ZZ	313.15
3 Teplitsky, Sunshine	SO	Garfield Swim Team-PN	200.25
4 Solomon, Akal	JR	Lakeside School	205.30
5 Chalasani, Nour	FR	Lincoln High School-PN	228.50
6 Lee, Courtney	JR	Lincoln High School-PN	247.70
7 De Boer, Claire	JR	Lincoln High School-PN	240.05
8 Zhou, Lily	JR	Lakeside School	NP
9 Chi, Isobel	SO	Lakeside School	NP
10 Concepcion, Annabelle	JR	Lakeside School	NP
11 Orwig, Ainsley	JR	West Seattle	NP
12 Byrne, Aya	FR	Nathan Hale High School Fall-PN	185.00
13 Teodoro, Sofia	JR	Ihs Girls 2022-ZZ	147.35
--- Mullally, Annelise	SO	Seattle Prep Swim Team	NP

Event 6 Girls 100 Yard Butterfly

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Pham, Sophie	SO	Garfield Swim Team-PN	54.48	55.36
			26.06	29.30
2 Jarrett, Maisey O	SO	Holy Names Academy Swimming	59.34	58.21
			27.31	30.90
3 Rivard, Maddie	JR	Garfield Swim Team-PN	58.91	58.69
			27.49	31.20

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

A - Final ... (Event 6 Girls 100 Yard Butterfly)

Name	Yr	School	Prelim Time	Finals Time
4 Magnotti, Ruthie 28.08 31.05	SO	Holy Names Academy Swimming	58.87	59.13
5 Best, Julia 27.35 32.72	SR	Lakeside School	1:00.26	1:00.07
6 Liu, Chloe 27.78 32.36	SO	Lakeside School	59.99	1:00.14
7 Finocchio, Lyla 27.85 32.47	SO	Roosevelt Girls Swim Team	1:00.42	1:00.32
8 Orazem, Rhea K 28.25 32.30	FR	Holy Names Academy Swimming	1:01.27	1:00.55

B - Final

9 Onkels, Mia 28.55 32.75	JR	Ballard HS Girls	1:05.40	1:01.30
10 Chew, Alyson 28.52 34.18	JR	Ballard HS Girls	1:02.61	1:02.70
11 Jaeger, Elyse 29.09 33.77	SR	Roosevelt Girls Swim Team	1:02.12	1:02.86
12 Irani, Delana 29.16 34.15	SO	Holy Names Academy Swimming	1:02.39	1:03.31
13 Farrington, Sam 29.59 33.97	FR	Seattle Prep Swim Team	1:03.46	1:03.56
14 Clarke, Olive 29.21 34.57	JR	Roosevelt Girls Swim Team	1:05.13	1:03.78
15 McGowan, Grace 29.48 35.43	SO	Seattle Prep Swim Team	1:04.07	1:04.91
16 Wilwerding, Brooke 30.88 36.62	SR	Seattle Prep Swim Team	1:06.87	1:07.50

C - Final

17 Godwin, Freya 30.98 36.17	FR	Ballard HS Girls	1:10.99	1:07.15
18 Risse, Kate 31.23 36.47	SR	Garfield Swim Team-PN	1:08.11	1:07.70
19 Liu, Lexi 32.06 39.33	JR	Lakeside School	1:11.94	1:11.39
20 Pigman, Audrey 33.70 40.47	11	Bishop Blanchet High School	1:16.62	1:14.17
21 DuPuis, Lilly 36.07 42.15	SO	West Seattle	1:19.25	1:18.22
22 Gruber, Galen 35.25 43.12	JR	Garfield Swim Team-PN	1:18.36	1:18.37
23 Ness, Kari 36.21 44.11	11	Bishop Blanchet High School	1:19.90	1:20.32
--- Parakhina, Anastasia 30.87	FR	Lakeside School	1:06.90	DQ

Event 6 Girls 100 Yard Butterfly

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Pham, Sophie 25.72 28.76	SO	Garfield Swim Team-PN	56.06	54.48 a
2 Magnotti, Ruthie 27.83 31.04	SO	Holy Names Academy Swimming	1:01.42	58.87 a
3 Rivard, Maddie 27.29 31.62	JR	Garfield Swim Team-PN	1:02.35	58.91 a

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 6 Girls 100 Yard Butterfly)

Name	Yr	School	Seed Time	Prelim Time	
4 Jarrett, Maisey O 27.78 31.56	SO	Holy Names Academy Swimming	1:00.52	59.34	a
5 Liu, Chloe 27.28 32.71	SO	Lakeside School	1:00.34	59.99	a
6 Best, Julia 27.85 32.41	SR	Lakeside School	59.37	1:00.26	a
7 Finocchio, Lyla 27.94 32.48	SO	Roosevelt Girls Swim Team	1:01.52	1:00.42	a
8 Orazem, Rhea K 28.56 32.71	FR	Holy Names Academy Swimming	1:02.28	1:01.27	a
9 Jaeger, Elyse 29.07 33.05	SR	Roosevelt Girls Swim Team	1:02.89	1:02.12	a
10 Irani, Delana 28.79 33.60	SO	Holy Names Academy Swimming	1:03.89	1:02.39	a
11 Chew, Alyson 28.75 33.86	JR	Ballard HS Girls	1:04.09	1:02.61	a
12 Farrington, Sam 29.30 34.16	FR	Seattle Prep Swim Team	1:05.94	1:03.46	a
13 McGowan, Grace 30.07 34.00	SO	Seattle Prep Swim Team	1:06.36	1:04.07	a
14 Clarke, Olive 29.34 35.79	JR	Roosevelt Girls Swim Team	1:07.21	1:05.13	a
15 Onkels, Mia 30.04 35.36	JR	Ballard HS Girls	1:04.66	1:05.40	a
16 Wilwerding, Brooke 30.73 36.14	SR	Seattle Prep Swim Team	1:07.20	1:06.87	a
17 Parakhina, Anastasia 30.37 36.53	FR	Lakeside School	1:07.32	1:06.90	a
18 Risse, Kate 30.89 37.22	SR	Garfield Swim Team-PN	1:11.76	1:08.11	a
19 Godwin, Freya 32.72 38.27	FR	Ballard HS Girls	1:13.29	1:10.99	a
20 Liu, Lexi 32.77 39.17	JR	Lakeside School	1:14.46	1:11.94	a
21 Pigman, Audrey 34.42 42.20	11	Bishop Blanchet High School	1:18.40	1:16.62	a
22 Gruber, Galen 33.55 44.81	JR	Garfield Swim Team-PN	1:17.32	1:18.36	a
23 DuPuis, Lilly 35.98 43.27	SO	West Seattle	1:18.40	1:19.25	a
24 Stewart, Lucy 36.86 42.90	FR	Franklin High School-PN	1:19.62	1:19.76	a
25 Ness, Kari 36.35 43.55	11	Bishop Blanchet High School	1:18.19	1:19.90	
26 Torgersen, Sanna 36.00 44.66	FR	Nathan Hale High School Fall-PN	1:25.54	1:20.66	
--- Ejarque, Rayna P 32.02 36.30	SR	Holy Names Academy Swimming	1:09.39	X1:08.32	
--- Kuiper, Sonja 31.96 38.91	JR	Holy Names Academy Swimming	1:16.99	X1:10.87	
--- Elsing, Naomi 33.54	SO	Lincoln High School-PN	1:14.17	DQ	

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 7 Girls 100 Yard Freestyle

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Jablonski, Ella	JR	Lakeside School	53.27	51.46
	24.78 26.68				
2	Liffmann, Cole	SR	Garfield Swim Team-PN	52.64	52.22
	25.16 27.06				
3	Chang, Aureole	SO	Lincoln High School-PN	52.45	52.68
	25.65 27.03				
4	Yovanovich, Claudia	SR	Ballard HS Girls	53.24	52.74
	25.20 27.54				
5	Gooding, Lane	JR	Seattle Prep Swim Team	53.49	53.12
	25.67 27.45				
6	Derstadt, Sadye	JR	Lakeside School	53.34	53.42
	25.30 28.12				
7	Wang, Ellie	SO	Holy Names Academy Swimming	53.45	53.57
	26.14 27.43				
8	Halfman, Zoe	SO	Seattle Prep Swim Team	55.46	54.97
	26.56 28.41				
B - Final					
9	Stanley, Maddie	12	Bishop Blanchet High School	57.55	57.82
	27.74 30.08				
10	Wies, Chloe	FR	Nathan Hale High School Fall-PN	58.23	58.22
	27.57 30.65				
11	Kim, Olivia	JR	Ihs Girls 2022-ZZ	59.05	58.40
	27.80 30.60				
12	Blume, Alexis	10	Bishop Blanchet High School	59.24	58.75
	28.09 30.66				
13	Halfman, Reese	11	Bishop Blanchet High School	59.59	58.86
	28.78 30.08				
14	Barba, Rosie	SR	Ballard HS Girls	1:00.13	58.87
	28.11 30.76				
15	Rehkopf, Sonja	SO	Seattle Prep Swim Team	59.15	59.07
	27.98 31.09				
16	Jones, Kaylin	SO	Nathan Hale High School Fall-PN	59.43	59.42
	28.07 31.35				
C - Final					
17	Risse, Kate	SR	Garfield Swim Team-PN	1:01.00	59.80
	28.58 31.22				
18	Norman, Soledad	SR	West Seattle	1:00.26	1:00.12
	28.76 31.36				
19	Gaisser, Anna	SR	Ihs Girls 2022-ZZ	1:00.92	1:00.70
	28.60 32.10				
20	Kukreja, Mulan	FR	Garfield Swim Team-PN	1:01.52	1:00.81
	29.24 31.57				
21	Chang, Lilah Huai Hsin	SO	Holy Names Academy Swimming	1:00.91	1:01.22
	28.49 32.73				
22	Kinney, Deirdre	SR	Lincoln High School-PN	1:01.91	1:02.53
	29.01 33.52				
23	Holt, Juliette M	SO	Holy Names Academy Swimming	1:00.82	1:02.56
	30.00 32.56				
24	Hizer, Ella	JR	Eastside Catholic	1:02.00	1:02.93
	30.05 32.88				

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 7 Girls 100 Yard Freestyle

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Chang, Aureole	SO	Lincoln High School-PN	52.98	52.45	a
25.28 27.17					
2 Liffmann, Cole	SR	Garfield Swim Team-PN	54.50	52.64	a
25.31 27.33					
3 Yovanovich, Claudia	SR	Ballard HS Girls	53.77	53.24	a
25.19 28.05					
4 Jablonski, Ella	JR	Lakeside School	52.04	53.27	a
25.68 27.59					
5 Derstadt, Sadye	JR	Lakeside School	53.42	53.34	a
25.29 28.05					
6 Wang, Ellie	SO	Holy Names Academy Swimming	56.31	53.45	a
7 Gooding, Lane	JR	Seattle Prep Swim Team	54.83	53.49	a
25.75 27.74					
8 Halfman, Zoe	SO	Seattle Prep Swim Team	56.60	55.46	a
26.50 28.96					
9 Stanley, Maddie	12	Bishop Blanchet High School	59.24	57.55	a
27.52 30.03					
10 Wies, Chloe	FR	Nathan Hale High School Fall-PN	1:00.10	58.23	a
27.89 30.34					
11 Kim, Olivia	JR	Ihs Girls 2022-ZZ	59.21	59.05	a
28.50 30.55					
12 Rehkopf, Sonja	SO	Seattle Prep Swim Team	1:05.68	59.15	a
28.02 31.13					
13 Blume, Alexis	10	Bishop Blanchet High School	1:01.24	59.24	a
28.57 30.67					
14 Jones, Kaylin	SO	Nathan Hale High School Fall-PN	1:01.12	59.43	a
27.85 31.58					
15 Halfman, Reese	11	Bishop Blanchet High School	1:01.49	59.59	a
28.75 30.84					
16 Raymond, Jayla	FR	Franklin High School-PN	1:02.14	59.88	a
28.51 31.37					
17 Barba, Rosie	SR	Ballard HS Girls	59.93	1:00.13	a
28.04 32.09					
18 Norman, Soledad	SR	West Seattle	1:01.11	1:00.26	a
28.85 31.41					
19 Holt, Juliette M	SO	Holy Names Academy Swimming	1:03.31	1:00.82	a
29.56 31.26					
20 Chang, Lilah Huai Hsin	SO	Holy Names Academy Swimming	1:01.63	1:00.91	a
28.35 32.56					
21 Gaisser, Anna	SR	Ihs Girls 2022-ZZ	1:03.43	1:00.92	a
28.90 32.02					
22 Risse, Kate	SR	Garfield Swim Team-PN	1:01.64	1:01.00	a
29.19 31.81					
23 Spivey, Quinci	SR	Cleveland High School-PN	1:01.66	1:01.03	a
29.09 31.94					
24 Kukreja, Mulan	FR	Garfield Swim Team-PN	1:05.15	1:01.52	a
29.30 32.22					
25 Kinney, Deirdre	SR	Lincoln High School-PN	1:02.09	1:01.91	
29.04 32.87					
26 Hizer, Ella	JR	Eastside Catholic	1:05.03	1:02.00	
29.26 32.74					

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 7 Girls 100 Yard Freestyle)

Name	Yr	School		
27 Mai, Chloe	JR	Roosevelt Girls Swim Team	1:01.74	1:02.12
29.28 32.84				
28 Shuler, Mariel	JR	Nathan Hale High School Fall-PN	1:03.66	1:02.70
29.28 33.42				
29 Fitzpatrick, Kate	SO	Seattle Prep Swim Team	1:03.45	1:02.83
29.52 33.31				
30 Kussman-Carter, Elena	JR	Cleveland High School-PN	1:04.90	1:02.86
29.92 32.94				
31 Ejarque, Rayna P	SR	Holy Names Academy Swimming	1:05.06	1:02.88
29.94 32.94				
32 Wall, Norah E	SR	Holy Names Academy Swimming	1:05.80	1:02.92
33 Cortedano, Divina	SR	Garfield Swim Team-PN	1:05.72	1:03.17
30.36 32.81				
34 Orazem, Rhea K	FR	Holy Names Academy Swimming	1:02.89	1:03.21
30.23 32.98				
35 Huynh, Bella	SO	Seattle Prep Swim Team	1:03.61	1:03.23
30.64 32.59				
36 Guist, Penelope	FR	Ballard HS Girls	1:05.56	1:03.27
29.80 33.47				
37 Legge, Evelyn	JR	West Seattle	1:03.85	1:03.31
30.23 33.08				
38 Keenan, Tess	SO	Ballard HS Girls	1:04.91	1:03.37
30.26 33.11				
39 Dalnekoff, Lyla	FR	Roosevelt Girls Swim Team	1:05.36	1:03.60
29.22 34.38				
40 Kwok, Solimar	SR	Roosevelt Girls Swim Team	1:04.79	1:03.88
30.59 33.29				
41 Binder, Em	JR	Holy Names Academy Swimming	1:08.65	1:04.01
30.71 33.30				
42 Risse, Lauren	SR	Garfield Swim Team-PN	1:06.51	1:04.04
29.97 34.07				
*43 Dockter, Kira	11	Bishop Blanchet High School	1:08.06	1:04.13
30.28 33.85				
*43 Baber, Isabella	SO	West Seattle	1:08.46	1:04.13
30.19 33.94				
45 Chee, Aiyun	SR	Seattle Prep Swim Team	1:03.55	1:04.24
29.47 34.77				
46 Mead, Lilly	11	Bishop Blanchet High School	1:05.65	1:04.28
30.45 33.83				
47 Murray, Cassidy	SO	Ihs Girls 2022-ZZ	1:05.01	1:04.62
30.79 33.83				
48 Vath, Sara	11	Bishop Blanchet High School	1:07.00	1:04.94
31.55 33.39				
49 Nickel, Clara	JR	Roosevelt Girls Swim Team	1:05.87	1:04.95
30.14 34.81				
50 Esperon, Charlotte M	JR	Holy Names Academy Swimming	1:09.60	1:05.41
30.48 34.93				
51 Said, Summayah	SR	Garfield Swim Team-PN	1:06.44	1:05.68
30.24 35.44				
52 Graham, Zia	FR	Nathan Hale High School Fall-PN	1:06.48	1:05.74
31.34 34.40				
53 Yau, Noelle	JR	Lincoln High School-PN	1:07.60	1:05.81
31.58 34.23				

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 7 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
54 Crisera, Nora 31.47 34.38	SO	Seattle Prep Swim Team	1:06.45	1:05.85
55 Balcom, Lily 31.56 34.49	10	Bishop Blanchet High School	1:05.81	1:06.05
56 Darby, Daisy 31.60 34.82	SR	Franklin High School-PN	1:05.63	1:06.42
57 Buzkova, Barbora 31.56 34.89	SR	Garfield Swim Team-PN	1:09.95	1:06.45
58 Dennis, Mac 31.35 35.18	JR	Lakeside School	1:08.51	1:06.53
59 Liu, Ivy 31.67 35.01	SO	Lincoln High School-PN	1:08.51	1:06.68
60 Liston, Sophia 32.16 34.53	SO	Lincoln High School-PN	1:06.67	1:06.69
61 Ferrari, Pepper L 32.07 34.65	SO	Holy Names Academy Swimming	1:09.29	1:06.72
62 Fung, Paige 31.47 35.28	JR	Roosevelt Girls Swim Team	1:06.50	1:06.75
63 Traverse, Josephine 32.27 34.57	FR	Lakeside School	1:10.00	1:06.84
64 Torgersen, Sanna 32.00 34.97	FR	Nathan Hale High School Fall-PN	1:10.13	1:06.97
65 Sullivan, Ann 31.60 35.48	SR	Seattle Prep Swim Team	1:10.39	1:07.08
66 Bednarski, Amelia 31.78 35.36	JR	Holy Names Academy Swimming	1:10.27	1:07.14
67 Mazzarella, Fina 32.00 35.27	SR	Seattle Prep Swim Team	1:09.96	1:07.27
68 Coleman, Sofia 31.37 35.91	FR	Seattle Prep Swim Team	1:10.16	1:07.28
69 Bargfrede, Bailey 32.39 35.12	FR	Ballard HS Girls	1:08.00	1:07.51
70 Vance, Hudson 33.02 34.79	09	Bishop Blanchet High School	1:10.50	1:07.81
71 Mahoney-Schaefer, Lily 31.82 36.18	JR	Lincoln High School-PN	1:10.40	1:08.00
72 Campbell, Piper 32.73 35.30	FR	Nathan Hale High School Fall-PN	1:08.13	1:08.03
73 Ridenour, Riley 31.97 36.08	SO	Roosevelt Girls Swim Team	1:09.33	1:08.05
74 Gruber, Galen 32.29 35.82	JR	Garfield Swim Team-PN	1:06.58	1:08.11
*75 Kokoskin, Gloria	JR	Eastside Catholic	1:08.61	1:08.13
*75 Roupp, Ceci 32.07 36.06	FR	Lincoln High School-PN	1:08.99	1:08.13
77 O'Neil, Katie 31.93 36.21	JR	Roosevelt Girls Swim Team	1:05.82	1:08.14
*78 Levinson, Lila E 32.11 36.17	FR	Holy Names Academy Swimming	1:08.35	1:08.28
*78 Richards, Ophelia 31.59 36.69	FR	Franklin High School-PN	1:08.70	1:08.28
*78 Mitchell, Jocelyn 30.77 37.51	09	Bishop Blanchet High School	1:06.04	1:08.28

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 7 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
81 Deswal, Anaiysaa 32.58 35.84	SR	Holy Names Academy Swimming	1:09.61	1:08.42
82 Saltsman, Kate F 32.57 35.87	SO	Holy Names Academy Swimming	1:09.15	1:08.44
83 Limbaugh, Georgia 32.14 36.32	SO	Seattle Prep Swim Team	1:10.10	1:08.46
84 Snyder, Wren 32.61 36.06	SO	Roosevelt Girls Swim Team	1:10.41	1:08.67
85 Woodside, Katie 33.91 34.80	SR	Cleveland High School-PN	1:10.22	1:08.71
86 Snyder, Stella 33.03 35.76	SO	Roosevelt Girls Swim Team	1:08.06	1:08.79
87 Chalmers, Marlow 32.15 37.17	SR	Seattle Prep Swim Team	1:05.73	1:09.32
88 Lillis, Avery 32.35 37.14	FR	Nathan Hale High School Fall-PN	1:10.40	1:09.49
89 Kutlu, Lale 32.46 37.09	FR	Lincoln High School-PN	1:11.22	1:09.55
90 Irwin-Pokorny, Amelia 32.99 36.60	SR	Lakeside School	1:10.43	1:09.59
91 Bieniawski, Evelyn 32.43 37.26	SO	Lincoln High School-PN	1:10.44	1:09.69
92 Murdock, Kaida 32.78 37.04	SO	Lincoln High School-PN	1:09.32	1:09.82
93 Robatzek, Sophia 31.85 38.39	12	Bishop Blanchet High School	1:10.75	1:10.24
94 Hibno, Riko 33.73 36.69	JR	Lincoln High School-PN	1:10.38	1:10.42
95 Ross, Hannah L 32.76 37.80	SR	Holy Names Academy Swimming	1:09.79	1:10.56
96 Osgood, Emma 32.15 38.48	SR	Chief Sealth	1:08.78	1:10.63
97 Shic, Adenine 32.95 37.69	12	Bishop Blanchet High School	1:08.64	1:10.64
98 Di Gennaro, Lucy	FR	Lincoln High School-PN	1:13.23	1:10.85
99 Marsh, Siena 33.14 37.82	09	Bishop Blanchet High School	1:10.15	1:10.96
*100 Mertel, Kathryn 33.29 37.79	FR	Garfield Swim Team-PN	1:08.57	1:11.08
*100 MacGovern-Shih, Madeline 33.80 37.28	SO	Garfield Swim Team-PN	1:10.58	1:11.08
102 Gongaware, Gwen 33.91 37.20	SO	Ihs Girls 2022-ZZ	1:10.83	1:11.11
103 Pimkina, Angelina 34.09 37.46	SR	Lakeside School	1:10.31	1:11.55
104 Frank, Aleta 33.26 38.40	SO	Roosevelt Girls Swim Team	1:10.33	1:11.66
105 Baker, Vivian 33.11 38.61	SR	Ballard HS Girls	1:09.17	1:11.72
106 Dennehy, Quinn 32.96 38.77	SR	Seattle Prep Swim Team	1:09.78	1:11.73
107 Sharma, Angelica 35.02 37.04	JR	Ihs Girls 2022-ZZ	1:12.75	1:12.06

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 7 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
108 Clark, Elle 34.91 37.24	FR	Roosevelt Girls Swim Team	1:11.63	1:12.15
109 Tanaka, Deryn 33.52 39.07	SR	West Seattle	1:09.97	1:12.59
110 Carscaddon, Lydia 34.86 37.76	SO	Garfield Swim Team-PN	1:11.38	1:12.62
111 Fletcher, Annika 34.78 38.77	JR	Lincoln High School-PN	1:11.83	1:13.55
112 Pietsch, Marlo 34.30 39.27	JR	West Seattle	1:13.82	1:13.57
113 Frahm, Freya 35.58 39.66	SR	Ihs Girls 2022-ZZ	1:15.81	1:15.24
*114 Schoonover, Sage 34.48 41.06	JR	Ihs Girls 2022-ZZ	1:18.31	1:15.54
*114 Bernstein, Aileen 35.27 40.27	SO	Cleveland High School-PN	1:15.09	1:15.54
116 Tandon, Siddhi 36.26 41.35	FR	Lakeside School	1:16.93	1:17.61
117 Biernacki, Sophie 35.96 41.83	SR	Lakeside School	1:17.28	1:17.79
118 Menon, Nisha 37.45 43.11	FR	Roosevelt Girls Swim Team	1:18.20	1:20.56
119 Schroeder, Emma 38.90 46.03	FR	Cleveland High School-PN	1:20.06	1:24.93
--- Ho, Alina	SR	Franklin High School-PN	1:07.22	DFS
--- Li, Sasa	SO	Franklin High School-PN	1:15.00	DFS
--- Volk, Hana	SO	Nathan Hale High School Fall-PN	1:08.91	DFS

Event 8 Girls 500 Yard Freestyle

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 McCarthy, Nora 27.39 30.26 30.79 31.78 30.94	FR	Lakeside School	5:11.55 31.71	5:08.09
2 Hooper, Caroline A 28.27 30.73 31.62 33.46 32.39	SO	Holy Names Academy Swimming	5:20.91 33.12	5:20.13
3 Ewers, Emma 28.65 31.16 31.84 32.94 32.69	JR	Ihs Girls 2022-ZZ	5:22.78 33.45	5:21.81
4 Allison, Grace 30.48 32.26 32.64 32.80 31.51	10	Bishop Blanchet High School	5:33.80 32.82	5:24.01
5 Ambach, Greta 29.31 31.92 32.28 33.26 31.81	FR	Roosevelt Girls Swim Team	5:26.64 33.16	5:24.25
6 Lauinger, Megan 28.59 31.58 32.57 33.37 31.36	SO	Seattle Prep Swim Team	5:27.58 33.48	5:24.26
7 Seibert, Maggie 29.35 33.20 34.76 35.36 33.96	FR	Lakeside School	5:39.57 35.31	5:41.89

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

A - Final ... (Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time
8 Nightingale, Ellie	SO	Seattle Prep Swim Team	5:52.93	5:49.31
30.51 34.16 35.59	35.11	35.93 35.74 35.91	36.39	
35.52 34.45				

B - Final

9 Beckman, Kate E	JR	Holy Names Academy Swimming	5:57.19	5:51.42
31.14 35.09 35.60	36.25	36.29 35.79 36.36	35.89	
35.53 33.48				
10 O'Donnell, Eden	FR	West Seattle	5:57.73	5:52.43
31.03 34.65 35.93	36.07	36.37 36.54 36.20	36.35	
35.66 33.63				
11 Gardiner, Josie	SR	Seattle Prep Swim Team	6:00.38	6:00.24
30.91 34.63 35.86	36.11	36.48 35.88 36.90	38.01	
38.37 37.09				
12 Skinner, Madelyn	SR	Ballard HS Girls	6:09.46	6:03.23
31.25 36.43 37.51	37.15	37.44 36.64 37.01	37.70	
37.84 34.26				
13 Hillyer, Claire E	FR	Holy Names Academy Swimming	5:59.08	6:04.95
31.87 36.05 36.83	36.60	37.11 37.63 38.28	38.19	
36.96 35.43				
14 Young, Gabi	SO	Nathan Hale High School Fall-PN	6:08.26	6:08.76
32.48 36.49 37.61	37.62	37.36 38.05 38.33	38.69	
37.55 34.58				
15 Germer Mills, Ellery	SO	Roosevelt Girls Swim Team	6:15.40	6:12.46
33.62 36.34 36.91	37.53	37.74 37.95 38.50	38.19	
39.14 36.54				
16 Stewart, Maya	FR	Ihs Girls 2022-ZZ	6:19.49	6:16.00
32.05 36.17 37.29	38.10	38.22 38.78 39.49	39.75	
39.02 37.13				

C - Final

17 Taylor, Posy	FR	Ihs Girls 2022-ZZ	6:24.77	6:20.99
32.50 37.43 38.84	39.62	39.43 39.74 39.00	40.40	
38.36 35.67				
18 Geokezas, Evvi	SO	Ihs Girls 2022-ZZ	6:26.43	6:21.14
32.72 37.16 38.34	38.84	39.03 39.26 39.81	39.49	
38.99 37.50				
19 DuPuis, Lilly	SO	West Seattle	6:42.82	6:37.17
33.64 37.68 39.49	41.03	42.64 41.96 40.10	41.81	
41.13 37.69				
20 Ness, Kari	11	Bishop Blanchet High School	7:02.11	6:53.47
36.65 40.49 42.33	42.89	42.75 42.18 42.18	42.99	
41.04 39.97				
21 Ferry, London	SO	Chief Sealth	7:03.49	6:59.97
33.57 39.77 42.25	43.56	43.92 43.09 43.88	44.15	
44.02 41.76				
--- Talwar, Ria	SR	Lakeside School	7:07.47	NS

Event 8 Girls 500 Yard Freestyle

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 McCarthy, Nora	FR	Lakeside School	5:24.65	5:11.55 a
26.82 29.68 31.17	31.47	32.20 32.23 32.25	32.16	
32.33 31.24				

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
2 Hooper, Caroline A	SO	Holy Names Academy Swimming	5:31.19	5:20.91	q
28.31 30.80	31.60	32.15 32.77 33.13 33.02	33.20		
33.03 32.90					
3 Ewers, Emma	JR	Ihs Girls 2022-ZZ	5:32.05	5:22.78	q
28.66 31.74	32.47	32.69 32.76 32.77 32.88	33.14		
33.49 32.18					
4 Ambach, Greta	FR	Roosevelt Girls Swim Team	5:31.34	5:26.64	q
29.54 32.10	32.65	33.02 33.06 33.14 34.12	33.49		
33.14 32.38					
5 Lauinger, Megan	SO	Seattle Prep Swim Team	5:36.48	5:27.58	q
28.56 31.74	32.74	33.02 33.40 33.69 33.99	34.02		
33.83 32.59					
6 Allison, Grace	10	Bishop Blanchet High School	5:31.53	5:33.80	q
30.72 33.00	32.94	33.54 33.55 34.08 34.24	34.05		
34.22 33.46					
7 Seibert, Maggie	FR	Lakeside School	5:35.64	5:39.57	q
28.97 32.35	33.17	33.68 34.84 34.78 35.81	35.63		
35.97 34.37					
8 Nightingale, Ellie	SO	Seattle Prep Swim Team	6:05.44	5:52.93	q
31.02 34.92	36.30	36.07 36.36 36.29 36.50	36.37		
35.93 33.17					
9 Beckman, Kate E	JR	Holy Names Academy Swimming	6:12.22	5:57.19	q
30.59 35.08	36.87	36.74 36.67 36.88 37.17	36.56		
36.34 34.29					
10 O'Donnell, Eden	FR	West Seattle	6:03.13	5:57.73	q
31.33 34.74	36.36	36.87 36.44 36.59 36.63	37.14		
36.75 34.88					
11 Hillyer, Claire E	FR	Holy Names Academy Swimming	5:59.90	5:59.08	q
31.37 35.37	36.38	36.73 36.32 37.39 38.18	36.43		
36.40 34.51					
12 Gardiner, Josie	SR	Seattle Prep Swim Team	6:06.79	6:00.38	q
30.95 34.82	35.84	36.53 35.70 37.08 37.77	37.04		
38.28 36.37					
13 Young, Gabi	SO	Nathan Hale High School Fall-PN	6:19.43	6:08.26	q
31.17 34.69	36.99	36.83 37.59 37.90 39.11	39.07		
38.93 35.98					
14 Skinner, Madelyn	SR	Ballard HS Girls	6:14.39	6:09.46	q
29.81 34.99	37.07	37.95 38.25 38.89 38.69	38.37		
39.31 36.13					
15 Germer Mills, Ellery	SO	Roosevelt Girls Swim Team	6:27.72	6:15.40	q
33.01 36.60	37.40	38.11 38.30 38.28 38.58	38.63		
38.19 38.30					
16 Stewart, Maya	FR	Ihs Girls 2022-ZZ	6:18.14	6:19.49	q
31.81 36.23	38.84	38.66 39.49 39.21 39.28	39.11		
38.73 38.13					
17 Taylor, Posy	FR	Ihs Girls 2022-ZZ	6:21.25	6:24.77	q
32.72 36.86	39.33	39.69 38.91 39.33 40.88	39.92		
39.56 37.57					
18 Geokezas, Evvi	SO	Ihs Girls 2022-ZZ	6:30.78	6:26.43	q
32.20 36.66	38.31	40.20 39.60 40.74 40.37	40.45		
40.10 37.80					
19 Washburn, River	JR	Franklin High School-PN	6:24.95	6:38.64	q
32.49 37.53	40.22	42.03 42.66 41.78 41.55	41.44		
41.06 37.88					

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
20 DuPuis, Lilly	SO	West Seattle	6:52.23	6:42.82	q
35.56	39.24	40.81	41.88	41.52	41.73
41.32	39.56				39.93
			41.27		
21 Ness, Kari	11	Bishop Blanchet High School	7:10.02	7:02.11	q
35.85	40.80	42.60	43.13	43.95	44.26
42.53	41.02				44.17
					43.80
22 Ferry, London	SO	Chief Sealth	7:12.66	7:03.49	q
34.67	39.52	42.87	43.32	43.33	43.98
44.62	41.40				44.77
					45.01
23 Talwar, Ria	SR	Lakeside School	7:08.53	7:07.47	q
35.39	42.14	44.09	44.25	44.35	44.37
42.99	42.07				43.57
					44.25

Event 9 Girls 200 Yard Freestyle Relay

Team	Relay	Prelim Time	Finals Time
A - Final			
1 Lakeside School	A	1:39.13	1:37.78
1) Jablonski, Ella JR	2) McCarthy, Nora FR	3) Liu, Chloe SO	4) Cancelmo, Caroline JR
23.95	24.27	25.55	24.01
2 Garfield Swim Team-PN	A	1:39.67	1:39.99
1) Pham, Sophie SO	2) Rivard, Maddie JR	3) Risse, Kate SR	4) Liffmann, Cole SR
24.47	24.66	26.95	23.91
3 Roosevelt Girls Swim Team	A	1:40.77	1:40.08
1) Sherwood, Gigi SR	2) Clarke, Olive JR	3) Jaeger, Elyse SR	4) Andrews, Catherine SR
24.82	17.18	34.76	23.32
4 Seattle Prep Swim Team	A	1:40.76	1:40.49
1) Halffman, Zoe SO	2) Wilwerding, Brooke SR	3) Lauinger, Anna SR	4) Gooding, Lane JR
25.49	25.84	25.15	24.01
5 Holy Names Academy Swimming	A	1:42.92	1:41.50
1) Williams, Moira M JR	2) Wang, Ellie SO	3) Irani, Delana SO	4) Hooper, Caroline A SO
24.78	25.27	25.90	25.55
6 Lincoln High School-PN	A	1:42.04	1:42.33
1) Berg, Quincy FR	2) Chang, Aureole SO	3) Kinney, Deirdre SR	4) White, Matilda SO
25.40	25.29	27.22	24.42
7 Ballard HS Girls	A	1:44.80	1:43.66
1) Chew, Alyson JR	2) Onkels, Mia JR	3) Barba, Rosie SR	4) Yovanovich, Claudia SR
26.48	26.21	26.85	24.12
8 Bishop Blanchet High School	A	1:47.90	1:47.28
1) Hobart, Ellie 11	2) Halffman, Reese 11	3) Blume, Alexis 10	4) Stanley, Maddie 12
26.70	26.51	27.27	26.80
B - Final			
9 Nathan Hale High School Fall-PN	A	1:47.90	1:46.98
1) Wies, Chloe FR	2) Jones, Britt JR	3) Shuler, Mariel JR	4) Jones, Kaylin SO
25.81	27.94	26.68	26.55
10 Ihs Girls 2022-ZZ	A	1:54.53	1:52.32
1) Kim, Olivia JR	2) Springer, Finley SO	3) Murray, Cassidy SO	4) Ewers, Emma JR
27.04	29.24	28.50	27.54
11 West Seattle	A	1:57.27	2:00.59
1) Zimmer, Avery JR	2) Rysemus, Lucille JR	3) Stahl, Lucy JR	4) Lockman, Ruby JR
28.62	32.74	31.11	28.12
12 Chief Sealth	A	2:16.12	2:16.60
1) Osgood, Emma SR	2) Doan, Kathy SR	3) Winger, Cora FR	4) Ferry, London SO
1:10.58	15.28	18.31	32.43

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 9 Girls 200 Yard Freestyle Relay

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Lakeside School	A	1:40.40	1:39.13 a
1) Jablonski, Ella JR 24.53 24.45 25.40	2) McCarthy, Nora FR 24.75	3) Liu, Chloe SO	4) Cancelmo, Caroline JR
2 Garfield Swim Team-PN	A	1:44.01	1:39.67 a
1) Pham, Sophie SO 24.25 24.80 26.70	2) Rivard, Maddie JR 23.92	3) Risse, Kate SR	4) Liffmann, Cole SR
3 Seattle Prep Swim Team	A	1:42.52	1:40.76 a
1) Halffman, Zoe SO 25.48 25.69 25.81	2) Wilwerding, Brooke SR 23.78	3) Lauinger, Anna SR	4) Gooding, Lane JR
4 Roosevelt Girls Swim Team	A	1:44.07	1:40.77 a
1) Sherwood, Gigi SR 25.13 52.22 23.43	2) Clarke, Olive JR	3) Jaeger, Elyse SR	4) Andrews, Catherine SR
5 Lincoln High School-PN	A	1:44.90	1:42.04 a
1) White, Matilda SO 24.50 27.64 25.31	2) Kinney, Deirdre SR 24.59	3) Chang, Aureole SO	4) Berg, Quincy FR
6 Holy Names Academy Swimming	A	1:45.10	1:42.92 a
1) Wang, Ellie SO 25.48 26.10 26.46	2) Hooper, Caroline A SO 24.88	3) Smith, Stella L SO	4) Williams, Moira M JR
7 Ballard HS Girls	A	1:44.00	1:44.80 a
1) Chew, Alyson JR 26.58 26.79 27.20	2) Onkels, Mia JR 24.23	3) Barba, Rosie SR	4) Yovanovich, Claudia SR
*8 Nathan Hale High School Fall-PN	A	1:52.32	1:47.90 a
1) Wies, Chloe FR 25.90 28.33 27.16	2) Jones, Britt JR 26.51	3) Shuler, Mariel JR	4) Jones, Kaylin SO
*8 Bishop Blanchet High School	A	1:50.65	1:47.90 a
1) Stanley, Maddie 12 26.95 27.09 27.42	2) Blume, Alexis 10 26.44	3) Hobart, Ellie 11	4) Halffman, Reese 11
Swim-Off Required			
10 Ihs Girls 2022-ZZ	A	1:52.62	1:54.53 a
1) Kim, Olivia JR 27.59 29.35 29.13	2) Springer, Finley SO 28.46	3) Murray, Cassidy SO	4) Ewers, Emma JR
11 West Seattle	A	1:54.78	1:57.27 a
1) Zimmer, Avery JR 30.87 27.86 27.67	2) Rysemus, Lucille JR 30.87	3) Stahl, Lucy JR	4) Lockman, Ruby JR
12 Franklin High School-PN	A	1:58.69	2:03.00 a
1) Raymond, Jayla FR 32.26 31.89 31.63	2) Anderson, Skye JR 27.22	3) Washburn, River JR	4) Richards, Ophelia FR
13 Cleveland High School-PN	A	2:02.41	2:03.09 a
1) Kussman-Carter, Elena JR 28.59 33.99 1:00.51	2) Bernstein, Aileen SO	3) Woodside, Katie SR	4) Spivey, Quinci SR
14 Chief Sealth	A	2:19.41	2:16.12 a
1) Osgood, Emma SR 35.31 43.61 25.35	2) Doan, Kathy SR 31.85	3) Winger, Cora FR	4) Ferry, London SO
--- Seattle Prep Swim Team	B	1:50.92	X1:49.65
1) Farrington, Sam FR 27.32 26.75 27.99	2) Rehkopf, Sonja SO 27.59	3) Fitzpatrick, Kate SO	4) Gardiner, Josie SR
--- Roosevelt Girls Swim Team	B	1:52.50	X1:50.02
1) Dalnekoff, Lyla FR 28.28 27.52 28.09	2) Mai, Chloe JR 26.13	3) Ambach, Greta FR	4) Torpey, Elise SO
--- Holy Names Academy Swimming	B	1:55.44	X1:53.93
1) Wall, Norah E SR 28.26 29.84 27.79	2) Hillyer, Claire E FR 28.04	3) Brannfors, Anneliese M JR	4) Holt, Juliette M SO

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 9 Girls 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
--- Lakeside School	B	1:58.21	X1:53.97
1) Best, Julia SR	2) Liu, Lexi JR	3) Seibert, Maggie FR	4) Pimkina, Angelina SR
25.72 27.44 27.93	32.88		
--- Holy Names Academy Swimming	C	1:59.91	X1:55.63
1) Bednarski, Amelia JR	2) Kuiper, Sonja JR	3) Johnson, Nora C SO	4) Ejarque, Rayna P SR
29.31 27.69 30.47	28.16		
--- Bishop Blanchet High School	B	2:01.94	X1:56.56
1) Mitchell, Jocelyn 09	2) Vath, Sara 11	3) Dockter, Kira 11	4) Mead, Lilly 11
29.17 28.37 29.30	29.72		
--- Nathan Hale High School Fall-PN	B	2:06.48	X1:59.03
1) Byrne, Aya FR	2) Lillis, Avery FR	3) Shuler, Anna FR	4) Graham, Zia FR
29.78 31.05 29.28	28.92		
--- Roosevelt Girls Swim Team	C	1:59.90	X2:00.75
1) Fung, Paige JR	2) Snyder, Stella SO	3) O'Neil, Katie JR	4) Nickel, Clara JR
30.96 29.66 30.75	29.38		
--- Lincoln High School-PN	B	2:10.00	X2:01.33
1) Liston, Sophia SO	2) McTaggart, Reina JR	3) Kieserman, Nina SR	4) Elsing, Naomi SO
30.83 30.21 34.89	25.40		
--- Bishop Blanchet High School	C	2:03.74	X2:01.71
1) Shic, Adenine 12	2) Vance, Hudson 09	3) Robatzek, Sophia 12	4) Peato, Alex 11
30.95	24.24		
--- Ballard HS Girls	B	1:55.23	X2:03.99
1) Yoon, Sabi SO	2) Williams-Gurian, Brandy JR	3) Jahn, Annika FR	4) Baker, Vivian SR
30.21 43.43 30.77	19.58		
--- Garfield Swim Team-PN	B	2:08.38	X2:06.80
1) Carscaddon, Lydia SO	2) Buzkova, Barbora SR	3) Howe, Josie SO	4) MacGovern-Shih, Madeline SO
32.82 30.23 31.62	32.13		
--- Ihs Girls 2022-ZZ	B	2:09.42	X2:07.45
1) Gongaware, Gwen SO	2) Sharma, Angelica JR	3) Hamel, Aurora SO	4) Paulus, Savannah SO
32.22 32.47 31.30	31.46		
--- Lincoln High School-PN	C	2:20.00	X2:09.60
1) Murdock, Kaida SO	2) Fletcher, Annika JR	3) Kutlu, Lale FR	4) Gutierrez Lanza, Mara JR
32.51 37.71 26.24	33.14		
--- Nathan Hale High School Fall-PN	C	2:28.89	X2:10.19
1) Rees, Sasha FR	2) Campbell, Piper FR	3) Bender, Liv JR	4) Bender, Moa FR
34.99 30.99 31.00	33.21		
--- West Seattle	B	2:06.50	X2:18.60
1) Orwig, Ainsley JR	2) McCall, Clara JR	3) Kinch, Keara FR	4) Pulanco, Samara JR
34.18 30.70 35.94	37.78		
--- Garfield Swim Team-PN	C	2:20.15	X2:19.40
1) Bodden, Olivia SR	2) Johnson, Linnea SR	3) Somerton, Penelope SR	4) Geri, Vivian SO
34.22 34.75 40.19	30.24		
--- Cleveland High School-PN	B	2:18.00	X2:34.99
1) Ma, Nicole SO	2) Ly, Michelle SO	3) Gee, Katelyn FR	4) Schroeder, Emma FR
42.11 36.16 40.74	35.98		
--- Ballard HS Girls	C	2:03.34	X2:35.11
1) Toppenberg, Reilly JR	2) Diers, Anna SO	3) Bean, Maya JR	4) Hamilton, Tessa FR
36.44 55.22 27.80	35.65		
--- West Seattle	C	2:08.57	X2:45.09
1) Winter, Tera JR	2) Slagle-Taylor, Key SO	3) Davidson, Audrey SR	4) Kestner, Heidi JR
40.01 49.65 39.20	36.23		
--- Lakeside School	C	NT	DQ
1) Hsu-Kronman, Sabine FR	2) Choudhary, Trisha SO	3) Gebregziabher, Lael JR	4) Chenicheri, Meira JR
32.45 42.63 16.57			

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 9 Girls 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
--- Franklin High School-PN 1) Stewart, Lucy FR	B 2) Horton, Bella FR	2:08.77 3) Marceron, Kayla SO	DQ
--- Seattle Prep Swim Team 1) Anderson, Stella SR 1:05.80 31.50	C 2) Arthur, Natalie SR 59.38	2:01.33 3) Crisera, Nora SO	DQ 4) Zwiebel, Ellie FR
--- Chief Sealth 1) Le, Phuong JR	B 2) Palmer Markham, Georgia SO	2:40.08 3) Vu, Vivian SO	NS 4) Lyshol, Isabel SR

Event 10 Girls 100 Yard Backstroke

Name	Yr School	Prelim Time	Finals Time
A - Final			
1 Andrews, Catherine 27.00 28.18	SR Roosevelt Girls Swim Team	56.17	55.18
2 Derstadt, Sadye 27.10 29.09	JR Lakeside School	56.35	56.19
3 Liffmann, Cole 28.18 29.68	SR Garfield Swim Team-PN	58.81	57.86
4 Lauinger, Megan 29.00 29.75	SO Seattle Prep Swim Team	59.13	58.75
5 Lauinger, Anna 28.75 30.36	SR Seattle Prep Swim Team	59.22	59.11
6 Hall, Noli 28.49 31.11	JR Lakeside School	1:00.62	59.60
7 Chang, Aureole 29.29 30.37	SO Lincoln High School-PN	58.92	59.66
8 Jarrett, Maisey O 29.78 31.38	SO Holy Names Academy Swimming	1:01.84	1:01.16
B - Final			
9 Finocchio, Lyla 30.73 33.78	SO Roosevelt Girls Swim Team	1:06.10	1:04.51
10 Thorpe, Zoe 31.95 34.99	SO Nathan Hale High School Fall-PN	1:08.00	1:06.94
11 McGowan, Grace 32.58 35.02	SO Seattle Prep Swim Team	1:07.31	1:07.60
12 Brannfors, Anneliese M 32.93 34.83	JR Holy Names Academy Swimming	1:07.73	1:07.76
13 Hobart, Ellie 32.61 35.31	11 Bishop Blanchet High School	1:07.41	1:07.92
14 Smith, Stella L 33.44 34.84	SO Holy Names Academy Swimming	1:08.26	1:08.28
15 Chang, Lilah Huai Hsin 32.54 36.21	SO Holy Names Academy Swimming	1:09.13	1:08.75
16 Wies, Chloe 33.47 35.51	FR Nathan Hale High School Fall-PN	1:08.86	1:08.98
C - Final			
17 Godwin, Freya 32.56 34.55	FR Ballard HS Girls	1:10.48	1:07.11
18 Williams, Daisy 32.85 35.17	SO Ballard HS Girls	1:09.47	1:08.02
19 Halter, Cassie 32.89 35.81	09 Bishop Blanchet High School	1:09.59	1:08.70
20 Bull, Maria 33.03 36.07	FR Nathan Hale High School Fall-PN	1:10.56	1:09.10

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

C - Final ... (Event 10 Girls 100 Yard Backstroke)

Name	Yr	School	Prelim Time	Finals Time
21 Webb, Sparks 33.77 36.09	SR	West Seattle	1:10.19	1:09.86
22 Tang, Iris 33.03 37.03	JR	Lakeside School	1:09.20	1:10.06
23 Blocher, Allie 33.73 36.93	SO	Lakeside School	1:11.43	1:10.66
24 Vu, Kaitlyn 33.61 37.99	JR	Roosevelt Girls Swim Team	1:11.25	1:11.60

Event 10 Girls 100 Yard Backstroke

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Andrews, Catherine 27.55 28.62	SR	Roosevelt Girls Swim Team	58.66	56.17 a
2 Derstadt, Sadye 27.03 29.32	JR	Lakeside School	56.91	56.35 a
3 Liffmann, Cole 28.71 30.10	SR	Garfield Swim Team-PN	1:00.74	58.81 a
4 Chang, Aureole 28.87 30.05	SO	Lincoln High School-PN	58.68	58.92 a
5 Lauinger, Megan 29.22 29.91	SO	Seattle Prep Swim Team	1:02.45	59.13 a
6 Lauinger, Anna 29.18 30.04	SR	Seattle Prep Swim Team	1:00.76	59.22 a
7 Hall, Noli 29.51 31.11	JR	Lakeside School	1:04.27	1:00.62 a
8 Jarrett, Maisey O 30.17 31.67	SO	Holy Names Academy Swimming	1:02.89	1:01.84 a
9 Finocchio, Lyla 31.58 34.52	SO	Roosevelt Girls Swim Team	1:04.70	1:06.10 a
10 McGowan, Grace 32.69 34.62	SO	Seattle Prep Swim Team	1:10.06	1:07.31 a
11 Hobart, Ellie 32.81 34.60	11	Bishop Blanchet High School	1:09.16	1:07.41 a
12 Brannfors, Anneliese M 32.72 35.01	JR	Holy Names Academy Swimming	1:10.32	1:07.73 a
13 Thorpe, Zoe 32.58 35.42	SO	Nathan Hale High School Fall-PN	1:09.81	1:08.00 a
14 Raymond, Jayla 33.26 34.90	FR	Franklin High School-PN	1:09.56	1:08.16 a
15 Smith, Stella L 32.90 35.36	SO	Holy Names Academy Swimming	1:08.52	1:08.26 a
16 Wies, Chloe 33.68 35.18	FR	Nathan Hale High School Fall-PN	1:07.16	1:08.86 a
17 Chang, Lilah Huai Hsin 33.28 35.85	SO	Holy Names Academy Swimming	1:08.08	1:09.13 a
18 Tang, Iris 32.47 36.73	JR	Lakeside School	1:11.18	1:09.20 a
19 Williams, Daisy 33.48 35.99	SO	Ballard HS Girls	1:08.99	1:09.47 a
20 Halter, Cassie 33.71 35.88	09	Bishop Blanchet High School	1:12.37	1:09.59 a
21 Webb, Sparks	SR	West Seattle	1:09.41	1:10.19 a

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Results

Preliminaries ... (Event 10 Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time	
22 Godwin, Freya 33.82 36.66	FR	Ballard HS Girls	1:10.17	1:10.48	α
23 Bull, Maria 32.87 37.69	FR	Nathan Hale High School Fall-PN	1:10.38	1:10.56	α
24 Vu, Kaitlyn 33.50 37.75	JR	Roosevelt Girls Swim Team	1:12.20	1:11.25	α
25 Blocher, Allie 34.46 36.97	SO	Lakeside School	1:14.84	1:11.43	
26 Huynh, Bella 35.39 36.87	SO	Seattle Prep Swim Team	1:12.20	1:12.26	
27 Fox, Juliet 35.31 37.09	SO	Lincoln High School-PN	1:12.79	1:12.40	
28 Shuler, Anna 34.54 38.04	FR	Nathan Hale High School Fall-PN	1:16.28	1:12.58	
29 Rysemus, Lucille 35.10 37.60	JR	West Seattle	1:17.31	1:12.70	
30 Bargfrede, Bailey 36.08 38.48	FR	Ballard HS Girls	1:17.33	1:14.56	
31 Ross, Hannah L 36.38 39.28	SR	Holy Names Academy Swimming	1:16.09	1:15.66	
32 Geokezas, Evvi 37.34 38.53	SO	Ihs Girls 2022-ZZ	1:16.36	1:15.87	
33 Yau, Noelle 37.45 38.64	JR	Lincoln High School-PN	1:19.50	1:16.09	
34 Zimmer, Avery 37.02 39.63	JR	West Seattle	1:14.69	1:16.65	
35 Irwin-Pokorny, Amelia 37.41 40.08	SR	Lakeside School	1:18.09	1:17.49	
36 Harris, Alaina 37.18 40.77	SO	Eastside Catholic	1:19.54	1:17.95	
37 Richards, Ophelia 37.33 40.84	FR	Franklin High School-PN	1:18.79	1:18.17	
38 Hill, Sophia	FR	Ihs Girls 2022-ZZ	1:17.75	1:18.32	
39 Pody, Violet 36.98 41.53	SR	Garfield Swim Team-PN	1:15.51	1:18.51	
40 Limbaugh, Georgia 37.79 40.94	SO	Seattle Prep Swim Team	1:19.34	1:18.73	
41 Di Loreto, Gianna 38.70 40.93	JR	Lincoln High School-PN	1:18.81	1:19.63	
42 Levinson, Lila E 38.09 41.62	FR	Holy Names Academy Swimming	1:19.37	1:19.71	
43 De Villasante, Regina 38.86 42.43	JR	Seattle Prep Swim Team	1:21.71	1:21.29	
44 Talwar, Ria 39.02 43.47	SR	Lakeside School	1:18.88	1:22.49	
45 Boychuk, Misha 40.85 46.04	FR	Roosevelt Girls Swim Team	1:27.91	1:26.89	
46 Johnson, Ale 44.50 47.39	FR	Roosevelt Girls Swim Team	1:37.34	1:31.89	
--- Somerton, Penelope 51.77	SR	Garfield Swim Team-PN	1:43.95		DQ
--- Marsh, Siena	09	Bishop Blanchet High School	1:21.97		NS
--- Benson-Gregory, Zara	JR	Lakeside School	1:26.94		NS

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 11 Girls 100 Yard Breaststroke

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Rivard, Maddie	JR	Garfield Swim Team-PN	1:05.75	1:03.28
29.99 33.29				
2 Berg, Quincy	FR	Lincoln High School-PN	1:09.04	1:07.38
31.59 35.79				
3 Effgen, Clare	FR	Seattle Prep Swim Team	1:08.34	1:07.60
31.96 35.64				
4 Dull, Stella	SR	Lakeside School	1:10.14	1:09.47
33.01 36.46				
5 Irani, Delana	SO	Holy Names Academy Swimming	1:10.33	1:09.55
32.61 36.94				
6 Weber, Clare	FR	Holy Names Academy Swimming	1:10.29	1:09.90
33.33 36.57				
7 White, Matilda	SO	Lincoln High School-PN	1:10.32	1:10.89
33.28 37.61				
8 Sherwood, Gigi	SR	Roosevelt Girls Swim Team	1:11.49	1:10.99
33.06 37.93				
B - Final				
9 Williams, Moira M	JR	Holy Names Academy Swimming	1:11.84	1:11.44
32.78 38.66				
10 Torpey, Elise	SO	Roosevelt Girls Swim Team	1:15.48	1:15.05
35.65 39.40				
11 Chew, Alyson	JR	Ballard HS Girls	1:16.20	1:15.36
35.00 40.36				
12 Guist, Penelope	FR	Ballard HS Girls	1:14.48	1:15.91
34.53 41.38				
13 Germer Mills, Ellery	SO	Roosevelt Girls Swim Team	1:18.49	1:17.88
36.85 41.03				
14 Lundberg, Claire	JR	Nathan Hale High School Fall-PN	1:19.04	1:18.72
36.70 42.02				
15 Stahl, Lucy	JR	West Seattle	1:17.10	1:18.73
37.83 40.90				
16 Grossman, Lena	FR	lhs Girls 2022-ZZ	1:19.16	1:18.87
36.25 42.62				
C - Final				
17 Elsing, Naomi	SO	Lincoln High School-PN	1:19.44	1:16.52
35.49 41.03				
18 Liston, Sophia	SO	Lincoln High School-PN	1:20.86	1:17.70
37.85 39.85				
19 Rehkopf, Sonja	SO	Seattle Prep Swim Team	1:20.37	1:19.29
37.89 41.40				
20 Zwiebel, Ellie	FR	Seattle Prep Swim Team	1:20.75	1:20.32
37.56 42.76				
21 Paulus, Savannah	SO	lhs Girls 2022-ZZ	1:22.29	1:20.57
37.85 42.72				
22 Byrne, Aya	FR	Nathan Hale High School Fall-PN	1:19.67	1:21.26
38.57 42.69				
23 Baber, Isabella	SO	West Seattle	1:22.36	1:22.77
39.10 43.67				
24 Vu, Kaitlyn	JR	Roosevelt Girls Swim Team	1:20.55	1:25.46
39.48 45.98				

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 11 Girls 100 Yard Breaststroke

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Rivard, Maddie	JR	Garfield Swim Team-PN	1:07.08	1:05.75	a
30.87 34.88					
2 Effgen, Clare	FR	Seattle Prep Swim Team	1:09.91	1:08.34	a
32.12 36.22					
3 Berg, Quincy	FR	Lincoln High School-PN	1:09.71	1:09.04	a
31.92 37.12					
4 Dull, Stella	SR	Lakeside School	1:13.17	1:10.14	a
33.04 37.10					
5 Weber, Clare	FR	Holy Names Academy Swimming	1:10.54	1:10.29	a
33.28 37.01					
6 White, Matilda	SO	Lincoln High School-PN	1:13.88	1:10.32	a
33.35 36.97					
7 Irani, Delana	SO	Holy Names Academy Swimming	1:11.69	1:10.33	a
32.92 37.41					
8 Sherwood, Gigi	SR	Roosevelt Girls Swim Team	1:14.02	1:11.49	a
33.17 38.32					
9 Williams, Moira M	JR	Holy Names Academy Swimming	1:12.37	1:11.84	a
32.85 38.99					
10 Guist, Penelope	FR	Ballard HS Girls	1:16.32	1:14.48	a
34.32 40.16					
11 Torpey, Elise	SO	Roosevelt Girls Swim Team	1:17.62	1:15.48	a
35.62 39.86					
12 Chew, Alyson	JR	Ballard HS Girls	1:12.36	1:16.20	a
35.50 40.70					
13 Stahl, Lucy	JR	West Seattle	1:20.06	1:17.10	a
36.02 41.08					
14 Germer Mills, Ellery	SO	Roosevelt Girls Swim Team	1:19.92	1:18.49	a
36.42 42.07					
15 Lundberg, Claire	JR	Nathan Hale High School Fall-PN	1:21.37	1:19.04	a
36.57 42.47					
16 Grossman, Lena	FR	Ihs Girls 2022-ZZ	1:23.82	1:19.16	a
36.62 42.54					
17 Elsing, Naomi	SO	Lincoln High School-PN	1:20.50	1:19.44	a
37.21 42.23					
18 Byrne, Aya	FR	Nathan Hale High School Fall-PN	1:22.89	1:19.67	a
37.84 41.83					
19 Rehkopf, Sonja	SO	Seattle Prep Swim Team	1:22.67	1:20.37	a
38.33 42.04					
20 Esperon, Charlotte M	JR	Holy Names Academy Swimming	1:26.55	1:20.51	a
37.30 43.21					
21 Vu, Kaitlyn	JR	Roosevelt Girls Swim Team	1:20.71	1:20.55	a
37.33 43.22					
22 Zwiebel, Ellie	FR	Seattle Prep Swim Team	1:24.06	1:20.75	a
38.33 42.42					
23 Liston, Sophia	SO	Lincoln High School-PN	1:18.84	1:20.86	a
39.74 41.12					
24 Paulus, Savannah	SO	Ihs Girls 2022-ZZ	1:22.38	1:22.29	a
38.34 43.95					
25 Baber, Isabella	SO	West Seattle	1:26.26	1:22.36	
39.45 42.91					

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 11 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Prelim Time
26 Osgood, Emma 38.37 44.04	SR	Chief Sealth	1:25.98	1:22.41
27 Yoon, Sabi 38.61 43.85	SO	Ballard HS Girls	1:22.45	1:22.46
28 Jones, Britt 40.04 43.33	JR	Nathan Hale High School Fall-PN	1:26.70	1:23.37
29 Traverse, Josephine 39.13 44.30	FR	Lakeside School	1:23.28	1:23.43
30 Clark, Mia 40.54 43.39	FR	Nathan Hale High School Fall-PN	1:28.63	1:23.93
31 Binder, Em 38.67 45.39	JR	Holy Names Academy Swimming	1:26.63	1:24.06
32 Kieserman, Nina 40.45 44.19	SR	Lincoln High School-PN	1:26.58	1:24.64
33 McTaggart, Reina 41.44 44.72	JR	Lincoln High School-PN	1:24.79	1:26.16
34 Pigman, Audrey 40.44 46.21	11	Bishop Blanchet High School	1:28.04	1:26.65
35 Hamel, Aurora 40.75 46.01	SO	Ihs Girls 2022-ZZ	1:27.45	1:26.76
36 Geri, Vivian 40.16 46.99	SO	Garfield Swim Team-PN	1:25.31	1:27.15
37 Johnson, Nora C 39.83 47.47	SO	Holy Names Academy Swimming	1:27.94	1:27.30
38 Mitchell, Jocelyn 40.43 47.02	09	Bishop Blanchet High School	1:28.27	1:27.45
39 Dennis, Mac 40.80 47.04	JR	Lakeside School	1:26.30	1:27.84
40 Williams-Gurian, Brandy 41.12 47.10	JR	Ballard HS Girls	1:28.29	1:28.22
41 Hibno, Riko 41.60 46.87	JR	Lincoln High School-PN	1:27.51	1:28.47
42 McDonald, Cymi C 40.80 48.34	JR	Holy Names Academy Swimming	1:32.31	1:29.14
43 Brinza, Lizzy 43.27 46.23	JR	Lincoln High School-PN	1:30.38	1:29.50
44 Bodden, Olivia 43.72 47.47	SR	Garfield Swim Team-PN	1:30.66	1:31.19
45 Curley, Reese 42.71 49.17	FR	Seattle Prep Swim Team	1:28.39	1:31.88
46 Anderson, Skye 43.55 48.47	JR	Franklin High School-PN	1:31.73	1:32.02
47 Moore, Ali 41.73 51.95	12	Bishop Blanchet High School	1:35.19	1:33.68
48 Rees, Sasha 43.67 50.38	FR	Nathan Hale High School Fall-PN	1:31.72	1:34.05
49 Horton, Bella 44.46 50.60	FR	Franklin High School-PN	1:32.17	1:35.06
--- Wynne, Norah	SO	Lincoln High School-PN	1:34.79	DQ
--- Ho, Alina	SR	Franklin High School-PN	1:25.46	NS

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Event 12 Girls 400 Yard Freestyle Relay

Team	Relay	Prelim Time	Finals Time
A - Final			
1 Lakeside School	A	3:36.76	3:30.34
1) Jablonski, Ella JR 24.46 51.23 25.48	2) McCarthy, Nora FR 53.02 25.71 53.65	3) Hall, Noli JR 24.63 52.44	4) Derstadt, Sadye JR
2 Roosevelt Girls Swim Team	A	3:45.87	3:42.13
1) Finocchio, Lyla SO 27.09 57.54 26.08	2) Sherwood, Gigi SR 56.58 15.17 57.05	3) Jaeger, Elyse SR 24.65 50.96	4) Andrews, Catherine SR
3 Holy Names Academy Swimming	A	3:43.42	3:42.45
1) Wang, Ellie SO 26.41 54.01 26.83	2) Magnotti, Ruthie SO 56.99 27.07 56.78	3) Jarrett, Maisey O SO 26.39 54.67	4) Hooper, Caroline A SO
4 Lincoln High School-PN	A	3:44.96	3:45.28
1) Chang, Aureole SO 25.56 52.76 28.45	2) Kinney, Deirdre SR 1:02.10 26.66 55.29	3) White, Matilda SO 26.02 55.13	4) Berg, Quincy FR
5 Seattle Prep Swim Team	A	3:47.49	3:47.85
1) Halfman, Zoe SO 26.55 54.78 28.10	2) Gardiner, Josie SR 1:00.26 27.50 58.14	3) Effgen, Clare FR 25.76 54.67	4) Lauinger, Megan SO
6 Bishop Blanchet High School	A	4:01.13	3:58.67
1) Blume, Alexis 10 28.48 59.98 28.16	2) Halfman, Reese 11 59.35 29.12 59.31	3) Allison, Grace 10 28.15 1:00.03	4) Stanley, Maddie 12
7 West Seattle	A	4:11.86	4:07.44
1) Legge, Evelyn JR 29.24 1:02.80 28.64	2) O'Donnell, Eden FR 1:00.11 28.73 1:01.34	3) Norman, Soledad SR 29.78 1:03.19	4) Webb, Sparks SR
8 Garfield Swim Team-PN	A	4:14.38	4:12.44
1) Kukreja, Mulan FR 29.11 1:00.75 30.27	2) Said, Summayah SR 1:05.46 29.04 1:02.45	3) Risse, Lauren SR 30.93 1:03.78	4) Cortedano, Divina SR
B - Final			
9 Nathan Hale High School Fall-PN	B	4:19.81	4:12.97
1) Young, Gabi SO 30.59 1:02.62 29.97	2) Graham, Zia FR 1:04.50 29.76 1:03.66	3) Jones, Britt JR 29.94 1:02.19	4) Lundberg, Claire JR
10 Ihs Girls 2022-ZZ	A	4:19.23	4:13.96
1) Gaisser, Anna SR 28.93 1:00.76 29.85	2) Murray, Cassidy SO 1:02.02 31.99 1:07.22	3) Geokezas, Evvi SO 29.95 1:03.96	4) Taylor, Posy FR
11 Ballard HS Girls	A	4:22.38	4:19.04
1) Keenan, Tess SO 29.66 1:02.76 30.35	2) Yoon, Sabi SO 1:05.48 31.28 1:05.91	3) Guist, Penelope FR 31.24 1:04.89	4) Godwin, Freya FR
12 Chief Sealth	A	5:46.22	5:44.01
1) Le, Phuong JR 40.69 1:29.48 38.94	2) Doan, Kathy SR 1:45.77 25.98 1:11.92	3) Vu, Vivian SO 35.54 1:16.84	4) Winger, Cora FR

Event 12 Girls 400 Yard Freestyle Relay

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Lakeside School	A	3:41.76	3:36.76 a
1) Jablonski, Ella JR 25.77 54.07 26.28	2) McCarthy, Nora FR 54.79 26.45 54.70	3) Hall, Noli JR 24.88 53.20	4) Derstadt, Sadye JR
2 Holy Names Academy Swimming	A	3:52.99	3:43.42 a
1) Wang, Ellie SO 26.25 53.89 27.27	2) Magnotti, Ruthie SO 57.05 27.24 57.18	3) Jarrett, Maisey O SO 26.55 55.30	4) Hooper, Caroline A SO
3 Lincoln High School-PN	A	4:05.23	3:44.96 a
1) Chang, Aureole SO 25.73 52.62 27.90	2) Kinney, Deirdre SR 1:08.76 18.52 47.07	3) White, Matilda SO 26.71 56.51	4) Berg, Quincy FR
4 Roosevelt Girls Swim Team	A	3:57.34	3:45.87 a
1) Finocchio, Lyla SO 27.86 58.61 25.97	2) Sherwood, Gigi SR 56.41 27.17 57.46	3) Jaeger, Elyse SR 25.33 53.39	4) Andrews, Catherine SR

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 12 Girls 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
5 Seattle Prep Swim Team	A	3:42.02	3:47.49 a
1) Lauinger, Megan SO 26.83 55.40 59.34	2) Gardiner, Josie SR 1:26.69 30.31 56.67	3) Effgen, Clare FR 28.73	4) Halffman, Zoe SO
6 Bishop Blanchet High School	A	4:08.02	4:01.13 a
1) Blume, Alexis 10 28.68 1:00.65 28.55	2) Halffman, Reese 11 1:00.29 29.52 1:00.49	3) Allison, Grace 10 28.17 59.70	4) Stanley, Maddie 12
7 West Seattle	A	4:18.78	4:11.86 a
1) Legge, Evelyn JR 30.31 1:05.21 29.05	2) O'Donnell, Eden FR 1:00.80 29.01 1:01.37	3) Norman, Soledad SR 30.00 1:04.48	4) Webb, Sparks SR
8 Garfield Swim Team-PN	A	4:23.96	4:14.38 a
1) Cortedano, Divina SR 30.55 1:04.01 29.78	2) Said, Summayah SR 1:05.71 16.30 1:04.76	3) Risse, Lauren SR 28.26 59.90	4) Kukreja, Mulan FR
9 Ihs Girls 2022-ZZ	A	4:12.90	4:19.23 a
1) Gaisser, Anna SR 29.24 1:02.36 31.10	2) Taylor, Posy FR 1:07.93 30.66 1:05.46	3) Murray, Cassidy SO 30.52 1:03.48	4) Ewers, Emma JR
10 Nathan Hale High School Fall-PN	B	4:38.75	4:19.81 a
1) Young, Gabi SO 29.58 1:02.73 30.81	2) Graham, Zia FR 1:06.03 31.31 1:07.72	3) Campbell, Piper FR 30.55 1:03.33	4) Lundberg, Claire JR
11 Ballard HS Girls	A	4:21.95	4:22.38 a
1) Yoon, Sabi SO 31.84 1:07.59 31.18	2) Godwin, Freya FR 1:06.66 31.00 1:04.76	3) Keenan, Tess SO 29.72 1:03.37	4) Guist, Penelope FR
12 Chief Sealth	A	5:30.46	5:46.22 a
1) Le, Phuong JR 39.53 1:33.31 20.02	2) Vu, Vivian SO 35.23 48.03 1:28.09	3) Doan, Kathy SR 2:09.59	4) Winger, Cora FR
--- Lakeside School	B	4:03.23	X3:56.02
1) Liu, Chloe SO 26.50 55.70 29.72	2) Blocher, Allie SO 1:32.27 31.87 58.30	3) Parakhina, Anastasia FR 29.75	4) Best, Julia SR
--- Seattle Prep Swim Team	B	4:10.13	X4:05.52
1) Fitzpatrick, Kate SO 30.00 1:02.55 1:03.65	2) Chee, Aiyun SR 1:32.06 31.39 59.25	3) Nightingale, Ellie SO 31.77 31.66	4) McGowan, Grace SO
--- Holy Names Academy Swimming	B	4:10.48	X4:07.98
1) Orazem, Rhea K FR 29.08 1:00.42 30.78	2) Holt, Juliette M SO 1:04.58 18.38 1:01.15	3) Weber, Clare FR 28.50 1:01.83	4) Chang, Lilah Huai Hsin SO
--- Roosevelt Girls Swim Team	B	4:12.80	X4:13.77
1) Ambach, Greta FR 28.90 1:00.60 32.18	2) Kwok, Solimar SR 1:07.24 30.10 1:04.73	3) Nickel, Clara JR 29.49 1:01.20	4) Mai, Chloe JR
--- Holy Names Academy Swimming	C	4:18.66	X4:14.33
1) Ejarque, Rayna P SR 29.57 1:02.07 30.84	2) Binder, Em JR 1:05.05 29.43 1:02.72	3) Kuiper, Sonja JR 30.48 1:04.49	4) Beckman, Kate E JR
--- Nathan Hale High School Fall-PN	A	4:18.61	X4:19.89
1) Shuler, Mariel JR 30.01 1:03.33 29.16	2) Thorpe, Zoe SO 1:03.09 32.60 1:15.85	3) Jones, Britt JR 23.28 57.62	4) Bull, Maria FR
--- Lincoln High School-PN	B	4:40.00	X4:27.48
1) Yau, Noelle JR 32.20 1:07.98 30.22	2) Fox, Juliet SO 1:03.84 32.30 1:09.09	3) Murdock, Kaida SO 30.66 1:06.57	4) Liu, Ivy SO
--- Bishop Blanchet High School	B	4:34.59	X4:28.66
1) Mead, Lilly 11 33.65 1:25.52 16.42	2) Balcom, Lily 10 1:01.17 22.76 57.23	3) Pigman, Audrey 11 30.98 1:04.74	4) Halter, Cassie 09
--- Roosevelt Girls Swim Team	C	4:33.50	X4:35.49
1) Fung, Paige JR 31.96 1:08.30 32.62	2) Snyder, Wren SO 1:39.57 37.91 1:10.54	3) Ridenour, Riley SO 37.08	4) O'Neil, Katie JR
--- Seattle Prep Swim Team	C	4:27.40	X4:36.22
1) Chalmers, Marlow SR 33.06 1:10.33 33.56	2) Mazzarella, Fina SR 1:11.16 33.03 1:10.79	3) Limbaugh, Georgia SO 31.26 1:03.94	4) Huynh, Bella SO

2023 3A METRO League Girls Swimming & Diving - 10/27/2023 to 10/28/2023

Results

Preliminaries ... (Event 12 Girls 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
--- Lakeside School	C	4:34.97	X4:37.20
1) Tang, Iris JR 29.76 1:03.75 29.12	2) Seibert, Maggie FR 1:01.14 34.89 1:13.83	3) Pimkina, Angelina SR 35.81 1:18.48	4) Tandon, Siddhi FR
--- Garfield Swim Team-PN	B	4:35.68	X4:40.03
1) Mertel, Kathryn FR 32.02 1:09.64 32.56	2) Buzkova, Barbora SR 1:08.82 35.56 1:14.27	3) MacGovern-Shih, Madeline SO 32.33 1:07.30	4) Gruber, Galen JR
--- Bishop Blanchet High School	C	4:57.98	X4:46.56
1) Robatzek, Sophia 12 33.20 1:23.98 22.47	2) Ness, Kari 11 1:00.79 32.47 1:10.57	3) Peato, Alex 11 32.69 1:11.22	4) Marsh, Siena 09
--- Ihs Girls 2022-ZZ	B	4:32.80	X4:48.25
1) Hill, Sophia FR 35.36 1:15.01 31.74	2) Stewart, Maya FR 1:08.65 34.94 1:47.89	3) Paulus, Savannah SO 36.70	4) Grossman, Lena FR
--- Lincoln High School-PN	C	5:01.00	X4:50.37
1) Cottrell-Steen, Alice SO 34.65 1:14.81 33.59	2) Bieniawski, Evelyn SO 1:11.93 34.03 1:17.65	3) Di Gennaro, Lucy FR 28.92 1:05.98	4) Di Loreto, Gianna JR
--- Nathan Hale High School Fall-PN	C	5:13.67	X4:53.04
1) Erickson, Hadley FR 34.43 1:15.15 24.13	2) Bender, Liv JR 1:13.50 31.57 1:07.47	3) Torgersen, Sanna FR 35.83 1:16.92	4) Bender, Moa FR
--- Ballard HS Girls	B	5:04.75	X4:56.55
1) Bargfrede, Bailey FR 33.59 1:09.94 34.88	2) Redmond, Mel SO 1:13.21 36.56 1:20.09	3) Redmond, Hadley SR 33.10 1:13.31	4) Jahn, Annika FR
--- Garfield Swim Team-PN	C	5:14.33	X5:10.17
1) Howe, Josie SO 33.75 1:11.31 35.52	2) Smith, Madeleine SR 1:16.54 40.10 1:41.73	3) Buckley, Virginia SR 22.90 1:00.59	4) Pody, Violet SR
--- West Seattle	B	4:44.25	X5:11.39
1) Bugala, Frances SO 34.16 1:13.50 17.76	2) Pietsch, Marlo JR 1:12.55 16.17 34.89	3) Klem, Sally FR 38.99 2:10.45	4) Davidson, Audrey SR
--- West Seattle	C	5:05.02	X5:43.75
1) Kestner, Heidi JR 38.02 1:21.78 41.55	2) Schrader, Autumn FR 1:38.10 34.17 1:24.52	3) Pulanco, Samara JR 15.52 1:19.35	4) Willis, Lisa FR
--- Ballard HS Girls	C	5:43.92	XDQ
1) Hamilton, Tessa FR 37.60 1:30.05 33.07	2) Diers, Anna SO 1:19.62 36.07 2:04.09	3) Mihkels, Linnea SR	4) Toppenberg, Reilly JR

Event 104 Girls 50 Yard Freestyle Swim-off

Name	Yr	School	Seed Time	Finals Time
- Swim-off				
1 Halfman, Reese	11	Bishop Blanchet High School	26.96	26.89
2 Barba, Rosie	SR	Ballard HS Girls	26.96	26.95

Event 109 Girls 200 Yard Freestyle Relay Swim-off

Team	Relay	Seed Time	Finals Time
- Swim-off			
1 Bishop Blanchet High School	A	NT	1:46.76
1) Halfman, Reese 11 27.22 27.52 26.01	2) Hobart, Ellie 11 26.01	3) Blume, Alexis 10	4) Stanley, Maddie 12
2 Nathan Hale High School Fall-PN	A	NT	1:46.93
1) Wies, Chloe FR 25.97 28.05 27.57	2) Shuler, Mariel JR 25.34	3) Jones, Britt JR	4) Jones, Kaylin SO

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Results

Event 202 Girls 200 Yard Freestyle Swim-off

Name	Yr	School	Seed Time	Finals Time
- Swim-off				
1 Holt, Juliette M		SO Holy Names Academy Swimming	2:14.14	2:11.15
30.08	32.53	34.29	34.25	
2 Halter, Cassie		09 Bishop Blanchet High School	2:14.14	2:12.67
30.21	33.08	33.85	35.53	

Event 203 Girls 50 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Wies, Chloe		FR Nathan Hale High School Fall-PN	NT	25.76

Event 204 Girls 100 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Orazem, Rhea K		FR Holy Names Academy Swimming	NT	1:00.43
2 Ejarque, Rayna P		SR Holy Names Academy Swimming	NT	1:02.03
3 Fitzpatrick, Kate		SO Seattle Prep Swim Team	NT	1:02.42

Event 205 Girls 50 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Wies, Chloe		FR Nathan Hale High School Fall-PN	NT	25.81
2 Hobart, Ellie		11 Bishop Blanchet High School	NT	26.70

Event 206 Girls 100 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Young, Gabi		SO Nathan Hale High School Fall-PN	NT	1:02.62

Scores - Women

Women - Team Rankings - Through Event 206

1. Lakeside School	711	2. Holy Names Academy Swimming	619
3. Seattle Prep Swim Team	559	4. Roosevelt Girls Swim Team	477
5. Garfield Swim Team	382	6. Lincoln High School	374.5
7. Ballard HS Girls	327	8. Bishop Blanchet High School	323
9. Ihs Girls 2022	316	10. Nathan Hale High School Fall	267.5
11. West Seattle	223	12. Chief Sealth	95
13. Eastside Catholic	32		