

**2019 Region V Championships**  
**Psych Sheet - Region V Friday Prelims**

**Event 1 Girls 200 Yard Medley Relay**

Region V: 1:46.75 2014 JDHS			
Kelly, Isaak, Ruffin, Walsh			
Team	Relay	Seed Time	
1 Ketchikan-AK	A	1:49.69	_____
1) Elerding, Ava FR	2) Sherrill, Laura SR		
3) Campbell, Emma SR	4) Meiresonne, Judy JR		
2 Sitka-AK	A	1:57.10	_____
1) Gagner, Jordan JR	2) Harang, Grace JR		
3) Frawley, Kai SR	4) Guillory, Razie SO		
3 TMHS-AK	A	1:58.28	_____
1) Jenkins, Sadie FR	2) Heidersdorf, Jamie SO		
3) Chester, Jenny SO	4) Traxler, Riley SO		
4 JDHS-AK	A	2:02.85	_____
1) Boman, Madelyn SO	2) Gerger, Tahlia SO		
3) Zimmerman, Natalie SR	4) Mallot, Addy SO		
5 WSC-AK	A	2:31.20	_____
1) Helgeson, Laura	2) Baggen, Paige		
3) Loomis, Ashleigh	4) Roberts, Renee		

**Event 2 Boys 200 Yard Medley Relay**

Region V: 1:36.33 2009 JDHS			
Brunette, Cayce, Michelson, Rutecki			
Team	Relay	Seed Time	
1 Ketchikan-AK	A	1:43.90	_____
1) Thomas, Ethan SR	2) Campbell, Owen SO		
3) Lundburg, Alec SO	4) Klinger, Kyan SO		
2 JDHS-AK	A	1:47.88	_____
1) Degener, Chris FR	2) Gabel, Isaac SR		
3) Lacey-Wilkerson, Andrew J	4) Mulgrew-Truitt, Aaron FR		
3 TMHS-AK	A	1:49.91	_____
1) Losey, Noah JR	2) Anderson, Samson SO		
3) Rasmussen, Sven FR	4) Ely, Kristofer SO		
4 PHS-AK	A	2:05.00	_____
5 WSC-AK	A	2:20.40	_____
1) Allen, Jacob	2) Jack, Wade		
3) Hammer, Carter	4) Baggen, Jimmy		

**Event 3 Girls 200 Yard Freestyle**

Region V: 1:52.20 2005 LAURA MILLER			
Name	Yr	School	Seed Time
1 Gassman, Emma	FR	Sitka-AK	2:02.20
2 Morgan, Allie	SO	TMHS-AK	2:04.86
3 Campbell, Emma	SR	Ketchikan-AK	2:06.96
4 Taube, Hannah	SR	TMHS-AK	2:07.39
5 Traxler, Riley	SO	TMHS-AK	2:07.85
6 Moran, Mesa	SR	JDHS-AK	2:08.20
7 Zimmerman, Natalie	SR	JDHS-AK	2:21.89
8 Wargi-Morris, Liberty		Panthers-AK	2:23.00
9 Lister, Brynn	SR	PHS-AK	2:24.22
10 Byrer, Cate	FR	PHS-AK	3:08.40

**Event 4 Boys 200 Yard Freestyle**

Region V: 1:40.58 2008 CODY BRUNETTE			
Name	Yr	School	Seed Time
1 Frawley, Tytan	SO	Sitka-AK	1:50.64
2 Kowalski, Peter	SR	PHS-AK	1:51.68
3 Peimann, Caleb	JR	JDHS-AK	1:52.23
4 Rice, Matt	FR	Sitka-AK	1:55.49

5 Anderson, Samson	SO	TMHS-AK	1:56.33
6 Klinger, Kyan	SO	Ketchikan-AK	1:58.55
7 Ely, Kristofer	SO	TMHS-AK	1:59.26
8 Bullock, John	SO	Ketchikan-AK	2:03.31
9 Pfundt, Caleb	SO	PHS-AK	2:18.31
10 Gonzalez, Jacob	FR	Ketchikan-AK	2:22.50
11 Post, Shea	FR	JDHS-AK	2:26.99
12 Hannasch, Samuel	SR	TMHS-AK	2:31.31
13 Gonzalez, Josef	SR	Ketchikan-AK	2:40.61
14 Coulson, Britin	SO	PHS-AK	2:46.46
15 Hammer, Carter		WSC-AK	3:11.02

**Event 5 Girls 200 Yard IM**

Region V: 2:09.23 2015 MIA RUFFIN			
Name	Yr	School	Seed Time
1 Sherrill, Laura	SR	Ketchikan-AK	2:14.86
2 Schwantes, Sophia	JR	Sitka-AK	2:18.03
3 Gerger, Tahlia	SO	JDHS-AK	2:26.87
4 Heidersdorf, Jamie	SO	TMHS-AK	2:30.39
5 Chester, Jenny	SO	TMHS-AK	2:33.23
6 Frawley, Kai	SR	Sitka-AK	2:33.41
7 Kanouse, Sierra	SO	JDHS-AK	2:43.21
8 Perry, Jaden	JR	PHS-AK	2:45.68
9 Bisset, Kate	SR	PHS-AK	2:46.76

**Event 6 Boys 200 Yard IM**

Region V: 1:54.79 2009 CODY BRUNETTE			
Name	Yr	School	Seed Time
1 VanSlyke, Chaz	FR	JDHS-AK	2:06.56
2 Sanguni, Karthik	SO	TMHS-AK	2:19.23
3 Degener, Chris	FR	JDHS-AK	2:21.09
4 Jones, Samuel	FR	Sitka-AK	2:21.56
5 Kuharich, Larry	FR	Ketchikan-AK	2:22.80
6 Lundburg, Alec	SO	Ketchikan-AK	2:24.98
7 Lehman, Ulric		Panthers-AK	2:28.56
8 Castle, Riley	SO	Ketchikan-AK	2:45.04

**Event 7 Girls 50 Yard Freestyle**

Region V: 23.82 2006 LAURA MILLER			
Name	Yr	School	Seed Time
1 Harang, Grace	JR	Sitka-AK	25.41
2 Roberts, Renee		WSC-AK	25.58
3 Guillory, Razie	SO	Sitka-AK	26.71
4 Pfundt, Maria	SR	PHS-AK	26.73
5 Whitethorn, Maddy	SR	PHS-AK	27.11
6 Mallot, Addy	SO	JDHS-AK	27.30
7 Jenkins, Alex	FR	TMHS-AK	27.53
8 Jenkins, Sadie	FR	TMHS-AK	28.16
9 Meiresonne, Judy	JR	Ketchikan-AK	28.36
10 Neal, Mikayla	FR	JDHS-AK	28.48
11 Boman, Madelyn	SO	JDHS-AK	28.54
12 Godkin, Alexa	JR	TMHS-AK	29.86
13 Elerding, Ava	FR	Ketchikan-AK	30.65
14 Messmer, Aaliyah		WSC-AK	30.87
15 Loomis, Ashleigh		WSC-AK	31.75
16 Mulgrew-Truitt, Son'a	SR	JDHS-AK	32.26
17 Smith, Teslin	SO	TMHS-AK	33.47
18 Davis, Kira	JR	Sitka-AK	34.66

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

Name	Yr	School	Seed Time
19 Massin, Tasha		WSC-AK	36.42
20 Ensign, Anna		Panthers-AK	37.68
21 Kealiinohomoku, Jewels	FR	Ketchikan-AK	NT

**Event 8 Boys 50 Yard Freestyle**

Region V: 21.13 2014 ABEL AULBACH			
Name	Yr	School	Seed Time
1 Wallace, Rylan	SR	PHS-AK	23.58
2 Loseby, Noah	JR	TMHS-AK	24.14
3 Merle, Tyler	SR	Ketchikan-AK	24.56
4 Mulgrew-Truitt, Aaron	FR	JDHS-AK	24.59
5 Mulgrew-Truitt, Adrell	SO	JDHS-AK	24.92
6 Kiessling, August	JR	TMHS-AK	25.00
7 Gabel, Isaac	SR	JDHS-AK	25.06
8 Lacey-Wilkerson, Andre	JR	JDHS-AK	25.12
9 Jack, Wade		WSC-AK	25.31
10 Baggen, Jimmy		WSC-AK	25.34
11 Turner, Benjamin	FR	Sitka-AK	25.64
12 Oh, Joseph	FR	TMHS-AK	26.15
13 Caetano, Bruno	SR	PHS-AK	27.59
14 Thomas, Ethan	SR	Ketchikan-AK	27.67
15 Widdison, Branden	SR	Sitka-AK	28.11
16 Holder, Coby		WSC-AK	29.31
17 Rooney, Sean		WSC-AK	29.97
18 Kovacs, Kovi	JR	PHS-AK	31.85
19 Eldridge, Ian	SO	Ketchikan-AK	32.77
20 Sheets, Wyeth		Panthers-AK	33.07
21 Rasmussen, David	FR	Ketchikan-AK	NT

**Event 9 Girls 1 mtr Diving**

Region V: 436.50 1989 MARY MYERCHIN			
Name	Yr	School	Seed Time
1 Pearson, Caity	SR	Ketchikan-AK	141.70
2 Brown, Gabby	FR	JDHS-AK	141.45
3 Knuteson, Paris	SO	Ketchikan-AK	115.25
4 Boiling, Emily		Ketchikan-AK	113.40
5 Smith, Jenna	JR	Ketchikan-AK	56.35

**Event 10 Boys 1 mtr Diving**

Region V: 598.20 2007 RYAN BORUP			
Name	Yr	School	Seed Time
1 Cunningham, Caden	FR	TMHS-AK	167.95
2 Marx, Jackson	FR	JDHS-AK	147.55
3 Widdison, Branden	SR	Sitka-AK	143.75
4 Kiessling, Samuel	FR	TMHS-AK	141.70
5 Mitchell, Darren	SO	Sitka-AK	NP
6 Berger, Owen	FR	TMHS-AK	NP

**Event 11 Girls 100 Yard Butterfly**

Region V: 56.15 2007 MELISSA BOGERT			
Name	Yr	School	Seed Time
1 Sherrill, Laura	SR	Ketchikan-AK	59.59
2 Liddle, Nancy	SO	TMHS-AK	1:02.34
3 Schwantes, Sophia	JR	Sitka-AK	1:02.40
4 Pfundt, Maria	SR	PHS-AK	1:02.78
5 Moran, Mesa	SR	JDHS-AK	1:04.33
6 Jenkins, Alex	FR	TMHS-AK	1:09.30

7 Perry, Jaden	JR	PHS-AK	1:17.98
8 Kanouse, Sierra	SO	JDHS-AK	1:19.15
9 Davis, Kira	JR	Sitka-AK	1:40.62

**Event 12 Boys 100 Yard Butterfly**

Region V: 49.19 2008 CODY BRUNETTE			
Name	Yr	School	Seed Time
1 VanSlyke, Chaz	FR	JDHS-AK	55.94
2 Wallace, Rylan	SR	PHS-AK	58.67
3 Rasmussen, Sven	FR	TMHS-AK	1:00.10
4 Mattson, Bryce	SR	Ketchikan-AK	1:00.20
5 Klinger, Kyan	SO	Ketchikan-AK	1:00.84
6 Lehman, Ulric		Panthers-AK	1:03.22
7 Spigelmeyer, Sean	SO	PHS-AK	1:05.05
8 Lundburg, Alec	SO	Ketchikan-AK	1:05.81

**Event 13 Girls 100 Yard Freestyle**

Region V: 51.17 2006 LAURA MILLER			
Name	Yr	School	Seed Time
1 Roberts, Renee		WSC-AK	54.88
2 Morgan, Allie	SO	TMHS-AK	56.80
3 Whitethorn, Maddy	SR	PHS-AK	59.18
4 Gagner, Jordan	JR	Sitka-AK	1:02.55
5 Meiresonne, Judy	JR	Ketchikan-AK	1:02.71
6 Boman, Madelyn	SO	JDHS-AK	1:03.16
7 Staples, Evelyn	JR	Ketchikan-AK	1:03.93
8 Nelson, Sierra		Panthers-AK	1:05.02
9 Tallmon, Stella	SR	JDHS-AK	1:06.03
10 Schumacher, Claire	SR	JDHS-AK	1:06.79
11 Loomis, Ashleigh		WSC-AK	1:09.21
12 Jones, Anna	SO	Ketchikan-AK	1:09.66
13 Reichl, Emma	JR	TMHS-AK	1:11.08
14 Mulgrew-Truitt, Son'a	SR	JDHS-AK	1:12.37
15 Smith, Teslin	SO	TMHS-AK	1:14.54
16 Helgeson, Laura		WSC-AK	1:15.30
17 Byrer, Cate	FR	PHS-AK	1:19.59
18 Massin, Tasha		WSC-AK	1:26.85
19 Kealiinohomoku, Jewels	FR	Ketchikan-AK	NT

**Event 14 Boys 100 Yard Freestyle**

Region V: 44.90 2014 ABEL AULBACH			
Name	Yr	School	Seed Time
1 Ely, Kristofer	SO	TMHS-AK	53.88
2 Mulgrew-Truitt, Adrell	SO	JDHS-AK	54.02
3 Merle, Tyler	SR	Ketchikan-AK	54.95
4 Mulgrew-Truitt, Aaron	FR	JDHS-AK	55.16
5 Lacey-Wilkerson, Andre	JR	JDHS-AK	56.05
6 Gabel, Isaac	SR	JDHS-AK	56.51
7 Bird, Bridger	FR	Sitka-AK	59.47
8 Oh, Joseph	FR	TMHS-AK	59.64
9 Thomas, Ethan	SR	Ketchikan-AK	1:00.96
10 Campbell, Owen	SO	Ketchikan-AK	1:00.98
11 Caetano, Bruno	SR	PHS-AK	1:02.13
12 Allen, Jacob		WSC-AK	1:03.52
13 Rooney, Sean		WSC-AK	1:06.15
14 Snovell, Colby	JR	PHS-AK	1:07.19
15 Johnson, Lathum	SO	PHS-AK	1:09.87
16 Holder, Coby		WSC-AK	1:10.95

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**Event 14 ... (Boys 100 Yard Freestyle)**

Name	Yr	School	Seed Time
17 Coulson, Britin	SO	PHS-AK	1:13.52
18 Hildabrand, Andrew	FR	Ketchikan-AK	1:14.94
19 Hammer, Carter		WSC-AK	1:28.35

**Event 15 Girls 500 Yard Freestyle**

Region V: 5:05.50 2006 KRISTIN JONES			
Name	Yr	School	Seed Time
1 Harang, Grace	JR	Sitka-AK	5:23.32
2 Gassman, Emma	FR	Sitka-AK	5:26.44
3 Liddle, Nancy	SO	TMHS-AK	5:26.94
4 Taube, Hannah	SR	TMHS-AK	5:35.60
5 Guillory, Razie	SO	Sitka-AK	5:40.20
6 Campbell, Emma	SR	Ketchikan-AK	5:45.80
7 Zimmerman, Natalie	SR	JDHS-AK	6:15.91
8 Messmer, Aaliyah		WSC-AK	7:16.53
9 Baggen, Paige		WSC-AK	7:20.98
10 Coss, Anne	SR	Ketchikan-AK	7:25.23

**Event 16 Boys 500 Yard Freestyle**

Region V: 4:39.83 2015 WILL PATE			
Name	Yr	School	Seed Time
1 Frawley, Tytan	SO	Sitka-AK	4:56.01
2 Peimann, Caleb	JR	JDHS-AK	4:57.64
3 Kowalski, Peter	SR	PHS-AK	5:02.86
4 Rice, Matt	FR	Sitka-AK	5:17.99
5 Anderson, Samson	SO	TMHS-AK	5:19.10
6 Kuharich, Larry	FR	Ketchikan-AK	5:27.88
7 Jones, Samuel	FR	Sitka-AK	5:31.63
8 Bullock, John	SO	Ketchikan-AK	5:31.88
9 Gonzalez, Jacob	FR	Ketchikan-AK	6:31.00
10 Gonzalez, Josef	SR	Ketchikan-AK	7:33.23
11 Kiessling, Samuel	FR	TMHS-AK	NT

**Event 17 Girls 200 Yard Freestyle Relay**

Region V: 1:37.90 2006 JDHS			
S Bogert, A. Jones, Rutecki, DiCostanzo			
Team	Relay	Seed Time	
1 Ketchikan-AK	A	1:40.19	
1) Campbell, Emma SR	2) Elerding, Ava FR		
3) Meiresonne, Judy JR	4) Sherrill, Laura SR		
2 Sitka-AK	A	1:45.44	
1) Guillory, Razie SO	2) Gassman, Emma FR		
3) Frawley, Kai SR	4) Schwantes, Sophia JR		
3 TMHS-AK	A	1:45.70	
1) Heidersdorf, Jamie SO	2) Jenkins, Alex FR		
3) Jenkins, Sadie FR	4) Liddle, Nancy SO		
4 JDHS-AK	A	1:49.89	
1) Boman, Madelyn SO	2) Gerger, Tahlia SO		
3) Mallot, Addy SO	4) Moran, Mesa SR		
5 PHS-AK	A	1:55.00	
6 WSC-AK	A	2:10.96	
1) Loomis, Ashleigh	2) Massin, Tasha		
3) Helgeson, Laura	4) Messmer, Aaliyah		

**Event 18 Boys 200 Yard Freestyle Relay**

Region V: 1:26.83 2008 JDHS			
Brunette, Cayce, Anderson, Rutecki			
Team	Relay	Seed Time	
1 Ketchikan-AK	A	1:34.18	
1) Mattson, Bryce SR	2) Kuharich, Larry FR		
3) Bullock, John SO	4) Merle, Tyler SR		
2 JDHS-AK	A	1:35.63	
1) Degener, Chris FR	2) Gabel, Isaac SR		
3) Lacey-Wilkerson, Andrew J	4) Mulgrew-Truitt, Aaron FR		
3 TMHS-AK	A	1:39.62	
1) Ely, Kristofer SO	2) Kiessling, August JR		
3) Loseby, Noah JR	4) Sanguni, Karthik SO		
4 Sitka-AK	A	1:40.47	
1) Frawley, Tytan SO	2) Turner, Benjamin FR		
3) Bird, Bridger FR	4) Rice, Matt FR		
5 PHS-AK	A	1:44.00	
6 WSC-AK	A	1:49.93	
1) Baggen, Jimmy	2) Rooney, Sean		
3) Holder, Coby	4) Jack, Wade		

**Event 19 Girls 100 Yard Backstroke**

Region V: 56.21 2011 JANELLE STACEY			
Name	Yr	School	Seed Time
1 Gerger, Tahlia	SO	JDHS-AK	1:05.45
2 Traxler, Riley	SO	TMHS-AK	1:06.74
3 Gagner, Jordan	JR	Sitka-AK	1:07.52
4 Sanguni, Amara	SR	TMHS-AK	1:09.37
5 Jenkins, Sadie	FR	TMHS-AK	1:10.06
6 Tallmon, Stella	SR	JDHS-AK	1:11.16
7 Godkin, Alexa	JR	TMHS-AK	1:12.06
8 Schumacher, Claire	SR	JDHS-AK	1:12.93
9 Lister, Brynn	SR	PHS-AK	1:13.92
10 Wargi-Morris, Liberty		Panthers-AK	1:14.51
11 Elerding, Ava	FR	Ketchikan-AK	1:14.84
12 Jones, Anna	SO	Ketchikan-AK	1:21.48
13 Coss, Anne	SR	Ketchikan-AK	1:26.29

**Event 20 Boys 100 Yard Backstroke**

Region V: 52.04 1991 SCOTT PETERSON			
Name	Yr	School	Seed Time
1 Loseby, Noah	JR	TMHS-AK	59.48
2 Mattson, Bryce	SR	Ketchikan-AK	1:00.89
3 Turner, Benjamin	FR	Sitka-AK	1:02.12
4 Kiessling, August	JR	TMHS-AK	1:02.35
5 Spigelmyre, Sean	SO	PHS-AK	1:04.53
6 Thomas, Ethan	SR	Ketchikan-AK	1:09.19
7 Pfundt, Caleb	SO	PHS-AK	1:11.92
8 Post, Shea	FR	JDHS-AK	1:15.78
9 Castle, Riley	SO	Ketchikan-AK	1:17.84
10 Snovell, Colby	JR	PHS-AK	1:21.83
11 Allen, Jacob		WSC-AK	1:22.91

**Event 21 Girls 100 Yard Breaststroke**

Region V: 1:05.27 2013 DAKOTA ISAAK			
Name	Yr	School	Seed Time
1 Heidersdorf, Jamie	SO	TMHS-AK	1:14.87
2 Mallot, Addy	SO	JDHS-AK	1:17.15

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**Event 21 ... (Girls 100 Yard Breaststroke)**

Name	Yr	School	Seed Time
3 Frawley, Kai	SR	Sitka-AK	1:18.59
4 Neal, Mikayla	FR	JDHS-AK	1:19.23
5 Chester, Jenny	SO	TMHS-AK	1:19.72
6 Sanguni, Amara	SR	TMHS-AK	1:20.14
7 Nelson, Sierra		Panthers-AK	1:23.86
8 Helgeson, Laura		WSC-AK	1:28.12
9 Reichl, Emma	JR	TMHS-AK	1:29.55
10 Bisset, Kate	SR	PHS-AK	1:33.74
11 Baggen, Paige		WSC-AK	1:34.31
12 Staples, Evelyn	JR	Ketchikan-AK	1:34.67
13 Ensign, Anna		Panthers-AK	1:41.94

3 Sitka-AK	A	3:40.56
1) Frawley, Tytan SO		2) Turner, Benjamin FR
3) Jones, Samuel FR		4) Rice, Matt FR
4 TMHS-AK	A	3:41.68
1) Anderson, Samson SO		2) Ely, Kristofer SO
3) Rasmussen, Sven FR		4) Sanguni, Karthik SO
5 PHS-AK	A	4:40.00

**Event 22 Boys 100 Yard Breaststroke**

Region V: 58.10 2002 PAUL HUGHES			
Name	Yr	School	Seed Time
1 Rasmussen, Sven	FR	TMHS-AK	1:07.98
2 Sanguni, Karthik	SO	TMHS-AK	1:08.52
3 Degener, Chris	FR	JDHS-AK	1:13.20
4 Baggen, Jimmy		WSC-AK	1:13.94
5 Campbell, Owen	SO	Ketchikan-AK	1:15.50
6 Jack, Wade		WSC-AK	1:16.51
7 Johnson, Lathum	SO	PHS-AK	1:19.12
8 Bird, Bridger	FR	Sitka-AK	1:22.05
9 Kovacs, Kovi	JR	PHS-AK	1:23.26
10 Sheets, Wyeth		Panthers-AK	1:24.10
11 Hannasch, Samuel	SR	TMHS-AK	1:30.37
12 Eldridge, Ian	SO	Ketchikan-AK	1:32.50
13 Ryan, Josh	JR	Ketchikan-AK	1:32.63

**Event 23 Girls 400 Yard Freestyle Relay**

Region V: 3:35.62 2007 JDHS			
Kelly, M Bogert, K Jones, S Bogert			
Team	Relay	Seed Time	
1 Ketchikan-AK	A	3:39.24	
1) Staples, Evelyn JR		2) Coss, Anne SR	
3) Kealiinohomoku, Jewels FR		4) Smith, Jenna JR	
2 TMHS-AK	A	3:51.20	
1) Traxler, Riley SO		2) Taube, Hannah SR	
3) Morgan, Allie SO		4) Liddle, Nancy SO	
3 Sitka-AK	A	3:52.84	
1) Harang, Grace JR		2) Schwantes, Sophia JR	
3) Gagner, Jordan JR		4) Gassman, Emma FR	
4 JDHS-AK	A	4:05.51	
1) Boman, Madelyn SO		2) Gerger, Tahlia SO	
3) Mallot, Addy SO		4) Moran, Mesa SR	
5 PHS-AK	A	4:10.00	

**Event 24 Boys 400 Yard Freestyle Relay**

Region V: 3:13.53 2013 SITKA			
Miller, Pate, Combs, Belley			
Team	Relay	Seed Time	
1 Ketchikan-AK	A	3:23.18	
1) Mattson, Bryce SR		2) Kuharich, Larry FR	
3) Merle, Tyler SR		4) Bullock, John SO	
2 JDHS-AK	A	3:32.17	
1) Degener, Chris FR		2) Gabel, Isaac SR	
3) Lacey-Wilkerson, Andrew J		4) Mulgrew-Truitt, Aaron FR	