

WCD III 4A Girls Swim & Dive Championships**October 29 - 31 2009 Rogers Aquatic Center****Psych Sheet****Event 1 Girls 200 Yard Medley Relay****Meet: 1:49.33 11/2/2002 ROGERS****M Rains, J Heidloff, Ch Freeman, Co Freeman****Pool: 1:49.33 11/2/2002 ROGERS****4A State: 1:45.77 2003 ROGERS****1:49.01 AUTO****1:50.85 CONS****1:54.90 ST****Meet Qualifying: 2:12.86**

	Team	Relay	Seed Time
1	BEAMER		1:53.13 _____
2	KENTLAKE		1:55.02 _____
3	OLYMPIA		1:55.84 _____
4	JEFFERSON		1:56.30 _____
5	GIG HARBOR		1:56.43 _____
6	STADIUM		1:57.31 _____
7	CENTRAL KITSAP		1:57.90 _____
8	FEDERAL WAY		1:59.61 _____
9	KENTRIDGE		2:00.64 _____
10	SOUTH KITSAP		2:01.00 _____
11	CURTIS		2:03.27 _____
12	EMERALD RIDGE		2:03.32 _____
13	KENTWOOD		2:03.55 _____
14	TAHOMA		2:04.50 _____
15	PUYALLUP		2:05.20 _____
16	ROGERS		2:06.50 _____
17	RIVERSIDE		2:07.72 _____
18	DECATUR		2:07.94 _____
19	WILSON		2:11.12 _____
20	KENT MERIDIAN		2:11.43 _____
21	SHELTON		2:12.86 _____

Event 2 Girls 200 Yard Freestyle**Meet: 1:50.54 11/2/2002 Megan Rains - ROGERS****Pool: 1:50.54 11/2/2002 Megan Rains - ROGERS****4A State: 1:48.52 1989 Megan Oesting - MERCER IS****1:51.28 AUTO****1:52.99 CONS****2:00.50 ST****Meet Qualifying: 2:11.89**

	Name	Yr School	Seed Time
1	Heffernan, Clara	11 OLY	1:56.18 _____
2	Wu, Joanna	10 KM	1:57.10 _____
3	Sullivan, Colleen	10 GH	1:57.76 _____
4	Hinely, Nicole	10 SK	2:00.19 _____
5	Morlan, Heather	12 CUR	2:00.39 _____
6	Maclurg, Amanda	11 STAD	2:02.90 _____
7	Bagley, Kelsey	11 SK	2:05.63 _____
8	Ellis, Danielle	12 GH	2:06.83 _____
9	Dyrdahl, Marissa	11 KW	2:08.80 _____
10	Do, Jacqueline	12 KR	2:08.96 _____
11	Pearson, Angela	11 SK	2:08.98 _____
12	Fox, Victoria	11 GH	2:09.46 _____
13	Landenburger, June	12 STAD	2:09.77 _____
14	Ost, Kat	12 PUY	2:10.10 _____
15	Campbell, Sarah	9 GH	2:10.20 _____
16	Manley, Jane	10 FOSS	2:10.45 _____
17	Walk, Mallery	10 PUY	2:10.48 _____

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18 Straavaldson, Hannah 11 SK 2:10.63 _____
 19 Berger, Sarah 11 CUR 2:11.33 _____

Event 3 Girls 200 Yard IM

Meet: 2:02.58 10/27/2001 Emily Kukors - AUBURN
Pool: 2:02.58 10/27/2001 Emily Kukors - AUBURN
4A State: 1:58.23 2008 Andie Taylor - SKYLINE
 2:05.37 AUTO
 2:07.60 CONS
 2:15.00 ST

Meet Qualifying: 2:29.32

Name	Yr	School	Seed Time
1 Kim, Rachel	11	TB	2:09.91 _____
2 Indahl, Taylor	12	GH	2:11.79 _____
3 Cann, Felicity	9	STAD	2:12.31 _____
4 Hirata, Liane	9	CK	2:15.23 _____
5 Crowder, Kelsey	11	DEC	2:15.30 _____
6 Coe, Savannah	11	TJ	2:16.41 _____
7 Pere, Heta	12	STAD	2:25.71 _____
8 Andren, Alex	12	GH	2:25.79 _____
9 Molloy, Maggie	11	KW	2:25.86 _____
10 Cooper, Haley	11	ROG	2:26.15 _____
11 Reichert, Haily	12	AR	2:26.44 _____
12 Backstrom, Hope	12	STAD	2:27.66 _____
13 Davis, Marissa	12	ER	2:27.74 _____
14 Biggs, Lauren	12	GH	2:28.17 _____
15 Dougherty, Sarah	10	KL	2:28.47 _____
16 Shonka, Emily	10	KR	2:28.63 _____
17 Pearsall, Paige	9	SK	2:29.14 _____
18 Flotlin, Hannah	9	OLY	2:30.71 _____

Event 4 Girls 50 Yard Freestyle

Meet: 23.23 1985 Rosie Zimsen - S. KITSAP
Pool: 24.26 11/1/2008 Amber Cratsenberg -
4A State: 23.17 1990 Megan Oesting - MERCER IS
 23.81 AUTO
 24.12 CONS
 25.20 ST

Meet Qualifying: 27.35

Name	Yr	School	Seed Time
1 Cratsenberg, Amber	10	TJ	24.85 _____
2 Barth, Kaia	11	FW	24.90 _____
3 Bailey, Chelsea	11	KL	24.95 _____
4 Bouffard, Taylor	10	KL	25.42 _____
5 Erickson, Kelly	12	TB	25.62 _____
6 Mohr, Emily	10	KR	25.74 _____
7 Reese, Rachel	11	TAH	25.85 _____
8 Cayetano, Shannelle	10	KW	25.98 _____
9 Myers, Kathryn	11	SHEL	26.00 _____
10 Fardi, Yasi	11	GH	26.16 _____
11 Wester, Rachel	11	SK	26.22 _____
12 Lind, Brianne	11	GH	26.30 _____
13 Warrior, Bailey	11	TJ	26.32 _____
14 Swanson, Abby	10	KL	26.46 _____
15 Treleven, Sadie	10	STAD	26.59 _____
16 Stipek, Hannah	12	MT	26.61 _____
17 Panzer, Erika	12	KW	26.72 _____

Event 4 ...(Girls 50 Yard Freestyle)

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Name	Yr	School	Seed Time
18 Streich, Ashley	12	GH	26.77 _____
19 Elijah, Lesley	12	TB	26.79 _____
20 Hank, Allie	11	GK	26.79 _____
21 Tham, Alisha	10	ER	26.86 _____
22 Snowdon, Brooke	12	CK	26.94 _____
23 Barringer, Danika	12	SK	26.97 _____
24 Culhane, Kathryn	11	OLY	26.97 _____
25 Buffington, Erika	12	BETH	26.99 _____
26 McCullough, Elyanna	10	GH	27.00 _____
27 Snyder, Tori	9	DEC	27.05 _____
28 Ramey, Kayla	11	FW	27.10 _____
29 Morris, Paige	10	KW	27.12 _____
30 Oh, Clara	9	TJ	27.13 _____
31 Wingard, Dalynn	12	FW	27.16 _____
32 Baier, Emily	10	PUY	27.18 _____
33 Balogh, Brandy	11	GK	27.31 _____
34 Craig, Keely	12	FW	27.32 _____

Event 5 Girls 1 mtr Diving 10/29 at Foss HS

Name	Yr	School	Seed Time
1 Jordan, Shawna	12	AUB	405.90 _____
2 Hansen, Angela	12	DEC	368.00 _____
3 Wiley, Elizabeth	12	TB	321.00 _____
4 Churchill, Maggie	11	GH	316.50 _____
5 Haskey, Chelsey	11	PUY	296.60 _____
6 Lancaster, Jessica	10	AR	291.60 _____
7 Haupt, Bailey	11	PUY	280.15 _____
8 Williams, Amanda	11	GH	258.60 _____
9 Price, Annamarie	12	TAH	239.35 _____
10 de Leon, Samantha	10	TAH	234.30 _____
11 Sloan, Alyscia	11	TAH	231.45 _____
12 Adams, Amanda	10	STAD	NP _____
13 Cisakowski, Charlene	10	STAD	NP _____
14 Kerrone, Clara	10	STAD	NP _____
15 Lacey, Sammy	12	CK	NP _____
16 Almon, Katie	12	KW	NP _____
17 Johnson, Jordan	11	KW	NP _____
18 Kellar, Madison	10	TJ	NP _____
19 Church, Shelby	9	TJ	NP _____
20 Church, Monica	9	TJ	NP _____
21 Brooks, Lauren	12	KR	NP _____
22 Carpenter, Amelia	11	KR	NP _____
23 Vermilion, Lauren	12	KR	NP _____
24 Pepper, Lauren	10	KR	NP _____

Event 6 Girls 100 Yard Butterfly

Meet: 56.68 11/2/2002 Emily Strouse - ROGERS
Pool: 56.68 11/2/2002 Emily Strouse - ROGERS
4A State: 53.99 2001 Dana Kirk - BREMERTON
56.57 AUTO
57.50 CONS
1:01.20 ST

Meet Qualifying: 1:08.59

Name	Yr	School	Seed Time
1 Hinely, Nicole	10	SK	59.29 _____
2 Tanasse, Emily	9	KL	1:00.94 _____
3 Soria, Jessica	12	TB	1:01.08 _____

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4	Erickson, Kelly	12 TB	1:01.09	_____
5	Forbord, Kelsey	10 OLY	1:02.13	_____
6	Rah, Michelle	9 TB	1:02.20	_____
7	Sapp, Arianna	10 CK	1:02.50	_____
8	Early, Miranda	10 OLY	1:03.92	_____
9	Rysemus, Katelyn	12 STAD	1:04.29	_____
10	Biggs, Lauren	12 GH	1:04.34	_____
11	Becker, Ashley	11 SK	1:04.79	_____
12	Morris, Paige	10 KW	1:05.78	_____
13	Hirata, Liane	9 CK	1:05.80	_____
14	Swanson, Abby	10 KL	1:06.54	_____
15	Jaramillo, Madison	10 ER	1:06.88	_____
16	Buffington, Erika	12 BETH	1:07.01	_____
17	Sioda, Natasha	10 CUR	1:07.02	_____
18	Hogan, Michelle	11 TJ	1:07.15	_____
19	Keeling-Garcia, McKenzie	11 KL	1:07.57	_____
20	Phillips, Kelly	11 KW	1:07.64	_____
21	Shonka, Emily	10 KR	1:07.71	_____
22	Englund, Emma	11 PUY	1:07.94	_____
23	Reichert, Haily	12 AR	1:08.03	_____
24	Wallen, Kate	10 AR	1:08.07	_____
25	Smith, Regan	9 AUB	1:08.11	_____
26	Jeong, Annie	12 STAD	1:08.36	_____
27	Balogh, Brandy	11 GK	1:08.41	_____
28	Pearsall, Paige	9 SK	1:08.48	_____
29	Seibert, Allie	11 CK	1:08.50	_____

Event 7 Girls 100 Yard Freestyle

Meet:	50.17 11/1/2008	Chelsea Bailey - KENTLAKE
Pool:	50.17 11/1/2008	Chelsea Bailey - KENTLAKE
4A State:	49.82 2008	Chelsea Bailey - KENTLAKE
	51.62 AUTO	
	52.39 CONS	
	55.40 ST	

Meet Qualifying: 1:00.00

	Name	Yr	School	Seed Time	
1	Cratsenberg, Amber	10	TJ	54.80	_____
2	Barth, Kaia	11	FW	55.17	_____
3	Cann, Felicity	9	STAD	55.33	_____
4	Mohr, Emily	10	KR	56.69	_____
5	Fardi, Yasi	11	GH	57.10	_____
6	Bagley, Kelsey	11	SK	57.42	_____
7	Ellis, Danielle	12	GH	57.43	_____
8	Wester, Rachel	11	SK	57.46	_____
9	Morlan, Heather	12	CUR	57.75	_____
10	Dyrdahl, Marissa	11	KW	57.80	_____
11	Treleven, Sadie	10	STAD	58.40	_____
12	Cayetano, Shannelle	10	KW	58.49	_____
13	Hetrick, Katrina	12	KL	58.58	_____
14	Do, Jacqueline	12	KR	58.60	_____
15	Streich, Ashley	12	GH	58.97	_____
16	Smokoff, Amanda	9	GH	59.37	_____
17	Panzer, Erika	12	KW	59.55	_____
18	Tebbetts, Shannon	12	STAD	59.83	_____
19	Huynh, Janice	11	TJ	59.99	_____

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Event 8 Girls 500 Yard Freestyle

Meet: 4:54.81 10/30/2004 Krissy Forelli - GIG HARBOR
Pool: 5:00.26 2003 Megan Rains - ROGERS
4A State: 4:41.98 2008 Amber McDermott - JACKSON
 4:57.24 AUTO
 5:02.19 CONS
 5:19.50 ST

Meet Qualifying: 5:58.18

	Name	Yr School	Seed Time
1	Heffernan, Clara	11 OLY	5:12.15 _____
2	Sullivan, Colleen	10 GH	5:17.29 _____
3	Maclurg, Amanda	11 STAD	5:33.18 _____
4	Sapp, Arianna	10 CK	5:36.34 _____
5	Pearson, Angela	11 SK	5:37.15 _____
6	Andren, Alex	12 GH	5:40.20 _____
7	Baier, Emily	10 PUY	5:44.36 _____
8	Landenburger, June	12 STAD	5:44.77 _____
9	Yekalam, Lydia	10 GH	5:44.91 _____
10	Davis, Marissa	12 ER	5:47.42 _____
11	Straavaldson, Hannah	11 SK	5:47.66 _____
12	Fox, Victoria	11 GH	5:48.72 _____
13	Jaramillo, Madison	10 ER	5:50.22 _____
14	Walk, Mallery	10 PUY	5:50.66 _____
15	Sundin, Courtney	10 WIL	5:54.55 _____
16	Krohn, MacKenna	10 PUY	5:55.28 _____
17	Chilczuk, Bella	9 KR	5:56.16 _____
18	Craig, Keely	12 FW	5:56.96 _____

Event 9 Girls 200 Yard Freestyle Relay

Meet: 1:39.63 11/2/2002 CAPITAL
K Colley, E Rennie, A Owen, C Helgason
Pool: 1:40.99 11/1/2008 TODD BEAMER
Erickson, Soria, Kim, Murphy
4A State: 1:38.53 1992 FOSS
 1:38.14 AUTO
 1:39.64 CONS
 1:43.90 ST

Meet Qualifying: 1:56.88

	Team	Relay	Seed Time
1	BEAMER		1:43.82 _____
2	SOUTH KITSAP		1:44.25 _____
3	GIG HARBOR		1:44.67 _____
4	JEFFERSON		1:45.12 _____
5	KENTRIDGE		1:45.30 _____
6	KENTWOOD		1:46.27 _____
7	STADIUM		1:46.76 _____
8	OLYMPIA		1:46.83 _____
9	FEDERAL WAY		1:47.47 _____
10	KENTLAKE		1:48.83 _____
11	SHELTON		1:49.27 _____
12	CENTRAL KITSAP		1:49.51 _____
13	CURTIS		1:51.00 _____
14	EMERALD RIDGE		1:51.12 _____
15	TAHOMA		1:52.00 _____
16	PUYALLUP		1:52.53 _____
17	WILSON		1:53.49 _____
18	RIVERSIDE		1:54.90 _____
19	ROGERS		1:56.10 _____

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20 DECATUR 1:56.30 _____

Event 10 Girls 100 Yard Backstroke

Meet: 54.99 11/1/2008 Chelsea Bailey - KENTLAKE
Pool: 54.99 11/1/2008 Chelsea Bailey - KENTLAKE
4A State: 53.95 2008 Annemarie Thayer - BALLARD
 57.29 AUTO
 58.43 CONS
 1:02.70 ST

Meet Qualifying: 1:09.00

Name	Yr	School	Seed Time
1 Bailey, Chelsea	11	KL	59.67 _____
2 Kim, Rachel	11	TB	1:00.93 _____
3 Wu, Joanna	10	KM	1:01.60 _____
4 Crowder, Kelsey	11	DEC	1:02.00 _____
5 Reese, Rachel	11	TAH	1:02.02 _____
6 Tanasse, Emily	9	KL	1:02.26 _____
7 Rah, Michelle	9	TB	1:02.35 _____
8 Early, Miranda	10	OLY	1:02.35 _____
9 Forbord, Kelsey	10	OLY	1:02.60 _____
10 McMenimen, Kiera	9	GH	1:05.39 _____
11 Bouffard, Taylor	10	KL	1:05.54 _____
12 Snowdon, Brooke	12	CK	1:05.58 _____
13 Sioda, Natasha	10	CUR	1:05.62 _____
14 Dougherty, Sarah	10	KL	1:05.62 _____
15 Lind, Brianne	11	GH	1:05.63 _____
16 Pere, Heta	12	STAD	1:06.07 _____
17 Soria, Jessica	12	TB	1:06.44 _____
18 Cooper, Haley	11	ROG	1:06.45 _____
19 Wallen, Kate	10	AR	1:06.82 _____
20 Ost, Kat	12	PUY	1:07.39 _____
21 Backstrom, Hope	12	STAD	1:07.67 _____
22 Harris, Becca	11	PUY	1:08.21 _____
23 Hogan, Michelle	11	TJ	1:08.41 _____
24 Englund, Emma	11	PUY	1:08.46 _____
25 Hank, Allie	11	GK	1:08.59 _____
26 Elijah, Lesley	12	TB	1:08.76 _____
27 Flotlin, Hannah	9	OLY	1:08.79 _____
28 Pierre, Anna	9	TAH	1:08.85 _____
29 Huynh, Janice	11	TJ	1:08.96 _____
30 Molloy, Maggie	11	KW	1:08.99 _____

Event 11 Girls 100 Yard Breaststroke

Meet: 1:05.41 10/30/2004 Sarah Stockwell - KENTLAKE
Pool: 1:05.41 10/30/2004 Sarah Stockwell - KENTLAKE
4A State: 1:02.39 2003 Missy McIntyre - OAK
 1:05.03 AUTO
 1:06.28 CONS
 1:10.60 ST

Meet Qualifying: 1:17.82

Name	Yr	School	Seed Time
1 Indahl, Taylor	12	GH	1:09.31 _____
2 Coe, Savanah	11	TJ	1:10.30 _____
3 Stipek, Hannah	12	MT	1:11.50 _____
4 Culhane, Kathryn	11	OLY	1:12.96 _____
5 Cabe, Morgan	11	GH	1:13.04 _____
6 Hetrick, Katrina	12	KL	1:13.68 _____

Event 11 ...(Girls 100 Yard Breaststroke)

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Name	Yr	School	Seed Time
7 McCullough, Elyanna	10	GH	1:14.08 _____
8 Rysemus, Katelyn	12	STAD	1:14.89 _____
9 Manley, Jane	10	FOSS	1:15.02 _____
10 Ramey, Kayla	11	FW	1:15.18 _____
11 Bullock, Cammie	11	ROG	1:15.46 _____
12 Seiber, Melissa	12	CUR	1:15.53 _____
13 Ciotta, Annamarie	11	DEC	1:16.00 _____
14 Keeling-Garcia, McKenzie	11	KL	1:16.20 _____
15 Myers, Kathryn	11	SHEL	1:16.31 _____
16 Ross, Michelle	10	CK	1:16.55 _____
17 Krause, Lindsey	11	KW	1:16.78 _____
18 Becker, Ashley	11	SK	1:16.92 _____
19 Wright, Erica	11	KW	1:17.24 _____

Event 12 Girls 400 Yard Freestyle Relay

Meet: 3:33.91 11/2/2002 ROGERS

E Strouse, Co Freeman, Ch Freeman, M Rains

Pool: 3:33.91 11/2/2002 ROGERS

4A State: 3:29.68 2003 ROGERS

3:33.40 AUTO

3:36.76 CONS

3:47.90 ST

Meet Qualifying: 4:27.25

Team	Relay	Seed Time
1 GIG HARBOR		3:47.38 _____
2 OLYMPIA		3:53.78 _____
3 FEDERAL WAY		3:54.73 _____
4 KENTRIDGE		3:54.84 _____
5 STADIUM		3:55.37 _____
6 CENTRAL KITSAP		3:57.60 _____
7 KENTWOOD		3:57.81 _____
8 KENTLAKE		3:59.12 _____
9 SOUTH KITSAP		3:59.75 _____
10 CURTIS		4:02.00 _____
11 PUYALLUP		4:02.10 _____
12 TAHOMA		4:05.00 _____
13 SHELTON		4:08.49 _____
14 EMERALD RIDGE		4:09.31 _____
15 RIVERSIDE		4:12.02 _____
16 ROGERS		4:14.15 _____
17 BEAMER		4:17.00 _____
18 WILSON		4:18.70 _____
19 KENT MERIDIAN		4:25.57 _____
20 FOSS		4:27.02 _____