

## Elk River vs. Maple Grove - 9/14/2023

## Results - Dual meet

## Event 1 Women 200 Yard Medley Relay Junior Varsity

Team	Relay	Finals Time
1 ELKR-MN	A	2:23.35
1) Ackerman, Annabelle 09	2) Seward, Abby 10	
3) Heath, Kallie 08	4) Nelson, Keilani 11	
35.87 40.45	34.97 32.06	
2 MPGR	A	2:30.84
1) Adams, Kara 10	2) Cederstrom, Kyleigh 9	
3) Ronshaugen, Eva 11	4) Germscheid, Claire 10	
41.52 43.14	36.03 30.15	
3 MPGR	B	2:35.11
1) Banzhof, Olivia 11	2) Williams, Jayden 9	
3) Stephens, Lilly 9	4) Glover, Summer 9	
37.55 45.90	37.62 34.04	
--- ELKR-MN	B	DQ
1) Sivaraj, Indira 10	2) Schumacher, Gabby 07	
3) Brown, AJ 12	4) Flynn, Hailey 10	
37.90 47.84	36.30 31.76	

## Event 2 Women 200 Yard Medley Relay Varsity

Team	Relay	Finals Time
1 ELKR-MN	A	1:57.64 8
1) Odegard, Gabby G 12	2) Gilbertson, Sophia 08	
3) Pederson, Kari 11	4) Kammann, Lauren 12	
29.29 31.82	30.22 26.31	
2 MPGR	A	1:57.68 4
1) Thompson, Morgan 9	2) Niedzielski, Chloe 10	
3) Hetland, Maddie 10	4) Kahl, Sarah 12	
29.08 34.40	27.58 26.62	
3 ELKR-MN	B	2:07.80 2
1) Louder, Avery 11	2) St. Martin, Ellie 08	
3) Voss, Taylor 10	4) Lemke, Samantha 12	
34.25 35.12	31.09 27.34	
4 ELKR-MN	C	x2:07.95
1) Horner, Audrey 12	2) Sperling, Ava 09	
3) Fink, Gianna 10	4) Melotik, Elena 12	
32.45 35.72	31.45 28.33	
5 MPGR	B	2:10.76
1) Meissner, Ella 12	2) Freese, Brigit Ann 10	
3) Nelson, Evie 9	4) Vemuri, Anna 9	
33.50 34.78	31.24 31.24	
6 MPGR	C	x2:11.05
1) Cadwell, Genevieve 10	2) Jerabek, Paige 10	
3) Pearson, Alyssa 10	4) Gaedke, Cana 9	
37.53 32.85	31.81 28.86	
7 ELKR-MN	D	x2:17.03
1) Curtis, Rylin 09	2) Hanson, Abby 12	
3) Burkness, Lily 12	4) Kallunki, Ava 10	
33.62 38.73	34.07 30.61	

## Event 3 Women 200 Yard Freestyle Junior Varsity

Name	YrSchool	Finals Time
1 AbuAyed, Lila	10 MPGR	2:21.43
31.97 36.08	37.24 36.14	
2 Sivaraj, Indira	10 ELKR-MN	2:35.43
35.39 40.31	41.40 38.33	
3 Noble, Macy	11 MPGR	2:35.45
35.44 40.07	40.89 39.05	

4 Williams, Jayden	9 MPGR	2:36.62
35.13 40.57	41.71 39.21	
5 Flynn, Hailey	10 ELKR-MN	2:47.23
37.59 41.60	44.13 43.91	
6 Peterson, Lydia	09 ELKR-MN	2:48.87
35.79 43.26	46.70 43.12	
7 Johnson, Abby	07 ELKR-MN	x2:55.98
36.74 44.84	48.30 46.10	

## Event 4 Women 200 Yard Freestyle Varsity

Name	YrSchool	Finals Time
1 Seward, Olivia	12 ELKR-MN	2:06.81 6
29.49 32.03	32.26 33.03	
2 Schmidt, Josephine	12 ELKR-MN	2:08.09 4
29.29 31.90	33.54 33.36	
3 Menning, Molly	9 MPGR	2:08.77 3
29.88 32.73	33.53 32.63	
4 Nelson, Sophie	9 MPGR	2:11.43 2
30.70 33.36	34.47 32.90	
5 Hansen, Kaelee	08 ELKR-MN	2:11.62 1
30.68 33.29	33.82 33.83	
6 Carlson, Molly	10 MPGR	2:16.74
31.14 33.86	35.97 35.77	
--- Buchanan, Heidi	12 MPGR	X2:15.01
30.60 34.12	34.67 35.62	

## Event 5 Women 200 Yard IM Junior Varsity

Name	YrSchool	Finals Time
1 Taylor, Makayla	10 ELKR-MN	2:37.28
32.18 40.24	48.52 36.34	
2 Pearson, Alyssa	10 MPGR	2:42.75
35.53 40.87	48.72 37.63	
3 Anderson, Clara	12 ELKR-MN	2:47.95
38.52 42.57	48.75 38.11	
4 Kallunki, Ava	10 ELKR-MN	2:53.83
39.88 45.33	50.40 38.22	
5 Cadwell, Jacqueline	7 MPGR	2:55.50
39.16 44.90	53.10 38.34	
6 Adams, Kara	10 MPGR	3:15.12
45.37 53.44	55.54 40.77	
7 Glover, Summer	9 MPGR	x3:17.78
42.92 46.29	1:03.16 45.41	
8 Schumacher, Gabby	07 ELKR-MN	x3:29.21
51.22 50.51	1:07.27 40.21	

## Event 6 Women 200 Yard IM Varsity

Name	YrSchool	Finals Time
1 Thompson, Morgan	9 MPGR	2:15.74 6
30.05 33.74	41.51 30.44	
2 Gilbertson, Sophia	08 ELKR-MN	2:20.92 4
31.23 36.89	39.96 32.84	
3 Hetland, Maddie	10 MPGR	2:30.19 3
30.33 38.54	47.92 33.40	
4 Horner, Audrey	12 ELKR-MN	2:31.58 2
32.71 38.04	44.95 35.88	
5 Mayer, Annaliese	8 MPGR	2:31.62 1
34.04 39.67	42.44 35.47	
6 Louder, Avery	11 ELKR-MN	2:36.47
34.65 38.18	47.78 35.86	

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**(Event 6 Women 200 Yard IM Varsity)**

Name	YrSchool	Finals Time
--- Jerabek, Paige	10 MPGR	X2:48.06
39.38	43.27	46.02
		39.39

**Event 7 Women 50 Yard Freestyle Junior Varsity**

Name	YrSchool	Finals Time
1 Curtis, Rylin	09 ELKR-MN	28.01
2 Sperling, Ava	09 ELKR-MN	29.58
3 Seward, Abby	10 ELKR-MN	30.19
4 Banzhof, Olivia	11 MPGR	30.54
5 Germscheid, Claire	10 MPGR	30.63
6 Heath, Kallie	08 ELKR-MN	x30.81
7 Cederstrom, Kyleigh	9 MPGR	30.88
8 Stephens, Lilly	9 MPGR	x31.90
9 Pierce, Katelyn	09 ELKR-MN	x33.07
10 Dahlheimer, Addison	07 ELKR-MN	x35.47
11 Jones, Natalia	07 ELKR-MN	x38.34

**Event 8 Women 50 Yard Freestyle Varsity**

Name	YrSchool	Finals Time
1 Woods, Charlotte	11 MPGR	26.26 6
2 Kammann, Lauren	12 ELKR-MN	27.07 4
3 Kahl, Sarah	12 MPGR	27.48 3
4 Voss, Taylor	10 ELKR-MN	27.61 2
5 Freeman, Jordin	8 MPGR	27.89 1
6 Lemke, Samantha	12 ELKR-MN	28.22
--- Ronshaugen, Eva	11 MPGR	X29.22

**Event 9 Women 1 mtr Diving Junior Varsity**

Name	YrSchool	Finals Score
1 Kowalski, Whitney	12 MPGR	181.10
2 Tucker, Madilyn	10 ELKR-MN	164.85
3 Tucker, Peighton	07 ELKR-MN	139.30
4 Voss-Goeb, Mollie	08 ELKR-MN	134.30
5 Peterson, Lyv	08 ELKR-MN	x115.35
6 Allen, Breanna	10 ELKR-MN	x113.25

**Event 10 Women 1 mtr Diving Varsity**

Name	YrSchool	Finals Score
1 Landry, Ellis	10 MPGR	228.80 6
2 Anderson, Kiera	12 ELKR-MN	195.30 4
3 Beck, Hailey	10 ELKR-MN	183.70 3
4 Fleahman, Alyssa	10 ELKR-MN	158.25 2
5 Marlin, Julia	9 MPGR	147.00 1
6 Johnson, Mya	11 MPGR	143.05

**Event 11 Women 100 Yard Butterfly Junior Varsity**

Name	YrSchool	Finals Time
1 Taylor, Makayla	10 ELKR-MN	1:13.62
33.47	40.15	
2 Burkness, Lily	12 ELKR-MN	1:19.10
35.30	43.80	
3 Vemuri, Anna	9 MPGR	1:23.88
37.75	46.13	
4 Stephens, Lilly	9 MPGR	1:25.75
37.58	48.17	
5 Brown, AJ	12 ELKR-MN	1:27.42
39.45	47.97	

6 Noble, Macy	11 MPGR	1:31.89
42.53	49.36	

**Event 12 Women 100 Yard Butterfly Varsity**

Name	YrSchool	Finals Time
1 Hetland, Maddie	10 MPGR	1:04.08 6
29.79	34.29	
2 Pederson, Kari	11 ELKR-MN	1:07.58 4
31.62	35.96	
3 Nelson, Evie	9 MPGR	1:08.62 3
31.86	36.76	
4 Lemke, Samantha	12 ELKR-MN	1:10.38 2
32.40	37.98	
5 Fink, Gianna	10 ELKR-MN	1:10.59 1
33.61	36.98	
6 Niedzielski, Chloe	10 MPGR	1:12.00
34.15	37.85	
--- Gaedke, Cana	9 MPGR	X1:12.20
33.92	38.28	

**Event 13 Women 100 Yard Freestyle Junior Varsity**

Name	YrSchool	Finals Time
1 AbuAyed, Lila	10 MPGR	1:03.91
30.18	33.73	
2 Melotik, Elena	12 ELKR-MN	1:05.22
30.98	34.24	
3 Jerabek, Paige	10 MPGR	1:05.57
31.42	34.15	
4 Ackerman, Annabelle	09 ELKR-MN	1:06.42
31.43	34.99	
5 Nelson, Keilani	11 ELKR-MN	1:11.72
34.08	37.64	
6 Johnson, Abby	07 ELKR-MN	x1:23.55
39.70	43.85	
7 Jones, Natalia	07 ELKR-MN	x1:27.10
41.65	45.45	
--- Sivaraj, Indira	10 ELKR-MN	X1:11.65
34.82	36.83	
--- Pierce, Katelyn	09 ELKR-MN	X1:17.38
36.74	40.64	

**Event 14 Women 100 Yard Freestyle Varsity**

Name	YrSchool	Finals Time
1 Odegard, Gabby G	12 ELKR-MN	56.02 6
26.72	29.30	
2 Woods, Charlotte	11 MPGR	57.09 4
27.16	29.93	
3 Seward, Olivia	12 ELKR-MN	59.64 3
28.26	31.38	
4 Voss, Taylor	10 ELKR-MN	1:00.44 2
29.06	31.38	
5 Buchanan, Heidi	12 MPGR	1:01.16 1
28.85	32.31	
6 Meissner, Ella	12 MPGR	1:02.55
29.31	33.24	
--- Freese, Brigit Ann	10 MPGR	X1:01.73
30.29	31.44	
--- St. Martin, Ellie	08 ELKR-MN	X1:02.05
30.15	31.90	

## Elk River vs. Maple Grove - 9/14/2023

## Results - Dual meet

## Event 15 Women 500 Yard Freestyle Junior Varsity

Name	Yr	School	Finals Time	
1 Girmscheid, Claire	10	MPGR	6:36.02	
			35.42	39.07
			40.31	40.66
			40.60	41.36
			41.26	40.80
			39.85	36.69
2 Banzhof, Olivia	11	MPGR	6:45.39	
			33.47	39.05
			41.01	41.27
			41.42	42.15
			42.65	42.23
			42.24	39.90
3 Brown, AJ	12	ELKR-MN	6:48.87	
			36.39	39.13
			40.71	41.88
			41.67	41.94
			43.08	43.37
			42.25	38.45
4 Williams, Jayden	9	MPGR	7:18.32	
			36.37	43.32
			44.42	45.32
			45.01	46.05
			45.46	46.23
			43.91	42.23
5 Adams, Kara	10	MPGR	x7:26.59	
			35.87	43.38
			46.95	45.99
			47.66	46.43
			46.53	46.14
			45.75	41.89

## Event 16 Women 500 Yard Freestyle Varsity

Name	Yr	School	Finals Time	
1 Menning, Molly	9	MPGR	5:42.45 6	
			31.72	33.84
			34.52	34.98
			35.13	34.78
			35.44	35.59
			34.37	32.08
2 Nelson, Sophie	9	MPGR	5:48.37 4	
			32.37	34.75
			35.04	35.30
			35.34	35.27
			35.65	35.99
			35.85	32.81
3 Schmidt, Josephine	12	ELKR-MN	5:48.44 3	
			32.22	34.80
			35.49	35.41
			35.57	35.46
			35.76	36.33
			35.60	31.80
4 Pederson, Kari	11	ELKR-MN	6:01.43 2	
			32.38	35.42
			36.39	36.70
			36.69	37.00
			36.18	37.20
			37.43	36.04
5 Hanson, Abby	12	ELKR-MN	6:06.69 1	
			33.37	36.25
			37.32	37.69
			37.39	37.32
			37.63	37.67
			36.70	35.35
6 Cadwell, Genevieve	10	MPGR	6:15.60	
			33.16	36.12
			37.52	38.04
			37.93	38.18
			39.05	39.45
			38.73	37.42
--- Ronshaugen, Eva	11	MPGR	X6:37.49	
			34.23	39.08
			40.68	40.86
			41.34	40.33
			40.51	40.36
--- Anderson, Clara	12	ELKR-MN	X6:43.04	
			35.87	39.79
			41.62	41.54
			41.32	41.39
			41.10	41.49
			40.47	38.45

## Event 17 Women 200 Yard Freestyle Relay Junior Varsity

Team	Relay	Finals Time	
1 MPGR	A	2:06.10	
	1) Stephens, Lilly 9	2) Niedzielski, Chloe 10	
	3) Vemuri, Anna 9	4) Adams, Kara 10	
	32.93 28.74	31.72	32.71
2 MPGR	B	2:08.88	
	1) Banzhof, Olivia 11	2) Noble, Macy 11	
	3) Glover, Summer 9	4) Cadwell, Jacqueline 7	
	31.09 31.98	34.90	30.91
3 ELKR-MN	B	2:23.69	
	1) Pierce, Katelyn 09	2) Johnson, Abby 07	
	3) Jones, Natalia 07	4) Sivaraj, Indira 10	
	34.30 38.84	41.51	29.04
4 ELKR-MN	C	2:48.44	
	1) Barthel, Claire 07	2) Dykmann, Faith 07	
	3) Peterson, Lyv 08	4) Allen, Breanna 10	
	1:39.21 33.60	35.83	

## Event 18 Women 200 Yard Freestyle Relay Varsity

Team	Relay	Finals Time	
1 ELKR-MN	A	1:46.19	8
	1) Odegard, Gabby G 12	2) Seward, Olivia 12	
	3) Kammann, Lauren 12	4) Schmidt, Josephine 12	
	26.30 26.73	26.79	26.37
2 MPGR	A	1:49.62	4
	1) Meissner, Ella 12	2) Hetland, Maddie 10	
	3) Menning, Molly 9	4) Woods, Charlotte 11	
	27.64 27.42	28.18	26.38
3 ELKR-MN	B	1:52.16	2
	1) Curtis, Rylin 09	2) St. Martin, Ellie 08	
	3) Melotik, Elena 12	4) Lemke, Samantha 12	
	28.30 27.31	29.91	26.64
4 MPGR	B	1:54.23	
	1) Buchanan, Heidi 12	2) Freese, Brigit Ann 10	
	3) Mayer, Annaliese 8	4) Freeman, Jordin 8	
	28.70 28.00	30.05	27.48
5 ELKR-MN	C	x1:55.42	
	1) Taylor, Makayla 10	2) Hansen, Kaelee 08	
	3) Seward, Abby 10	4) Fink, Gianna 10	
	29.00 28.84	29.00	28.58
6 MPGR	C	x1:57.07	
	1) Nelson, Sophie 9	2) Cadwell, Genevieve 10	
	3) AbuAyed, Lila 10	4) Carlson, Molly 10	
	29.23 29.33	29.59	28.92
--- ELKR-MN	D	X2:09.91	
	1) Peterson, Lydia 09	2) Heath, Kallie 08	
	3) Schumacher, Gabby 07	4) Anderson, Clara 12	
	33.88 29.68	35.25	31.10

## Event 19 Women 100 Yard Backstroke Junior Varsity

Name	Yr	School	Finals Time	
1 Gaedke, Cana	9	MPGR	1:12.35	
			35.13	37.22
2 Pearson, Alyssa	10	MPGR	1:16.42	
			37.73	38.69
3 Cederstrom, Kyleigh	9	MPGR	1:19.80	
			40.28	39.52

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**(Event 19 Women 100 Yard Backstroke Junior Varsity)**

Name	YrSchool	Finals Time
4 Ackerman, Annabelle	09 ELKR-MN	1:20.15
38.18 41.97		
5 Nelson, Keilani	11 ELKR-MN	1:28.89
43.09 45.80		
6 Dahlheimer, Addison	07 ELKR-MN	1:36.75
46.97 49.78		

**Event 20 Women 100 Yard Backstroke Varsity**

Name	YrSchool	Finals Time
1 Thompson, Morgan	9 MPGR	1:00.92 6
29.68 31.24		
2 Odegard, Gabby G	12 ELKR-MN	1:03.42 4
30.63 32.79		
3 Horner, Audrey	12 ELKR-MN	1:09.79 3
33.71 36.08		
4 Louder, Avery	11 ELKR-MN	1:10.10 2
33.68 36.42		
5 Nelson, Evie	9 MPGR	1:16.43 1
37.29 39.14		
6 Meissner, Ella	12 MPGR	1:19.00
38.22 40.78		
--- Burkness, Lily	12 ELKR-MN	X1:14.32
35.94 38.38		
--- Carlson, Molly	10 MPGR	X1:15.31
37.27 38.04		

**Event 21 Women 100 Yard Breaststroke Junior Varsity**

Name	YrSchool	Finals Time
1 Heath, Kallie	08 ELKR-MN	1:25.71
40.29 45.42		
2 Freeman, Jordin	8 MPGR	1:26.39
41.31 45.08		
3 Kallunki, Ava	10 ELKR-MN	1:30.13
42.93 47.20		
4 Seward, Abby	10 ELKR-MN	1:33.01
42.51 50.50		
5 Cadwell, Jacqueline	7 MPGR	1:38.56
46.55 52.01		
6 Glover, Summer	9 MPGR	1:53.22
52.78 1:00.44		
--- Schumacher, Gabby	07 ELKR-MN	DQ
55.36 1:00.17		

**Event 22 Women 100 Yard Breaststroke Varsity**

Name	YrSchool	Finals Time
1 Gilbertson, Sophia	08 ELKR-MN	1:10.97 6
33.13 37.84		
2 Kahl, Sarah	12 MPGR	1:14.24 4
34.99 39.25		
3 Niedzielski, Chloe	10 MPGR	1:16.20 3
36.30 39.90		
4 Freese, Brigit Ann	10 MPGR	1:17.99 2
37.56 40.43		
5 Sperling, Ava	09 ELKR-MN	1:18.26 1
37.42 40.84		
6 Kammann, Lauren	12 ELKR-MN	1:19.76
39.16 40.60		

--- Mayer, Annaliese	8 MPGR	X1:21.08
38.89 42.19		

**Event 23 Women 400 Yard Freestyle Relay Junior Varsity**

Team	Relay	Finals Time
1 MPGR	A	4:22.13
1) Germscheid, Claire 10	2) Gaedke, Cana 9	
3) Pearson, Alyssa 10	4) Nelson, Evie 9	
31.69 1:05.61	31.23 1:04.24	
31.74 1:06.64	30.58 1:05.64	
2 ELKR-MN	A	4:24.87
1) Melotik, Elena 12	2) Hanson, Abby 12	
3) Anderson, Clara 12	4) Burkness, Lily 12	
31.72 1:06.03	30.36 1:03.56	
32.30 1:06.33	32.61 1:08.95	
3 MPGR	B	4:40.24
1) Cadwell, Jacqueline 7	2) Cederstrom, Kyleigh 9	
3) Ronshaugen, Eva 11	4) Noble, Macy 11	
33.06 1:14.00	31.80 1:07.35	
31.82 1:07.92	34.58 1:10.97	
4 ELKR-MN	B	4:52.20
1) Brown, AJ 12	2) Ackerman, Annabelle 09	
3) Nelson, Keilani 11	4) Pierce, Katelyn 09	
33.12 1:08.43	33.16 1:10.45	
35.31 1:13.86	36.88 1:19.46	
5 ELKR-MN	C	x5:21.98
1) Peterson, Lydia 09	2) Flynn, Hailey 10	
3) Jones, Natalia 07	4) Dahlheimer, Addison 07	
36.28 1:17.21	35.99 1:15.21	
2:05.14 2:49.56		

**Event 24 Women 400 Yard Freestyle Relay Varsity**

Team	Relay	Finals Time
1 MPGR	A	3:53.71 8
1) Menning, Molly 9	2) Woods, Charlotte 11	
3) Kahl, Sarah 12	4) Thompson, Morgan 9	
29.66 1:00.90	27.53 57.20	
28.19 59.82	26.63 55.79	
2 ELKR-MN	A	3:59.34 4
1) Seward, Olivia 12	2) Voss, Taylor 10	
3) Schmidt, Josephine 12	4) Gilbertson, Sophia 08	
28.82 1:00.24	29.06 59.95	
28.91 1:00.76	27.86 58.39	
3 MPGR	B	4:11.31 2
1) Cadwell, Genevieve 10	2) Carlson, Molly 10	
3) Freeman, Jordin 8	4) Buchanan, Heidi 12	
30.79 1:03.84	29.84 1:03.51	
30.53 1:03.19	29.17 1:00.77	
4 ELKR-MN	C	4:12.31
1) Curtis, Rylin 09	2) Fink, Gianna 10	
3) Taylor, Makayla 10	4) Horner, Audrey 12	
29.64 1:01.84	30.74 1:04.04	
29.15 1:02.90	30.32 1:03.53	
5 ELKR-MN	B	x4:15.77
1) Hansen, Kaelee 08	2) Louder, Avery 11	
3) Pederson, Kari 11	4) St. Martin, Ellie 08	
30.65 1:09.88	22.72 58.77	
28.06 1:07.35	24.99 59.77	

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**(Event 24 Women 400 Yard Freestyle Relay Varsity)**

<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>	
6 MPGR	C	x4:16.08	
1) Nelson, Sophie 9	2) Jerabek, Paige 10		
3) Mayer, Annaliese 8	4) AbuAyed, Lila 10		
30.47	1:03.01	30.73	1:05.03
30.73	1:07.88	26.37	1:00.16

**Scores - Women**

<b>Women - Varsity - Team Rankings - Through Event 24</b>	
1. Elk River Area	96
2. Maple Grove	90