

## 2019 Region III Swimming and Diving - 10/31/2019 to 11/2/2019

## Psych Sheet

## Event 1 Girls 200 Yard Medley Relay

Team	Relay	Seed Time
1 COLHS	A	1:55.98
2 Hhs-AK	A	1:57.02
3 Bears-AK	A	1:58.26
4 SHS-AK	A	2:05.00
5 Palmer Swim Dive-AK	A	2:05.39
6 Wwhs-AK	A	2:10.09
7 Unak-AK	A	2:13.83
8 Sohi Swim	A	2:26.94

## Event 2 Boys 200 Yard Medley Relay

Team	Relay	Seed Time
1 COLHS	A	1:41.95
2 KCHS-AK	A	1:43.24
3 Palmer Swim Dive-AK	A	1:54.69
4 Hhs-AK	A	1:55.99
5 Bears-AK	A	1:56.00
6 Unak-AK	A	1:58.14
7 Sohi Swim	A	2:25.17

## Event 3 Girls 200 Yard Freestyle

Name	Age	School	Seed Time
1 Spear, Leslie A	17	Bears-AK	1:59.36
2 Nelson, Taylor		COLHS	2:04.94
3 Pitsch, Rachael		KCHS-AK	2:10.48
4 Snyder, Madison		Sohi Swim	2:11.39
5 Rogness, Josephine		COLHS	2:13.39
6 Beck, Olivia		Palmer Swim Dive-AK	2:15.88
7 Juliussen, Alex		Sohi Swim	2:16.72
8 Collier, Jady		Palmer Swim Dive-AK	2:18.50
9 Pettit, Kyra		Palmer Swim Dive-AK	2:18.96
10 Mullaly, Kylie E	16	SHS-AK	2:19.93
11 Johnson, Bristol A	14	Hhs-AK	2:21.01
12 Goss, Madeline E	16	Wwhs-AK	2:21.88
13 Dougherty, Wren R	15	SHS-AK	2:24.69
14 Frederickson, Tirzah		Sohi Swim	2:27.25
15 Miller, Hartley J	15	Hhs-AK	2:27.42
16 Mahoney, Lily	16	Unak-AK	2:39.34
17 Conner, Catherine C	17	Hhs-AK	2:44.73
18 Wilcox, Evelyn		Sohi Swim	2:47.54
19 Owens, Taliah		Palmer Swim Dive-AK	3:18.56
20 Clawson, Daisie		Wwhs-AK	3:32.90
21 Grover, Katie		COLHS	NT
22 Kanongataa, Kalina		COLHS	NT

## Event 4 Boys 200 Yard Freestyle

Name	Age	School	Seed Time
1 Krug, Jackson L	15	Bears-AK	1:51.50
2 Cowin, Jonathan	16	COLHS	1:51.64
3 Poulin, Koda R	15	KCHS-AK	1:54.87
4 Minder, Bryce	17	COLHS	2:04.77
5 Woodring, Hayden		COLHS	2:06.55
6 Huff, Aiden T	17	KCHS-AK	2:08.08
7 Hill, Paxton M	15	SHS-AK	2:10.48
8 Belliston, Tyler		COLHS	2:14.29
9 Wright, John		KCHS-AK	2:14.88
10 Dunford, Caden		Palmer Swim Dive-AK	2:17.47

11 Beckett, Ethan S	17	Cdv-AK	2:17.63
12 Gibson, Atticus		Sohi Swim	2:18.47
13 Groth, Tristan		Palmer Swim Dive-AK	2:18.58
14 Christenson, Brandon		Sohi Swim	2:23.76
15 Fry, Hunter C	14	SHS-AK	2:24.99
16 Belger, Jacob		Sohi Swim	2:55.20
17 Hartman, Liam		Sohi Swim	3:01.06
18 Morgan, Zachary		Palmer Swim Dive-AK	3:30.88

## Event 5 Girls 200 Yard IM

Name	Age	School	Seed Time
1 Story, Madison C	16	Hhs-AK	2:13.98
2 Jacoby, Lydia A	15	SHS-AK	2:14.02
3 Biederman, Jasmine		COLHS	2:24.95
4 Hubert, Emily L	18	Bears-AK	2:29.06
5 Palenske, Avery		COLHS	2:30.90
6 Overdorf, Hannah M	14	Hhs-AK	2:43.84
7 Rankin, Sasha	16	Unak-AK	2:44.17
8 Witsoe, Anika R	17	Cdv-AK	2:46.28
9 Rogers, Kayleigh K	14	Bears-AK	2:47.16
10 Nowers, Hannah		Palmer Swim Dive-AK	2:51.18
11 McDonald, Madison		KCHS-AK	2:51.55
12 Overdorf, Olivia M	15	Hhs-AK	2:57.64
13 Janneck, Courtney	16	COLHS	2:58.21
14 Watkins, Deloma		Sohi Swim	3:00.41
15 Snyder, Emma		Sohi Swim	3:05.22
16 Houser, Angela		Palmer Swim Dive-AK	3:20.83
17 Bowers, Ella		Wwhs-AK	3:48.77
18 Frederickson, Naomi		Sohi Swim	NT

## Event 6 Boys 200 Yard IM

Name	Age	School	Seed Time
1 Kolberg, Konnor D	17	COLHS	2:03.89
2 Rocheleau, Ian M	16	Bears-AK	2:04.74
3 Kolberg, Karson W	14	COLHS	2:06.68
4 Bagley, Trevor R		KCHS-AK	2:13.30
5 Alioto, Dominic J		KCHS-AK	2:15.28
6 Dalrymple-Sorenson, Kaeso		Palmer Swim Dive-AK	2:15.94
7 Sawyer, Stewart		Palmer Swim Dive-AK	2:16.04
8 Jensen, Alex A	15	Bears-AK	2:25.14
9 Morris, Shane	16	Unak-AK	2:28.59
10 Berga, Ethan		KCHS-AK	2:31.02
11 Hanson, Cole M	14	Cdv-AK	2:42.12
12 Nollar, Lucas A	14	Hhs-AK	2:42.96
13 Sonnenberg, Connor		COLHS	2:44.45
14 Larson, Noah C	17	COLHS	NT

## Event 7 Girls 50 Yard Freestyle

Name	Age	School	Seed Time
1 Barkman, Madelyn		Sohi Swim	25.59
2 Narog, Alison E	14	Bears-AK	25.75
3 Reese, Riley L	16	KCHS-AK	26.16
4 Berry, Adeline E	16	Hhs-AK	26.64
5 Hunt, Amalia		COLHS	27.03
6 Blanton-Yourkowski, Ella M	16	Hhs-AK	27.13
7 Fabich, Delta B	15	Hhs-AK	27.22
8 Laasch-Gray, Katie E	17	COLHS	27.49
9 Villamore, Kayla	16	Unak-AK	27.97

## 2019 Region III Swimming and Diving - 10/31/2019 to 11/2/2019

## Psych Sheet

## Event 7 ... (Girls 50 Yard Freestyle)

Name	Age	School	Seed Time
10 Kloutunowich, Kaylin		Wwhs-AK	28.06
11 Esguerra, Alana S	15	Cdv-AK	28.19
12 Butler, Elena	15	Wwhs-AK	28.24
13 Frederickson, Esther		Sohi Swim	29.48
14 Villamor, Karina	16	Unak-AK	29.59
15 Rice, Makayla	15	Wwhs-AK	30.02
16 Twing, Samantha		Palmer Swim Dive-AK	30.94
17 Gross, Kat		Sohi Swim	30.97
18 Reynon, Jadrey	16	Unak-AK	31.35
19 Johnson, Sydney		KCHS-AK	31.90
20 Haddox, Jordan		Palmer Swim Dive-AK	32.32
21 Colley, Hope		COLHS	33.11
22 Houser, Angela		Palmer Swim Dive-AK	33.32
23 Buttner, Natalie	16	Unak-AK	35.00
24 Owens, Taliah		Palmer Swim Dive-AK	36.33
25 Stewart, Mia		Sohi Swim	44.06
26 Lopez, Rhyann		Wwhs-AK	44.72

## Event 8 Boys 50 Yard Freestyle

Name	Age	School	Seed Time
1 Evans, Ethan		Sohi Swim	22.29
2 Spanos, Connor M	17	SHS-AK	22.62
3 Rolph, Owen		KCHS-AK	23.29
4 Lee, Jaxson		Palmer Swim Dive-AK	23.37
5 Sorensen, Sorin W	16	KCHS-AK	23.55
6 Fritsch, Trent J	15	Cdv-AK	23.64
7 Hollingsworth, Hunter J	18	SHS-AK	23.65
8 Grinestaff, David		Sohi Swim	24.31
9 Tokalich, Aleks		COLHS	24.35
10 Humbard, Lucas L	17	COLHS	24.38
11 Arndt, Micah K	16	Bears-AK	24.57
12 Lloyd, Kai	16	Unak-AK	24.61
13 Moriarty, John J	17	SHS-AK	24.89
14 Pitka, Nathan		Sohi Swim	24.94
15 Jensen, Max M	15	Bears-AK	24.95
16 Robertson, Feliix	16	COLHS	25.56
17 Carver, Nick A	15	Bears-AK	25.95
18 Carrillo, Kaleb M	17	Cdv-AK	25.98
19 St. Germain, Bladen		COLHS	26.00
20 Van Dyke, Kody		Sohi Swim	26.18
21 Beckett, Ethan S	17	Cdv-AK	26.42
22 Storms, Brock		KCHS-AK	26.60
23 Spanos, Peter J	15	SHS-AK	26.72
24 Groth, Tristan		Palmer Swim Dive-AK	27.17
25 Wilkinson, Emmet P	17	Hhs-AK	27.78
26 Restad, Leif I	15	Hhs-AK	27.89
27 Bevan, Joshua		Palmer Swim Dive-AK	28.09
28 Tungul, Kyle	16	Unak-AK	28.87
29 Shemet-Pitcher, Rio J	18	Hhs-AK	28.89
30 Dementieff, Ilire		Palmer Swim Dive-AK	29.45
31 Ranney, Jacob A	14	Cdv-AK	30.68
32 Brown, Crimson M	15	Bears-AK	31.73
33 Buckelew, Joe	16	Unak-AK	36.69

## Event 9 Girls 1 mtr Diving

Name	Age	School	Seed Time
1 Mayer, Carrie	15	Wwhs-AK	387.75
2 Penalozza, Bella M	17	Bears-AK	295.15
3 Coffman, Tyler		Palmer Swim Dive-AK	193.45
4 Miller, Taylor		Palmer Swim Dive-AK	172.60
5 Hrcir, Ally		Palmer Swim Dive-AK	157.20
6 Dietz, Audrey		Wwhs-AK	150.45
7 Gimm, Sophia		Palmer Swim Dive-AK	141.40
8 Weiss, Mia		Wwhs-AK	117.85
9 Collins, Lily		Wwhs-AK	95.20
10 Engebretsen, Lily		COLHS	NP
11 Rogers, Daisy		Sohi Swim	NP

## Event 10 Boys 1 mtr Diving

Name	Age	School	Seed Time
1 Reynolds, Kade		Wwhs-AK	350.50
2 Bruce, Keith O	16	Bears-AK	246.30
3 Layman, Andrew		Wwhs-AK	240.70
4 Campbell, Deshawn		Wwhs-AK	164.40
5 Cole, Gage		Wwhs-AK	84.25
6 Krozel, Eli	15	COLHS	NP
7 Backus, Xander		COLHS	NP
8 Croom, Bryon		COLHS	NP
9 Saltzgeber, Kaden		Sohi Swim	NP

## Event 11 Girls 100 Yard Butterfly

Name	Age	School	Seed Time
1 Narog, Alison E	14	Bears-AK	1:02.51
2 Berry, Adeline E	16	Hhs-AK	1:03.77
3 Nelson, Taylor		COLHS	1:04.39
4 Ferguson, Ally		Palmer Swim Dive-AK	1:04.88
5 Anderson, Julia G	16	KCHS-AK	1:06.86
6 Creglow, Katie		Sohi Swim	1:07.33
7 Palenske, Avery		COLHS	1:08.21
8 Hunt, Amalia		COLHS	1:08.73
9 Butler, Elena	15	Wwhs-AK	1:14.26
10 Olson, Aspen		Palmer Swim Dive-AK	1:14.95
11 Dougherty, Wren R	15	SHS-AK	1:19.23
12 Overdorf, Olivia M	15	Hhs-AK	1:24.78
13 Gross, Avari		KCHS-AK	1:26.89

## Event 12 Boys 100 Yard Butterfly

Name	Age	School	Seed Time
1 Spanos, Connor M	17	SHS-AK	53.93
2 Rolph, Owen		KCHS-AK	54.44
3 Dalrymple-Sorenson, Kaeso		Palmer Swim Dive-AK	57.88
4 Rodriguez, Skyler W	15	Hhs-AK	58.44
5 Sawyer, Stewart		Palmer Swim Dive-AK	59.12
6 Bjornn, Dakota		Palmer Swim Dive-AK	1:00.34
7 Morris, Shane	16	Unak-AK	1:01.04
8 Jensen, Alex A	15	Bears-AK	1:04.26
9 Skonberg, Aidan A	16	Bears-AK	1:04.39
10 Robertson, Feliix	16	COLHS	1:07.36
11 Murray, Tyler		Palmer Swim Dive-AK	1:07.55
12 St. Germain, Bladen		COLHS	1:15.16
13 Berga, Ethan		KCHS-AK	1:15.53
14 Spanos, Peter J	15	SHS-AK	1:17.29

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## Event 12 ... (Boys 100 Yard Butterfly)

Name	Age	School	Seed Time
15 Spradling, Karsen		COLHS	1:23.65
16 Ranney, Jacob A	14	Cdv-AK	1:25.07
17 Whitmer, Taten	16	COLHS	1:28.52

## Event 13 Girls 100 Yard Freestyle

Name	Age	School	Seed Time
1 Reese, Riley L	16	KCHS-AK	56.44
2 Ferguson, Ally		Palmer Swim Dive-AK	56.88
3 Nicholson, Ashleigh G	18	Bears-AK	57.95
4 Barrette, Joscelyn		COLHS	57.98
5 Barkman, Madelyn		Sohi Swim	58.33
6 Kloutunowich, Kaylin		Wwhs-AK	59.10
7 Laasch-Gray, Katie E	17	COLHS	1:01.23
8 Juliussen, Alex		Sohi Swim	1:01.75
9 Collier, Jady		Palmer Swim Dive-AK	1:01.88
10 Esguerra, Alana S	15	Cdv-AK	1:02.26
11 Villamore, Kayla	16	Unak-AK	1:03.60
12 Anderson, Kaylin J	15	Hhs-AK	1:04.68
13 Rhodes, Sailey D	15	Hhs-AK	1:05.65
14 Villamor, Karina	16	Unak-AK	1:06.84
15 Bishop, Mikayla		Palmer Swim Dive-AK	1:07.88
16 Miller, Liberty		Palmer Swim Dive-AK	1:13.97
17 Deaton, Autumn B	16	Cdv-AK	1:14.58
18 Johnson, Sydney		KCHS-AK	1:14.89
19 Wilcox, Evelyn		Sohi Swim	1:14.93
20 Kanongataa, Kalina		COLHS	1:17.77
21 Moore, Madilyn K	17	SHS-AK	1:18.44
22 Bowers, Ella		Wwhs-AK	1:19.48
23 Glasman, Olivia F	15	Hhs-AK	1:22.22
24 Joyce, Amelia	14	Wwhs-AK	1:24.91
25 Clawson, Daisie		Wwhs-AK	1:42.61

## Event 14 Boys 100 Yard Freestyle

Name	Age	School	Seed Time
1 Kolberg, Konnor D	17	COLHS	50.01
2 Krug, Jackson L	15	Bears-AK	50.75
3 Lee, Jaxson		Palmer Swim Dive-AK	51.50
4 Hollingsworth, Hunter J	18	SHS-AK	52.54
5 Rodriguez, Skyler W	15	Hhs-AK	53.30
6 Tokalich, Aleks		COLHS	54.01
7 Arndt, Micah K	16	Bears-AK	54.15
8 Alioto, Dominic J		KCHS-AK	54.63
9 Grinestaff, David		Sohi Swim	54.90
10 Pitka, Nathan		Sohi Swim	55.12
11 Vangorder, Kristofer		COLHS	55.56
12 Lloyd, Kai	16	Unak-AK	55.93
13 Hill, Paxton M	15	SHS-AK	56.29
14 Moriarty, John J	17	SHS-AK	56.68
15 Anderson, Samuel		KCHS-AK	57.09
16 Humbard, Lucas L	17	COLHS	57.17
17 Sorenson, Wyatt R	14	Cdv-AK	58.69
18 Ruda, Lucas		Palmer Swim Dive-AK	1:01.31
19 Christenson, Brandon		Sohi Swim	1:01.90
20 Be, Bao	16	Unak-AK	1:03.46
21 Gibson, Atticus		Sohi Swim	1:03.70
22 Prior, Cameron		KCHS-AK	1:03.88

23 Shemet-Pitcher, Rio J	18	Hhs-AK	1:05.78
24 Collins, Noah	14	Cdv-AK	1:05.81
25 Restad, Leif I	15	Hhs-AK	1:06.16
26 Foote, Gavin N	16	SHS-AK	1:10.28
27 Demientieff, Ilire		Palmer Swim Dive-AK	1:11.02
28 Hushower, Tobin		Palmer Swim Dive-AK	1:12.59

## Event 15 Girls 500 Yard Freestyle

Name	Age	School	Seed Time
1 Snyder, Madison		Sohi Swim	5:46.73
2 Pitsch, Rachael		KCHS-AK	5:46.88
3 Hubert, Emily L	18	Bears-AK	5:59.37
4 Beck, Olivia		Palmer Swim Dive-AK	6:10.06
5 Johnson, Bristol A	14	Hhs-AK	6:14.44
6 Settle, Amaretta		COLHS	6:16.91
7 Goss, Madeline E	16	Wwhs-AK	6:18.93
8 Pettit, Kyra		Palmer Swim Dive-AK	6:21.10
9 Overdorf, Hannah M	14	Hhs-AK	6:25.43
10 McDonald, Madison		KCHS-AK	6:31.88
11 Spence, Rachel		Sohi Swim	6:46.70
12 Wedekind, Jeanine		COLHS	6:55.81
13 Frederickson, Tirzah		Sohi Swim	6:59.97
14 Conner, Catherine C	17	Hhs-AK	7:13.81
15 Mahoney, Lily	16	Unak-AK	7:14.32
16 Colley, Hope		COLHS	7:55.58
17 Grover, Katie		COLHS	8:01.39
18 Gamble, Caitlin	15	Hhs-AK	8:05.88

## Event 16 Boys 500 Yard Freestyle

Name	Age	School	Seed Time
1 Rocheleau, Ian M	16	Bears-AK	5:03.15
2 Fritsch, Trent J	15	Cdv-AK	5:09.43
3 Poulin, Koda R	15	KCHS-AK	5:11.07
4 Huff, Aiden T	17	KCHS-AK	5:43.94
5 Woodring, Hayden		COLHS	5:49.30
6 Belliston, Tyler		COLHS	5:54.42
7 Sonnenberg, Connor		COLHS	6:16.55
8 Fry, Hunter C	14	SHS-AK	6:29.67
9 Ruda, Lucas		Palmer Swim Dive-AK	6:33.63
10 Spradling, Karsen		COLHS	6:38.73
11 Hartman, Liam		Sohi Swim	8:25.03
12 Buckelew, Joe	16	Unak-AK	9:17.46

## Event 17 Girls 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Hhs-AK	A	1:46.71
2 COLHS	A	1:48.76
3 Sohi Swim	A	1:49.53
4 Palmer Swim Dive-AK	A	1:51.23
5 Bears-AK	A	1:52.12
6 SHS-AK	A	1:53.61
7 KCHS-AK	A	1:56.45
8 Wwhs-AK	A	1:56.95
9 Unak-AK	A	2:01.33

## Event 18 Boys 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 SHS-AK	A	1:29.78
2 KCHS-AK	A	1:35.52

## 2019 Region III Swimming and Diving - 10/31/2019 to 11/2/2019

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## Event 18 ... (Boys 200 Yard Freestyle Relay)

Team	Relay	Seed Time
3 Sohi Swim	A	1:37.72
4 Bears-AK	A	1:38.64
5 Palmer Swim Dive-AK	A	1:40.69
6 Cdv-AK	A	1:42.42
7 Unak-AK	A	1:47.45
8 Hhs-AK	A	1:48.76
9 COLHS	A	1:49.60

## Event 19 Girls 100 Yard Backstroke

Name	Age	School	Seed Time
1 Barrette, Joscelyn		COLHS	1:04.74
2 Rogness, Josephine		COLHS	1:06.36
3 Anderson, Julia G	16	KCHS-AK	1:09.01
4 Blanton-Yourkowski, Ella M	16	Hhs-AK	1:09.29
5 Anderson, Kaylin J	15	Hhs-AK	1:09.71
6 Beck, Maria		Palmer Swim Dive-AK	1:09.88
7 Rogers, Addi T	15	Bears-AK	1:10.11
8 Olson, Aspen		Palmer Swim Dive-AK	1:11.88
9 Nowers, Hannah		Palmer Swim Dive-AK	1:12.88
10 Rice, Makayla	15	Wwhs-AK	1:13.89
11 Settle, Amaretta		COLHS	1:14.12
12 Rhodes, Sailey D	15	Hhs-AK	1:16.72
13 Spence, Rachel		Sohi Swim	1:19.06
14 Janneck, Courtney	16	COLHS	1:21.71
15 Gross, Avari		KCHS-AK	1:23.67
16 Deaton, Autumn B	16	Cdv-AK	1:24.07
17 Snyder, Emma		Sohi Swim	1:24.38
18 Haddox, Jordan		Palmer Swim Dive-AK	1:26.13
19 Frederickson, Esther		Sohi Swim	1:27.72
20 Gross, Kat		Sohi Swim	1:27.82
21 Lopez, Rhyann		Wwhs-AK	1:45.06

## Event 20 Boys 100 Yard Backstroke

Name	Age	School	Seed Time
1 Cowin, Jonathan	16	COLHS	54.41
2 Sorensen, Sorin W	16	KCHS-AK	1:02.16
3 Anderson, Samuel		KCHS-AK	1:05.69
4 Murray, Tyler		Palmer Swim Dive-AK	1:08.73
5 Minder, Bryce	17	COLHS	1:08.86
6 Sorenson, Wyatt R	14	Cdv-AK	1:10.67
7 Storms, Brock		KCHS-AK	1:12.43
8 Van Dyke, Kody		Sohi Swim	1:12.60
9 Tungul, Kyle	16	Unak-AK	1:16.15
10 Collins, Noah	14	Cdv-AK	1:17.93
11 Whitmer, Taten	16	COLHS	1:21.65
12 Brown, Crimson M	15	Bears-AK	1:23.08
13 Larson, Noah C	17	COLHS	1:25.16
14 Morgan, Zachary		Palmer Swim Dive-AK	1:58.49

## Event 21 Girls 100 Yard Breaststroke

Name	Age	School	Seed Time
1 Jacoby, Lydia A	15	SHS-AK	1:03.65
2 Spear, Leslie A	17	Bears-AK	1:07.88
3 Story, Madison C	16	Hhs-AK	1:08.28
4 Biederman, Jasmine		COLHS	1:10.22
5 Creglow, Katie		Sohi Swim	1:12.13

6 Beck, Maria		Palmer Swim Dive-AK	1:13.88
7 Mullaly, Kylie E	16	SHS-AK	1:18.25
8 Rankin, Sasha	16	Unak-AK	1:19.05
9 Miller, Hartley J	15	Hhs-AK	1:20.84
10 Twing, Samantha		Palmer Swim Dive-AK	1:21.88
11 Rogers, Kayleigh K	14	Bears-AK	1:22.31
12 Bishop, Mikayla		Palmer Swim Dive-AK	1:22.88
13 Witsoe, Anika R	17	Cdv-AK	1:23.73
14 Watkins, Deloma		Sohi Swim	1:24.19
15 Wedekind, Jeanine		COLHS	1:24.34
16 Reynon, Jadrey	16	Unak-AK	1:29.32
17 Miller, Liberty		Palmer Swim Dive-AK	1:30.73
18 Stewart, Mia		Sohi Swim	1:39.56
19 Gamble, Caitlin	15	Hhs-AK	1:40.27
20 Glasman, Olivia F	15	Hhs-AK	1:40.36
21 Buttner, Natalie	16	Unak-AK	1:41.24
22 Moore, Madilyn K	17	SHS-AK	1:41.77
23 Joyce, Amelia	14	Wwhs-AK	1:45.58
24 Frederickson, Naomi		Sohi Swim	1:45.69

## Event 22 Boys 100 Yard Breaststroke

Name	Age	School	Seed Time
1 Carver, Nick A	15	Bears-AK	1:03.36
2 Evans, Ethan		Sohi Swim	1:03.42
3 Kolberg, Karson W	14	COLHS	1:04.41
4 Bagley, Trevor R		KCHS-AK	1:05.66
5 Dunford, Caden		Palmer Swim Dive-AK	1:10.88
6 Bjornn, Dakota		Palmer Swim Dive-AK	1:10.88
7 Vangorder, Kristofer		COLHS	1:12.24
8 Jensen, Max M	15	Bears-AK	1:12.40
9 Wright, John		KCHS-AK	1:13.81
10 Be, Bao	16	Unak-AK	1:15.72
11 Carrillo, Kaleb M	17	Cdv-AK	1:17.44
12 Wilkinson, Emmet P	17	Hhs-AK	1:20.38
13 Nollar, Lucas A	14	Hhs-AK	1:21.67
14 Hanson, Cole M	14	Cdv-AK	1:23.31
15 Bevan, Joshua		Palmer Swim Dive-AK	1:28.25
16 Foote, Gavin N	16	SHS-AK	1:29.33
17 Prior, Cameron		KCHS-AK	1:29.90
18 Hushower, Tobin		Palmer Swim Dive-AK	1:34.97
19 Belger, Jacob		Sohi Swim	NT

## Event 23 Girls 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Bears-AK	A	3:54.76
2 Sohi Swim	A	4:00.69
3 Hhs-AK	A	4:01.32
4 COLHS	A	4:05.25
5 Wwhs-AK	A	4:08.47
6 Palmer Swim Dive-AK	A	4:25.71
7 KCHS-AK	A	4:29.61

## Event 24 Boys 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 COLHS	A	3:31.17
2 Bears-AK	A	3:31.95
3 SHS-AK	A	3:35.21
4 KCHS-AK	A	3:38.57

**2019 Region III Swimming and Diving - 10/31/2019 to 11/2/2019**

**Psych Sheet**

**Event 24 ... (Boys 400 Yard Freestyle Relay)**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	
5	Palmer Swim Dive-AK	A	3:38.89	_____
6	Sohi Swim	A	3:42.12	_____
7	Cdv-AK	A	3:53.80	_____