

**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****T Lenahan, E Solseng, M Hayes, A McDevitt****State Record: 1:43.52 11/13/2021****Bainbridge Island****Bainbridge Islan****T Lenahan, E Solseng, M Hayes, A McDevitt****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	

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

Event 302 Women 200 Yard Freestyle

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

Lakeside
Skyline

	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	

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

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 MI
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	

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

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	

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

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

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

Event 306 Women 100 Yard Butterfly

Meet Record:	52.05	11/12/2022	Ella Jablonski	LKSD
State Record:	52.05	11/12/2022	Ella Jablonski	LKSD
	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	

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

Event 307 Women 100 Yard Freestyle

Meet Record:	49.60	11/10/2018	Janelle Rudolph	Bellevue
State Record:	49.60	11/10/2018	Janelle Rudolph	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	Dahlin, Eva	10	Gig Harbor	56.44	#
20	Blume, Alexis	11	Bishop Blanchet	56.81	#
21	Reid, Makena	10	Inglemoor	56.88	#
22	Hendrickson, Linnea	11	Dr Dolores Silas	56.96	#
23	McLaughlin, Raine	12	Shorecrest	57.23	
24	Atkins, Peyton	11	Prairie	57.72	

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

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 Reinvik, Emi	10	Sammamish	5:21.51
17 Demaray, Lucy	10	Mountain View	5:26.69
18 Magnuson, Violet	11	Capital	5:27.74
19 MacDonald, Zoe	11	Edmonds-Woodway	5:29.63
20 LaTendresse, Audrey	9	Gig Harbor	5:30.37
21 Phillips, Charlotte	9	Shorecrest	5:33.59
22 Paul, Anna	9	Stanwood	5:34.00
23 Yost, Hannah	9	Dr Dolores Silas	5:38.83
24 Miller, Reese		Peninsula	5:43.34

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

Event 309 Women 200 Yard Freestyle Relay

Meet Record:	1:35.23	11/14/2015	Lakeside (Seattle)	Lakeside
			H Teegan, C Wagner, A Wagner, H Shabb	
State Record:	1:34.96	11/10/2018	Newport	Newport
			S Baron, R Nguyen, G Wang, J Chen	
	1:35.48	AAA		
	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	Inglesmoor		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	

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

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 To, Jennifer	10	Dr Dolores Silas	1:04.88
24 Henkel, Kate		Peninsula	1:05.65

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

Event 311 Women 100 Yard Breaststroke

Meet Record: 58.95 11/11/2023 Piper Enge MI
State Record: 58.95 11/11/2023 Piper Enge MI
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	

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

Event 312 Women 400 Yard Freestyle Relay

Meet Record: 3:23.43 11/12/2022 Mercer Island MI

P Enge, G Kehoe, C Watson, A McDevitt

State Record: 3:23.43 11/12/2022 Mercer Island MI

P Enge, G Kehoe, C Watson, A McDevitt

3:27.68 AAA

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	

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

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	Phan, Vivian	11	Lynnwood	51.04
4	Ashby, Aspen	11	Garfield	56.53
5	Barlow, Zoraya	10	Mountain View	1:04.84
6	Long, Samantha	11	Stanwood	1:11.55
7	Scheuerell, Kaya	11	Ballard	1:11.79
8	James, Annabelle	11	Liberty	NT

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

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	Phan, Vivian	11	Lynnwood	58.79
3	Urena-Arias, Eliana	11	Kennewick	1:07.60
4	Barlow, Zoraya	10	Mountain View	1:08.04
5	Ashby, Aspen	11	Garfield	1:16.15
6	Long, Samantha	11	Stanwood	1:23.15
7	Scheuerell, Kaya	11	Ballard	1:55.90
8	James, Annabelle	11	Liberty	NT