

Mount Rainier @ Kentridge + Lindbergh - 1/9/2024

Results - Finals

Event 1 Boys 200 Yard Medley Relay

1:39.80 4A-S 4A-WIAA State

1:54.95 WCD 4A WCD

| Team | Relay | Finals Time | |
|----------------------------|-------------------------|-------------|-----|
| 1 MRHS-PN | A | 1:51.19 | WCD |
| 1) Spencer, Will JR | 2) Peterson, Nate SR | | |
| 3) Griffith, Josh JR | 4) Gollob, Gavin SR | | |
| 26.60 31.60 | 28.64 24.35 | | |
| 2 KR-PN | A | 1:55.47 | |
| 1) Goldsmith, Nolan SR | 2) Phan, Atticus JR | | |
| 3) Finlayson, Owen JR | 4) Erickson, Anders SR | | |
| 28.65 35.46 | 26.37 24.99 | | |
| 3 LHS | A | 1:56.72 | |
| 1) D'Amore, Cristian FR | 2) Bui, Allan SR | | |
| 3) Grant, Heston SR | 4) Johnson, Ty JR | | |
| 33.94 32.15 | 24.95 25.68 | | |
| 4 MRHS-PN | B | 1:59.38 | |
| 1) Ballast, Dexter SO | 2) Lloyd, Peter FR | | |
| 3) Hoppenrath, Wolfgang JR | 4) Marx, Jordan SO | | |
| 32.87 34.15 | 26.24 26.12 | | |
| 5 LHS | B | 2:05.74 | |
| 1) Lwai, Manglian FR | 2) Suzuki, Ken FR | | |
| 3) Seals, Josiah SO | 4) DeBique, Juvon SR | | |
| 32.77 36.55 | 27.86 28.56 | | |
| 6 KR-PN | B | 2:07.17 | |
| 1) Buron, Max SO | 2) Pettibone, Hayden FR | | |
| 3) Le, Jacob SO | 4) McAnulty, Toby SR | | |
| 32.63 36.53 | 31.19 26.82 | | |
| 7 KR-PN | C | x2:12.65 | |
| 1) Ruoff, Corbin SO | 2) Barringer, Ronan JR | | |
| 3) Knasiak, Paxton JR | 4) Link, Ryan FR | | |
| 34.81 34.51 | 36.13 27.20 | | |
| --- LHS | C | DQ 2:40.59 | |
| 1) Callaway, Connor SO | 2) Richards, Dylan SO | | |
| 3) Larson, Dashiel FR | 4) Kim, AJ SO | | |
| 42.96 48.50 | 37.78 31.35 | | |

Event 2 Boys 200 Yard Freestyle

1:47.40 4A-S 4A-WIAA State

2:03.00 WCD 4A WCD

2:07.10 NPSL NPSL League

| Name | YrSchool | Finals Time | |
|---------------------|-------------|-------------|------|
| 1 Spencer, Will | JR MRHS-PN | 1:53.23 | WCD |
| 26.35 27.80 | 29.01 30.07 | | |
| 2 Ma, Will | SO MRHS-PN | 1:59.10 | WCD |
| 26.35 29.55 | 31.95 31.25 | | |
| 3 McCullen, Logan | SO LHS | 2:07.08 | NPSL |
| 27.87 31.81 | 34.40 33.00 | | |
| 4 Vykhopen, Mark | SO MRHS-PN | 2:12.82 | |
| 27.41 32.57 | 35.77 37.07 | | |
| 5 Crites, Cash | JR LHS | 2:17.18 | |
| 31.16 33.55 | 37.33 35.14 | | |
| 6 Humphrey, Jett | JR KR-PN | 2:21.30 | |
| 31.66 35.31 | 38.07 36.26 | | |
| 7 Atkinson, Quentin | SR KR-PN | 2:24.78 | |
| 31.77 36.60 | 39.35 37.06 | | |
| 8 Farag, Noah | FR KR-PN | 2:32.03 | |
| 34.48 39.12 | 39.46 38.97 | | |

| | | | |
|--------------------|-------------|----------|--|
| 9 Rosengren, Tyler | SO LHS | 3:08.52 | |
| 39.53 47.20 | 52.24 49.55 | | |
| 10 Wafford, Traven | SO LHS | x3:17.60 | |
| 40.84 48.83 | 56.51 51.42 | | |
| --- Drew, Liam | SO MRHS-PN | X2:32.22 | |
| 34.06 38.49 | 40.69 38.98 | | |
| --- Johnson, Peter | SR MRHS-PN | X2:33.22 | |
| 31.19 36.17 | 41.66 44.20 | | |
| --- Grey, Vincent | SO MRHS-PN | X2:57.03 | |
| 37.30 45.61 | 49.65 44.47 | | |

Event 3 Boys 200 Yard IM

1:59.50 4A-S 4A-WIAA State

2:20.65 WCD 4A WCD

2:29.10 NPSL NPSL League

| Name | YrSchool | Finals Time | |
|--------------------|-------------|-------------|------|
| 1 Schwab, Odin | JR MRHS-PN | 2:11.33 | WCD |
| 27.23 34.70 | 37.82 31.58 | | |
| 2 Goldsmith, Nolan | SR KR-PN | 2:23.34 | NPSL |
| 31.75 33.36 | 43.92 34.31 | | |
| 3 Finlayson, Owen | JR KR-PN | 2:25.45 | NPSL |
| 29.57 | 34.31 | | |
| 4 Spencer, Owen | FR MRHS-PN | 2:27.44 | NPSL |
| 30.74 38.27 | 43.87 34.56 | | |
| 5 Phan, Atticus | JR KR-PN | 2:30.77 | |
| 31.66 37.83 | 47.19 34.09 | | |
| 6 Lwai, Manglian | FR LHS | 2:33.77 | |
| 30.17 38.21 | 47.39 38.00 | | |
| 7 Johnson, Ty | JR LHS | 2:33.80 | |
| 29.29 42.73 | 47.89 33.89 | | |

Event 4 Boys 50 Yard Freestyle

21.99 4A-S 4A-WIAA State

24.20 WCD 4A WCD

25.50 NPSL NPSL League

| Name | YrSchool | Finals Time | |
|------------------------|------------|-------------|------|
| 1 Schwab, Odin | JR MRHS-PN | 23.47 | WCD |
| 2 Hoppenrath, Wolfgang | JR MRHS-PN | 23.83 | WCD |
| 3 Erickson, Anders | SR KR-PN | 25.63 | |
| 4 Fain, Lucas | JR KR-PN | 25.73 | |
| 5 D'Amore, Cristian | FR LHS | 25.94 | |
| 6 Ballast, Dexter | SO MRHS-PN | 26.23 | |
| 7 Pettibone, Hayden | FR KR-PN | 26.28 | |
| 8 Richards, Dylan | SO LHS | 29.15 | |
| 9 Suzuki, Ken | FR LHS | 29.49 | |
| 10 Kim, AJ | SO LHS | x36.89 | |
| 11 Callaway, Connor | SO LHS | x37.39 | |
| --- Gollob, Gavin | SR MRHS-PN | X25.43 | NPSL |
| --- Griffith, Josh | JR MRHS-PN | X26.22 | |
| --- Lloyd, Ryan | JR KR-PN | X27.89 | |
| --- Jones, Nathan | FR MRHS-PN | X27.96 | |
| --- Le, Jacob | SO KR-PN | X27.97 | |
| --- Link, Ryan | FR KR-PN | X29.15 | |
| --- Knasiak, Paxton | JR KR-PN | X30.36 | |
| --- Moser, Caleb | JR KR-PN | X30.61 | |
| --- Watson, Josh | SR MRHS-PN | X31.01 | |
| --- Amankwaa, Isaac | FR MRHS-PN | X32.50 | |
| --- Nguyen, Andrew | SO KR-PN | X33.22 | |

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Results - Finals

(Event 4 Boys 50 Yard Freestyle)

| Name | YrSchool | Finals Time |
|------------------------|------------|-------------|
| --- Hammer, Isaac | FR MRHS-PN | X33.59 |
| --- Hoang, Nathan | SR KR-PN | X34.46 |
| --- Gilbert, Caleb | FR KR-PN | X34.55 |
| --- Thompson, Jack | SO MRHS-PN | X34.88 |
| --- Shi, Leo | FR KR-PN | X34.97 |
| --- Cunningham, Seneca | FR MRHS-PN | X35.56 |
| --- Jones, Parker | FR KR-PN | X35.63 |
| --- Abubakar, Omar | SO MRHS-PN | X46.28 |
| --- Muchiri, Jayden | FR MRHS-PN | X59.17 |

Event 5 Boys 1 mtr Diving

| Name | YrSchool | Finals Score |
|--------------------|------------|--------------|
| 1 Lindeman, Corwin | SR MRHS-PN | 252.00 |
| 2 Griffith, Landon | JR MRHS-PN | 184.80 |
| 3 Larson, Dashiel | FR LHS | 162.45 |
| 4 Johnson, Timothy | JR KR-PN | 123.05 |

Event 6 Boys 100 Yard Butterfly

52.50 4A-S 4A-WIAA State
1:00.25 WCD 4A WCD
1:05.40 NPSL NPSL League

| Name | YrSchool | Finals Time |
|-------------------|------------|--------------|
| 1 Grant, Heston | SR LHS | 53.41 WCD |
| 24.82 28.59 | | |
| 2 Ma, Will | SO MRHS-PN | 58.45 WCD |
| 25.99 32.46 | | |
| 3 McCullen, Logan | SO LHS | 1:03.64 NPSL |
| 29.89 33.75 | | |
| 4 Finlayson, Owen | JR KR-PN | 1:04.35 NPSL |
| 29.59 34.76 | | |
| 5 Seals, Josiah | SO LHS | 1:06.83 |
| 29.76 37.07 | | |
| 6 Bui, Allan | SR LHS | x1:17.06 |
| 31.96 45.10 | | |
| 7 Buron, Max | SO KR-PN | 1:18.79 |
| 36.12 42.67 | | |
| 8 Drew, Liam | SO MRHS-PN | 1:20.42 |
| 35.30 45.12 | | |
| 9 Watson, Josh | SR MRHS-PN | 1:26.56 |
| 37.73 48.83 | | |
| 10 Farag, Noah | FR KR-PN | 1:36.48 |
| 42.41 54.07 | | |

Event 7 Boys 100 Yard Freestyle

48.70 4A-S 4A-WIAA State
54.95 WCD 4A WCD
57.95 NPSL NPSL League

| Name | YrSchool | Finals Time |
|--------------------|------------|-------------|
| 1 Peterson, Nate | SR MRHS-PN | 56.29 NPSL |
| 26.21 30.08 | | |
| 2 Marx, Jordan | SO MRHS-PN | 58.73 |
| 29.13 29.60 | | |
| 3 Erickson, Anders | SR KR-PN | 59.03 |
| 27.32 31.71 | | |
| 4 Fain, Lucas | JR KR-PN | 1:00.96 |
| 29.51 31.45 | | |

| | | |
|------------------------|------------|----------|
| 5 McAnulty, Toby | SR KR-PN | 1:02.40 |
| 28.85 33.55 | | |
| 6 Spencer, Owen | FR MRHS-PN | 1:03.29 |
| 29.70 33.59 | | |
| 7 DeBique, Juvon | SR LHS | 1:06.70 |
| 30.31 36.39 | | |
| 8 Larson, Dashiel | FR LHS | 1:10.81 |
| 34.39 36.42 | | |
| 9 Rosengren, Tyler | SO LHS | 1:26.13 |
| 41.82 44.31 | | |
| --- Humphrey, Jett | JR KR-PN | X1:01.33 |
| 29.30 32.03 | | |
| --- Ruoff, Corbin | SO KR-PN | X1:01.42 |
| 29.07 32.35 | | |
| --- Atkinson, Quentin | SR KR-PN | X1:02.28 |
| 29.34 32.94 | | |
| --- Barringer, Ronan | JR KR-PN | X1:04.83 |
| 30.08 34.75 | | |
| --- Jones, Nathan | FR MRHS-PN | X1:05.00 |
| 32.07 32.93 | | |
| --- Le, Jacob | SO KR-PN | X1:06.60 |
| 30.70 35.90 | | |
| --- Knasiak, Paxton | JR KR-PN | X1:07.89 |
| 31.76 36.13 | | |
| --- Moser, Caleb | JR KR-PN | X1:11.95 |
| 33.69 38.26 | | |
| --- Link, Ryan | FR KR-PN | X1:13.46 |
| 32.01 41.45 | | |
| --- Grey, Vincent | SO MRHS-PN | X1:19.16 |
| 38.09 41.07 | | |
| --- Amankwaa, Isaac | FR MRHS-PN | X1:19.90 |
| 40.55 39.35 | | |
| --- Hammer, Isaac | FR MRHS-PN | X1:21.42 |
| 39.18 42.24 | | |
| --- Shi, Leo | FR KR-PN | X1:21.51 |
| --- Nguyen, Andrew | SO KR-PN | X1:22.30 |
| 37.63 44.67 | | |
| --- Hoang, Nathan | SR KR-PN | X1:23.30 |
| 37.02 46.28 | | |
| --- Cunningham, Seneca | FR MRHS-PN | X1:24.78 |
| 41.49 43.29 | | |
| --- Gilbert, Caleb | FR KR-PN | X1:27.25 |
| 40.89 46.36 | | |
| --- Jones, Parker | FR KR-PN | X1:28.85 |
| 41.97 46.88 | | |
| --- Abubakar, Omar | SO MRHS-PN | X1:47.07 |
| 49.65 57.42 | | |
| --- Muchiri, Jayden | FR MRHS-PN | X2:18.04 |
| 1:01.67 1:16.37 | | |

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Results - Finals

Event 8 Boys 500 Yard Freestyle

4:54.00 4A-S 4A-WIAA State
5:53.95 WCD 4A WCD
6:13.50 NPSL NPSL League

| Name | YrSchool | Finals Time |
|--------------------|------------|---------------------------|
| 1 Griffith, Josh | JR MRHS-PN | 5:51.28 WCD |
| | | 29.68 33.91 35.27 35.20 |
| | | 35.06 35.74 36.87 37.51 |
| | | 37.16 34.88 |
| 2 Goldsmith, Nolan | SR KR-PN | 6:04.95 NPSL |
| | | 32.07 35.55 35.98 37.09 |
| | | 37.58 38.26 38.07 37.71 |
| | | 37.36 35.28 |
| 3 Lloyd, Peter | FR MRHS-PN | 6:21.18 |
| | | 30.56 34.66 35.69 36.99 |
| | | 4:03.28 |
| 4 Crites, Cash | JR LHS | 6:37.45 |
| | | 36.08 38.89 1:21.23 41.83 |
| | | 40.20 41.53 41.18 |
| | | 37.46 |
| 5 Lloyd, Ryan | JR KR-PN | 6:47.53 |
| | | 39.72 39.53 42.72 1:26.89 |
| | | 43.16 1:24.43 39.41 31.67 |
| 6 Suzuki, Ken | FR LHS | 6:58.38 |
| | | 36.60 42.39 44.63 45.37 |
| | | 44.85 44.59 42.79 41.60 |
| | | 40.34 35.22 |
| 7 Richards, Dylan | SO LHS | 7:09.04 |
| | | 33.18 40.07 43.18 44.48 |
| | | 45.83 45.42 45.78 45.47 |
| | | 45.11 40.52 |
| 8 Johnson, Peter | SR MRHS-PN | 7:51.41 |
| | | 37.42 42.01 46.70 49.17 |
| | | 51.17 51.00 51.76 52.28 |
| | | 48.30 41.60 |
| 9 Kim, AJ | SO LHS | x8:44.27 |
| | | 45.35 51.61 56.08 52.67 |
| | | 56.31 57.81 52.42 51.41 |
| | | 55.01 45.60 |

Event 9 Boys 200 Yard Freestyle Relay

1:30.70 4A-S 4A-WIAA State
1:46.15 WCD 4A WCD

| Team | Relay | Finals Time |
|-----------|-------|--|
| 1 MRHS-PN | A | 1:37.50 WCD |
| | | 1) Ma, Will SO 2) Gollob, Gavin SR |
| | | 3) Schwab, Odin JR 4) Spencer, Will JR |
| | | 25.24 25.01 23.58 23.67 |
| 2 LHS | A | 1:41.72 WCD |
| | | 1) Lwai, Manglian FR 2) D'Amore, Cristian FR |
| | | 3) McCullen, Logan SO 4) Grant, Heston SR |
| | | 28.22 25.76 25.08 22.66 |
| 3 KR-PN | A | 1:42.72 WCD |
| | | 1) Phan, Atticus JR 2) Erickson, Anders SR |
| | | 3) Fain, Lucas JR 4) Atkinson, Quentin SR |
| | | 25.92 25.24 25.17 26.39 |

| | | |
|-----------|---|---|
| 4 MRHS-PN | B | 1:42.81 WCD |
| | | 1) Ballast, Dexter SO 2) Marx, Jordan SO |
| | | 3) Vykhopen, Mark SO 4) Hoppenrath, Wolfgang JR |
| | | 26.41 27.01 26.07 23.32 |
| 5 KR-PN | B | 1:55.75 |
| | | 1) Knasiak, Paxton JR 2) Humphrey, Jett JR |
| | | 3) Le, Jacob SO 4) Gilbert, Caleb FR |
| | | 29.66 27.31 28.25 30.53 |
| 6 MRHS-PN | C | x1:58.62 |
| | | 1) Jones, Nathan FR 2) Drew, Liam SO |
| | | 3) Watson, Josh SR 4) Spencer, Owen FR |
| | | 34.70 24.54 31.18 28.20 |
| 7 LHS | B | 2:15.81 |
| | | 1) Bui, Allan SR 2) Wafford, Traven SO |
| | | 3) Rosengren, Tyler SO 4) Larson, Dashiel FR |
| | | 26.86 39.30 37.14 32.51 |
| 8 KR-PN | D | x2:17.20 |
| | | 1) Hoang, Nathan SR 2) Jones, Parker FR |
| | | 3) Nguyen, Andrew SO 4) Shi, Leo FR |
| | | 40.98 28.94 33.40 33.88 |

Event 10 Boys 100 Yard Backstroke

54.00 4A-S 4A-WIAA State
1:02.60 WCD 4A WCD
1:07.50 NPSL NPSL League

| Name | YrSchool | Finals Time |
|---------------------|------------|--------------|
| 1 Peterson, Nate | SR MRHS-PN | 1:06.33 NPSL |
| | | 32.56 33.77 |
| 2 Buron, Max | SO KR-PN | 1:10.99 |
| 3 Ballast, Dexter | SO MRHS-PN | 1:12.41 |
| | | 34.88 37.53 |
| 4 McAnulty, Toby | SR KR-PN | 1:13.52 |
| | | 34.43 39.09 |
| 5 Johnson, Ty | JR LHS | 1:14.51 |
| | | 36.31 38.20 |
| 6 Gollob, Gavin | SR MRHS-PN | 1:14.64 |
| | | 36.97 37.67 |
| 7 Ruoff, Corbin | SO KR-PN | 1:17.48 |
| | | 38.02 39.46 |
| 8 Seals, Josiah | SO LHS | 1:18.90 |
| 9 Bui, Allan | SR LHS | 1:25.96 |
| | | 40.62 45.34 |
| 10 Callaway, Connor | SO LHS | x1:32.43 |
| 11 DeBique, Juvon | SR LHS | x1:34.06 |
| | | 45.54 48.52 |

Event 11 Boys 100 Yard Breaststroke

59.30 4A-S 4A-WIAA State
1:09.75 WCD 4A WCD
1:14.75 NPSL NPSL League

| Name | YrSchool | Finals Time |
|------------------------|------------|--------------|
| 1 Grant, Heston | SR LHS | 1:00.10 WCD |
| | | 28.77 31.33 |
| 2 Spencer, Will | JR MRHS-PN | 1:04.15 WCD |
| | | 30.03 34.12 |
| 3 Hoppenrath, Wolfgang | JR MRHS-PN | 1:10.95 NPSL |
| | | 33.98 36.97 |
| 4 Lloyd, Peter | FR MRHS-PN | 1:17.75 |
| | | 36.45 41.30 |

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Results - Finals

(Event 11 Boys 100 Yard Breaststroke)

| Name | YrSchool | Finals Time |
|---------------------|------------|-------------|
| 5 D'Amore, Cristian | FR LHS | 1:18.16 |
| 36.35 | 41.81 | |
| 6 Barringer, Ronan | JR KR-PN | 1:21.88 |
| 38.09 | 43.79 | |
| 7 Lwai, Manglian | FR LHS | 1:24.37 |
| 39.17 | 45.20 | |
| --- Vykhopen, Mark | SO MRHS-PN | X1:22.16 |
| 39.35 | 42.81 | |
| --- Marx, Jordan | SO MRHS-PN | X1:23.48 |
| 39.18 | 44.30 | |
| --- Thompson, Jack | SO MRHS-PN | X1:47.78 |
| 50.39 | 57.39 | |
| --- Wafford, Traven | SO LHS | DQ 1:43.96 |
| 49.73 | 54.23 | |

| 8 MRHS-PN | C | x5:32.65 |
|-----------------------|---------------------|----------|
| 1) Amankwaa, Isaac FR | 2) Hammer, Isaac FR | |
| 3) Thompson, Jack SO | 4) Grey, Vincent SO | |
| 35.85 | 1:17.07 | 38.60 |
| 25.17 | 1:30.30 | 23.03 |
| | | 1:22.42 |
| | | 1:22.86 |

Event 12 Boys 400 Yard Freestyle Relay

3:20.00 4A-S 4A-WIAA State
3:54.45 WCD 4A WCD

| Team | Relay | Finals Time |
|-------------------------|------------------------|-------------|
| 1 MRHS-PN | A | 3:41.62 WCD |
| 1) Ma, Will SO | 2) Griffith, Josh JR | |
| 3) Peterson, Nate SR | 4) Schwab, Odin JR | |
| 26.41 | 54.76 | 27.56 |
| 25.94 | 57.32 | 58.24 |
| | | 20.15 |
| | | 51.30 |
| 2 KR-PN | A | 3:51.23 WCD |
| 1) Finlayson, Owen JR | 2) Fain, Lucas JR | |
| 3) McNulty, Toby SR | 4) Goldsmith, Nolan SR | |
| 26.39 | 55.60 | 27.34 |
| 28.96 | 1:03.71 | 57.10 |
| | | 25.48 |
| | | 54.82 |
| 3 LHS | A | 3:55.19 |
| 1) McCullen, Logan SO | 2) Seals, Josiah SO | |
| 3) Johnson, Ty JR | 4) Crites, Cash JR | |
| 27.23 | 56.64 | 28.00 |
| 27.63 | 59.11 | 59.27 |
| | | 28.86 |
| | | 1:00.17 |
| 4 KR-PN | C | 4:18.84 |
| 1) Pettibone, Hayden FR | 2) Buron, Max SO | |
| 3) Atkinson, Quentin SR | 4) Farag, Noah FR | |
| 28.74 | 59.51 | 30.03 |
| 29.84 | 1:03.03 | 1:04.36 |
| | | 33.84 |
| | | 1:11.94 |
| 5 MRHS-PN | B | 4:19.93 |
| 1) Spencer, Owen FR | 2) Johnson, Peter SR | |
| 3) Lloyd, Peter FR | 4) Vykhopen, Mark SO | |
| 29.53 | 1:02.09 | 30.99 |
| 33.56 | 1:10.52 | 1:06.46 |
| | | 29.05 |
| | | 1:00.86 |
| 6 KR-PN | B | x4:21.50 |
| 1) Lloyd, Ryan JR | 2) Humphrey, Jett JR | |
| 3) Ruoff, Corbin SO | 4) Barringer, Ronan JR | |
| 31.58 | 1:06.00 | 28.63 |
| 29.44 | 1:03.34 | 1:00.92 |
| | | 1:11.24 |
| 7 LHS | B | 4:45.31 |
| 1) Suzuki, Ken FR | 2) DeBique, Juvon SR | |
| 3) Richards, Dylan SO | 4) Callaway, Connor SO | |
| 31.38 | 1:07.54 | 32.65 |
| 32.01 | 1:08.86 | 1:10.31 |
| | | 37.75 |
| | | 1:18.60 |