

## 3A Meet Template - 1/4/2024

## Results - Dual Meet

#1 Boys 200 Yard Medley Relay  
1:40.00 3AST WIAA

Team	Relay	Finals Time	
1 MI	A	1:49.51	8.0
Pollock, Andrew 11	Liu, Andrew 11		
Carmichael, Colin 12	Sung, Brendan 10		
		24.23	25.74
		29.67	29.87
2 MI	B	1:53.80	4.0
Carmichael, Ian 10	Gao, Steven 11		
Kniewel, Reese 11	Yin, Alexander 10		
		26.93	24.26
		30.91	31.70
3 MT.SI	A	1:57.02	2.0
Sternberg, Hunter 9	Stevens, Declan 9		
Stevens, Logan 9	Pass, Carter 9		
		28.46	25.27
		30.85	32.44
4 MI	C	x2:03.97	
Butler, Rhodes 10	West, Alexander 09		
Bhat, Naren 10	Niederman, Dane 11		
		29.58	29.73
		31.76	32.90
5 MT.SI	B	2:16.23	
Diviney, Blake 11	Cezar, Zach 10		
King, Avery 11	Koons, Tanner 10		
		34.62	29.41
		34.56	37.64
--- MI	D	X2:01.24	
Chen, Aiden 10	Lee, Aston 09		
Jones, Wyatt 09	Headrick, JP 12		
		30.09	24.93
		31.60	34.62
--- MI	E	X2:05.16	
Seo, Yijoon 10	Greer, Matthew 10		
Radovich, Max 10	Whipple, Spencer 10		
		31.87	26.18
		31.17	35.94
--- MI	F	X2:15.67	
Hockley, Trevor 11	Palanca, Peter 09		
Crump, Charlie 11	Pasquali, Oliver 10		
		33.15	29.08
		33.90	39.54

## #2 Boys 200 Yard Free

1:46.50 3AST WIAA  
2:02.50 3AD District  
2:18.50 KING KingCo

Name	Yr	Team	Finals Time	
1 Sieckhaus, Jack	12 MI		1:50.92	3AD
			24.52	28.24
			29.32	28.84
2 Lim, Hee-Ro	10 MI		2:02.68	KING
			27.67	29.66
			32.55	32.80
3 Guinn, Griffin	10 MT.SI		2:07.55	KING
			29.62	32.33
			33.16	32.44
4 Pass, Carter	9 MT.SI		2:12.14	KING
			29.67	32.79
			35.07	34.61
5 Stevens, Logan	9 MT.SI		2:17.52	KING
			29.49	34.55
			38.07	35.41
6 Seo, Yijoon	10 MI		2:22.34	
			30.44	36.57
			38.91	36.42
--- Iwasaki, Ryan	10 MI		X2:25.46	
			33.32	37.38
			38.92	35.84
--- Palanca, Peter	09 MI		X2:26.70	
			30.84	37.39
			40.84	37.63

--- Wiseman, Mason 09 MI X2:28.45  
32.65 36.11 1:20.35

## #3 Boys 200 Yard IM

1:59.00 3AST WIAA  
2:15.00 3AD District  
2:31.00 KING KingCo

Name	Yr	Team	Finals Time	
1 Liu, Andrew	11 MI		2:10.86	3AD
			28.77	33.59
			37.14	31.36
2 Duran, Colin	11 MT.SI		2:14.40	3AD
			29.32	33.15
			40.19	31.74
3 Stevens, Declan	9 MT.SI		2:24.54	KING
			31.00	38.11
			41.94	33.49
4 Lim, Hee-Ro	10 MI		2:24.58	KING
			33.23	38.65
			41.61	31.09
5 Sternberg, Hunter	9 MT.SI		2:26.68	KING
			34.46	36.09
			41.97	34.16
--- Gao, Steven	11 MI		X2:20.18	KING
			30.03	36.60
			37.43	36.12
--- Carmichael, Ian	10 MI		X2:32.94	
			33.44	38.42
			46.20	34.88
--- Whipple, Spencer	10 MI		X2:43.50	
			35.09	42.24
			49.47	36.70
--- Qadeer, Jibrán	09 MI		X3:06.34	
			44.75	45.24
			55.54	40.81
--- Pasquali, Owen	12 MI		X3:08.62	
			38.56	49.73
			58.18	42.15

## #4 Boys 50 Yard Free

21.80 3AST WIAA  
23.80 3AD District  
25.80 KING KingCo

Name	Yr	Team	Finals Time	
1 Sieckhaus, Jack	12 MI		22.48	3AD
2 Carmichael, Colin	12 MI		22.71	3AD
3 Mackenzie, Andre	10 MT.SI		24.73	KING
4 Sterrett, Ben	11 MI		24.93	KING
5 King, Avery	11 MT.SI		27.73	1.0
6 Koons, Tanner	10 MT.SI		29.17	
--- Rastorguev, Ron	11 MI		X23.45	3AD
--- Jack, Alex	09 MI		X23.57	3AD
--- Gallot, Ilan	10 MI		X24.01	KING
--- Sung, Brendan	10 MI		X24.18	KING
--- Yin, Alexander	10 MI		X24.45	KING
--- Pollock, Andrew	11 MI		X24.54	KING
--- Niederman, Dane	11 MI		X24.59	KING
--- West, Alexander	09 MI		X25.93	
--- Thomas, Henry	11 MI		X26.76	
--- Chen, Aiden	10 MI		X26.91	
--- Jones, Wyatt	09 MI		X27.00	
--- Butler, Rhodes	10 MI		X27.13	
--- Greer, Matthew	10 MI		X27.50	
--- Crump, Charlie	11 MI		X28.29	
--- Whipple, Spencer	10 MI		X29.64	
--- Hawkins, Ben	11 MT.SI		X29.83	
--- Lott, Hayden	11 MT.SI		X29.87	
--- Radovich, Max	10 MI		X30.14	

--- Tan, Harry	10 MI		X30.22
--- Koetje, John	10 MT.SI		X30.36
--- Pasquali, Oliver	10 MI		X30.57
--- Moshenskiy, Leo	9 MT.SI		X31.15
--- Shomo, Griffin	10 MT.SI		X32.47
--- Llewellyn, Kyle	10 MT.SI		X32.68
--- Mahale, Saumit	9 MT.SI		X34.56
--- Oddleifson, Luke	10 MT.SI		X35.56
--- Doppke, Gabe	9 MT.SI		X36.33
--- Proctor, Christian	9 MT.SI		X41.37
--- Tyagi, Atharv	9 MT.SI		X46.23

## #5 Boys 1 mtr Diving

Name	Yr	Team	Finals Score	
1 Kornblum, Shane	10 MI		196.50	6.0
2 Hounsell, Rhett	11 MI		140.65	4.0
3 Tomlisson, Bruce	10 MT.SI		131.30	3.0
4 Guinn, Griffin	10 MT.SI		116.50	2.0
5 Jelen, Alaric	9 MT.SI		106.50	1.0
6 Schlegelmilch, Ca	11 MT.SI		x66.75	
--- Espeland, Jake	12 MT.SI		X135.00	
--- Cezar, Logan	12 MT.SI		X135.00	
--- Lowden, Jake	12 MT.SI		X132.00	

## #6 Boys 100 Yard Fly

52.75 3AST WIAA  
1:02.75 3AD District  
1:12.75 KING KingCo

Name	Yr	Team	Finals Time	
1 Waingold, Ari	11 MI		56.72	3AD
			26.88	29.84
2 Chau, Issac	10 MT.SI		58.35	3AD
			27.39	30.96
3 Lysenko, Dima	10 MT.SI		1:01.88	3AD
			28.25	33.63
4 Kniewel, Reese	11 MI		1:05.21	KING
			28.96	36.25
5 Stevens, Logan	9 MT.SI		1:07.55	KING
			30.28	37.27
--- Hockley, Trevor	11 MI			DQ
			35.15	43.43

## #7 Boys 100 Yard Free

48.30 3AST WIAA  
56.30 3AD District  
1:01.30 KING KingCo

Name	Yr	Team	Finals Time	
1 Yin, Alexander	10 MI		54.51	3AD
			26.36	28.15
2 Sterrett, Ben	11 MI		54.88	3AD
			26.81	28.07
3 Niederman, Dane	11 MI		55.64	3AD
			26.49	29.15
4 Mackenzie, Andre	10 MT.SI		56.01	3AD
			26.46	29.55
5 Pass, Carter	9 MT.SI		1:02.98	1.0
			30.05	32.93

3A Meet Template - 1/4/2024

Results - Dual Meet

(#7 Boys 100 Yard Free)

6	Diviney, Blake	11 MT.SI	1:04.44	
	30.62	33.82		
---	Lee, Aston	09 MI	X55.32	3AD
	26.21	29.11		
---	Bhat, Naren	10 MI	X57.22	KING
	27.38	29.84		
---	West, Alexander	09 MI	X59.61	KING
	28.80	30.81		
---	Greer, Matthew	10 MI	X1:00.21	KING
	28.82	31.39		
---	Thomas, Henry	11 MI	X1:01.10	KING
	30.22	30.88		
---	King, Avery	11 MT.SI	X1:04.15	
	29.93	34.22		
---	Palanca, Peter	09 MI	X1:06.00	
	31.12	34.88		
---	Iwasaki, Ryan	10 MI	X1:06.11	
	32.85	33.26		
---	Crump, Charlie	11 MI	X1:06.53	
	31.80	34.73		
---	Hawkins, Ben	11 MT.SI	X1:08.75	
	32.20	36.55		
---	Cezar, Zach	10 MT.SI	X1:08.88	
	31.33	37.55		
---	Pasquali, Owen	12 MI	X1:10.18	
	33.03	37.15		
---	Koetje, John	10 MT.SI	X1:11.07	
	33.43	37.64		
---	Koons, Tanner	10 MT.SI	X1:12.35	
	34.25	38.10		
---	Moshenskiy, Leo	9 MT.SI	X1:14.50	
	34.23	40.27		
---	Lott, Hayden	11 MT.SI	X1:16.89	
	34.33	42.56		
---	Mahale, Saumit	9 MT.SI	X1:20.14	
	37.60	42.54		
---	Shomo, Griffin	10 MT.SI	X1:20.30	
	37.04	43.26		
---	Llewellyn, Kyle	10 MT.SI	X1:20.70	
	37.20	43.50		
---	Oddleifson, Luke	10 MT.SI	X1:22.47	
	37.99	44.48		
---	Doppke, Gabe	9 MT.SI	X1:23.74	
	38.78	44.96		
---	Proctor, Christian	9 MT.SI	X1:35.19	
	42.21	52.98		
---	Tyagi, Atharv	9 MT.SI	X1:44.34	
	1:47.10			

#8 Boys 500 Yard Free

4:53.00 3AST WIAA

5:28.00 3AD District

6:03.00 KING KingCo

Name	Yr	Team	Finals	Time
1 Jones, Wyatt	09 MI		5:32.59	KING
	28.87	32.54	34.18	34.74
	34.36	34.10	34.31	34.07
	33.35	32.07		
2 Cezar, Logan	12 MT.SI		5:32.88	KING
	27.75	31.30	32.60	33.75
	34.93	34.94	35.35	35.51
	34.69	32.06		
3 Espeland, Jake	12 MT.SI		6:08.89	3.0
	30.26	33.83	35.90	37.11
	37.28	37.99	37.96	38.30
	38.93	41.33		
4 Headrick, JP	12 MI		6:26.56	2.0
	30.16	35.68	38.92	39.95
	40.84	40.19	39.88	41.25
	40.59	39.10		
5 Lowden, Jake	12 MT.SI		6:34.92	1.0
	30.97	35.94	38.91	40.13
	41.55	41.51	42.97	42.54
	43.05	37.35		
6 Hockley, Trevor	11 MI		6:39.49	
	31.69	37.70	41.26	41.53
	42.02	41.92	41.90	42.58
	41.41	37.48		

#9 Boys 200 Yard Free Relay

1:30.00 3AST WIAA

Team	Relay	Finals	Time
1 MI	A		1:29.85 3AST
	Rastorguev, Ron 11	Jack, Alex 09	
	Sieckhaus, Jack 12	Carmichael, Colin 12	
	23.59	22.71	21.93 21.62
2 MI	B		1:37.39 4.0
	Gallot, Ilan 10	Sung, Brendan 10	
	Hounsell, Rhett 11	Knieval, Reese 11	
	24.31	25.54	23.15 24.39
3 MI	C		x1:39.77
	Waingold, Ari 11	Niederman, Dane 11	
	Liu, Andrew 11	Lim, Hee-Ro 10	
	24.98	25.37	24.38 25.04
4 MT.SI	A		1:41.55 2.0
	Cezar, Logan 12	Guinn, Griffin 10	
	Chau, Issac 10	Espeland, Jake 12	
	27.10	24.95	26.06 23.44
5 MT.SI	B		1:45.16
	Lysenko, Dima 10	Lowden, Jake 12	
	Duran, Colin 11	Mackenzie, Andrew 10	
	26.15	27.47	25.71 25.83
6 MT.SI	C		x1:59.59
	King, Avery 11	Koons, Tanner 10	
	Cezar, Zach 10	Diviney, Blake 11	
	28.83	31.28	29.87 29.61

---	MI	D	X1:50.00
	Headrick, JP 12	Thomas, Henry 11	
	Lee, Aston 09	Gao, Steven 11	
	29.53	27.55	52.96
---	MI	E	X1:55.70
	Qadeer, Jibran 09	West, Alexander 09	
	Yin, Alexander 10	Pasquali, Oliver 10	
	33.74	26.11	25.19 30.66
---	MT.SI	D	X2:13.76
	Llewellyn, Kyle 10	Moshenskiy, Leo 9	
	Shomo, Griffin 10	Lott, Hayden 11	
	34.90	32.67	35.08 31.11
---	MT.SI	E	X2:21.57
	Koetje, John 10	Mahale, Saumit 9	
	Proctor, Christian 9	Hawkins, Ben 11	
	30.64	37.15	46.52 27.26
---	MT.SI	F	X2:29.91
	Schlegelmilch, Caleb 11	Doppke, Gabe 9	
	Tyagi, Atharv 9	Oddleifson, Luke 10	
	30.41	37.81	1:21.74
---	MI	F	XDQ
	Iwasaki, Ryan 10	Palanca, Peter 09	
	Radovich, Max 10	Seo, Yijoon 10	
	29.25	35.76	23.81 28.15

#10 Boys 100 Yard Back

54.00 3AST WIAA

1:04.00 3AD District

1:12.00 KING KingCo

Name	Yr	Team	Finals	Time
1 Jack, Alex	09 MI		58.55	3AD
	28.83	29.72		
2 Rastorguev, Ron	11 MI		1:00.28	3AD
	29.04	31.24		
3 Duran, Colin	11 MT.SI		1:02.49	3AD
	30.42	32.07		
4 Waingold, Ari	11 MI		1:04.26	KING
	31.09	33.17		
5 Sternberg, Hunter	9 MT.SI		1:09.39	KING
	33.20	36.19		
6 Lysenko, Dima	10 MT.SI		1:12.19	
	34.99	37.20		
---	Butler, Rhodes	10 MI	X1:03.56	3AD
	31.12	32.44		
---	Pollock, Andrew	11 MI	X1:04.67	KING
	31.11	33.56		
---	Carmichael, Ian	10 MI	X1:07.09	KING
	32.94	34.15		
---	Chen, Aiden	10 MI	X1:10.20	KING
	33.57	36.63		
---	Knieval, Reese	11 MI	X1:13.01	
	34.72	38.29		
---	Radovich, Max	10 MI	X1:20.15	
	39.17	40.98		
---	Diviney, Blake	11 MT.SI	X1:23.11	
	40.35	42.76		
---	Wiseman, Mason	09 MI	X1:29.29	

**3A Meet Template - 1/4/2024**

**Results - Dual Meet**

**(#10 Boys 100 Yard Back)**

--- Qadeer, Jibran 09MI X1:30.38  
44.19 46.19

**#11 Boys 100 Yard Breast**

**59.50 3AST WIAA**  
**1:09.50 3AD District**  
**1:17.50 KING KingCo**

Name	Yr	Team	Finals Time
1 Gallot, Ilan	10MI		1:03.19 3AD
			29.84 33.35
2 Sung, Brendan	10MI		1:07.99 3AD
			31.85 36.14
3 Liu, Andrew	11MI		1:08.40 3AD
			32.07 36.33
4 Chau, Issac	10MT.SI		1:13.51 KING
			34.51 39.00
5 Stevens, Declan	9 MT.SI		1:16.33 KING
			34.86 41.47
6 Cezar, Zach	10MT.SI		1:28.87
			42.09 46.78
--- Lee, Aston	09MI		X1:17.89
			36.64 41.25
--- Bhat, Naren	10MI		X1:18.73
			37.70 41.03
--- Seo, Yijoon	10MI		X1:20.26
			37.64 42.62
--- Headrick, JP	12MI		X1:24.16
			40.21 43.95
--- Hounsell, Rhett	11MI		X1:25.21
			40.55 44.66
--- Pasquali, Oliver	10MI		X1:33.65
			42.73 50.92

**#12 Boys 400 Yard Free Relay**

**3:20.00 3AST WIAA**

Team	Relay	Finals Time
1 MI	A	3:24.84 8.0
		Gallot, Ilan 10 Hounsell, Rhett 11
		Carmichael, Colin 12 Sieckhaus, Jack 12
		24.99 51.75 24.64 52.63
		23.63 50.60 23.17 49.86
2 MT.SI	A	3:34.81 4.0
		Cezar, Logan 12 Guinn, Griffin 10
		Chau, Issac 10 Espeland, Jake 12
		26.27 53.43 26.83 56.28
		26.02 53.22 24.34 51.88
3 MI	C	3:42.27 2.0
		Rastorguev, Ron 11 Yin, Alexander 10
		Pollock, Andrew 11 Carmichael, Ian 10
		25.24 54.95 19.93 55.50
		25.84 54.99 26.88 56.83
4 MT.SI	C	3:57.62
		Pass, Carter 9 Sternberg, Hunter 9
		Stevens, Logan 9 Stevens, Declan 9
		27.72 57.21 28.66 1:01.57
		27.34 59.75 27.90 59.09

5 MT.SI	B	x3:58.48
		Lysenko, Dima 10 Lowden, Jake 12
		Duran, Colin 11 Mackenzie, Andrew 10
		29.24 1:02.46 28.36 59.91
		26.93 57.16 27.32 58.95
--- MI	B	DQ
		Jack, Alex 09 Sung, Brendan 10
		Waingold, Ari 11 Lim, Hee-Ro 10
		25.98 53.40 26.40 55.09
		25.85 54.69 24.62 52.54

**Scores - Men**

Men - Team Rankings - Through Event 12	
1. Mercer Island High School	128
2. Mt. Si High School Boys	58