

**2024 Girls WCD III 3A Swim and Dive Championships**  
**Meet Program - Prelims**

**Event 1 Girls 200 Yard Medley Relay**

1:53.90 ST3A 3A State Qualifying  
 2:35.80 WCD3 WCDIII 3A Standard

Lane	Team	Relay	Seed Time
<b>Heat 1 of 3 Prelims Starts at 04:30 PM</b>			
1	FEDERAL WAY	A	2:22.00
2	WHITE RIVER	A	2:13.40
3	DR DOLORES SILAS	A	2:00.93
4	PENINSULA	A	2:07.01
5	NORTH THURSTON	A	2:15.18
6			
<b>Heat 2 of 3 Prelims Starts at 04:34 PM</b>			
1	KENTLAKE	A	2:20.15
2	RIVER RIDGE	A	2:08.23
3	GIG HARBOR	A	1:58.23
4	A. MOUNTAINVIEW	A	2:04.18
5	CAPITAL	A	2:14.44
6	LINCOLN	A	2:27.86
<b>Heat 3 of 3 Prelims Starts at 04:37 PM</b>			
1	TIMBERLINE	A	2:16.70
2	THOMAS JEFFERSON	A	2:07.25
3	CENTRAL KITSAP	A	1:50.71
4	ENUMCLAW	A	2:01.70
5	DECATUR	A	2:13.56
6	LAKES	A	2:24.97

**Event 2 Girls 200 Yard Freestyle**

1:58.00 ST3A 3A State Qualifying  
 2:19.70 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 04:45 PM</b>			
1	Doherty, Marina	SO CKHS	2:22.81
2	Roddy, Audrie	SO ENUM	2:17.50
3	Dahlin, Eva	SO GHHS	2:03.77
4	Nichols, Zoey	SR GHHS	2:13.27
5	Hines, Emma	FR WR	2:18.05
6	Manter, Addison	SR RRHS	2:25.60
<b>Heat 2 of 3 Prelims Starts at 04:48 PM</b>			
1	Gullum, Jewel	PHS	2:21.32
2	Newton, Aliyah	PHS	2:17.48
3	Esser, Alexis	SR DSHS	2:01.53
4	Lambiotte, Kayla	SO THS	2:13.14
5	Garrels, Ryan	PHS	2:17.87
6	Quantrell, Phenix	SR THS	2:24.98
<b>Heat 3 of 3 Prelims Starts at 04:51 PM</b>			
1	Ly, Alice	SR RRHS	2:19.02
2	Hurley, Ava	JR GHHS	2:15.63
3	LaTendresse, Kaitlyn	JR GHHS	1:57.90
4	Miller, Reese	PHS	2:10.48
5	Sawyer, Addisyn	JR ENUM	2:17.81
6	Grippio, Gabi	JR CAP	2:23.29

**Event 3 Girls 200 Yard IM**

2:12.80 ST3A 3A State Qualifying  
 2:42.20 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 04:54 PM</b>			
1	Jolley, Alexis	SR FWHS	2:52.56
2	Moyer, Delaney	SR GHHS	2:41.11
3	Learned, Brooklyn	FR GHHS	2:16.77
4	Massey, Jay	SR ENUM	2:28.42
5	Johnston, Kaitlyn	FR GHHS	2:42.03
6	Caesar, Jamisen	SO DECA	3:05.30
<b>Heat 2 of 3 Prelims Starts at 04:57 PM</b>			
1	Korpal, Leahnila	SR THS	2:48.03
2	Sawyer, Kiah	SR GHHS	2:38.27
3	Chang, Bella	SR AMHS	2:16.43
4	Policarpio, Fiona	TJHS	2:26.57
5	Gardner, Sydney	PHS	2:41.25
6	Morris, Alyx	PHS	2:57.17
<b>Heat 3 of 3 Prelims Starts at 05:01 PM</b>			
1	Ekenman, Eva	SR DECA	2:43.92
2	Every, Reis	PHS	2:36.15
3	Rider, Izzy	SO DSHS	2:11.88
4	Magnuson, Violet	JR CAP	2:21.48
5	Connelly, Scarlet	SR ENUM	2:41.16
6	Mossberg, Meadow	PHS	2:55.09

**Event 4 Girls 50 Yard Freestyle**

24.70 ST3A 3A State Qualifying  
 28.90 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 05:04 PM</b>			
1	Rivera, Alicia	JR LINC	28.80
2	Moun, Abigail	FR DSHS	28.28
3	Weisheyer, Haley	JR WR	25.83
4	Ng, Ang	TJHS	28.01
5	Kernutt, Audrey	JR RRHS	28.41
6	Ball, Annan	PHS	29.04
<b>Heat 2 of 3 Prelims Starts at 05:05 PM</b>			
1	Isenberg, Anna	SO GHHS	28.49
2	Sandoval, Ailianna	SO CKHS	28.15
3	Gjertson, Lee	PHS	25.64
4	Walling, Ashly	JR DECA	27.90
5	Kuper, Sadie	FR LAKES	28.33
6	Ewig, Michelle	SO NORT	29.00
<b>Heat 3 of 3 Prelims Starts at 05:06 PM</b>			
1	Aiken, Annabelle	SO DSHS	28.43
2	Shadwick, Ashley	FR KL	28.12
3	Meyer, Aziza	SR CKHS	24.55
4	Hendrickson, Linnea	JR DSHS	26.52
5	Jolley, Samantha	JR FWHS	28.30
6	Templin, Grace	FR DSHS	28.98



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**Event 6 Girls 100 Yard Butterfly**

59.00 ST3A 3A State Qualifying  
 1:12.60 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 05:17 PM</b>			
1	Scanlan, Sienna	JR THS	1:16.81
2	Hines, Emma	FR WR	1:10.43
3	Ensminger, Beau	SR GHHS	1:03.65
4	LaTendresse, Audrey	FR GHHS	1:07.87
5	Garrels, Ryan	PHS	1:12.48
6	Sapp, Lilah	FR GHHS	1:23.31
<b>Heat 2 of 3 Prelims Starts at 05:19 PM</b>			
1	Thomas, Roha	SR DECA	1:16.17
2	Kuper, Sadie	FR LAKES	1:10.22
3	Policarpio, Fiona	TJHS	1:03.18
4	To, Jennifer	SO DSHS	1:06.92
5	Connelly, Scarlet	SR ENUM	1:11.95
6	Thomas, Helena	SR DECA	1:22.77
<b>Heat 3 of 3 Prelims Starts at 05:21 PM</b>			
1	Edgar, Jane	JR GHHS	1:13.25
2	Losee, Keira	JR NORT	1:08.00
3	Levesh, Alexandra	JR ENUM	1:01.40
4	Henkel, Kate	PHS	1:06.39
5	Aiken, Annabelle	SO DSHS	1:10.96
6	Baskins, Breana	JR CKHS	1:18.59

**Event 7 Girls 100 Yard Freestyle**

54.20 ST3A 3A State Qualifying  
 1:03.90 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 05:23 PM</b>			
1	Delacruz, Christianne	PHS	1:05.04
2	Walling, Ashly	JR DECA	1:01.50
3	Nelson, Jenna	JR GHHS	55.51
4	Dahlin, Eva	SO GHHS	57.45
5	Chinn, Gia	JR LINC	1:02.76
6	Dockendorf, Gabrielle	JR CKHS	1:05.80
<b>Heat 2 of 3 Prelims Starts at 05:24 PM</b>			
1	Isenberg, Anna	SO GHHS	1:03.76
2	Hendrickson, Linnea	JR DSHS	59.24
3	Meyer, Aziza	SR CKHS	53.37
4	Esser, Alexis	SR DSHS	56.71
5	Nichols, Zoey	SR GHHS	1:01.89
6	Manter, Addison	SR RRHS	1:05.48
<b>Heat 3 of 3 Prelims Starts at 05:26 PM</b>			
1	Gardner, Sydney	PHS	1:03.67
2	Weisheyer, Haley	JR WR	57.72
3	Borja, Haley	SR CKHS	52.70
4	Gjertson, Lee	PHS	56.16
5	Sawyer, Addisyn	JR ENUM	1:01.84
6	Ball, Annan	PHS	1:05.15

**Event 8 Girls 500 Yard Freestyle**

5:20.50 ST3A 3A State Qualifying  
 6:22.00 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 05:28 PM</b>			
1	Brooks, Breanne	SR RRHS	6:40.23
2	Roddy, Audrie	SO ENUM	6:10.18
3	Yost, Hannah	FR DSHS	5:35.89
4	Lambiotte, Kayla	SO THS	5:56.00
5	Villa, Estella	SR CAP	6:25.82
6	Young, Euraya	SR AMHS	6:44.16
<b>Heat 2 of 3 Prelims Starts at 05:35 PM</b>			
1	Menge, Juliana	FR DSHS	6:36.51
2	Every, Reis	PHS	6:07.75
3	Magnuson, Violet	JR CAP	5:33.57
4	Miller, Reese	PHS	5:49.50
5	Johnston, Kaitlyn	FR GHHS	6:20.68
6	Hanna, Ada	SR RRHS	6:41.77
<b>Heat 3 of 3 Prelims Starts at 05:42 PM</b>			
1	Hayes, Erika	SR RRHS	6:31.44
2	Hurley, Ava	JR GHHS	5:57.71
3	LaTendresse, Kaitlyn	JR GHHS	5:18.83
4	LaTendresse, Audrey	FR GHHS	5:40.12
5	Newton, Aliyah	PHS	6:18.42
6	Marsh-Gates, Delilah	SR CAP	6:40.80

**Event 9 Girls 200 Yard Freestyle Relay**

1:42.75 ST3A 3A State Qualifying  
 2:17.20 WCD3 WCDIII 3A Standard

Lane	Team	Relay	Seed Time
<b>Heat 1 of 3 Prelims Starts at 05:54 PM</b>			
1	WHITE RIVER	A	2:07.83
2	CAPITAL	A	1:58.54
3	DR DOLORES SILAS	A	1:45.80
4	ENUMCLAW	A	1:54.22
5	KENTLAKE	A	2:04.18
6			
<b>Heat 2 of 3 Prelims Starts at 05:57 PM</b>			
1	DECATUR	A	2:06.65
2	THOMAS JEFFERSON	A	1:57.32
3	GIG HARBOR	A	1:44.06
4	A. MOUNTAINVIEW	A	1:53.47
5	TIMBERLINE	A	2:00.65
6	FEDERAL WAY	A	2:13.49
<b>Heat 3 of 3 Prelims Starts at 06:00 PM</b>			
1	LINCOLN	A	2:04.31
2	NORTH THURSTON	A	1:57.16
3	CENTRAL KITSAP	A	1:42.38
4	PENINSULA	A	1:48.28
5	RIVER RIDGE	A	1:59.50
6	LAKES	A	2:10.35



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**Event 10 Girls 100 Yard Backstroke**

59.50 ST3A 3A State Qualifying  
 1:13.20 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 06:07 PM</b>			
1	Sumner, Cate	SR DSHS	1:13.06
2	Yost, Hannah	FR DSHS	1:10.46
3	Ensminger, Beau	SR GHHS	1:03.56
4	To, Jennifer	SO DSHS	1:06.58
5	Shadwick, Ashley	FR KL	1:11.77
6	Scanlan, Sienna	JR THS	1:15.15
<b>Heat 2 of 3 Prelims Starts at 06:09 PM</b>			
1	Delacruz, Christianne	PHS	1:12.42
2	Ly, Alice	SR RRHS	1:09.86
3	Nelson, Jenna	JR GHHS	1:02.98
4	Henkel, Kate	PHS	1:06.11
5	Chinn, Gia	JR LINC	1:11.52
6	Ekenman, Eva	SR DECA	1:13.63
<b>Heat 3 of 3 Prelims Starts at 06:11 PM</b>			
1	Moyer, Delaney	SR GHHS	1:12.25
2	Massey, Jay	SR ENUM	1:07.99
3	Borja, Haley	SR CKHS	57.14
4	Ng, Ang	TJHS	1:05.79
5	Losee, Keira	JR NORT	1:11.12
6	Nau, Layla	FR THS	1:13.57

**Event 11 Girls 100 Yard Breaststroke**

1:08.30 ST3A 3A State Qualifying  
 1:22.00 WCD3 WCDIII 3A Standard

Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Prelims Starts at 06:13 PM</b>			
1	Grippa, Gabi	JR CAP	1:26.76
2	Burt, Molly	TJHS	1:22.96
3	Learned, Brooklyn	FR GHHS	1:08.88
4	Jolley, Samantha	JR FWHS	1:18.92
5	Cheng, Olivia	SR LAKES	1:24.66
6	Caesar, Jamisen	SO DECA	1:31.98
<b>Heat 2 of 3 Prelims Starts at 06:15 PM</b>			
1	Liwang, Mandi	FR KM	1:26.17
2	Hixon, Eleanor	SR RRHS	1:20.79
3	Rider, Izzy	SO DSHS	1:08.05
4	Sawyer, Kiah	SR GHHS	1:17.27
5	Cocke', Catherine	FR DSHS	1:23.15
6	Crane, Josie	SR GHHS	1:31.41
<b>Heat 3 of 3 Prelims Starts at 06:17 PM</b>			
1	Korpal, Leahnila	SR THS	1:24.83
2	Moun, Abigail	FR DSHS	1:19.90
3	Chang, Bella	SR AMHS	1:07.62
4	Levesh, Alexandra	JR ENUM	1:13.50
5	Gullum, Jewel	PHS	1:23.06
6	Grinstead, Ingrid	FR DSHS	1:30.07

**Event 12 Girls 400 Yard Freestyle Relay**

3:45.00 ST3A 3A State Qualifying  
 5:07.20 WCD3 WCDIII 3A Standard

Lane	Team	Relay	Seed Time
<b>Heat 1 of 3 Prelims Starts at 06:24 PM</b>			
1	THOMAS JEFFERSON	A	5:07.15
2	A. MOUNTAINVIEW	A	4:34.10
3	DR DOLORES SILAS	A	3:52.77
4	CAPITAL	A	4:25.43
5	LINCOLN	A	4:47.12
6			
<b>Heat 2 of 3 Prelims Starts at 06:30 PM</b>			
1	FEDERAL WAY	A	5:00.55
2	RIVER RIDGE	A	4:30.18
3	GIG HARBOR	A	3:48.05
4	DECATUR	A	4:25.38
5	ENUMCLAW	A	4:42.39
6			
<b>Heat 3 of 3 Prelims Starts at 06:36 PM</b>			
1	NORTH THURSTON	A	4:56.91
2	TIMBERLINE	A	4:26.40
3	CENTRAL KITSAP	A	3:41.76
4	PENINSULA	A	3:56.94
5	KENTLAKE	A	4:38.37
6			

