

Girls District IV 2A/1A Swim & Dive Champs 2023
Nov 3-4, 2023 at Shelton HS Pool

Results

#201 Girls 4x50 Yard Medley Relay					#202 Girls 200 Yard Free					#203 Girls 200 Yard IM				
Dist IV: 1:55.67! 1993 Tumwater High School					Dist IV: 1:50.67! 2006 Amelia Messegee					Dist IV: 2:08.71! 1999 Sara Crowell - TIMB				
Team	Relay	Finals Time	NISCA		Name	Yr	Team	Prelim Time	NISCA	Name	Yr	Team	Finals Time	NISCA
1 TUM		2:03.12	255	4 Grace Morgan	11 ROC	2:16.79	47	11 Sam Yamashita	10 CRR	2:22.50	q31			
Jenna Kalar 11		Makayla Sarsfield 11		31.39	34.08	36.21	35.11	31.14	36.49	38.26	36.61			
Vivian Opdahl 12		Mily Johnston 12		5 Lily Morgan	12 TUM	2:18.82	41	12 Sonja Austad	10 LHS	2:24.96	q25			
32.41	32.81	30.56	27.34	30.13	34.24	36.60	37.85	33.17	37.00	37.99	36.80			
2 CRR		2:04.49	243	6 Federica Catalano	12 RHS	2:20.21	37	13 Kaylee Bernt	11 ETV	2:25.58	q23			
Annie Morrison Garcia 11		Lucy Taylor 11		B - Final					32.71	37.27	38.31	37.29		
Sadie Levy 09		Ingrid Morrison Garcia 09		7 Jolie McGaughan	12 MMA	2:18.61	42	14 Mads Gatbonton	12 BHH	2:26.10	q22			
37.80	31.43	29.08	26.18	30.43	34.37	37.73	36.08	32.38	37.06	38.44	38.22			
3 ABE		2:13.97	165	8 Sam Yamashita	10 CRR	2:19.47	39	15 Isabella Melville	10 ABE	2:27.12	q19			
Emma Mullins 11		Wendy Neil 10		31.99	35.53	36.82	35.13	32.89	1:15.14	39.09				
Arianna Alavez 10		Harnoor Jandu 11		9 Annie Morrison Garc	11 CRR	2:21.72	33	16 CC King	9 HBH	2:34.02	q3			
33.34	37.30	33.47	29.86	32.74	35.78	36.88	36.32	34.69	39.23	40.69	39.41			
4 HHS		2:14.04	162	10 Kaysee Smith	11 ROC	2:22.21	32	17 Abby Holbrook	10 BHH	2:34.29	q2			
Paisley Schmitz 10		Georgina Romero 09		32.62	36.05	37.18	36.36	34.51	39.51	41.49	38.78			
Paige Dangleis 11		Kate Bradley 10		11 Sonja Austad	10 LHS	2:25.95	22	18 Madeleine Smith	12 SHC	2:34.50	q2			
5 WHS		2:14.92	156	33.35	37.82	37.67	37.11	33.41	38.85	41.53	40.71			
Lily Rushlo 10		Tessa Townsend 10		12 Emily Larzalere	11 WHS	2:27.21	19	19 Harnoor Jandu	11 ABE	2:39.91				
Emily Larzalere 11		Lolo Peck 12		C - Final					32.91	40.32	42.99	43.69		
6 BHH		2:15.52	153	13 Kaylee Bernt	11 ETV	2:22.92	30	20 Ava Clouse	9 ROC	2:43.19				
Ollie Knight 12		Riona Johnstone 11		33.28	35.71	37.08	36.85	36.95	42.88	42.79	40.57			
Caitlin Roberts 09		Mads Gatbonton 12		14 Isabella Melville	10 ABE	2:26.57	21	21 Chloe Taitano	12 MMA	2:43.55				
35.55	37.85	32.12	30.00	33.61	36.91	1:16.37		34.40	39.80	43.87	45.48			
7 SHC		2:19.99	120	15 Mads Gatbonton	12 BHH	2:29.99	12	22 Asha Martin	11 ABE	2:45.83				
Willow Lovingfoss 9		Hailey LaCelle 10		32.75	37.67	41.03	38.54	34.33	40.20	45.37	45.93			
Madeleine Smith 12		Pandora Ward 12		16 CC King	9 HBH	2:32.27	7	23 Lillian Lake	9 SHC	2:48.47				
1:40.89				34.09	37.83	39.94	40.41	37.73	43.07	1:27.67				
8 HBH		2:24.85	87	17 Madeleine Smith	12 SHC	2:34.93	1	24 Annora Smith	10 SHC	2:50.42				
CC King 9		Mylee Whitney 10		34.50	39.47	40.71	40.25	35.31	41.87	45.71	47.53			
McKelvey Brewer 12		Ona Meloy 9		18 Abby Holbrook	10 BHH	2:36.88	1.0	25 Liliana Rodriguez-Fl	11 MMA	2:51.42				
9 MMA		2:30.84	48	34.59	40.65	41.73	39.91	36.39	45.59	46.35	43.09			
Chloe Taitano 12		Isis Burnham 11		#202 Girls 200 Yard Free					39.42	43.73	44.88	44.11		
Julia Barella 10		Natalie Collins 11		Dist IV: 1:50.67! 2006 Amelia Messegee					39.43	43.99	46.56	44.07		
10 FVH		2:38.15	6	Preliminaries					27 Molly Pendleton	11 FVH	2:54.05			
Elizabeth Galli 9		Molly Pendleton 11		1 Chihiro Bringman	12 CEN	2:03.38	q89	28 Emma Shipman	11 SHC	2:54.32				
Hannah Coffey 11		Charlotte Standfest 12		28.21	30.73	32.54	31.90	38.19	45.10	46.14	44.89			
11 ETV		2:53.34	16.0	2 Kaylin Mutoli	12 SHC	2:06.28	q79	29 Anya Daily	09 CRR	2:58.22				
Nicole Tomyrn 10		Charlotte Stumph 10		28.05	31.34	33.53	33.36	39.87	45.25	46.31	46.79			
Victoria Boren 12		Jaliah Vinson 09		3 Jordan Zaemann	09 SCH	2:13.57	q56	30 Sara Rios	11 CEN	3:03.97				
--- RHS		DQ		30.22	34.00	34.99	34.36	40.19	45.07	50.99	47.72			
Medea Rusu 11		Rebecca Yamada 11		4 Federica Catalano	12 RHS	2:17.77	q44	#203 Girls 200 Yard IM						
Federica Catalano 12		Julia Smith 09		30.76	34.33	36.57	36.11	Dist IV: 2:08.71! 1999 Sara Crowell - TIMB						
29.43	31.83	30.80	26.67	5 Lily Morgan	12 TUM	2:17.91	q44	Name Yr Team Finals Time NISCA						
#202 Girls 200 Yard Free					29.65	34.64	36.90	36.72	A - Final					
Dist IV: 1:50.67! 2006 Amelia Messegee					6 Grace Morgan	11 ROC	2:17.92	q44	1 Medea Rusu	11 RHS	2:16.24	97		
Name Yr Team Finals Time NISCA					31.44	34.55	36.27	35.66	29.59	33.96	40.59	32.10		
A - Final					7 Jolie McGaughan	12 MMA	2:17.96	q44	2 Rebecca Yamada	11 RHS	2:16.57	96		
1 Chihiro Bringman	12 CEN	2:02.37	93	29.94	33.72	37.68	36.62	29.51	34.05	39.59	33.42			
27.66	29.74	31.75	33.22	8 Kaysee Smith	11 ROC	2:19.24	q40	3 Lelia Ollenburg	12 SHC	2:23.45	74			
2 Kaylin Mutoli	12 SHC	2:05.60	82	31.21	35.22	36.97	35.84	29.35	34.46	45.11	34.53			
27.05	30.49	33.27	34.79	9 Annie Morrison Garc	11 CRR	2:20.41	q37	4 Ingrid Morrison Garc	09 CRR	2:31.33	52			
3 Jordan Zaemann	09 SCH	2:14.21	54	31.45	35.36	36.63	36.97	33.14	37.13	46.31	34.75			
29.95	33.56	35.62	35.08	10 Emily Larzalere	11 WHS	2:22.41	q31	5 Emma Anderson	11 KAL	2:33.06	48			
				30.92	34.94	37.73	38.82	31.18	38.43	46.42	37.03			

Girls District IV 2A/1A Swim & Dive Champs 2023
Nov 3-4, 2023 at Shelton HS Pool

Results

A - Final ... (#203 Girls 200 Yard IM)					#203 Girls 200 Yard IM					#204 Girls 50 Yard Free					#205 Girls 1 mtr Diving				
					Dist IV: 2:08.71! 1999 Sara Crowell - TIMB					Dist IV: 23.97! 2004 Karlyn Hougan - TUM					Dist IV: 403.85! 2015 CeCe Pennella				
Name	Yr	Team	Prelim Time	NISCA	Name	Yr	Team	Prelim Time	NISCA	Name	Yr	Team	Finals Time	NISCA	Name	Yr	Team	Finals Score	NISCA
6	Abbi Sachs	12 SHC	2:41.20	28	11	Hailey LaCelle	10 SHC	2:49.89	q8	10	Reese Dunning	11 CRR	29.49	48	1	Rylee Weeks	12 TUM	289.55	99
	33.36	37.70	51.90	38.24		37.42	44.44	49.11	38.92		11	Willow Lovingfoss	9 SHC	29.70	2	Saylor Heikkila	12 ABE	271.90	92
B - Final					B - Final					C - Final					A - Final				
7	Jenna Kalar	11 TUM	2:33.65	46	12	Chloe Hansen	9 CEN	2:49.94	q8	12	Mekenzie Schockelt	10 LHS	29.72	45	3	Zahrya Graham	11 ABE	161.90	35
	31.69	38.14	48.98	34.84		32.91	43.88	53.25	39.90		13	Vivian Opdahl	12 TUM	30.08	4				
8	Caitlin Roberts	09 BHH	2:43.88	21	13	Chelsea Jackson	12 RAL	2:51.73	q4	13	Willow Valentine	11 MOT	30.32	38	5				
	36.89	42.73	48.25	36.01		36.00	39.51	54.88	41.34		14	Pandora Ward	12 SHC	30.63	35				
9	Annie Morgan	10 CRR	2:45.84	17	14	Tess Fernandez	12 CRR	2:51.87	q4	15	Ava Benn	11 ABE	30.78	33					
	37.14	43.30	48.85	36.55		35.18	44.36	53.84	38.49		16	Emma Mullins	11 ABE	30.82	32				
10	Lily Wagner	11 TUM	2:46.39	16	15	Riona Johnstone	11 BHH	2:53.99	q0	17	Emma Mullins	11 ABE	30.82	32					
	35.62	45.77	48.55	36.45		39.37	47.63	45.87	41.12		18	Arianna Alavez	10 ABE	31.04	30				
11	Chloe Hansen	9 CEN	2:50.71	7	16	Jacee Davis	12 MMA	2:55.41	q	#204 Girls 50 Yard Free									
	35.62	42.93	53.19	38.97		41.99	42.40	52.11	38.91	Dist IV: 23.97! 2004 Karlyn Hougan - TUM									
12	Hailey LaCelle	10 SHC	2:51.48	5	17	Reese Zurfluh	12 ETV	3:02.42	q	Preliminaries									
	37.24	45.88	48.44	39.92		38.63	46.17	56.24	41.38	Name Yr Team Prelim Time NISCA									
C - Final					C - Final					C - Final					C - Final				
13	Chelsea Jackson	12 RAL	2:49.72	9	18	Wendy Neil	10 ABE	3:03.20	q	1	Paige Dangleis	11 HHS	25.58	q105	13	Pandora Ward	12 SHC	30.32	q38
	35.64	39.48	53.17	41.43		44.21	51.35	46.22	41.42	2	Madeline Allred	12 SHC	25.81	q101	14	Willow Valentine	11 MOT	30.34	q38
14	Tess Fernandez	12 CRR	2:53.40	1	19	Anabella Wright	11 CRR	3:03.42		3	Sadie Levy	09 CRR	26.02	q97	15	Vivian Opdahl	12 TUM	30.48	q36
	35.73	45.75	52.77	39.15		38.72	47.39	56.53	40.78	4	Georgina Romero	09 HHS	26.45	q91	16	Ava Benn	11 ABE	30.59	q35
15	Riona Johnstone	11 BHH	2:56.07	4.0	20	Lucy Dale	12 SHC	3:05.74		5	Julia Smith	09 RHS	27.87	q70	17	Emma Mullins	11 ABE	30.61	q35
	42.27	47.16	45.60	41.04		38.16	48.24	54.90	44.44	6	Grace Forsman	11 ETV	28.18	q65	18	Arianna Alavez	10 ABE	30.80	q33
16	Jacee Davis	12 MMA	2:58.29	3.0	21	Annika Howard	10 ETV	3:08.47		7	Megan Paull	12 TUM	29.16	q52	19	Anabella Wright	11 CRR	31.34	27
	41.91	44.02	52.49	39.87		45.17	49.88	53.30	40.12	8	Tessa Townsend	10 WHS	29.21	q52	20	Julie Danielson	12 ROC	31.40	26
17	Reese Zurfluh	12 ETV	3:01.43	2.0	22	Alex Hanik	12 HHS	3:11.15		9	Keara Burns	12 ABE	29.27	q51	21	Miley Danielson	10 ROC	32.06	19
	39.68	45.71	56.29	39.75		39.16	50.33	56.19	45.47	10	Mekenzie Schockelt	10 LHS	29.63	q47	22	Lilly Wilson	10 BHH	32.69	12
18	Wendy Neil	10 ABE	3:03.96	1.0	23	Julia Barella	10 MMA	3:16.25		11	Reese Dunning	11 CRR	29.65	q46	23	Rianah Smith	09 BHH	32.71	12
	43.25	50.94	49.15	40.62		37.57	49.49	1:03.66	45.53	12	Willow Lovingfoss	9 SHC	29.77	q45	24	Kate Bradley	10 HHS	32.75	12
#203 Girls 200 Yard IM					#204 Girls 50 Yard Free					#204 Girls 50 Yard Free					#204 Girls 50 Yard Free				
					Dist IV: 23.97! 2004 Karlyn Hougan - TUM					Dist IV: 23.97! 2004 Karlyn Hougan - TUM					Dist IV: 23.97! 2004 Karlyn Hougan - TUM				
					Name Yr Team Prelim Time NISCA					Name Yr Team Finals Time NISCA					Name Yr Team Finals Time NISCA				
Preliminaries					Preliminaries					Preliminaries					Preliminaries				
1	Rebecca Yamada	11 RHS	2:16.23	q97	24	Chloe Linde	10 WHS	3:22.71		13	Pandora Ward	12 SHC	30.32	q38	1	Rylee Weeks	12 TUM	289.55	99
	29.57	34.52	38.70	33.44		45.19	56.55	57.26	43.71	14	Willow Valentine	11 MOT	30.34	q38	2	Saylor Heikkila	12 ABE	271.90	92
2	Medea Rusu	11 RHS	2:17.54	q93	25	Tayla Pruett	9 RAL	3:28.69		15	Vivian Opdahl	12 TUM	30.48	q36	3	Zahrya Graham	11 ABE	161.90	35
	30.09	34.73	40.40	32.32		49.22	56.26	52.36	50.85	16	Ava Benn	11 ABE	30.59	q35					
3	Lelia Ollenburg	12 SHC	2:22.71	q77	26	Wendy Rojas Contrer	11 ABE	3:30.12		17	Emma Mullins	11 ABE	30.61	q35					
	27.86	35.01	46.00	33.84		43.89	49.72	1:56.51		18	Arianna Alavez	10 ABE	30.80	q33					
4	Ingrid Morrison Garc	09 CRR	2:31.45	q52	27	Chiara Christenson	10 CRR	3:34.03		19	Anabella Wright	11 CRR	31.34	27					
	32.09	38.19	46.15	35.02		46.89	56.57	1:06.11	44.46	20	Julie Danielson	12 ROC	31.40	26					
5	Emma Anderson	11 KAL	2:34.47	q44	28	Allison Burkey	9 MMA	3:34.82		21	Miley Danielson	10 ROC	32.06	19					
	31.57	38.24	45.52	39.14		50.48	1:54.02	50.38		22	Lilly Wilson	10 BHH	32.69	12					
6	Abbi Sachs	12 SHC	2:36.76	q38	29	Peyton Marchie	10 ABE	3:46.53		23	Rianah Smith	09 BHH	32.71	12					
	32.74	36.82	50.65	36.55		48.06	1:03.75	1:00.73	53.99	24	Kate Bradley	10 HHS	32.75	12					
7	Jenna Kalar	11 TUM	2:37.20	q37	---	Isis Burnham	11 MMA	DQ		25	Natalie Collins	11 MMA	33.24	7					
	32.12	38.89	51.14	35.05		38.71	47.81	52.84	43.23	26	Michaela Gravel	09 CRR	33.32	6					
8	Caitlin Roberts	09 BHH	2:42.65	q24	#204 Girls 50 Yard Free					#204 Girls 50 Yard Free					#204 Girls 50 Yard Free				
	34.99	40.49	49.36	37.81	Dist IV: 23.97! 2004 Karlyn Hougan - TUM					Dist IV: 23.97! 2004 Karlyn Hougan - TUM					Dist IV: 23.97! 2004 Karlyn Hougan - TUM				
9	Lily Wagner	11 TUM	2:46.22	q16	Name Yr Team Finals Time NISCA					Name Yr Team Finals Time NISCA					Name Yr Team Finals Time NISCA				
	34.38	46.61	48.38	36.85	A - Final					A - Final					A - Final				
10	Annie Morgan	10 CRR	2:46.29	q16	1	Paige Dangleis	11 HHS	25.31	109	13	Pandora Ward	12 SHC	30.32	q38	1	Rylee Weeks	12 TUM	289.55	99
	36.57	41.08	51.55	37.09	2	Madeline Allred	12 SHC	25.34	109	14	Willow Valentine	11 MOT	30.34	q38	2	Saylor Heikkila	12 ABE	271.90	92
Preliminaries					Preliminaries					Preliminaries					Preliminaries				
					3	Georgina Romero	09 HHS	26.08	96	15	Vivian Opdahl	12 TUM	30.48	q36	3	Zahrya Graham	11 ABE	161.90	35
					4	Sadie Levy	09 CRR	26.30	93	16	Ava Benn	11 ABE	30.59	q35					
					5	Grace Forsman	11 ETV	27.74	72	17	Emma Mullins	11 ABE	30.61	q35					
					6	Julia Smith	09 RHS	27.82	70	18	Arianna Alavez	10 ABE	30.80	q33					
					B - Final					B - Final					B - Final				
					7	Megan Paull	12 TUM	28.45	62	19	Anabella Wright	11 CRR	31.34	27					
					8	Keara Burns	12 ABE	28.96	55	20	Julie Danielson	12 ROC	31.40	26					
					9	Tessa Townsend	10 WHS	29.40	49	21	Miley Danielson	10 ROC	32.06	19					

Girls District IV 2A/1A Swim & Dive Champs 2023
Nov 3-4, 2023 at Shelton HS Pool

Results

#205 Girls 1 mtr Diving

Dist IV: 403.85! 2015 CeCe Pennella

Name	Yr	Team	Prelim Score	NISCA
Preliminaries				
1 Saylor Heikkila	12	ABE	204.05	q60
2 Rylee Weeks	12	TUM	198.15	q57
3 Zahrya Graham	11	ABE	119.25	q1

#206 Girls 100 Yard Fly

Dist IV: 58.26! 2001 Lindsey Gall - WFW

Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Lelia Ollenburg	12	SHC	1:00.71	107
			28.24	32.47
2 McKelvey Brewer	12	HBH	1:02.98	93
			29.34	33.64
3 Mija Hood	11	ABE	1:07.13	71
			31.04	36.09
4 Jenna Kalar	11	TUM	1:07.35	70
			31.64	35.71
5 Emily Larzalere	11	WHS	1:11.10	52
			31.52	39.58
6 Chloe Hansen	9	CEN	1:11.49	51
			33.02	38.47
B - Final				
7 Lily Wagner	11	TUM	1:13.11	43
			34.59	38.52
8 Vivian Opdahl	12	TUM	1:14.49	38
			32.69	41.80
9 Madeleine Smith	12	SHC	1:18.83	21
			35.48	43.35
10 Tess Fernandez	12	CRR	1:19.16	20
			36.00	43.16
11 Ava Benn	11	ABE	1:21.44	12
			37.98	43.46
12 Lolo Peck	12	WHS	1:22.44	8
			34.96	47.48
C - Final				
13 Isis Burnham	11	MMA	1:25.89	6.0
			37.85	48.04
14 Abby Holbrook	10	BHH	1:26.03	5.0
			38.25	47.78
15 Harnoor Jandu	11	ABE	1:26.10	4.0
			36.96	49.14
16 Fiona Dowling	12	SHC	1:26.30	3.0
			39.21	47.09
17 Julia Barella	10	MMA	1:26.67	2.0
			37.67	49.00
18 Lillian Lake	9	SHC	1:29.30	1.0
			41.08	48.22

#206 Girls 100 Yard Fly

Dist IV: 58.26! 2001 Lindsey Gall - WFW

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1 Lelia Ollenburg	12	SHC	1:00.29	q109
			27.89	32.40
2 McKelvey Brewer	12	HBH	1:03.60	q90
			29.76	33.84
3 Jenna Kalar	11	TUM	1:07.76	q68
			31.64	36.12
4 Mija Hood	11	ABE	1:08.90	q62
			31.21	37.69
5 Emily Larzalere	11	WHS	1:11.51	q50
			31.61	39.90
6 Chloe Hansen	9	CEN	1:13.39	q42
			33.47	39.92
7 Lily Wagner	11	TUM	1:13.61	q41
			35.48	38.13
8 Vivian Opdahl	12	TUM	1:14.96	q36
			33.28	41.68
9 Madeleine Smith	12	SHC	1:19.06	q20
			35.85	43.21
10 Lolo Peck	12	WHS	1:19.29	q19
			34.70	44.59
11 Tess Fernandez	12	CRR	1:20.15	q16
			36.86	43.29
12 Ava Benn	11	ABE	1:21.36	q12
			37.68	43.68
*13 Julia Barella	10	MMA	1:25.34	q
			38.94	46.40
*13 Isis Burnham	11	MMA	1:25.34	q
			40.26	45.08
15 Fiona Dowling	12	SHC	1:26.58	q
			38.37	48.21
16 Harnoor Jandu	11	ABE	1:26.65	q
			36.43	50.22
17 Lillian Lake	9	SHC	1:26.80	q
			41.17	45.63
18 Abby Holbrook	10	BHH	1:26.95	q
			38.04	48.91
19 Annika Natwick	11	ABE	1:34.38	
			43.02	51.36
20 Annika Howard	10	ETV	1:37.10	
			45.54	51.56
21 Kaitlyn Dowling	10	SHC	1:38.39	
			43.03	55.36
22 Teagan Wagner	9	TUM	1:39.21	
23 Emily Schroeder	10	HBH	1:41.64	
			44.64	57.00
24 Kim Ziegler	12	MMA	1:42.58	

#207 Girls 100 Yard Free

Dist IV: 51.15! 2006 Amelia Messegee

Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Paige Dangleis	11	HHS	55.24	105
			26.83	28.41
2 Kaylin Mutoli	12	SHC	56.56	95
			27.07	29.49
3 Madeline Allred	12	SHC	57.07	91
			27.55	29.52
4 Sadie Levy	09	CRR	57.54	87
			27.53	30.01
5 Ingrid Morrison Garc	09	CRR	59.98	70
			29.16	30.82
6 Makayla Sarsfield	11	TUM	1:01.95	57
			29.39	32.56
B - Final				
7 Julia Smith	09	RHS	1:01.82	58
			29.78	32.04
8 Jolie McCaughan	12	MMA	1:02.37	54
			29.37	33.00
9 Hannah Coffey	11	FVH	1:04.39	42
			30.28	34.11
10 Keara Burns	12	ABE	1:04.70	40
			30.79	33.91
11 Annie Morgan	10	CRR	1:05.92	33
			31.87	34.05
12 Caitlin Roberts	09	BHH	1:12.15	1
			33.92	38.23
C - Final				
13 Megan Paull	12	TUM	1:06.17	32
			31.44	34.73
14 Arianna Alavez	10	ABE	1:07.64	23
			33.11	34.53
15 Willow Valentine	11	MOT	1:07.71	23
			31.78	35.93
16 Lucy Taylor	11	CRR	1:09.61	13
			32.61	37.00
17 Anabelle Schellenber	10	MMA	1:11.24	5
			33.73	37.51
18 Pandora Ward	12	SHC	1:11.86	2
			33.77	38.09

#207 Girls 100 Yard Free

Dist IV: 51.15! 2006 Amelia Messegee

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1 Paige Dangleis	11	HHS	56.07	q99
			26.69	29.38
2 Kaylin Mutoli	12	SHC	57.01	q91
			27.44	29.57
3 Sadie Levy	09	CRR	57.97	q84
			28.02	29.95
4 Madeline Allred	12	SHC	58.88	q78
			28.18	30.70

Girls District IV 2A/1A Swim & Dive Champs 2023
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Results

Preliminaries ... (#207 Girls 100 Yard Free)				#208 Girls 500 Yard Free				14 Asha Martin 11 ABE 7:36.67 5.0			
				Dist IV: 5:05.38! 1996 Misty Westphal - CAP				35.73 43.35 47.15 47.21			
NISCA				Name Yr Team Finals Time NISCA				47.75 48.07 49.29 48.08			
5	Ingrid Morrison Garc	09 CRR	59.83 q71	A - Final				15 Liliana Rodriguez-Flc 11 MMA 7:37.18 4.0			
	28.68	31.15		1	Chihiro Bringman	12 CEN	5:35.83 82	39.27 44.61 47.05 47.55			
6	Makayla Sarsfield	11 TUM	1:01.04 q63		29.97	32.44	33.01 33.86	48.31 46.84 47.43 47.10			
	28.85	32.19			34.57	35.12	35.18 34.85	47.01 42.01			
7	Jolie McGaughan	12 MMA	1:01.71 q58		34.02	32.81		16 Natalie Collins 11 MMA 7:48.22 3.0			
	29.28	32.43		2	McKelvey Brewer	12 HBH	5:50.47 64	39.89 44.10 46.64 48.38			
8	Julia Smith	09 RHS	1:02.30 q55		30.59	34.14	35.98 35.79	49.24 47.49 49.12 48.82			
	29.90	32.40			35.95	35.78	36.18 36.11	49.45 45.09			
9	Annie Morgan	10 CRR	1:04.54 q41		35.11	34.84		17 Emma Shipman 11 SHC 7:56.29 2.0			
	31.39	33.15		3	Mily Johnston	12 TUM	5:57.10 56	37.66 44.92 48.42 48.28			
10	Hannah Coffey	11 FVH	1:04.64 q40		29.67	32.84	35.10 37.64	1:39.97 50.40 50.21 50.09			
	29.81	34.83			38.09	37.94	36.73 37.10	46.34			
11	Keara Burns	12 ABE	1:04.90 q39		35.78	36.21		18 Ona Meloy 9 HBH 7:56.60 1.0			
	30.37	34.53		4	Jordan Zaemann	09 SCH	6:02.10 51	40.02 47.14 48.51 48.76			
12	Caitlin Roberts	09 BHH	1:06.73 q28		31.33	34.99	36.86 37.53	49.88 49.15 49.53 50.71			
	30.92	35.81			37.18	37.75	37.21 37.64	49.16 43.74			
13	Willow Valentine	11 MOT	1:07.51 q24		37.75	33.86		#208 Girls 500 Yard Free			
	31.91	35.60		5	Suki Bringman	10 CEN	6:02.28 50	Dist IV: 5:05.38! 1996 Misty Westphal - CAP			
14	Megan Paull	12 TUM	1:07.98 q22		29.80	34.00	36.03 37.39	Name Yr Team Prelim Time NISCA			
	31.59	36.39			37.19	38.09	37.64 38.06	Preliminaries			
15	Arianna Alavez	10 ABE	1:08.45 q19		38.94	35.14		1 Chihiro Bringman 12 CEN 5:33.68 q85			
	33.72	34.73			33.82	36.02	37.87 38.57	29.76 32.33 33.17 33.35			
16	Anabelle Schellenber	10 MMA	1:09.81 q12		39.11	38.80	39.08 37.93	34.29 34.05 34.48 34.63			
	32.69	37.12			37.85	36.04		34.72 32.90			
17	Lucy Taylor	11 CRR	1:11.09 q6		7	Kaylee Bernt	11 ETV 6:23.06 29	2 Suki Bringman 10 CEN 5:53.94 q60			
	32.64	38.45			33.80	37.50	38.77 39.31	30.81 34.43 35.38 35.66			
18	Pandora Ward	12 SHC	1:11.20 q5		39.18	39.72	39.50 39.79	36.69 36.22 36.69 36.31			
	33.42	37.78			39.73	35.76		35.90 35.85			
19	Reese Zurfluh	12 ETV	1:11.69 3		8	Isabella Melville	10 ABE 6:34.57 18	3 McKelvey Brewer 12 HBH 5:53.98 q60			
	34.89	36.80			34.36	38.93	40.74 40.92	31.02 34.78 36.17 36.63			
20	Lolo Peck	12 WHS	1:12.31 0		40.69	40.50	40.48 40.09	36.31 35.98 36.43 36.50			
	34.87	37.44			39.76	38.10		35.98 34.18			
21	Lily Rushlo	10 WHS	1:13.37		9	Mads Gatbonton	12 BHH 6:36.61 16	4 Mily Johnston 12 TUM 5:55.62 q58			
	35.30	38.21			33.99	38.34	40.84 42.07	29.85 33.40 35.96 36.56			
22	Mekenzie Schockelt	10 LHS	1:13.51		39.98	41.51	41.17 41.22	37.17 36.94 36.90 37.40			
	35.30	38.21			40.71	36.78		36.46 34.98			
23	Miley Danielson	10 ROC	1:13.83		10	Federica Catalano	12 RHS 6:38.04 15	5 Jordan Zaemann 09 SCH 5:56.49 q57			
	35.34	38.49			35.25	38.10	39.52 40.62	31.32 34.50 35.74 36.94			
24	Lilly Wilson	10 BHH	1:14.16		41.62	41.29	40.84 40.32	36.06 36.72 36.97 36.80			
	35.01	39.15			40.67	39.81		36.51 34.93			
25	Kate Bradley	10 HHS	1:15.87		11	Chloe Taitano	12 MMA 7:03.03 8.0	6 Kaysee Smith 11 ROC 6:09.92 q42			
	36.96	38.91			35.60	40.85	42.65 43.13	32.23 36.18 37.73 38.51			
26	Annora Smith	10 SHC	1:16.47		43.22	43.18	44.45 44.34	38.54 37.19 38.04 37.96			
	35.38	41.09			43.87	41.74		37.49 36.05			
27	Lilly Jeffers	9 SHC	1:16.95		---	Sonja Austad	10 LHS DNF	7 Federica Catalano 12 RHS 6:19.88 q32			
	36.93	40.02						31.38 35.02 37.22 38.79			
28	Wendy Rojas Contren	11 ABE	1:17.47					39.19 39.91 39.89 40.14			
	36.96	38.91						39.91 38.43			
29	Michaela Gravel	09 CRR	1:17.86		13	Fiona Dowling	12 SHC 7:24.08 6.0				
	35.38	41.09			37.93	42.31	44.21 44.93				
30	Victoria Boren	12 ETV	1:20.33		45.85	45.77	45.95 46.92				
	37.66	42.67			46.64	43.57					

**Girls District IV 2A/1A Swim & Dive Champs 2023
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Results

Preliminaries ... (#208 Girls 500 Yard Free)			
NISCA			
8	Kaylee Bernt	11 ETV	6:27.03 q25
	33.91	37.26	39.25 39.92
	40.61	40.01	39.93 39.78
	39.18	37.18	
9	Sonja Austad	10 LHS	6:34.56 q18
	34.93	38.85	40.33 40.02
	40.60	40.75	41.14 40.58
	39.66	37.70	
10	Mads Gatbonton	12 BHH	6:36.16 q16
	34.36	39.31	40.06 41.07
	39.96	41.27	41.46 40.95
	41.16	36.56	
11	Isabella Melville	10 ABE	6:38.31 q14
	34.72	38.42	40.26 41.02
	41.08	41.13	41.28 41.90
	40.61	37.89	
12	Chloe Taitano	12 MMA	7:11.28 q
	35.52	41.04	42.53 43.82
	46.14	45.98	43.87 44.64
	44.15	43.59	
13	Fiona Dowling	12 SHC	7:13.74 q
	37.53	42.43	43.41 43.67
	44.38	44.76	44.59 45.53
	44.74	42.70	
14	Asha Martin	11 ABE	7:42.26 q
	36.37	43.40	46.70 48.68
	49.50	49.51	49.04 48.07
	46.16	44.83	
15	Liliana Rodriguez-Fl	11 MMA	7:43.40 q
	39.97	47.05	46.09 47.99
	47.92	46.35	47.60 46.93
	47.91	45.59	
16	Emma Shipman	11 SHC	7:49.84 q
	38.16	45.68	1:37.18 48.64
	48.89	48.75	49.32 47.86
	45.39		
17	Natalie Collins	11 MMA	7:55.32 q
	39.38	46.26	47.48 48.17
	49.95	51.44	49.64 50.58
	49.52	42.90	
18	Ona Meloy	9 HBH	7:57.36 q
	38.97	47.79	49.86 49.53
	48.68	50.46	49.25 48.34
	50.56	43.92	
19	Mya Kay	10 CRR	8:01.39
	38.57	45.00	48.06 49.10
	49.43	51.06	50.74 51.33
	1:38.10		
20	Merlo Crosswell	10 WHS	8:19.71
	42.90		

21	Angelina Richardson	12 FVH	8:20.96
	41.11	50.18	53.58 52.23
	53.28	51.52	52.13 52.06
	49.32	45.55	
22	Anna Schuffenhauer	9 SHC	8:21.55
	42.16	48.78	51.88 51.38
	53.11	51.68	51.98 51.52
	51.14	47.92	
23	Hannah Hack	10 MMA	8:50.77
	41.18	52.77	53.78 54.44
	53.96	55.02	56.42 57.64
	55.65	49.91	
24	Holly Hargunani	9 HBH	8:55.99
	48.32	54.85	54.80 56.51
	56.48	57.15	56.26 54.10
	52.98	44.54	
#209 Girls 4x50 Yard Free Relay			
Dist IV: 1:42.09! 1996 Olympia High School			
C. Hardee, F. Stidd, H. Raedel, S. Fong			
Team	Relay	Finals Time	NISCA
1	SHC	1:45.79	318
	Lelia Ollenburg 12	Kaylin Mutoli 12	
	Madeline Allred 12	Abbi Sachs 12	
	26.38	26.39	25.24 27.78
2	ABE	1:56.27	216
	Mija Hood 11	Harnoor Jandu 11	
	Ava Benn 11	Keara Burns 12	
	28.11	30.29	29.88 27.99
3	HHS	1:56.35	213
	Georgina Romero 09	Alex Hanik 12	
	Kate Bradley 10	Paige Dangleis 11	
	26.76	33.43	31.33 24.83
4	TUM	1:57.38	204
	Lily Morgan 12	Lily Wagner 11	
	Vivian Opdahl 12	Megan Paull 12	
	27.97	31.16	29.72 28.53
5	ETV	1:59.29	189
	Annika Howard 10	Reese Zurfluh 12	
	Kaylee Bernt 11	Grace Forsman 11	
	33.07	29.81	29.17 27.24
6	BHH	2:00.50	177
	Caitlin Roberts 09	Abby Holbrook 10	
	Ollie Knight 12	Mads Gatbonton 12	
	28.88	30.25	31.63 29.74
7	WHS	2:01.49	171
	Tessa Townsend 10	Lily Rushlo 10	
	Lolo Peck 12	Emily Larzalere 11	
	29.83	32.47	30.42 28.77
8	MMA	2:01.50	171
	Jacee Davis 12	Anabelle Schellenberg 10	
	Chloe Taitano 12	Jolie McGaughan 12	
	31.02	31.55	30.54 28.39
9	ROC	2:02.10	165
	Kaysee Smith 11	Julie Danielson 12	
	Miley Danielson 10	Grace Morgan 11	
	29.45	32.05	30.32 30.28

10	HBH	2:15.23	69
	Mylee Whitney 10	Solace Jenkins 9	
	Emily Schroeder 10	McKelvey Brewer 12	
	36.42	31.62	40.26 26.93
11	FVH	2:25.08	6
	Elizabeth Galli 9	Charlotte Standfest 12	
	Angelina Richardson 12	Molly Pendleton 11	
	36.49	40.45	34.53 33.61
---	CRR		DQ
	Ingrid Morrison Garcia 09	Sam Yamashita 10	
	Annie Morgan 10	Sadie Levy 09	
	27.08	28.08	28.06 25.43

#210 Girls 100 Yard Back

Dist IV: 58.32! 1998 Shea Fitzgerald - CAP

Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Medea Rusu	11 RHS	1:03.12	91
	30.75	32.37		
2	Mija Hood	11 ABE	1:04.84	81
	31.43	33.41		
3	Mily Johnston	12 TUM	1:06.43	72
	32.77	33.66		
4	Emma Anderson	11 KAL	1:07.43	66
	32.69	34.74		
5	Abbi Sachs	12 SHC	1:09.04	57
	33.54	35.50		
6	Annie Morrison Garc	11 CRR	1:11.45	45
	34.88	36.57		
B - Final				
7	Emma Mullins	11 ABE	1:13.36	36
	34.67	38.69		
8	Chelsee Jackson	12 RAL	1:14.23	32
	35.42	38.81		
9	Grace Morgan	11 ROC	1:14.45	31
	36.51	37.94		
10	Reese Dunning	11 CRR	1:14.72	29
	35.93	38.79		
11	Ollie Knight	12 BHH	1:16.36	22
	37.81	38.55		
12	Sam Yamashita	10 CRR	1:19.77	8
C - Final				
13	Anabelle Schellenber	10 MMA	1:20.11	7
	38.34	41.77		
14	CC King	9 HBH	1:20.62	5
	39.45	41.17		
15	Willow Lovingfoss	9 SHC	1:21.03	3
	38.77	42.26		
16	Emma Morrison Garc	10 CRR	1:23.32	3.0
	41.57	41.75		
17	Jacee Davis	12 MMA	1:24.42	2.0
	41.39	43.03		
18	Saylor Heikkila	12 ABE	1:29.16	1.0
	42.55	46.61		

Girls District IV 2A/1A Swim & Dive Champs 2023
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Results

#210 Girls 100 Yard Back					#211 Girls 100 Yard Breast					#212 Girls 4x100 Yard Free Relay				
Dist IV: 58.32! 1998 Shea Fitzgerald - CAP					Dist IV: 1:05.89! 2018 Bryanna Ungs					Dist IV: 3:43.23! 1998 Capital High School				
Name	Yr	Team	Prelim Time	NISCA	Name	Yr	Team	Prelim Time	NISCA	Team	Relay	Finals Time	NISCA	
Preliminaries					Preliminaries					Preliminaries				
1 Medea Rusu	11	RHS	1:03.74	q88	2 Georgina Romero	09	HHS	1:12.17	93	9 Tessa Townsend	10	WHS	1:23.41	q40
31.25	32.49				34.01	38.16				41.09	42.32			
2 Mija Hood	11	ABE	1:06.18	q73	3 Makayla Sarsfield	11	TUM	1:15.74	75	10 Wendy Neil	10	ABE	1:25.60	q32
31.80	34.38				34.88	40.86				40.09	45.51			
3 Mily Johnston	12	TUM	1:06.67	q70	4 Lily Morgan	12	TUM	1:18.87	60	11 Hailey LaCelle	10	SHC	1:26.97	q26
32.85	33.82				37.03	41.84				40.95	46.02			
4 Abbi Sachs	12	SHC	1:08.47	q60	5 Lucy Taylor	11	CRR	1:20.05	55	12 Hannah Coffey	11	FVH	1:27.32	q25
33.18	35.29				36.55	43.50				40.93	46.39			
5 Emma Anderson	11	KAL	1:10.41	q50	6 Suki Bringman	10	CEN	1:20.99	50	<hr/>				
33.79	36.62				37.79	43.20				13 Sophia Hao	10	CRR	1:32.52	q7
6 Annie Morrison Garc	11	CRR	1:11.66	q44	B - Final					14 Lucy Dale	12	SHC	1:33.35	q4
34.93	36.73				7 Tessa Townsend	10	WHS	1:21.70	47	44.07	49.28			
7 Chelsee Jackson	12	RAL	1:14.70	q29	40.39	41.31				15 Mylee Whitney	10	HBH	1:34.41	q1
35.60	39.10				8 Wendy Neil	10	ABE	1:23.47	40	44.47	49.94			
8 Grace Morgan	11	ROC	1:15.29	q27	40.21	43.26				16 Emma Morrison Garc	10	CRR	1:34.63	q0
36.62	38.67				9 Riona Johnstone	11	BHH	1:24.28	37	45.31	49.32			
9 Ollie Knight	12	BHH	1:15.61	q25	39.30	44.98				17 Helena Pershall	10	BHH	1:35.22	q
37.15	38.46				10 Grace Forsman	11	ETV	1:24.78	35	44.76	50.46			
10 Reese Dunning	11	CRR	1:16.45	q22	40.95	43.83				18 Tayla Pruett	9	RAL	1:36.11	q
36.66	39.79				11 Hannah Coffey	11	FVH	1:27.33	25	46.46	49.65			
11 Emma Mullins	11	ABE	1:17.49	q17	40.94	46.39				<hr/>				
12 Sam Yamashita	10	CRR	1:19.96	q7	12 Hailey LaCelle	10	SHC	1:27.50	24	19 Sara Rios	11	CEN	1:36.12	
39.15	40.81				40.59	46.91				43.45	52.67			
13 Anabelle Schellenber	10	MMA	1:20.12	q6	C - Final					20 Ava Clouse	9	ROC	1:38.17	
37.78	42.34				13 Lucy Dale	12	SHC	1:31.96	9	46.93	51.24			
14 CC King	9	HBH	1:22.25	q	43.39	48.57				21 Ruby Cochenour	09	HHS	1:38.33	
39.78	42.47				14 Mylee Whitney	10	HBH	1:34.72	0	46.03	52.30			
15 Willow Lovingfoss	9	SHC	1:22.33	q	44.28	50.44				22 Molly Pendleton	11	FVH	1:39.56	
39.22	43.11				15 Helena Pershall	10	BHH	1:35.32	4.0	48.43	51.13			
16 Jacee Davis	12	MMA	1:22.38	q	45.96	49.36				23 Chelsea Stroup	11	SHC	1:41.52	
40.35	42.03				16 Sophia Hao	10	CRR	1:35.48	3.0	48.94	52.82			
17 Saylor Heikkila	12	ABE	1:25.16	q	17 Emma Morrison Garc	10	CRR	1:35.90	2.0	<hr/>				
40.22	44.94				45.65	50.25				24 Ava Ehmke	11	CRR	1:41.76	
18 Emma Morrison Garc	10	CRR	1:25.73	q	18 Tayla Pruett	9	RAL	1:36.67	1.0	#212 Girls 4x100 Yard Free Relay				
42.73	43.00				Dist IV: 1:05.89! 2018 Bryanna Ungs					Dist IV: 3:43.23! 1998 Capital High School				
19 Anya Daily	09	CRR	1:25.83		Name	Yr	Team	Prelim Time	NISCA	Team	Relay	Finals Time	NISCA	
20 Layn Rawson	9	MMA	1:31.52		Preliminaries					1 SHC		3:54.39	279	
42.87	48.65				1 Rebecca Yamada	11	RHS	1:09.31	q109	Lelia Ollenburg 12		Kaylin Mutoli 12		
21 Sophie Tabarez	9	SHC	1:31.94		32.90	36.41				Madeline Allred 12		Abbi Sachs 12		
22 Nicole Tomyn	10	ETV	1:33.81		2 Georgina Romero	09	HHS	1:13.09	q88	27.29	57.35	27.11	56.95	
46.07	47.74				34.48	38.61				27.46	58.08	29.61	1:02.01	
23 Annika Natwick	11	ABE	1:34.72		3 Makayla Sarsfield	11	TUM	1:15.57	q75	2	RHS		4:00.38	246
24 Paisley Schmitz	10	HHS	1:40.77		34.47	41.10				Julia Smith 09		Medea Rusu 11		
<hr/>					4 Lily Morgan	12	TUM	1:17.99	q64	Federica Catalano 12		Rebecca Yamada 11		
#211 Girls 100 Yard Breast					37.25	40.74				29.80	1:02.08	26.99	56.53	
Dist IV: 1:05.89! 2018 Bryanna Ungs					5 Lucy Taylor	11	CRR	1:19.54	q57	29.91	1:03.88	27.85	57.89	
Name					37.27	42.27				3 TUM		4:05.94	216	
Yr					6 Suki Bringman	10	CEN	1:20.59	q52	Jenna Kalar 11		Mily Johnston 12		
Team					37.48	43.11				Lily Morgan 12		Makayla Sarsfield 11		
Finals Time					7 Grace Forsman	11	ETV	1:22.72	q43	29.54	1:02.58	28.18	1:00.21	
NISCA					38.94	43.78				29.41	1:01.76	29.36	1:01.39	
A - Final					8 Riona Johnstone	11	BHH	1:22.74	q43	4 CRR		4:16.84	165	
1 Rebecca Yamada	11	RHS	1:10.14	104	38.23	44.51				Annie Morgan 10		Tess Fernandez 12		
33.57	36.57				<hr/>					Sam Yamashita 10		Annie Morrison Garcia 11		
<hr/>					Results					30.06	1:04.33	30.57	1:06.57	
<hr/>					Results					29.63	1:03.28	29.96	1:02.66	

Girls District IV 2A/1A Swim & Dive Champs 2023

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Results

(#212 Girls 4x100 Yard Free Relay)

NISCA

17. Robert A. Long High School	20
18. LaCenter High School	15
19. Montesano High School	9

5	ABE		4:21.85	141
	Keara Burns 12	Isabella Melville 10		
	Emma Mullins 11	Mija Hood 11		
	30.37	1:03.99	32.08	1:07.58
	32.06	1:10.07	28.10	1:00.21
6	MMA		4:25.90	123
	Jacee Davis 12	Anabelle Schellenberg 10		
	Paige Wirtz 10	Jolie McGaughan 12		
	33.00	1:09.72	32.79	1:09.27
	30.62	1:04.50	29.20	1:02.41
7	ETV		4:26.89	120
	Annika Howard 10	Reese Zurfluh 12		
	Kaylee Bernt 11	Grace Forsman 11		
	35.66	1:14.30	32.87	1:07.93
	30.54	1:04.31	28.95	1:00.35
8	ROC		4:35.70	84
	Kaysee Smith 11	Julie Danielson 12		
	Miley Danielson 10	Grace Morgan 11		
	33.05	1:08.86	33.26	1:10.72
	33.47	1:12.92	30.06	1:03.20
9	BHH		4:49.56	30
	Lilly Wilson 10	Abby Holbrook 10		
	Riona Johnstone 11	Ollie Knight 12		
	34.75	1:12.79	33.52	1:22.04
	26.16	1:06.00	32.68	1:08.73
10	HBH		5:18.49	20.0
	Ona Meloy 9	Atziry Zambrano 11		
	Solace Jenkins 9	CC King 9		
	38.37	1:20.93	42.05	1:27.97
	38.20	1:20.28	33.50	1:09.31
11	FVH		5:25.56	16.0
	Charlotte Standfest 12	Angelina Richardson 12		
	Elizabeth Galli 9	Hannah Coffey 11		
	1:34.91	2:06.34	43.77	1:24.51
	48.12	1:19.40	35.31	

Scores - Women

Women - Team Rankings - Through Event 212

1.	Tumwater High School Girls	332
2.	Shelton High Climbers	325
3.	Aberdeen High School	278
4.	Columbia River High School	268
5.	Ridgefield	177
6.	Black Hills High School	154
7.	Hockinson High School	151
8.	Mark Morris High School	143
9.	Eatonville Cruisers	124
10.	Hudson's Bay High School	118
11.	Washougal High School	116
12.	Rochester High School	104
13.	Centralia High School	98
14.	Fort Vancouver High School	72
15.	Seton Catholic Prep	35
16.	Kalama High School	33