

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 1 Girls 200 Yard Medley Relay

MEET RECORD: 1:46.48 # 11/2/2019 CURTIS

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

4A STATE REC: 1:44.00 ! 2018 SKYLINE

1:44.27 AAA All-America Auto

1:46.16 AAC All-America Consid.

1:53.50 4AST 4A State Qual

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 KENNEDY CATHOLIC HIGH SCHC		1:49.97	1:47.21 4AST	40
1) Weiler, Hailey SO	2) Vu, Kaitlyn SO	3) Williams, Rae SR	4) Jackson, Avery FR	
25.59 29.87 27.09	24.66			
2 CURTIS VIKINGS		1:48.97	1:48.69 4AST	34
1) Putt, Takara SR	2) Guidoux, May JR	3) Link, Trinity SR	4) Bernardo, Alexis JR	
28.38 30.23 26.33	23.75			
3 TAHOMA HIGH SCHOOL		1:56.19	1:55.97	32
1) Hill, Jasmine JR	2) Rasmussen, Tamar SR	3) Warner, Elena JR	4) Sears, Sierra SR	
28.01 34.64 27.75	25.57			
4 PUYALLUP HIGH SCHOOL		1:59.21	1:59.63	30
1) Sellman, Emily JR	2) Punsalan, Amaiya SR	3) Bagniewski, Molly SR	4) Mahaffie, Annie JR	
28.19 36.04 27.79	27.61			
5 ROGERS RAMS		2:01.34	1:59.90	28
1) Bontemps, Julia SR	2) Jahn, Vivienne FR	3) Davis, Sophia FR	4) Snow, Lauren SO	
28.37 35.51 28.56	27.46			
6 OLYMPIA HIGH SCHOOL		2:03.11	2:02.30	26
1) Randall, Clara JR	2) Nguyen, Brianna SR	3) Champion, Teresa SR	4) Andreassen, Nora JR	
30.85 35.25 29.19	27.01			
7 KENTRIDGE HS		2:03.60	2:02.91	24
1) Mann, Grace SO	2) Edwards, Addison JR	3) Zimmerman, Reyna JR	4) Haroldson-Margel, Harper SO	
40.48 25.25 30.89	26.29			
8 SOUTH KITSAP HIGH SCHOOL		2:03.96	2:04.27	22
1) Spiker, Azie SO	2) Hughes, Emi FR	3) Hurguy, Emma JR	4) Hellewell, Shanna JR	
30.56 36.52 29.97	27.22			
B - Final				
9 DECATUR HIGH SCHOOL		2:07.08	2:07.09	18
1) Ekenman, Eva JR	2) Tucker, Violet SR	3) Walling, Ashly SO	4) Thomas, Roha JR	
32.48 34.28 30.63	29.70			
10 MOUNT RAINIER HIGH SCHOOL		2:14.01	2:11.94	14
1) Nesbitt, Piper FR	2) Hansmire, Molly SO	3) Kwong, Amelia JR	4) Easterling, Abi SR	
33.82 39.05 30.47	28.60			

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1:44.27 AAA All-America Auto

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1:53.50 4AST 4A State Qual

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 CURTIS VIKINGS		1:49.05	1:48.97 q4AST
1) Putt, Takara SR	2) Guidoux, May JR	3) Link, Trinity SR	4) Bernardo, Alexis JR
28.08 30.15 26.53	24.21		

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Preliminaries ... (Event 1 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Prelim Time
2 KENNEDY CATHOLIC HIGH SCHC		1:50.50	1:49.97 q4AST
1) Weiler, Hailey SO 26.83 30.08 28.02	2) Vu, Kaitlyn SO 25.04	3) Williams, Rae SR	4) Jackson, Avery FR
3 TAHOMA HIGH SCHOOL		1:56.96	1:56.19 q
1) Hill, Jasmine JR 28.21 34.51 27.93	2) Rasmussen, Tamar SR 25.54	3) Warner, Elena JR	4) Sears, Sierra SR
4 PUYALLUP HIGH SCHOOL		2:02.07	1:59.21 q
1) Sellman, Emily JR 28.26 35.55 27.48	2) Punsalan, Amaiya SR 27.92	3) Bagniewski, Molly SR	4) Mahaffie, Annie JR
5 ROGERS RAMS		2:04.44	2:01.34 q
1) Bontemps, Julia SR 28.53 35.35 29.33	2) Jahn, Vivienne FR 28.13	3) Davis, Sophia FR	4) Snow, Lauren SO
6 OLYMPIA HIGH SCHOOL		2:02.08	2:03.11 q
1) Randall, Clara JR 31.14 35.76 29.24	2) Nguyen, Brianna SR 26.97	3) Champion, Teresa SR	4) Andreassen, Nora JR
7 KENTRIDGE HS		2:06.23	2:03.60 q
1) Mann, Grace SO 33.54 31.64 31.64	2) Edwards, Addison JR 26.78	3) Zimmerman, Reyna JR	4) Haroldson-Margel, Harper SO
8 SOUTH KITSAP HIGH SCHOOL		2:04.90	2:03.96 q
1) Spiker, Azie SO 30.80 35.69 30.10	2) Hughes, Emi FR 27.37	3) Hurguy, Emma JR	4) Hellewell, Shanna JR
9 DECATUR HIGH SCHOOL		2:06.80	2:07.08 q
1) Ekenman, Eva JR 32.92 34.49 30.96	2) Tucker, Violet SR 28.71	3) Walling, Ashly SO	4) Thomas, Roha JR
10 MOUNT RAINIER HIGH SCHOOL		1:58.26	2:14.01 q
1) Nesbitt, Piper FR 34.21 38.59 32.27	2) Hansmire, Molly SO 28.94	3) Kwong, Amelia JR	4) Easterling, Abi SR
--- SUMNER HIGH SCHOOL GIRLS		2:06.74	DQ
1) Morales, Myles SR	2) Herrick, Chloe JR	3) Mendoza, Maya SR	4) Grace, Amilya JR

Event 2 Girls 200 Yard Freestyle

MEET RECORD: 1:50.54 # 11/2/2002 MEGAN RAINS - ROG
 4A STATE REC: 1:46.55 ! 2009 ANDIE TAYLOR - SKYLINE
 1:48.74 AAA All-America Auto
 1:50.65 AAC All-America Consid.
 1:59.70 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Ma, Elizabeth		SR MOUNT RAINIER HIGH SCHOOL	1:56.91	1:55.56 4AST	20
2 Wolfe, Madison		FR CURTIS VIKINGS	2:00.76	1:57.75 4AST	17
3 Bagniewski, Molly		SR PUYALLUP HIGH SCHOOL	1:58.06	1:58.58 4AST	16
4 Hoover, Hayden		JR CURTIS VIKINGS	2:01.18	1:59.16 4AST	15
5 Ledesma, Lauren		SO CURTIS VIKINGS	2:00.28	1:59.44 4AST	14
6 Gertseva, Nicole		SO OLYMPIA HIGH SCHOOL	2:00.00	2:00.15	13
7 LaBella, Lucy		FR KENNEDY CATHOLIC HIGH SCHOOL	2:00.53	2:00.16	12

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A - Final ... (Event 2 Girls 200 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
8 Bontemps, Julia	SR	ROGERS RAMS	2:00.74	2:01.63	11
27.89 30.36 31.07	32.31				

B - Final

9 Artemdize, Sophie	SR	TAHOMA HIGH SCHOOL	2:03.91	2:04.24	9
28.72 31.36 32.31	31.85				
10 Jahn, Vivienne	FR	ROGERS RAMS	2:02.72	2:04.43	7
28.26 31.17 33.12	31.88				
11 Haroldson-Margel, Harper	SO	KENTRIDGE HS	2:05.43	2:05.47	6
28.89 31.72 32.30	32.56				
12 Smathers, Julia	JR	ROGERS RAMS	2:10.95	2:09.86	5
29.71 32.97 33.70	33.48				
13 Jose, Norah	SR	TAHOMA HIGH SCHOOL	2:10.38	2:12.26	4
29.73 32.97 34.73	34.83				
14 McDaniel, Cambria	SO	OLYMPIA HIGH SCHOOL	2:14.63	2:12.29	3
29.07 33.48 35.48	34.26				
15 McDowell, Alexis	SO	KENTRIDGE HS	2:12.26	2:12.55	2
30.65 33.32 34.20	34.38				
16 Collins, Iris	FR	SUMNER HIGH SCHOOL GIRLS	2:11.27	2:13.19	1
30.05 33.78 35.19	34.17				

Event 2 Girls 200 Yard Freestyle

MEET RECORD: 1:50.54 # 11/2/2002 MEGAN RAINS - ROG
 4A STATE REC: 1:46.55 ! 2009 ANDIE TAYLOR - SKYLINE
 1:48.74 AAA All-America Auto
 1:50.65 AAC All-America Consid.
 1:59.70 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Ma, Elizabeth	SR	MOUNT RAINIER HIGH SCHOOL	1:56.41	1:56.91	q4AST
26.65 29.89 30.54	29.83				
2 Bagniewski, Molly	SR	PUYALLUP HIGH SCHOOL	2:02.19	1:58.06	q4AST
27.52 29.59 30.15	30.80				
3 Gertseva, Nicole	SO	OLYMPIA HIGH SCHOOL	2:00.48	2:00.00	q
27.37 30.10 31.27	31.26				
4 Ledesma, Lauren	SO	CURTIS VIKINGS	2:02.77	2:00.28	q
28.36 30.35 31.10	30.47				
5 LaBella, Lucy	FR	KENNEDY CATHOLIC HIGH SCHOOL	2:05.86	2:00.53	q
27.99 30.46 31.37	30.71				
6 Bontemps, Julia	SR	ROGERS RAMS	2:02.25	2:00.74	q
28.35 30.92 30.48	30.99				
7 Wolfe, Madison	FR	CURTIS VIKINGS	1:59.97	2:00.76	q
27.93 30.51 31.27	31.05				
8 Hoover, Hayden	JR	CURTIS VIKINGS	1:59.65	2:01.18	q
27.53 30.05 31.09	32.51				
9 Jahn, Vivienne	FR	ROGERS RAMS	2:04.37	2:02.72	q
27.72 30.65 32.35	32.00				
10 Artemdize, Sophie	SR	TAHOMA HIGH SCHOOL	2:06.15	2:03.91	q
28.81 31.09 31.68	32.33				
11 Haroldson-Margel, Harper	SO	KENTRIDGE HS	2:12.32	2:05.43	q
28.65 31.58 32.57	32.63				
12 Jose, Norah	SR	TAHOMA HIGH SCHOOL	2:13.81	2:10.38	q
29.01 32.05 34.36	34.96				

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Preliminaries ... (Event 2 Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
13 Smathers, Julia	JR	ROGERS RAMS	2:14.08	2:10.95	q
29.97 32.95 34.23	33.80				
14 Collins, Iris	FR	SUMNER HIGH SCHOOL GIRLS	2:15.34	2:11.27	q
29.77 33.13 34.24	34.13				
15 McDowell, Alexis	SO	KENTRIDGE HS	2:11.19	2:12.26	q
30.66 32.40 34.55	34.65				
16 McDaniel, Cambria	SO	OLYMPIA HIGH SCHOOL	2:13.81	2:14.63	q
28.59 33.50 36.05	36.49				
17 Zimmerman, Reyna	JR	KENTRIDGE HS	2:16.06	2:14.74	
29.27 32.79 35.59	37.09				
18 Pineda, Lydia	JR	CURTIS VIKINGS	2:15.88	2:14.94	
31.62 33.91 35.10	34.31				
19 Hewson, Ainsley	JR	KENTRIDGE HS	2:18.27	2:16.32	
29.90 34.34 36.11	35.97				
20 Boulay, Lena	SO	OLYMPIA HIGH SCHOOL	2:20.51	2:18.58	
30.86 34.63 36.94	36.15				
21 Mahaffie, Annie	JR	PUYALLUP HIGH SCHOOL	2:22.14	2:23.07	
32.77 36.00 37.76	36.54				
22 Moniodis, Nastasia	FR	OLYMPIA HIGH SCHOOL	2:23.37	2:23.29	
23 Bradley, Brooke	JR	ROGERS RAMS	2:28.05	2:25.84	
24 Moniodis, Arianna	SR	OLYMPIA HIGH SCHOOL	2:28.35	2:26.09	
33.15 37.08 38.95	36.91				

Event 3 Girls 200 Yard IM

MEET RECORD: 2:02.58 # 10/27/2001 EMILY KUKORS - AUB
 4A STATE REC: 1:58.23 ! 2008 ANDIE TAYLOR - SKYLINE
 2:01.46 AAA All-America Auto
 2:04.01 AAC All-America Consid.
 2:13.50 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Weiler, Hailey	SO	KENNEDY CATHOLIC HIGH SCHOOL	2:09.31	2:05.68	4AST 20
25.68 30.03 39.63	30.34				
2 Vu, Kaitlyn	SO	KENNEDY CATHOLIC HIGH SCHOOL	2:10.36	2:09.10	4AST 17
27.97 33.22 36.56	31.35				
3 Link, Trinity	SR	CURTIS VIKINGS	2:10.68	2:10.54	4AST 16
27.88 33.00 38.22	31.44				
4 Tweit, Payton	FR	SUMNER HIGH SCHOOL GIRLS	2:17.98	2:16.23	15
29.28 35.05 40.65	31.25				
5 Warner, Elena	JR	TAHOMA HIGH SCHOOL	2:16.94	2:16.30	14
28.50 34.30 41.14	32.36				
6 Edwards, Addison	JR	KENTRIDGE HS	2:24.56	2:22.78	13
30.82 37.65 40.90	33.41				
7 Snyder, Abbie	FR	KENTWOOD HIGH SCHOOL	2:23.78	2:24.10	12
29.62 36.06 44.36	34.06				
8 Rasmussen, Tamar	SR	TAHOMA HIGH SCHOOL	2:23.87	2:24.72	11
31.25 38.00 41.64	33.83				
B - Final					
9 Davis, Sophia	FR	ROGERS RAMS	2:26.74	2:21.38	9
30.33 34.97 42.84	33.24				
10 Schedrin, Julia	JR	BETHEL HIGH SCHOOL	2:25.81	2:26.21	7
30.21 37.89 43.79	34.32				

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B - Final ... (Event 3 Girls 200 Yard IM)

Name	Yr	School	Prelim Time	Finals Time	Points
11 Spiker, Azie 31.20 36.66 45.06 33.79	SO	SOUTH KITSAP HIGH SCHOOL	2:29.92	2:26.71	6
12 Hurguy, Emma 31.65 37.49 47.25 33.89	JR	SOUTH KITSAP HIGH SCHOOL	2:30.88	2:30.28	5
13 Randall, Clara 33.78 36.69 48.80 33.08	JR	OLYMPIA HIGH SCHOOL	2:31.33	2:32.35	4
14 Camper, Luciana 33.06 38.88 46.41 36.32	JR	CURTIS VIKINGS	2:33.90	2:34.67	3
15 Nguyen, Brianna 33.43 39.77 46.13 36.95	SR	OLYMPIA HIGH SCHOOL	2:37.75	2:36.28	2
16 Punsalan, Amaiya 35.03 39.65 45.13 37.41	SR	PUYALLUP HIGH SCHOOL	2:36.74	2:37.22	1

Event 3 Girls 200 Yard IM

MEET RECORD: 2:02.58 # 10/27/2001 EMILY KUKORS - AUB
 4A STATE REC: 1:58.23 ! 2008 ANDIE TAYLOR - SKYLINE
 2:01.46 AAA All-America Auto
 2:04.01 AAC All-America Consid.
 2:13.50 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Weiler, Hailey 26.50 31.81 40.53 30.47	SO	KENNEDY CATHOLIC HIGH SCHOOL	2:09.96	2:09.31	q4AST
2 Vu, Kaitlyn 28.57 34.17 36.04 31.58	SO	KENNEDY CATHOLIC HIGH SCHOOL	2:17.51	2:10.36	q4AST
3 Link, Trinity 28.25 33.42 37.84 31.17	SR	CURTIS VIKINGS	2:10.26	2:10.68	q4AST
4 Warner, Elena 28.93 33.83 40.55 33.63	JR	TAHOMA HIGH SCHOOL	2:16.64	2:16.94	q
5 Tweit, Payton 30.11 35.58 40.57 31.72	FR	SUMNER HIGH SCHOOL GIRLS	2:17.72	2:17.98	q
6 Snyder, Abbie 29.59 36.48 43.80 33.91	FR	KENTWOOD HIGH SCHOOL	2:22.86	2:23.78	q
7 Rasmussen, Tamar 31.52 37.58 41.07 33.70	SR	TAHOMA HIGH SCHOOL	2:26.03	2:23.87	q
8 Edwards, Addison 30.82 38.09 41.02 34.63	JR	KENTRIDGE HS	2:22.53	2:24.56	q
9 Schedrin, Julia 29.68 38.17 44.09 33.87	JR	BETHEL HIGH SCHOOL	2:26.61	2:25.81	q
10 Davis, Sophia 30.94 37.18 45.21 33.41	FR	ROGERS RAMS	2:29.15	2:26.74	q
11 Spiker, Azie 31.07 36.74 46.80 35.31	SO	SOUTH KITSAP HIGH SCHOOL	2:33.11	2:29.92	q
12 Hurguy, Emma 32.15 36.65 47.14 34.94	JR	SOUTH KITSAP HIGH SCHOOL	2:31.44	2:30.88	q
13 Randall, Clara 33.93 35.89 47.24 34.27	JR	OLYMPIA HIGH SCHOOL	2:31.26	2:31.33	q
14 Camper, Luciana 32.53 41.40 45.00 34.97	JR	CURTIS VIKINGS	2:33.80	2:33.90	q
15 Punsalan, Amaiya 34.32 41.59 43.84 36.99	SR	PUYALLUP HIGH SCHOOL	2:38.62	2:36.74	q
16 Nguyen, Brianna 33.70 40.96 46.11 36.98	SR	OLYMPIA HIGH SCHOOL	2:37.55	2:37.75	q

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Preliminaries ... (Event 3 Girls 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time
17 Lee, Jasmine	JR	CURTIS VIKINGS	2:32.88	2:38.38
32.90 42.00 47.29 36.19				
18 Nishizawa, Anna	FR	TAHOMA HIGH SCHOOL	2:38.68	2:39.85
33.70 39.94 46.92 39.29				
19 Hoffman, Lenora	JR	ROGERS RAMS	2:45.45	2:40.91
37.50 37.99 47.89 37.53				
20 Williams, Ever	SR	OLYMPIA HIGH SCHOOL	2:43.65	2:41.72
33.83 44.55 43.74 39.60				
21 Wallner, Paula	SR	PUYALLUP HIGH SCHOOL	2:44.42	2:44.53
37.67 42.07 46.59 38.20				
22 Anderson, Peyton	JR	SUMNER HIGH SCHOOL GIRLS	2:56.22	2:48.19
34.16 42.05 54.35 37.63				
23 Thomas, Helena	JR	DECATUR HIGH SCHOOL	2:58.80	2:50.57
24 Morales, Myles	SR	SUMNER HIGH SCHOOL GIRLS	3:06.43	3:11.29

Event 4 Girls 50 Yard Freestyle

MEET RECORD: 23.23 # 1985 ROSIE ZIMSEN - SK
 4A STATE REC: 22.58 ! 2017 EMMA CARLTON - MV
 23.08 AAA All-America Auto
 23.50 AAC All-America Consid.
 25.00 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Bernardo, Alexis	JR	CURTIS VIKINGS	24.46	24.52	4AST 20
2 Gaul, Rowan	SR	TAHOMA HIGH SCHOOL	24.71	24.86	4AST 17
3 Jackson, Avery	FR	KENNEDY CATHOLIC HIGH SCHOOL	25.52	25.19	16
4 Lopez, Gaby	SO	CURTIS VIKINGS	25.53	25.45	15
5 Sellman, Emily	JR	PUYALLUP HIGH SCHOOL	25.69	25.49	14
6 Daniels, Yuna	JR	GRAHAM KAPOWSIN SWIM TEAM	25.75	25.62	13
7 Sears, Sierra	SR	TAHOMA HIGH SCHOOL	26.05	26.02	12
8 Williams, Rae	SR	KENNEDY CATHOLIC HIGH SCHOOL	26.23	26.29	11
B - Final					
9 Ng, Maddie	JR	MOUNT RAINIER HIGH SCHOOL	26.43	26.18	9
10 Hill, Jasmine	JR	TAHOMA HIGH SCHOOL	26.69	26.19	7
11 Roberts, Paige	SO	CURTIS VIKINGS	26.64	26.51	6
12 Mann, Grace	SO	KENTRIDGE HS	26.65	26.66	5
13 Carr, Addy	JR	MOUNT RAINIER HIGH SCHOOL	27.23	26.94	4
14 Luna, Riley	SO	CURTIS VIKINGS	27.43	27.15	3
15 Wu, Paige	JR	KENTRIDGE HS	27.53	27.50	2
16 Worhatch, Abby	FR	SUMNER HIGH SCHOOL GIRLS	27.42	27.78	1

Event 4 Girls 50 Yard Freestyle

MEET RECORD: 23.23 # 1985 ROSIE ZIMSEN - SK
 4A STATE REC: 22.58 ! 2017 EMMA CARLTON - MV
 23.08 AAA All-America Auto
 23.50 AAC All-America Consid.
 25.00 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Bernardo, Alexis	JR	CURTIS VIKINGS	24.30	24.46 q4AST
2 Gaul, Rowan	SR	TAHOMA HIGH SCHOOL	25.60	24.71 q4AST
3 Jackson, Avery	FR	KENNEDY CATHOLIC HIGH SCHOOL	26.85	25.52 q

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Preliminaries ... (Event 4 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
4 Lopez, Gaby	SO	CURTIS VIKINGS	25.61	25.53	q
5 Sellman, Emily	JR	PUYALLUP HIGH SCHOOL	25.90	25.69	q
6 Daniels, Yuna	JR	GRAHAM KAPOWSIN SWIM TEAM	26.03	25.75	q
7 Sears, Sierra	SR	TAHOMA HIGH SCHOOL	26.08	26.05	q
8 Williams, Rae	SR	KENNEDY CATHOLIC HIGH SCHOOL	26.45	26.23	q
9 Ng, Maddie	JR	MOUNT RAINIER HIGH SCHOOL	26.88	26.43	q
10 Roberts, Paige	SO	CURTIS VIKINGS	26.56	26.64	q
11 Mann, Grace	SO	KENTRIDGE HS	26.95	26.65	q
12 Hill, Jasmine	JR	TAHOMA HIGH SCHOOL	26.94	26.69	q
13 Carr, Addy	JR	MOUNT RAINIER HIGH SCHOOL	27.03	27.23	q
14 Worhatch, Abby	FR	SUMNER HIGH SCHOOL GIRLS	28.29	27.42	q
15 Luna, Riley	SO	CURTIS VIKINGS	26.87	27.43	q
16 Wu, Paige	JR	KENTRIDGE HS	27.33	27.53	q
17 Hellewell, Shanna	JR	SOUTH KITSAP HIGH SCHOOL	27.54	27.71	
18 Sienkiewich, Nichole	SR	GRAHAM KAPOWSIN SWIM TEAM	27.39	27.75	
19 Johnson, Lexie	JR	SUMNER HIGH SCHOOL GIRLS	28.83	27.93	
20 Kido, Keira	JR	KENTRIDGE HS	28.42	28.01	
21 Andreassen, Nora	JR	OLYMPIA HIGH SCHOOL	28.55	28.04	
22 Watson, Keira	SR	OLYMPIA HIGH SCHOOL	28.70	28.23	
23 Champion, Teresa	SR	OLYMPIA HIGH SCHOOL	28.96	28.48	
24 Snyder, Lydia	FR	ROGERS RAMS	29.39	29.15	

Event 5 Girls 1 mtr Diving

MEET RECORD: 453.30 # 1974

TERESA HACKETT - HL

4A STATE REC: 488.20 ! 2012

CAITLIN CHAMBERS - GAR

315.00 4AST 4A State Qual

Name	Yr	School	Prelim Score	Finals Score	Points
Finals					
1 Keough, Vivian	SO	CURTIS VIKINGS	135.35	283.40	20
2 Williams, Lacey	JR	SUMNER HIGH SCHOOL GIRLS	122.35	254.65	17
3 Wilson, Mia	FR	SUMNER HIGH SCHOOL GIRLS	108.70	235.85	16
4 Johnson, Amaya	SO	DECATUR HIGH SCHOOL	103.05	233.95	15
5 Parker, Anna	SR	KENNEDY CATHOLIC HIGH SCHOOL	120.55	232.15	14
6 Ng, Maddie	JR	MOUNT RAINIER HIGH SCHOOL	98.90	231.50	13
7 Laukala, Paisley	JR	TAHOMA HIGH SCHOOL	106.40	227.80	12
8 Lindeman, Lily	FR	MOUNT RAINIER HIGH SCHOOL	104.90	227.35	11
9 Allred, Phoebe Jane	JR	MOUNT RAINIER HIGH SCHOOL	113.15	224.50	9
10 Wainscott, Marley	SO	MOUNT RAINIER HIGH SCHOOL	105.35	223.85	7
11 Laning, JoAnn	SR	PUYALLUP HIGH SCHOOL	94.45	222.95	6
12 Stoll, Seville	JR	KENNEDY CATHOLIC HIGH SCHOOL	110.55	222.45	5
13 Raulerson, Cordelia	SO	TAHOMA HIGH SCHOOL	102.55	219.00	4
14 Coppin, Indiana	JR	OLYMPIA HIGH SCHOOL	100.95	211.85	3
15 McDonough, Addison	JR	KENNEDY CATHOLIC HIGH SCHOOL	110.70	205.40	2
--- Coltrain, Aurora	SR	CURTIS VIKINGS	98.10	DQ	

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 5 Girls 1 mtr Diving

MEET RECORD: 453.30 # 1974 TERESA HACKETT - HL
 4A STATE REC: 488.20 ! 2012 CAITLIN CHAMBERS - GAR
 315.00 4AST 4A State Qual

Name	Yr	School	Prelim Score
Preliminaries			
1	Keough, Vivian	SO CURTIS VIKINGS	297.90 135.35 q
2	Williams, Lacey	JR SUMNER HIGH SCHOOL GIRLS	276.25 122.35 q
3	Parker, Anna	SR KENNEDY CATHOLIC HIGH SCHOOL	269.45 120.55 q
4	Allred, Phoebe Jane	JR MOUNT RAINIER HIGH SCHOOL	257.40 113.15 q
5	McDonough, Addison	JR KENNEDY CATHOLIC HIGH SCHOOL	228.90 110.70 q
6	Stoll, Seville	JR KENNEDY CATHOLIC HIGH SCHOOL	220.65 110.55 q
7	Wilson, Mia	FR SUMNER HIGH SCHOOL GIRLS	255.85 108.70 q
8	Laukala, Paisley	JR TAHOMA HIGH SCHOOL	232.95 106.40 q
9	Wainscott, Marley	SO MOUNT RAINIER HIGH SCHOOL	233.00 105.35 q
10	Lindeman, Lily	FR MOUNT RAINIER HIGH SCHOOL	256.95 104.90 q
11	Johnson, Amaya	SO DECATUR HIGH SCHOOL	249.00 103.05 q
12	Raulerson, Cordelia	SO TAHOMA HIGH SCHOOL	223.90 102.55 q
13	Coppin, Indiana	JR OLYMPIA HIGH SCHOOL	237.10 100.95 q
14	Ng, Maddie	JR MOUNT RAINIER HIGH SCHOOL	245.80 98.90 q
15	Coltrain, Aurora	SR CURTIS VIKINGS	222.80 98.10 q
16	Laning, JoAnn	SR PUYALLUP HIGH SCHOOL	241.05 94.45 q
17	Goodwin, Zoe	SO SOUTH KITSAP HIGH SCHOOL	270.50 93.25
18	Baker, Sienna	SR KENTRIDGE HS	218.55 92.40
19	Snow, Lauren	SO ROGERS RAMS	238.85 85.60
20	Simmons, Amaya	SO DECATUR HIGH SCHOOL	178.90 84.85
21	Amador, Jaedyn	SR ROGERS RAMS	214.85 79.30
22	Shapiro, Mira	JR CURTIS VIKINGS	217.90 78.80
23	Hertzke, Gracen	JR TAHOMA HIGH SCHOOL	174.25 78.70
24	Atkinson, Molly	JR PUYALLUP HIGH SCHOOL	207.85 75.45
25	Mladenich, Maci	SO CURTIS VIKINGS	257.90 69.50

Event 6 Girls 100 Yard Butterfly

MEET RECORD: 55.27 # 11/2/2013 KENNA RAMEY - FW
 4A STATE REC: 52.58 ! 2018 GABRIELLE DANG - NC
 54.38 AAA All-America Auto
 55.48 AAC All-America Consid.
 59.60 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1	Link, Trinity	SR CURTIS VIKINGS	59.74	59.68	20
	27.97 31.71				
2	Putt, Takara	SR CURTIS VIKINGS	59.95	59.69	17
	28.35 31.34				
3	Bagniewski, Molly	SR PUYALLUP HIGH SCHOOL	1:00.16	1:00.87	16
	28.60 32.27				
4	Guidoux, May	JR CURTIS VIKINGS	1:01.31	1:01.57	15
	29.01 32.56				
5	Wisn, Addie	SR MOUNT RAINIER HIGH SCHOOL	1:01.81	1:01.67	14
	28.01 33.66				
6	Williams, Rae	SR KENNEDY CATHOLIC HIGH SCHOOL	1:03.13	1:02.44	13
	28.35 34.09				
7	Artemdize, Sophie	SR TAHOMA HIGH SCHOOL	1:02.97	1:02.75	12
	29.22 33.53				

WCD III 4A 2023 Girls Swim & Dive Champs

Results

A - Final ... (Event 6 Girls 100 Yard Butterfly)

Name	Yr	School	Prelim Time	Finals Time	Points
8 Nguyen, Natalie 29.06 34.76	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:04.33	1:03.82	11

B - Final

9 Benedict, Grace 29.49 33.45	FR	EMERALD RIDGE HIGH SCHOOL	1:04.94	1:02.94	9
10 Davis, Sophia 30.83 34.33	FR	ROGERS RAMS	1:06.53	1:05.16	7
11 Schedrin, Julia 30.61 36.37	JR	BETHEL HIGH SCHOOL	1:05.88	1:06.98	6
12 Champion, Teresa 31.19 38.55	SR	OLYMPIA HIGH SCHOOL	1:10.78	1:09.74	5
13 Ban, Hee-Sun 31.62 38.25	FR	OLYMPIA HIGH SCHOOL	1:08.54	1:09.87	4
14 Martin, Kimberly 33.18 37.93	JR	SOUTH KITSAP HIGH SCHOOL	1:11.31	1:11.11	3
15 Camper, Luciana 33.03 38.23	JR	CURTIS VIKINGS	1:12.04	1:11.26	2
16 Yokes, Ally 32.39 39.48	SO	ROGERS RAMS	1:11.20	1:11.87	1

Event 6 Girls 100 Yard Butterfly

MEET RECORD: 55.27 # 11/2/2013 KENNA RAMEY - FW
 4A STATE REC: 52.58 ! 2018 GABRIELLE DANG - NC
 54.38 AAA All-America Auto
 55.48 AAC All-America Consid.
 59.60 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Link, Trinity 28.05 31.69	SR	CURTIS VIKINGS	59.42	59.74	q
2 Putt, Takara 28.19 31.76	SR	CURTIS VIKINGS	59.25	59.95	q
3 Bagniewski, Molly 28.44 31.72	SR	PUYALLUP HIGH SCHOOL	1:00.97	1:00.16	q
4 Guidoux, May 29.02 32.29	JR	CURTIS VIKINGS	1:00.82	1:01.31	q
5 Wisen, Addie 28.39 33.42	SR	MOUNT RAINIER HIGH SCHOOL	1:03.81	1:01.81	q
6 Artemdize, Sophie 29.39 33.58	SR	TAHOMA HIGH SCHOOL	1:03.53	1:02.97	q
7 Williams, Rae 28.66 34.47	SR	KENNEDY CATHOLIC HIGH SCHOOL	1:07.09	1:03.13	q
8 Nguyen, Natalie 29.09 35.24	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:06.67	1:04.33	q
9 Benedict, Grace 29.91 35.03	FR	EMERALD RIDGE HIGH SCHOOL	1:06.21	1:04.94	q
10 Schedrin, Julia 30.05 35.83	JR	BETHEL HIGH SCHOOL	1:06.62	1:05.88	q
11 Davis, Sophia 31.35 35.18	FR	ROGERS RAMS	1:07.19	1:06.53	q
12 Ban, Hee-Sun 31.07 37.47	FR	OLYMPIA HIGH SCHOOL	1:12.44	1:08.54	q

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (Event 6 Girls 100 Yard Butterfly)

Name	Yr	School	Seed Time	Prelim Time	
13 Champion, Teresa 31.13 39.65	SR	OLYMPIA HIGH SCHOOL	1:11.35	1:10.78	q
14 Yokes, Ally 32.42 38.78	SO	ROGERS RAMS	1:16.33	1:11.20	q
15 Martin, Kimberly 33.31 38.00	JR	SOUTH KITSAP HIGH SCHOOL	1:13.76	1:11.31	q
16 Camper, Luciana 33.43 38.61	JR	CURTIS VIKINGS	1:12.67	1:12.04	q
*17 Kuntulu, Chinmayee 34.73 38.71	SR	OLYMPIA HIGH SCHOOL	1:17.53	1:13.44	
*17 Moniodis, Nastasia 34.12 39.32	FR	OLYMPIA HIGH SCHOOL	1:15.61	1:13.44	

Swim-Off Required

19 Baker, Jaclyn 35.98 39.32	SR	SOUTH KITSAP HIGH SCHOOL	1:16.22	1:15.30	
20 Thomas, Roha 35.09 40.63	JR	DECATUR HIGH SCHOOL	1:17.27	1:15.72	
21 Mills, Emily	SR	PUYALLUP HIGH SCHOOL	1:18.75	1:16.24	
22 Johnson, LJ 35.51 42.10	SO	KENTRIDGE HS	1:18.59	1:17.61	
23 Lettiere, Emi 35.61 42.48	JR	PUYALLUP HIGH SCHOOL	1:17.76	1:18.09	
24 Thomas, Helena 37.35 42.52	JR	DECATUR HIGH SCHOOL	1:17.82	1:19.87	

Event 7 Girls 100 Yard Freestyle

MEET RECORD: 50.17 # 11/1/2008 CHELSEA BAILEY - KL

4A STATE REC: 49.73 ! 2017 EMMA CARLTON - MV

50.15 AAA All-America Auto

51.10 AAC All-America Consid.

54.50 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Bernardo, Alexis 25.69 27.81	JR	CURTIS VIKINGS	53.58	53.50	4AST 20
2 Hoover, Hayden 26.80 28.25	JR	CURTIS VIKINGS	55.66	55.05	17
3 Gertseva, Nicole 26.86 28.24	SO	OLYMPIA HIGH SCHOOL	54.92	55.10	16
4 Jackson, Avery 26.73 28.42	FR	KENNEDY CATHOLIC HIGH SCHOOL	55.29	55.15	15
5 Lopez, Gaby 27.04 28.32	SO	CURTIS VIKINGS	56.32	55.36	14
6 Ledesma, Lauren 27.22 28.41	SO	CURTIS VIKINGS	55.84	55.63	13
7 Gaul, Rowan 27.15 28.70	SR	TAHOMA HIGH SCHOOL	55.79	55.85	12
8 Daniels, Yuna 27.84 29.30	JR	GRAHAM KAPOWSIN SWIM TEAM	56.82	57.14	11
B - Final					
9 Sears, Sierra 27.81 28.90	SR	TAHOMA HIGH SCHOOL	57.01	56.71	9

WCD III 4A 2023 Girls Swim & Dive Champs

Results

B - Final ... (Event 7 Girls 100 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
10 Paulson, Victoria 27.31 29.45	SR	KENNEDY CATHOLIC HIGH SCHOOL	57.67	56.76	7
11 Mann, Grace 28.23 30.86	SO	KENTRIDGE HS	59.09	59.09	6
*12 McDonald, Baillie 28.06 31.32	SO	TAHOMA HIGH SCHOOL	58.89	59.38	4.50
*12 McDaniel, Cambria 27.95 31.43	SO	OLYMPIA HIGH SCHOOL	59.49	59.38	4.50
14 Zimmerman, Reyna 29.08 31.45	JR	KENTRIDGE HS	1:00.74	1:00.53	3
15 Helland, Grace 28.57 32.08	FR	KENNEDY CATHOLIC HIGH SCHOOL	59.60	1:00.65	2
16 Mondrut, Savanna 30.46 32.05	JR	GRAHAM KAPOWSIN SWIM TEAM	1:01.61	1:02.51	1

Event 7 Girls 100 Yard Freestyle

MEET RECORD: 50.17 # 11/1/2008 CHELSEA BAILEY - KL
 4A STATE REC: 49.73 ! 2017 EMMA CARLTON - MV
 50.15 AAA All-America Auto
 51.10 AAC All-America Consid.
 54.50 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Bernardo, Alexis 25.79 27.79	JR	CURTIS VIKINGS	53.17	53.58	q4AST
2 Gertseva, Nicole 26.85 28.07	SO	OLYMPIA HIGH SCHOOL	54.84	54.92	q
3 Jackson, Avery 26.86 28.43	FR	KENNEDY CATHOLIC HIGH SCHOOL	57.39	55.29	q
4 Hoover, Hayden 26.91 28.75	JR	CURTIS VIKINGS	55.66	55.66	q
5 Gaul, Rowan 27.30 28.49	SR	TAHOMA HIGH SCHOOL	56.86	55.79	q
6 Ledesma, Lauren 27.37 28.47	SO	CURTIS VIKINGS	57.66	55.84	q
7 Lopez, Gaby 27.66 28.66	SO	CURTIS VIKINGS	56.84	56.32	q
8 Daniels, Yuna 27.52 29.30	JR	GRAHAM KAPOWSIN SWIM TEAM	57.81	56.82	q
9 Sears, Sierra 27.78 29.23	SR	TAHOMA HIGH SCHOOL	57.24	57.01	q
10 Paulson, Victoria 27.48 30.19	SR	KENNEDY CATHOLIC HIGH SCHOOL	1:00.09	57.67	q
11 McDonald, Baillie 27.73 31.16	SO	TAHOMA HIGH SCHOOL	59.70	58.89	q
12 Mann, Grace 28.05 31.04	SO	KENTRIDGE HS	59.47	59.09	q
13 McDaniel, Cambria 28.14 31.35	SO	OLYMPIA HIGH SCHOOL	1:00.14	59.49	q
14 Helland, Grace 28.43 31.17	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:00.16	59.60	q
15 Zimmerman, Reyna 29.17 31.57	JR	KENTRIDGE HS	1:00.70	1:00.74	q

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (Event 7 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
16 Mondrut, Savanna 29.61 32.00	JR	GRAHAM KAPOWSIN SWIM TEAM	1:02.02	1:01.61 q
17 Johnson, Lexie 29.35 32.42	JR	SUMNER HIGH SCHOOL GIRLS	1:03.37	1:01.77
18 Sienkiewich, Nichole 29.06 33.35	SR	GRAHAM KAPOWSIN SWIM TEAM	1:02.42	1:02.41
19 Worhatch, Abby	FR	SUMNER HIGH SCHOOL GIRLS	1:03.98	1:02.52
20 Kido, Keira 29.28 33.34	JR	KENTRIDGE HS	1:03.30	1:02.62
21 Hellewell, Shanna 29.45 33.32	JR	SOUTH KITSAP HIGH SCHOOL	1:02.28	1:02.77
22 Walling, Ashly	SO	DECATUR HIGH SCHOOL	1:03.96	1:05.26
23 Kwong, Amelia	JR	MOUNT RAINIER HIGH SCHOOL	1:03.52	1:06.04
--- Wu, Paige	JR	KENTRIDGE HS	1:02.80	DQ

Event 8 Girls 500 Yard Freestyle

MEET RECORD: 4:54.81 # 10/30/2004 KRISSEY FORELLI - GH
 4A STATE REC: 4:41.98 ! 2008 AMBER MCDERMOTT - JACK
 4:53.06 AAA All-America Auto
 4:58.20 AAC All-America Consid.
 5:21.00 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Ma, Elizabeth 28.35 31.31 31.42 31.41 29.84	SR	MOUNT RAINIER HIGH SCHOOL	5:13.94 31.71	5:10.73	4AST 20
2 LaBella, Lucy 28.59 31.80 32.41 33.32 33.00	FR	KENNEDY CATHOLIC HIGH SCHOOL	5:31.16 33.60	5:25.02	17
3 Tweit, Payton 28.43 31.98 32.53 33.94 33.82	FR	SUMNER HIGH SCHOOL GIRLS	5:32.74 34.07	5:28.83	16
4 Keough, Marie 28.97 31.82 33.22 34.99 32.55	JR	CURTIS VIKINGS	5:34.59 34.25	5:31.85	15
5 Jahn, Vivienne 29.08 31.89 33.31 34.30 32.58	FR	ROGERS RAMS	5:35.41 34.12	5:32.46	14
6 Rasmussen, Tamar 31.12 34.17 35.29 36.14 34.41	SR	TAHOMA HIGH SCHOOL	5:50.27 36.05	5:50.44	13
7 McDowell, Alexis 31.86 33.63 34.82 36.16 35.12	SO	KENTRIDGE HS	5:47.40 36.45	5:50.50	12
8 Collins, Iris 30.39 34.00 35.62 36.91 35.99	FR	SUMNER HIGH SCHOOL GIRLS	5:51.65 36.67	5:54.40	11
B - Final					
9 Smathers, Julia 31.00 35.01 35.35 34.53 33.42	JR	ROGERS RAMS	5:55.47 35.27	5:45.01	9

WCD III 4A 2023 Girls Swim & Dive Champs

Results

B - Final ... (Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
10 Tucker, Violet	SR	DECATUR HIGH SCHOOL	5:54.53	5:46.09	7
30.31 33.15 34.50	35.27	35.40 35.59 35.74	35.88		
36.00 34.25					
11 Snyder, Abbie	FR	KENTWOOD HIGH SCHOOL	5:52.60	5:53.06	6
31.21 34.96 35.40	35.42	35.82 36.27 36.81	36.66		
35.80 34.71					
12 Pineda, Lydia	JR	CURTIS VIKINGS	6:13.09	6:08.00	5
32.93 36.75 37.51	38.13	37.71 38.48 38.07	37.47		
36.64 34.31					
13 Boulay, Lena	SO	OLYMPIA HIGH SCHOOL	6:15.56	6:10.17	4
32.13 36.04 37.78	38.30	38.52 38.50 38.51	37.48		
37.54 35.37					
14 Guidoux, Elle	FR	CURTIS VIKINGS	6:13.15	6:10.83	3
32.19 35.26 37.44	38.14	38.19 38.39 39.38	37.94		
37.76 36.14					
15 Carter, Normandy	FR	OLYMPIA HIGH SCHOOL	6:19.47	6:14.13	2
32.66 36.78 37.33	38.30	38.38 38.98 38.87	37.92		
38.49 36.42					
16 Patterson, Campbell	FR	OLYMPIA HIGH SCHOOL	6:14.42	6:21.06	1
32.82 36.32 38.12	38.70	38.65 39.97 39.45	40.36		
39.76 36.91					

Event 8 Girls 500 Yard Freestyle

MEET RECORD: 4:54.81 # 10/30/2004 KRISSEY FORELLI - GH
 4A STATE REC: 4:41.98 ! 2008 AMBER MCDERMOTT - JACK
 4:53.06 AAA All-America Auto
 4:58.20 AAC All-America Consid.
 5:21.00 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Ma, Elizabeth	SR	MOUNT RAINIER HIGH SCHOOL	5:11.60	5:13.94	q4AST
27.47 30.90 32.04	32.22	32.53 32.16 32.38	32.43		
32.18 29.63					
2 LaBella, Lucy	FR	KENNEDY CATHOLIC HIGH SCHOOL	5:41.52	5:31.16	q
28.73 31.78 32.78	33.58	34.08 34.18 34.12	34.40		
34.29 33.22					
3 Tweet, Payton	FR	SUMNER HIGH SCHOOL GIRLS	5:28.07	5:32.74	q
28.37 31.99 33.13	34.02	34.17 34.32 34.62	34.47		
33.97 33.68					
4 Keough, Marie	JR	CURTIS VIKINGS	5:44.46	5:34.59	q
30.41 33.05 33.94	34.47	33.89 34.50 34.63	34.19		
33.86 31.65					
5 Jahn, Vivienne	FR	ROGERS RAMS	5:37.06	5:35.41	q
28.90 32.58 33.86	34.45	34.25 34.52 34.71	34.66		
34.08 33.40					
6 McDowell, Alexis	SO	KENTRIDGE HS	5:54.11	5:47.40	q
31.52 33.46 34.50	34.32	34.98 35.39 35.96	35.88		
36.14 35.25					
7 Rasmussen, Tamar	SR	TAHOMA HIGH SCHOOL	5:52.99	5:50.27	q
		35.91 35.29	35.53		
35.41 34.14					
8 Collins, Iris	FR	SUMNER HIGH SCHOOL GIRLS	5:59.86	5:51.65	q
30.90 33.72 35.31	35.77	36.47 36.58 35.90	36.50		
35.99 34.51					

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (Event 8 Girls 500 Yard Freestyle)

Name		Yr	School	Seed Time	Prelim Time	
9	Snyder, Abbie	FR	KENTWOOD HIGH SCHOOL	5:53.14	5:52.60	q
	30.99 34.78	36.20	36.46 36.57 36.66 36.64	36.08		
	34.68 33.54					
10	Tucker, Violet	SR	DECATUR HIGH SCHOOL	5:52.56	5:54.53	q
	30.51 33.73	35.37	35.80 36.58 36.53 36.95	36.89		
	36.83 35.34					
11	Smathers, Julia	JR	ROGERS RAMS	6:01.77	5:55.47	q
	31.49 35.42	36.78	36.13 35.79 36.19 36.55	35.91		
	35.90 35.31					
12	Pineda, Lydia	JR	CURTIS VIKINGS	6:15.84	6:13.09	q
	33.97 37.26	38.49	38.52 38.69 38.54 38.79	37.86		
	36.84 34.13					
13	Guidoux, Elle	FR	CURTIS VIKINGS	6:27.61	6:13.15	q
	33.74 37.86	38.48	38.83 38.01 38.86 38.42	38.38		
	36.74 33.83					
14	Patterson, Campbell	FR	OLYMPIA HIGH SCHOOL	6:22.20	6:14.42	q
	32.54 37.13	39.20	38.53 38.57 38.74 38.56	38.62		
	36.81 35.72					
15	Boulay, Lena	SO	OLYMPIA HIGH SCHOOL	6:20.74	6:15.56	q
	33.00 36.76	38.10	38.59 38.58 39.34 39.22	39.18		
	38.05 34.74					
16	Carter, Normandy	FR	OLYMPIA HIGH SCHOOL	6:21.20	6:19.47	q
	32.50 36.50	38.26	39.12 39.44 39.54 39.20	39.54		
	38.97 36.40					
17	Hoffman, Lenora	JR	ROGERS RAMS	6:32.87	6:19.73	
	33.14 36.66	37.89	39.06 39.74 39.57 39.82	38.18		
	39.05 36.62					
18	Hughes, Emi	FR	SOUTH KITSAP HIGH SCHOOL	6:18.18	6:21.88	
	34.14 38.06	39.15	39.68 39.25 39.00 39.11	39.16		
	38.63 35.70					
19	Olsen, Avery	SO	CURTIS VIKINGS	6:27.27	6:22.97	
	32.95 36.26	37.75	38.60 39.18 39.24 40.67	40.26		
	40.39 37.67					
20	Weber, Bridget	JR	KENNEDY CATHOLIC HIGH SCHOOL	6:30.91	6:24.20	
	32.79 37.70	38.74	39.10 39.72 39.88 39.81	40.39		
	38.56 37.51					
21	Bradley, Brooke	JR	ROGERS RAMS	6:28.48	6:24.91	
	34.56 37.97	39.01	39.10 39.30 39.32 39.40	39.33		
	38.74 38.18					
22	Martin, Kimberly	JR	SOUTH KITSAP HIGH SCHOOL	6:34.88	6:41.96	
23	Bostick, Piper	SR	EMERALD RIDGE HIGH SCHOOL	6:46.38	6:42.98	
24	Moniodis, Arianna	SR	OLYMPIA HIGH SCHOOL	6:49.63	6:46.94	

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 9 Girls 200 Yard Freestyle Relay

MEET RECORD: 1:37.68 # 11/2/2019 CURTIS

M Hickey, E Van Zonneveld, A Proctor, G Bellin

4A STATE REC: 1:34.96 ! 2018 NEWPORT

1:35.36 AAA All-America Auto

1:37.15 AAC All-America Consid.

1:42.50 4AST 4A State Qual

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 CURTIS VIKINGS		1:39.88	1:38.82 4AST	40
1) Bernardo, Alexis JR	2) Lopez, Gaby SO	3) Hoover, Hayden JR	4) Link, Trinity SR	
24.57 25.15 24.95	24.15			
2 MOUNT RAINIER HIGH SCHOOL		1:44.43	1:43.50	34
1) Ma, Elizabeth SR	2) Carr, Addy JR	3) Wisen, Addie SR	4) Ng, Maddie JR	
25.09 26.62 26.18	25.61			
3 TAHOMA HIGH SCHOOL		1:43.59	1:43.96	32
1) Sears, Sierra SR	2) Artemdize, Sophie SR	3) Rasmussen, Tamar SR	4) Gaul, Rowan SR	
26.33 26.13 26.61	24.89			
4 KENNEDY CATHOLIC HIGH SCHC		1:45.58	1:45.29	30
1) Paulson, Victoria SR	2) Nguyen, Natalie FR	3) Pallotta, Cecilia FR	4) Williams, Rae SR	
26.26 26.51 26.63	25.89			
5 OLYMPIA HIGH SCHOOL		1:45.88	1:46.88	28
1) McDaniel, Cambria SO	2) Nguyen, Brianna SR	3) Andreassen, Nora JR	4) Gertseva, Nicole SO	
26.57 27.49 27.17	25.65			
6 KENTRIDGE HS		1:48.82	1:48.05	26
1) Mann, Grace SO	2) Wu, Paige JR	3) Edwards, Addison JR	4) Haroldson-Margel, Harper SO	
27.11 27.15 27.09	26.70			
7 PUYALLUP HIGH SCHOOL		1:49.17	1:48.57	24
1) Sellman, Emily JR	2) Mahaffie, Annie JR	3) Mills, Emily SR	4) Bagniewski, Molly SR	
26.09 28.04 28.61	25.83			
8 GRAHAM KAPOWSIN SWIM TEA		1:51.18	1:50.09	22
1) Sienkiewich, Nichole SR	2) Bicheray Garcia, Aurora SR	3) Mondrut, Savanna JR	4) Daniels, Yuna JR	
27.47 28.54 28.11	25.97			
B - Final				
9 SOUTH KITSAP HIGH SCHOOL		1:52.64	1:50.93	18
1) Hurguy, Emma JR	2) Baker, Jaclyn SR	3) Hellewell, Shanna JR	4) Spiker, Azie SO	
28.18 28.76 27.44	26.55			
10 ROGERS RAMS		1:52.79	1:52.39	14
1) Snow, Lauren SO	2) Yokes, Ally SO	3) Snyder, Lydia FR	4) Smathers, Julia JR	
27.55 28.97 28.31	27.56			
11 SUMNER HIGH SCHOOL GIRLS		1:53.15	1:54.67	12
1) Worhatch, Abby FR	2) Johnson, Lexie JR	3) Mendoza, Maya SR	4) Collins, Iris FR	
28.17 27.83 29.98	28.69			
12 DECATUR HIGH SCHOOL		2:01.62	2:01.34	10
1) Thomas, Roha JR	2) Thomas, Helena JR	3) Heslop, Izzy JR	4) Walling, Ashly SO	
30.18 30.77 31.88	28.51			
13 KENTWOOD HIGH SCHOOL		2:07.19	2:09.07	8
1) Shirk, Kennedi FR	2) Nugyen, Jenna SO	3) Dinh, Thy JR	4) Votisek, Ness JR	
30.06 37.28 30.60	31.13			

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 9 Girls 200 Yard Freestyle Relay

MEET RECORD: 1:37.68 # 11/2/2019 CURTIS

M Hickey, E Van Zonneveld, A Proctor, G Bellin

4A STATE REC: 1:34.96 ! 2018 NEWPORT

1:35.36 AAA All-America Auto

1:37.15 AAC All-America Consid.

1:42.50 4AST 4A State Qual

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 CURTIS VIKINGS		1:40.36	1:39.88 q4AST
1) Bernardo, Alexis JR	2) Lopez, Gaby SO	3) Hoover, Hayden JR	4) Link, Trinity SR
24.60 25.28 25.49	24.51		
2 TAHOMA HIGH SCHOOL		1:45.41	1:43.59 q
1) Sears, Sierra SR	2) Artemdize, Sophie SR	3) Rasmussen, Tamar SR	4) Gaul, Rowan SR
26.16 26.14 26.64	24.65		
3 MOUNT RAINIER HIGH SCHOOL		1:44.87	1:44.43 q
1) Ma, Elizabeth SR	2) Carr, Addy JR	3) Wisen, Addie SR	4) Ng, Maddie JR
25.03 26.94 26.21	26.25		
4 KENNEDY CATHOLIC HIGH SCHC		1:42.27	1:45.58 q
1) Paulson, Victoria SR	2) Nguyen, Natalie FR	3) Pallotta, Cecilia FR	4) Williams, Rae SR
26.06 26.75 26.68	26.09		
5 OLYMPIA HIGH SCHOOL		1:48.45	1:45.88 q
1) McDaniel, Cambria SO	2) Nguyen, Brianna SR	3) Andreassen, Nora JR	4) Gertseva, Nicole SO
26.90 27.22 26.54	25.22		
6 KENTRIDGE HS		1:50.17	1:48.82 q
1) Mann, Grace SO	2) Wu, Paige JR	3) Edwards, Addison JR	4) Haroldson-Margel, Harper SO
27.43 27.72 27.61	26.06		
7 PUYALLUP HIGH SCHOOL		1:51.77	1:49.17 q
1) Sellman, Emily JR	2) Bagniewski, Molly SR	3) Mills, Emily SR	4) Mahaffie, Annie JR
26.01 28.46 28.86	25.84		
8 GRAHAM KAPOWSIN SWIM TEA		1:53.69	1:51.18 q
1) Sienkiewich, Nichole SR	2) Bicheray Garcia, Aurora SR	3) Mondrut, Savanna JR	4) Daniels, Yuna JR
29.01 28.12 28.34	25.71		
9 SOUTH KITSAP HIGH SCHOOL		1:53.29	1:52.64 q
1) Hurguy, Emma JR	2) Baker, Jaclyn SR	3) Hellewell, Shanna JR	4) Spiker, Azie SO
28.08 29.11 28.26	27.19		
10 ROGERS RAMS		1:51.10	1:52.79 q
1) Snow, Lauren SO	2) Yokes, Ally SO	3) Snyder, Lydia FR	4) Smathers, Julia JR
27.62 28.60 29.17	27.40		
11 SUMNER HIGH SCHOOL GIRLS		1:55.45	1:53.15 q
1) Worhatch, Abby FR	2) Johnson, Lexie JR	3) Mendoza, Maya SR	4) Collins, Iris FR
28.02 28.00 28.68	28.45		
12 DECATUR HIGH SCHOOL		1:55.55	2:01.62 q
1) Thomas, Roha JR	2) Thomas, Helena JR	3) Heslop, Izzy JR	4) Walling, Ashly SO
29.71 31.12 32.19	28.60		
13 KENTWOOD HIGH SCHOOL		1:56.99	2:07.19 q
1) Dinh, Thy JR	2) Nugyen, Jenna SO	3) Mendoza Sandoval, Maritza SR	4) Algigi, Maddy SR
31.51 37.13 29.45	29.10		

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 10 Girls 100 Yard Backstroke

MEET RECORD: 54.99 # 11/1/2008 CHELSEA BAILEY - KL
 4A STATE REC: 53.82 ! 2010 ANNEMARIE THAYER - BAL
 54.73 AAA All-America Auto
 55.91 AAC All-America Consid.
 1:00.40 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Weiler, Hailey 26.61 28.97	SO	KENNEDY CATHOLIC HIGH SCHOOL	57.27	55.58 AAC	20
2 Wolfe, Madison 29.24 30.65	FR	CURTIS VIKINGS	1:00.72	59.89 4AST	17
3 Hill, Jasmine 28.58 31.50	JR	TAHOMA HIGH SCHOOL	1:01.02	1:00.08 4AST	16
4 Sellman, Emily 29.27 30.92	JR	PUYALLUP HIGH SCHOOL	1:00.59	1:00.19 4AST	15
5 Bontemps, Julia 28.85 32.00	SR	ROGERS RAMS	1:00.67	1:00.85	14
6 Putt, Takara 29.53 32.35	SR	CURTIS VIKINGS	1:01.37	1:01.88	13
7 Warner, Elena 30.10 31.84	JR	TAHOMA HIGH SCHOOL	1:02.17	1:01.94	12
8 Wisen, Addie 30.31 33.54	SR	MOUNT RAINIER HIGH SCHOOL	1:04.05	1:03.85	11
B - Final					
9 Paulson, Victoria 31.12 32.79	SR	KENNEDY CATHOLIC HIGH SCHOOL	1:04.48	1:03.91	9
10 McDonald, Baillie 31.69 33.77	SO	TAHOMA HIGH SCHOOL	1:04.73	1:05.46	7
11 Sexton, Amelie 31.59 33.96	FR	CURTIS VIKINGS	1:06.31	1:05.55	6
12 Jose, Norah 31.71 34.32	SR	TAHOMA HIGH SCHOOL	1:04.64	1:06.03	5
13 Spiker, Azie 32.90 33.91	SO	SOUTH KITSAP HIGH SCHOOL	1:07.72	1:06.81	4
14 Randall, Clara 32.81 34.83	JR	OLYMPIA HIGH SCHOOL	1:06.63	1:07.64	3
15 Nguyen, Natalie 33.14 35.21	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:09.03	1:08.35	2
--- Roberts, Paige	SO	CURTIS VIKINGS	1:05.10	DQ	

Event 10 Girls 100 Yard Backstroke

MEET RECORD: 54.99 # 11/1/2008 CHELSEA BAILEY - KL
 4A STATE REC: 53.82 ! 2010 ANNEMARIE THAYER - BAL
 54.73 AAA All-America Auto
 55.91 AAC All-America Consid.
 1:00.40 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Weiler, Hailey 27.47 29.80	SO	KENNEDY CATHOLIC HIGH SCHOOL	57.00	57.27 q4AST
2 Sellman, Emily 29.23 31.36	JR	PUYALLUP HIGH SCHOOL	1:01.18	1:00.59 q

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (Event 10 Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time	
3 Bontemps, Julia 29.33 31.34	SR	ROGERS RAMS	1:01.04	1:00.67	q
4 Wolfe, Madison 29.71 31.01	FR	CURTIS VIKINGS	1:00.33	1:00.72	q
5 Hill, Jasmine 29.71 31.31	JR	TAHOMA HIGH SCHOOL	1:01.60	1:01.02	q
6 Putt, Takara 29.75 31.62	SR	CURTIS VIKINGS	1:00.41	1:01.37	q
7 Warner, Elena 30.32 31.85	JR	TAHOMA HIGH SCHOOL	1:02.69	1:02.17	q
8 Wisen, Addie 30.89 33.16	SR	MOUNT RAINIER HIGH SCHOOL	1:07.76	1:04.05	q
9 Paulson, Victoria 31.39 33.09	SR	KENNEDY CATHOLIC HIGH SCHOOL	1:06.76	1:04.48	q
10 Jose, Norah 31.09 33.55	SR	TAHOMA HIGH SCHOOL	1:08.02	1:04.64	q
11 McDonald, Baillie 30.73 34.00	SO	TAHOMA HIGH SCHOOL	1:06.17	1:04.73	q
12 Roberts, Paige 31.19 33.91	SO	CURTIS VIKINGS	1:04.29	1:05.10	q
13 Sexton, Amelie 32.36 33.95	FR	CURTIS VIKINGS	1:07.59	1:06.31	q
14 Randall, Clara 32.42 34.21	JR	OLYMPIA HIGH SCHOOL	1:07.32	1:06.63	q
15 Spiker, Azie 33.02 34.70	SO	SOUTH KITSAP HIGH SCHOOL	1:07.22	1:07.72	q
16 Nguyen, Natalie 33.05 35.98	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:08.30	1:09.03	q
17 Osborn, Brynn 33.53 36.94	JR	KENTWOOD HIGH SCHOOL	1:10.98	1:10.47	
18 Mondrut, Savanna 34.88 36.06	JR	GRAHAM KAPOWSIN SWIM TEAM	1:09.58	1:10.94	
19 Patterson, Campbell 35.08 36.53	FR	OLYMPIA HIGH SCHOOL	1:12.63	1:11.61	
20 Hewson, Ainsley	JR	KENTRIDGE HS	1:12.20	1:11.70	
21 Ekenman, Eva 33.68 38.27	JR	DECATUR HIGH SCHOOL	1:13.01	1:11.95	
22 Nesbitt, Piper 35.20 38.53	FR	MOUNT RAINIER HIGH SCHOOL	1:14.82	1:13.73	
23 Shirk, Kennedi 36.14 38.18	FR	KENTWOOD HIGH SCHOOL	1:14.13	1:14.32	
24 Lettiere, Emi 35.81 39.21	JR	PUYALLUP HIGH SCHOOL	1:13.88	1:15.02	

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 11 Girls 100 Yard Breaststroke

MEET RECORD: 1:03.50 # 10/27/2012 CAROLYN MCCANN-GH
 4A STATE REC: 1:01.33 ! 2013 CAROLYN MCCANN - GH
 1:02.59 AAA All-America Auto
 1:03.78 AAC All-America Consid.
 1:08.25 4AST 4A State Qual

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Vu, Kaitlyn	SO	KENNEDY CATHOLIC HIGH SCHOOL	1:05.24	1:04.79	4AST 20
30.43 34.36					
2 Guidoux, May	JR	CURTIS VIKINGS	1:05.67	1:06.65	4AST 17
31.68 34.97					
3 Haroldson-Margel, Harper	SO	KENTRIDGE HS	1:11.03	1:09.65	16
32.72 36.93					
4 Helland, Grace	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:11.58	1:09.87	15
32.83 37.04					
5 Edwards, Addison	JR	KENTRIDGE HS	1:13.06	1:11.20	14
33.71 37.49					
6 Benedict, Grace	FR	EMERALD RIDGE HIGH SCHOOL	1:14.02	1:14.20	13
34.59 39.61					
7 Hyland, Carina	JR	CURTIS VIKINGS	1:15.66	1:15.29	12
34.43 40.86					
8 Tucker, Violet	SR	DECATUR HIGH SCHOOL	1:15.64	1:17.24	11
35.88 41.36					
B - Final					
9 Pallotta, Cecilia	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:16.24	1:15.68	9
34.72 40.96					
10 Ban, Hee-Sun	FR	OLYMPIA HIGH SCHOOL	1:17.93	1:17.75	7
35.95 41.80					
11 Nguyen, Brianna	SR	OLYMPIA HIGH SCHOOL	1:19.38	1:18.42	6
36.68 41.74					
12 Carr, Addy	JR	MOUNT RAINIER HIGH SCHOOL	1:18.84	1:18.87	5
37.09 41.78					
13 Hughes, Emi	FR	SOUTH KITSAP HIGH SCHOOL	1:17.54	1:18.91	4
36.83 42.08					
14 Carr, Ole	FR	CURTIS VIKINGS	1:20.70	1:19.50	3
36.40 43.10					
15 Punsalan, Amaiya	SR	PUYALLUP HIGH SCHOOL	1:19.97	1:19.75	2
37.39 42.36					
16 Williams, Ever	SR	OLYMPIA HIGH SCHOOL	1:20.86	1:20.55	1
37.43 43.12					

Event 11 Girls 100 Yard Breaststroke

MEET RECORD: 1:03.50 # 10/27/2012 CAROLYN MCCANN-GH
 4A STATE REC: 1:01.33 ! 2013 CAROLYN MCCANN - GH
 1:02.59 AAA All-America Auto
 1:03.78 AAC All-America Consid.
 1:08.25 4AST 4A State Qual

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Vu, Kaitlyn	SO	KENNEDY CATHOLIC HIGH SCHOOL	1:10.57	1:05.24 q4AST
30.76 34.48				
2 Guidoux, May	JR	CURTIS VIKINGS	1:05.53	1:05.67 q4AST
31.29 34.38				

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Preliminaries ... (Event 11 Girls 100 Yard Breaststroke)

	Name	Yr	School	Seed Time	Prelim Time	
3	Haroldson-Margel, Harper 33.67 37.36	SO	KENTRIDGE HS	1:12.25	1:11.03	q
4	Helland, Grace 33.54 38.04	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:17.80	1:11.58	q
5	Edwards, Addison 34.35 38.71	JR	KENTRIDGE HS	1:11.64	1:13.06	q
6	Benedict, Grace 34.96 39.06	FR	EMERALD RIDGE HIGH SCHOOL	1:16.81	1:14.02	q
7	Tucker, Violet 35.81 39.83	SR	DECATUR HIGH SCHOOL	1:16.35	1:15.64	q
8	Hyland, Carina 34.31 41.35	JR	CURTIS VIKINGS	1:18.57	1:15.66	q
9	Pallotta, Cecilia 35.18 41.06	FR	KENNEDY CATHOLIC HIGH SCHOOL	1:16.92	1:16.24	q
10	Hughes, Emi 36.74 40.80	FR	SOUTH KITSAP HIGH SCHOOL	1:17.65	1:17.54	q
11	Ban, Hee-Sun 36.17 41.76	FR	OLYMPIA HIGH SCHOOL	1:18.38	1:17.93	q
12	Carr, Addy 37.23 41.61	JR	MOUNT RAINIER HIGH SCHOOL	1:19.16	1:18.84	q
13	Nguyen, Brianna 36.58 42.80	SR	OLYMPIA HIGH SCHOOL	1:19.57	1:19.38	q
14	Punsalan, Amaiya 38.31 41.66	SR	PUYALLUP HIGH SCHOOL	1:20.28	1:19.97	q
15	Carr, Ole 36.47 44.23	FR	CURTIS VIKINGS	1:20.23	1:20.70	q
16	Williams, Ever 38.83 42.03	SR	OLYMPIA HIGH SCHOOL	1:22.08	1:20.86	q
17	Reisinger, Avery	JR	PUYALLUP HIGH SCHOOL	1:24.15	1:21.06	
18	Snyder, Lydia 38.75 42.35	FR	ROGERS RAMS	1:22.65	1:21.10	
19	Jolley, Samantha 37.91 44.37	SO	FEDERAL WAY HIGH SCHOOL	1:20.92	1:22.28	
20	Nishizawa, Anna 38.96 44.37	FR	TAHOMA HIGH SCHOOL	1:22.15	1:23.33	
21	Wallner, Paula 40.42 43.83	SR	PUYALLUP HIGH SCHOOL	1:27.91	1:24.25	
22	Mendoza, Maya 39.24 46.82	SR	SUMNER HIGH SCHOOL GIRLS	1:27.07	1:26.06	
23	Kwong, Amelia 40.15 46.34	JR	MOUNT RAINIER HIGH SCHOOL	1:22.50	1:26.49	
24	Hansmire, Molly 39.97 46.87	SO	MOUNT RAINIER HIGH SCHOOL	1:26.24	1:26.84	
---	Kim, Ashley	SR	CURTIS VIKINGS	1:20.95	DQ	

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 12 Girls 400 Yard Freestyle Relay

MEET RECORD: 3:33.27 # 11/2/2019 CURTIS

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

4A STATE REC: 3:27.47 ! 2017 SKYLINE

3:27.68 AAA All-America Auto

3:31.16 AAC All-America Consid.

3:45.90 4AST 4A State Qual

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 KENNEDY CATHOLIC HIGH SCHC		3:39.45	3:36.15 4AST	40
1) Jackson, Avery FR	2) LaBella, Lucy FR	3) Vu, Kaitlyn SO	4) Weiler, Hailey SO	
26.56 55.30 26.32	55.13 26.18 54.48	23.99 51.24		
2 CURTIS VIKINGS		3:44.22	3:43.83 4AST	34
1) Ledesma, Lauren SO	2) Lopez, Gaby SO	3) Wolfe, Madison FR	4) Hoover, Hayden JR	
26.78 55.28 26.84	57.14 26.83 55.93	26.24 55.48		
3 TAHOMA HIGH SCHOOL		3:50.90	3:47.60	32
1) Artemdize, Sophie SR	2) Hill, Jasmine JR	3) Warner, Elena JR	4) Gaul, Rowan SR	
27.86 57.78 26.91	57.23 26.69 56.26	27.11 56.33		
4 MOUNT RAINIER HIGH SCHOOL		3:50.20	3:47.61	30
1) Ma, Elizabeth SR	2) Ng, Maddie JR	3) Carr, Addy JR	4) Wisen, Addie SR	
26.50 53.96 26.57	57.03 27.94 59.15	27.17 57.47		
5 ROGERS RAMS		3:55.66	3:56.15	28
1) Bontemps, Julia SR	2) Davis, Sophia FR	3) Snow, Lauren SO	4) Jahn, Vivienne FR	
27.33 57.07 28.13	58.91 29.47 1:02.27	27.62 57.90		
6 OLYMPIA HIGH SCHOOL		3:58.07	3:56.33	26
1) Gertseva, Nicole SO	2) McDaniel, Cambria SO	3) Randall, Clara JR	4) Ban, Hee-Sun FR	
27.20 56.47 27.64	59.96 28.18 58.94	29.29 1:00.96		
7 KENTRIDGE HS		4:08.54	4:06.74	24
1) Zimmerman, Reyna JR	2) Hewson, Ainsley JR	3) Wu, Paige JR	4) McDowell, Alexis SO	
29.09 1:00.93 29.84	1:03.08 28.67 1:01.52	16.13 1:01.21		
8 SUMNER HIGH SCHOOL GIRLS		4:05.86	4:06.91	22
1) Anderson, Peyton JR	2) Johnson, Lexie JR	3) Worhatch, Abby FR	4) Tweit, Payton FR	
29.32 1:03.77 29.35	1:03.78 29.45 1:02.72	27.17 56.64		
B - Final				
9 GRAHAM KAPOWSIN SWIM TEA		4:14.91	4:08.16	18
1) Sienkiewich, Nichole SR	2) Dennis, Shianne JR	3) Mondrut, Savanna JR	4) Daniels, Yuna JR	
28.70 1:01.80 31.79	1:09.61 26.84 59.42	27.16 57.33		
10 PUYALLUP HIGH SCHOOL		4:19.27	4:18.18	14
1) Mahaffie, Annie JR	2) Punsalan, Amaiya SR	3) Mills, Emily SR	4) Osher, Sarah SR	
29.74 1:02.12 31.38	1:05.51 31.53 1:06.75	29.37 1:03.80		
11 DECATUR HIGH SCHOOL		4:32.68	4:24.51	12
1) Thomas, Roha JR	2) Ekenman, Eva JR	3) Walling, Ashly SO	4) Tucker, Violet SR	
32.91 1:10.51 29.70	1:04.74 30.81 1:05.83	30.02 1:03.43		

WCD III 4A 2023 Girls Swim & Dive Champs

Results

Event 12 Girls 400 Yard Freestyle Relay

MEET RECORD: 3:33.27 # 11/2/2019 CURTIS

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

4A STATE REC: 3:27.47 ! 2017 SKYLINE

3:27.68 AAA All-America Auto

3:31.16 AAC All-America Consid.

3:45.90 4AST 4A State Qual

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 KENNEDY CATHOLIC HIGH SCHC		3:43.95	3:39.45 q4AST
1) Jackson, Avery FR	2) LaBella, Lucy FR	3) Vu, Kaitlyn SO	4) Weiler, Hailey SO
27.40 55.71 26.46	55.74 26.59 55.45	16.97 52.55	
2 CURTIS VIKINGS		3:44.54	3:44.22 q4AST
1) Putt, Takara SR	2) Ledesma, Lauren SO	3) Lopez, Gaby SO	4) Hoover, Hayden JR
27.05 56.35 26.77	55.87 26.56 56.56	26.50 55.44	
3 MOUNT RAINIER HIGH SCHOOL		3:53.54	3:50.20 q
1) Ma, Elizabeth SR	2) Ng, Maddie JR	3) Carr, Addy JR	4) Wisen, Addie SR
26.72 54.93 15.46	57.77 28.04 59.55	27.52 57.95	
4 TAHOMA HIGH SCHOOL		3:58.34	3:50.90 q
1) McDonald, Baillie SO	2) Artemdize, Sophie SR	3) Warner, Elena JR	4) Gaul, Rowan SR
28.03 59.70 27.52	57.53 27.30 57.77	26.76 55.90	
5 ROGERS RAMS		3:59.66	3:55.66 q
1) Bontemps, Julia SR	2) Davis, Sophia FR	3) Snow, Lauren SO	4) Jahn, Vivienne FR
27.67 57.13 28.13	58.62 29.69 1:02.58	27.40 57.33	
6 OLYMPIA HIGH SCHOOL		4:03.94	3:58.07 q
1) Gertseva, Nicole SO	2) McDaniel, Cambria SO	3) Randall, Clara JR	4) Ban, Hee-Sun FR
26.96 56.01 28.02	1:00.06 28.42 59.57	29.96 1:02.43	
7 SUMNER HIGH SCHOOL GIRLS		4:11.64	4:05.86 q
1) Anderson, Peyton JR	2) Johnson, Lexie JR	3) Tweit, Payton FR	4) Worhatch, Abby FR
1:02.49 1:32.26 32.64	1:02.37 33.78 1:01.14	30.18 30.09	
8 KENTRIDGE HS		4:11.81	4:08.54 q
1) Zimmerman, Reyna JR	2) Hewson, Ainsley JR	3) Wu, Paige JR	4) McDowell, Alexis SO
29.62 1:01.82 29.68	1:02.76 28.95 1:02.87	30.27 1:01.09	
9 GRAHAM KAPOWSIN SWIM TEA		4:16.65	4:14.91 q
1) Sienkiewich, Nichole SR	2) Dennis, Shianne JR	3) Mondrut, Savanna JR	4) Daniels, Yuna JR
29.78 1:03.76 32.00	1:07.43 29.32 1:01.90	29.13 1:01.82	
10 PUYALLUP HIGH SCHOOL		4:12.05	4:19.27 q
1) Mahaffie, Annie JR	2) Punsalan, Amayi SR	3) Mills, Emily SR	4) Osher, Sarah SR
30.14 1:03.37 31.16	1:05.18 31.14 1:05.85	29.84 1:04.87	
11 DECATUR HIGH SCHOOL		4:21.74	4:32.68 q
1) Thomas, Roha JR	2) Ekenman, Eva JR	3) Walling, Ashly SO	4) Tucker, Violet SR
32.15 1:07.82 15.49	35.29 40.32		
--- SOUTH KITSAP HIGH SCHOOL		4:08.70	DQ
1) Hurguy, Emma JR	2) Mangahas, Eva SR	3) Baker, Jaclyn SR	4) Hughes, Emi FR
--- KENTWOOD HIGH SCHOOL		4:29.84	DQ
1) Osborn, Brynn JR	2) Votisek, Ness JR	3) Shirk, Kennedi FR	4) Snyder, Abbie FR