

WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs
Psych Sheet

Event 301 Women 200 Yard Medley Relay**Meet Record: 1:43.52 11/13/2021****Bainbridge Island****Bainbridge Islan****State Record: 1:40.74 11/9/2024****T Lenahan, E Solseng, M Hayes, A McDevitt****Bellevue****Bellevue****K Meskill, C Howard, S Segerson, H White****1:44.31 AAA****1:46.22 AAC**

	Team	Relay	Seed Time	
1	Bellevue	A	1:40.74	AAA
2	Mercer Island	A	1:43.57	AAA
3	Lakeside School	A	1:45.00	AAC
4	Seattle Prep	A	1:50.02	
5	Holy Names Academy	A	1:51.98	
6	Edmonds-Woodway	A	1:52.91	
7	Roosevelt	A	1:53.73	
8	Sammamish	A	1:53.84	
9	Inglemoor	A	1:53.91	
10	Central Kitsap	A	1:54.51	
11	Ballard	A	1:56.09	
12	Cheney	A	1:56.72	
13	Shorecrest	A	1:56.73	
14	Shorewood	A	1:57.77	
15	Garfield	A	1:57.94	
16	Gig Harbor	A	1:59.10	
17	Monroe	A	1:59.33	
18	Walla Walla	A	2:00.61	
19	Snohomish	A	2:00.86	
20	Mountain View	A	2:00.88	
21	Ingraham	A	2:01.14	
22	Enumclaw	A	2:01.28	
23	Peninsula	A	2:02.08	
24	Dr Dolores Silas	A	2:05.14	

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Event 302 Women 200 Yard Freestyle

Meet Record:	1:47.93	11/11/2017	Amy Tang	Lakeside
State Record:	1:46.55	11/13/2010	Andie Taylor	Skyline
	1:48.79	AAA		
	1:50.65	AAC		

	Name	Year	School	Seed Time	
1	McDevitt, Alexa	12	Mercer Island	1:48.44	AAA
2	Seibert, Eliza	9	Lakeside School	1:52.84	
3	Segerson, Sammy	12	Bellevue	1:53.53	
4	Wyzga, Sofia	11	Bellevue	1:53.79	
5	Cancelmo, Caroline	12	Lakeside School	1:54.77	
6	Whorley, Quinn	12	Shorecrest	1:54.86	
7	Rivard, Maddie	12	Garfield	1:55.33	
8	Wang, Ellie	11	Holy Names Academy	1:55.43	
9	LaTendresse, Kaitlyn	11	Gig Harbor	1:55.51	
10	Halfman, Zoe	11	Seattle Prep	1:57.55	
11	Reinvik, Emi	10	Sammamish	1:59.02	
12	Esser, Alexis	12	Dr Dolores Silas	2:00.40	
13	Pletosu, Amelia	9	Inglemoor	2:01.02	
14	Bauman, Madi	10	Cheney	2:01.60	
15	Kwon, Ashley	12	Bellevue	2:01.67	
16	Dahlin, Eva	10	Gig Harbor	2:01.85	
17	Blume, Alexis	11	Bishop Blanchet	2:02.20	
18	Phillips, Charlotte	9	Shorecrest	2:02.34	
19	MacDonald, Zoe	11	Edmonds-Woodway	2:04.58	
20	Lombard, Katherine	12	Mtlake Terrace	2:05.62	
21	Paul, Anna	9	Stanwood	2:06.23	
22	Miller, Reese		Peninsula	2:06.72	
23	Sweet, Peyton	10	Mountain View	2:07.88	
24	Garrels, Ryan		Peninsula	2:10.00	

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Event 303 Women 200 Yard IM

Meet Record: 1:58.13 11/11/2022 Piper Enge MI
State Record: 1:58.13 11/11/2022 Piper Enge Mercer Island
2:01.38 AAA
2:04.11 AAC

	Name	Year	School	Seed Time	
1	Segerson, Sophie	12	Bellevue	1:59.89	AAA
2	Kehoe, Gracyn	11	Mercer Island	2:01.80	AAC
3	Howard, Cecilia	12	Bellevue	2:04.70	
4	McCarthy, Nora	10	Lakeside School	2:05.45	
5	Derstadt, Sadye	12	Lakeside School	2:06.69	
6	Chene, Neve	10	Sammamish	2:08.70	
7	Rider, Izzy	10	Dr Dolores Silas	2:10.24	
8	Yovanovich, Maddie	9	Ballard	2:10.78	
9	Woare, CJ	12	Mercer Island	2:11.04	
10	Learned, Brooklyn	9	Gig Harbor	2:11.66	
11	Chang, Bella	12	Auburn Mountainview	2:12.24	
12	Howson, Aila	12	Shorecrest	2:12.29	
13	Smith, Madelyn	9	Walla Walla	2:12.58	
14	Effgen, Clare	10	Seattle Prep	2:13.82	
15	Pfeiffer, Kiki	9	Bellevue	2:13.93	
16	Shoemaker, Bostyn	9	Central Valley Spokane	2:14.59	
17	Kuntz, Sophia	9	Snohomish	2:15.64	
18	Weber, Clare	10	Holy Names Academy	2:16.02	
19	Demaray, Lucy	10	Mountain View	2:16.43	
20	Coates, Rebecca	12	Lynnwood	2:17.94	
21	Beam, Lisa	10	Mtlake Terrace	2:17.98	
22	Han, Amelia	12	Mercer Island	2:18.52	
23	Magnuson, Violet	11	Capital	2:20.92	
24	Policarpio, Fiona		Thomas Jefferson	2:23.08	

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Event 304 Women 50 Yard Freestyle

Meet Record:	22.36	11/15/2019	Janelle Rudolph	Bellevue
State Record:	22.36	11/15/2019	Janelle Rudolph	Bellevue
	23.08	AAA		
	23.54	AAC		

	Name	Year	School	Seed Time	
1	Meskill, Kamryn	12	Bellevue	22.87	AAA
2	White, Heather	12	Bellevue	23.33	AAC
3	Meyer, Aziza	12	Central Kitsap	23.71	
4	Gooding, Lane	12	Seattle Prep	23.78	
5	Vuong, Jeslyn	12	Mtlake Terrace	23.84	
6	Gao, Brisa	11	Lakeside School	24.04	
7	Dahlin, Meg	11	Mercer Island	24.10	
8	Howe, Lauren	12	Cheney	24.35	
9	Buchholz, Dan	10	Shorewood	24.43	
10	Enge, Hope	11	Mercer Island	24.43	
11	Williams, Moira	12	Holy Names Academy	24.50	
12	Gunderson, Haley	12	Heritage	24.88	
13	Wang, Clairey	9	Bellevue	24.95	
14	Chen, Elaine	9	Mercer Island	24.96	
15	Hall, Noli	12	Lakeside School	25.18	
16	Barnett, Vansea	9	Lakeside School	25.22	
17	Gjertson, Lee		Peninsula	25.25	
18	Weisheyer, Haley	11	White River	25.53	
19	Liu, Chloe	11	Lakeside School	25.73	
20	Hendrickson, Linnea	11	Dr Dolores Silas	25.91	
21	Morales-Tomas, Madison	12	Edmonds-Woodway	26.19	
22	Gallagher, Allie Mae	11	Shorewood	26.23	
23	Bates, Sydney	11	Edmonds-Woodway	26.45	
24	Ng, Ang		Thomas Jefferson	26.60	

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Event 305 Women 1 mtr Diving

Meet Record:		473.30	11/12/2005	Jesse Snowden		Issaquah
State Record:		488.20	11/10/2012	Caitlin Chambers		Issaquah
Name	Year	School				
1	Clark, Madelyn	11	Monroe	349.50		
2	Springer, Finley	11	Ingraham	341.55		
3	Berrios, Lilian	11	Inglemoor	320.70		
4	Magelsen, Brynn	11	Monroe	318.75		
5	Capasso, Clare	9	Mercer Island	317.40		
6	Nord, Elsa	12	Sammamish	313.12		
7	Van Winkle, Adalynn	9	Inglemoor	296.20		
8	Rush, Delaney	12	Kennewick	294.50		
9	Turgeon, Trista	11	White River	287.15		
10	Shahani, Maya	11	Sammamish	278.50		
11	Gorre, Berkley	12	Shorecrest	277.40		
12	Beatty-Witt, Maggie	11	Shorecrest	274.15		
13	Moncaster, Maya	11	Mercer Island	273.70		
14	Fisher, Maggie	12	Liberty	271.05		
15	Zanes, Elliot	12	Walla Walla	261.85		
16	Metcalf, Audrey	11	Mercer Island	260.50		
17	Teplitsky, Sunshine	11	Garfield	259.65		
18	Smith, Kyleigh	10	Liberty	257.20		
19	McMurdie, Emy	10	Capital	249.25		
20	Givot, Jordan	11	Peninsula	245.75		
21	Davis, Julia	12	Gig Harbor	244.45		
22	Hutchens, Miriam	12	Walla Walla	242.05		
23	Solomon, Akal	12	Lakeside School	241.50		
24	Johnson, Amaya	10	Decatur	240.95		

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Event 306 Women 100 Yard Butterfly

Meet Record:	52.05	11/12/2022	Ella Jablonski	LKSD
State Record:	52.05	11/11/2022	Ella Jablonski	Lakeside
	54.32	AAA		
	55.58	AAC		

	Name	Year	School	Seed Time	
1	Meskill, Kamryn	12	Bellevue	53.37	AAA
2	Watson, Clare	11	Mercer Island	54.32	AAA
3	Pham, Sophie	11	Garfield	54.67	AAC
4	Jablonski, Ella	12	Lakeside School	55.03	AAC
5	Enge, Tatum	9	Mercer Island	56.39	
6	Cancelmo, Caroline	12	Lakeside School	57.08	
7	Wong, Bella	9	Bellevue	57.56	
8	Magnotti, Ruthie	10	Holy Names Academy	58.32	
9	Jarrett, Maisey	11	Holy Names Academy	58.41	
10	Nowakowski, Emma	10	Mercer Island	58.73	
11	Orazem, Rhea	10	Holy Names Academy	59.30	
12	Garcia, Olivia	10	Edmonds-Woodway	59.45	
13	O'Dell, Ioyalise	12	Cheney	59.79	
14	Bennett, Simone	12	Edmonds-Woodway	1:00.05	
15	Levesh, Alexandra	11	Enumclaw	1:00.44	
16	Shang, Julia	11	Mercer Island	1:01.04	
17	Beam, Lisa	10	Mtlake Terrace	1:01.60	
18	Liu, Chloe	11	Lakeside School	1:01.70	
19	Policarpio, Fiona		Thomas Jefferson	1:02.94	
20	Bendiksen, Anna	10	Shorecrest	1:03.28	
21	LaTendresse, Audrey	9	Gig Harbor	1:04.36	
22	Sweet, Peyton	10	Mountain View	1:04.91	
23	Ensminger, Beau	12	Gig Harbor	1:05.08	
24	To, Jennifer	10	Dr Dolores Silas	1:05.38	

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Event 307 Women 100 Yard Freestyle

Meet Record:	49.60	11/10/2018	Janelle Rudolph	Bellevue
State Record:	49.56	11/9/2024	Kamryn Meskill	Bellevue
	50.16	AAA		
	50.99	AAC		

Name	Year	School	Seed Time		
1	White, Heather	12	Bellevue	50.05	AAA
2	Meyer, Aziza	12	Central Kitsap	52.09	
3	Gooding, Lane	12	Seattle Prep	52.34	
4	Dahlin, Meg	11	Mercer Island	52.54	
5	Borja, Haley	12	Central Kitsap	52.70	
6	Buchholz, Dan	10	Shorewood	53.18	
7	Enge, Hope	11	Mercer Island	53.66	
8	Vuong, Jeslyn	12	Mtlake Terrace	53.78	
9	Rich, Lauren	11	Sammamish	54.00	
10	Chen, Elaine	9	Mercer Island	54.50	
11	Howe, Lauren	12	Cheney	54.51	
12	Buechler-Flack, Dylan	9	Meadowdale	54.56	
13	Gjertson, Lee		Peninsula	54.82	
14	Wang, Clairey	9	Bellevue	54.93	
15	Esser, Alexis	12	Dr Dolores Silas	55.66	
16	Nelson, Jenna	11	Gig Harbor	55.73	
17	Barnett, Vansea	9	Lakeside School	56.02	
18	Zhao, Jeanette	10	Mercer Island	56.32	
19	Blume, Alexis	11	Bishop Blanchet	56.81	
20	Reid, Makena	10	Inglemoor	56.88	
21	Hendrickson, Linnea	11	Dr Dolores Silas	56.96	
22	Weisheyer, Haley	11	White River	57.10	
23	McLaughlin, Raine	12	Shorecrest	57.23	
24	Atkins, Peyton	11	Prairie	57.72	

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Event 308 Women 500 Yard Freestyle

Meet Record:	4:49.56	11/16/1996	Corrie Murphy	Highline
State Record:	4:41.98	11/14/2008	Amber McDermott	Jackson
	4:53.16	AAA		
	4:58.35	AAC		

Name	Year	School	Seed Time
1 McDevitt, Alexa	12	Mercer Island	4:54.45 AAC
2 Wyzga, Sofia	11	Bellevue	5:01.37
3 Seibert, Eliza	9	Lakeside School	5:03.74
4 Segerson, Sammy	12	Bellevue	5:05.68
5 Whorley, Quinn	12	Shorecrest	5:06.38
6 LaTendresse, Kaitlyn	11	Gig Harbor	5:11.08
7 Woare, CJ	12	Mercer Island	5:12.00
8 Halfman, Zoe	11	Seattle Prep	5:12.49
9 Wang, Ellie	11	Holy Names Academy	5:12.56
10 Dunn, Emily	11	Mercer Island	5:15.51
11 Lauinger, Megan	11	Seattle Prep	5:17.42
12 Smith, Madelyn	9	Walla Walla	5:18.41
13 Pletosu, Amelia	9	Inglemoor	5:19.13
14 Kinzer, Rachel	9	Inglemoor	5:19.37
15 Ambach, Greta	10	Roosevelt	5:19.55
16 Allison, Grace	11	Bishop Blanchet	5:19.91
17 Reinvik, Emi	10	Sammamish	5:21.51
18 Demaray, Lucy	10	Mountain View	5:26.69
19 Magnuson, Violet	11	Capital	5:27.74
20 MacDonald, Zoe	11	Edmonds-Woodway	5:29.63
21 LaTendresse, Audrey	9	Gig Harbor	5:30.37
22 Phillips, Charlotte	9	Shorecrest	5:33.59
23 Paul, Anna	9	Stanwood	5:34.00
24 Yost, Hannah	9	Dr Dolores Silas	5:38.83
25 Miller, Reese		Peninsula	5:43.34

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Event 309 Women 200 Yard Freestyle Relay**Meet Record: 1:35.23 11/14/2015****Lakeside (Seattle)****Lakeside****State Record: 1:34.79 11/9/2024****H Teegan, C Wagner, A Wagner, H Shabb****Lakeside****Lakes****1:35.48 AAA****N Hall, N McCarthy, B Gao, E Jablonski****1:37.15 AAC**

	Team	Relay	Seed Time	
1	Lakeside School	A	1:34.79	AAA
2	Mercer Island	A	1:36.21	AAC
3	Seattle Prep	A	1:38.90	
4	Bellevue	A	1:40.17	
5	Gig Harbor	A	1:42.32	
6	Central Kitsap	A	1:42.38	
7	Dr Dolores Silas	A	1:43.21	
8	Liberty	A	1:43.96	
9	Roosevelt	A	1:44.26	
10	Bishop Blanchet	A	1:44.34	
11	Holy Names Academy	A	1:44.87	
12	Cheney	A	1:45.41	
13	Shorewood	A	1:45.49	
14	Edmonds-Woodway	A	1:45.59	
15	Walla Walla	A	1:47.92	
16	Peninsula	A	1:48.23	
17	Inglemoor	A	1:48.23	
18	Mountain View	A	1:49.27	
19	Enumclaw	A	1:49.89	
20	Stanwood	A	1:50.38	
21	Kelso	A	1:50.53	
22	West Seattle	A	1:51.01	
23	Capital	A	1:54.44	
24	Oak Harbor	A	1:55.80	

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Event 310 Women 100 Yard Backstroke

Meet Record:	52.90	11/16/2019	Janelle Rudolph	Bellevue
State Record:	52.90	11/16/2019	Janelle Rudolph	Bellevue
	54.69	AAA		
	55.91	AAC		

Name	Year	School	Seed Time
1 Jablonski, Ella	12	Lakeside School	56.28
2 Watson, Clare	11	Mercer Island	56.34
3 Derstadt, Sadye	12	Lakeside School	56.44
4 Pham, Sophie	11	Garfield	56.46
5 McCarthy, Nora	10	Lakeside School	56.72
6 Borja, Haley	12	Central Kitsap	57.85
7 Chene, Neve	10	Sammamish	58.52
8 Yovanovich, Maddie	9	Ballard	58.55
9 Lauinger, Megan	11	Seattle Prep	58.85
10 Hall, Noli	12	Lakeside School	59.24
11 Bennett, Simone	12	Edmonds-Woodway	59.37
12 Dunn, Emily	11	Mercer Island	1:00.89
13 Buechler-Flack, Dylan	9	Meadowdale	1:00.93
14 Gunderson, Haley	12	Heritage	1:01.13
15 Jarrett, Maisey	11	Holy Names Academy	1:01.28
16 O'Dell, Joyalise	12	Cheney	1:01.64
17 Shang, Julia	11	Mercer Island	1:01.82
18 Garcia, Olivia	10	Edmonds-Woodway	1:02.53
19 Han, Amelia	12	Mercer Island	1:03.25
20 Ng, Ang		Thomas Jefferson	1:03.78
21 Schmidt, Jezelle	10	Cheney	1:03.91
22 Ensminger, Beau	12	Gig Harbor	1:04.39
23 McLaughlin, Raine	12	Shorecrest	1:04.39
24 To, Jennifer	10	Dr Dolores Silas	1:04.88
25 Henkel, Kate		Peninsula	1:05.65

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Event 311 Women 100 Yard Breaststroke

Meet Record:	58.95	11/11/2023	Piper Enge	MI
State Record:	58.95	11/11/2024	Piper Enge	Mercer Island
	1:02.53	AAA		
	1:03.84	AAC		

Name	Year	School	Seed Time
1	Howard, Cecilia	12 Bellevue	1:02.03 AAA
2	Kehoe, Gracyn	11 Mercer Island	1:03.04 AAC
3	Rivard, Maddie	12 Garfield	1:04.07
4	Segerson, Sophie	12 Bellevue	1:04.96
5	Chang, Bella	12 Auburn Mountainview	1:05.06
6	Enge, Tatum	9 Mercer Island	1:05.15
7	Gao, Brisa	11 Lakeside School	1:05.15
8	Rider, Izzy	10 Dr Dolores Silas	1:05.59
9	Howson, Aila	12 Shorecrest	1:06.55
10	Effgen, Clare	10 Seattle Prep	1:07.05
11	Weber, Clare	10 Holy Names Academy	1:07.45
12	Irani, Delana	11 Holy Names Academy	1:07.47
13	Nowakowski, Emma	10 Mercer Island	1:07.80
14	Magnotti, Ruthie	10 Holy Names Academy	1:07.92
15	Learned, Brooklyn	9 Gig Harbor	1:08.03
16	Shoemaker, Bostyn	9 Central Valley Spokane	1:09.12
17	Surugiu, Maya	9 Inglemoor	1:09.37
18	Mulder, Aisha	10 Liberty	1:09.75
19	Coates, Rebecca	12 Lynnwood	1:10.04
20	Detjen, Tatum	11 Edmonds-Woodway	1:11.31
21	Mirabueno, Malaina	12 Shorewood	1:11.47
22	Levesh, Alexandra	11 Enumclaw	1:12.16
23	Sawyer, Kiah	12 Gig Harbor	1:15.13
24	Stevenson, Riley	9 Heritage	1:16.93

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Event 312 Women 400 Yard Freestyle Relay**Meet Record: 3:23.43 11/12/2022****Mercer Island****MI****State Record: 3:21.89 11/9/2024****P Enge, G Kehoe, C Watson, A McDevitt****Bellevue****Bellevue****3:27.68 AAA****K Meskill, C Howard, S Segerson, H White****3:31.16 AAC**

	Team	Relay	Seed Time	
1	Bellevue	A	3:21.86	AAA
2	Mercer Island	A	3:27.04	AAA
3	Lakeside School	A	3:37.29	
4	Gig Harbor	A	3:43.66	
5	Shorecrest	A	3:43.85	
6	Holy Names Academy	A	3:43.89	
7	Seattle Prep	A	3:45.08	
8	Inglemoor	A	3:45.23	
9	Mtlake Terrace	A	3:46.61	
10	Dr Dolores Silas	A	3:47.62	
11	Cheney	A	3:49.66	
12	Liberty	A	3:51.18	
13	Sammamish	A	3:52.11	
14	Edmonds-Woodway	A	3:52.56	
15	Ballard	A	3:52.66	
16	Shorewood	A	3:52.90	
17	Bishop Blanchet	A	3:56.83	
18	Garfield	A	3:59.66	
19	Stanwood	A	4:01.06	
20	Snohomish	A	4:03.09	
21	Peninsula	A	4:04.12	
22	Central Kitsap	A	4:08.09	
23	Kelso	A	4:11.21	
24	Auburn Mountainview	A	4:14.78	

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Event 313 Women 50 Yard Freestyle Adaptive Race

Meet Record:	33.26	11/16/2019	Madilyn Murphey	Stadium
State Record:	33.26	11/16/2019	Madilyn Murphey	Stadium
	23.08	AAA		
	23.54	AAC		

	Name	Year	School	Seed Time
1	Milliron, Rylan	9	Oak Harbor	39.87
2	Urena-Arias, Eliana	11	Kennewick	45.03
3	Ashby, Aspen	11	Garfield	56.53
4	Barlow, Zoraya	10	Mountain View	1:04.84
5	Long, Samantha	11	Stanwood	1:11.55
6	Scheuerell, Kaya	11	Ballard	1:11.79
7	James, Annabelle	11	Liberty	NT

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Event 314 Women 50 Yard Backstroke Adaptive Race**Meet Record: 40.16 11/16/2019 Madilyn Murphey****Stadium****State Record: 40.16 11/16/2019 Madilyn Murphey****Stadium**

	Name	Year	School	Seed Time
1	Milliron, Rylan	9	Oak Harbor	50.50
2	Urena-Arias, Eliana	11	Kennewick	1:07.60
3	Barlow, Zoraya	10	Mountain View	1:08.04
4	Ashby, Aspen	11	Garfield	1:16.15
5	Long, Samantha	11	Stanwood	1:23.15
6	Scheuerell, Kaya	11	Ballard	1:55.90
7	James, Annabelle	11	Liberty	NT