

## 2022 Capital City Multi Duals - 9/10/2022

## Results

## Event 1 Girls 200 Yard Medley Relay

Team	Relay	Finals Time
1 MIN-ND	A	1:56.78
1) Williamson, Ava 10	2) Altringer, Elise 12	
3) Vonbokern, Sam 9	4) Edwards, Bostyn 10	
29.78 34.29	27.18 25.53	
2 CHS	A	1:57.28
1) Michela, Caylee 12	2) Tivis, Mady 11	
3) Jablonsky, Abby 9	4) Caster, Lauryn 11	
31.24 32.47	28.02 25.55	
3 LHS	A	2:02.21
1) Blikre, Tova 10	2) Gruman, Katie 11	
3) Steele, Brinley 7	4) Erickson, Abby 10	
30.98 35.56	29.75 25.92	
4 WHS	A	2:02.69
1) Grunenwald, Anika J 10	2) Goehring, Savannah L 12	
3) Zander, Dru E 9	4) Tvester, Olivia 9	
33.06 34.76	28.85 26.02	
5 CHS	B	2:04.71
1) Duchsherer, Kylie 10	2) McEvers, Hannah 9	
3) Vallie, Emma 12	4) Nelson, Sady 11	
31.74 35.37	29.46 28.14	
6 BHS-ND	A	2:04.74
1) Traynor, Keelin 11	2) VerDouw, Madeline 8	
3) Forde, Isabelle 12	4) Duckwitz, Anna 11	
35.07 31.68	30.03 27.96	
7 HHS	A	2:04.89
1) Wettlaufer, Jocelyn 8	2) Mauch, Savannah 10	
3) Smith, Becca 10	4) Fuchs, Maiah 9	
31.56 36.81	29.14 27.38	
8 MHS	A	2:04.93
1) Jackson, Josey 12	2) Masseth, Emma 7	
3) Leingang, Brooklyn 12	4) Jackson, Lynnea 9	
31.46 35.78	30.54 27.15	
9 MIN-ND	B	2:08.28
1) Osborn, Gabby 10	2) Metzger, Havanna 10	
3) Lyman, Madison 11	4) Valdez, Hailee 9	
32.22 37.34	30.38 28.34	
10 DHS	A	2:13.75
1) Davis, Allanah 11	2) Williams, Ericka 12	
3) Vohs, Willow 7	4) Meschke, Hannah 10	
35.70 35.97	33.44 28.64	
11 LHS	B	2:15.38
1) Schick, Jillian 10	2) McKenzie, Emma 12	
3) Ellefson, Elizabeth 10	4) Upgren, Grace 7	
34.91 38.85	32.47 29.15	
12 HHS	B	2:16.00
1) Smith, Katie 11	2) Hetland, Sophie 9	
3) Enright, Anna 8	4) Mauch, Colby 8	
33.89 39.11	32.14 30.86	
13 MHS	B	2:18.83
1) Satnan, Aleyah 11	2) Goettle, Grace 9	
3) Gerhardt, Malayna 9	4) Beckler, Kate 11	
37.43 36.68	35.44 29.28	
14 WHS	B	2:18.85
1) Sorensen, Hailey K 12	2) Billings, Kloe N 11	
3) Stauffer, Jordan 12	4) Sorensen, Emmy 11	
36.83 40.21	31.86 29.95	

15 BHS-ND	B	2:26.89
1) Kerzman, Lizzy 10	2) Geerdes, Addy 11	
3) Jahner, Jocelyn 9	4) Kummer, Riley 10	
38.42 40.15	35.72 32.60	
16 DHS	B	2:27.49
1) Tippett, Makenna 7	2) Erickson, Kendra 9	
3) Berger, Bella 7	4) Meyer, Clancy 7	
38.19 41.96	36.43 30.91	
--- CHS	C	X2:08.98
1) Lubale, Rachael 11	2) Richards, Brooklyn 8	
3) Pudwill, Jayda 9	4) Tamisiea, Clare 12	
32.90 35.25	31.78 29.05	
--- MIN-ND	C	X2:11.50
1) Quam, Kirby 7	2) Bahr, Zoe 9	
3) Flaten, Caelin 10	4) Schaefer, Ellie 10	
34.47 37.24	30.72 29.07	
--- CHS	D	X2:12.27
1) Smithers, Hannah 12	2) Knudson, Joelle 7	
3) Caster, Aubrey 8	4) Stollendorf, Calleigh 7	
33.11 36.87	31.16 31.13	
--- WHS	C	X2:12.94
1) Cotton, Adelle J 11	2) Riely, Kaylynn 11	
3) Woodward, Kearyn L 11	4) Ward, Sam 10	
34.35 38.34	31.24 29.01	
--- MIN-ND	D	X2:15.79
1) Aberle, Isabelle 10	2) Metzger, Haili 10	
3) Kerzmann, Erin 12	4) King, Cassidy 9	
36.84 36.99	30.76 31.20	
--- LHS	C	X2:19.63
1) Bergrud, Samantha 12	2) Waldner, Lexie 7	
3) Brousseau, Avery 11	4) Kvas, Mia 7	
35.02 37.28	36.57 30.76	
--- LHS	D	X2:21.95
1) Freborg, Piper 9	2) McKenzie, Kadee 9	
3) Lacher, Ellie 7	4) Koppang, Lily 8	
36.99 41.45	33.18 30.33	
--- CHS	E	X2:22.26
1) Walker, Norah 9	2) Buck Elk, Alynna 10	
3) Kuklok, Kiera 7	4) Polk, Shea 12	
38.02 39.21	34.04 30.99	
--- MHS	C	X2:32.86
1) Carter, Sophia 10	2) Kitzmann, Katelynn 8	
3) Walz, Morgan 7	4) Graff, Julia 7	
42.16 42.71	34.94 33.05	
--- CHS	F	X2:37.81
1) Anderson, Emily 7	2) Pudwill, Rylie 12	
3) Clark, Ella 8	4) Anderson, Kinsley 12	
41.85 39.50	37.70 38.76	
--- WHS	D	X2:41.83
1) Haugen, Brekyn 7	2) Ramsey, Tyleigh 7	
3) Woodward, Jayden M 9	4) Olsen, Savanna 10	
39.14 57.13	35.18 30.38	
--- DHS	C	X2:46.76
1) Kruc, Sophia 7	2) LaQua, Hailey 9	
3) LaQua, Emily 9	4) Ziman, Shaylynn 8	
42.15 47.80	40.92 35.89	

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## Results

**(Event 1 Girls 200 Yard Medley Relay)**

Team	Relay	Finals Time
--- LHS	E	X2:50.73
1) O'Neil, Paytn 9	2) Wiedmeier, Erin 8	
3) Fiedler, Avery 9	4) Fischer, Belle 7	
47.44 45.25	37.61 40.43	
--- BHS-ND	C	X2:53.73
1) Bondley, Brooke 11	2) Hintz, Kallen 10	
3) Vatnsdal, Aubrey 8	4) Baumgartner, Brooklyn 7	
45.74 45.81	45.00 37.18	
--- HHS	C	X2:53.91
1) Voegele, Veda 10	2) Wyum, Sandra 8	
3) Hogness, Izzy 10	4) Danielson, Quinn 8	
40.36 45.17	57.91 30.47	

**Event 2 Girls 200 Yard Freestyle**

Name	YrSchool	Finals Time
1 Altringer, Elise	12 MIN-ND	2:03.21
28.54 31.07	31.80 31.80	
2 Mrachek, Sienna	9 CHS	2:06.28
28.65 32.03	33.62 31.98	
3 Blikre, Tova	10 LHS	2:06.83
29.52 31.75	33.12 32.44	
4 Flaten, Caelin	10 MIN-ND	2:09.14
29.86 32.18	33.56 33.54	
5 Michela, Caylee	12 CHS	2:09.94
29.90 33.18	34.33 32.53	
6 Vallie, Emma	12 CHS	2:09.97
30.84 32.82	33.64 32.67	
7 Novak, Maddie	10 HHS	2:11.92
29.10 32.89	34.46 35.47	
8 Vonbokern, Sophia	9 MIN-ND	2:14.35
29.61 33.78	35.94 35.02	
9 Ellerkamp, Molly	8 DHS	2:15.06
30.13 33.71	35.82 35.40	
10 Schick, Jillian	10 LHS	2:15.37
31.40 34.70	35.22 34.05	
11 Forde, Isabelle	12 BHS-ND	2:18.69
30.20 35.34	36.62 36.53	
12 Adamski, Taylor	12 MHS	2:19.09
31.26 35.58	36.94 35.31	
13 Tofte, Myah K	11 WHS	2:19.21
31.39 35.54	37.14 35.14	
14 Pfau, Natalie R	11 WHS	2:19.47
31.08 36.43	36.76 35.20	
15 Meschke, Hannah	10 DHS	2:19.65
31.49 34.64	36.87 36.65	
16 Zimmer, Jewel	11 LHS	2:20.03
32.46 36.02	36.64 34.91	
17 Becker, Mya	10 MHS	2:25.46
32.49 37.20	38.41 37.36	
18 Ramsey, Maleah S	10 WHS	2:26.23
31.94 36.88	38.99 38.42	
19 Tippett, Makenna	7 DHS	2:27.41
33.63 37.31	39.00 37.47	
20 Masseh, Emma	7 MHS	2:28.19
33.13 37.11	40.03 37.92	

21 Rude, Alora	10 HHS	2:35.96
35.62 39.58	41.26 39.50	
22 Vatnsdal, Aubrey	8 BHS-ND	2:38.75
36.93 41.62	41.39 38.81	
23 Traynor, Nora	8 BHS-ND	2:39.72
35.80 39.84	41.88 42.20	
24 Lerum, Joley	9 HHS	2:42.22
36.38 41.09	42.61 42.14	
--- Kerzmann, Erin	12 MIN-ND	X2:14.74
30.26 34.16	35.41 34.91	
--- Dunstan, Emily	8 MIN-ND	X2:17.33
30.94 34.98	36.30 35.11	
--- Strandlien, Vianne	9 MIN-ND	X2:21.14
30.56 34.86	36.94 38.78	
--- Schaefer, Ellie	10 MIN-ND	X2:25.09
31.75 36.93	38.93 37.48	
--- Hoffman, Karen	9 CHS	X2:25.11
32.46 36.46	37.64 38.55	
--- Bergrud, Samantha	12 LHS	X2:26.52
33.71 38.98	37.07 36.76	
--- Clark, Maya	8 CHS	X2:30.34
33.19 38.13	39.95 39.07	
--- Walz, Morgan	7 MHS	X2:30.93
34.63 39.37	39.90 37.03	
--- Spomer, Paige	10 CHS	X2:31.90
34.85 38.91	39.74 38.40	
--- Ferderer, Bailey	9 CHS	X2:35.66
34.67 40.31	42.23 38.45	
--- Schaff, Maria	8 CHS	X2:38.03
34.17 39.19	41.54 43.13	
--- Walker, Norah	9 CHS	X2:42.04
36.58 40.77	42.25 42.44	
--- Haugen, Brekyn	7 WHS	X2:43.06
36.66 42.33	44.15 39.92	
--- Rush, Delaney	9 CHS	X2:44.30
35.57 41.70	44.58 42.45	
--- Richards, Ella	10 WHS	X2:45.45
37.66 42.30	43.20 42.29	
--- Hetland, Payton	9 HHS	X2:49.50
35.38 43.08	46.45 44.59	
--- Wiedmeier, Erin	8 LHS	X2:53.97
40.35 44.74	47.03 41.85	
--- Koppang, Lily	8 LHS	X2:54.97
36.25 43.27	47.94 47.51	
--- Baumgartner, Brooklyn	7 BHS-ND	X2:58.51
37.54 44.31	47.56 49.10	
--- Meyer, Julia	7 CHS	X3:01.80
37.88 45.33	50.83 47.76	
--- Thompson, Elsie	7 CHS	X3:02.09
38.85 46.35	50.35 46.54	
--- Strobl, Emery	8 HHS	X3:06.40
40.67 46.42	46.23 53.08	
--- Anderson, Cambree	8 BHS-ND	X3:11.51
37.63 49.44	52.98 51.46	
--- Klaudt, Jorja	8 BHS-ND	X3:19.95
44.12 51.27	53.59 50.97	

## 2022 Capital City Multi Duals - 9/10/2022

## Results

## Event 3 Girls 200 Yard IM

Name	Yr	School	Finals Time
1 Williamson, Ava	10	MIN-ND	2:18.72
29.15	34.66	41.93	32.98
2 Ellerkamp, Mara	11	DHS	2:21.47
29.27	36.54	42.74	32.92
3 Erickson, Abby	10	LHS	2:24.95
30.87	37.02	43.47	33.59
4 Goehring, Savannah L	12	WHS	2:25.77
31.34	39.21	40.59	34.63
5 Twist, Aryana	11	DHS	2:27.04
29.89	38.90	45.60	32.65
6 Jablonsky, Abby	9	CHS	2:27.49
30.95	36.82	46.42	33.30
7 Lubale, Rachael	11	CHS	2:27.63
31.74	38.41	43.85	33.63
8 Tivis, Mady	11	CHS	2:29.38
31.38	39.60	42.30	36.10
9 Wettlaufer, Jocelyn	8	HHS	2:30.06
34.44	35.95	46.11	33.56
10 Fuchs, Maiah	9	HHS	2:33.91
34.93	39.25	44.40	35.33
11 Gruman, Katie	11	LHS	2:35.01
32.84	43.60	43.29	35.28
12 Osborn, Gabby	10	MIN-ND	2:35.47
31.36	39.57	49.05	35.49
13 Metzger, Havanna	10	MIN-ND	2:41.61
33.51	43.45	45.57	39.08
14 Lindsey, Corinne	9	MHS	2:42.00
34.74	39.24	52.39	35.63
15 Riely, Kaylynn	11	WHS	2:42.37
34.22	39.34	49.71	39.10
16 Waldner, Lexie	7	LHS	2:45.89
36.61	42.42	46.65	40.21
17 Vohs, Willow	7	DHS	2:46.08
34.14	41.03	52.62	38.29
18 Cotton, Adelle J	11	WHS	2:47.94
34.60	41.88	51.86	39.60
19 Erhardt, Cadence	9	MHS	2:51.26
38.43	43.41	49.39	40.03
20 Mauch, Colby	8	HHS	2:51.45
39.20	44.28	50.42	37.55
21 Gerhardt, Malayna	9	MHS	2:53.37
36.78	42.56	52.23	41.80
--- Duchsherer, Kylie	10	CHS	X2:32.09
30.76	37.00	47.53	36.80
--- Neumann, Ava	10	MIN-ND	X2:38.01
33.75	39.99	49.05	35.22
--- Pudwill, Jayda	9	CHS	X2:40.28
33.28	42.87	48.13	36.00
--- Ward, Sam	10	WHS	X2:45.33
33.09	41.54	52.06	38.64
--- Buck Elk, Alynna	10	CHS	X2:45.36
35.76	43.16	48.55	37.89
--- Sutheimer, Brynlee	7	LHS	X2:53.79
37.09	44.26	52.28	40.16

--- Aberle, Isabelle	10	MIN-ND	X2:56.32
36.21	47.44	51.72	40.95
--- McKenzie, Kadee	9	LHS	X2:58.95
38.05	47.25	52.95	40.70
--- Stollendorf, Calleigh	7	CHS	X3:01.68
45.84	47.07	48.71	40.06
--- Clark, Ella	8	CHS	X3:03.70
38.35	47.35	57.89	40.11
--- LaQua, Hailey	9	DHS	X3:12.88
44.70	45.07	58.51	44.60
--- Noonan, Morgan	8	LHS	X3:18.04
44.17	47.30	1:06.36	40.21
--- Voegele, Veda	10	HHS	X3:18.52
45.65	48.03	1:00.94	43.90
--- Sikes, Elizabeth	9	BHS-ND	DQ
41.86	48.44	59.06	46.70
--- Metzger, Haili	10	MIN-ND	XDQ
37.46	46.24	43.26	38.68
--- Sorensen, Hailey K	12	WHS	XDQ
39.95	42.75	54.90	41.16

## Event 4 Girls 50 Yard Freestyle

Name	Yr	School	Finals Time
1 Vonbokern, Sam	9	MIN-ND	25.14
2 Caster, Lauryn	11	CHS	25.48
3 Rathgeber, Charley	12	DHS	25.56
4 Edwards, Bostyn	10	MIN-ND	26.04
5 Donat, McKayla	12	LHS	26.30
6 Zander, Dru E	9	WHS	26.60
7 Tveter, Olivia	9	WHS	26.72
8 Goodman, Reese	11	MIN-ND	26.97
9 VerDouw, Madeline	8	BHS-ND	27.14
10 Hochhalter, Lilyana	7	LHS	27.15
11 Jackson, Lynnea	9	MHS	27.20
12 Smith, Becca	10	HHS	27.48
13 Osadchy, Molly	7	CHS	27.65
14 Nelson, Sady	11	CHS	27.78
15 Meschke, Hannah	10	DHS	27.88
16 Woodward, Kearyn L	11	WHS	27.99
17 Duckwitz, Anna	11	BHS-ND	28.16
18 Mauch, Savannah	10	HHS	28.96
19 Traynor, Keelin	11	BHS-ND	29.02
20 Bugbee, Grace	8	MHS	29.54
21 Schick, Grace	11	LHS	30.18
22 Erickson, Kendra	9	DHS	30.32
23 Domitrovich, Sophia	8	HHS	30.50
--- Fricke, Maggie	9	MIN-ND	X27.71
--- Valdez, Hailee	9	MIN-ND	X28.48
--- Quam, Kirby	7	MIN-ND	X28.79
--- Hetland, Sophie	9	HHS	X29.50
--- Sease, Kya	11	BHS-ND	X29.64
--- Richards, Brooklyn	8	CHS	X29.83
--- Sorensen, Emmy	11	WHS	X29.86
--- Olsen, Savanna	10	WHS	X30.00
--- Tamisiea, Clare	12	CHS	X30.17
--- Geerdes, Addy	11	BHS-ND	X30.44
--- Lacher, Ellie	7	LHS	X30.50
--- Smith, Katie	11	HHS	X30.51

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## Results

**(Event 4 Girls 50 Yard Freestyle)**

Name	YrSchool	Finals Time
--- Polk, Shea	12 CHS	X30.86
--- Brousseau, Avery	11 LHS	X31.49
--- Senger, Madi	12 MIN-ND	X31.52
--- Satnan, Aleyah	11 MHS	X32.07
--- Berger, Bella	7 DHS	X32.40
--- Meyer, Clancy	7 DHS	X32.53
--- Steckler, Autumn	10 MIN-ND	X32.75
--- Leys, Lily Sue	10 MIN-ND	X33.07
--- Kummer, Riley	10 BHS-ND	X33.12
--- Fiedler, Avery	9 LHS	X33.13
--- Kerzman, Lizzy	10 BHS-ND	X33.22
--- LaQua, Emily	9 DHS	X33.89
--- Hilfer, Aliya	11 MHS	X34.07
--- Kitzmann, Katelynn	8 MHS	X35.21
--- Bondley, Brooke	11 BHS-ND	X37.05
--- Schaible, Sophia	9 CHS	X37.06
--- Kroh, Alora	11 MHS	X37.55
--- Clark, Charley	7 WHS	X38.22
--- Anderson, Kinsley	12 CHS	X39.34
--- O'Neil, Paytn	9 LHS	X40.03
--- Fischer, Belle	7 LHS	X40.27
--- Haller, Morgan	9 DHS	X41.29
--- Ramsey, Sierra	12 WHS	X41.62
--- Powell, Savannah	7 MHS	X42.06
--- Nairn, Nora	7 CHS	X43.68
--- Beckler, Kate	11 MHS	DQ

**Event 5 Girls 1 mtr Diving**

Name	YrSchool	Finals Score
1 Conklin, Haley	10 MIN-ND	250.10
2 Kesler, Ella	11 MIN-ND	240.35
3 Jorgenson, Leah D	12 WHS	205.90
4 Nielsen, Ashlyn	12 MIN-ND	198.55
5 Bender, Kelbie	12 MHS	192.10
6 Kolness, Katelyn G	10 WHS	175.40
7 Hochhalter, Brielle	10 LHS	169.80
8 Ricketts, Abi	9 MHS	163.00
9 Jasso, Kylie	11 MHS	159.65
10 Wolbaum, Brenna Jo	10 DHS	153.10
11 Brandt, Stella	8 BHS-ND	136.00
12 Kuklok, Kiera	7 CHS	134.40
13 Larson, Camie	11 LHS	128.00
14 Pudwill, Rylie	12 CHS	122.15
15 Thomas, Sara	7 HHS	117.05
16 Arnold, Lenora	7 WHS	115.70
17 Axtman, Sophie	10 HHS	111.80
18 Erickson, Breanna	7 DHS	109.10
19 Paintner, Samantha	7 DHS	101.20
20 Richard, Reese	10 HHS	99.10
21 Barth, Nevaeh	12 CHS	90.95
22 Brousseau, Emersen	9 LHS	73.45
--- Conejo, Ave	10 MIN-ND	X162.55
--- Bell, Sophie	9 MIN-ND	X154.75
--- Cowper, Sylvia	11 MIN-ND	X153.30
--- Brew, Kylie	8 MHS	X141.65
--- Graff, Julia	7 MHS	X131.05

--- David, Alyssa	10 MHS	X120.25
--- Dockter, Haley	7 CHS	X113.00
--- Stahl, Kylie	8 CHS	X112.40
--- Abryzo, Ava	12 CHS	X109.80
--- Smette, Adalynn	9 CHS	X103.40
--- Haman, Rhyan	12 CHS	X99.75
--- Beck, Olivia	8 MHS	X92.80
--- Haider, Kaydence	9 CHS	X91.60
--- Anderson, Emily	7 CHS	X62.30

**Event 6 Girls 100 Yard Butterfly**

Name	YrSchool	Finals Time
1 Ellerkamp, Mara	11 DHS	1:05.21
29.43	35.78	
2 Jackson, Josey	12 MHS	1:05.79
30.36	35.43	
3 Vallie, Emma	12 CHS	1:06.72
31.23	35.49	
4 Lyman, Madison	11 MIN-ND	1:07.18
31.12	36.06	
5 Jablonsky, Abby	9 CHS	1:07.25
30.52	36.73	
6 Steele, Brinley	7 LHS	1:07.44
31.00	36.44	
7 Goodman, Reese	11 MIN-ND	1:07.52
30.75	36.77	
8 Cook, Cadence	11 CHS	1:10.10
32.37	37.73	
9 Ellefson, Elizabeth	10 LHS	1:10.53
32.38	38.15	
10 Stauffer, Jordan	12 WHS	1:11.14
32.24	38.90	
11 Forde, Isabelle	12 BHS-ND	1:11.62
32.00	39.62	
12 Vonbokern, Sophia	9 MIN-ND	1:13.30
32.32	40.98	
13 Domitrovich, Sophia	8 HHS	1:13.66
33.91	39.75	
14 Ellerkamp, Molly	8 DHS	1:16.91
34.80	42.11	
15 Leingang, Brooklyn	12 MHS	1:17.22
33.01	44.21	
16 McKenzie, Emma	12 LHS	1:17.52
34.77	42.75	
17 Woodward, Jayden M	9 WHS	1:24.31
36.62	47.69	
18 Davis, Allanah	11 DHS	1:27.08
39.02	48.06	
19 Danielson, Quinn	8 HHS	1:28.19
39.84	48.35	
20 Billings, Kloe N	11 WHS	1:29.62
38.01	51.61	
21 Gerhardt, Monica	11 MHS	1:31.86
39.86	52.00	
22 Wyum, Sandra	8 HHS	1:34.22
42.24	51.98	
--- Erickson, Ava	9 CHS	X1:12.78
33.64	39.14	

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## Results

**(Event 6 Girls 100 Yard Butterfly)**

Name	YrSchool	Finals Time
--- Caster, Aubrey	8 CHS	X1:13.26
32.44	40.82	
--- Hoffman, Karen	9 CHS	X1:15.74
35.68	40.06	
--- Knudson, Joelle	7 CHS	X1:19.02
36.88	42.14	
--- Sutheimer, Brynlee	7 LHS	X1:21.25
37.33	43.92	
--- Aberle, Isabelle	10 MIN-ND	X1:21.26
37.84	43.42	
--- Clark, Ella	8 CHS	X1:24.43
38.28	46.15	
--- Walz, Morgan	7 MHS	X1:24.58
39.29	45.29	
--- Noonan, Morgan	8 LHS	X1:35.44
44.54	50.90	
--- Hilfer, Aliya	11 MHS	X1:35.60
42.24	53.36	
--- Walker, Norah	9 CHS	X1:35.64
43.92	51.72	
--- Meyer, Julia	7 CHS	X1:35.79
43.77	52.02	
--- Ferderer, Bailey	9 CHS	X1:36.59
42.97	53.62	
--- Schaff, Maria	8 CHS	X1:37.71
43.68	54.03	
--- Thompson, Elsie	7 CHS	X1:44.44
44.75	59.69	
--- Kruc, Sophia	7 DHS	X1:49.71
50.83	58.88	

**Event 7 Girls 100 Yard Freestyle**

Name	YrSchool	Finals Time
1 Vonbokern, Sam	9 MIN-ND	54.60
25.73	28.87	
*2 Rathgeber, Charley	12 DHS	55.90
26.67	29.23	
*2 Caster, Lauryn	11 CHS	55.90
26.86	29.04	
4 Erickson, Abby	10 LHS	56.26
26.91	29.35	
5 Miller, Taylor	10 DHS	56.76
27.12	29.64	
6 Tveter, Olivia	9 WHS	58.75
28.55	30.20	
7 Osadchy, Molly	7 CHS	59.37
28.76	30.61	
8 Hochhalter, Lilyana	7 LHS	59.38
28.47	30.91	
9 McEvers, Hannah	9 CHS	1:00.32
29.14	31.18	
10 Jackson, Lynnea	9 MHS	1:00.70
28.99	31.71	
11 Fuchs, Maiah	9 HHS	1:00.71
29.19	31.52	

12 Senderhauf, Lola C	10 WHS	1:00.78
28.22	32.56	
13 Woodward, Kearyn L	11 WHS	1:00.98
29.71	31.27	
14 Wettlaufer, Jocelyn	8 HHS	1:01.00
29.51	31.49	
15 Dunstan, Emily	8 MIN-ND	1:02.12
29.16	32.96	
16 Enright, Anna	8 HHS	1:02.61
29.88	32.73	
17 Lindsey, Corinne	9 MHS	1:03.00
30.73	32.27	
18 Sease, Kya	11 BHS-ND	1:04.50
30.68	33.82	
19 Uppgren, Grace	7 LHS	1:04.68
30.96	33.72	
20 Traynor, Keelin	11 BHS-ND	1:05.08
30.55	34.53	
21 Valdez, Hailee	9 MIN-ND	1:05.80
29.86	35.94	
22 Gerhardt, Malayna	9 MHS	1:07.67
31.93	35.74	
23 Erickson, Kendra	9 DHS	1:11.09
34.36	36.73	
--- Grunenwald, Anika J	10 WHS	X1:01.83
29.82	32.01	
--- Bahr, Zoe	9 MIN-ND	X1:04.05
30.87	33.18	
--- Ward, Sam	10 WHS	X1:04.48
30.53	33.95	
--- Smithers, Hannah	12 CHS	X1:04.58
30.95	33.63	
--- Beckler, Kate	11 MHS	X1:07.73
31.35	36.38	
--- Tamisiea, Clare	12 CHS	X1:07.98
32.86	35.12	
--- Rude, Alora	10 HHS	X1:08.91
33.33	35.58	
--- King, Cassidy	9 MIN-ND	X1:09.04
32.73	36.31	
--- Brousseau, Avery	11 LHS	X1:09.25
32.73	36.52	
--- Kvas, Mia	7 LHS	X1:10.52
33.87	36.65	
--- Freborg, Piper	9 LHS	X1:11.10
33.32	37.78	
--- Koenig, Sophia	11 MHS	X1:13.55
33.67	39.88	
--- Vatsndal, Aubrey	8 BHS-ND	X1:14.03
35.89	38.14	
--- Leys, Lily Sue	10 MIN-ND	X1:15.06
34.76	40.30	
--- Fiedler, Avery	9 LHS	X1:16.48
36.69	39.79	
--- Berger, Bella	7 DHS	X1:18.03
36.49	41.54	
--- Geerdes, Olyvia	8 BHS-ND	X1:18.24
37.11	41.13	

## 2022 Capital City Multi Duals - 9/10/2022

## Results

**(Event 7 Girls 100 Yard Freestyle)**

Name	Yr	School	Finals Time
--- Ramsey, Tyleigh	7	WHS	X1:18.86
36.53	42.33		
--- Carter, Sophia	10	MHS	X1:19.76
37.19	42.57		
--- Kitzmann, Katelynn	8	MHS	X1:20.39
38.18	42.21		
--- Strobl, Emery	8	HHS	X1:22.25
39.24	43.01		
--- Hintz, Kallen	10	BHS-ND	X1:22.35
38.19	44.16		
--- Anderson, Emily	7	CHS	X1:22.45
39.89	42.56		
--- Ziman, Shaylynn	8	DHS	X1:23.28
39.05	44.23		
--- Fischer, Belle	7	LHS	X1:32.17
44.11	48.06		
--- Nairn, Nora	7	CHS	X1:39.14
46.32	52.82		
--- Hogness, Izzy	10	HHS	X1:40.46
48.25	52.21		

**Event 8 Girls 500 Yard Freestyle**

Name	Yr	School	Finals Time
1 Mrachek, Sienna	9	CHS	5:34.63
29.49	33.44	34.07	34.46
34.90	34.53	34.65	33.86
32.97	32.26		
2 Altringer, Elise	12	MIN-ND	5:38.91
30.00	32.84	33.86	33.98
34.58	34.69	35.04	34.75
35.12	34.05		
3 Flaten, Caelin	10	MIN-ND	5:45.47
31.05	33.77	34.67	34.77
34.87	35.47	35.54	35.49
35.36	34.48		
4 Lubale, Rachael	11	CHS	5:54.84
31.33	35.06	35.57	36.36
36.32	36.31	36.41	36.60
36.00	34.88		
5 Cook, Cadence	11	CHS	5:58.45
31.96	35.73	37.16	38.27
37.84	37.83	36.38	35.40
34.05	33.83		
6 Novak, Maddie	10	HHS	5:59.15
31.25	35.32	36.28	37.03
36.83	37.06	36.82	36.98
36.15	35.43		
7 Schick, Jillian	10	LHS	5:59.27
32.28	35.84	36.88	36.89
37.26	37.20	36.88	36.30
35.78	33.96		
8 Smith, Becca	10	HHS	6:00.34
31.54	36.09	36.27	36.61
36.98	37.51	37.07	37.55
36.33	34.39		

9 Neumann, Ava	10	MIN-ND	6:01.06
32.39	34.99	36.10	36.25
37.14	37.49	37.62	37.49
36.63	34.96		
10 Pfau, Natalie R	11	WHS	6:01.69
31.38	35.83	36.03	37.43
37.45	36.81	37.15	37.12
36.83	35.66		
11 Hetland, Sophie	9	HHS	6:03.63
32.42	36.05	36.14	37.30
36.94	37.87	37.65	37.60
37.10	34.56		
12 Williams, Ericka	12	DHS	6:03.83
30.00	33.89	35.96	36.88
37.31	38.02	38.29	38.34
38.22	36.92		
13 Zimmer, Jewel	11	LHS	6:08.21
33.47	36.78	37.31	37.79
37.67	37.26	37.21	38.15
37.78	34.79		
14 Adamski, Taylor	12	MHS	6:24.06
33.19	37.21	38.33	39.30
39.18	39.74	39.96	39.85
39.97	37.33		
15 Sorensen, Emmy	11	WHS	6:27.99
32.32	37.10	38.13	39.65
39.27	40.27	40.50	40.92
40.88	38.95		
16 Tippett, Makenna	7	DHS	6:32.85
34.70	38.54	40.14	39.28
40.61	40.72	40.75	40.96
39.99	37.16		
17 Schick, Grace	11	LHS	6:37.27
34.14	37.92	39.32	39.87
40.36	40.73	41.17	41.28
41.58	40.90		
18 Vohs, Willow	7	DHS	6:41.02
33.43	38.23	39.85	40.28
41.26	41.86	42.56	41.92
41.61	40.02		
19 Goettle, Grace	9	MHS	6:42.36
34.59	39.20	40.58	41.16
41.83	41.00	42.21	41.87
40.95	38.97		
20 Jahner, Jocelyn	9	BHS-ND	6:58.28
35.79	41.41	42.65	42.96
43.61	43.92	43.73	43.63
42.45	38.13		
21 Polk, Shea	12	CHS	x7:09.18
34.49	39.28	41.78	42.41
44.38	45.42	47.41	46.30
43.75	43.96		
22 Seefeldt, Kelby	8	MHS	7:35.75
37.59	43.08	44.92	47.16
49.14	48.67	50.09	48.11
45.47	41.52		

## 2022 Capital City Multi Duals - 9/10/2022

## Results

**(Event 8 Girls 500 Yard Freestyle)**

Name	Yr	School	Finals Time	
--- Nelson, Sady	11	CHS	X6:05.19	
32.22	35.72	36.51	37.46	
36.96	37.40	37.39	37.56	
37.33	36.64			
--- Kerzmann, Erin	12	MIN-ND	X6:07.91	
30.40	35.35	36.65	37.22	
38.40	37.68	38.31	39.19	
38.27	36.44			
--- Erickson, Ava	9	CHS	X6:14.40	
32.30	36.04	38.19	37.83	
38.21	38.38	39.14	39.34	
38.22	36.75			
--- Quam, Kirby	7	MIN-ND	X6:19.13	
33.37	37.84	37.24	37.76	
39.43	39.20	39.66	39.61	
38.35	36.67			
--- Lacher, Ellie	7	LHS	X6:19.62	
32.08	36.80	38.58	39.21	
39.39	38.51	39.38	39.46	
39.45	36.76			
--- LaQua, Emily	9	DHS	X6:53.03	
36.50	40.78	43.20	40.60	
42.29	41.70	43.53	41.59	
42.54	40.30			
--- Richards, Ella	10	WHS	X7:11.61	
38.92	42.82	43.93	44.39	
44.25	44.94	44.47	44.47	
43.12	40.30			
--- Haugen, Brekyn	7	WHS	X7:26.70	
37.82	43.83	45.28	46.79	
45.60	46.91	46.38	46.36	
45.76	41.97			
--- Ramsey, Maleah S	10	WHS	DQ	

**Event 9 Girls 200 Yard Freestyle Relay**

Team	Relay	Finals Time	
1 DHS	A	1:43.74	
1) Miller, Taylor 10	2) Twist, Aryana 11		
3) Ellerkamp, Mara 11	4) Rathgeber, Charley 12		
26.26	26.60	25.91	24.97
2 CHS	A	1:45.20	
1) Tivis, Mady 11	2) Osadchy, Molly 7		
3) Mrachek, Sienna 9	4) Caster, Lauryn 11		
26.38	27.14	26.49	25.19
3 MIN-ND	A	1:47.52	
1) Goodman, Reese 11	2) Fricke, Maggie 9		
3) Osborn, Gabby 10	4) Edwards, Bostyn 10		
27.40	27.59	26.71	25.82
4 CHS	B	1:49.17	
1) Michela, Caylee 12	2) Cook, Cadence 11		
3) Nelson, Sady 11	4) Erickson, Ava 9		
27.34	28.04	26.97	26.82
5 LHS	A	1:49.28	
1) Donat, McKayla 12	2) Hochhalter, Lilyana 7		
3) Steele, Brinley 7	4) Gruman, Katie 11		
27.25	27.45	27.18	27.40

6 BHS-ND	A	1:52.04	
1) Verdouw, Madeline 8	2) Traynor, Keelin 11		
3) Duckwitz, Anna 11	4) Forde, Isabelle 12		
27.42	28.79	28.12	27.71
7 WHS	A	1:53.35	
1) Ward, Sam 10	2) Grunenwald, Anika J 10		
3) Tofte, Myah K 11	4) Senderhauf, Lola C 10		
29.02	28.69	28.55	27.09
8 HHS	A	1:55.06	
1) Novak, Maddie 10	2) Wettlaufer, Jocelyn 8		
3) Domitrovich, Sophia 8	4) Enright, Anna 8		
27.19	28.38	30.48	29.01
9 DHS	B	1:55.92	
1) Ellerkamp, Molly 8	2) Davis, Allannah 11		
3) Williams, Ericka 12	4) Meschke, Hannah 10		
28.43	29.74	29.15	28.60
10 MHS	A	1:56.26	
1) Lindsey, Corinne 9	2) Adamski, Taylor 12		
3) Bugbee, Grace 8	4) Leingang, Brooklyn 12		
29.06	29.36	29.53	28.31
11 MIN-ND	B	1:57.70	
1) Schaefer, Ellie 10	2) Neumann, Ava 10		
3) Strandlien, Vianne 9	4) Valdez, Hailee 9		
30.11	29.52	27.81	30.26
12 WHS	B	2:00.22	
1) Olsen, Savanna 10	2) Ramsey, Maleah S 10		
3) Riely, Kaylynn 11	4) Pfau, Natalie R 11		
31.15	29.70	29.17	30.20
13 LHS	B	2:02.85	
1) Schick, Grace 11	2) McKenzie, Emma 12		
3) Zimmer, Jewel 11	4) Sutheimer, Brynlee 7		
31.07	29.60	31.51	30.67
14 MHS	B	2:04.64	
1) Walz, Morgan 7	2) Becker, Mya 10		
3) Satnan, Aleyah 11	4) Masseh, Emma 7		
31.70	30.70	32.35	29.89
15 BHS-ND	B	2:05.01	
1) Jahner, Jocelyn 9	2) Kummer, Riley 10		
3) Traynor, Nora 8	4) Sease, Kya 11		
31.62	33.17	30.99	29.23
16 HHS	B	2:09.23	
1) Smith, Katie 11	2) Wyum, Sandra 8		
3) Hetland, Payton 9	4) Rude, Alora 10		
30.93	33.34	33.18	31.78
--- CHS	C	X1:53.75	
1) Duchsherer, Kylie 10	2) Lubale, Rachael 11		
3) Hoffman, Karen 9	4) Tamsiea, Clare 12		
28.10	27.45	29.04	29.16
--- MIN-ND	C	X1:53.87	
1) Kerzmann, Erin 12	2) Bahr, Zoe 9		
3) Dunstan, Emily 8	4) Vonbokern, Sophia 9		
29.30	28.81	28.45	27.31
--- CHS	D	X2:00.16	
1) Smithers, Hannah 12	2) Stollendorf, Calleigh 7		
3) Knudson, Joelle 7	4) Pudwill, Jayda 9		
30.30	32.22	29.75	27.89

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## Results

**(Event 9 Girls 200 Yard Freestyle Relay)**

Team	Relay	Finals Time
--- CHS	E	X2:03.96
1) Spomer, Paige 10	2) Ferderer, Bailey 9	
3) Polk, Shea 12	4) Richards, Brooklyn 8	
32.21 30.42	31.65 29.68	
--- MIN-ND	D	X2:06.66
1) Senger, Madi 12	2) Metzger, Haili 10	
3) Metzger, Havanna 10	4) Steckler, Autumn 10	
31.43 30.07	32.04 33.12	
--- LHS	C	X2:07.23
1) Waldner, Lexie 7	2) Koppang, Lily 8	
3) Kvas, Mia 7	4) McKenzie, Kadee 9	
31.19 33.02	31.38 31.64	
--- WHS	C	X2:09.48
1) Richards, Ella 10	2) Woodward, Jayden M 9	
3) Billings, Kloe N 11	4) Kolness, Katelyn G 10	
34.08 32.46	29.78 33.16	
--- MHS	C	X2:13.30
1) Goettle, Grace 9	2) Hilfer, Aliya 11	
3) Seefeldt, Kelby 8	4) Koenig, Sophia 11	
32.63 34.58	32.85 33.24	
--- CHS	G	X2:15.93
1) Rush, Delaney 9	2) Schaff, Maria 8	
3) Thompson, Elsie 7	4) Walker, Norah 9	
32.96 34.72	36.70 31.55	
--- MHS	D	X2:20.01
1) Carter, Sophia 10	2) Kitzmann, Katelynn 8	
3) Erhardt, Cadence 9	4) Kroh, Alora 11	
35.69 35.28	31.90 37.14	
--- BHS-ND	C	X2:21.52
1) Anderson, Cambree 8	2) Baumgartner, Brooklyn 7	
3) Bondley, Brooke 11	4) Kerzman, Lizzy 10	
35.20 38.03	35.98 32.31	
--- DHS	C	X2:22.71
1) Ziman, Shaylynn 8	2) Berger, Bella 7	
3) LaQua, Hailey 9	4) LaQua, Emily 9	
36.99 33.54	37.02 35.16	
--- CHS	F	X2:23.38
1) Clark, Ella 8	2) Dockter, Haley 7	
3) Buck Elk, Alynna 10	4) Clark, Maya 8	
33.18 48.24	31.18 30.78	
--- WHS	D	X2:30.52
1) Haugen, Brekyn 7	2) Ramsey, Tyleigh 7	
3) Clark, Charley 7	4) Ramsey, Sierra 12	
33.93 35.93	40.09 40.57	
--- LHS	E	X2:35.87
1) Wiedmeier, Erin 8	2) Fiedler, Avery 9	
3) O'Neil, Paytn 9	4) Fischer, Belle 7	
37.24 33.95	40.90 43.78	
--- CHS	H	X2:38.15
1) Meyer, Julia 7	2) Nairn, Nora 7	
3) Schaible, Sophia 9	4) Anderson, Kinsley 12	
37.07 45.71	37.08 38.29	

**Event 10 Girls 100 Yard Backstroke**

Name	YrSchool	Finals Time
1 Williamson, Ava	10 MIN-ND	1:03.12
30.24 32.88		

2 Donat, McKayla	12 LHS	1:03.97
30.99 32.98		
3 Blikre, Tova	10 LHS	1:04.04
31.59 32.45		
4 Duchsherer, Kylie	10 CHS	1:07.37
32.54 34.83		
5 Steele, Brinley	7 LHS	1:07.44
33.21 34.23		
6 Jackson, Josey	12 MHS	1:08.20
32.79 35.41		
7 Twist, Aryana	11 DHS	1:08.99
33.34 35.65		
8 Michela, Caylee	12 CHS	1:09.12
34.09 35.03		
9 Smithers, Hannah	12 CHS	1:09.18
33.74 35.44		
10 Mauch, Savannah	10 HHS	1:09.48
33.73 35.75		
11 Fricke, Maggie	9 MIN-ND	1:09.55
33.95 35.60		
12 Grunenwald, Anika J	10 WHS	1:10.36
34.43 35.93		
13 Riely, Kaylynn	11 WHS	1:12.42
35.18 37.24		
14 Schaefer, Ellie	10 MIN-ND	1:12.98
34.44 38.54		
15 Sorensen, Hailey K	12 WHS	1:14.04
36.30 37.74		
16 Bugbee, Grace	8 MHS	1:16.36
36.39 39.97		
17 Geerdes, Addy	11 BHS-ND	1:16.88
36.56 40.32		
18 Danielson, Quinn	8 HHS	1:17.17
37.48 39.69		
19 Duckwitz, Anna	11 BHS-ND	1:17.33
36.98 40.35		
20 Davis, Allanah	11 DHS	1:17.42
37.10 40.32		
21 Mauch, Colby	8 HHS	1:19.10
38.22 40.88		
22 Satnan, Aleyah	11 MHS	1:20.28
39.90 40.38		
23 Kerzman, Lizzy	10 BHS-ND	1:23.08
40.18 42.90		
24 Kruc, Sophia	7 DHS	1:30.15
44.44 45.71		
--- Osborn, Gabby	10 MIN-ND	X1:08.98
31.96 37.02		
--- Caster, Aubrey	8 CHS	X1:13.01
--- Cotton, Adelle J	11 WHS	X1:14.33
35.31 39.02		
--- Becker, Mya	10 MHS	X1:15.51
37.68 37.83		
--- Kuklok, Kiera	7 CHS	X1:15.76
36.54 39.22		
--- Uppgren, Grace	7 LHS	X1:16.87
37.65 39.22		



## 2022 Capital City Multi Duals - 9/10/2022

## Results

**(Event 10 Girls 100 Yard Backstroke)**

Name	Yr	School	Finals Time
--- Bergrud, Samantha	12	LHS	X1:17.35
37.93	39.42		
--- Pudwill, Jayda	9	CHS	X1:17.92
37.09	40.83		
--- Buck Elk, Alynna	10	CHS	X1:18.14
37.67	40.47		
--- Knudson, Joelle	7	CHS	X1:19.39
39.14	40.25		
--- Clark, Maya	8	CHS	X1:19.98
39.08	40.90		
--- King, Kassidy	9	MIN-ND	X1:20.95
39.25	41.70		
--- Kvas, Mia	7	LHS	X1:22.38
40.32	42.06		
--- Senger, Madi	12	MIN-ND	X1:22.39
38.96	43.43		
--- Jahner, Jocelyn	9	BHS-ND	X1:22.52
40.38	42.14		
--- Gerhardt, Monica	11	MHS	X1:23.29
39.69	43.60		
--- Stollendorf, Calleigh	7	CHS	X1:23.60
41.39	42.21		
--- Kummer, Riley	10	BHS-ND	X1:23.63
39.80	43.83		
--- McKenzie, Kadee	9	LHS	X1:24.47
41.45	43.02		
--- Billings, Kloe N	11	WHS	X1:25.82
41.69	44.13		
--- Voegele, Veda	10	HHS	X1:26.90
41.56	45.34		
--- Rush, Delaney	9	CHS	X1:28.29
42.86	45.43		
--- Baumgartner, Brooklyn	7	BHS-ND	X1:30.37
--- Kroh, Alora	11	MHS	X1:32.10
43.39	48.71		
--- Carter, Sophia	10	MHS	X1:37.23
46.57	50.66		
--- Schaible, Sophia	9	CHS	X1:38.10
--- Anderson, Cambree	8	BHS-ND	X1:42.70
49.45	53.25		
--- Hogness, Izzy	10	HHS	X1:50.65
54.58	56.07		
--- Clark, Charley	7	WHS	X1:51.64
52.76	58.88		
--- Ramsey, Sierra	12	WHS	X1:54.36
54.62	59.74		
--- Geerdes, Olyvia	8	BHS-ND	X1:57.08
--- Powell, Savannah	7	MHS	X2:45.09
--- Ziman, Shaylynn	8	DHS	XDQ
49.08	56.50		

**Event 11 Girls 100 Yard Breaststroke**

Name	Yr	School	Finals Time
1 VerDouw, Madeline	8	BHS-ND	1:10.05
32.75	37.30		

2 Goehring, Savannah L	12	WHS	1:12.97
34.46	38.51		
3 Tivis, Mady	11	CHS	1:13.21
34.34	38.87		
4 Richards, Brooklyn	8	CHS	1:14.83
34.95	39.88		
5 Edwards, Bostyn	10	MIN-ND	1:15.07
34.90	40.17		
6 Miller, Taylor	10	DHS	1:16.10
35.05	41.05		
7 McEvers, Hannah	9	CHS	1:16.50
35.36	41.14		
8 Metzger, Haili	10	MIN-ND	1:16.90
36.14	40.76		
9 Williams, Ericka	12	DHS	1:18.29
36.71	41.58		
10 Gruman, Katie	11	LHS	1:18.46
36.69	41.77		
11 Metzger, Havanna	10	MIN-ND	1:20.93
36.81	44.12		
12 Tofte, Myah K	11	WHS	1:20.94
37.80	43.14		
13 Goettle, Grace	9	MHS	1:21.73
37.72	44.01		
14 Senderhauf, Lola C	10	WHS	1:21.85
37.35	44.50		
15 Waldner, Lexie	7	LHS	1:22.02
38.83	43.19		
16 Masseh, Emma	7	MHS	1:22.12
38.73	43.39		
17 McKenzie, Emma	12	LHS	1:23.14
38.93	44.21		
18 Leingang, Brooklyn	12	MHS	1:23.36
38.65	44.71		
19 Enright, Anna	8	HHS	1:23.53
39.30	44.23		
20 Smith, Katie	11	HHS	1:27.12
40.46	46.66		
21 Wolbaum, Brenna Jo	10	DHS	1:27.85
40.90	46.95		
22 Traynor, Nora	8	BHS-ND	1:31.79
43.17	48.62		
23 Wyum, Sandra	8	HHS	1:42.01
47.23	54.78		
24 Hintz, Kallen	10	BHS-ND	1:44.02
48.02	56.00		
--- Lyman, Madison	11	MIN-ND	X1:17.79
36.07	41.72		
--- Strandlien, Vianne	9	MIN-ND	X1:22.24
38.87	43.37		
--- Olsen, Savanna	10	WHS	X1:23.90
38.68	45.22		
--- Erhardt, Cadence	9	MHS	X1:24.52
39.34	45.18		
--- Koenig, Sophia	11	MHS	X1:24.87
39.53	45.34		
--- Stauffer, Jordan	12	WHS	X1:25.45
40.20	45.25		

## 2022 Capital City Multi Duals - 9/10/2022

## Results

**(Event 11 Girls 100 Yard Breaststroke)**

Name	Yr	School	Finals Time
--- Bahr, Zoe	9	MIN-ND	X1:26.43
39.35	47.08		
--- Steckler, Autumn	10	MIN-ND	X1:27.82
40.76	47.06		
--- Freborg, Piper	9	LHS	X1:28.70
40.90	47.80		
--- Woodward, Jayden M	9	WHS	X1:31.89
42.77	49.12		
--- Spomer, Paige	10	CHS	X1:32.15
42.63	49.52		
--- Meyer, Clancy	7	DHS	X1:33.08
42.97	50.11		
--- Seefeldt, Kelby	8	MHS	X1:33.92
44.07	49.85		
--- Koppang, Lily	8	LHS	X1:36.02
45.23	50.79		
--- Wiedmeier, Erin	8	LHS	X1:39.21
47.50	51.71		
--- Hetland, Payton	9	HHS	X1:39.36
45.57	53.79		
--- LaQua, Hailey	9	DHS	X1:41.77
48.25	53.52		
--- Lerum, Joley	9	HHS	X1:43.27
48.15	55.12		
--- Paintner, Samantha	7	DHS	X1:43.52
49.31	54.21		
--- Sikes, Elizabeth	9	BHS-ND	X1:44.65
49.05	55.60		
--- O'Neil, Paytn	9	LHS	X1:49.28
53.39	55.89		
--- Bondley, Brooke	11	BHS-ND	X1:56.99
52.92	1:04.07		
--- Ramsey, Tyleigh	7	WHS	X2:05.45
57.22	1:08.23		
--- Klautd, Jorja	8	BHS-ND	X2:13.47
1:00.93	1:12.54		

**Event 12 Girls 400 Yard Freestyle Relay**

Team	Relay	Finals Time
1 MIN-ND	A	3:46.57
1) Williamson, Ava 10	2) Vonbokern, Sam 9	
3) Goodman, Reese 11	4) Altringer, Elise 12	
27.67	57.60	25.23
26.62	58.42	26.98
26.62	58.42	56.24
2 DHS	A	3:49.44
1) Miller, Taylor 10	2) Twist, Aryana 11	
3) Ellerkamp, Mara 11	4) Rathgeber, Charley 12	
27.62	57.53	27.56
27.03	57.70	25.89
27.03	57.70	55.12
3 LHS	A	3:53.28
1) Donat, McKayla 12	2) Hochhalter, Lilyana 7	
3) Blikre, Tova 10	4) Erickson, Abby 10	
28.35	59.52	28.30
27.85	58.16	59.72
27.85	58.16	26.32
27.85	58.16	55.88

4 CHS	A	3:56.73
1) Osadchy, Molly 7	2) Erickson, Ava 9	
3) Vallie, Emma 12	4) Mrachek, Sienna 9	
28.87	59.82	27.70
28.26	1:00.09	27.48
28.26	1:00.09	57.93
5 WHS	A	4:01.30
1) Senderhauf, Lola C 10	2) Woodward, Kearyn L 11	
3) Goehring, Savannah L 12	4) Tveter, Olivia 9	
28.64	1:01.69	29.44
29.57	1:02.07	26.84
29.57	1:02.07	56.84
6 CHS	B	4:02.77
1) Cook, Cadence 11	2) Caster, Aubrey 8	
3) Jablonsky, Abby 9	4) McEvers, Hannah 9	
29.34	1:01.35	28.97
27.30	59.22	28.86
27.30	59.22	1:00.56
7 HHS	A	4:04.99
1) Mauch, Savannah 10	2) Novak, Maddie 10	
3) Fuchs, Maiah 9	4) Smith, Becca 10	
31.50	1:05.04	27.96
28.65	1:00.24	28.38
28.65	1:00.24	1:00.11
8 MHS	A	4:07.16
1) Jackson, Josey 12	2) Jackson, Lynnea 9	
3) Lindsey, Corinne 9	4) Adamski, Taylor 12	
29.39	1:01.63	28.34
29.59	1:01.86	29.90
29.59	1:01.86	1:03.69
9 MIN-ND	B	4:10.82
1) Quam, Kirby 7	2) Neumann, Ava 10	
3) Vonbokern, Sophia 9	4) Fricke, Maggie 9	
30.51	1:04.98	30.01
27.93	1:01.42	28.63
27.93	1:01.42	1:01.28
10 DHS	B	4:21.43
1) Wolbaum, Brenna Jo 10	2) Vohs, Willow 7	
3) Tippett, Makenna 7	4) Ellerkamp, Molly 8	
31.25	1:05.55	31.14
31.29	1:07.18	29.11
31.29	1:07.18	1:02.02
11 LHS	B	4:22.81
1) Upgren, Grace 7	2) Ellefson, Elizabeth 10	
3) Schick, Jillian 10	4) Schick, Grace 11	
31.03	1:06.39	31.45
29.85	1:03.44	31.47
29.85	1:03.44	1:07.10
12 WHS	B	4:26.14
1) Sorensen, Emmy 11	2) Pfau, Natalie R 11	
3) Stauffer, Jordan 12	4) Tofte, Myah K 11	
31.76	1:06.40	32.21
32.24	1:08.76	30.12
32.24	1:08.76	1:03.00
13 BHS-ND	A	4:32.93
1) Traynor, Nora 8	2) Geerdes, Addy 11	
3) Vatnsdal, Aubrey 8	4) Sease, Kya 11	
34.60	1:10.96	31.47
33.39	1:10.64	29.90
33.39	1:10.64	1:03.86
14 HHS	B	4:36.65
1) Domitrovich, Sophia 8	2) Mauch, Colby 8	
3) Danielson, Quinn 8	4) Hetland, Sophie 9	
33.15	1:08.94	33.07
34.69	1:12.07	31.23
34.69	1:12.07	1:05.12

## 2022 Capital City Multi Duals - 9/10/2022

## Results

**(Event 12 Girls 400 Yard Freestyle Relay)**

Team	Relay	Finals Time
15 MHS	B	4:40.51
1) Gerhardt, Malayna 9	2) Becker, Mya 10	
3) Beckler, Kate 11	4) Erhardt, Cadence 9	
32.24 1:08.12	32.74 1:09.55	
32.14 1:08.24	34.89 1:14.60	
16 BHS-ND	B	5:35.52
1) Hintz, Kallen 10	2) Anderson, Cambree 8	
3) Sikes, Elizabeth 9	4) Geerdes, Olyvia 8	
39.25 1:25.36	36.97 1:17.50	
40.22 1:29.55	40.06 1:23.11	
--- MIN-ND	C	X4:12.53
1) Dunstan, Emily 8	2) Lyman, Madison 11	
3) Strandlien, Vianne 9	4) Flaten, Caelin 10	
30.06 1:03.54	29.87 1:04.00	
29.76 1:02.30	29.33 1:02.69	
--- CHS	C	X4:31.31
1) Ferderer, Bailey 9	2) Spomer, Paige 10	
3) Clark, Maya 8	4) Hoffman, Karen 9	
34.17 1:09.50	32.84 1:09.37	
31.91 1:08.59	30.83 1:03.85	
--- LHS	C	X4:43.28
1) Zimmer, Jewel 11	2) Brousseau, Avery 11	
3) Bergrud, Samantha 12	4) Sutheimer, Brynlee 7	
32.89 1:08.60	33.57 1:11.28	
33.07 1:12.14	33.52 1:11.26	
--- MIN-ND	D	X4:48.89
1) Steckler, Autumn 10	2) Leys, Lily Sue 10	
3) King, Cassidy 9	4) Senger, Madi 12	
35.32 1:14.87	33.49 1:15.67	
32.22 1:08.81	32.18 1:09.54	
--- MHS	C	X4:58.42
1) Bugbee, Grace 8	2) Hilfer, Aliya 11	
3) Seefeldt, Kelby 8	4) Gerhardt, Monica 11	
31.87 1:07.10	37.41 1:20.85	
35.57 1:14.62	35.36 1:15.85	
--- CHS	D	X5:01.71
1) Kuklok, Kiera 7	2) Schaff, Maria 8	
3) Rush, Delaney 9	4) Meyer, Julia 7	
32.37 1:08.59	34.73 1:13.00	
35.16 1:15.38	39.78 1:24.74	
--- DHS	C	X5:04.30
1) Erickson, Kendra 9	2) Kruc, Sophia 7	
3) Meyer, Clancy 7	4) Paintner, Samantha 7	
33.37 1:11.16	39.16 1:23.81	
34.69 1:15.49	35.32 1:13.84	
--- HHS	C	X5:06.60
1) Lerum, Joley 9	2) Rude, Alora 10	
3) Voegel, Veda 10	4) Strobl, Emery 8	
36.01 1:15.45	33.29 1:10.98	
37.39 1:19.63	38.08 1:20.54	
--- CHS	E	X6:06.62
1) Thompson, Elsie 7	2) Schaible, Sophia 9	
3) Anderson, Emily 7	4) Anderson, Kinsley 12	
40.59 1:27.30	42.83 1:28.61	
39.25 1:23.32	46.60 1:47.39	