

WCD III 4A 2023 Girls Swim & Dive Champs

Results

#1 Girls 200 Yard Medley Relay

MEET RECORD: 1:46.48# 2019 CURTIS

M Barbosa, E Van Zonn., L Lopez-Silvers, M Hickey

4A STATE REC: 1:44.00! 2018 SKYLINE

Team	Relay	Finals Time	NISCA
A - Final			
1 KCHS		1:47.21	420
	Weiler, Hailey SO Williams, Rae SR	Vu, Kaitlyn SO Jackson, Avery FR	
	25.59 29.87	27.09	24.66
2 CURT		1:48.69	402
	Putt, Takara SR Link, Trinity SR	Guidoux, May JR Bernardo, Alexis JR	
	28.38 30.23	26.33	23.75
3 TAH		1:55.97	324
	Hill, Jasmine JR Warner, Elena JR	Rasmussen, Tamar SR Sears, Sierra SR	
	28.01 34.64	27.75	25.57
4 PHS		1:59.63	288
	Sellman, Emily JR Bagniewski, Molly SR	Punsalan, Amaiya SR Mahaffie, Annie JR	
	28.19 36.04	27.79	27.61
5 ROG		1:59.90	285
	Bontemps, Julia SR Davis, Sophia FR	Jahn, Vivienne FR Snow, Lauren SO	
	28.37 35.51	28.56	27.46
6 OLY		2:02.30	261
	Randall, Clara JR Champion, Teresa SR	Nguyen, Brianna SR Andreassen, Nora JR	
	30.85 35.25	29.19	27.01
7 KR		2:02.91	255
	Mann, Grace SO Zimmerman, Reyna JR	Edwards, Addison JR Haroldson-Margel, Harper	
	40.48 25.25	30.89	26.29
8 SK		2:04.27	243
	Spiker, Azie SO Hurguy, Emma JR	Hughes, Emi FR Hellewell, Shanna JR	
	30.56 36.52	29.97	27.22
B - Final			
9 DECA		2:07.09	219
	Ekenman, Eva JR Walling, Ashly SO	Tucker, Violet SR Thomas, Roha JR	
	32.48 34.28	30.63	29.70
10 MRHS		2:11.94	180
	Nesbitt, Piper FR Kwong, Amelia JR	Hansmire, Molly SO Easterling, Abi SR	
	33.82 39.05	30.47	28.60
#1 Girls 200 Yard Medley Relay			
MEET RECORD: 1:46.48# 2019 CURTIS			
M Barbosa, E Van Zonn., L Lopez-Silvers, M Hickey			
4A STATE REC: 1:44.00! 2018 SKYLINE			
Team	Relay	Prelim Time	NISCA
Preliminaries			
1 CURT		1:48.97	q399
	Putt, Takara SR Link, Trinity SR	Guidoux, May JR Bernardo, Alexis JR	
	28.08 30.15	26.53	24.21

2 KCHS		1:49.97	q387
	Weiler, Hailey SO Williams, Rae SR	Vu, Kaitlyn SO Jackson, Avery FR	
	26.83 30.08	28.02	25.04
3 TAH		1:56.19	q321
	Hill, Jasmine JR Warner, Elena JR	Rasmussen, Tamar SR Sears, Sierra SR	
	28.21 34.51	27.93	25.54
4 PHS		1:59.21	q291
	Sellman, Emily JR Bagniewski, Molly SR	Punsalan, Amaiya SR Mahaffie, Annie JR	
	28.26 35.55	27.48	27.92
5 ROG		2:01.34	q270
	Bontemps, Julia SR Davis, Sophia FR	Jahn, Vivienne FR Snow, Lauren SO	
	28.53 35.35	29.33	28.13
6 OLY		2:03.11	q255
	Randall, Clara JR Champion, Teresa SR	Nguyen, Brianna SR Andreassen, Nora JR	
	31.14 35.76	29.24	26.97
7 KR		2:03.60	q249
	Mann, Grace SO Zimmerman, Reyna JR	Edwards, Addison JR Haroldson-Margel, Harper	
	33.54 31.64	31.64	26.78
8 SK		2:03.96	q246
	Spiker, Azie SO Hurguy, Emma JR	Hughes, Emi FR Hellewell, Shanna JR	
	30.80 35.69	30.10	27.37
9 DECA		2:07.08	q219
	Ekenman, Eva JR Walling, Ashly SO	Tucker, Violet SR Thomas, Roha JR	
	32.92 34.49	30.96	28.71
10 MRHS		2:14.01	q162
	Nesbitt, Piper FR Kwong, Amelia JR	Hansmire, Molly SO Easterling, Abi SR	
	34.21 38.59	32.27	28.94
--- SMNR			DQ
	Morales, Myles SR Mendoza, Maya SR	Herrick, Chloe JR Grace, Amilya JR	

#2 Girls 200 Yard Free

MEET RECORD: 1:50.54# 2002 MEGAN RAINS - ROG

4A STATE REC: 1:46.55! 2009 ANDIE TAYLOR - SKYLINE

Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Ma, Elizabeth		SR MRHS	1:55.56	119
	26.48	29.75	29.93	29.40
2 Wolfe, Madison		FR CURT	1:57.75	110
	27.06	29.86	30.52	30.31
3 Bagniewski, Molly		SR PHS	1:58.58	107
	27.71	29.21	30.46	31.20
4 Hoover, Hayden		JR CURT	1:59.16	105
	27.77	30.11	30.77	30.51
5 Ledesma, Lauren		SO CURT	1:59.44	104
	27.91	29.82	30.76	30.95
6 Gertseva, Nicole		SO OLY	2:00.15	101
	27.47	30.07	31.38	31.23

7 LaBella, Lucy		FR KCHS	2:00.16	101
	27.07	29.70	31.20	32.19
8 Bontemps, Julia		SR ROG	2:01.63	96
	27.89	30.36	31.07	32.31
B - Final				
9 Artemdize, Sophie		SR TAH	2:04.24	86
	28.72	31.36	32.31	31.85
10 Jahn, Vivienne		FR ROG	2:04.43	86
	28.26	31.17	33.12	31.88
11 Haroldson-Margel, H		SO KR	2:05.47	82
	28.89	31.72	32.30	32.56
12 Smathers, Julia		JR ROG	2:09.86	68
	29.71	32.97	33.70	33.48
13 Jose, Norah		SR TAH	2:12.26	60
	29.73	32.97	34.73	34.83
14 McDaniel, Cambria		SO OLY	2:12.29	60
	29.07	33.48	35.48	34.26
15 McDowell, Alexis		SO KR	2:12.55	59
	30.65	33.32	34.20	34.38
16 Collins, Iris		FR SMNR	2:13.19	57
	30.05	33.78	35.19	34.17
#2 Girls 200 Yard Free				
MEET RECORD: 1:50.54# 2002 MEGAN RAINS - ROG				
4A STATE REC: 1:46.55! 2009 ANDIE TAYLOR - SKYLINE				
Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1 Ma, Elizabeth		SR MRHS	1:56.91	q113
	26.65	29.89	30.54	29.83
2 Bagniewski, Molly		SR PHS	1:58.06	q109
	27.52	29.59	30.15	30.80
3 Gertseva, Nicole		SO OLY	2:00.00	q102
	27.37	30.10	31.27	31.26
4 Ledesma, Lauren		SO CURT	2:00.28	q101
	28.36	30.35	31.10	30.47
5 LaBella, Lucy		FR KCHS	2:00.53	q100
	27.99	30.46	31.37	30.71
6 Bontemps, Julia		SR ROG	2:00.74	q99
	28.35	30.92	30.48	30.99
7 Wolfe, Madison		FR CURT	2:00.76	q99
	27.93	30.51	31.27	31.05
8 Hoover, Hayden		JR CURT	2:01.18	q97
	27.53	30.05	31.09	32.51
9 Jahn, Vivienne		FR ROG	2:02.72	q92
	27.72	30.65	32.35	32.00
10 Artemdize, Sophie		SR TAH	2:03.91	q88
	28.81	31.09	31.68	32.33
11 Haroldson-Margel, H		SO KR	2:05.43	q82
	28.65	31.58	32.57	32.63
12 Jose, Norah		SR TAH	2:10.38	q66
	29.01	32.05	34.36	34.96
13 Smathers, Julia		JR ROG	2:10.95	q64
	29.97	32.95	34.23	33.80
14 Collins, Iris		FR SMNR	2:11.27	q63
	29.77	33.13	34.24	34.13
15 McDowell, Alexis		SO KR	2:12.26	q60
	30.66	32.40	34.55	34.65

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (#2 Girls 200 Yard Free)

NISCA				
16	McDaniel, Cambria	SO OLY	2:14.63	q53
	28.59	33.50	36.05	36.49
17	Zimmerman, Reyna	JR KR	2:14.74	53
	29.27	32.79	35.59	37.09
18	Pineda, Lydia	JR CURT	2:14.94	52
	31.62	33.91	35.10	34.31
19	Hewson, Ainsley	JR KR	2:16.32	48
	29.90	34.34	36.11	35.97
20	Boulay, Lena	SO OLY	2:18.58	42
	30.86	34.63	36.94	36.15
21	Mahaffie, Annie	JR PHS	2:23.07	30
	32.77	36.00	37.76	36.54
22	Moniodis, Nastasia	FR OLY	2:23.29	29
23	Bradley, Brooke	JR ROG	2:25.84	23
24	Moniodis, Arianna	SR OLY	2:26.09	22
	33.15	37.08	38.95	36.91

#3 Girls 200 Yard IM

NISCA				
MEET RECORD: 2:02.58# 2001 EMILY KUKORS - AUB				
4A STATE REC: 1:58.23! 2008 ANDIE TAYLOR - SKYLIN				
Name	Yr	Team	Finals Time	NISCA

A - Final

1	Weiler, Hailey	SO KCHS	2:05.68	134
	25.68	30.03	39.63	30.34
2	Vu, Kaitlyn	SO KCHS	2:09.10	122
	27.97	33.22	36.56	31.35
3	Link, Trinity	SR CURT	2:10.54	116
	27.88	33.00	38.22	31.44
4	Tweit, Payton	FR SMNR	2:16.23	97
	29.28	35.05	40.65	31.25
5	Warner, Elena	JR TAH	2:16.30	97
	28.50	34.30	41.14	32.36
6	Edwards, Addison	JR KR	2:22.78	76
	30.82	37.65	40.90	33.41
7	Snyder, Abbie	FR KW	2:24.10	73
	29.62	36.06	44.36	34.06
8	Rasmussen, Tamar	SR TAH	2:24.72	71
	31.25	38.00	41.64	33.83

B - Final

9	Davis, Sophia	FR ROG	2:21.38	81
	30.33	34.97	42.84	33.24
10	Schedrin, Julia	JR BHS	2:26.21	66
	30.21	37.89	43.79	34.32
11	Spiker, Azie	SO SK	2:26.71	65
	31.20	36.66	45.06	33.79
12	Hurguy, Emma	JR SK	2:30.28	55
	31.65	37.49	47.25	33.89
13	Randall, Clara	JR OLY	2:32.35	50
	33.78	36.69	48.80	33.08
14	Camper, Luciana	JR CURT	2:34.67	44
	33.06	38.88	46.41	36.32
15	Nguyen, Brianna	SR OLY	2:36.28	40
	33.43	39.77	46.13	36.95
16	Punsalan, Amaiya	SR PHS	2:37.22	37
	35.03	39.65	45.13	37.41

#3 Girls 200 Yard IM

NISCA				
MEET RECORD: 2:02.58# 2001 EMILY KUKORS - AUB				
4A STATE REC: 1:58.23! 2008 ANDIE TAYLOR - SKYLIN				
Name	Yr	Team	Prelim Time	NISCA

Preliminaries

1	Weiler, Hailey	SO KCHS	2:09.31	q121
	26.50	31.81	40.53	30.47
2	Vu, Kaitlyn	SO KCHS	2:10.36	q117
	28.57	34.17	36.04	31.58
3	Link, Trinity	SR CURT	2:10.68	q116
	28.25	33.42	37.84	31.17
4	Warner, Elena	JR TAH	2:16.94	q95
	28.93	33.83	40.55	33.63
5	Tweit, Payton	FR SMNR	2:17.98	q91
	30.11	35.58	40.57	31.72
6	Snyder, Abbie	FR KW	2:23.78	q74
	29.59	36.48	43.80	33.91
7	Rasmussen, Tamar	SR TAH	2:23.87	q73
	31.52	37.58	41.07	33.70
8	Edwards, Addison	JR KR	2:24.56	q71
	30.82	38.09	41.02	34.63
9	Schedrin, Julia	JR BHS	2:25.81	q68
	29.68	38.17	44.09	33.87
10	Davis, Sophia	FR ROG	2:26.74	q65
	30.94	37.18	45.21	33.41
11	Spiker, Azie	SO SK	2:29.92	q56
	31.07	36.74	46.80	35.31
12	Hurguy, Emma	JR SK	2:30.88	q54
	32.15	36.65	47.14	34.94
13	Randall, Clara	JR OLY	2:31.33	q52
	33.93	35.89	47.24	34.27
14	Camper, Luciana	JR CURT	2:33.90	q46
	32.53	41.40	45.00	34.97
15	Punsalan, Amaiya	SR PHS	2:36.74	q38
	34.32	41.59	43.84	36.99
16	Nguyen, Brianna	SR OLY	2:37.75	q36
	33.70	40.96	46.11	36.98
17	Lee, Jasmine	JR CURT	2:38.38	34
	32.90	42.00	47.29	36.19
18	Nishizawa, Anna	FR TAH	2:39.85	31
	33.70	39.94	46.92	39.29
19	Hoffman, Lenora	JR ROG	2:40.91	28
	37.50	37.99	47.89	37.53
20	Williams, Ever	SR OLY	2:41.72	26
	33.83	44.55	43.74	39.60
21	Wallner, Paula	SR PHS	2:44.53	20
	37.67	42.07	46.59	38.20
22	Anderson, Peyton	JR SMNR	2:48.19	12
	34.16	42.05	54.35	37.63
23	Thomas, Helena	JR DECA	2:50.57	7
24	Morales, Myles	SR SMNR	3:11.29	

#4 Girls 50 Yard Free

NISCA				
MEET RECORD: 23.23# 1985 ROSIE ZIMSEN - SK				
4A STATE REC: 22.58! 2017 EMMA CARLTON - MV				
Name	Yr	Team	Finals Time	NISCA

A - Final

1	Bernardo, Alexis	JR CURT	24.52	123
2	Gaul, Rowan	SR TAH	24.86	117
3	Jackson, Avery	FR KCHS	25.19	111
4	Lopez, Gaby	SO CURT	25.45	107
5	Sellman, Emily	JR PHS	25.49	106
6	Daniels, Yuna	JR GKHS	25.62	104
7	Sears, Sierra	SR TAH	26.02	97
8	Williams, Rae	SR KCHS	26.29	93
B - Final				
9	Ng, Maddie	JR MRHS	26.18	95
10	Hill, Jasmine	JR TAH	26.19	95
11	Roberts, Paige	SO CURT	26.51	90
12	Mann, Grace	SO KR	26.66	87
13	Carr, Addy	JR MRHS	26.94	83
14	Luna, Riley	SO CURT	27.15	80
15	Wu, Paige	JR KR	27.50	75
16	Worhatch, Abby	FR SMNR	27.78	71

#4 Girls 50 Yard Free

NISCA				
MEET RECORD: 23.23# 1985 ROSIE ZIMSEN - SK				
4A STATE REC: 22.58! 2017 EMMA CARLTON - MV				
Name	Yr	Team	Prelim Time	NISCA

Preliminaries

1	Bernardo, Alexis	JR CURT	24.46	q124
2	Gaul, Rowan	SR TAH	24.71	q119
3	Jackson, Avery	FR KCHS	25.52	q106
4	Lopez, Gaby	SO CURT	25.53	q105
5	Sellman, Emily	JR PHS	25.69	q103
6	Daniels, Yuna	JR GKHS	25.75	q102
7	Sears, Sierra	SR TAH	26.05	q97
8	Williams, Rae	SR KCHS	26.23	q94
9	Ng, Maddie	JR MRHS	26.43	q91
10	Roberts, Paige	SO CURT	26.64	q88
11	Mann, Grace	SO KR	26.65	q87
12	Hill, Jasmine	JR TAH	26.69	q87
13	Carr, Addy	JR MRHS	27.23	q79
14	Worhatch, Abby	FR SMNR	27.42	q76
15	Luna, Riley	SO CURT	27.43	q76
16	Wu, Paige	JR KR	27.53	q74
17	Hellewell, Shanna	JR SK	27.71	72
18	Sienkiewich, Nichole	SR GKHS	27.75	71
19	Johnson, Lexie	JR SMNR	27.93	69
20	Kido, Keira	JR KR	28.01	68
21	Andreassen, Nora	JR OLY	28.04	67
22	Watson, Keira	SR OLY	28.23	65
23	Champion, Teresa	SR OLY	28.48	61
24	Snyder, Lydia	FR ROG	29.15	53

WCD III 4A 2023 Girls Swim & Dive Champs

Results

#5 Girls 1 mtr Diving

MEET RECORD: 453.30# 1974 TERESA HACKETT - HL

4A STATE REC: 488.20! 2012 CAITLIN CHAMBERS - G

Name	Yr	Team	Finals Score	NISCA
Finals				
1 Keough, Vivian		SO CURT	283.40	96
2 Williams, Lacey		JR SMNR	254.65	85
3 Wilson, Mia		FR SMNR	235.85	76
4 Johnson, Amaya		SO DECA	233.95	75
5 Parker, Anna		SR KCHS	232.15	74
6 Ng, Maddie		JR MRHS	231.50	74
7 Laukala, Paisley		JR TAH	227.80	72
8 Lindeman, Lily		FR MRHS	227.35	72
9 Allred, Phoebe Jane		JR MRHS	224.50	71
10 Wainscott, Marley		SO MRHS	223.85	70
11 Laning, JoAnn		SR PHS	222.95	70
12 Stoll, Seville		JR KCHS	222.45	70
13 Raulerson, Cordelia		SO TAH	219.00	68
14 Coppin, Indiana		JR OLY	211.85	64
15 McDonough, Addisor		JR KCHS	205.40	61
--- Coltrain, Aurora		SR CURT	DQ	

#5 Girls 1 mtr Diving

MEET RECORD: 453.30# 1974 TERESA HACKETT - HL

4A STATE REC: 488.20! 2012 CAITLIN CHAMBERS - G

Name	Yr	Team	Prelim Score	NISCA
Preliminaries				
1 Keough, Vivian		SO CURT	135.35	q15
2 Williams, Lacey		JR SMNR	122.35	q4
3 Parker, Anna		SR KCHS	120.55	q2
4 Allred, Phoebe Jane		JR MRHS	113.15	q
5 McDonough, Addisor		JR KCHS	110.70	q
6 Stoll, Seville		JR KCHS	110.55	q
7 Wilson, Mia		FR SMNR	108.70	q
8 Laukala, Paisley		JR TAH	106.40	q
9 Wainscott, Marley		SO MRHS	105.35	q
10 Lindeman, Lily		FR MRHS	104.90	q
11 Johnson, Amaya		SO DECA	103.05	q
12 Raulerson, Cordelia		SO TAH	102.55	q
13 Coppin, Indiana		JR OLY	100.95	q
14 Ng, Maddie		JR MRHS	98.90	q
15 Coltrain, Aurora		SR CURT	98.10	q
16 Laning, JoAnn		SR PHS	94.45	q
17 Goodwin, Zoe		SO SK	93.25	
18 Baker, Sienna		SR KR	92.40	
19 Snow, Lauren		SO ROG	85.60	
20 Simmons, Amaya		SO DECA	84.85	
21 Amador, Jaedyn		SR ROG	79.30	
22 Shapiro, Mira		JR CURT	78.80	
23 Hertzke, Gracen		JR TAH	78.70	
24 Atkinson, Molly		JR PHS	75.45	
25 Mladenich, Maci		SO CURT	69.50	

#6 Girls 100 Yard Fly

MEET RECORD: 55.27# 2013 KENNA RAMEY - FW

4A STATE REC: 52.58! 2018 GABRIELLE DANG - NC

Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Link, Trinity		SR CURT	59.68	113
			27.97	31.71
2 Putt, Takara		SR CURT	59.69	113
			28.35	31.34
3 Bagniewski, Molly		SR PHS	1:00.87	106
			28.60	32.27
4 Guidoux, May		JR CURT	1:01.57	101
			29.01	32.56
5 Wisen, Addie		SR MRHS	1:01.67	101
			28.01	33.66
6 Williams, Rae		SR KCHS	1:02.44	96
			28.35	34.09
7 Artemdize, Sophie		SR TAH	1:02.75	95
			29.22	33.53
8 Nguyen, Natalie		FR KCHS	1:03.82	89
			29.06	34.76
B - Final				
9 Benedict, Grace		FR ERHS	1:02.94	94
			29.49	33.45
10 Davis, Sophia		FR ROG	1:05.16	81
			30.83	34.33
11 Schedrin, Julia		JR BHS	1:06.98	72
			30.61	36.37
12 Champion, Teresa		SR OLY	1:09.74	58
			31.19	38.55
13 Ban, Hee-Sun		FR OLY	1:09.87	58
			31.62	38.25
14 Martin, Kimberly		JR SK	1:11.11	52
			33.18	37.93
15 Camper, Luciana		JR CURT	1:11.26	52
			33.03	38.23
16 Yokes, Ally		SO ROG	1:11.87	49
			32.39	39.48
#6 Girls 100 Yard Fly				
MEET RECORD: 55.27# 2013 KENNA RAMEY - FW				
4A STATE REC: 52.58! 2018 GABRIELLE DANG - NC				
Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1 Link, Trinity		SR CURT	59.74	q113
			28.05	31.69
2 Putt, Takara		SR CURT	59.95	q111
			28.19	31.76
3 Bagniewski, Molly		SR PHS	1:00.16	q110
			28.44	31.72
4 Guidoux, May		JR CURT	1:01.31	q103
			29.02	32.29
5 Wisen, Addie		SR MRHS	1:01.81	q100
			28.39	33.42
6 Artemdize, Sophie		SR TAH	1:02.97	q93
			29.39	33.58

7 Williams, Rae		SR KCHS	1:03.13	q92
			28.66	34.47
8 Nguyen, Natalie		FR KCHS	1:04.33	q86
			29.09	35.24
9 Benedict, Grace		FR ERHS	1:04.94	q82
			29.91	35.03
10 Schedrin, Julia		JR BHS	1:05.88	q78
			30.05	35.83
11 Davis, Sophia		FR ROG	1:06.53	q74
			31.35	35.18
12 Ban, Hee-Sun		FR OLY	1:08.54	q64
			31.07	37.47
13 Champion, Teresa		SR OLY	1:10.78	q54
			31.13	39.65
14 Yokes, Ally		SO ROG	1:11.20	q52
			32.42	38.78
15 Martin, Kimberly		JR SK	1:11.31	q51
			33.31	38.00
16 Camper, Luciana		JR CURT	1:12.04	q48
			33.43	38.61
*17 Kuntulu, Chinmayee		SR OLY	1:13.44	42
			34.73	38.71
*17 Moniodis, Nastasia		FR OLY	1:13.44	42
			34.12	39.32
Swim-Off Required				
19 Baker, Jaclyn		SR SK	1:15.30	34
			35.98	39.32
20 Thomas, Roha		JR DECA	1:15.72	33
			35.09	40.63
21 Mills, Emily		SR PHS	1:16.24	31
22 Johnson, LJ		SO KR	1:17.61	25
			35.51	42.10
23 Lettiere, Emi		JR PHS	1:18.09	24
			35.61	42.48
24 Thomas, Helena		JR DECA	1:19.87	17
			37.35	42.52
#7 Girls 100 Yard Free				
MEET RECORD: 50.17# 2008 CHELSEA BAILEY - KL				
4A STATE REC: 49.73! 2017 EMMA CARLTON - MV				
Name	Yr	Team	Finals Time	NISCA
A - Final				
1 Bernardo, Alexis		JR CURT	53.50	120
			25.69	27.81
2 Hoover, Hayden		JR CURT	55.05	107
			26.80	28.25
3 Gertseva, Nicole		SO OLY	55.10	106
			26.86	28.24
4 Jackson, Avery		FR KCHS	55.15	106
			26.73	28.42
5 Lopez, Gaby		SO CURT	55.36	104
			27.04	28.32
6 Ledesma, Lauren		SO CURT	55.63	102
			27.22	28.41
7 Gaul, Rowan		SR TAH	55.85	100
			27.15	28.70

WCD III 4A 2023 Girls Swim & Dive Champs

Results

A - Final ... (#7 Girls 100 Yard Free)					B - Final								
NISCA													
8 Daniels, Yuna	JR GKHS	57.14	90		16 Mondrut, Savanna	JR GKHS	1:01.61	q59	9 Smathers, Julia	JR ROG	5:45.01	70	
27.84	29.30				29.61	32.00			31.00	35.01	35.35	35.05	
B - Final													
9 Sears, Sierra	SR TAH	56.71	94		17 Johnson, Lexie	JR SMNR	1:01.77	58	35.28	35.15	34.95	35.27	
27.81	28.90				29.35	32.42			34.53	33.42			
10 Paulson, Victoria	SR KCHS	56.76	93		18 Sienkiewich, Nichole	SR GKHS	1:02.41	54	36.00	34.25	5:46.09	69	
27.31	29.45				29.06	33.35			30.31	33.15	34.50	35.27	
11 Mann, Grace	SO KR	59.09	76		19 Worhatch, Abby	FR SMNR	1:02.52	53	35.40	35.59	35.74	35.88	
28.23	30.86				20 Kido, Keira	JR KR	1:02.62	53	36.60	34.25			
*12 McDonald, Baillie	SO TAH	59.38	74		21 Hellewell, Shanna	JR SK	1:02.77	52	11 Snyder, Abbie	FR KW	5:53.06	61	
28.06	31.32				29.45	33.32			31.21	34.96	35.40	35.42	
*12 McDaniel, Cambria	SO OLY	59.38	74		22 Walling, Ashly	SO DECA	1:05.26	37	35.82	36.27	36.81	36.66	
27.95	31.43				23 Kwong, Amelia	JR MRHS	1:06.04	32	35.80	34.71			
14 Zimmerman, Reyna	JR KR	1:00.53	66		--- Wu, Paige	JR KR		DQ	12 Pineda, Lydia	JR CURT	6:08.00	44	
29.08	31.45				#8 Girls 500 Yard Free					32.93	36.75	37.51	38.13
15 Helland, Grace	FR KCHS	1:00.65	65		MEET RECORD: 4:54.81# 2004 KRISSEY FORELLI - GH					37.71	38.48	38.07	37.47
28.57	32.08				4A STATE REC: 4:41.98! 2008 AMBER MCDERMOTT -					36.64	34.31		
16 Mondrut, Savanna	JR GKHS	1:02.51	53		Name Yr Team Finals Time NISCA					13 Boulay, Lena	SO OLY	6:10.17	42
30.46	32.05				A - Final					32.13	36.04	37.78	38.30
#7 Girls 100 Yard Free										38.52	38.50	38.51	37.48
MEET RECORD: 50.17# 2008 CHELSEA BAILEY - KL										37.54	35.37		
4A STATE REC: 49.73! 2017 EMMA CARLTON - MV										14 Guidoux, Elle	FR CURT	6:10.83	41
Name Yr Team Prelim Time NISCA										32.19	35.26	37.44	38.14
Preliminaries										38.19	38.39	39.38	37.94
1 Bernardo, Alexis	JR CURT	53.58	q119		2 LaBella, Lucy	FR KCHS	5:25.02	96	37.76	36.14			
25.79	27.79				28.59	31.80	32.41	32.57	15 Carter, Normandy	FR OLY	6:14.13	38	
2 Gertseva, Nicole	SO OLY	54.92	q108		32.98	33.44	33.31	33.60	32.66	36.78	37.33	38.30	
26.85	28.07				33.32	33.00			38.38	38.98	38.87	37.92	
3 Jackson, Avery	FR KCHS	55.29	q105		3 Tweit, Payton	FR SMNR	5:28.83	91	38.49	36.42			
26.86	28.43				28.43	31.98	32.53	33.00	16 Patterson, Campbell	FR OLY	6:21.06	31	
4 Hoover, Hayden	JR CURT	55.66	q102		33.50	33.59	33.97	34.07	32.82	36.32	38.12	38.70	
26.91	28.75				33.94	33.82			38.65	39.97	39.45	40.36	
5 Gaul, Rowan	SR TAH	55.79	q101		4 Keough, Marie	JR CURT	5:31.85	87	39.76	36.91			
27.30	28.49				28.97	31.82	33.22	33.84	#8 Girls 500 Yard Free				
6 Ledesma, Lauren	SO CURT	55.84	q100		33.35	34.49	34.37	34.25	MEET RECORD: 4:54.81# 2004 KRISSEY FORELLI - GH				
27.37	28.47				34.99	32.55			4A STATE REC: 4:41.98! 2008 AMBER MCDERMOTT -				
7 Lopez, Gaby	SO CURT	56.32	q97		5 Jahn, Vivienne	FR ROG	5:32.46	86	Name Yr Team Prelim Time NISCA				
27.66	28.66				29.08	31.89	33.31	33.95	Preliminaries				
8 Daniels, Yuna	JR GKHS	56.82	q93		33.99	34.74	34.50	34.12	1 Ma, Elizabeth	SR MRHS	5:13.94	q112	
27.52	29.30				34.30	32.58			27.47	30.90	32.04	32.22	
9 Sears, Sierra	SR TAH	57.01	q91		6 Rasmussen, Tamar	SR TAH	5:50.44	64	32.53	32.16	32.38	32.43	
27.78	29.23				31.12	34.17	35.29	35.81	32.18	29.63			
10 Paulson, Victoria	SR KCHS	57.67	q86		36.12	35.59	35.74	36.05	2 LaBella, Lucy	FR KCHS	5:31.16	q88	
27.48	30.19				36.14	34.41			28.73	31.78	32.78	33.58	
11 McDonald, Baillie	SO TAH	58.89	q78		7 McDowell, Alexis	SO KR	5:50.50	64	34.08	34.18	34.12	34.40	
27.73	31.16				31.86	33.63	34.82	35.08	34.29	33.22			
12 Mann, Grace	SO KR	59.09	q76		35.29	36.06	36.03	36.45	3 Tweit, Payton	FR SMNR	5:32.74	q86	
28.05	31.04				36.16	35.12			28.37	31.99	33.13	34.02	
13 McDaniel, Cambria	SO OLY	59.49	q73		8 Collins, Iris	FR SMNR	5:54.40	59	34.17	34.32	34.62	34.47	
28.14	31.35				30.39	34.00	35.62	35.85	33.97	33.68			
14 Helland, Grace	FR KCHS	59.60	q73		36.18	35.97	36.82	36.67	4 Keough, Marie	JR CURT	5:34.59	q83	
28.43	31.17				36.91	35.99			30.41	33.05	33.94	34.47	
15 Zimmerman, Reyna	JR KR	1:00.74	q65							33.89	34.50	34.63	34.19
29.17	31.57									33.86	31.65		

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (#8 Girls 500 Yard Free)								B - Final			
NISCA											
5	Jahn, Vivienne	FR ROG	5:35.41 q82	18	Hughes, Emi	FR SK	6:21.88 30	9	SK		1:50.93 264
	28.90	32.58	33.86 34.45		34.14	38.06	39.15 39.68		Hurguy, Emma JR	Baker, Jaclyn SR	
	34.25	34.52	34.71 34.66		39.25	39.00	39.11 39.16		Hellewell, Shanna JR	Spiker, Azie SO	
	34.08	33.40			38.63	35.70			28.18	28.76	27.44 26.55
6	McDowell, Alexis	SO KR	5:47.40 q67	19	Olsen, Avery	SO CURT	6:22.97 29	10	ROG		1:52.39 252
	31.52	33.46	34.50 34.32		32.95	36.26	37.75 38.60		Snow, Lauren SO	Yokes, Ally SO	
	34.98	35.39	35.96 35.88		39.18	39.24	40.67 40.26		Snyder, Lydia FR	Smathers, Julia JR	
	36.14	35.25			40.39	37.67			27.55	28.97	28.31 27.56
7	Rasmussen, Tamar	SR TAH	5:50.27 q64	20	Weber, Bridget	JR KCHS	6:24.20 28	11	SMNR		1:54.67 228
	35.41	34.14	35.29 35.53		32.79	37.70	38.74 39.10		Worhatch, Abby FR	Johnson, Lexie JR	
					39.72	39.88	39.81 40.39		Mendoza, Maya SR	Collins, Iris FR	
					38.56	37.51			28.17	27.83	29.98 28.69
8	Collins, Iris	FR SMNR	5:51.65 q62	21	Bradley, Brooke	JR ROG	6:24.91 27	12	DECA		2:01.34 171
	30.90	33.72	35.31 35.77		34.56	37.97	39.01 39.10		Thomas, Roha JR	Thomas, Helena JR	
	36.47	36.58	35.90 36.50		39.30	39.32	39.40 39.33		Heslop, Izzy JR	Walling, Ashly SO	
	35.99	34.51			38.74	38.18			30.18	30.77	31.88 28.51
9	Snyder, Abbie	FR KW	5:52.60 q61	22	Martin, Kimberly	JR SK	6:41.96 11	13	KW		2:09.07 111
	30.99	34.78	36.20 36.46		23	Bostick, Piper	SR ERHS	6:42.98 10		Shirk, Kennedi FR	Nugyen, Jenna SO
	36.57	36.66	36.64 36.08		24	Moniodis, Arianna	SR OLY	6:46.94 7		Dinh, Thy JR	Votisek, Ness JR
	34.68	33.54							30.06	37.28	30.60 31.13
10	Tucker, Violet	SR DECA	5:54.53 q59	#9 Girls 200 Yard Free Relay							
	30.51	33.73	35.37 35.80	MEET RECORD: 1:37.68# 2019 CURTIS							
	36.58	36.53	36.95 36.89	M Hickey, E Van Zonneveld, A Proctor, G Bellin							
	36.83	35.34		4A STATE REC: 1:34.96! 2018 NEWPORT							
11	Smathers, Julia	JR ROG	5:55.47 q58	Team Relay Finals Time NISCA							
	31.49	35.42	36.78 36.13	A - Final							
	35.79	36.19	36.55 35.91	1 CURT							
	35.90	35.31		Bernardo, Alexis JR							
12	Pineda, Lydia	JR CURT	6:13.09 q39	Hoover, Hayden JR							
	33.97	37.26	38.49 38.52	Lopez, Gaby SO							
	38.69	38.54	38.79 37.86	Link, Trinity SR							
	36.84	34.13		24.57 25.15 24.95 24.15							
13	Guidoux, Elle	FR CURT	6:13.15 q39	2 MRHS							
	33.74	37.86	38.48 38.83	Ma, Elizabeth SR							
	38.01	38.86	38.42 38.38	Carr, Addy JR							
	36.74	33.83		Ng, Maddie JR							
				25.09 26.62 26.18 25.61							
14	Patterson, Campbell	FR OLY	6:14.42 q37	3 TAH							
	32.54	37.13	39.20 38.53	Sears, Sierra SR							
	38.57	38.74	38.56 38.62	Artemdize, Sophie SR							
	36.81	35.72		Rasmussen, Tamar SR							
				Gaul, Rowan SR							
				26.33 26.13 26.61 24.89							
15	Boulay, Lena	SO OLY	6:15.56 q36	4 KCHS							
	33.00	36.76	38.10 38.59	Paulson, Victoria SR							
	38.58	39.34	39.22 39.18	Nguyen, Natalie FR							
	38.05	34.74		Pallotta, Cecilia FR							
				Williams, Rae SR							
				26.26 26.51 26.63 25.89							
16	Carter, Normandy	FR OLY	6:19.47 q32	5 OLY							
	32.50	36.50	38.26 39.12	McDaniel, Cambria SO							
	39.44	39.54	39.20 39.54	Nguyen, Brianna SR							
	38.97	36.40		Gertseva, Nicole SO							
				26.57 27.49 27.17 25.65							
17	Hoffman, Lenora	JR ROG	6:19.73 32	6 KR							
	33.14	36.66	37.89 39.06	Mann, Grace SO							
	39.74	39.57	39.82 38.18	Wu, Paige JR							
	39.05	36.62		Edwards, Addison JR							
				Haroldson-Margel, Harper							
				27.11 27.15 27.09 26.70							
				7 PHS							
				Sellman, Emily JR							
				Mills, Emily SR							
				Mahaffie, Annie JR							
				26.09 28.04 28.61 25.83							
				8 GKHS							
				Sienkiewich, Nichole SR							
				Bicheray Garcia, Aurora SR							
				Mondrut, Savanna JR							
				Daniels, Yuna JR							
				27.47 28.54 28.11 25.97							
				#9 Girls 200 Yard Free Relay							
				MEET RECORD: 1:37.68# 2019 CURTIS							
				M Hickey, E Van Zonneveld, A Proctor, G Bellin							
				4A STATE REC: 1:34.96! 2018 NEWPORT							
				Team Relay Prelim Time NISCA							
				Preliminaries							
				1 CURT							
				Bernardo, Alexis JR							
				Hoover, Hayden JR							
				Lopez, Gaby SO							
				Link, Trinity SR							
				24.60 25.28 25.49 24.51							
				2 TAH							
				Sears, Sierra SR							
				Rasmussen, Tamar SR							
				Gaul, Rowan SR							
				26.16 26.14 26.64 24.65							
				3 MRHS							
				Ma, Elizabeth SR							
				Carr, Addy JR							
				Ng, Maddie JR							
				25.03 26.94 26.21 26.25							
				4 KCHS							
				Paulson, Victoria SR							
				Pallotta, Cecilia FR							
				Williams, Rae SR							
				26.06 26.75 26.68 26.09							
				5 OLY							
				McDaniel, Cambria SO							
				Nguyen, Brianna SR							
				Gertseva, Nicole SO							
				26.90 27.22 26.54 25.22							
				6 KR							
				Mann, Grace SO							
				Wu, Paige JR							
				Edwards, Addison JR							
				Haroldson-Margel, Harper							
				27.43 27.72 27.61 26.06							
				7 PHS							
				Sellman, Emily JR							
				Bagniewski, Molly SR							
				Mahaffie, Annie JR							
				26.01 28.46 28.86 25.84							

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (#9 Girls 200 Yard Free Relay)

NISCA				
8	GKHS		1:51.18	q264
	Sienkiewich, Nichole SR	Bicheray Garcia, Aurora SR		
	Mondrut, Savanna JR	Daniels, Yuna JR		
	29.01	28.12	28.34	25.71
9	SK		1:52.64	q249
	Hurguy, Emma JR	Baker, Jaclyn SR		
	Hellewell, Shanna JR	Spiker, Azie SO		
	28.08	29.11	28.26	27.19
10	ROG		1:52.79	q246
	Snow, Lauren SO	Yokes, Ally SO		
	Snyder, Lydia FR	Smathers, Julia JR		
	27.62	28.60	29.17	27.40
11	SMNR		1:53.15	q243
	Worhatch, Abby FR	Johnson, Lexie JR		
	Mendoza, Maya SR	Collins, Iris FR		
	28.02	28.00	28.68	28.45
12	DECA		2:01.62	q168
	Thomas, Roha JR	Thomas, Helena JR		
	Heslop, Izzy JR	Walling, Ashly SO		
	29.71	31.12	32.19	28.60
13	KW		2:07.19	q126
	Dinh, Thy JR	Nugyen, Jenna SO		
	Mendoza Sandoval, Maritzz	Algigi, Maddy SR		
	31.51	37.13	29.45	29.10

#10 Girls 100 Yard Back

MEET RECORD: 54.99# 2008 CHELSEA BAILEY - KL
 4A STATE REC: 53.82! 2010 ANNEMARIE THAYER -

Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Weiler, Hailey	SO KCHS	55.58	145
	26.61	28.97		
2	Wolfe, Madison	FR CURT	59.89	113
	29.24	30.65		
3	Hill, Jasmine	JR TAH	1:00.08	112
	28.58	31.50		
4	Sellman, Emily	JR PHS	1:00.19	111
	29.27	30.92		
5	Bontemps, Julia	SR ROG	1:00.85	106
	28.85	32.00		
6	Putt, Takara	SR CURT	1:01.88	99
	29.53	32.35		
7	Warner, Elena	JR TAH	1:01.94	99
	30.10	31.84		
8	Wisn, Addie	SR MRHS	1:03.85	87
	30.31	33.54		
B - Final				
9	Paulson, Victoria	SR KCHS	1:03.91	87
	31.12	32.79		
10	McDonald, Baillie	SO TAH	1:05.46	77
	31.69	33.77		
11	Sexton, Amelie	FR CURT	1:05.55	77
	31.59	33.96		
12	Jose, Norah	SR TAH	1:06.03	74
	31.71	34.32		

13	Spiker, Azie	SO SK	1:06.81	69
	32.90	33.91		
14	Randall, Clara	JR OLY	1:07.64	65
	32.81	34.83		
15	Nguyen, Natalie	FR KCHS	1:08.35	61
	33.14	35.21		
---	Roberts, Paige	SO CURT		DQ

#10 Girls 100 Yard Back

MEET RECORD: 54.99# 2008 CHELSEA BAILEY - KL
 4A STATE REC: 53.82! 2010 ANNEMARIE THAYER -

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Weiler, Hailey	SO KCHS	57.27	q132
	27.47	29.80		
2	Sellman, Emily	JR PHS	1:00.59	q108
	29.23	31.36		
3	Bontemps, Julia	SR ROG	1:00.67	q108
	29.33	31.34		
4	Wolfe, Madison	FR CURT	1:00.72	q107
	29.71	31.01		
5	Hill, Jasmine	JR TAH	1:01.02	q105
	29.71	31.31		
6	Putt, Takara	SR CURT	1:01.37	q103
	29.75	31.62		
7	Warner, Elena	JR TAH	1:02.17	q98
	30.32	31.85		
8	Wisn, Addie	SR MRHS	1:04.05	q86
	30.89	33.16		
9	Paulson, Victoria	SR KCHS	1:04.48	q83
	31.39	33.09		
10	Jose, Norah	SR TAH	1:04.64	q82
	31.09	33.55		
11	McDonald, Baillie	SO TAH	1:04.73	q82
	30.73	34.00		
12	Roberts, Paige	SO CURT	1:05.10	q79
	31.19	33.91		
13	Sexton, Amelie	FR CURT	1:06.31	q72
	32.36	33.95		
14	Randall, Clara	JR OLY	1:06.63	q70
	32.42	34.21		
15	Spiker, Azie	SO SK	1:07.72	q64
	33.02	34.70		
16	Nguyen, Natalie	FR KCHS	1:09.03	q57
	33.05	35.98		
17	Osborn, Brynn	JR KW	1:10.47	50
	33.53	36.94		
18	Mondrut, Savanna	JR GKHS	1:10.94	47
	34.88	36.06		
19	Patterson, Campbell	FR OLY	1:11.61	44
	35.08	36.53		
20	Hewson, Ainsley	JR KR	1:11.70	44
	33.68	38.27		
21	Ekenman, Eva	JR DECA	1:11.95	42
	33.68	38.27		
22	Nesbitt, Piper	FR MRHS	1:13.73	34
	35.20	38.53		

23	Shirk, Kennedi	FR KW	1:14.32	31
	36.14	38.18		
24	Lettiere, Emi	JR PHS	1:15.02	28
	35.81	39.21		

#11 Girls 100 Yard Breast

MEET RECORD: 1:03.50# 2012 CAROLYN MCCANN-GH
 4A STATE REC: 1:01.33! 2013 CAROLYN MCCANN - GH

Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Vu, Kaitlyn	SO KCHS	1:04.79	137
	30.43	34.36		
2	Guidoux, May	JR CURT	1:06.65	125
	31.68	34.97		
3	Haroldson-Margel, H	SO KR	1:09.65	107
	32.72	36.93		
4	Helland, Grace	FR KCHS	1:09.87	106
	32.83	37.04		
5	Edwards, Addison	JR KR	1:11.20	98
	33.71	37.49		
6	Benedict, Grace	FR ERHS	1:14.20	82
	34.59	39.61		
7	Hyland, Carina	JR CURT	1:15.29	77
	34.43	40.86		
8	Tucker, Violet	SR DECA	1:17.24	67
	35.88	41.36		
B - Final				
9	Pallotta, Cecilia	FR KCHS	1:15.68	75
	34.72	40.96		
10	Ban, Hee-Sun	FR OLY	1:17.75	65
	35.95	41.80		
11	Nguyen, Brianna	SR OLY	1:18.42	62
	36.68	41.74		
12	Carr, Addy	JR MRHS	1:18.87	60
	37.09	41.78		
13	Hughes, Emi	FR SK	1:18.91	60
	36.83	42.08		
14	Carr, Ole	FR CURT	1:19.50	57
	36.40	43.10		
15	Punsalan, Amaiya	SR PHS	1:19.75	56
	37.39	42.36		
16	Williams, Ever	SR OLY	1:20.55	52
	37.43	43.12		
#11 Girls 100 Yard Breast				
MEET RECORD: 1:03.50# 2012 CAROLYN MCCANN-GH				
4A STATE REC: 1:01.33! 2013 CAROLYN MCCANN - GH				
Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Vu, Kaitlyn	SO KCHS	1:05.24	q134
	30.76	34.48		
2	Guidoux, May	JR CURT	1:05.67	q132
	31.29	34.38		
3	Haroldson-Margel, H	SO KR	1:11.03	q99
	33.67	37.36		
4	Helland, Grace	FR KCHS	1:11.58	q96
	33.54	38.04		

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (#11 Girls 100 Yard Breast)

				NISCA
5	Edwards, Addison	JR KR	1:13.06	q88
	34.35	38.71		
6	Benedict, Grace	FR ERHS	1:14.02	q83
	34.96	39.06		
7	Tucker, Violet	SR DECA	1:15.64	q75
	35.81	39.83		
8	Hyland, Carina	JR CURT	1:15.66	q75
	34.31	41.35		
9	Pallotta, Cecilia	FR KCHS	1:16.24	q72
	35.18	41.06		
10	Hughes, Emi	FR SK	1:17.54	q66
	36.74	40.80		
11	Ban, Hee-Sun	FR OLY	1:17.93	q64
	36.17	41.76		
12	Carr, Addy	JR MRHS	1:18.84	q60
	37.23	41.61		
13	Nguyen, Brianna	SR OLY	1:19.38	q58
	36.58	42.80		
14	Punsalan, Amaiya	SR PHS	1:19.97	q55
	38.31	41.66		
15	Carr, Ole	FR CURT	1:20.70	q52
	36.47	44.23		
16	Williams, Ever	SR OLY	1:20.86	q51
	38.83	42.03		
17	Reisinger, Avery	JR PHS	1:21.06	50
18	Snyder, Lydia	FR ROG	1:21.10	50
	38.75	42.35		
19	Jolley, Samantha	SO FWHS	1:22.28	45
	37.91	44.37		
20	Nishizawa, Anna	FR TAH	1:23.33	41
	38.96	44.37		
21	Wallner, Paula	SR PHS	1:24.25	37
	40.42	43.83		
22	Mendoza, Maya	SR SMNR	1:26.06	30
	39.24	46.82		
23	Kwong, Amelia	JR MRHS	1:26.49	28
	40.15	46.34		
24	Hansmire, Molly	SO MRHS	1:26.84	27
	39.97	46.87		
---	Kim, Ashley	SR CURT		DQ

#12 Girls 400 Yard Free Relay

MEET RECORD: 3:33.27# 2019 CURTIS

L Lopez-Silvers, A Proctor, M Barbosa, G Bellin

4A STATE REC: 3:27.47! 2017 SKYLINE

Team	Relay	Finals Time	NISCA
1 KCHS		3:36.15	387
Jackson, Avery FR	LaBella, Lucy FR		
Vu, Kaitlyn SO	Weiler, Hailey SO		
	26.56	55.30	26.32
	26.18	54.48	23.99

A - Final

1 KCHS		3:36.15	387
Jackson, Avery FR	LaBella, Lucy FR		
Vu, Kaitlyn SO	Weiler, Hailey SO		
	26.56	55.30	26.32
	26.18	54.48	23.99

2 CURT		3:43.83	339
Ledesma, Lauren SO	Lopez, Gaby SO		
Wolfe, Madison FR	Hoover, Hayden JR		
	26.78	55.28	26.84
	26.83	55.93	26.24
3 TAH		3:47.60	318
Artemdize, Sophie SR	Hill, Jasmine JR		
Warner, Elena JR	Gaul, Rowan SR		
	27.86	57.78	26.91
	26.69	56.26	27.11
4 MRHS		3:47.61	318
Ma, Elizabeth SR	Ng, Maddie JR		
Carr, Addy JR	Wisn, Addie SR		
	26.50	53.96	26.57
	27.94	59.15	27.17
5 ROG		3:56.15	267
Bontemps, Julia SR	Davis, Sophia FR		
Snow, Lauren SO	Jahn, Vivienne FR		
	27.33	57.07	28.13
	29.47	1:02.27	27.62
6 OLY		3:56.33	267
Gertseva, Nicole SO	McDaniel, Cambria SO		
Randall, Clara JR	Ban, Hee-Sun FR		
	27.20	56.47	27.64
	28.18	58.94	29.29
7 KR		4:06.74	213
Zimmerman, Reyna JR	Hewson, Ainsley JR		
Wu, Paige JR	McDowell, Alexis SO		
	29.09	1:00.93	29.84
	28.67	1:01.52	16.13
8 SMNR		4:06.91	213
Anderson, Peyton JR	Johnson, Lexie JR		
Worhatch, Abby FR	Tweit, Payton FR		
	29.32	1:03.77	29.35
	29.45	1:02.72	27.17
B - Final			
9 GKHS		4:08.16	207
Sienkiewich, Nichole SR	Dennis, Shianne JR		
Mondrut, Savanna JR	Daniels, Yuna JR		
	28.70	1:01.80	31.79
	26.84	59.42	27.16
10 PHS		4:18.18	159
Mahaffie, Annie JR	Punsalan, Amaiya SR		
Mills, Emily SR	Osher, Sarah SR		
	29.74	1:02.12	31.38
	31.53	1:06.75	29.37
11 DECA		4:24.51	129
Thomas, Roha JR	Ekenman, Eva JR		
Walling, Ashly SO	Tucker, Violet SR		
	32.91	1:10.51	29.70
	30.81	1:05.83	30.02

#12 Girls 400 Yard Free Relay

MEET RECORD: 3:33.27# 2019 CURTIS

L Lopez-Silvers, A Proctor, M Barbosa, G Bellin

4A STATE REC: 3:27.47! 2017 SKYLINE

Team	Relay	Prelim Time	NISCA
Preliminaries			
1 KCHS		3:39.45	q366
Jackson, Avery FR	LaBella, Lucy FR		
Vu, Kaitlyn SO	Weiler, Hailey SO		
	27.40	55.71	26.46
	26.59	55.45	16.97
2 CURT		3:44.22	q336
Putt, Takara SR	Ledesma, Lauren SO		
Lopez, Gaby SO	Hoover, Hayden JR		
	27.05	56.35	26.77
	26.56	56.56	26.50
3 MRHS		3:50.20	q303
Ma, Elizabeth SR	Ng, Maddie JR		
Carr, Addy JR	Wisn, Addie SR		
	26.72	54.93	15.46
	28.04	59.55	27.52
4 TAH		3:50.90	q297
McDonald, Baillie SO	Artemdize, Sophie SR		
Warner, Elena JR	Gaul, Rowan SR		
	28.03	59.70	27.52
	27.30	57.77	26.76
5 ROG		3:55.66	q270
Bontemps, Julia SR	Davis, Sophia FR		
Snow, Lauren SO	Jahn, Vivienne FR		
	27.67	57.13	28.13
	29.69	1:02.58	27.40
6 OLY		3:58.07	q258
Gertseva, Nicole SO	McDaniel, Cambria SO		
Randall, Clara JR	Ban, Hee-Sun FR		
	26.96	56.01	28.02
	28.42	59.57	29.96
7 SMNR		4:05.86	q216
Anderson, Peyton JR	Johnson, Lexie JR		
Tweit, Payton FR	Worhatch, Abby FR		
	1:02.49	1:32.26	32.64
	33.78	1:01.14	30.18
8 KR		4:08.54	q204
Zimmerman, Reyna JR	Hewson, Ainsley JR		
Wu, Paige JR	McDowell, Alexis SO		
	29.62	1:01.82	29.68
	28.95	1:02.87	30.27
9 GKHS		4:14.91	q174
Sienkiewich, Nichole SR	Dennis, Shianne JR		
Mondrut, Savanna JR	Daniels, Yuna JR		
	29.78	1:03.76	32.00
	29.32	1:01.90	29.13
10 PHS		4:19.27	q153
Mahaffie, Annie JR	Punsalan, Amaiya SR		
Mills, Emily SR	Osher, Sarah SR		
	30.14	1:03.37	31.16
	31.14	1:05.85	29.84

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (#12 Girls 400 Yard Free Relay)

NISCA

11	DECA		4:32.68	q96
	Thomas, Roha JR		Ekenman, Eva JR	
	Walling, Ashly SO		Tucker, Violet SR	
	32.15	1:07.82	15.49	35.29
	40.32			
---	SK			DQ
	Hurguy, Emma JR		Mangahas, Eva SR	
	Baker, Jaclyn SR		Hughes, Emi FR	
---	KW			DQ
	Osborn, Brynn JR		Votisek, Ness JR	
	Shirk, Kennedi FR		Snyder, Abbie FR	

Scores - Women

Women - Team Rankings - Through Event 12

1.	Curtis Vikings	446
2.	Kennedy Catholic High School	347
3.	Tahoma High School	276.5
4.	Mount Rainier High School	201
5.	Olympia High School	158.5
6.	Kentridge HS	153
7.	Rogers Rams	147
8.	Puyallup High School	138
9.	Sumner High School Girls	111
10.	Decatur High School	73
11.	Graham Kapowsin Swim Team	65
12.	South Kitsap High School	62
13.	Kentwood High School	26
14.	Emerald Ridge High School	22
15.	Bethel High School	13