

**Cheyenne Quad Duals - 9/8/2023**  
**Results - Cheyenne Quad Duals**

**#1 Girls 200 Yard Medley Relay**

Team	Relay	Finals Time		
1 CEN-WY	A	1:58.13		
		30.19	33.60	28.22 26.12
2 LAR	A	2:05.30		
		31.36	35.36	30.65 27.93
3 CSO-WY	A	2:08.50		
		31.62	36.77	29.71 30.40
4 LAR	B	2:11.50		
		34.62	36.34	31.80 28.74
5 CEN-WY	B	2:13.02		
		32.43	36.48	41.13 22.98
6 EAS-WY	A	2:27.25		
		42.17	37.63	36.53 30.92
7 CEN-WY	C	x2:28.49		
		35.04	38.60	49.54 25.31
8 LAR	C	x2:29.57		
		36.14	54.70	27.55 31.18
9 CSO-WY	B	2:33.84		
		39.71	39.04	47.99 27.10
10 EAS-WY	B	2:53.56		
		48.26	43.53	43.67 38.10
11 CSO-WY	C	x3:03.46		
		44.87	56.37	51.69 30.53
--- CEN-WY	D	DQ		
		43.59	48.44	43.10 38.90
--- LAR	D	DQ		
		34.86	47.12	47.88 33.68

**#2 Girls 200 Yard Free**

Name	Yr	Team	Finals Time	
1 Shoales, Michelle	SR	LAR	2:05.11	
			27.87	31.80 32.75 32.69
2 DeLay, Izzy	SR	CEN-WY	2:05.94	
			28.77	32.55 32.93 31.69
3 Smith, Brooklyn	SR	LAR	2:14.43	
			31.40	34.35 34.93 33.75
4 Ayokosok, Nzelle	SO	EAS-WY	2:14.64	
			29.11	34.04 35.85 35.64
5 Jackson, Macradee	SR	EAS-WY	2:16.27	
			30.94	35.33 35.32 34.68
6 VanHorn, Laura	SO	CEN-WY	2:20.00	
			31.78	35.62 37.14 35.46
7 Bailey, Lillie	JR	CEN-WY	2:20.76	
			32.95	35.86 36.42 35.53
8 Cook, Addy	SO	LAR	2:26.08	
			33.68	37.68 37.96 36.76
9 Mobley, Portia	SR	LAR	x2:26.19	
			33.43	37.24 38.12 37.40

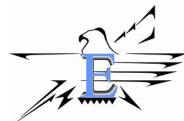
10 Robinson, Quin	SR	LAR	x2:27.19	
			33.68	37.44 38.44 37.63
11 Hodges, Davanee	SO	LAR	x2:31.38	
			35.53	38.85 39.13 37.87
12 Bellman, Mady	FR	LAR	x2:37.23	
			35.46	40.09 41.32 40.36
13 Newman, Ella	SO	CSO-WY	2:39.50	
			36.65	41.33 41.13 40.39
14 Lewis, Kate	SO	LAR	x2:43.21	
			36.77	41.58 42.47 42.39
15 Hess, Haley	JR	CEN-WY	x2:47.28	
			37.91	42.51 43.79 43.07
16 Halsey, Bailey	SR	CSO-WY	2:53.96	
			38.59	44.20 45.72 45.45
17 Smith, Inez	FR	CSO-WY	3:10.20	
			41.49	48.57 51.02 49.12
18 Akes, Shaylyn	FR	EAS-WY	3:11.69	
			43.24	48.22 51.38 48.85
--- Grover, Mikayla	FR	CEN-WY	DQ	
			31.85	35.01 35.66 34.53

**#3 Girls 200 Yard IM**

Name	Yr	Team	Finals Time	
1 Hood, Kayleigh	SO	CEN-WY	2:22.77	
			31.17	34.59 42.49 34.52
2 Gelwicks, Morgan	JR	LAR	2:31.75	
			33.18	40.83 42.95 34.79
3 Henderson, Keely	JR	CSO-WY	2:33.59	
			33.53	40.63 43.22 36.21
4 Smith, Braley	SR	LAR	2:35.96	
			33.89	40.63 46.53 34.91
5 James, Abigail	FR	EAS-WY	2:36.56	
			34.03	42.34 46.67 33.52
6 Loseke, Emma	JR	LAR	2:39.49	
			35.78	40.60 44.04 39.07
7 Gilliland, Elsie	JR	CSO-WY	2:41.36	
			31.87	40.07 51.49 37.93
8 Schaefer, Lily	JR	CEN-WY	2:47.76	
			37.15	42.35 49.67 38.59
9 Mikesell, Celest	SO	CEN-WY	2:53.00	
			40.25	48.30 44.56 39.89
10 Mcmillen, Kaden	JR	CEN-WY	x2:55.06	
			38.43	43.05 57.34 36.24
11 Mathes, Mia	FR	LAR	x3:03.00	
			1:23.46	1:00.52 39.16
--- Lovelis, Dakota	JR	EAS-WY	DQ	
			51.14	53.16 1:03.36 44.63
--- Valentine, Gentry	FR	CSO-WY	NS	

**#4 Girls 50 Yard Free**

Name	Yr	Team	Finals Time	
1 Meares, Emily	SR	CEN-WY	26.65	
2 Sanford, Grace	SO	LAR	27.98	
3 Fisher, Hannah	JR	CSO-WY	28.10	
4 Brown, Janaeh	SR	CSO-WY	28.20	
5 Upward, Lindsey	JR	CEN-WY	28.43	
6 Brown, Jaelyn	FR	CSO-WY	28.71	
7 Baker, Cate	FR	CEN-WY	28.89	
8 Schabron, MacKenna	SO	LAR	29.16	
9 Link, Poppy	SR	LAR	29.37	
10 Wiblemo, Alex	JR	CEN-WY	x29.57	
11 Walton, Emma	SO	EAS-WY	29.69	
12 Coffin, Jairah	SR	LAR	x29.80	
13 Meares, Norah	FR	CEN-WY	x29.86	
14 Thelen, Alex	FR	LAR	x30.02	
15 Taff, Rowyn	SO	LAR	x30.12	
16 Lozano, Zoey	SR	LAR	x30.76	
17 Mallberg, Brynn	SO	LAR	x30.89	
18 Link, Hazel	SO	LAR	x31.14	
19 Davis, Liberty	SR	CEN-WY	x31.94	
20 Wentroble, Lacie	SO	CSO-WY	x32.00	
21 Simpson, Kaidyn	JR	EAS-WY	32.15	
22 Simkins, Reese	FR	CEN-WY	x32.25	
23 Harpstreith, Adelyn	FR	CEN-WY	x32.45	
24 Wallace, Mary	SO	EAS-WY	32.94	
25 Seitz, Vesper	SO	EAS-WY	x33.36	
26 Horst, Anna	FR	CEN-WY	x34.40	
27 Shank, Ziva	FR	CSO-WY	x34.50	
28 Moore, Lucy	FR	LAR	x35.70	
29 Davis, Chloe	FR	CEN-WY	x38.42	
30 Brewer, Grace	JR	CEN-WY	x38.57	
31 Brant, Olivia	FR	LAR	x39.45	
32 Collins, Jaedyn	SO	CSO-WY	x39.71	
33 Lozano, Lucy	FR	LAR	x40.01	
34 Tiernan, Kara	SR	LAR	x40.10	
35 Pohorelow, Alex	SO	CSO-WY	x40.46	
36 Bliss, Arianna	SR	CSO-WY	x40.71	
37 Pohlman, Bella	SO	CSO-WY	x41.57	
38 Cook, Lorna	FR	LAR	x43.17	
39 Kinder, Ivy	FR	LAR	x43.35	
40 Stensgaard, Amry	SO	EAS-WY	x44.54	
41 Davis, Lizzy	SR	CEN-WY	x46.20	
42 Paulson, Jasmine	FR	EAS-WY	x56.85	
43 Garcia, Selena	SO	EAS-WY	x1:03.17	
--- Sunderland, Makinley	FR	CEN-WY	NS	
--- Reed, Ella	FR	CEN-WY	NS	



**Cheyenne Quad Duals - 9/8/2023**  
**Results - Cheyenne Quad Duals**

**#5 Girls 1 mtr Diving**

Name	Yr	Team	Finals Score
1 Birdsley, Rowyn	JR	LAR	230.25
2 Fowler, Addison	JR	LAR	188.50
3 Reed, Ella	FR	CEN-WY	184.10
4 Enevoldsen, Brynlee	FR	LAR	172.40
5 Henry, Emma	JR	LAR	x169.35
6 Griffiths, Eva	JR	LAR	x149.10
--- Turpin, Maggie	JR	LAR	NS

**#6 Girls 100 Yard Fly**

Name	Yr	Team	Finals Time
1 Meares, Emily	SR	CEN-WY	1:03.46
29.94	33.52		
2 Gilliland, Elsie	JR	CSO-WY	1:09.23
32.12	37.11		
3 Brown, Janaeh	SR	CSO-WY	1:09.78
32.06	37.72		
4 Schabron, MacKenna	SO	LAR	1:11.32
34.02	37.30		
5 Caputo-Wilkowski, Rea	FR	LAR	1:11.71
33.24	38.47		
6 Link, Hazel	SO	LAR	1:11.78
34.94	36.84		
7 Wiblemo, Alex	JR	CEN-WY	1:18.05
35.05	43.00		
8 Schaefer, Lily	JR	CEN-WY	1:23.52
38.05	45.47		
9 Mathes, Mia	FR	LAR	x1:29.89
39.04	50.85		
10 Goertel, Mikkel	FR	EAS-WY	1:38.45
47.04	51.41		
11 Little, Maci	FR	EAS-WY	1:39.44
43.66	55.78		
12 Driefus, Qiana	FR	EAS-WY	1:49.09
44.24	1:04.85		

**#7 Girls 100 Yard Free**

Name	Yr	Team	Finals Time
1 Graves, Addi	FR	LAR	58.98
28.34	30.64		
2 Sanford, Grace	SO	LAR	1:00.67
29.09	31.58		
3 James, Abigail	FR	EAS-WY	1:02.39
30.66	31.73		
4 Brown, Jaelyn	FR	CSO-WY	1:02.81
30.58	32.23		
5 Meares, Norah	FR	CEN-WY	1:04.73
31.66	33.07		

6 Link, Poppy	SR	LAR	1:04.90
30.79	34.11		
7 Upward, Lindsey	JR	CEN-WY	1:05.74
31.66	34.08		
8 Baker, Cate	FR	CEN-WY	1:06.24
31.99	34.25		
9 Walton, Emma	SO	EAS-WY	1:06.84
32.33	34.51		
10 Taff, Rowyn	SO	LAR	x1:08.37
33.49	34.88		
11 Davis, Liberty	SR	CEN-WY	x1:10.58
34.29	36.29		
12 Simpson, Kaidyn	JR	EAS-WY	1:10.86
33.99	36.87		
13 Lewis, Kate	SO	LAR	x1:14.35
35.56	38.79		
14 Wentroble, Lacie	SO	CSO-WY	1:14.40
35.13	39.27		
15 Seitz, Vesper	SO	EAS-WY	x1:14.97
34.66	40.31		
16 Studyvin, Makayla	FR	LAR	x1:19.45
37.28	42.17		
17 Horst, Anna	FR	CEN-WY	x1:21.85
37.84	44.01		
18 Davis, Chloe	FR	CEN-WY	x1:23.46
41.80	41.66		
19 Collins, Jaedyn	SO	CSO-WY	1:26.93
40.83	46.10		
20 Pohlman, Bella	SO	CSO-WY	x1:30.27
42.81	47.46		
21 Stensgaard, Amry	SO	EAS-WY	x1:41.40
45.96	55.44		
--- Valentine, Gentry	FR	CSO-WY	NS
--- Paulson, Jasmine	FR	EAS-WY	NS
--- Garcia, Selena	SO	EAS-WY	NS

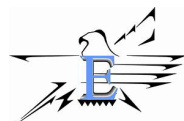
**#8 Girls 500 Yard Free**

Name	Yr	Team	Finals Time
1 Shoales, Michelle	SR	LAR	5:46.46
29.58	34.36	35.95	35.57
35.49	35.54	35.69	35.36
35.11	33.81		
2 Smith, Brooklyn	SR	LAR	5:51.94
32.55	35.41	35.87	36.00
36.01	35.94	35.42	35.15
35.09	34.50		
3 Whitesell, Jaesa	SR	CEN-WY	5:54.25
32.10	35.53	35.98	35.92
35.87	35.88	35.99	35.25
36.46	35.27		

4 Grover, Mikayla	FR	CEN-WY	6:07.19
33.73	38.30	37.46	37.35
37.87	38.01	36.58	37.30
36.44	34.15		
5 Henderson, Keely	JR	CSO-WY	6:16.67
32.63	37.85	38.22	38.41
38.25	38.00	38.42	38.65
38.67	37.57		
6 Ayokosok, Nzelle	SO	EAS-WY	6:18.09
31.91	37.07	38.45	38.64
38.30	38.81	38.82	39.55
39.11	37.43		
7 Robinson, Quin	SR	LAR	6:30.29
33.66	37.40	39.13	40.12
40.22	40.97	40.62	39.89
40.30	37.98		
8 Cook, Addy	SO	LAR	x6:42.74
36.13	40.09	41.38	41.55
42.12	41.47	40.90	40.62
40.04	38.44		
9 Newman, Ella	SO	CSO-WY	7:22.00
37.60	43.11	45.12	45.92
45.43	46.07	46.24	44.98
44.34	43.19		
10 Hess, Haley	JR	CEN-WY	7:25.04
39.41	43.90	44.85	45.45
46.41	45.87	46.79	45.81
44.42	42.13		
11 Gage, Natalie	FR	EAS-WY	7:31.54
39.57	44.56	44.85	45.33
45.67	46.32	47.44	47.45
46.27	44.08		
12 Halsey, Bailey	SR	CSO-WY	7:37.14
38.09	44.72	46.05	47.06
47.08	47.40	46.92	47.85
47.43	44.54		
13 Lovelis, Dakota	JR	EAS-WY	7:41.94
40.91	43.72	45.15	47.62
45.95	48.69	45.90	49.74
49.90	44.36		

**#9 Girls 200 Yard Free Relay**

Team	Relay	Finals Time
1 LAR	A	1:49.52
28.13	26.84	28.18
26.37		
2 CEN-WY	A	1:53.62
28.70	28.85	27.94
28.13		
3 LAR	B	1:54.50
28.53	28.56	29.72
27.69		



**Cheyenne Quad Duals - 9/8/2023**  
**Results - Cheyenne Quad Duals**

**(#9 Girls 200 Yard Free Relay)**

4	EAS-WY	A	1:54.68
	29.84	30.34	28.13 26.37
5	CEN-WY	B	1:59.85
	29.64	31.15	28.81 30.25
6	LAR	C	x2:02.12
	30.22	30.82	30.23 30.85
7	CSO-WY	A	2:04.54
	29.54	33.48	32.98 28.54
8	EAS-WY	B	2:15.15
	34.74	32.88	36.02 31.51
9	CEN-WY	C	x2:16.54
	33.75	43.31	23.46 36.02
10	LAR	D	x2:20.48
	30.83	32.97	36.34 40.34
11	CSO-WY	B	2:24.89
	41.44	37.09	34.65 31.71
12	CSO-WY	C	x2:34.42
	39.95	41.07	38.05 35.35
13	LAR	E	x2:48.68
	40.03	48.60	38.51 41.54
---	EAS-WY	C	DQ
	40.33	36.69	1:14.51 27.48
---	CEN-WY	D	NS

**#10 Girls 100 Yard Back**

Name	Yr	Team	Finals Time
1 Hood, Kayleigh	SO	CEN-WY	1:03.58
	30.89	32.69	
2 Graves, Addi	FR	LAR	1:06.59
	32.96	33.63	
3 Smith, Braley	SR	LAR	1:08.69
	33.08	35.61	
4 Jackson, Macradee	SR	EAS-WY	1:09.11
	33.46	35.65	
5 Fisher, Hannah	JR	CSO-WY	1:10.12
	33.57	36.55	
6 VanHorn, Laura	SO	CEN-WY	1:10.23
	33.49	36.74	
7 Mobley, Portia	SR	LAR	1:11.99
	34.53	37.46	
8 Mcmillen, Kaden	JR	CEN-WY	1:13.72
	36.20	37.52	
9 Tiernan, Kara	SR	LAR	x1:14.36
10 Coffin, Jairah	SR	LAR	x1:15.81
	36.62	39.19	
11 Bellman, Mady	FR	LAR	x1:17.43
	38.59	38.84	

12	Mallberg, Brynn	SO	LAR	x1:17.70
	37.45	40.25		
13	Driefus, Qiana	FR	EAS-WY	1:23.72
	40.79	42.93		
14	Little, Maci	FR	EAS-WY	1:35.39
	46.48	48.91		
15	Moore, Lucy	FR	LAR	x1:37.79
	46.44	51.35		
16	Smith, Inez	FR	CSO-WY	1:39.68
	47.00	52.68		
17	Cook, Lorna	FR	LAR	x1:41.60
	46.96	54.64		
18	Brant, Olivia	FR	LAR	x1:48.31
19	Brewer, Grace	JR	CEN-WY	x1:51.04
	1:33.67	17.37		
20	Lozano, Lucy	FR	LAR	x1:52.14
	54.34	57.80		
21	Studyvin, Makayla	FR	LAR	x2:28.47
	1:39.43	49.04		
---	Davis, Lizzy	SR	CEN-WY	DQ
	1:09.14	1:20.92		
---	Shank, Ziva	FR	CSO-WY	DQ
	43.24	49.43		
---	Kinder, Ivy	FR	LAR	DQ
---	Sunderland, Makinley	FR	CEN-WY	NS

**#11 Girls 100 Yard Breast**

Name	Yr	Team	Finals Time
1 DeLay, Izzy	SR	CEN-WY	1:09.50
	32.84	36.66	
2 Whitesell, Jaesa	SR	CEN-WY	1:14.34
	34.59	39.75	
3 Gelwicks, Morgan	JR	LAR	1:19.61
	38.36	41.25	
4 Lozano, Zoey	SR	LAR	1:19.62
	38.22	41.40	
5 Thelen, Alex	FR	LAR	1:19.75
	38.87	40.88	
6 Caputo-Wilkowski, Rea	FR	LAR	x1:20.71
	38.49	42.22	
7 Loseke, Emma	JR	LAR	x1:21.00
	38.93	42.07	
8 Mikesell, Celest	SO	CEN-WY	1:23.29
	39.33	43.96	
9 Hodges, Davanee	SO	LAR	x1:23.90
	38.97	44.93	
10 Wallace, Mary	SO	EAS-WY	1:26.00
	39.20	46.80	
11 Simkins, Reese	FR	CEN-WY	x1:28.26
	42.21	46.05	

12	Harpstreith, Adelyn	FR	CEN-WY	x1:35.93
	44.12	51.81		
13	Goertel, Mikkel	FR	EAS-WY	1:36.64
	46.17	50.47		
14	Gage, Natalie	FR	EAS-WY	1:37.17
	46.16	51.01		
15	Pohorelow, Alex	SO	CSO-WY	2:05.08
	57.39	1:07.69		
16	Akes, Shaylyn	FR	EAS-WY	x2:19.53
	1:01.88	1:17.65		
---	Bailey, Lillie	JR	CEN-WY	DQ
	38.94	41.59		

**#12 Girls 400 Yard Free Relay**

Team	Relay	Finals Time	
1 CEN-WY	A	3:57.12	
	27.32 57.70 15.00 30.16		
	32.90 1:01.08 30.56 1:28.18		
2 LAR	A	4:01.22	
	29.53 1:02.25 29.20 1:01.30		
	28.68 59.69 27.07 57.98		
3 CSO-WY	A	4:11.88	
	29.57 1:02.80 29.99 1:12.28		
	21.63 1:00.44 23.25 56.36		
4 EAS-WY	A	4:14.80	
	28.57 1:00.40 31.61 1:06.06		
	29.96 1:04.55 30.56 1:03.79		
5 CEN-WY	B	4:24.50	
	31.59 1:07.87 30.18 1:04.25		
	31.36 1:06.05 31.28 1:06.33		
6 CEN-WY	C	x4:44.85	
	32.23 1:08.00 33.17 1:10.55		
	32.61 1:09.30 36.45 1:17.00		
7 EAS-WY	B	5:09.06	
	37.50 1:19.91 33.51 1:11.57		
	37.44 1:18.09 37.96 1:19.49		
---	LAR	B	DQ
	29.89 1:02.98 31.14 1:07.74		
	31.27 1:05.72 29.61 1:03.19		

