

2021 Girls South Sound Relays - 10/2/2021

Results - SSR

Event 1 Women 400 Yard Medley Relay

Team	Relay			Finals Time	NISCA
1 Puyallup	A			4:14.46	
1) Sellman, Abby JR	2) Clise, Maya SR	3) Bagniewski, Molly SO	4) Sellman, Emily FR		
30.43	1:04.07 (1:04.07)	1:36.12 (32.05)	2:12.51 (1:08.44)		
2:41.41 (28.90)	3:42.35 (1:29.84)	4:14.58 (32.23)	4:14.46 (32.11)		
2 Olympia High School-MR	A			4:40.73	
1) Weaver Randall, Clara 9	2) Nguyen, Brianna 10	3) Carras, Corrina 10	4) Iuliano, Lucia 11		
33.88	1:08.67 (1:08.67)	1:44.58 (35.91)	2:28.01 (1:19.34)		
2:58.14 (30.13)	3:37.95 (1:09.94)	4:04.71 (26.76)	4:40.73 (1:02.78)		
3 Rogers Rams-PN	A			4:55.63	
1) Smathers, Madeleine JR	2) Drasher, Anna SR	3) Clemons, Destiny SR	4) Angove, Zoey FR		
36.75	1:14.70 (1:14.70)	1:52.40 (37.70)	2:35.34 (1:20.64)		
3:04.83 (29.49)	3:39.84 (1:04.50)	4:15.50 (35.66)	4:55.63 (1:15.79)		
4 Steilacoom	A			5:17.66	
1) Raymundo, Danica SO	2) Hong, Christine SO	3) Agosto-Sungino, Nora SO	4) Agosto-Sungino, Nadia SR		
36.35	1:17.47 (1:17.47)	1:51.68 (34.21)	2:38.00 (1:06.32)		
3:12.27 ()	4:16.38 ()	5:17.88 (1:01.50)	5:17.66 (1:01.28)		
5 Emerald Ridge High School-US	A			5:31.02	
1) Chamberlain, Liv SO	2) Cotton, Kaitlyn JR	3) Heath, Savanna SR	4) Bostick, Piper SO		
39.07	1:20.43 (1:20.43)	2:08.04 (47.61)	3:03.14 (1:42.71)		
3:34.44 (31.30)	4:14.98 (1:11.84)	4:50.72 (35.74)	5:31.02 (1:16.04)		

Event 2 Women 2x200 Yard Freestyle 2x200 freestyle Relay

Team	Relay			Finals Time	NISCA
1 Olympia High School-MR	A			4:24.16	132
1) Carras, Corrina 10	2) Otto, Margaret 11				
30.72	1:04.27 (1:04.27)	1:38.31 (1:38.31)	2:21.16 (2:21.16)		
	3:15.75 (54.59)	3:50.35 (1:29.19)	4:24.16 (2:03.00)		
2 Olympia High School-MR	B			4:26.80	120
1) Hummel-Church, Hawthorne 12	2) Nelson, Sophie 9				
30.59	1:04.36 (1:04.36)	1:39.30 (1:39.30)	2:14.28 (2:14.28)		
2:45.42 (31.14)	3:19.68 (1:05.40)	3:53.51 (1:39.23)	4:26.80 (2:12.52)		
3 Puyallup	A			4:39.42	69
1) Lettiere, Emi FR	2) Yilmaz, Sofia JR				
33.53	1:09.42 (1:09.42)	1:45.48 (1:45.48)	2:21.97 (2:21.97)		
2:53.82 (31.85)	3:29.22 (1:07.25)	4:04.67 (1:42.70)	4:39.42 (2:17.45)		
4 Steilacoom	A			4:41.77	60
1) Lingenfelter, Lizzy JR	2) Kamke, Ellie SR				
29.89	1:03.03 (1:03.03)	1:36.95 (1:36.95)	2:10.30 (2:10.30)		
2:42.40 (32.10)	3:20.51 (1:10.21)	4:01.65 (1:51.35)	4:41.77 (2:31.47)		
5 Puyallup	B			4:56.99	3
1) Weaver, Maddy SO	2) Highley, Abby SR				
31.87	1:08.95 (1:08.95)	1:47.24 (1:47.24)	2:24.42 (2:24.42)		
2:55.22 (30.80)	3:31.85 (1:07.43)	4:12.64 (1:48.22)	4:56.99 (2:32.57)		
6 Rogers Rams-PN	A			5:07.07	
1) Smathers, Julia FR	2) Owen, Michelle SR				
34.02	1:11.58 (1:11.58)	1:50.88 (1:50.88)	2:28.55 (2:28.55)		
3:03.83 (35.28)	3:44.72 (1:16.17)	4:26.93 (1:58.38)	5:07.07 (2:38.52)		
7 Olympia High School-MR	C			5:11.54	
1) Bailey, Lydia 9	2) Watson, Keira 10				
34.20	1:13.72 (1:13.72)	1:54.04 (1:54.04)	2:33.93 (2:33.93)		
3:08.78 (34.85)	3:49.30 (1:15.37)	4:31.75 (1:57.82)	5:11.54 (2:37.61)		

2021 Girls South Sound Relays - 10/2/2021

Results - SSR

(Event 2 Women 2x200 Yard Freestyle 2x200 freestyle Relay)

Team	Relay				Finals Time	NISCA
8 Puyallup	C				5:17.27	
1) Bennett, Sam JR	2) Kruchek, Anya SO					
36.08	1:15.74 (1:15.74)	1:59.04 (1:59.04)	2:40.50 (2:40.50)			
3:15.02 (34.52)	3:57.16 (1:16.66)	4:38.28 (1:57.78)	5:17.27 (2:36.77)			
9 Steilacoom	B				5:20.82	
1) Jones, Piper SR	2) Novak, McKenna SO					
38.73	1:20.64 (1:20.64)	2:04.05 (2:04.05)	2:45.08 (2:45.08)			
3:18.99 (33.91)	3:57.29 (1:12.21)	4:39.09 (1:54.01)	5:20.82 (2:35.74)			
10 Rogers Rams-PN	B				5:21.82	
1) Poyfair, Olivia SR	2) Mundell, Rylie SO					
35.36	1:15.14 (1:15.14)	1:57.31 (1:57.31)	2:38.87 (2:38.87)			
3:16.16 (37.29)	3:58.22 (1:19.35)	4:41.04 (2:02.17)	5:21.82 (2:42.95)			
11 Rogers Rams-PN	C				5:36.20	
1) Ahlquist, Madison JR	2) Nordheim, Abbigale SO					
37.84	1:19.40 (1:19.40)	2:04.39 (2:04.39)	2:47.33 (2:47.33)			
3:25.10 (37.77)	4:09.43 (1:22.10)	4:54.25 (2:06.92)	5:36.20 (2:48.87)			
12 Steilacoom	C				6:18.75	
1) Anderson, Susan SO	2) Hoang, Stephanie JR					
40.38	1:29.67 (1:29.67)	2:25.32 (2:25.32)	3:13.31 (3:13.31)			
3:54.15 (40.84)	4:41.39 (1:28.08)	5:31.05 (2:17.74)	6:18.75 (3:05.44)			
13 Emerald Ridge High School-US	B				6:50.80	
1) Peterson, Addison FR	2) Nielsen, Cassidy FR					
44.65	1:35.94 (1:35.94)	2:27.20 (2:27.20)				
4:06.08 ()	6:50.80 ()					

Event 3 Women 2x100 Yard Medley 2x100 IM Relay

Team	Relay				Finals Time	NISCA
1 Puyallup	A				2:18.77	129
1) Childres, Carli SR	2) Lettiere, Bella SR					
34.13	1:10.19 (1:10.19)	1:41.30 (31.11)	2:18.77 (1:08.58)			
2 Olympia High School-MR	A				2:23.03	99
1) Nguyen, Brianna 10	2) Otto, Margaret 11					
33.80	1:13.44 (1:13.44)	1:45.46 (32.02)	2:23.03 (1:09.59)			
3 Olympia High School-MR	B				2:28.43	63
1) Weaver Randall, Clara 9	2) Kuntulu, Chinmayee 10					
34.02	1:12.14 (1:12.14)	1:46.39 (34.25)	2:28.43 (1:16.29)			
4 Rogers Rams-PN	A				2:30.79	48
1) Drasher, Anna SR	2) Warmoth, Chloe JR					
35.39	1:14.88 (1:14.88)	1:50.98 (36.10)	2:30.79 (1:15.91)			
5 Steilacoom	A				2:35.76	21
1) Hong, Christine SO	2) Raymundo, Danica SO					
34.24	1:11.76 (1:11.76)	1:49.01 (37.25)	2:35.76 (1:24.00)			
6 Steilacoom	B				2:36.00	18
1) Agosto-Sungino, Nora SO	2) Agosto-Sungino, Nadia SR					
35.32	1:16.59 (1:16.59)	1:51.81 (35.22)	2:36.00 (1:19.41)			
7 Puyallup	B				2:43.29	
1) Reisinger, Avery FR	2) Mills, Emily SO					
37.32	1:18.24 (1:18.24)	1:55.88 (37.64)	2:43.29 (1:25.05)			
8 Olympia High School-MR	C				2:51.84	
1) Skiles, Frances 11	2) Moniodis, Arianna 10					
33.37	1:16.11 (1:16.11)	1:59.02 (42.91)	2:51.84 (1:35.73)			
9 Steilacoom	C				2:59.20	
1) Villanueva, Isabelle SR	2) Ikemeier, Sadie SR					
37.81	1:23.29 (1:23.29)	2:10.95 (47.66)	2:59.20 (1:35.91)			

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Results - SSR

(Event 3 Women 2x100 Yard Medley 2x100 IM Relay)

Team	Relay	Finals Time	NISCA
10 Rogers Rams-PN	C	3:03.65	
1) Maris, Mia JR	2) Dillon, Alexis JR		
	1:30.71 (1:30.71) 2:14.27 (43.56)	3:03.65 (1:32.94)	
11 Rogers Rams-PN	B	3:04.54	
1) Ruminski, Mia SR	2) Angove, Zoey FR		
43.96	1:28.21 (1:28.21) 2:13.81 (45.60)	3:04.54 (1:36.33)	
12 Puyallup	C	3:07.86	
1) Hall, Makayla JR	2) Britt-Chum, Lana JR		
	1:30.10 (1:30.10) 2:12.98 (42.88)	3:07.86 (1:37.76)	
13 Emerald Ridge High School-US	A	3:11.77	
1) Bennis, Claire SO	2) Baccus, Lilly JR		
45.04	1:35.10 (1:35.10) 2:17.59 (42.49)	3:11.77 (1:36.67)	
--- Olympia High School-MR	D	X3:42.11	
1) Andreassen, Nora 9	2) Edmonds, Nevaeh 10		
	1:49.24 (1:49.24) 2:41.52 (52.28)	3:42.11 (1:52.87)	

Event 4 Women 2x50 Yard Freestyle 2x50 Freestyle Relay

Team	Relay	Finals Time	NISCA
1 Olympia High School-MR	A	56.85	
1) Weaver Randall, Clara 9	2) Nguyen, Brianna 10		
28.88	56.85 (27.97)		
2 Puyallup	A	57.33	
1) Weaver, Maddy SO	2) Highley, Abby SR		
29.51	57.33 (27.82)		
3 Puyallup	B	59.62	
1) Yilmaz, Sofia JR	2) Lettiere, Emi FR		
29.23	59.62 (30.39)		
4 Rogers Rams-PN	A	1:01.30	
1) Smathers, Madeleine JR	2) Angove, Zoey FR		
30.69	1:01.30 (30.61)		
5 Olympia High School-MR	B	1:01.61	
1) Skiles, Frances 11	2) Kuntulu, Chinmayee 10		
31.30	1:01.61 (30.31)		
6 Puyallup	C	1:03.69	
1) Kruchek, Anya SO	2) Mahaffie, Annie FR		
32.31	1:03.69 (31.38)		
7 Rogers Rams-PN	B	1:05.70	
1) Burrow, Olivia SR	2) Poyfair, Olivia SR		
33.76	1:05.70 (31.94)		
8 Rogers Rams-PN	C	1:06.05	
1) Ruminski, Mia SR	2) Birchfield, Madison FR		
33.01	1:06.05 (33.04)		
9 Steilacoom	A	1:06.58	
1) Dahlke, Brienzo SO	2) Hoang, Stephanie JR		
31.51	1:06.58 (35.07)		
10 Steilacoom	B	1:12.98	
1) Anderson, Susan SO	2) Salmon, Anna JR		
37.56	1:12.98 (35.42)		
11 Emerald Ridge High School-US	B	1:15.79	
1) Bostick, Piper SO	2) Nielsen, Cayleigh JR		
33.21	1:15.79 (42.58)		
12 Steilacoom	C	1:22.07	
1) Rodger, Grace JR	2) Kelly, Madelyn JR		
39.48	1:22.07 (42.59)		

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Results - SSR

(Event 4 Women 2x50 Yard Freestyle 2x50 Freestyle Relay)

Team	Relay			Finals Time	NISCA
13 Emerald Ridge High School-US	A			1:54.03	
1) Cruz, Alex SO	2) Kalyesa, Johnson SO				
58.43	1:54.03	(55.60)			
--- Puyallup	D			X1:06.66	
1) Ramos, Annabella SR	2) Osher, Sarah SO				
33.90	1:06.66	(32.76)			
--- Rogers Rams-PN	D			X1:10.24	
1) Meras, Holly JR	2) Dillon, Alexis JR				
34.13	1:10.24	(36.11)			
--- Rogers Rams-PN	E			X1:12.93	
1) Ahlquist, Madison JR	2) Maris, Mia JR				
36.40	1:12.93	(36.53)			
--- Olympia High School-MR	D			X1:17.84	
1) Andreassen, Nora 9	2) Warjone, Samantha 11				
47.02	1:17.84	(30.82)			
--- Olympia High School-MR	E			X1:22.36	
1) Gao, Carol 9	2) Moniodis, Arianna 10				
47.31	1:22.36	(35.05)			

Event 5 Women 800 Yard Freestyle Relay

Team	Relay			Finals Time	NISCA
1 Puyallup	A			8:37.63	
1) Bagniewski, Molly SO	2) Childres, Carli SR	3) Sellman, Emily FR	4) Clise, Maya SR		
28.71	59.98 (59.98)	1:31.76 (1:31.76)	2:03.35 (2:03.35)		
2:33.63 (30.28)	3:08.05 (1:04.70)	3:43.36 (1:40.01)	4:18.23 (2:14.88)		
4:47.59 (29.36)	5:21.81 (1:03.58)	5:56.80 (1:38.57)	6:31.56 (2:13.33)		
7:00.32 (28.76)	7:32.78 (1:01.22)	8:05.80 (1:34.24)	8:37.63 (2:06.07)		
2 Olympia High School-MR	A			9:41.92	
1) Hummel-Church, Hawthorne 12	2) Bailey, Lydia 9	3) Watson, Keira 10	4) Otto, Margaret 11		
29.90	1:03.64 (1:03.64)	1:38.59 (1:38.59)	2:13.15 (2:13.15)		
2:48.11 (34.96)	3:27.67 (1:14.52)	4:09.12 (1:55.97)	4:54.69 (2:41.54)		
5:23.34 (28.65)	6:03.61 (1:08.92)	6:47.23 (1:52.54)	7:27.14 (2:32.45)		
7:58.94 (31.80)	8:33.86 (1:06.72)	9:08.48 (1:41.34)	9:41.92 (2:14.78)		
3 Rogers Rams-PN	A			10:24.40	
1) Smathers, Julia FR	2) Mundell, Rylie SO	3) Owen, Michelle SR	4) Smathers, Madeleine JR		
34.92	1:14.43 (1:14.43)	1:54.67 (1:54.67)	2:34.38 (2:34.38)		
3:12.06 (37.68)	3:54.41 (1:20.03)	4:37.78 (2:03.40)	5:19.97 (2:45.59)		
5:56.72 (36.75)	6:38.83 (1:18.86)	7:22.83 (2:02.86)	8:03.76 (2:43.79)		
8:36.38 (32.62)	9:12.51 (1:08.75)	9:49.02 (1:45.26)	10:24.40 (2:20.64)		
4 Steilacoom	A			10:32.78	
1) Jones, Piper SR	2) Macias Marin, Analucia SR	3) Kamke, Ellie SR	4) Eastman, Melanie SR		
40.10	1:23.06 (1:23.06)	2:07.47 (2:07.47)	2:48.46 (2:48.46)		
3:23.81 (35.35)	4:05.76 (1:17.30)	4:46.90 (1:58.44)	5:26.03 (2:37.57)		
6:01.05 (35.02)	6:41.77 (1:15.74)	7:24.91 (1:58.88)	8:01.29 (2:35.26)		
8:35.99 (34.70)	9:14.06 (1:12.77)	9:53.53 (1:52.24)	10:32.78 (2:31.49)		
5 Emerald Ridge High School-US	A			12:50.14	
1) Utley, Holland FR	2) Peterson, Addison FR	3) Nielsen, Cassidy FR	4) Baccus, Lilly JR		
39.76	1:23.38 (1:23.38)	2:09.27 (2:09.27)	2:54.43 (2:54.43)		
3:40.69 (46.26)	4:32.21 (1:37.78)	5:25.17 (2:30.74)	6:14.90 (3:20.47)		
			9:45.39 (3:30.49)		
10:23.10 (37.71)	11:10.47 (1:25.08)	11:58.46 (2:13.07)	12:50.14 (3:04.75)		

2021 Girls South Sound Relays - 10/2/2021

Results - SSR

Event 6 Women 2x100 Yard Butterfly 2x100 Fly Relay

Team	Relay		Finals Time	NISCA
1 Puyallup	A		2:13.12	
1) Bagniewski, Molly SO	2) Highley, Abby SR			
29.81	1:03.41 (1:03.41)	1:34.20 (30.79)	2:13.12 (1:09.71)	
2 Puyallup	B		2:15.19	
1) Lettiere, Bella SR	2) Yilmaz, Sofia JR			
30.76	1:05.50 (1:05.50)	1:37.85 (32.35)	2:15.19 (1:09.69)	
3 Olympia High School-MR	A		2:15.57	
1) Carras, Corrina 10	2) Nelson, Sophie 9			
30.67	1:05.92 (1:05.92)	1:38.24 (32.32)	2:15.57 (1:09.65)	
4 Rogers Rams-PN	A		2:27.02	
1) Meras, Holly JR	2) Clemons, Destiny SR			
37.48		1:52.37 ()	2:27.02 ()	
5 Steilacoom	A		2:35.58	
1) Lingenfelter, Lizzy JR	2) Kamke, Ellie SR			
31.24	1:08.34 (1:08.34)	1:48.07 (39.73)	2:35.58 (1:27.24)	
6 Olympia High School-MR	B		2:36.24	
1) Kuntulu, Chinmayee 10	2) Williams, Ever 10			
33.87	1:15.14 (1:15.14)	1:52.56 (37.42)	2:36.24 (1:21.10)	
7 Puyallup	C		2:39.52	
1) Lettiere, Emi FR	2) Weaver, Maddy SO			
36.32	1:18.18 (1:18.18)	1:54.67 (36.49)	2:39.52 (1:21.34)	
8 Steilacoom	B		3:02.63	
1) Eastman, Melanie SR	2) Agosto-Sungino, Nora SO			
40.41	1:31.55 (1:31.55)	2:11.30 (39.75)	3:02.63 (1:31.08)	
9 Steilacoom	C		3:25.78	
1) Agosto-Sungino, Nadia SR	2) Macias Marin, Analucia SR			
41.79	1:31.98 (1:31.98)	2:23.41 (51.43)	3:25.78 (1:53.80)	
10 Emerald Ridge High School-US	B		3:26.99	
1) Chamberlain, Liv SO	2) Bennis, Claire SO			
40.21	1:32.77 (1:32.77)	2:25.64 (52.87)	3:26.99 (1:54.22)	
11 Olympia High School-MR	C		3:56.52	
1) Warjone, Samantha 11	2) Pingrey, Jancis 9			
1:05.84	2:19.80 (2:19.80)	3:00.19 (40.39)	3:56.52 (1:36.72)	

Event 7 Women 2x100 Yard Freestyle 2x100 Freestyle Relay

Team	Relay		Finals Time	NISCA
1 Puyallup	A		2:00.77	177
1) Sellman, Abby JR	2) Childres, Carli SR			
27.58	58.60 (58.60)	1:27.90 (29.30)	2:00.77 (1:02.17)	
2 Olympia High School-MR	A		2:08.75	114
1) Hummel-Church, Hawthorne 12	2) Skiles, Frances 11			
30.12	1:02.73 (1:02.73)	1:34.88 (32.15)	2:08.75 (1:06.02)	
3 Steilacoom	A		2:11.09	96
1) Hong, Christine SO	2) Novak, McKenna SO			
28.82	1:01.87 (1:01.87)	1:34.88 (33.01)	2:11.09 (1:09.22)	
4 Puyallup	B		2:16.18	60
1) Reisinger, Avery FR	2) Kruchek, Anya SO			
31.73	1:06.57 (1:06.57)	1:39.78 (33.21)	2:16.18 (1:09.61)	
5 Olympia High School-MR	B		2:16.24	60
1) Kuntulu, Chinmayee 10	2) Watson, Keira 10			
31.88	1:08.20 (1:08.20)	1:39.71 (31.51)	2:16.24 (1:08.04)	
6 Puyallup	C		2:24.92	6
1) Bennett, Sam JR	2) Mills, Emily SO			
35.17	1:12.84 (1:12.84)	1:47.71 (34.87)	2:24.92 (1:12.08)	

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Results - SSR

(Event 7 Women 2x100 Yard Freestyle 2x100 Freestyle Relay)

Team	Relay	Finals Time	NISCA
7 Rogers Rams-PN	A	2:26.42	0
1) Angove, Zoey FR	2) Burrow, Olivia SR		
36.62	1:16.38 (1:16.38)	1:49.18 (32.80)	2:26.42 (1:10.04)
8 Rogers Rams-PN	B	2:28.78	
1) Poyfair, Olivia SR	2) Owen, Michelle SR		
34.95	1:12.81 (1:12.81)	2:28.78 (1:15.97)	
9 Steilacoom	B	2:29.23	
1) Dahlke, Brienz SO	2) Raymundo, Danica SO		
34.35	1:12.31 (1:12.31)	1:48.51 (36.20)	2:29.23 (1:16.92)
10 Olympia High School-MR	C	2:33.25	
1) Bailey, Lydia 9	2) Moniodis, Arianna 10		
33.85	1:11.47 (1:11.47)	1:49.70 (38.23)	2:33.25 (1:21.78)
11 Rogers Rams-PN	D	2:35.43	
1) Ahlquist, Madison JR	2) Dillon, Alexis JR		
38.16	1:20.38 (1:20.38)	1:56.19 (35.81)	2:35.43 (1:15.05)
12 Rogers Rams-PN	C	2:36.22	
1) Birchfield, Madison FR	2) Meras, Holly JR		
38.64	1:21.39 (1:21.39)	1:57.49 (36.10)	2:36.22 (1:14.83)
13 Puyallup	E	2:37.86	
1) Ramos, Annabella SR	2) Britt-Chum, Lana JR		
35.41	1:14.38 (1:14.38)	1:52.91 (38.53)	2:37.86 (1:23.48)
14 Steilacoom	C	2:38.19	
1) Jones, Piper SR	2) Hoang, Stephanie JR		
38.84	1:18.79 (1:18.79)	1:57.63 (38.84)	2:38.19 (1:19.40)
15 Rogers Rams-PN	E	2:41.43	
1) Maris, Mia JR	2) Mundell, Rylie SO		
38.93	1:20.52 (1:20.52)	2:41.43 (1:20.91)	
16 Emerald Ridge High School-US	B	2:43.55	
1) Utley, Holland FR	2) Bostick, Piper SO		
39.90	1:28.99 (1:28.99)	2:02.18 (33.19)	2:43.55 (1:14.56)
--- Puyallup	D	X2:26.38	
1) Osher, Sarah SO	2) Mahaffie, Annie FR		
34.57	1:14.53 (1:14.53)	1:48.51 (33.98)	2:26.38 (1:11.85)
--- Olympia High School-MR	D	X3:06.92	
1) Andreassen, Nora 9	2) Edmonds, Nevaeh 10		
42.35	1:27.01 (1:27.01)	2:12.88 (45.87)	3:06.92 (1:39.91)
--- Olympia High School-MR	E	X3:25.34	
1) Warjone, Samantha 11	2) Gao, Carol 9		
47.70	1:40.11 (1:40.11)	2:30.30 (50.19)	3:25.34 (1:45.23)

Event 8 Women 200 Yard Freestyle Relay

Team	Relay	Finals Time	NISCA
1 Steilacoom	A	1:54.24	234
1) Ruppe, Alejandra SR	2) Villanueva, Isabelle SR	3) Kamke, Ellie SR	4) Lingenfelter, Lizzy JR
25.64	56.81 (31.17)	1:27.11 (30.30)	1:54.24 (27.13)
2 Puyallup	A	1:55.53	222
1) Childres, Carli SR	2) Highley, Abby SR	3) Yilmaz, Sofia JR	4) Lettiere, Bella SR
29.79	58.59 (28.80)	1:27.07 (28.48)	1:55.53 (28.46)
3 Rogers Rams-PN	A	1:55.77	219
1) Clemons, Destiny SR	2) Drasher, Anna SR	3) Warmoth, Chloe JR	4) Smathers, Julia FR
25.65	56.09 (30.44)	1:24.95 (28.86)	1:55.77 (30.82)
4 Olympia High School-MR	A	1:57.84	201
1) Otto, Margaret 11	2) Iuliano, Lucia 11	3) Nelson, Sophie 9	4) Williams, Ever 10
29.04	57.85 (28.81)	1:26.33 (28.48)	1:57.84 (31.51)

2021 Girls South Sound Relays - 10/2/2021

Results - SSR

Event 9 Women 2x100 Yard Backstroke 2x100 Backstroke Relay

Team	Relay		Finals Time	NISCA
1 Puyallup	A		2:08.25	
1) Sellman, Abby JR	2) Sellman, Emily FR			
30.84	1:03.68 (1:03.68)	1:33.51 (29.83)	2:08.25 (1:04.57)	
2 Rogers Rams-PN	A		2:15.87	
1) Clemons, Destiny SR	2) Smathers, Madeleine JR			
30.19	1:01.78 (1:01.78)	1:37.90 (36.12)	2:15.87 (1:14.09)	
3 Steilacoom	A		2:17.49	
1) Ruppe, Alejandra SR	2) Raymundo, Danica SO			
29.45	1:01.06 (1:01.06)	1:37.89 (36.83)	2:17.49 (1:16.43)	
4 Olympia High School-MR	A		2:22.33	
1) Weaver Randall, Clara 9	2) Skiles, Frances 11			
34.45	1:10.20 (1:10.20)	1:43.91 (33.71)	2:22.33 (1:12.13)	
5 Emerald Ridge High School-US	A		2:26.70	
1) Heath, Savanna SR	2) Chamberlain, Liv SO			
33.00	1:08.59 (1:08.59)	1:45.70 (37.11)	2:26.70 (1:18.11)	
6 Puyallup	B		2:34.01	
1) Lettiere, Emi FR	2) Mills, Emily SO			
35.90	1:12.53 (1:12.53)	2:34.01 (1:21.48)		
7 Olympia High School-MR	B		2:35.71	
1) Bailey, Lydia 9	2) Iuliano, Lucia 11			
41.10	1:21.93 (1:21.93)	1:56.01 (34.08)	2:35.71 (1:13.78)	
8 Steilacoom	B		2:42.99	
1) Agosto-Sungino, Nadia SR	2) Eastman, Melanie SR			
	1:23.13 (1:23.13)	2:00.52 (37.39)	2:42.99 (1:19.86)	
9 Rogers Rams-PN	B		2:46.75	
1) Burrow, Olivia SR	2) Poyfair, Olivia SR			
40.02	1:23.70 (1:23.70)	2:02.46 (38.76)	2:46.75 (1:23.05)	
10 Steilacoom	C		2:54.02	
1) Novak, McKenna SO	2) Macias Marin, Analucia SR			
42.45	1:25.33 (1:25.33)	2:54.02 (1:28.69)		
11 Rogers Rams-PN	C		2:55.17	
1) Birchfield, Madison FR	2) Dillon, Alexis JR			
	1:24.97 (1:24.97)	2:07.65 (42.68)	2:55.17 (1:30.20)	
12 Olympia High School-MR	C		2:56.79	
1) Moniodis, Arianna 10	2) Williams, Ever 10			
	1:35.61 (1:35.61)	2:15.59 (39.98)	2:56.79 (1:21.18)	
13 Puyallup	C		2:59.06	
1) Britt-Chum, Lana JR	2) Bennett, Sam JR			
45.02	1:33.44 (1:33.44)	2:13.26 (39.82)	2:59.06 (1:25.62)	
14 Emerald Ridge High School-US	C		3:26.27	
1) Baccus, Lilly JR	2) Nielsen, Cayleigh JR			
46.10	1:38.02 (1:38.02)	2:27.27 (49.25)	3:26.27 (1:48.25)	
15 Emerald Ridge High School-US	B		5:23.36	
1) Cruz, Alex SO	2) Kalyesa, Johnson SO			
1:13.59	2:53.83 (2:53.83)	3:57.32 (1:03.49)	5:23.36 (2:29.53)	
--- Olympia High School-MR	E		X4:05.74	
1) Gao, Carol 9	2) Edmonds, Nevaeh 10			
	2:06.77 (2:06.77)	3:02.21 (55.44)	4:05.74 (1:58.97)	

Event 10 Women 2x100 Yard Breaststroke 2x100 Breaststroke Relay

Team	Relay		Finals Time	NISCA
1 Steilacoom	A		2:28.11	
1) Ruppe, Alejandra SR	2) Hong, Christine SO			
34.18	1:12.36 (1:12.36)	1:47.04 (34.68)	2:28.11 (1:15.75)	

2021 Girls South Sound Relays - 10/2/2021

Results - SSR

(Event 10 Women 2x100 Yard Breaststroke 2x100 Breaststroke Relay)

Team	Relay	Finals Time	NISCA
2 Puyallup	A	2:28.81	
1) Clise, Maya SR	2) Lettiere, Bella SR		
33.40	1:11.00 (1:11.00)	1:47.56 (36.56)	2:28.81 (1:17.81)
3 Olympia High School-MR	A	2:42.32	
1) Nguyen, Brianna 10	2) Hummel-Church, Hawthorne 12		
37.00	1:20.26 (1:20.26)	1:58.75 (38.49)	2:42.32 (1:22.06)
4 Rogers Rams-PN	A	2:48.92	
1) Drasher, Anna SR	2) Warmoth, Chloe JR		
38.73	1:21.75 (1:21.75)	2:02.36 (40.61)	2:48.92 (1:27.17)
5 Steilacoom	B	2:55.12	
1) Agosto-Sungino, Nora SO	2) Villanueva, Isabelle SR		
39.78	1:24.85 (1:24.85)	2:08.42 (43.57)	2:55.12 (1:30.27)
6 Puyallup	B	2:57.56	
1) Weaver, Maddy SO	2) Reisinger, Avery FR		
42.24	1:29.39 (1:29.39)	2:09.44 (40.05)	2:57.56 (1:28.17)
7 Emerald Ridge High School-US	A	3:00.20	
1) Heath, Savanna SR	2) Cotton, Kaitlyn JR		
37.73	1:20.29 (1:20.29)	2:06.01 (45.72)	3:00.20 (1:39.91)
8 Rogers Rams-PN	B	3:12.50	
1) Ruminski, Mia SR	2) Smathers, Julia FR		
43.29	1:32.10 (1:32.10)	2:18.97 (46.87)	3:12.50 (1:40.40)
9 Olympia High School-MR	B	3:12.62	
1) Williams, Ever 10	2) Pingrey, Jancis 9		
41.82	1:25.08 (1:25.08)	2:14.76 (49.68)	3:12.62 (1:47.54)
10 Puyallup	C	3:20.31	
1) Hall, Makayla JR	2) Ramos, Annabella SR		
44.79	1:38.11 (1:38.11)	2:26.30 (48.19)	3:20.31 (1:42.20)
11 Rogers Rams-PN	C	3:27.00	
1) Nordheim, Abbigale SO	2) Maris, Mia JR		
46.60	1:35.26 (1:35.26)	2:24.98 (49.72)	3:27.00 (1:51.74)
12 Steilacoom	C	3:27.36	
1) Dahlke, Brienz SO	2) Ikemeier, Sadie SR		
45.39	1:38.75 (1:38.75)	2:30.56 (51.81)	3:27.36 (1:48.61)
13 Emerald Ridge High School-US	C	4:03.65	
1) Peterson, Addison FR	2) Utley, Holland FR		
1:06.47	2:21.22 (2:21.22)	3:09.34 (48.12)	4:03.65 (1:42.43)
14 Olympia High School-MR	C	4:03.95	
1) Warjone, Samantha 11	2) Andreassen, Nora 9		
58.07	2:03.21 (2:03.21)	2:59.90 (56.69)	4:03.95 (2:00.74)
15 Emerald Ridge High School-US	B	4:21.74	
1) Bennis, Claire SO	2) Cruz, Alex SO		
52.24	1:49.47 (1:49.47)	3:02.11 (1:12.64)	4:21.74 (2:32.27)

Event 11 Women 400 Yard Freestyle Relay

Team	Relay	Finals Time	NISCA
1 Puyallup	A	3:54.65	276
1) Sellman, Emily FR	2) Bagniewski, Molly SO	3) Sellman, Abby JR	4) Clise, Maya SR
28.30	59.83 (59.83)	1:27.07 (27.24)	1:57.63 (57.80)
2:24.81 (27.18)	2:55.62 (57.99)	3:23.90 (28.28)	3:54.65 (59.03)
2 Steilacoom	A	4:16.65	165
1) Lingenfelter, Lizzy JR	2) Novak, McKenna SO	3) Eastman, Melanie FR	4) Ruppe, Alejandra SR
29.09	1:00.24 (1:00.24)	1:33.17 (32.93)	2:09.99 (1:09.75)
2:42.97 (32.98)	3:19.57 (1:09.58)	3:46.72 (27.15)	4:16.65 (57.08)

2021 Girls South Sound Relays - 10/2/2021**Results - SSR****(Event 11 Women 400 Yard Freestyle Relay)**

Team	Relay			Finals Time	NISCA
3 Olympia High School-MR	A			4:26.17	123
1) Pingrey, Jancis 9	2) Iuliano, Lucia 11	3) Nelson, Sophie 9	4) Carras, Corrina 10		
36.54	1:25.97 (1:25.97)	1:48.28 (22.31)	2:24.74 (58.77)		
2:54.58 (29.84)	3:27.65 (1:02.91)	3:55.30 (27.65)	4:26.17 (58.52)		
4 Rogers Rams-PN	A			4:54.72	12
1) Burrow, Olivia SR	2) Birchfield, Madison FR	3) Owen, Michelle SR	4) Warmoth, Chloe JR		
34.89	1:14.12 (1:14.12)	1:50.71 (36.59)	2:31.42 (1:17.30)		
3:07.80 (36.38)	3:47.81 (1:16.39)	4:54.84 (1:07.03)	4:54.72 (1:06.91)		
5 Emerald Ridge High School-US	A			4:58.71	
1) Bostick, Piper SO	2) Chamberlain, Liv SO	3) Cotton, Kaitlyn JR	4) Heath, Savanna SR		
	1:19.63 (1:19.63)	1:53.11 (33.48)	2:30.14 (1:10.51)		
3:09.31 (39.17)	3:57.60 (1:27.46)	4:26.70 (29.10)	4:58.71 (1:01.11)		

Scores - Women**Women - Team Rankings - Through Event 11**

1. Puyallup	391	2. Olympia High School	346
3. Steilacoom	308	4. Rogers Rams	299
5. Emerald Ridge High School	106		