2026 Girls 3A State Swimming & Diving - 11/5/2026 to 11/6/2026

Results

#1 Girls 200 Yard Medley Relay

3A State: 1:49.33S 2020 Green River
L.Jensen, H.Uhrig, L.Lee, L.Munoz
Pool: 1:53.29P 2026 Lander Valley
All-America: 1:43.97A
AA Cons.: 1:46.15C

	Team	Relay	Prelim Time
Preliminaries			
1	LAN	A	1:53.29P
	Hampton, Cira SR	Denton, Chayse SR	
	Kearns, Sara JR	Rudd, Ang JR	
	29.15 31.14	26.82 26.18	
2	BUF	A	1:56.09
	Mahoskey, Amelia SO	Monterastelli, Milan SO	
	Gripp, Vyolet SO	Roche, Aiyana JR	
	29.26 30.44	29.38 27.01	
3	KEM	A	2:01.44
	Bartschi, Ally SR	Scherr, Payton SO	
	Thatcher, Demi SO	Hunter, Eva SR	
	29.55 32.67	30.29 28.93	
4	SUB	A	2:07.00
	Polk, Sage FR	Williams, Maggie JR	
	Biffle, Landee SO	Landers, Mesa JR	
	35.77 33.49	29.45 28.29	
5	DOU	A	2:07.94
	Dykes, Andrea JR	Clowers, Sam FR	
	Wood, Kenley SR	Dubcakova, Janka JR	
	31.48 43.75	24.35 28.36	
6	RAW	A	2:08.79
	Johansson, Anna SO	Sheets, Jazlynn SR	
	Larsen, Lyberti FR	Cook, Leilah SO	
	33.52 36.97	30.41 27.89	
7	WOR	A	2:11.09
	Clark, Tylee SR	Beamer, Bella JR	
	Campbell, Taylor JR	Cauffman, Katelyn SR	
	32.58 36.79	40.02 21.70	
8	POW	A	2:11.96
	Weckler, April SO	Christensen, Lynea SO	
	Leighton, Stella FR	Kleinfeldt, Autumn FR	
	37.24 35.61	31.14 27.97	
9	LYM	A	2:12.61
	Bitter, Abigail SR	Gossard, Brooke SR	
	Taylor, Madilyn FR	Crane, Oaklee SR	
	35.20 36.23	31.65 29.53	
---	NEW	A	DQ 2:33.30
	Steber, Macy SO	Dean, Natalie SO	
	Francis, Madalyn SR	Bryan, Chevy SO	
	35.75 46.01	37.63 33.91	

#2 Girls 200 Yard Free

3A State: 1:49.95S 2022 Tara Joyce
Pool: 1:55.65P 2026 M.Tattersall
All-America: 1:48.77A
AA Cons.: 1:50.62C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Plaisted, Emily	SR	LAN	2:00.68
	28.05 30.10 31.18 31.35			
2	Heller, Brinlee	JR	LAN	2:05.38
	30.21 32.40 31.88 30.89			
3	Jacob, Katey	SR	BUF	2:06.30
	28.89 32.47 33.16 31.78			
4	Lunstra, Allie	JR	NEW	2:06.35
	28.83 31.80 32.62 33.10			
5	Bentley, Milly	SO	LYM	2:07.35
	27.88 31.77 33.76 33.94			
6	Corbin, Adison	JR	BUF	2:10.43
	28.92 32.07 34.17 35.27			
7	Kemp, Eden	JR	LAN	2:12.25
	29.66 33.49 34.71 34.39			
8	Shell, Brynlee	FR	LYM	2:15.23
	30.67 33.62 35.83 35.11			
9	Campbell, Taylor	JR	WOR	2:15.26
	31.21 35.16 35.42 33.47			
10	Jons, Tessa	SO	BUF	2:15.55
	30.26 33.97 35.90 35.42			
11	Mills, Aylen	JR	SUB	2:16.54
	31.32 34.25 35.85 35.12			
12	Scherbel, Eva	SR	SUB	2:18.13
	31.16 34.04 1:12.93			
13	Dykes, Andrea	JR	DOU	2:20.71
	29.44 35.07 37.72 38.48			
14	Sill, Avery	SR	LYM	2:20.84
	31.45 35.34 37.24 36.81			
15	Golden, Lindsey	FR	LYM	2:22.16
	32.70 36.80 37.51 35.15			
16	Dewitt, Arabella	SO	SUB	2:22.36
	30.38 34.80 39.24 37.94			
17	Laird, Sophie	JR	RAW	2:22.84
	31.40 35.49 37.21 38.74			
18	Bohnet, Kylie	SO	SUB	2:28.08
	33.37 38.45 39.03 37.23			
19	Light, Kayden	SO	BUF	2:29.06
	34.03 38.21 39.89 36.93			

#3 Girls 200 Yard IM

3A State: 2:05.37S 2022 Tara Joyce
Pool: 2:09.71P 2026 Tavia Arnell
All-America: 2:01.55A
AA Cons.: 2:03.71C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Havens, Vayda	JR	LAN	2:12.40
	28.84 33.67 40.40 29.49			
2	Boylen, Charlie	SO	KEM	2:16.38
	28.57 35.60 40.71 31.50			
3	Hampton, Cira	SR	LAN	2:23.01
	30.86 34.02 44.07 34.06			
4	Scherr, Payton	SO	KEM	2:23.47
	31.84 37.97 39.96 33.70			
5	Bartschi, Ally	SR	KEM	2:23.81
	31.51 36.75 42.24 33.31			
6	Larsen, Lyberti	FR	RAW	2:26.54
	31.85 37.73 43.11 33.85			
7	Dubcakova, Janka	JR	DOU	2:26.90
	32.32 36.23 43.83 34.52			
8	Rudd, Ang	JR	LAN	2:29.09
	32.81 37.31 43.77 35.20			
9	Telfer, Tea	SO	SUB	2:31.04
	32.56 41.04 43.35 34.09			
10	Thatcher, Demi	SO	KEM	2:31.54
	31.97 38.64 44.55 36.38			
11	Clark, Tylee	SR	WOR	2:34.13
	32.91 37.68 48.42 35.12			
12	Wood, Kenley	SR	DOU	2:35.98
	33.34 38.90 48.24 35.50			
13	Roche, Aiyana	JR	BUF	2:36.24
	33.01 38.39 47.77 37.07			
14	Gossard, Brooke	SR	LYM	2:39.87
	35.20 39.97 46.61 38.09			
15	Smith, Shelby	JR	NEW	2:41.86
	36.99 39.85 48.36 36.66			
16	Davidson, Maisey	JR	BUF	2:41.96
	34.13 39.72 50.81 37.30			
17	Beamer, Bella	JR	WOR	2:45.18
	35.68 43.16 47.09 39.25			

#4 Girls 50 Yard Free

3A State: 23.98S 2022 Tara Joyce
Pool: 24.48P 2026 Sara Kearns
All-America: 23.07A
AA Cons.: 23.48C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Kearns, Sara	JR	LAN	24.48P
2	Denton, Chayse	SR	LAN	24.76
3	Rogers, Logan	SO	KEM	24.91
4	Dykes, Abby	SR	DOU	25.49
5	Biffle, Landee	SO	SUB	26.43
6	Bartschi, Gabby	SO	KEM	26.48
7	Mahoskey, Amelia	SO	BUF	26.79
8	Ooten, Liv	SR	LAN	27.15
9	Townsend, Tessa	SR	BUF	27.85
10	Cook, Leilah	SO	RAW	28.12
11	Williams, Maggie	JR	SUB	28.34
12	Blackburn, Alayna	FR	LAN	28.58
13	Kleinfeldt, Autumn	FR	POW	28.60
14	Lockman, Ava	FR	BUF	28.69
15	Cook, Danielle	JR	DOU	28.73

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Results

#5 Girls 1 mtr Diving

3A State: 427.95S 1994 Ellen Boodleman
Pool: 472.15P 2026 Ella Reed

	Name	Yr	Team	Prelim Score
Preliminaries				
1	White, Brooklyn	SR	LAN	275.10
2	Johnson, Delanie	SR	WOR	235.20
3	Kleinfeldt, Autumn	FR	POW	229.35
4	Bartschi, Gabby	SO	KEM	226.40
5	Berglund, Allison	JR	BUF	220.20
6	Sanchez, Matison	SR	RAW	212.30
7	Christensen, Lynea	SO	POW	200.95
8	Olssen, Jojo	JR	LAN	184.65
9	Even, Adlyn	SR	LAN	179.25
10	Rounds, Lyla	SR	LAN	171.90
11	Moses, Anwen	SR	BUF	161.50
12	Wood, Wesley	SO	DOU	139.55
13	Francis, Madalyn	SR	NEW	120.55

#6 Girls 200 Yard Free Relay

3A State: 1:40.32S 2024 Lander Valley
S.Kearns, L.Robertson, K.Anderson, V.Havens
Pool: 1:41.60P 2026 Lander Valley
All-America: 1:35.36A
AA Cons.: 1:37.03C

	Team	Relay	Prelim Time
Preliminaries			
1	LAN	A	1:42.04
	Heller, Brinlee JR	Plaisted, Emily SR	
	Denton, Chayse SR	Havens, Vayda JR	
	26.90 25.12	24.90 25.12	
2	KEM	A	1:43.96
	Boylen, Charlie SO	Bartschi, Gabby SO	
	Rogers, Logan SO	Thatcher, Demi SO	
	25.59 26.71	24.38 27.28	
3	BUF	A	1:48.47
	Mahoskey, Amelia SO	Townsend, Tessa SR	
	Corbin, Adison JR	Jacob, Katey SR	
	27.11	26.66	
4	DOU	A	1:49.75
	Dykes, Abby SR	Clowers, Sam FR	
	Dubcakova, Janka JR	Roberson, Guinevere JR	
	26.41 38.38	32.84 12.12	
5	LYM	A	1:51.35
	Taylor, Madilyn FR	Shell, Brynlee FR	
	Gossard, Brooke SR	Bentley, Milly SO	
	27.86 28.69	28.45 26.35	
6	SUB	A	1:55.04
	Telfer, Tea SO	Mills, Aylen JR	
	Landers, Mesa JR	Scherbel, Eva SR	
	28.15 29.26	29.15 28.48	
7	RAW	A	1:55.13
	Larsen, Lyberti FR	Johansson, Anna SO	
	Cook, Leilah SO	Laird, Sophie JR	
	27.11 29.89	29.06 29.07	
8	POW	A	1:58.90
	Kleinfeldt, Autumn FR	Pittman, Lilly SR	
	Weckler, April SO	Hultgren, Claire JR	
	29.16 29.72	29.46 30.56	
9	NEW	A	2:09.57
	Smith, Shelby JR	Lopez, Lillian SO	
	Dean, Natalie SO	Bryan, Chevy SO	
	31.74 30.74	34.16 32.93	

#7 Girls 100 Yard Fly

3A State: 56.39S 2023 Tavia Arnell
Pool: 58.42P 2026 Milan Monterastelli
All-America: 54.22A
AA Cons.: 55.48C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Monterastelli, Milan	SO	BUF	58.42P
	27.17 31.25			
2	Kearns, Sara	JR	LAN	1:00.83
	28.69 32.14			
3	Woltman, Iris	JR	LAN	1:05.17
	29.99 35.18			
4	Kemp, Eden	JR	LAN	1:05.50
	30.76 34.74			
5	Lunstra, Allie	JR	NEW	1:06.90
	30.80 36.10			
6	Gripp, Vyolet	SO	BUF	1:07.92
	31.79 36.13			
7	Larsen, Lyberti	FR	RAW	1:08.22
	32.02 36.20			
8	Christensen, Lynea	SO	POW	1:09.24
	31.63 37.61			
9	Wood, Kenley	SR	DOU	1:10.91
	33.08 37.83			
10	Biffle, Landee	SO	SUB	1:11.75
	31.85 39.90			
11	Roche, Aiyana	JR	BUF	1:12.67
	32.93 39.74			
12	Leighton, Stella	FR	POW	1:14.23
	34.01 40.22			
13	Sill, Avery	SR	LYM	1:15.58
	35.12 40.46			
14	Beamer, Bella	JR	WOR	1:16.44
	34.86 41.58			

#8 Girls 100 Yard Free

3A State: 51.00S 2022 Tara Joyce
Pool: 53.13P 2026 Tavia Arnell
All-America: 50.17A
AA Cons.: 51.03C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Havens, Vayda	JR	LAN	53.33
	26.03 27.30			
2	Rogers, Logan	SO	KEM	55.85
	26.60 29.25			
3	McCoy, Ranoah	FR	LAN	57.02
	27.08 29.94			
4	Dykes, Abby	SR	DOU	57.54
	27.29 30.25			
5	Gripp, Vyolet	SO	BUF	59.48
	28.69 30.79			
6	Corbin, Adison	JR	BUF	1:00.09
	28.41 31.68			
7	Ooten, Liv	SR	LAN	1:00.43
	28.93 31.50			
8	Townsend, Tessa	SR	BUF	1:01.55
	29.39 32.16			
9	Taylor, Madilyn	FR	LYM	1:01.91
	29.27 32.64			
10	Verplancke, Taya	SO	BUF	1:01.96
	28.89 33.07			
11	Even, Adlyn	SR	LAN	1:02.35
	29.15 33.20			
12	Scherbel, Eva	SR	SUB	1:02.52
	30.53 31.99			
13	Mills, Aylen	JR	SUB	1:03.92
	31.03 32.89			
14	Steber, Macy	SO	NEW	1:05.12
	30.63 34.49			
15	Clowers, Sam	FR	DOU	1:05.52
	31.03 34.49			
16	Light, Kayden	SO	BUF	1:10.54
	33.08 37.46			

#9 Girls 500 Yard Free

3A State: 5:06.79S 2022 Tara Joyce
Pool: 5:14.46P 2026 Vayda Havens
All-America: 4:52.42A
AA Cons.: 4:57.57C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Roberson, Guinevere	JR	DOU	5:27.77
	28.26 31.64 32.50 33.28			
	34.01 33.54 33.43 33.92			
	33.04 34.15			
2	Plaisted, Emily	SR	LAN	5:29.95
	29.12 32.24 32.63 33.45			
	33.49 33.24 33.96 33.88			
	34.26 33.68			
3	Bentley, Milly	SO	LYM	5:52.11
	29.99 33.26 35.67 36.49			
	36.34 36.26 36.34 36.28			
	36.59 34.89			
4	Woltman, Iris	JR	LAN	5:57.75
	31.74 34.76 35.80 36.82			
	36.84 36.56 36.80 36.67			
	36.22 35.54			
5	Jacob, Katey	SR	BUF	5:59.70
	31.88 35.75 37.72 37.22			
	37.28 36.33 37.09 37.25			
	36.32 32.86			

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Results

Preliminaries ... (#9 Girls 500 Yard Free)

6	Telfer, Tea	SO	SUB	6:01.81
	32.56	36.14	37.49	36.88
	37.64	37.67	36.39	36.46
	36.43	34.15		
7	Jacob, Haley	SO	BUF	6:02.21
	32.17	34.87	36.63	37.26
	36.72	36.73	38.04	37.22
	37.50	35.07		
8	Jons, Tessa	SO	BUF	6:05.39
	31.85	35.58	36.92	37.71
	37.14	37.45	37.69	37.64
	37.23	36.18		
9	Shell, Brynlee	FR	LYM	6:20.84
	33.71	38.03	38.49	39.55
	38.97	39.99	38.32	38.97
	38.20	36.61		
10	Campbell, Taylor	JR	WOR	6:24.32
	32.72	38.24	38.52	39.12
	39.12	39.32	39.97	40.38
	39.15	37.78		
11	Day, Tempie	JR	POW	6:30.14
	34.69	37.80	39.58	40.39
	40.27	41.02	40.10	40.65
	39.29	36.35		
12	Bohnet, Kylie	SO	SUB	6:39.96
	36.68	41.03	40.92	41.18
	39.97	40.19	41.53	40.32
	40.09	38.05		
13	Laird, Sophie	JR	RAW	6:40.67
	35.47	37.54	39.09	40.23
	41.02	41.34	41.51	42.10
	42.19	40.18		
14	Bennick, Molly	FR	BUF	6:41.59
	35.17	41.40	41.16	40.50
	40.43	40.69	41.33	40.54
	40.71	39.66		
15	Cauffman, Katelyn	SR	WOR	6:44.73
	34.82	39.58	40.99	41.81
	42.09	40.33	40.46	41.61
	42.22	40.82		
16	Aleman, Alicia	JR	LYM	6:45.78
	34.41	40.20	41.06	41.93
	42.01	41.96	42.26	41.34
	40.38	40.23		

#10 Girls 100 Yard Back

3A State: 56.90S 2022 Tara Joyce
Pool: 58.97P 2026 Amaya Olivieri
All-America: 54.70A
AA Cons.: 55.82C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Hampton, Cira	SR	LAN	1:02.18
	30.22	31.96		
2	Roberson, Guinevere	JR	DOU	1:02.62
	29.75	32.87		
3	Mahoskey, Amelia	SO	BUF	1:05.37
	31.19	34.18		
4	Bartschi, Ally	SR	KEM	1:05.46
	31.88	33.58		
5	Clark, Tylee	SR	WOR	1:07.79
	32.46	35.33		
6	Dykes, Andrea	JR	DOU	1:08.48
	32.33	36.15		
7	Verplancke, Taya	SO	BUF	1:09.21
	33.27	35.94		
8	Blackburn, Alayna	FR	LAN	1:10.93
	34.02	36.91		
9	Taylor, Madilyn	FR	LYM	1:11.61
	34.68	36.93		
10	Dearden, Emileen	JR	KEM	1:12.09
	35.04	37.05		
11	Landers, Mesa	JR	SUB	1:12.95
	34.23	38.72		
12	Smith, Shelby	JR	NEW	1:13.00
	36.32	36.68		
13	Johansson, Anna	SO	RAW	1:13.15
	34.94	38.21		
14	Hunter, Eva	SR	KEM	1:13.67
	35.39	38.28		
15	Davidson, Maisey	JR	BUF	1:14.03
	36.39	37.64		
16	Bitter, Abigail	SR	LYM	1:17.15
	37.33	39.82		
17	Polk, Sage	FR	SUB	1:20.05
	36.35	43.70		

#11 Girls 100 Yard Breast

3A State: 1:04.33S 2025 Milan Monterastelli
Pool: 1:04.79P 2026 Milan Monterastelli
All-America: 1:02.59A
AA Cons.: 1:03.85C

	Name	Yr	Team	Prelim Time
Preliminaries				
1	Monterastelli, Milan	SO	BUF	1:05.04
	30.90	34.14		
2	Boylen, Charlie	SO	KEM	1:07.75
	31.28	36.47		
3	Denton, Chayse	SR	LAN	1:09.70
	32.07	37.63		
4	Heller, Brinlee	JR	LAN	1:11.69
	34.33	37.36		
5	Scherr, Payton	SO	KEM	1:13.97
	35.19	38.78		
6	Rudd, Ang	JR	LAN	1:14.42
	34.93	39.49		
7	Williams, Maggie	JR	SUB	1:14.55
	35.29	39.26		
8	Thatcher, Demi	SO	KEM	1:16.13
	35.26	40.87		
9	Jacob, Haley	SO	BUF	1:20.60
	37.72	42.88		
10	Sheets, Jazlynn	SR	RAW	1:21.08
	39.28	41.80		
11	Johansson, Anna	SO	RAW	1:21.44
	37.98	43.46		
12	Lockman, Ava	FR	BUF	1:21.53
	37.89	43.64		
13	Gossard, Brooke	SR	LYM	1:21.86
	38.41	43.45		
14	Dubcakova, Janka	JR	DOU	1:22.12
	37.93	44.19		
15	Clowers, Sam	FR	DOU	1:22.71
	39.65	43.06		
16	Dewitt, Arabella	SO	SUB	1:22.74
	38.60	44.14		
17	Giltner, Meredyth	SO	POW	1:23.10
	38.62	44.48		
18	Erkkila, Sophie	SO	POW	1:25.16
	39.84	45.32		
19	Golden, Lindsey	FR	LYM	1:26.15
	41.30	44.85		
20	White, Brooklyn	SR	LAN	1:29.65
	41.23	48.42		

#12 Girls 400 Yard Free Relay

3A State: 3:39.58S 2025 Lander Valley
S.Kearns, D.Reinhardt, K.Anderson, V.Havens
Pool: 3:42.93P 2026 Lander Valley
All-America: 3:27.43A
AA Cons.: 3:31.02C

	Team	Relay	Prelim Time
Preliminaries			
1	LAN	A	3:42.93P
	Kearns, Sara JR	Plaisted, Emily SR	
	McCoy, Ranoah FR	Havens, Vayda JR	
	26.14 54.30	26.54 55.50	
	27.39 59.17	26.13 53.96	
2	KEM	A	3:48.99
	Rogers, Logan SO	Bartschi, Gabby SO	
	Boylen, Charlie SO	Scherr, Payton SO	
	26.20 55.08	28.87 59.32	
	26.24 55.30	27.95 59.29	
3	BUF	A	4:05.00
	Gripp, Vyolet SO	Corbin, Adison JR	
	Jons, Tessa SO	Monterastelli, Milan SO	
	28.80 59.69	28.18 1:01.17	
	30.33 1:04.61	27.65 59.53	
4	DOU	A	4:09.81
	Roberson, Guinevere JI	Wood, Kenley SR	
	Dykes, Andrea JR	Dykes, Abby SR	
	28.73 1:00.98	30.39 1:05.19	
	29.53 1:14.34	49.30	

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Results

Preliminaries ... (#12 Girls 400 Yard Free Relay)

5	SUB		A	4:14.95
	Telfer, Tea SO		Mills, Aylen JR	
	Biffle, Landee SO		Scherbel, Eva SR	
	30.46	1:04.09	31.70	1:05.64
	28.59	1:01.08	30.93	1:04.14
6	LYM		A	4:15.29
	Shell, Brynlee FR		Cox, Gemma FR	
	Sill, Avery SR		Bentley, Milly SO	
	30.69	1:04.22	31.68	1:07.98
	30.24	1:03.54	27.84	59.55
7	NEW		A	4:23.22
	Lunstra, Allie JR		Lopez, Lillian SO	
	Smith, Shelby JR		Steber, Macy SO	
	27.48	57.92	32.18	1:10.54
	33.26	1:09.15	30.86	1:05.61
8	RAW		A	4:24.50
	Masanz, Megan SO		Sheets, Jazlynn SR	
	Cook, Leilah SO		Laird, Sophie JR	
	32.40	1:07.10	31.99	1:08.39
	30.16	1:04.95	30.14	1:04.06
9	WOR		A	4:27.60
	Cauffman, Katelyn SR		Campbell, Taylor JR	
	Beamer, Bella JR		Clark, Tylee SR	
	32.47	1:08.57	31.04	1:06.35
	32.36	1:08.85	30.28	1:03.83
10	POW		A	4:31.24
	Hultgren, Claire JR		Pittman, Lilly SR	
	Weckler, April SO		Christensen, Lynea SO	
	33.16	1:10.35	31.32	1:07.19
	31.29	1:09.28	30.76	1:04.42