

1A/2A WCD3 Girls Swim and Dive Championships - 11/7/2025 to 11/8/2025

Psych Sheet

Event 1 Girls 200 Yard Medley Relay

1:44.15 AAA AA Automatic
 1:46.22 AAC AA Consideration
 2:02.00 2A-S

Team	Relay	Seed Time
1 Bainbridge	A	1:54.60 2A-S
2 North Kitsap	A	1:57.27 2A-S
3 STEIL	A	1:59.83 2A-S
4 PA	A	2:06.99
5 OHS	A	2:07.00
6 BREM-PN	A	2:14.06
7 Shs-PN	A	2:16.45
8 Eatonville	A	2:17.80
9 CP	A	2:22.44
10 East Jeff	A	2:23.11
11 Fife	A	2:26.29
12 KLAH-PN	A	2:26.60
13 Kingston	A	2:28.74

Event 2 Girls 200 Yard Freestyle

1:48.81 AAA AA Automatic
 1:50.65 AAC AA Consideration
 2:06.00 2A-S
 2:24.40 2A-D

Name	Yr School	Seed Time
1 Husmoe, Ashley	SR NK	2:04.65 2A-S
2 Rehder, Lily	SO BAIN	2:05.30 2A-S
3 Swetland, Brooklynn	FR OHS	2:06.66 2A-D
4 Rich, Harper	FR BAIN	2:06.81 2A-D
5 Jaspersen, Lola	FR BAIN	2:11.38 2A-D
6 Wolf, Maya	JR BAIN	2:13.27 2A-D
7 Nelson, Amayah A	JR PA	2:13.75 2A-D
8 Heinrich, Melanie	JR WHS-PN	2:18.65 2A-D
9 Harmon, Avari M	SR BREM-PN	2:18.71 2A-D
10 Townsend, Lucy L	SO PA	2:21.36 2A-D
11 Bershatsky, Kat	SR FIFE	2:23.09 2A-D
12 Francis, Mia J	SO PA	2:23.16 2A-D
13 Opanasevych, Sofia	SR FIFE	2:23.19 2A-D
14 Corn, Alison	SR KLAH-PN	2:23.90 2A-D
15 Baysden, Emalee	JR NK	2:27.52
16 Wetzler, Haileigh	FR STEIL	2:32.07
17 Edmund, Ava	SR FIFE	2:34.44
18 Stumph, Charlotte	SR EC	2:38.52
19 Hays, Lily	JR EC	2:40.35
20 Garcia, Kora	FR FIFE	2:40.43
21 England, Cova	FR STEIL	2:42.41
22 Lambert, Harmony	JR CP	2:43.77
23 Frey, Riley	FR EC	2:46.18
24 Czuprynski, Hailey	SR NK	2:48.04

Event 3 Girls 200 Yard IM

2:01.47 AAA AA Automatic
 2:03.99 AAC AA Consideration
 2:23.00 2A-S
 2:45.50 2A-D

Name	Yr School	Seed Time
1 Field, Ava	SR STEIL	2:10.80 2A-S

2 Field, Ellie	FR STEIL	2:18.68 2A-S
3 Keigley, Audrey	SO BAIN	2:19.01 2A-S
4 Everett, Lena	JR BAIN	2:19.74 2A-S
5 Yates, Carly	SR NK	2:24.07 2A-D
6 Longridge, Olivia	JR BAIN	2:26.46 2A-D
7 Shinkle, Ava	JR SEQU-PN	2:27.64 2A-D
8 Herten, Amanda	SR BAIN	2:36.37 2A-D
9 Kay-Sanders, Chloe C	SR PA	2:38.61 2A-D
10 Tejada, Anaya	FR PA	2:39.78 2A-D
11 Tracy, Laura	JR OHS	2:40.68 2A-D
12 Gillanders, Emmerson	SO KINGS	2:42.37 2A-D
13 Karjalainen, Ellie	FR PA	2:45.66
14 Fletcher, Abi M	SO BREM-PN	2:53.27
15 King, Grace	FR EC	2:58.53
16 Rhodes, Emma M	SO SEQU-PN	3:11.90
17 Morrish, Jane	SO EC	3:13.07
18 Palfenier, Amelia	FR EC	3:19.50
19 Naska, Nikki L	SO KINGS	3:27.35

Event 4 Girls 50 Yard Freestyle

23.06 AAA AA Automatic
 23.48 AAC AA Consideration
 26.10 2A-S
 28.50 2A-D

Name	Yr School	Seed Time
1 DuPont, Rylee	FR BAIN	24.62 2A-S
2 McLain, Shosho	JR NK	25.13 2A-S
3 Farmer, Yulia	JR KLAH-PN	25.65 2A-S
4 Brown, Camden	SO BAIN	26.37 2A-D
5 Ruddick, Shea	SO BAIN	26.40 2A-D
6 Bang-Knudsen, Hanne	FR NK	26.69 2A-D
7 Tomy, Nicole	SR EC	27.25 2A-D
8 Bischoff, Elsa	SR OHS	27.42 2A-D
9 Heinrich, Melanie	JR WHS-PN	27.68 2A-D
10 Shaw, Lizzy D	SR PA	27.95 2A-D
11 Bevers, Evvie	JR BREM-PN	27.98 2A-D
12 Screen, Ruthie	JR BAIN	28.28 2A-D
13 Stephens, Lola	SR CP	28.33 2A-D
14 Courtney, Kristin	SO STEIL	29.74
15 Sol, Holland L	SR SEQU-PN	30.07
16 Ray, Madison	SO STEIL	30.24
17 Ayala, Nadia	SO CP	31.20
18 Riegel, Ema	SR NK	31.77
19 Taylor, Annabeth N	FR BREM-PN	31.89
20 Beglyakov, Naomi	SR SEQU-PN	32.33
21 Ibarra, Evalynn	SO NK	32.45
22 De Vega, Mia	JR CP	32.46
23 Watson, Quinn D	JR KINGS	33.72
24 Lawson, Abby	SO STEIL	33.83

Event 5 Girls 1 mtr Diving

Name	Yr School	Seed Time
1 Reid, Lynzee G	SR PA	257.99
2 Smith, Audrey	JR STEIL	253.35
3 Riegel, Ema	SR NK	201.15
4 Rylander, Sophie	JR STEIL	185.65
5 Stone, Allyson	SR NK	123.00

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Event 6 Girls 100 Yard Butterfly

54.29 AAA AA Automatic

55.44 AAC AA Consideration

1:04.50 2A-S

1:19.20 2A-D

Name	Yr School	Seed Time		
1 Michael, Aria	FR BAIN	59.51	2A-S	
2 Rehder, Lily	SO BAIN	1:01.44	2A-S	
3 Brown, Camden	SO BAIN	1:03.05	2A-S	
4 Swetland, Brooklynn	FR OHS	1:03.66	2A-S	
5 Shinkle, Ava	JR SEQU-PN	1:04.32	2A-S	
6 Hedstrom, Aubrey	SR NK	1:04.88	2A-D	
7 Ramey, Natalie	JR NK	1:06.51	2A-D	
8 Vogelpohl, Kaylee	SR OHS	1:08.00	2A-D	
9 Baptiste-Cerra, Chloe G	SO BREM-PN	1:09.27	2A-D	
10 Kay-Sanders, Chloe C	SR PA	1:10.89	2A-D	
11 Bershatsky, Kat	SR FIFE	1:12.37	2A-D	
12 Tejeda, Anaya	FR PA	1:15.82	2A-D	
13 Wetzler, Haileigh	FR STEIL	1:16.80	2A-D	
14 Gillanders, Emmerson	SO KINGS	1:17.47	2A-D	
15 Shepard, Olyvia	SR BAIN	1:18.12	2A-D	
16 Stephens, Lola	SR CP	1:18.70	2A-D	
17 Yoeun, Chloe	SR FIFE	1:22.67		
18 Frey, Riley	FR EC	1:28.20		
19 McNamara, Quinn	SO STEIL	1:28.49		
20 Fanony, Mara	SR STEIL	1:41.03		
21 Weaver, Abigail	JR STEIL	2:03.01		

Event 7 Girls 100 Yard Freestyle

50.13 AAA AA Automatic

50.99 AAC AA Consideration

57.60 2A-S

1:04.50 2A-D

Name	Yr School	Seed Time		
1 DuPont, Rylee	FR BAIN	54.63	2A-S	
2 McLain, Shosho	JR NK	55.96	2A-S	
3 Keigley, Audrey	SO BAIN	58.03	2A-D	
4 Ruddick, Shea	SO BAIN	1:00.06	2A-D	
5 McVey, Estella	SO NK	1:01.73	2A-D	
6 Ellefson, Annie	SR SEQU-PN	1:02.17	2A-D	
7 Bischoff, Elsa	SR OHS	1:02.46	2A-D	
8 Paulson-Houser, Allie	SR BAIN	1:03.51	2A-D	
9 Tomy, Nicole	SR EC	1:03.66	2A-D	
10 Opanasevych, Sofia	SR FIFE	1:03.81	2A-D	
11 Bevers, Evvie	JR BREM-PN	1:04.21	2A-D	
12 Ferland, Bella	JR EJ	1:06.07		
13 Taylor, Annabeth N	FR BREM-PN	1:10.65		
14 England, Cova	FR STEIL	1:11.29		
15 Forsman, Clara	FR EC	1:12.01		
16 Ray, Madison	SO STEIL	1:12.28		
17 Ibarra, Evalynn	SO NK	1:12.97		
18 Miller, Zoe L	JR KINGS	1:13.07		
19 Lee, Leila	FR STEIL	1:13.61		
20 Mack, Zella	SR EJ	1:13.79		
21 Rhodes, Emma M	SO SEQU-PN	1:16.14		
22 Belle, Lucia	FR CP	1:16.44		
23 Terry, Elise	SR KINGS	1:18.92		

24 Sol, Ashlyn I

SO SEQU-PN

1:19.08

Event 8 Girls 500 Yard Freestyle

4:53.01 AAA AA Automatic

4:58.10 AAC AA Consideration

5:45.00 2A-S

6:41.80 2A-D

Name	Yr School	Seed Time		
1 Husmoe, Ashley	SR NK	5:33.49	2A-S	
2 Rich, Harper	FR BAIN	5:38.13	2A-S	
3 Atchison, Evie	JR BAIN	5:43.60	2A-S	
4 Bang-Knudsen, Hanne	FR NK	5:50.19	2A-D	
5 Nelson, Amayah A	JR PA	6:04.93	2A-D	
6 Wolf, Maya	JR BAIN	6:05.93	2A-D	
7 Harmon, Avari M	SR BREM-PN	6:12.79	2A-D	
8 Screen, Ruthie	JR BAIN	6:18.21	2A-D	
9 Prange, Beth	FR OHS	6:21.79	2A-D	
10 Howard, Annika	SR EC	6:22.87	2A-D	
11 Mason, Haeli	FR STEIL	6:25.55	2A-D	
12 Townsend, Lucy L	SO PA	6:28.68	2A-D	
13 Baysden, Emalee	JR NK	6:39.47	2A-D	
14 Corn, Alison	SR KLAH-PN	6:47.31		
15 Fletcher, Abi M	SO BREM-PN	6:50.21		
16 Edmund, Ava	SR FIFE	6:53.54		
17 Banham, Lillian	SO FIFE	7:00.96		
18 Stumph, Charlotte	SR EC	7:11.41		
19 Sol, Holland L	SR SEQU-PN	7:14.39		
20 Beglyakov, Naomi	SR SEQU-PN	7:18.10		
21 Watson, Quinn D	JR KINGS	7:37.92		
22 Garcia, Kora	FR FIFE	7:40.51		
23 Lambert, Harmony	JR CP	7:43.91		
24 Naska, Nikki L	SO KINGS	7:44.03		

Event 9 Girls 200 Yard Freestyle Relay

1:35.48 AAA AA Automatic

1:37.13 AAC AA Consideration

1:49.00 2A-S

Team	Relay	Seed Time		
1 Bainbridge	A	1:44.68	2A-S	
2 North Kitsap	A	1:47.75	2A-S	
3 STEIL	A	1:54.37		
4 PA	A	1:55.11		
5 OHS	A	1:57.54		
6 BREM-PN	A	1:58.43		
7 Eatonville	A	2:01.59		
8 Shs-PN	A	2:01.68		
9 Fife	A	2:04.68		
10 CP	A	2:07.19		
11 East Jeff	A	2:08.12		
12 Kingston	A	2:13.08		
13 KLAH-PN	A	2:47.89		

1A/2A WCD3 Girls Swim and Dive Championships - 11/7/2025 to 11/8/2025

Psych Sheet

Event 10 Girls 100 Yard Backstroke

54.71 AAA AA Automatic

55.91 AAC AA Consideration

1:03.90 2A-S

1:14.30 2A-D

Name	Yr	School	Seed Time	
1	Field, Ava	SR STEIL	58.41	2A-S
2	Michael, Aria	FR BAIN	1:01.58	2A-S
3	Farmer, Yulia	JR KLAH-PN	1:03.82	2A-S
4	Longridge, Olivia	JR BAIN	1:04.20	2A-D
5	Hedstrom, Aubrey	SR NK	1:07.07	2A-D
6	Vogelpohl, Kaylee	SR OHS	1:07.65	2A-D
7	Ramey, Natalie	JR NK	1:07.91	2A-D
8	Jasperson, Lola	FR BAIN	1:08.75	2A-D
9	Reid, Lynzee G	SR PA	1:09.87	2A-D
10	McVey, Estella	SO NK	1:10.62	2A-D
11	Schneider, Teagan	JR BAIN	1:10.66	2A-D
12	Schmidt, Ursula	JR EJ	1:12.09	2A-D
13	Mason, Haeli	FR STEIL	1:13.43	2A-D
14	Hays, Lily	JR EC	1:20.58	
15	De Vega, Mia	JR CP	1:24.49	
16	DeCourval, Ruby	FR KLAH-PN	1:25.04	
17	Belle, Lucia	FR CP	1:25.69	
18	Hahn, Lara	JR FOSS-PN	1:29.41	
19	Basford, Hannah	SR STEIL	1:33.54	
20	Grimes-Swart, Taylor E	SR KINGS	1:33.68	
21	Palfenier, Amelia	FR EC	1:35.51	
22	Davis, Anna	FR OHS	1:37.45	
23	Turner, Rasa	SR KINGS	1:44.66	
24	Crow, Leah	SO STEIL	1:45.42	

Event 11 Girls 100 Yard Breaststroke

1:02.52 AAA AA Automatic

1:03.75 AAC AA Consideration

1:13.50 2A-S

1:25.60 2A-D

Name	Yr	School	Seed Time	
1	Field, Ellie	FR STEIL	1:10.84	2A-S
2	Everett, Lena	JR BAIN	1:13.33	2A-S
3	Yates, Carly	SR NK	1:14.90	2A-D
4	Ellefson, Annie	SR SEQU-PN	1:15.14	2A-D
5	Everett, Margaret	JR BAIN	1:18.28	2A-D
6	Karjalainen, Ellie	FR PA	1:20.74	2A-D
7	Francis, Mia J	SO PA	1:22.16	2A-D
8	Spencer, Phoebe J	SO KINGS	1:22.34	2A-D
9	Baptiste-Cerra, Chloe G	SO BREM-PN	1:22.44	2A-D
10	Lemieux, Sofia	JR BAIN	1:23.24	2A-D
11	Howard, Annika	SR EC	1:24.40	2A-D
12	Cole, Kaela	JR BAIN	1:24.67	2A-D
13	Tracy, Laura	JR OHS	1:24.97	2A-D
14	Bosley, Stella	SO EJ	1:25.37	2A-D
15	Ayala, Nadia	SO CP	1:26.18	
16	Lee, Leila	FR STEIL	1:29.69	
17	Oh, Arah	SO FIFE	1:33.47	
18	King, Grace	FR EC	1:33.76	
19	Phillips, Violet	SR SEQU-PN	1:35.09	
20	Morrish, Jane	SO EC	1:35.85	

21	Forsman, Clara	FR EC	1:38.16
22	Miller, Zoe L	JR KINGS	1:41.81
23	Heady, Maribelle	JR FIFE	1:42.96

Event 12 Girls 400 Yard Freestyle Relay

3:27.78 AAA AA Automatic

3:31.16 AAC AA Consideration

4:02.00 2A-S

Team	Relay	Seed Time	
1	Bainbridge	A	3:49.20 2A-S
2	North Kitsap	A	3:56.52 2A-S
3	OHS	A	4:04.36
4	PA	A	4:17.73
5	STEIL	A	4:21.06
6	Fife	A	4:37.72
7	Eatonville	A	4:38.17
8	Shs-PN	A	5:00.65
9	CP	A	5:00.93
10	East Jeff	A	5:03.20
11	Kingston	A	5:11.20
12	KLAH-PN	A	5:16.73
13	BREM-PN	A	5:36.01