

2023 Capital City Invite - 9/9/2023

Results

Event 1 Girls 200 Yard Medley Relay

Team	Relay	Finals Time	
1 CHS	A	J1:57.76	40
1) Kylie Duchsherer 11	2) Mady Tivis 12		
3) Abby Jablonsky 10	4) Ava Erickson 10		
2 WHS	A	J1:58.18	34
1) Kara A Hansen 10	2) Braelynn Tofte 10		
3) Dru E Zander 10	4) Anika J Grunenwald 11		
3 MIN	A	J1:59.70	32
1) Ava Williamson 11	2) Havanna Metzger 11		
3) Sophia VonBokern 10	4) Emily Dunstan 9		
4 LHS	A	J1:59.94	30
1) Tova Blikre 11	2) Katie Gruman 12		
3) Brinley Steele 8	4) Grace Upgren 8		
5 SHS-ND	A	J2:00.20	28
1) Nashatawn Tangpon 7	2) Alexa Heckaman 10		
3) Hadley Christianson 11	4) Isla Rogne 8		
6 FD-ND	A	J2:01.66	26
1) Carley Hoff 12	2) Helen Wu 8		
3) Hanna Hoff 12	4) Kayley Bischoff 12		
7 CHS	B	J2:04.63	12
1) Kiera Kuklok 8	2) Sienna Mrachek 10		
3) Molly Osadchy 8	4) Aubrey Caster 9		
8 CHS	C	xJ2:06.50	
1) Rachael Lubale 12	2) Hannah McEvers 10		
3) Cadence Cook 12	4) Sady Nelson 12		
9 DHS	A	J2:06.78	24
1) Willow Vohs 8	2) Addie Wax 8		
3) McKenna Mettler 11	4) Hannah Meschke 11		
10 BHS-ND	A	J2:07.22	22
1) Addy Geerdes 12	2) Madeline VerDouw 9		
3) Jocelyn Jahner 10	4) Anna Duckwitz 12		
11 MIN	B	J2:07.24	10
1) Caelin Flaten 11	2) Haili Metzger 11		
3) Madison Lyman 12	4) Zoe Bahr 10		
12 HHS	A	J2:07.64	18
1) Savannah Mauch 11	2) Sophie Hetland 10		
3) Sophia Domitrovich 9	4) Becca Smith 11		
13 LHS	B	J2:09.55	6
1) Norah Sears 7	2) Ellie Lacher 8		
3) Elizabeth Ellefson 11	4) Jillian Schick 11		
14 SHS-ND	B	J2:11.08	4
1) Nora Andrist 10	2) Joely Christianson 7		
3) Sunisha Tangpong 10	4) Alexis Appletoft 9		
15 MHS	A	J2:13.69	14
1) Mya Becker 11	2) Grace Goettle 10		
3) Morgan Walz 8	4) Grace Bugbee 9		
16 CHS	D	xJ2:13.91	
1) Rowan Meberg Ewald 7	2) Madisyn Lowe 7		
3) Joelle Knudson 8	4) Jayda Pudwill 10		
17 FD-ND	B	J2:14.03	2
1) Hadley Hegland 12	2) Jane Donat 12		
3) Ione Benedicto 9	4) Mariah Nelson 12		
18 LHS	C	xJ2:17.03	
1) Piper Freborg 10	2) Gabby Wood 7		
3) Jewel Zimmer 12	4) Allyson Huber 7		
19 FD-ND	C	xJ2:17.90	
1) Alivia Szymanski 8	2) Sophia Myers 10		
3) Alecia Jorud 11	4) Tayana Nelson 12		

20 WHS	B	J2:19.16
1) Adelle J Cotton 12	2) Kloe N Billings 12	
3) Jayden M Woodward 10	4) Bella Carter 10	
21 MIN	C	xJ2:20.29
1) Ellie Schaefer 11	2) Autumn Steckler 11	
3) Keira Miller 10	4) Hailee Valdez 10	
22 DHS	B	J2:21.24
1) Allannah Davis 12	2) Makenna Tippet 8	
3) Kayley Paintner 7	4) Clancy Meyer 8	
23 HHS	B	J2:24.00
1) Colby Mauch 9	2) Payton Hetland 10	
3) Jami Richter 8	4) Sandra Wyum 9	
24 MIN	D	xJ2:24.69
1) Vreelyn Fricke 9	2) Gianna Osborn 12	
3) Greer Schaeffer 9	4) Danica Zerr 9	
25 CHS	E	xJ2:25.95
1) Norah Walker 10	2) Calleigh Stollendorf 8	
3) Delaney Rush 10	4) Sydney Richards 7	
26 BHS-ND	B	J2:28.61
1) Aubrey Vatnsdal 9	2) Nora Traynor 9	
3) Elizabeth Sikes 10	4) Lizzy Kerzman 11	
27 MHS	B	J2:29.89
1) Katelynn Kitzmann 9	2) Sophia Koenig 12	
3) Iris Allen 7	4) Peyton Kienzie 8	
28 WHS	C	xJ2:31.53
1) Gabriella Johnson 7	2) Susannah Schug	
3) Sadie Graupe 9	4) Ella Richards 11	
29 BHS-ND	C	xJ2:31.89
1) Brooklyn Baumgartner 8	2) Olyvia Geerdes 9	
3) Riley Kummer 11	4) BreAnna Mattern 8	
30 FD-ND	D	xJ2:32.76
1) Shelia-Marie Reinert 12	2) Madeline Sinner 9	
3) Amelia Gaddie 9	4) Leighton Koepplin 10	
31 DHS	C	xJ2:34.15
1) Sophia Kruc 8	2) Lola Kilwein 7	
3) Emily LaQua 10	4) Kendra Erickson 10	
32 MHS	C	xJ2:36.60
1) Ava Francis 7	2) Sophia Carter 11	
3) Cadence Erhardt 10	4) Kylie Jasso 12	
33 LHS	D	xJ2:38.70
1) Julia De Castro 11	2) Kadee McKenzie 10	
3) Hailey Dietz-Bank 7	4) Brinley Dietz-Bank 7	
34 DHS	D	xJ2:52.37
1) Anna Bierman 8	2) Olivia De Santiago 10	
3) Hailey LaQua 10	4) Kenna Bonahoom 9	
35 FD-ND	E	xJ2:58.48
1) Jessica Nygord 7	2) Avery Hanson 8	
3) Ella Lachance 7	4) Caydence Liddycoat 7	
--- HHS	C	X2:48.78
1) Harper Kane 7	2) Emersyn Bulson 8	
3) Narina Boonroueng 7	4) Allie Thorstad 10	
--- CHS	F	DQ
1) Emily Anderson 8	2) Ella Clark 9	
3) Ellie Cave 12	4) Julia Meyer 8	

Event 2 Girls 200 Yard Freestyle

Name	YrSchool	Finals Time	
1 Tova Blikre	11 LHS	2:02.60	20
2 Lilyana Hochhalter	8 LHS	2:05.03	17
3 Jocelyn Wettlaufer	9 HHS	2:06.80	16

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Results

(Event 2 Girls 200 Yard Freestyle)

Name	YrSchool	Finals Time	
4 Molly Ellerkamp	9 DHS	2:08.01	15
5 Anika J Grunenwald	11 WHS	2:10.14	14
6 Emily Dunstan	9 MIN	2:11.11	13
7 Alexa Heckaman	10 SHS-ND	2:11.65	12
8 Maddie Novak	11 HHS	2:11.76	11
9 Kirby Quam	8 MIN	2:13.75	9
10 Carley Hoff	12 FD-ND	2:14.89	7
11 Elizabeth Ellefson	11 LHS	2:14.94	6
12 Norah Pierce	7 WHS	2:15.10	5
13 Sophia VonBokern	10 MIN	2:15.78	4
14 Natalie R Pfau	12 WHS	2:16.55	3
15 Keelin Traynor	12 BHS-ND	2:17.18	2
16 Morgan Walz	8 MHS	2:17.36	1
17 Emma Masseth	8 MHS	2:18.78	
18 Jewel Zimmer	12 LHS	2:19.33	
19 Kayley Bischoff	12 FD-ND	2:20.43	
20 Madison Lyman	12 MIN	2:21.21	
21 Haili Metzger	11 MIN	x2:21.36	
22 Willow Vohs	8 DHS	2:21.89	
23 Piper Freborg	10 LHS	x2:22.18	
24 Grace Schick	12 LHS	x2:22.86	
25 Alynna Buck Elk	11 CHS	2:23.04	
26 Alyssa Anderson	9 FD-ND	2:24.09	
27 Brooklyn Richards	9 CHS	2:24.50	
28 Evelyn Meidinger	11 FD-ND	2:27.23	
29 Katie Smith	12 HHS	2:27.77	
30 Mia Kvas	8 LHS	x2:29.20	
31 Maya Clark	9 CHS	2:29.29	
32 Avery Lindemeier	8 HHS	2:31.23	
33 Kelby Seefeldt	9 MHS	2:32.23	
34 Macey Crosland	9 WHS	2:32.33	
35 Kayley Paintner	7 DHS	2:32.34	
36 Shelia-Marie Reinert	12 FD-ND	x2:32.92	
37 Alexis Appletoft	9 SHS-ND	2:36.00	
38 Lizzy Kerzman	11 BHS-ND	2:36.39	
39 Bailey Ferderer	10 CHS	2:38.25	
*40 Iris Allen	7 MHS	2:40.14	
*40 Jerni Betsill	11 BHS-ND	2:40.14	
42 Autumn Steckler	11 MIN	x2:46.32	
43 Annika Johnson	11 SHS-ND	2:47.79	
44 Hailey Dietz-Bank	7 LHS	x2:49.33	
45 Nora Nairn	8 CHS	x2:49.74	
46 Avery Hanson	8 FD-ND	x2:51.12	
47 Piper Bennett	7 LHS	x2:52.99	
48 Lola Kilwein	7 DHS	2:53.34	
49 Jessica Nygord	7 FD-ND	x2:55.98	
50 Ella Lachance	7 FD-ND	x3:02.56	
51 Savannah Powell	8 MHS	x3:12.43	
52 Sophia Getz	7 FD-ND	x3:18.03	
--- Charlee Hetzler	7 HHS	X2:49.29	

Event 3 Girls 200 Yard IM

Name	YrSchool	Finals Time	
1 Taylor Miller	11 DHS	2:21.40	20
2 Abby Jablonsky	10 CHS	2:22.59	17
*3 Mady Tivis	12 CHS	2:23.60	15.5

*3 Brinley Steele	8 LHS	2:23.60	15.5
5 Aryana Twist	12 DHS	2:26.67	14
6 Savannah Mauch	11 HHS	2:29.10	13
7 Ava Erickson	10 CHS	2:29.58	12
8 Kiera Kuklok	8 CHS	2:30.18	11
9 Hanna Hoff	12 FD-ND	2:30.68	9
10 Ellie Lacher	8 LHS	2:31.59	7
11 Havanna Metzger	11 MIN	2:32.28	6
12 Caelin Flaten	11 MIN	2:32.39	5
13 Nashatawn Tangpon	7 SHS-ND	2:32.43	4
14 Kara A Hansen	10 WHS	2:32.94	3
15 Sady Nelson	12 CHS	x2:33.72	
16 Anna Enright	9 HHS	2:33.81	2
17 Rachael Lubale	12 CHS	x2:35.76	
18 Madisyn Racine	7 MIN	2:35.90	1
19 Jillian Schick	11 LHS	2:36.13	
20 Ava Neumann	11 MIN	2:37.81	
21 Sunisha Tangpong	10 SHS-ND	2:38.27	
22 Hadley Christianson	11 SHS-ND	2:40.17	
23 Gabby Wood	7 LHS	2:40.25	
24 Lauren Schluchter	12 FD-ND	2:40.88	
25 Alecia Jorud	11 FD-ND	2:45.28	
26 Avery Brousseau	12 LHS	x2:47.36	
27 Calleigh Stollendorf	8 CHS	x2:49.87	
28 Cassidy King	11 MIN	x2:51.95	
29 Kendra Erickson	10 DHS	2:52.01	
30 Ellie Schaefer	11 MIN	x2:53.08	
31 Keira Miller	10 MIN	x2:54.18	
32 Aubrey Vatnsdal	9 BHS-ND	2:55.22	
33 Cadence Erhardt	10 MHS	2:55.26	
34 Brekyn Haugen	8 WHS	2:55.32	
35 Delaney Rush	10 CHS	x2:57.69	
36 Kloe N Billings	12 WHS	2:58.23	
37 Katelynn Kitzmann	9 MHS	3:01.10	
38 Brinley Dietz-Bank	7 LHS	x3:04.33	
39 Riley Kummer	11 BHS-ND	3:07.24	
40 Narina Boonroueng	7 HHS	3:16.01	
41 BreAnna Mattern	8 BHS-ND	3:22.18	
--- Arianna Hoff	10 SHS-ND	X2:18.07	

Event 4 Girls 50 Yard Freestyle

Name	YrSchool	Finals Time	
1 Sam Vonbokern	10 MIN	24.54	20
2 Dru E Zander	10 WHS	25.67	17
3 Abby Erickson	11 LHS	25.89	16
4 Becca Smith	11 HHS	26.12	15
5 Helen Wu	8 FD-ND	26.15	14
6 Reese Goodman	12 MIN	26.75	13
7 Molly Osadchy	8 CHS	26.79	12
8 Sienna Mrachek	10 CHS	26.81	11
9 Braelynn Tofte	10 WHS	26.85	9
10 Aubrey Caster	9 CHS	26.91	7
11 Nora Andrist	10 SHS-ND	26.95	6
12 Gabby Osborn	11 MIN	27.01	5
13 Grace Upgren	8 LHS	27.09	4
14 Eva Andrist	7 CCA-ND	27.24	3
15 Grace Bugbee	9 MHS	27.44	2
16 Addie Wax	8 DHS	27.54	1

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Results

(Event 4 Girls 50 Yard Freestyle)

Name	YrSchool	Finals Time
17 Anna Duckwitz	12 BHS-ND	27.67
18 Hannah Meschke	11 DHS	27.70
19 Isla Rogne	8 SHS-ND	27.71
20 Cadence Cook	12 CHS	27.95
21 Jayda Pudwill	10 CHS	x27.96
22 Kearyn L Woodward	12 WHS	28.10
23 Ellia Gemar	9 MIN	28.17
24 Hailee Valdez	10 MIN	x28.25
25 Katie Gruman	12 LHS	28.27
26 Corinne Lindsey	10 MHS	28.32
27 Quinn Danielson	9 HHS	28.56
28 Kya Sease	12 BHS-ND	28.58
29 Lydia Potter	10 FD-ND	28.60
30 Zoe Bahr	10 MIN	x28.75
31 Riley Schroeder	10 FD-ND	28.79
32 Rowan Meberg Ewald	7 CHS	x28.99
33 Jocelyn Jahner	10 BHS-ND	29.14
34 Lauren Watson	9 FD-ND	29.30
35 Sophie Hetland	10 HHS	29.45
36 Allyson Huber	7 LHS	29.69
37 Clancy Meyer	8 DHS	29.74
38 Jayden M Woodward	10 WHS	29.97
39 Allanah Davis	12 DHS	29.98
40 Alynna Buck Elk	11 CHS	x30.00
41 Mariah Nelson	12 FD-ND	x30.07
42 Gianna Osborn	12 MIN	x30.19
43 Colby Mauch	9 HHS	30.22
44 Adelle J Cotton	12 WHS	x30.29
45 Tayana Nelson	12 FD-ND	x30.33
46 Alexis Appletoft	9 SHS-ND	30.40
47 Mya Becker	11 MHS	30.41
*48 Savanna Olsen	11 WHS	x30.44
*48 Greer Schaeffer	9 MIN	x30.44
50 Ava Francis	7 MHS	30.53
51 Alivia Szymanski	8 FD-ND	x30.59
52 Emmy Sorensen	12 WHS	x30.65
53 Olivia Lantz-Gagne	9 MIN	x30.81
54 Joely Christianson	7 SHS-ND	30.91
55 Vreelyn Fricke	9 MIN	x30.99
56 Bella Carter	10 WHS	x31.32
57 Danica Zerr	9 MIN	x31.48
58 Aleyah Satnan	12 MHS	x31.51
59 Leighton Koeplin	10 FD-ND	x31.65
60 Shaylynn Ziman	9 DHS	x31.93
61 Ella Richards	11 WHS	x32.00
*62 Leah Dokken	9 MIN	x32.16
*62 Norah Walker	10 CHS	x32.16
64 Ellie Cave	12 CHS	x32.36
65 Varia Peterson	7 CCA-ND	32.40
66 Ella Clark	9 CHS	x32.66
67 Sadie Graupe	9 WHS	x32.67
68 Emily LaQua	10 DHS	x32.81
69 Olyvia Geerdes	9 BHS-ND	32.98
70 Julia Meyer	8 CHS	x33.00
71 Belle Fischer	8 LHS	x33.07
72 Sydney Lyman	9 MIN	x33.09

73 Anna Kerzmann	9 MIN	x33.37
74 Erin Wiedmeier	9 LHS	x33.69
75 Sydney Richards	7 CHS	x33.72
76 Gabriella Johnson	7 WHS	x34.15
77 Kenna Bonahoom	9 DHS	x34.43
78 Julia De Castro	11 LHS	x35.09
79 Charley Clark	WHS	x35.22
80 Olivia De Santiago	10 DHS	x35.42
81 Caydence Liddycoat	7 FD-ND	x37.14
82 Lily Parnell	8 BHS-ND	x37.65
83 Allie Delaney	7 WHS	x40.65
84 Sabina Goddard	9 FD-ND	x41.82
85 Hailey Snider	7 WHS	x42.78
86 Kaia Larson	9 WHS	x50.63
87 Logan Thorn	7 FD-ND	x59.73
--- Payton Hetland	10 HHS	X30.79
--- Harper Kane	7 HHS	X43.35
--- Cordelia Parker	7 HHS	X45.35

Event 5 Girls 1 mtr Diving

Name	YrSchool	Finals Score
1 Haley Conklin	11 MIN	431.45 20
2 Halle Braaflat	12 FD-ND	417.40 17
3 Ella Kesler	12 MIN	402.75 16
4 Katelyn G Kolness	11 WHS	316.60 15
5 Aubrey Piechowski	10 FD-ND	310.30 14
6 Brenna Jo Wolbaum	11 DHS	309.25 13
7 Stella Brandt	9 BHS-ND	286.65 12
8 Sophia Bell	10 MIN	286.05 11
9 Sara Thomas	8 HHS	286.00 9
10 Kylie Stahl	9 CHS	281.25 7
11 Abi Ricketts	10 MHS	278.55 6
12 Kylie Jasso	12 MHS	269.05 5
13 Julia Graff	8 MHS	267.40 4
14 Lenora Arnold	WHS	258.95 3
15 Brielle Hochhalter	11 LHS	247.95 2
16 Bree Wilmes	10 CHS	241.45 1
17 Alora Rude	11 HHS	229.70
18 Alyssa Schmit	10 CHS	228.40
19 Kaydence Haider	10 CHS	224.65
20 Kylie Brew	9 MHS	224.10
21 Karina Repina	11 FD-ND	220.15
22 Danica Stolba	7 MIN	208.55
23 Emily Anderson	8 CHS	x189.20
24 Haley Dockter	8 CHS	x170.90
25 Trystal Hermanson	7 MHS	x126.60
26 Sadie Brewer	9 FD-ND	113.25
27 Olivia Beck	9 MHS	x111.10
28 Marabell Seibel	10 MHS	x103.00
29 Kaiya Tollefson	7 MIN	x95.25
30 Emersen Brousseau	10 LHS	88.55
31 Ella Stewart	7 MIN	x88.15
--- Ave Conejo	11 MIN	X257.10
--- Samantha Paintner	8 DHS	X247.40
--- Sophie Axtman	11 HHS	X122.65
--- Emma Hoskins	10 CHS	X119.20

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Event 6 Girls 100 Yard Butterfly

Name	YrSchool	Finals Time	
1 Ava Williamson	11 MIN	1:03.27	20
2 Brinley Steele	8 LHS	1:03.72	17
3 Abby Jablonsky	10 CHS	1:05.57	16
4 Lauryn Caster	12 CHS	1:06.88	15
5 Hanna Hoff	12 FD-ND	1:07.25	14
6 Molly Ellerkamp	9 DHS	1:09.37	13
7 Caelin Flaten	11 MIN	1:09.77	12
8 Elizabeth Ellefson	11 LHS	1:10.40	11
9 Norah Sears	7 LHS	1:10.45	9
10 Madison Lyman	12 MIN	1:10.46	7
11 Braelynn Tofte	10 WHS	1:10.73	6
12 Ellie Lacher	8 LHS	1:10.86	5
13 Jane Donat	12 FD-ND	1:12.07	4
14 Sophia Domitrovich	9 HHS	1:12.64	3
15 Madisyn Racine	7 MIN	1:12.83	2
16 Willow Vohs	8 DHS	1:12.89	1
17 Ione Benedicto	9 FD-ND	1:14.53	
18 Joelle Knudson	8 CHS	1:14.70	
19 Emily Dunstan	9 MIN	x1:16.03	
20 Isabelle Aberle	11 MIN	x1:18.46	
21 Riley Schroeder	10 FD-ND	1:18.66	
22 Jocelyn Jahner	10 BHS-ND	1:18.74	
23 Zoe Bahr	10 MIN	x1:20.22	
24 Brooklyn Richards	9 CHS	1:21.09	
25 Madeline Sinner	9 FD-ND	x1:21.48	
26 Ella Clark	9 CHS	x1:23.30	
27 Nora Traynor	9 BHS-ND	1:29.67	
28 Hailey LaQua	10 DHS	1:30.80	
29 Kayley Paintner	7 DHS	1:30.89	
30 Ellie Cave	12 CHS	x1:31.14	
31 Sandra Wyum	9 HHS	1:31.66	
32 Cadence Erhardt	10 MHS	1:32.01	
33 Quinn Danielson	9 HHS	1:32.99	
34 Allie Thorstad	10 HHS	1:56.06	

Event 7 Girls 100 Yard Freestyle

Name	YrSchool	Finals Time	
1 Dru E Zander	10 WHS	55.87	20
2 Abby Erickson	11 LHS	56.19	17
3 Lilyana Hochhalter	8 LHS	56.71	16
4 Taylor Miller	11 DHS	57.14	15
5 Madeline VerDouw	9 BHS-ND	57.65	14
6 Gabby Osborn	11 MIN	59.28	13
7 Reese Goodman	12 MIN	59.35	12
8 Hannah McEvers	10 CHS	59.51	11
9 Anika J Grunenwald	11 WHS	1:00.14	9
10 Grace Upgren	8 LHS	1:00.33	7
11 Sady Nelson	12 CHS	1:00.67	6
12 Kylie Duchsherer	11 CHS	1:01.31	5
13 Kearyn L Woodward	12 WHS	1:01.56	4
14 Makenna Tippet	8 DHS	1:01.73	3
15 Emma Masseth	8 MHS	1:01.91	2
16 Kayley Bischoff	12 FD-ND	1:02.06	1
17 Lydia Potter	10 FD-ND	1:02.17	
18 Kiera Kuklok	8 CHS	1:02.57	

19 Anna Enright	9 HHS	1:02.60
20 Hadley Christianson	11 SHS-ND	1:02.91
21 Grace Bugbee	9 MHS	1:03.29
22 Norah Pierce	7 WHS	1:03.53
23 Lauren Schluchter	12 FD-ND	1:03.56
24 Hailee Valdez	10 MIN	1:04.20
25 Kya Sease	12 BHS-ND	1:04.51
26 Hadley Hegland	12 FD-ND	1:04.68
27 Susannah Schug	WHS	x1:04.92
28 Grace Schick	12 LHS	1:05.35
29 Noelle Richard	8 SHS-ND	1:05.43
30 Addy Geerdes	12 BHS-ND	1:06.34
31 Cassidy King	11 MIN	1:06.52
32 Allanah Davis	12 DHS	1:06.59
33 Allyson Huber	7 LHS	x1:06.68
34 Emmy Sorensen	12 WHS	x1:07.40
35 Keira Miller	10 MIN	x1:07.46
36 Katie Smith	12 HHS	1:07.96
37 Greer Schaeffer	9 MIN	x1:08.01
38 Avery Brousseau	12 LHS	x1:08.35
39 Jami Richter	8 HHS	1:08.47
40 Amelia Gaddie	9 FD-ND	x1:08.57
41 Kadee McKenzie	10 LHS	x1:08.92
42 Shelia-Marie Reinert	12 FD-ND	x1:09.16
43 Kate Beckler	12 MHS	1:09.36
44 Vreelyn Fricke	9 MIN	x1:09.58
45 Delaney Rush	10 CHS	x1:09.95
46 Peyton Kienzle	8 MHS	1:12.50
47 Katelynn Kitzmann	9 MHS	x1:13.39
48 Sophia Kruc	8 DHS	1:13.52
49 Nora Nairn	8 CHS	x1:13.74
50 Autumn Steckler	11 MIN	x1:14.19
51 Sophia Koenig	12 MHS	x1:14.42
52 Anna Kerzmann	9 MIN	x1:14.91
53 Kenna Bonahoom	9 DHS	x1:15.41
54 Brooklyn Baumgartner	8 BHS-ND	1:16.41
55 Sophia Carter	11 MHS	x1:18.70
56 BreAnna Mattern	8 BHS-ND	x1:20.72
57 Charley Clark	WHS	x1:21.31
58 Jorja Klautdt	9 BHS-ND	x1:21.93
59 Ella Lachance	7 FD-ND	x1:23.60
60 Norah Grunenwald	WHS	x1:23.67
61 Anna Bierman	8 DHS	x1:24.52
62 Sophia Getz	7 FD-ND	x1:27.18
63 Hailey Snider	7 WHS	x1:33.91
64 Allie Delaney	7 WHS	x1:34.04
65 Sabina Goddard	9 FD-ND	x1:34.85
66 Kaia Larson	9 WHS	x1:53.59
67 Logan Thorn	7 FD-ND	x1:55.67
--- Arianna Hoff	10 SHS-ND	X55.82
--- Emersyn Bulson	8 HHS	X1:16.55
--- Cordelia Parker	7 HHS	X1:44.98

Event 8 Girls 500 Yard Freestyle

Name	YrSchool	Finals Time	
1 Sam Vonbokern	10 MIN	5:24.24	20
2 Sienna Mrachek	10 CHS	5:37.74	17
3 Becca Smith	11 HHS	5:48.86	16

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(Event 8 Girls 500 Yard Freestyle)

Name	YrSchool	Finals Time	
4 Molly Osadchy	8 CHS	5:50.53	15
5 Aryana Twist	12 DHS	5:53.30	14
6 Jillian Schick	11 LHS	5:57.88	13
7 Sophie Hetland	10 HHS	5:58.87	12
8 Natalie R Pfau	12 WHS	6:02.46	11
9 Isla Rogne	8 SHS-ND	6:03.47	9
10 Kirby Quam	8 MIN	6:03.50	7
11 Ava Neumann	11 MIN	6:04.23	6
12 Rowan Meberg Ewald	7 CHS	6:04.64	5
13 Carley Hoff	12 FD-ND	6:05.61	4
14 Jewel Zimmer	12 LHS	6:07.98	3
15 Corinne Lindsey	10 MHS	6:10.78	2
16 Morgan Walz	8 MHS	6:11.37	1
17 Gabby Wood	7 LHS	6:15.34	
18 Cadence Cook	12 CHS	6:15.55	
19 Anna Duckwitz	12 BHS-ND	6:17.02	
20 Colby Mauch	9 HHS	6:21.86	
21 Bella Carter	10 WHS	6:26.53	
22 Lauren Watson	9 FD-ND	6:29.46	
23 Mariah Nelson	12 FD-ND	6:36.07	
24 Ella Richards	11 WHS	6:36.31	
25 Calleigh Stollendorf	8 CHS	x6:36.99	
26 Ione Benedicto	9 FD-ND	6:37.09	
27 Madisyn Lowe	7 CHS	x6:37.13	
28 Mia Kvas	8 LHS	6:37.49	
29 Alyssa Anderson	9 FD-ND	x6:38.06	
30 Emily LaQua	10 DHS	6:45.67	
31 Nora Traynor	9 BHS-ND	6:51.34	
32 Iris Allen	7 MHS	6:54.68	
33 Sadie Graupe	9 WHS	6:54.71	
34 Shaylynn Ziman	9 DHS	7:03.07	
35 Bailey Ferderer	10 CHS	x7:07.78	
36 Payton Hetland	10 HHS	7:14.29	
37 Norah Walker	10 CHS	x7:19.34	
38 Sydney Richards	7 CHS	x7:54.25	

Event 9 Girls 200 Yard Freestyle Relay

Team	Relay	Finals Time	
1 MIN	A	J1:43.36	40
1) Gabby Osborn 11	2) Emily Dunstan 9		
3) Sam Vonbokern 10	4) Reese Goodman 12		
2 CHS	A	J1:43.62	34
1) Mady Tivis 12	2) Abby Jablonsky 10		
3) Ava Erickson 10	4) Lauryn Caster 12		
3 LHS	A	J1:46.50	32
1) Abby Erickson 11	2) Lilyana Hochhalter 8		
3) Grace Upgren 8	4) Katie Gruman 12		
4 DHS	A	J1:49.00	30
1) Taylor Miller 11	2) Makenna Tippet 8		
3) Molly Ellerkamp 9	4) Aryana Twist 12		
5 FD-ND	A	J1:51.84	28
1) Helen Wu 8	2) Carley Hoff 12		
3) Hanna Hoff 12	4) Lydia Potter 10		
6 MIN	B	J1:52.48	12
1) Kirby Quam 8	2) Madisyn Racine 7		
3) Sophia VonBokern 10	4) Zoe Bahr 10		

7 WHS	A	J1:53.43	26
1) Kearyn L Woodward 12	2) Norah Pierce 7		
3) Kara A Hansen 10	4) Braelynn Tofte 10		
8 HHS	A	J1:53.51	24
1) Katie Smith 12	2) Jocelyn Wettlaufer 9		
3) Avery Lindemeier 8	4) Maddie Novak 11		
9 CHS	B	J1:54.65	10
1) Jayda Pudwill 10	2) Hannah McEvers 10		
3) Joelle Knudson 8	4) Brooklyn Richards 9		
10 DHS	B	J1:55.05	8
1) Hannah Meschke 11	2) McKenna Mettler 11		
3) Willow Vohs 8	4) Allanah Davis 12		
11 BHS-ND	A	J1:56.34	22
1) Kya Sease 12	2) Keelin Traynor 12		
3) Addy Geerdes 12	4) Jocelyn Jahner 10		
12 FD-ND	B	J1:56.94	6
1) Alyssa Anderson 9	2) Riley Schroeder 10		
3) Sophia Myers 10	4) Lauren Schluchter 12		
13 MIN	C	xJ1:57.19	
1) Keira Miller 10	2) Ava Neumann 11		
3) Havanna Metzger 11	4) Ellia Gemar 9		
14 MHS	A	J2:00.37	18
1) Kate Beckler 12	2) Emma Masseth 8		
3) Corinne Lindsey 10	4) Katelynn Kitzmann 9		
15 LHS	B	J2:02.48	4
1) Grace Schick 12	2) Allyson Huber 7		
3) Mia Kvas 8	4) Jewel Zimmer 12		
16 WHS	B	J2:02.78	2
1) Bella Carter 10	2) Natalie R Pfau 12		
3) Adelle J Cotton 12	4) Emmy Sorensen 12		
17 FD-ND	C	xJ2:03.22	
1) Alivia Szymanski 8	2) Alecia Jorud 11		
3) Lauren Watson 9	4) Evelyn Meidinger 11		
18 SHS-ND	A	J2:04.00	14
1) Sunisha Tangpong 10	2) Noelle Richard 8		
3) Alexis Appletoft 9	4) Annika Johnson 11		
19 MIN	D	xJ2:05.95	
1) Isabelle Aberle 11	2) Greer Schaeffer 9		
3) Vreelyn Fricke 9	4) Cassidy King 11		
20 MHS	B	J2:07.22	
1) Aleyah Satnan 12	2) Julia Graff 8		
3) Peyton Kienzie 8	4) Kelby Seefeldt 9		
21 CHS	C	xJ2:07.39	
1) Maya Clark 9	2) Alynna Buck Elk 11		
3) Sydney Richards 7	4) Madisyn Lowe 7		
22 LHS	C	xJ2:07.45	
1) Avery Brousseau 12	2) Gabby Wood 7		
3) Brinley Dietz-Bank 7	4) Kadee McKenzie 10		
23 HHS	B	J2:08.06	
1) Quinn Danielson 9	2) Jami Richter 8		
3) Sandra Wyum 9	4) Emersyn Bulson 8		
24 MIN	E	xJ2:09.07	
1) Autumn Steckler 11	2) Anna Kerzmann 9		
3) Sydney Lyman 9	4) Olivia Lantz-Gagne 9		
25 BHS-ND	B	J2:09.99	
1) Aubrey Vatnsdal 9	2) Elizabeth Sikes 10		
3) Jerni Betsill 11	4) Nora Traynor 9		
26 DHS	C	xJ2:12.91	
1) Hailey LaQua 10	2) Kayley Paintner 7		
3) Lola Kilwein 7	4) Shaylynn Ziman 9		

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Results

(Event 9 Girls 200 Yard Freestyle Relay)

Team	Relay	Finals Time
27 CHS	D	x]2:14.21
1) Delaney Rush 10	2) Nora Nairn 8	
3) Julia Meyer 8	4) Bailey Ferderer 10	
28 MHS	C	x]2:18.19
1) Sophia Koenig 12	2) Ava Francis 7	
3) Savannah Powell 8	4) Sophia Carter 11	
29 DHS	D	x]2:18.91
1) Sophia Kruc 8	2) Kenna Bonahoom 9	
3) Olivia De Santiago 10	4) Anna Bierman 8	
30 LHS	D	x]2:22.64
1) Piper Bennett 7	2) Belle Fischer 8	
3) Erin Wiedmeier 9	4) Julia De Castro 11	
31 BHS-ND	C	x]2:25.14
1) Jorja Klaudt 9	2) Brooklyn Baumgartner 8	
3) Lily Parnell 8	4) Olyvia Geerdes 9	
32 WHS	D	x]2:37.34
1) Allie Delaney 7	2) Hailey Snider 7	
3) Norah Grunenwald	4) Sadie Graupe 9	
33 FD-ND	D	x]2:37.89
1) Logan Thorn 7	2) Shelia-Marie Reinert 12	
3) Madeline Sinner 9	4) Sabina Goddard 9	
--- WHS	C	DQ
1) Brekyn Haugen 8	2) Macey Crosland 9	
3) Kloe N Billings 12	4) Savanna Olsen 11	

Event 10 Girls 100 Yard Backstroke

Name	YrSchool	Finals Time
1 Tova Blikre	11 LHS	1:01.72 20
2 Jocelyn Wettlaufer	9 HHS	1:03.25 17
3 Ava Williamson	11 MIN	1:04.96 16
4 Kara A Hansen	10 WHS	1:06.37 15
5 Lauryn Caster	12 CHS	1:06.45 14
6 Kylie Duchsherer	11 CHS	1:06.97 13
7 Nashatawn Tangpon	7 SHS-ND	1:07.35 12
8 Savannah Mauch	11 HHS	1:08.37 11
9 McKenna Mettler	11 DHS	1:08.59 9
10 Rachael Lubale	12 CHS	1:09.62 7
11 Maddie Novak	11 HHS	1:10.57 6
12 Jayden M Woodward	10 WHS	1:11.40 5
13 Aubrey Caster	9 CHS	1:11.46 4
14 Sophia Domitrovich	9 HHS	1:11.68 3
15 Addie Wax	8 DHS	1:11.71 2
16 Hadley Hegland	12 FD-ND	1:12.03 1
17 Norah Sears	7 LHS	1:13.70
18 Ava Francis	7 MHS	1:14.63
19 Ellie Schaefer	11 MIN	1:14.70
20 Adelle J Cotton	12 WHS	1:14.71
21 Keelin Traynor	12 BHS-ND	1:15.02
22 Alivia Szymanski	8 FD-ND	1:16.17
23 Evelyn Meidinger	11 FD-ND	1:16.53
24 Addy Geerdes	12 BHS-ND	1:16.76
25 Mya Becker	11 MHS	1:16.86
26 Sunisha Tangpong	10 SHS-ND	1:17.08
27 Hannah Meschke	11 DHS	1:17.17
28 Noelle Richard	8 SHS-ND	1:17.36
29 Tayana Nelson	12 FD-ND	1:18.03
30 Aleyah Satnan	12 MHS	1:18.48

31 Lizzy Kerzman	11 BHS-ND	1:19.09
32 Brekyn Haugen	8 WHS	1:19.59
33 Madeline Sinner	9 FD-ND	x1:20.29
34 Kendra Erickson	10 DHS	1:20.73
35 Macey Crosland	9 WHS	x1:21.10
36 Kate Beckler	12 MHS	1:22.34
37 Danica Zerr	9 MIN	1:22.86
38 Amelia Gaddie	9 FD-ND	x1:23.15
39 Sophia Kruc	8 DHS	x1:23.79
40 Leah Dokken	9 MIN	1:23.85
41 Riley Kummer	11 BHS-ND	1:24.67
42 Leighton Koepplin	10 FD-ND	x1:24.82
43 Varia Peterson	7 CCA-ND	1:26.26
44 Brinley Dietz-Bank	7 LHS	1:26.60
45 Annika Johnson	11 SHS-ND	1:26.96
46 Sydney Lyman	9 MIN	x1:27.50
47 Kelby Seefeldt	9 MHS	x1:27.71
48 Clancy Meyer	8 DHS	x1:27.93
49 Elizabeth Sikes	10 BHS-ND	x1:28.55
50 Erin Wiedmeier	9 LHS	1:32.60
51 Sophia Carter	11 MHS	x1:35.14
52 Olyvia Geerdes	9 BHS-ND	x1:38.59
53 Piper Bennett	7 LHS	x1:39.34
54 Norah Grunenwald	WHS	x1:39.43
55 Jessica Nygord	7 FD-ND	x1:39.87
56 Savannah Powell	8 MHS	x1:42.91
57 Caydence Liddycoat	7 FD-ND	x1:43.46
58 Jorja Klaudt	9 BHS-ND	x1:46.90
59 Lily Parnell	8 BHS-ND	x1:50.21
60 Julia De Castro	11 LHS	x1:55.92
--- Avery Lindemeier	8 HHS	X1:22.48
--- Charlee Hetzler	7 HHS	X1:26.32
--- Narina Boonroueng	7 HHS	X1:31.68
--- Harper Kane	7 HHS	X1:42.66

Event 11 Girls 100 Yard Breaststroke

Name	YrSchool	Finals Time
1 Madeline VerDouw	9 BHS-ND	1:09.01 20
2 Alexa Heckaman	10 SHS-ND	1:09.88 17
3 Mady Tivis	12 CHS	1:11.08 16
4 Havanna Metzger	11 MIN	1:14.20 15
5 Helen Wu	8 FD-ND	1:15.27 14
6 Haili Metzger	11 MIN	1:16.17 13
7 Hannah McEvers	10 CHS	1:16.66 12
8 Katie Gruman	12 LHS	1:16.75 11
9 Joelle Knudson	8 CHS	1:17.32 9
10 Eva Andrist	7 CCA-ND	1:17.45 7
11 Sophia VonBokern	10 MIN	1:18.00 6
12 Ava Erickson	10 CHS	1:19.97 5
13 Piper Freborg	10 LHS	1:20.18 4
14 Nora Andrist	10 SHS-ND	1:20.23 3
15 Jayda Pudwill	10 CHS	x1:21.04
16 Sophia Myers	10 FD-ND	1:22.06 2
17 Savanna Olsen	11 WHS	1:22.12 1
18 Alecia Jorud	11 FD-ND	1:22.61
19 Jane Donat	12 FD-ND	1:22.99
20 Madisyn Lowe	7 CHS	x1:23.30
21 Ellia Gemar	9 MIN	1:23.89

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Results

(Event 11 Girls 100 Yard Breaststroke)

Name	YrSchool	Finals Time
22 Jami Richter	8 HHS	1:24.41
23 Susannah Schug	WHS	1:25.53
24 Joely Christianson	7 SHS-ND	1:27.39
25 Makenna Tippet	8 DHS	1:27.68
26 Gabriella Johnson	7 WHS	1:28.60
27 Sophia Koenig	12 MHS	1:29.24
28 Gianna Osborn	12 MIN	x1:30.00
29 McKenna Mettler	11 DHS	1:30.39
30 Maya Clark	9 CHS	x1:30.43
31 Kloe N Billings	12 WHS	1:31.27
32 Isabelle Aberle	11 MIN	x1:31.77
33 Kadee McKenzie	10 LHS	1:31.79
34 Aubrey Vatnsdal	9 BHS-ND	1:35.16
35 Sandra Wyum	9 HHS	1:35.21
36 Olivia De Santiago	10 DHS	1:35.72
37 Julia Meyer	8 CHS	x1:36.87
38 Hailey LaQua	10 DHS	1:38.29
39 Lola Kilwein	7 DHS	x1:38.37
40 Emersyn Bulson	8 HHS	1:38.53
41 Peyton Kienzle	8 MHS	1:39.77
42 Belle Fischer	8 LHS	1:39.92
43 Jerni Betsill	11 BHS-ND	1:41.04
44 Avery Hanson	8 FD-ND	x1:42.29
45 Hailey Dietz-Bank	7 LHS	x1:43.82
46 Allie Thorstad	10 HHS	1:46.86
47 Anna Bierman	8 DHS	x1:48.95
48 Olivia Lantz-Gagne	9 MIN	x1:49.19

Event 12 Girls 400 Yard Freestyle Relay

Team	Relay	Finals Time
1 LHS	A	J3:45.37 40
1) Lilyana Hochhalter 8	2) Brinley Steele 8	
3) Tova Blikre 11	4) Abby Erickson 11	
2 MIN	A	J3:46.60 34
1) Ava Williamson 11	2) Reese Goodman 12	
3) Gabby Osborn 11	4) Sam Vonbokern 10	
3 DHS	A	J3:54.62 32
1) Molly Ellerkamp 9	2) Addie Wax 8	
3) Taylor Miller 11	4) Aryana Twist 12	
4 WHS	A	J3:59.53 30
1) Kearyn L Woodward 12	2) Anika J Grunenwald 11	
3) Norah Pierce 7	4) Dru E Zander 10	
5 SHS-ND	A	J4:03.93 28
1) Nashatawn Tangpon 7	2) Hadley Christianson 11	
3) Nora Andrist 10	4) Alexa Heckaman 10	
6 CHS	B	J4:07.23 18
1) Cadence Cook 12	2) Sady Nelson 12	
3) Rowan Meberg Ewald 7	4) Kylie Duchsherer 11	
7 BHS-ND	A	J4:07.66 26
1) Madeline VerDouw 9	2) Kya Sease 12	
3) Keelin Traynor 12	4) Anna Duckwitz 12	
8 FD-ND	A	J4:07.93 24
1) Kayley Bischoff 12	2) Lydia Potter 10	
3) Ione Benedicto 9	4) Alyssa Anderson 9	
9 LHS	B	J4:13.70 14
1) Elizabeth Ellefson 11	2) Ellie Lacher 8	
3) Jillian Schick 11	4) Grace Schick 12	

10 MIN	B	J4:14.17 12
1) Madisyn Racine 7	2) Kirby Quam 8	
3) Ellia Gemar 9	4) Haili Metzger 11	
11 MHS	A	J4:14.55 22
1) Grace Bugbee 9	2) Morgan Walz 8	
3) Corinne Lindsey 10	4) Emma Masseth 8	
12 FD-ND	B	J4:23.89 10
1) Riley Schroeder 10	2) Lauren Schluchter 12	
3) Mariah Nelson 12	4) Sophia Myers 10	
13 WHS	B	J4:26.44 8
1) Savanna Olsen 11	2) Brekyn Haugen 8	
3) Natalie R Pfau 12	4) Emmy Sorensen 12	
14 CHS	C	J4:27.35
1) Brooklyn Richards 9	2) Calleigh Stollendorf 8	
3) Kiera Kuklok 8	4) Rachael Lubale 12	
15 LHS	C	xJ4:30.66
1) Norah Sears 7	2) Avery Brousseau 12	
3) Mia Kvas 8	4) Piper Freborg 10	
16 SHS-ND	B	J4:30.69 6
1) Isla Rogne 8	2) Annika Johnson 11	
3) Joely Christianson 7	4) Noelle Richard 8	
17 FD-ND	C	xJ4:31.71
1) Jane Donat 12	2) Tayana Nelson 12	
3) Lauren Watson 9	4) Evelyn Meidinger 11	
18 MIN	D	xJ4:37.87
1) Cassidy King 11	2) Isabelle Aberle 11	
3) Gianna Osborn 12	4) Hailee Valdez 10	
19 CHS	D	xJ4:40.90
1) Bailey Ferderer 10	2) Maya Clark 9	
3) Alynna Buck Elk 11	4) Ella Clark 9	
20 DHS	B	J4:42.89 4
1) Kendra Erickson 10	2) Shaylynn Ziman 9	
3) Emily LaQua 10	4) Clancy Meyer 8	
21 MHS	B	J4:43.93 2
1) Mya Becker 11	2) Aleyah Satnan 12	
3) Kelby Seefeldt 9	4) Kate Beckler 12	
22 MIN	E	xJ4:50.64
1) Danica Zerr 9	2) Leah Dokken 9	
3) Olivia Lantz-Gagne 9	4) Sydney Lyman 9	
23 CHS	E	xJ5:06.13
1) Emily Anderson 8	2) Ellie Cave 12	
3) Nora Nairn 8	4) Norah Walker 10	
24 BHS-ND	B	J5:06.81
1) Jerni Betsill 11	2) Jorja Klaudt 9	
3) Riley Kummer 11	4) Lizzy Kerzman 11	
25 FD-ND	D	xJ5:15.08
1) Leighton Koepplin 10	2) Amelia Gaddie 9	
3) Avery Hanson 8	4) Sophia Getz 7	
--- HHS	C	X4:42.86
1) Payton Hetland 10	2) Colby Mauch 9	
3) Avery Lindemeier 8	4) Narina Boonroueng 7	
--- MIN	C	DQ
1) Ava Neumann 11	2) Ellie Schaefer 11	
3) Madison Lyman 12	4) Caelin Flaten 11	
--- HHS	B	DQ
1) Sophie Hetland 10	2) Quinn Danielson 9	
3) Sophia Domitrovich 9	4) Katie Smith 12	
--- HHS	A	DQ
1) Maddie Novak 11	2) Savannah Mauch 11	
3) Becca Smith 11	4) Jocelyn Wettlaufer 9	

2023 Capital City Invite - 9/9/2023**Results****(Event 12 Girls 400 Yard Freestyle Relay)**

Team	Relay	Finals Time
--- CHS	A	DQ
1) Sienna Mrachek 10	2) Aubrey Caster 9	
3) Molly Osadchy 8	4) Lauryn Caster 12	

Scores - Women

Women - Team Rankings - Through Event 12		
1.	Minot High Girls	412
2.	Bismarck Century High School	377.5
3.	Legacy High School	346.5
4.	Williston Coyotes Swim and Div	240
5.	Dickinson High School	218
6.	Fargo Davies	197
7.	Horace High School	176
8.	Shanley High School	143
9.	Bismarck High School	118
10.	Mandan High School	79
11.	Capstone Classical Academy	10