

WESCO 4AGirls Districts 2023 - 11/1/2023 to 11/4/2023

Results

#1 Girls 200 Yard Medley Relay

4A District: 1:48.00# 2017 Kamiak

Vo, Hatscher, Collinge, Straume

Team	Relay	Finals Time	NISCA
A - Final			
1 KAM	A	1:54.46	339
Lorenzo, Julia 11	Ryu, Janey 11		
Smith, Claire 12	Cho, Iris 11		
28.31	34.42	26.04	25.69
2 JHS	A	1:59.02	291
Wang, Megan 11	Abrigo, Mia 09		
Catli, Lindsay 11	Gabor, Sakura 09		
28.85	33.07	29.84	27.26
3 GP	A	1:59.09	291
Sullivan, Keelie 10	Soeung, Melinda 11		
Lao, Ellie 12	Takano, Jolie 10		
28.02	36.32	28.55	26.20
4 LSHS	A	2:00.85	276
Lamb, Charlotte 12	Young, Gracie 11		
Garingo, Jessica 11	Werner, Gwen 09		
31.25	33.68	29.13	26.79
5 MAR	A	2:41.35	28.0
Lam, Angelina 11	Smith, Charlie 10		
Nguyen, Lucy 11	Fiorini, Ana 12		
41.33	46.61	42.18	31.23

#1 Girls 200 Yard Medley Relay

4A District: 1:48.00# 2017 Kamiak

Vo, Hatscher, Collinge, Straume

Team	Relay	Prelim Time	NISCA
Preliminaries			
1 JHS	A	1:58.57	q297
Wang, Megan 11	Abrigo, Mia 09		
Catli, Lindsay 11	Gabor, Sakura 09		
29.00	32.86	29.33	27.38
2 LSHS	A	2:02.61	q258
Lamb, Charlotte 12	Young, Gracie 11		
Garingo, Jessica 11	Werner, Gwen 09		
31.48	35.01	28.89	27.23
3 GP	A	2:11.01	q186
Maley, Abby 12	Ganje, Lola 12		
Heinson, Aubrey 09	Bauman, Natalie 12		
34.21	44.75	24.27	27.78
4 KAM	A	2:12.49	q174
Truong, Julia 11	Park, Aida 11		
Zou, Katie 10	Papenhausen, Ava 12		
33.30	37.60	34.77	26.82
5 MAR	A	2:37.88	q9
Lam, Angelina 11	Smith, Charlie 10		
Nguyen, Lucy 11	Fiorini, Ana 12		
39.82	50.97	39.75	27.34

#2 Girls 200 Yard Free

4A District: 1:51.63# 2001 Erica Chandler

Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Lehmann, Alena	11	GP	1:55.74	118
26.35	28.65	29.85	30.89	

2 Song, Julia	10	JHS	1:58.01	109
26.47	29.10	31.05	31.39	
3 Park, Aida	11	KAM	2:03.36	89
28.76	31.47	31.88	31.25	
4 Bowen, Addison	10	LSHS	2:05.57	82
28.28	31.18	32.87	33.24	
5 Smasne, Cassandra	11	JHS	2:09.62	69
28.82	32.49	34.40	33.91	
6 Guerra, Jillian	11	JHS	2:12.03	61
29.80	33.51	34.46	34.26	
7 Gesick, Emily	09	LSHS	2:13.61	56
30.16	33.83	35.28	34.34	
8 Ganje, Lola	12	GP	2:14.78	53
30.34	33.84	35.39	35.21	

B - Final

9 Papenhausen, Ava	12	KAM	2:13.35	57
30.26	33.44	34.67	34.98	
10 Smirnova, Anna	12	KAM	2:18.28	43
30.95	35.15	36.52	35.66	
11 Wetherington, Emme	12	JHS	2:19.88	38
29.99	35.03	37.44	37.42	
12 Allen, Mercer	09	LSHS	2:21.49	34
31.73	35.23	37.45	37.08	
13 Lowell, Riley	10	GP	2:22.70	31
31.49	34.98	37.98	38.25	
14 Vandehey, Brooke	09	GP	2:22.80	30
31.38	35.84	38.00	37.58	
15 Keith, Hannah	10	LSHS	2:23.24	29
33.14	36.74	37.15	36.21	
16 Nguyen, Destiny	10	KAM	2:40.31	1.0
35.20	41.02	42.84	41.25	

#2 Girls 200 Yard Free

4A District: 1:51.63# 2001 Erica Chandler

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1 Song, Julia	10	JHS	1:57.22	q112
27.02	29.65	30.58	29.97	
2 Lehmann, Alena	11	GP	1:58.36	q108
27.58	29.40	30.43	30.95	
3 Park, Aida	11	KAM	2:02.07	q94
28.89	31.29	31.17	30.72	
4 Bowen, Addison	10	LSHS	2:06.90	q77
29.73	32.48	32.81	31.88	
5 Smasne, Cassandra	11	JHS	2:09.92	q68
28.03	32.20	34.51	35.18	
6 Guerra, Jillian	11	JHS	2:13.17	q58
29.74	33.40	35.13	34.90	
7 Gesick, Emily	09	LSHS	2:15.76	q50
31.47	35.33	35.75	33.21	
8 Ganje, Lola	12	GP	2:15.90	q49
30.63	33.91	35.92	35.44	
9 Wetherington, Emme	12	JHS	2:17.00	q46
29.92	34.91	36.82	35.35	
10 Papenhausen, Ava	12	KAM	2:18.83	q41
32.01	34.82	36.01	35.99	

11 Vandehey, Brooke	09	GP	2:21.58	q34
32.02	35.78	37.35	36.43	
12 Allen, Mercer	09	LSHS	2:22.80	q30
32.33	35.63	37.76	37.08	
13 Lowell, Riley	10	GP	2:24.46	q26
33.30	37.48	37.89	35.79	
14 Smirnova, Anna	12	KAM	2:24.81	q25
32.73	36.96	37.79	37.33	
15 Keith, Hannah	10	LSHS	2:25.75	q23
33.54	36.79	38.46	36.96	
16 Nguyen, Destiny	10	KAM	2:41.32	q
33.15	40.47	44.43	43.27	
17 Huynh, Vivian	11	MAR	3:00.37	
38.44	45.80	49.11	47.02	

#3 Girls 200 Yard IM

4A District: 2:01.50# 2008 Amber McDermott

Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Hoyla, Olivia	11	JHS	2:08.05	125
27.92	32.13	37.73	30.27	
2 Sullivan, Keelie	10	GP	2:15.23	100
28.79	32.68	40.72	33.04	
3 Ryu, Janey	11	KAM	2:18.72	89
30.24	35.34	41.39	31.75	
4 Gabor, Sakura	09	JHS	2:19.27	87
30.87	36.23	40.83	31.34	
5 Lamb, Charlotte	12	LSHS	2:22.31	78
30.13	35.77	42.53	33.88	
6 Abrigo, Mia	09	JHS	2:23.74	74
30.48	37.90	39.90	35.46	
7 Zou, Katie	10	KAM	2:25.25	69
30.35	36.46	43.73	34.71	
8 Catli, Lindsay	11	JHS	2:30.00	56
31.56	37.84	44.74	35.86	

B - Final

9 Takano, Jolie	10	GP	2:30.38	55
33.46	37.53	46.20	33.19	
10 Maley, Abby	12	GP	2:31.93	51
31.98	36.65	46.19	37.11	
11 Young, Gracie	11	LSHS	2:33.19	47
34.86	39.26	42.59	36.48	
12 Vanturennot, Abiga	11	GP	2:37.28	37
34.97	38.03	46.30	37.98	
13 Cordoba, Sienna	09	KAM	2:45.46	18
35.37	42.59	48.03	39.47	
14 Ge, Fiona	09	KAM	2:50.91	6
38.86	46.11	48.67	37.27	
15 Walles, Sage	11	LSHS	3:09.83	2.0
39.81	50.34	53.96	45.72	

#3 Girls 200 Yard IM

4A District: 2:01.50# 2008 Amber McDermott

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1 Hoyla, Olivia	11	JHS	2:10.75	q116
28.64	32.48	38.45	31.18	

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Results

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

				NISCA
2	Sullivan, Keelie	10 GP	2:15.55	q99
	29.02	33.20	41.11	32.22
3	Ryu, Janey	11 KAM	2:20.04	q85
	30.41	35.78	41.18	32.67
4	Lamb, Charlotte	12 LSHS	2:23.42	q75
	30.65	36.38	42.23	34.16
5	Gabor, Sakura	09 JHS	2:23.58	q74
	31.38	37.36	42.48	32.36
6	Abrigo, Mia	09 JHS	2:27.19	q64
	31.36	39.34	40.74	35.75
7	Zou, Katie	10 KAM	2:27.98	q61
	30.79	37.64	45.26	34.29
8	Catli, Lindsay	11 JHS	2:29.18	q58
	31.27	38.21	44.17	35.53
9	Takano, Jolie	10 GP	2:31.37	q52
	33.11	38.24	45.70	34.32
10	Maley, Abby	12 GP	2:33.77	q46
	33.99	37.72	46.88	35.18
11	Young, Gracie	11 LSHS	2:36.89	q38
	35.31	40.50	44.21	36.87
12	Vanturennot, Abiga	11 GP	2:38.65	q34
	34.57	39.67	46.44	37.97
13	Cordoba, Sienna	09 KAM	2:44.50	q20
	34.43	41.47	48.59	40.01
14	Ge, Fiona	09 KAM	2:50.66	q7
	38.96	45.12	49.55	37.03
15	Thacker, Lyla	11 LSHS	2:54.99	q
	38.37	41.88	55.25	39.49
16	Wallis, Sage	11 LSHS	3:14.22	q
	40.86	51.43	56.05	45.88

#4 Girls 50 Yard Free

				4A District: 22.80# 2017 Emma Carlton
Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Anderson, Elissa	10 JHS	24.89	116
2	Maley, Megan	09 GP	25.28	110
3	Lorenzo, Julia	11 KAM	25.36	108
4	Hernandez-Murillo, C	12 JHS	25.44	107
5	Lao, Lily	12 GP	25.74	102
6	Lehmann, Emma	09 GP	25.86	100
7	Lao, Ellie	12 GP	26.02	97
8	Cho, Iris	11 KAM	26.04	97
B - Final				
9	Werner, Gwen	09 LSHS	27.58	74
10	Truong, Julia	11 KAM	27.93	69
11	Wetherington, Emme	12 JHS	28.98	55
12	Surendran, Sudharsh	10 JHS	29.11	53
13	Martin, Isabella	09 LSHS	29.56	47
14	Hardy, Ellie	11 LSHS	29.86	44
15	Gebretsadik, Saraim	11 KAM	30.14	40
16	Haack, Makayla	09 LSHS	30.80	33

#4 Girls 50 Yard Free

				4A District: 22.80# 2017 Emma Carlton
Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Anderson, Elissa	10 JHS	25.11	q112
2	Hernandez-Murillo, C	12 JHS	25.20	q111
3	Lorenzo, Julia	11 KAM	25.72	q102
4	Lao, Lily	12 GP	25.85	q100
5	Maley, Megan	09 GP	25.97	q98
6	Lehmann, Emma	09 GP	26.34	q92
7	Lao, Ellie	12 GP	26.47	q90
8	Cho, Iris	11 KAM	26.53	q89
9	Werner, Gwen	09 LSHS	27.20	q79
10	Surendran, Sudharsh	10 JHS	28.89	q56
11	Wetherington, Emme	12 JHS	29.01	q54
12	Truong, Julia	11 KAM	29.04	q54
13	Gebretsadik, Saraim	11 KAM	29.92	q43
14	Martin, Isabella	09 LSHS	30.19	q40
15	Hardy, Ellie	11 LSHS	30.32	q38
16	Haack, Makayla	09 LSHS	31.01	q30
17	Fiorini, Ana	12 MAR	32.29	16
18	Linnik, Karina	11 MAR	35.11	
19	Gonzalez, Ariday	12 MAR	36.06	

#5 Girls 1 mtr Diving

				4A District: 419.15# 2010 Fiona Weeks
Name	Yr	Team	Finals Score	NISCA
Finals				
1	Farman, Addison	11 GP	465.05#	151
2	Butler, Claire	10 GP	373.25	127
3	Boudraa, Selma	11 GP	300.35	103
4	Conley, Olivia	10 GP	271.35	92
5	Miga, Lily	10 KAM	216.85	67
6	Kim, Chloe	09 JHS	208.75	63
7	Hostetter, Kate	10 LSHS	204.25	60
8	Heng, Malli	12 MAR	186.80	50
---	Parungao, Dhamin	10 JHS		DQ

#5 Girls 1 mtr Diving

				4A District: 419.15# 2010 Fiona Weeks
Name	Yr	Team	Prelim Score	NISCA
Preliminaries				
1	Farman, Addison	11 GP	324.45	q111
2	Butler, Claire	10 GP	277.10	q94
3	Boudraa, Selma	11 GP	218.95	q68
4	Conley, Olivia	10 GP	185.45	q50
5	Kim, Chloe	09 JHS	166.20	q37
6	Miga, Lily	10 KAM	159.35	q33
7	Parungao, Dhamin	10 JHS	151.55	q27
8	Hostetter, Kate	10 LSHS	132.60	q13
9	Heng, Malli	12 MAR	123.00	q4

#6 Girls 100 Yard Fly

				4A District: 53.33# 2017 Emma Carlton
Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Smith, Claire	12 KAM	57.29	129
	26.83	30.46		
2	Anderson, Elissa	10 JHS	58.57	120
	27.71	30.86		
3	Wang, Megan	11 JHS	1:01.40	103
	28.86	32.54		
4	Lao, Ellie	12 GP	1:02.27	97
	29.20	33.07		
5	Zou, Katie	10 KAM	1:06.84	73
	30.98	35.86		
6	Gesick, Emily	09 LSHS	1:07.26	70
	32.03	35.23		
7	Garingo, Jessica	11 LSHS	1:07.67	68
	30.95	36.72		
8	Takano, Jolie	10 GP	1:08.82	63
	32.46	36.36		
B - Final				
9	Heinson, Aubrey	09 GP	1:11.47	51
	33.09	38.38		
10	Schiebel, Gray	11 JHS	1:11.83	49
	33.90	37.93		
11	Vanturennot, Abiga	11 GP	1:16.72	29
	36.21	40.51		
12	Gamradt, Addyson	10 JHS	1:16.97	28
	36.81	40.16		
13	Cordoba, Sienna	09 KAM	1:19.65	18
	37.23	42.42		
14	Yang, Stephanie	10 KAM	1:22.96	7
	38.36	44.60		
#6 Girls 100 Yard Fly				
				4A District: 53.33# 2017 Emma Carlton
Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Smith, Claire	12 KAM	57.59	q127
	27.15	30.44		
2	Anderson, Elissa	10 JHS	58.34	q122
	27.78	30.56		
3	Wang, Megan	11 JHS	1:02.55	q96
	28.81	33.74		
4	Lao, Ellie	12 GP	1:03.46	q91
	29.78	33.68		
5	Garingo, Jessica	11 LSHS	1:08.92	q62
	31.36	37.56		
6	Zou, Katie	10 KAM	1:09.22	q61
	31.60	37.62		
7	Gesick, Emily	09 LSHS	1:09.67	q59
	33.37	36.30		
8	Takano, Jolie	10 GP	1:09.81	q58
	32.49	37.32		
9	Heinson, Aubrey	09 GP	1:12.59	q46
	32.23	40.36		

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Results

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

			NISCA	
10	Schiebel, Gray	11 JHS	1:13.31	q43
	34.18	39.13		
11	Gamradt, Addyson	10 JHS	1:16.31	q30
	35.24	41.07		
12	Cordoba, Sienna	09 KAM	1:16.98	q28
	35.96	41.02		
13	Vanturennot, Abiga	11 GP	1:18.25	q23
	36.60	41.65		
14	Thacker, Lyla	11 LSHS	1:24.88	q0
	40.52	44.36		
15	Yang, Stephanie	10 KAM	1:25.31	q
	39.75	45.56		
---	Moss, Laura	12 LSHS		DQ
	35.76			

#7 Girls 100 Yard Free

			NISCA	
4A District: 51.56# 2017 Elli Straume				
Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Song, Julia	10 JHS	53.98	116
	25.67	28.31		
2	Hernandez-Murillo, (12 JHS	55.63	102
	26.12	29.51		
3	Maley, Megan	09 GP	55.71	101
	26.48	29.23		
4	Cho, Iris	11 KAM	57.11	91
	27.46	29.65		
5	Lao, Lily	12 GP	57.23	90
	26.97	30.26		
6	Smasne, Cassandra	11 JHS	58.33	82
	27.37	30.96		
7	Werner, Gwen	09 LSHS	58.34	82
	27.79	30.55		
8	Lehmann, Emma	09 GP	58.56	80
	27.88	30.68		

B - Final

9	Guerra, Jillian	11 JHS	1:00.65	65
	29.40	31.25		
10	Papenhausen, Ava	12 KAM	1:00.92	64
	29.07	31.85		
11	Bauman, Natalie	12 GP	1:02.25	55
	29.34	32.91		
12	Smirnova, Anna	12 KAM	1:02.58	53
	30.07	32.51		
13	Keith, Hannah	10 LSHS	1:04.68	40
	30.81	33.87		
14	Miga, Sophia	12 KAM	1:05.52	35
	30.77	34.75		
15	Hardy, Ellie	11 LSHS	1:05.99	33
	31.57	34.42		
16	Martin, Isabella	09 LSHS	1:06.86	28
	31.43	35.43		

#7 Girls 100 Yard Free

4A District: 51.56# 2017 Elli Straume				
Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Song, Julia	10 JHS	55.05	q107
	26.46	28.59		
2	Hernandez-Murillo, (12 JHS	56.83	q93
	26.91	29.92		
3	Maley, Megan	09 GP	56.95	q92
	27.08	29.87		
4	Lao, Lily	12 GP	57.45	q88
	27.24	30.21		
5	Cho, Iris	11 KAM	57.49	q88
	27.68	29.81		
6	Smasne, Cassandra	11 JHS	58.40	q81
	27.74	30.66		
7	Lehmann, Emma	09 GP	58.82	q78
	27.72	31.10		
8	Werner, Gwen	09 LSHS	58.87	q78
	28.32	30.55		

9	Guerra, Jillian	11 JHS	1:02.21	q55
	29.95	32.26		
10	Papenhausen, Ava	12 KAM	1:02.80	q52
	29.67	33.13		
11	Bauman, Natalie	12 GP	1:02.89	q51
	30.21	32.68		
12	Miga, Sophia	12 KAM	1:04.75	q40
	30.75	34.00		
13	Keith, Hannah	10 LSHS	1:05.81	q34
	31.55	34.26		
14	Hardy, Ellie	11 LSHS	1:06.44	q30
	32.21	34.23		
15	Smirnova, Anna	12 KAM	1:06.56	q29
	31.83	34.73		
16	Martin, Isabella	09 LSHS	1:09.05	q16
	32.47	36.58		
17	Nguyen, Lucy	11 MAR	1:09.85	12
	33.39	36.46		
18	Heng, Malli	12 MAR	1:18.71	
	36.83	41.88		

#8 Girls 500 Yard Free

4A District: 4:46.68# 2008 Amber McDermott				
Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Lehmann, Alena	11 GP	5:06.86	122
	28.42	30.28	30.88	31.19
	30.93	31.26	30.98	31.40
	31.14	30.38		
2	Ryu, Janey	11 KAM	5:23.88	98
	29.05	32.14	32.67	32.68
	32.69	32.76	32.76	32.92
	33.04	33.17		

3	Park, Aida	11 KAM	5:26.07	95
	30.16	32.17	32.60	33.25
	32.63	32.97	34.03	33.23
	33.20	31.83		
4	Gabor, Sakura	09 JHS	5:38.34	79
	30.44	33.26	34.15	34.17
	34.59	34.68	35.05	34.79
	33.77	33.44		
5	Bowen, Addison	10 LSHS	5:46.97	68
	32.00	34.45	34.74	35.54
	35.46	1:11.32	35.23	35.30
	32.93			
6	Jetten, Bel	09 JHS	5:56.13	57
	32.65	35.04	36.14	36.39
	36.04	36.63	36.18	36.33
	36.26	34.47		
7	Schiebel, Gray	11 JHS	6:23.43	28
	36.31	40.12	39.46	39.77
	38.91	39.66	38.48	38.99
	37.30	34.43		
8	Vandehey, Brooke	09 GP	6:33.97	18
	32.72	37.16	39.04	40.27
	40.99	41.27	41.87	41.39
	41.32	37.94		

B - Final

9	Lowell, Riley	10 GP	6:25.32	27
	32.72	36.96	37.69	37.89
	39.72	40.05	40.91	40.58
	39.89	38.91		
10	Allen, Mercer	09 LSHS	6:31.27	21
	33.62	37.71	39.67	40.44
	40.58	40.91	40.76	40.71
	39.61	37.26		
11	Heinson, Aubrey	09 GP	6:34.99	17
	32.63	38.72	40.26	40.82
	40.77	41.61	40.36	41.96
	40.32	37.54		
12	Candland, Heidi	09 JHS	6:35.21	17
	34.50	39.43	41.49	41.18
	39.97	40.25	39.75	40.30
	40.21	38.13		
13	Ge, Fiona	09 KAM	6:51.81	2
	32.77	37.32	40.09	42.42
	43.72	43.06	45.04	45.20
	43.16	39.03		

#8 Girls 500 Yard Free

4A District: 4:46.68# 2008 Amber McDermott				
Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Lehmann, Alena	11 GP	5:16.09	q109
	29.75	31.62	31.82	31.59
	32.28	32.03	32.05	32.00
	31.71	31.24		

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Results

Preliminaries ... (#8 Girls 500 Yard Free)

		NISCA	
2	Park, Aida	11 KAM	5:26.55 q94
	30.59	32.75	32.67 32.97
	32.83	32.94	33.15 33.26
	32.99	32.40	
3	Ryu, Janey	11 KAM	5:32.46 q86
	29.88	33.33	33.69 33.89
	33.80	34.11	33.64 33.59
	33.44	33.09	
4	Bowen, Addison	10 LSHS	5:50.08 q64
	31.88	34.51	35.35 35.88
	36.66	36.20	36.58 35.90
	35.19	31.93	
5	Gabor, Sakura	09 JHS	5:52.04 q62
	30.63	34.73	35.45 35.49
	36.02	36.64	35.89 36.75
	35.85	34.59	
6	Jetten, Bel	09 JHS	6:04.03 q48
	30.87	34.17	35.70 36.75
	37.61	37.86	37.85 38.75
	38.46	36.01	
7	Vandehy, Brooke	09 GP	6:27.73 q24
	33.55	39.00	39.56 39.76
	39.91	39.97	39.85 39.56
	39.93	36.64	
8	Schiebel, Gray	11 JHS	6:29.13 q23
	36.60	39.68	40.01 40.12
	39.51	39.68	39.29 39.62
	38.00	36.62	
9	Heinson, Aubrey	09 GP	6:33.45 q19
	33.41	39.46	40.35 41.53
	40.15	40.21	39.91 41.01
	39.68	37.74	
10	Lowell, Riley	10 GP	6:36.82 q16
	33.66	38.21	40.58 40.81
	40.80	41.32	41.67 41.18
	40.62	37.97	
11	Allen, Mercer	09 LSHS	6:37.52 q15
	34.87	38.79	41.30 40.67
	40.49	41.30	41.78 40.41
	40.42	37.49	
12	Ge, Fiona	09 KAM	6:41.57 q11
	34.16	38.79	40.31 41.44
	40.99	41.59	41.65 41.78
	41.43	39.43	
13	Candland, Heidi	09 JHS	6:44.89 q8
	36.38	41.18	42.43 41.82
	42.06	40.84	41.61 39.98
	41.26	37.33	

#9 Girls 200 Yard Free Relay

4A District: 1:38.16# 2017 Kamiak

Vo, Hatscher, Collinge, Straume

Team	Relay	Finals Time	NISCA
A - Final			
1 JHS	A	1:40.54	378
	Song, Julia 10	Anderson, Elissa 10	
	Hernandez-Murillo, Celina	Hoyla, Olivia 11	
	25.29	25.24	25.15 24.86
2 GP	A	1:42.23	357
	Lao, Lily 12	Lehmann, Emma 09	
	Maley, Megan 09	Lehmann, Alena 11	
	26.12	25.93	25.31 24.87
3 KAM	A	1:51.13	264
	Park, Aida 11	Zou, Katie 10	
	Truong, Julia 11	Papenhausen, Ava 12	
	27.67	26.24	28.94 28.28
4 LSHS	A	1:54.86	228
	Moss, Laura 12	Young, Gracie 11	
	Gesick, Emily 09	Bowen, Addison 10	
	29.00	29.00	29.26 27.60
5 MAR	A	2:13.20	81
	Fiorini, Ana 12	Linnyk, Karina 11	
	Heng, Malli 12	Nguyen, Lucy 11	
		34.24	31.81

#9 Girls 200 Yard Free Relay

4A District: 1:38.16# 2017 Kamiak

Vo, Hatscher, Collinge, Straume

Team	Relay	Prelim Time	NISCA
Preliminaries			
1 JHS	A	1:42.05	q360
	Song, Julia 10	Anderson, Elissa 10	
	Hernandez-Murillo, Celina	Hoyla, Olivia 11	
	25.73	25.08	25.77 25.47
2 GP	A	1:54.35	q231
	Takano, Jolie 10	Bauman, Natalie 12	
	Maley, Abby 12	Lao, Ellie 12	
	26.93	28.83	30.95 27.64
3 KAM	A	1:56.53	q213
	Park, Aida 11	Zou, Katie 10	
	Truong, Julia 11	Papenhausen, Ava 12	
	27.05	27.03	34.43 28.02
4 LSHS	A	2:01.17	q171
	Moss, Laura 12	Young, Gracie 11	
	Gesick, Emily 09	Keith, Hannah 10	
	31.34	29.82	29.31 30.70
5 MAR	A	2:14.69	q72
	Fiorini, Ana 12	Linnyk, Karina 11	
	Heng, Malli 12	Nguyen, Lucy 11	
	33.54	35.19	34.89 31.07

#10 Girls 100 Yard Back

4A District: 54.56# 2019 Mia Chang

Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Hoyla, Olivia	11	JHS	58.67	122
	28.89	29.78		

2	Lorenzo, Julia	11 KAM	59.20	118
	28.67	30.53		
3	Smith, Claire	12 KAM	59.95	113
	29.80	30.15		
4	Sullivan, Keelie	10 GP	1:00.50	109
	29.20	31.30		
5	Wang, Megan	11 JHS	1:03.21	91
	30.84	32.37		
6	Jetten, Bel	09 JHS	1:06.45	71
	32.81	33.64		
7	Garingo, Jessica	11 LSHS	1:07.22	67
	33.80	33.42		
8	Maley, Abby	12 GP	1:07.55	65
	32.83	34.72		
B - Final				
9	Truong, Julia	11 KAM	1:09.48	55
	32.95	36.53		
10	Bauman, Natalie	12 GP	1:12.00	42
	35.42	36.58		
11	Muncy, Brooke	11 GP	1:12.27	41
	34.55	37.72		
12	Koppelaar, Esmee	11 JHS	1:12.70	39
	34.74	37.96		
13	Losee, Jordyn	11 LSHS	1:15.93	24
	37.57	38.36		
14	Yang, Stephanie	10 KAM	1:18.52	13
	38.59	39.93		
15	Lam, Angelina	11 MAR	1:32.61	2.0
	43.19	49.42		
16	Huynh, Vivian	11 MAR	1:36.32	1.0
	47.32	49.00		

#10 Girls 100 Yard Back

4A District: 54.56# 2019 Mia Chang

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1 Hoyla, Olivia	11	JHS	59.51	q116
	29.15	30.36		
2 Smith, Claire	12	KAM	1:00.19	q111
	29.88	30.31		
3 Lorenzo, Julia	11	KAM	1:00.59	q108
	29.53	31.06		
4 Sullivan, Keelie	10	GP	1:01.30	q103
	29.94	31.36		
5 Wang, Megan	11	JHS	1:03.89	q87
	30.98	32.91		
6 Garingo, Jessica	11	LSHS	1:07.88	q63
	33.10	34.78		
7 Jetten, Bel	09	JHS	1:08.33	q61
	33.09	35.24		
8 Maley, Abby	12	GP	1:09.65	q54
	33.71	35.94		
9 Truong, Julia	11	KAM	1:11.33	q45
	34.12	37.21		
10 Koppelaar, Esmee	11	JHS	1:12.47	q40
	34.65	37.82		

WESCO 4AGirls Districts 2023 - 11/1/2023 to 11/4/2023

Results

Preliminaries ... (#10 Girls 100 Yard Back)				
NISCA				
11	Muncy, Brooke	11 GP	1:14.79	q29
	35.71	39.08		
12	Bauman, Natalie	12 GP	1:14.86	q29
	36.81	38.05		
13	Losee, Jordyn	11 LSHS	1:16.69	q21
	37.21	39.48		
14	Yang, Stephanie	10 KAM	1:20.21	q6
	39.36	40.85		
15	Lam, Angelina	11 MAR	1:30.94	q
	42.42	48.52		
16	Huynh, Vivian	11 MAR	1:34.58	q
	45.49	49.09		

#11 Girls 100 Yard Breast

4A District: 1:02.02# 2004 Missy McIntyre

Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Abrigo, Mia	09 JHS	1:11.73	95
	33.07	38.66		
2	Lamb, Charlotte	12 LSHS	1:14.82	79
	35.15	39.67		
3	Surendran, Sudharsh	10 JHS	1:15.04	78
	34.91	40.13		
4	Young, Gracie	11 LSHS	1:15.47	76
	34.28	41.19		
5	Catli, Lindsay	11 JHS	1:16.41	71
	35.60	40.81		
6	Ganje, Lola	12 GP	1:23.02	42
	38.99	44.03		
7	Calawa, Kenaz	12 KAM	1:23.28	41
	39.06	44.22		
8	Nguyen, Destiny	10 KAM	1:25.01	34
	38.89	46.12		

B - Final

9	Moss, Laura	12 LSHS	1:20.51	53
	38.04	42.47		
10	Miga, Sophia	12 KAM	1:22.19	45
	37.67	44.52		
11	Munkhnasan, Namu	09 GP	1:25.57	32
	39.18	46.39		
12	Ferguson, Grace	10 JHS	1:26.66	28
	39.89	46.77		
13	Haack, Makayla	09 LSHS	1:27.67	24
	41.85	45.82		
14	Clarke, Addisyn	11 GP	1:29.59	17
	42.71	46.88		

#11 Girls 100 Yard Breast

4A District: 1:02.02# 2004 Missy McIntyre

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Abrigo, Mia	09 JHS	1:12.17	q93
	33.59	38.58		
2	Lamb, Charlotte	12 LSHS	1:15.14	q78
	34.77	40.37		

3	Young, Gracie	11 LSHS	1:17.32	q67
	35.14	42.18		
4	Surendran, Sudharsh	10 JHS	1:17.40	q67
	35.69	41.71		
5	Catli, Lindsay	11 JHS	1:17.44	q66
	36.39	41.05		
6	Ganje, Lola	12 GP	1:22.13	q46
	38.52	43.61		
7	Nguyen, Destiny	10 KAM	1:22.99	q42
	38.83	44.16		
8	Calawa, Kenaz	12 KAM	1:23.85	q39
	38.88	44.97		
9	Moss, Laura	12 LSHS	1:24.82	q35
	41.16	43.66		
10	Munkhnasan, Namu	09 GP	1:25.18	q33
	40.25	44.93		
11	Miga, Sophia	12 KAM	1:25.44	q32
	40.01	45.43		
12	Ferguson, Grace	10 JHS	1:26.70	q27
	40.47	46.23		
13	Haack, Makayla	09 LSHS	1:27.39	q25
	41.35	46.04		
14	Clarke, Addisyn	11 GP	1:28.89	q19
	41.29	47.60		
---	Soeung, Melinda	11 GP		DQ
	38.17			

#12 Girls 400 Yard Free Relay

4A District: 3:34.31# 2016 Kamiak

Vo, Seaberg, Dovich, Straume				
Team	Relay	Finals Time	NISCA	
A - Final				
1	JHS	A	3:39.38	366
	Song, Julia 10	Anderson, Elissa 10		
	Hernandez-Murillo, Celina	Hoyla, Olivia 11	26.32	55.18
			26.66	55.13
			26.16	56.39
			25.16	52.68
2	KAM	A	3:39.41	366
	Cho, Iris 11	Lorenzo, Julia 11		
	Ryu, Janey 11	Smith, Claire 12	27.04	56.10
			26.33	54.30
			26.52	55.25
			25.68	53.76
3	GP	A	3:45.60	330
	Lehmann, Alena 11	Lao, Lily 12		
	Sullivan, Keelie 10	Maley, Megan 09	26.70	54.90
			27.41	58.98
			25.89	55.64
			26.63	56.08
4	LSHS	A	3:57.67	261
	Bowen, Addison 10	Werner, Gwen 09		
	Garingo, Jessica 11	Lamb, Charlotte 12	28.52	59.07
			28.16	59.73
			28.38	59.56
			28.22	59.31
5	MAR	A	5:08.73	28.0
	Fiorini, Ana 12	Huynh, Vivian 11		
	Heng, Malli 12	Nguyen, Lucy 11	35.25	1:54.32
			45.23	1:21.38
			42.61	1:16.27
			36.76	

#12 Girls 400 Yard Free Relay

4A District: 3:34.31# 2016 Kamiak

Vo, Seaberg, Dovich, Straume				
Team	Relay	Prelim Time	NISCA	
Preliminaries				
1	JHS	A	3:41.46	q354
	Song, Julia 10	Anderson, Elissa 10		
	Hernandez-Murillo, Celina	Hoyla, Olivia 11	26.65	55.78
			26.35	54.84
			26.45	56.55
			26.10	54.29
2	KAM	A	3:48.74	q309
	Cho, Iris 11	Lorenzo, Julia 11		
	Ryu, Janey 11	Smith, Claire 12	27.82	57.61
			27.81	56.84
			26.95	58.26
			26.90	56.03
3	LSHS	A	3:58.17	q258
	Bowen, Addison 10	Werner, Gwen 09		
	Garingo, Jessica 11	Lamb, Charlotte 12	28.49	59.03
			28.35	59.49
			28.50	59.82
4	GP	A	4:22.61	q138
	Lowell, Riley 10	Vanturennot, Abigail 11		
	Vandehey, Brooke 09	Lehmann, Emma 09	29.84	1:04.52
			30.94	1:05.87
			32.58	1:08.12
			30.34	1:04.10
5	MAR	A	5:17.31	q
	Fiorini, Ana 12	Huynh, Vivian 11		
	Heng, Malli 12	Nguyen, Lucy 11		
			1:23.28	36.82
			1:19.27	35.60
				1:13.82

Scores - Women

Women - Team Rankings - Through Event 14

1.	Jackson	538
2.	Glacier Peak	493
3.	Kamiak	407
4.	Lake Stevens	301
5.	Mariner	98