

NWSC Girls 2023 Conference Relays - 8/24/2023**Results - NWSC Conference Relays****Event 1 Girls 200 Yard Medley Relay Junior Varsity**

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	2:15.00	2:10.58	
1) Mia Johnson 12	2) Paige Jerabek 10	3) Alyssa Pearson 10	4) Heidi Buchanan 12	
37.99 31.57 32.98	28.04			
2 Anoka High School	A	2:11.97	2:10.89	
1) Anya Day 12	2) Emily Neises 11	3) Sarah Hoang 10	4) Karina Patterson 9	
32.93 35.46 30.59	31.91			
3 Elk River Area	A	2:23.00	2:13.81	
1) Makayla Taylor 10	2) Ellie St. Martin 08	3) Elena Melotik 12	4) Rylin Curtis 09	
33.37 36.45 34.96	29.03			
4 Andover	A	2:40.00	2:37.67	
1) Alexis Nguyen SO	2) Ava Gruber SR	3) Zoey Hughes 8	4) Mara Valley 8	
39.90 1:25.49	43.76 28.42			
--- Rogers Girls Swim & Dive	A	2:40.10	DQ	
1) Tessa Anderson 8	2) Presley Orstad 7	3) Morgan Pakter 7	4) Skylar Hoiland 11	
46.72 44.51 34.01	33.56			
--- Coon Rapids	A	NT	DQ	
1) Katherine Agustin 08	2) Bella Barden 09	3) Caitlin Davis 10	4) Lily Brummett 12	
1:00.02 16.00	1:41.66 32.54			

Event 2 Girls 400 Yard Medley Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	4:10.00	4:09.67	40
1) Morgan Thompson 9	2) Libby Bakker 11	3) Kaya Flaherty 11	4) Maddie Hetland 10	
30.16 1:01.85 31.70	1:07.68 28.66 1:02.27	27.15 57.87		
2 Anoka High School	A	4:29.35	4:16.76	34
1) Sydney DeRung 11	2) Mackenzie Solberg 11	3) Ally Diehl 11	4) Nora Sloth 11	
32.14 1:06.62 33.82	1:13.19 27.33 59.29	27.96 57.66		
3 Elk River Area	A	4:50.00	4:43.61	32
1) Audrey Horner 12	2) Lauren Kammann 12	3) Lily Burkness 12	4) Josephine Schmidt 12	
33.35 1:09.27 37.28	1:19.48 34.56 1:16.87	27.70 57.99		
4 Andover	A	5:00.00	4:43.72	30
1) Grace Summerbell 12	2) Lauren Russell SR	3) Lydia Gorowski SO	4) Ali Oswell SO	
32.73 1:09.87 37.59	1:22.67 32.56 1:08.79	29.06 1:02.39		
5 Rogers Girls Swim & Dive	A	4:51.23	5:05.71	28
1) Rachel Damman 12	2) Marisa Kedrowski 8	3) Riley Grittner 10	4) Brenna Baynes 7	
35.80 1:14.44 39.93	1:26.33 33.17 1:14.28	32.72 1:10.66		
6 Coon Rapids	A	NT	5:31.76	26
1) Lillian DeFoe 10	2) Lillie Moulton 07	3) Evelyn Altepeter 09	4) Tyler Schutta 08	
33.85 1:12.87 45.04	1:39.31 36.79 1:28.86	33.78 1:10.72		

Event 3 Girls 800 Yard Freestyle Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	9:30.00	8:47.56	40
1) Molly Menning 9	2) Clara Hughes 9	3) Sophie Nelson 9	4) Sarah Kahl 12	
30.03 1:03.00 1:36.63	2:10.16 29.61 1:03.39	1:38.07 2:21.24		
20.68 54.69 1:29.13	2:02.75 29.20 1:02.62	1:37.94 2:13.41		
2 Elk River Area	A	10:00.00	9:13.46	34
1) Gianna Fink 10	2) Kaelee Hansen 08	3) Abby Hanson 12	4) Taylor Voss 10	
31.74 1:07.81 1:46.04	2:24.41 31.14 1:06.67	1:42.84 2:16.86		
30.63 1:05.38 1:41.88	2:18.15 30.13 1:04.16	1:39.70 2:14.04		
3 Rogers Girls Swim & Dive	A	8:54.94	9:14.23	32
1) Rheanna Gordon 11	2) Ayla Palumbo 9	3) Emerson Pakter 9	4) Kyleigh Craig 11	
33.83 1:11.69 1:51.07	2:31.48 30.66 1:06.38	1:42.76 2:17.75		
29.81 1:04.49 1:40.34	2:15.72 29.33 1:02.78	1:36.97 2:09.28		

NWSC Girls 2023 Conference Relays - 8/24/2023

Results - NWSC Conference Relays

(Event 3 Girls 800 Yard Freestyle Relay Varsity)

Team	Relay	Seed Time	Finals Time	Points
4 Anoka High School	A	8:59.00	9:16.75	30
1) Abi Johnson 9	2) Lydia Lakanen 12	3) Emma Schmitz 9	4) Sarah Jensen 10	
30.48 1:03.40 1:37.56	2:15.11 15.98 1:07.23	1:44.80 2:22.59		
30.37 1:06.86 1:45.29	2:23.79 30.26 1:04.76	1:40.32 2:15.26		
--- Andover	A	10:00.00	DQ	
1) Bella Kirschman JR	2) Sakura Khambounmy JR	3) Mary Blair SO	4) Carly Gleaves SO	
30.93 1:05.96 1:41.94	2:17.61 2:50.90 3:29.10	4:10.23 4:50.97		
32.17 1:10.20 1:46.95	2:21.44 2:56.29	3:33.03 4:06.56		
--- Coon Rapids	A	NT	DQ	
1) Ella Noe 12	2) Emily Loven 09	3) Carrie Hartung 11	4) Gabrielle Lewis 11	
32.82 1:08.48 1:46.15	2:24.59 15.52 34.17	1:15.23 1:57.98		
41.41 1:17.22 1:59.93	2:45.40 43.77 1:15.53	1:52.58 3:06.59		

Event 4 Girls 400 Yard Medley Relay (4x100 IM) Junior Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	5:20.00	5:01.15	
1) Jordin Freeman 8	2) Ally Kellner 12	3) Lauren Harens 10	4) Evie Nelson 9	
33.43 1:14.10 15.97	1:15.61 34.21 1:14.71	36.33 1:16.73		
2 Elk River Area	A	NT	5:06.45	
1) Ava Kallunki 10	2) Clara Anderson 12	3) Kallie Heath 08	4) Samantha Lemke 12	
36.35 1:19.67 17.72	1:17.41 34.53 1:32.66	17.81 56.71		
3 Anoka High School	A	5:04.65	5:24.37	
1) Grace Morphew 12	2) Emma Philippi 10	3) Reba Beres 8	4) Ella Nelson 10	
31.62 1:17.16 40.94	1:25.47 37.92 1:24.21	35.96 1:17.53		
4 Andover	A	6:00.00	5:25.80	
1) Frankie Foster JR	2) Kennedy McGowan JR	3) Haylee Vang 7	4) Sunita Khambounmy 8	
39.49 1:25.31 36.57	1:24.24 36.85 1:22.10	34.00 1:14.15		
5 Rogers Girls Swim & Dive	A	4:59.87	5:50.16	
1) Hannah Johnston 8	2) Catalina Schemper 10	3) Skylar Hoiland 11	4) Brenna Baynes 7	
40.01 1:32.57 41.00	1:25.71 44.08 1:30.32	37.59 1:21.56		

Event 5 Girls 400 Yard Medley Relay (4x100 IM) Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Elk River Area	A	NT	4:32.99	40
1) Sophia Gilbertson 08	2) Ava Sperling 09	3) Avery Louder 11	4) Gabby Odegard 12	
31.28 1:05.88 32.87	1:11.83 31.51 1:10.73	28.70 1:04.55		
2 Maple Grove	A	5:00.00	4:38.93	34
1) Lily Peterson 8	2) Cana Gaedke 9	3) Molly Carlson 10	4) Molly Menning 9	
31.94 1:07.94 32.77	1:12.05 32.58 1:09.35	32.94 1:09.59		
3 Andover	A	4:40.00	4:39.50	32
1) Aubrie Heydeck FR	2) Eva King SR	3) Morgan Sheeley JR	4) LeeAnna Seward JR	
32.23 1:10.89 31.66	1:09.10 31.97 1:11.16	30.20 1:08.35		
4 Rogers Girls Swim & Dive	A	4:40.04	4:57.71	30
1) Caelyn DeSotel 12	2) Morgan Kzaley 8	3) Kennedy Remhof 12	4) Emerson Pakter 9	
33.33 1:11.54 33.94	1:17.89 33.53 1:18.17	32.98 1:10.11		
5 Anoka High School	A	4:45.36	4:58.21	28
1) Sarah Hoang 10	2) Emily Neises 11	3) Jessica Jensen 11	4) Hannah Hoang 12	
34.13 1:12.66 37.27	1:16.87 35.27 1:16.75	32.33 1:11.93		
6 Coon Rapids	A	NT	5:21.76	26
1) Lillie Moulton 07	2) Evelyn Altepeter 09	3) Elizabeth Hoggarth 11	4) Emily Loven 09	
36.55 1:24.74 37.70	1:19.83 36.70 1:17.98	35.60 1:19.21		

NWSC Girls 2023 Conference Relays - 8/24/2023**Results - NWSC Conference Relays****Event 6 Girls 100 Yard Freestyle Relay Junior Varsity**

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	1:10.00	57.26	
1) Mia Johnson 12	2) Olivia Banzhof 11	3) Lauren Harens 10	4) Olivia Plude 12	
29.50 27.76				
2 Elk River Area	A	NT	59.03	
1) Annabelle Ackerman 09	2) Hailey Flynn 10	3) Keilani Nelson 11	4) Rylin Curtis 09	
30.05 28.98				
3 Andover	A	2:00.00	1:08.92	
1) Molly Watkins 07	2) Sophia Rowe 9	3) Betsy Gorowsky 8	4) Aurora Gitter 7	
34.15 34.77				
4 Anoka High School	A	1:10.00	1:10.51	
1) Emily Reyes-Cortes 9	2) Morgan Charon 9	3) Sylvia Olson 8	4) Maeve Stack 8	
34.86 35.65				
5 Rogers Girls Swim & Dive	A	1:04.35	1:17.10	
1) Idell Amundson 8	2) Anna Ray 7	3) Amelia Ethen 8	4) Ashley Brown 8	
40.60 36.50				
--- Coon Rapids	A	NT	DQ	
1) Madeline Romano 07	2) Sara Hawj 07	3) Naomi Flavin 10	4) Joy Thao 09	
47.50 41.51				

Event 7 Girls 100 Yard Freestyle Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	1:00.00	53.23	40
1) Ally Kellner 12	2) Sarah Kahl 12	3) Ella Meissner 12	4) Charlotte Woods 11	
27.45 25.78				
2 Elk River Area	A	NT	54.12	34
1) Kari Pederson 11	2) Gianna Fink 10	3) Xarissa Newman 11	4) Olivia Seward 12	
27.91 26.21				
3 Andover	A	1:15.00	54.46	32
1) Keira Elliott SR	2) Lauren Russell SR	3) Grace Summerbell 12	4) Eva King SR	
27.83 26.63				
4 Rogers Girls Swim & Dive	A	57.46	1:00.49	30
1) Marisa Kedrowski 8	2) Skylar Hoiland 11	3) Kennedy Remhof 12	4) Rheanna Gordon 11	
30.91 29.58				
5 Anoka High School	A	1:02.96	1:02.83	28
1) Chloe Evans 9	2) Reba Beres 8	3) Jett Sloth 8	4) Karina Patterson 9	
31.05 31.78				
6 Coon Rapids	A	NT	1:03.11	26
1) Tyler Schutta 08	2) Lily Brummett 12	3) Mary Carter 10	4) Elizabeth Hoggarth 11	
30.65 32.46				

Event 8 Girls 200 Yard Butterfly Relay Junior Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Elk River Area	A	2:10.00	2:08.99	
1) Audrey Horner 12	2) Lauren Kammann 12	3) Xarissa Newman 11	4) Taylor Voss 10	
32.39 32.77 33.06 30.77				
2 Maple Grove	A	2:30.00	2:09.08	
1) Molly Carlson 10	2) Vedika Thapa 10	3) Evie Nelson 9	4) Cana Gaedke 9	
31.46 31.91 32.63 33.08				
3 Anoka High School	A	2:18.89	2:21.35	
1) Sarah Jensen 10	2) Teagan Gordy 12	3) Nova Balan 11	4) Reba Beres 8	
32.77 34.15 34.44 39.99				
4 Andover	A	3:00.00	2:35.39	
1) Frankie Foster JR	2) Zoey Hughes 8	3) Gwen Hepokoski SO	4) Sakura Khambounmy JR	
38.50 41.09 43.66 32.14				

NWSC Girls 2023 Conference Relays - 8/24/2023**Results - NWSC Conference Relays****(Event 8 Girls 200 Yard Butterfly Relay Junior Varsity)**

Team	Relay	Seed Time	Finals Time	Points
5 Rogers Girls Swim & Dive	A	2:36.44	2:35.57	
1) Tessa Anderson 8 46.80	2) Catalina Schemper 10 39.82	3) Hannah Johnston 8	4) Morgan Pakter 7	

Event 9 Girls 400 Yard Butterfly Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Anoka High School	A	4:29.65	4:24.43	40
1) Nora Sloth 11 31.08 1:05.99 32.33	2) Hannah Hoang 12 1:09.32 32.83 1:09.96	3) Sarah Hoang 10 27.29 59.16	4) Ally Diehl 11	
2 Maple Grove	A	4:30.00	4:26.27	34
1) Clara Hughes 9 32.25 1:06.99 34.95	2) Alyssa Pearson 10 1:15.15 29.11 1:03.58	3) Maddie Hetland 10 28.68 1:00.55	4) Kaya Flaherty 11	
3 Elk River Area	A	4:50.00	4:37.23	32
1) Gabby Odegard 12 30.08 1:06.91 28.94	2) Samantha Lemke 12 1:07.54 33.07 1:15.15	3) Makayla Taylor 10 30.13 1:07.63	4) Olivia Seward 12	
4 Andover	A	5:15.00	4:38.88	30
1) LeeAnna Seward JR 30.81 1:06.31 34.47	2) Carly Gleaves SO 1:13.06 32.41 1:10.39	3) Lydia Gorowski SO 32.22 1:09.12	4) Aubrie Heydeck FR	
5 Rogers Girls Swim & Dive	A	4:50.11	4:58.25	28
1) Caelyn DeSotel 12 32.11 1:08.71 35.79	2) Paige Wry 10 1:19.15 35.85 1:21.14	3) Kennedy Remhof 12 31.80 1:09.25	4) Kyleigh Craig 11	

Event 10 Girls 200 Yard Freestyle Relay Junior Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Elk River Area	A	2:15.00	1:59.74	
1) Abby Hanson 12 28.57 29.46 32.60	2) Annabelle Ackerman 09 29.11	3) Keilani Nelson 11	4) Elena Melotik 12	
2 Maple Grove	A	2:20.00	2:01.70	
1) Lila AbuAyed 10 28.80 31.50 30.82	2) Olivia Banzhof 11 30.58	3) Brielle Kaldor 10	4) Vedika Thapa 10	
3 Anoka High School	A	2:05.40	2:05.95	
1) Chloe Evans 9 32.31 33.24 32.26	2) Karina Patterson 9 28.14	3) Chelsea Collins 8	4) Emma Schmitz 9	
4 Rogers Girls Swim & Dive	A	2:25.39	2:32.38	
1) Idell Amundson 8 40.97 33.57 40.07	2) Deborah Ojeriaki 10 37.77	3) Presley Orstad 7	4) Shelby Blazevic 7	
--- Andover	A	2:24.00	DQ	
1) Faith Tarus JR 41.56 1:53.84	2) Chloe Kenzie 10 35.44 18.67	3) Ireland Christianson 7	4) Charlotte Davis FR	
--- Coon Rapids	A	NT	DQ	
1) Katherine Agustin 08 57.64 15.60 31.06	2) Joy Thao 09 1:39.28	3) Naomi Flavin 10	4) Madeline Romano 07	

Event 11 Girls 200 Yard Freestyle Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	2:00.00	1:49.67	40
1) Charlotte Woods 11 26.23 28.20 27.88	2) Molly Menning 9 27.36	3) Clara Hughes 9	4) Lily Peterson 8	
2 Anoka High School	A	1:50.00	1:50.88	34
1) Mackenzie Solberg 11 27.11 27.57 29.57	2) Abi Johnson 9 26.63	3) Lydia Lakanen 12	4) Grace Morphew 12	
3 Andover	A	1:58.12	1:57.13	32
1) Ali Oswell SO 28.55 30.14 29.39	2) Ariel Blichfeldt FR 29.05	3) Mary Blair SO	4) Emma Socolofsky JR	

NWSC Girls 2023 Conference Relays - 8/24/2023**Results - NWSC Conference Relays****(Event 11 Girls 200 Yard Freestyle Relay Varsity)**

Team	Relay	Seed Time	Finals Time	Points
4 Elk River Area	A	2:04.00	1:57.54	30
1) Kari Pederson 11 29.46 29.86 30.12	2) Ava Sperling 09 28.10	3) Xarissa Newman 11	4) Avery Louder 11	
5 Coon Rapids	A	2:04.08	2:05.11	28
1) Ella Noe 12 30.73 32.16 31.90	2) Tyler Schutta 08 30.32	3) Emily Loven 09	4) Gabrielle Lewis 11	
6 Rogers Girls Swim & Dive	A	2:02.44	2:05.94	26
1) Morgan Kzaley 8 31.78 32.00 31.73	2) Rachel Damman 12 30.43	3) Paige Wry 10	4) Rheanna Gordon 11	

Event 12 Girls 200 Yard Backstroke Relay Junior Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	2:30.00	2:12.33	
1) Cana Gaedke 9 34.49 31.87 34.13	2) Brigit Ann Freese 10 31.84	3) Brielle Kaldor 10	4) Ella Meissner 12	
2 Elk River Area	A	2:23.00	2:18.67	
1) Ellie St. Martin 08 36.36 33.50 36.53	2) Clara Anderson 12 32.28	3) Ava Kallunki 10	4) Rylin Curtis 09	
3 Anoka High School	A	2:28.84	2:28.17	
1) Elliott Teff 11 38.34 37.59 36.19	2) Teagan Gordy 12 36.05	3) Chloe Evans 9	4) Molly Neumann 12	
4 Andover	A	3:00.00	2:43.00	
1) Haylee Vang 7 37.54 43.65 45.49	2) Mara Valley 8 36.32	3) Alexis Jackson 7	4) Lillian Muir 8	
5 Rogers Girls Swim & Dive	A	2:57.85	2:43.77	
1) Morgan Pakter 7 40.05 40.67 47.28	2) Hannah Johnston 8 35.77	3) Deborah Ojeriaki 10	4) Tessa Anderson 8	
6 Coon Rapids	A	NT	3:35.72	
1) Sara Hawj 07 1:00.72 47.18 1:00.48	2) Bella Barden 09 47.34	3) Joy Thao 09	4) Mary Carter 10	

Event 13 Girls 400 Yard Backstroke Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	4:30.00	4:14.12	40
1) Morgan Thompson 9 30.08 1:01.71 32.76	2) Mia Johnson 12 1:08.31 32.32 1:08.20	3) Olivia Plude 12 26.53 55.90	4) Libby Bakker 11	
2 Elk River Area	A	4:33.00	4:37.08	34
1) Lily Burkness 12 36.45 1:26.17 21.14	2) Audrey Horner 12 57.31 31.34 1:06.13	3) Sophia Gilbertson 08 31.97 1:07.47	4) Olivia Seward 12	
3 Anoka High School	A	4:36.30	4:41.89	32
1) Hannah Hoang 12 36.22 1:13.95 34.63	2) Anya Day 12 1:11.81 33.41 1:10.40	3) Sarah Jensen 10 16.95 1:05.73	4) Sydney DeRung 11	
4 Rogers Girls Swim & Dive	A	2:36.45	4:57.90	30
1) Ayla Palumbo 9 36.45 1:14.42 34.42	2) Riley Grittner 10 1:12.20 37.73 1:17.49	3) Morgan Kzaley 8 34.69 1:13.79	4) Rachel Damman 12	
5 Andover	A	4:45.00	5:03.62	28
1) Keira Elliott SR 31.74 1:07.29 38.77	2) Alexis Nguyen SO 1:27.62 38.17 1:20.36	3) Kennedy McGowan JR 32.17 1:08.35	4) Grace Summerbell 12	
6 Coon Rapids	A	NT	5:20.51	26
1) Lillian DeFoe 10 34.97 1:12.14 38.61	2) Carrie Hartung 11 1:26.42 39.53 1:23.70	3) Elizabeth Hoggarth 11 36.61 1:18.25	4) Lillie Moulton 07	

NWSC Girls 2023 Conference Relays - 8/24/2023**Results - NWSC Conference Relays****Event 14 Girls 200 Yard Breaststroke Relay Junior Varsity**

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	2:40.00	2:31.56	
1) Genevieve Cadwell 10	2) Sophie Nelson 9	3) Jordin Freeman 8	4) Chloe Niedzielski 10	
37.96 38.93 40.31	34.36			
2 Elk River Area	A	NT	2:39.56	
1) Gianna Fink 10	2) Abby Hanson 12	3) Kaelee Hansen 08	4) Elena Melotik 12	
38.33 39.22 41.32	40.69			
3 Andover	A	3:00.00	2:44.93	
1) Lillian Muir 8	2) Bella Kirschman JR	3) Sakura Khambounmy JR	4) Morgan Sheeley JR	
47.12 39.85 41.57	36.39			
4 Anoka High School	A	2:44.80	2:54.16	
1) Emma Philippi 10	2) Lyds Hanson 8	3) Nova Balan 11	4) Emma Schmitz 9	
42.58 43.90 48.22	39.46			
--- Rogers Girls Swim & Dive	A	3:15.77	DQ	
1) Ashley Brown 8	2) Anna Ray 7	3) Amelia Ethen 8	4) Presley Orstad 7	
1:21.64 59.48 1:12.37	43.50			

Event 15 Girls 400 Yard Breaststroke Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	5:10.00	5:08.42	40
1) Charlotte Woods 11	2) Paige Jerabek 10	3) Brigit Ann Freese 10	4) Sarah Kahl 12	
36.72 1:17.44 36.89	1:20.58 36.15 1:16.89	34.36 1:13.51		
2 Elk River Area	A	5:10.00	5:14.93	34
1) Gabby Odegard 12	2) Avery Louder 11	3) Josephine Schmidt 12	4) Ava Sperling 09	
34.85 1:13.97 37.88	1:21.73 36.87 1:19.41	36.88 1:19.82		
3 Anoka High School	A	5:27.27	5:26.68	32
1) Mackenzie Solberg 11	2) Emily Neises 11	3) Ella Nelson 10	4) Jessica Jensen 11	
35.30 1:14.63 36.47	1:19.30 42.76 1:29.94	38.22 1:22.81		
4 Rogers Girls Swim & Dive	A	5:42.72	5:47.50	30
1) Emerson Pakter 9	2) Marisa Kedrowski 8	3) Catalina Schemper 10	4) Caelyn DeSotel 12	
39.06 1:23.98 42.15	1:29.65 44.66 1:31.44	37.97 1:22.43		
--- Andover	A	6:00.00	DQ	
1) Eva King SR	2) Ava Gruber SR	3) Sunita Khambounmy 8	4) Lauren Russell SR	
38.47 1:21.67 47.65	1:41.39 39.86 1:25.35	39.30 1:25.46		
--- Coon Rapids	A	NT	DQ	
1) Evelyn Altepeter 09	2) Caitlin Davis 10	3) Lily Brummett 12	4) Madeline Romano 07	
40.43 1:27.03 49.12	1:47.72 41.77 1:33.97	1:12.14 2:30.73		

Event 16 Girls 400 Yard Freestyle Relay Junior Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	4:30.00	4:15.10	
1) Heidi Buchanan 12	2) Chloe Niedzielski 10	3) Genevieve Cadwell 10	4) Lila AbuAyed 10	
30.11 1:04.07 30.62	1:05.47 29.93 1:02.77	29.61 1:02.79		
2 Anoka High School	A	4:21.69	4:24.85	
1) Abi Johnson 9	2) Lydia Lakanen 12	3) Elliott Teff 11	4) Anya Day 12	
29.92 1:01.88 30.62	1:05.20 34.29 1:11.57	31.02 1:06.20		
3 Elk River Area	A	4:40.00	4:40.64	
1) Samantha Lemke 12	2) Hailey Flynn 10	3) Kallie Heath 08	4) Lily Burkness 12	
29.94 1:02.92 36.29	1:18.79 32.79 1:10.85	32.07 1:08.08		
4 Rogers Girls Swim & Dive	A	5:27.13	5:57.58	
1) Deborah Ojeriaki 10	2) Shelby Blazevic 7	3) Ashley Brown 8	4) Idell Amundson 8	
37.15 1:20.58 15.60	37.14 52.73 1:36.81	57.18 2:23.05		
5 Coon Rapids	A	NT	6:42.60	
1) Katherine Agustin 08	2) Bella Barden 09	3) Mary Carter 10	4) Caitlin Davis 10	
57.45 2:06.64 36.85	1:30.01 35.62 1:25.27	48.37 1:40.68		

NWSC Girls 2023 Conference Relays - 8/24/2023

Results - NWSC Conference Relays

(Event 16 Girls 400 Yard Freestyle Relay Junior Varsity)

Team	Relay	Seed Time	Finals Time	Points
--- Andover	A	5:00.00	DQ	
1) Ariel Blichfeldt FR 33.92 1:12.60 34.72	2) Frankie Foster JR 1:13.32 33.94 1:15.85	3) Eva Almos 8 31.51 1:10.45	4) Gwen Hepokoski SO	

Event 17 Girls 400 Yard Freestyle Relay Varsity

Team	Relay	Seed Time	Finals Time	Points
1 Maple Grove	A	4:00.00	3:42.35	40
1) Kaya Flaherty 11 27.03 56.02 28.23	2) Maddie Hetland 10 58.62 26.47 55.17	3) Morgan Thompson 9 24.81 52.54	4) Libby Bakker 11	
2 Anoka High School	A	3:54.89	3:51.52	34
1) Ally Diehl 11 26.47 55.50 28.40	2) Grace Morpew 12 59.47 27.85 58.97	3) Sydney DeRung 11 27.84 57.58	4) Nora Sloth 11	
3 Elk River Area	A	4:10.00	4:02.44	32
1) Josephine Schmidt 12 28.79 59.71 29.90	2) Kari Pederson 11 1:03.85 28.61 1:00.06	3) Taylor Voss 10 28.00 58.82	4) Sophia Gilbertson 08	
4 Rogers Girls Swim & Dive	A	4:03.98	4:12.80	30
1) Riley Grittner 10 29.06 1:02.12 32.95	2) Paige Wry 10 1:09.83 30.06 1:03.48	3) Ayla Palumbo 9 26.89 57.37	4) Kyleigh Craig 11	
5 Andover	A	4:15.00	4:15.71	28
1) Bella Kirschman JR 30.17 1:03.27 31.46	2) Emma Socolofsky JR 1:07.62 30.68 1:05.15	3) Morgan Sheeley JR 27.74 59.67	4) Keira Elliott SR	
6 Coon Rapids	A	4:35.19	4:34.92	26
1) Lillian DeFoe 10 30.61 1:05.23 31.38	2) Ella Noe 12 1:05.79 17.19 36.40	3) Carrie Hartung 11 41.32 1:47.50	4) Gabrielle Lewis 11	

Event 18 Girls 1 mtr Diving Junior Varsity

Name	Yr School	Finals Score	Points
--- Faith Dykmann	07 Elk River Area	NP	DQ
--- Lyv Peterson	08 Elk River Area	NP	DQ
--- Claire Barthel	07 Elk River Area	NP	DQ
--- Rosaleen Gordy	9 Anoka High School	NP	DQ
--- Grace Shasky	8 Anoka High School	NP	DQ
--- Peighton Tucker	07 Elk River Area	NP	DQ
--- Sydney Blazeovic	9 Rogers Girls Swim & Dive	NP	DQ
--- Ellie Staley	8 Andover	81.10	DQ
--- Julia Marlin	9 Maple Grove	NP	DQ
--- Hailey Nowlan	10 Coon Rapids	NP	DQ
--- Breanna Allen	10 Elk River Area	98.50	DQ
--- Josie Erickson	7 Andover	NP	DQ

Event 19 Girls 1 mtr Diving Varsity

Name	Yr School	Finals Score	Points
1 Mya Johnson	11 Maple Grove	NP	455.95
2 Alyssa Fleahman	10 Elk River Area	NP	409.25
3 Megan Kringen	10 Anoka High School	NP	331.30
4 Sadie Allen	9 Rogers Girls Swim & Dive	NP	288.30
5 Penny Buffham	SO Andover	168.30	212.90
--- Hailey Beck	10 Elk River Area	214.70	DQ
--- Annika Blinkman	10 Anoka High School	NP	DQ
--- Emily McCollor	11 Anoka High School	NP	DQ
--- Madilyn Tucker	10 Elk River Area	NP	DQ
--- Ellis Landry	10 Maple Grove	NP	DQ
--- Sophie Mahnke	12 Rogers Girls Swim & Dive	179.30	DQ

NWSC Girls 2023 Conference Relays - 8/24/2023**Results - NWSC Conference Relays****(Event 19 Girls 1 mtr Diving Varsity)**

Name	Yr	School		Finals Score	Points
--- Whitney Kowalski	12	Maple Grove	NP	DQ	
--- Cadence Andersland	FR	Andover	131.30	DQ	
--- Mackenzie Summerbell	10	Andover	NP	DQ	
--- Claire Pflipsen	9	Rogers Girls Swim & Dive	NP	DQ	

Combined Team ScoresCombined Team Scores - Varsity - Through Event 19

1. Maple Grove	388	2. Elk River Area	336
3. Anoka High School	324	4. Rogers Girls Swim & Dive	294
5. Andover	240	6. Coon Rapids	158

Scores - WomenWomen - Varsity - Team Rankings - Through Event 19

1. Maple Grove	388	2. Elk River Area	336
3. Anoka High School	324	4. Rogers Girls Swim & Dive	294
5. Andover	240	6. Coon Rapids	158