

2022 MSHSL Girls A Swim & Dive Championships - 11/16/2022 to 11/18/2022

Meet Program

**Event 1 Girls 200 Yard Medley Relay**

**MN All-Time:** 1:41.57 11/20/2015 **Wayzata**  
**C Quast, M Preiss, A Schaaf, C Donlin**

**MN Class A:** 1:43.61 11/20/2015 **Albert Lea** **Albert Lea**  
**B Sandon, L Horejsi, A Jensen, A Andersen**

**Nat'l:** 1:38.13 2/11/2018 **Fort Collins Fossil Ridge, CO**  
**B Stewart, Z Bartel, C Gillilan, K Alons**

Lane	Team	Relay	Seed Time	Prelim Time	Place
<b>Heat 1 of 3 Prelims</b>					
1	Park Rapids		1:57.06	_____	_____
2	Cretin-Derham Hall		1:51.78	_____	_____
3	Mound Westonka-HolyFamily		1:50.87	_____	_____
4	Delano		1:49.31	_____	_____
5	Breck School		1:50.75	_____	_____
6	Sauk Centre		1:51.23	_____	_____
7	Waconia		1:51.86	_____	_____
8				_____	_____
<b>Heat 2 of 3 Prelims</b>					
1	Grand Rapids		1:54.21	_____	_____
2	Winona		1:51.72	_____	_____
3	Orono		1:50.86	_____	_____
4	Mankato West		1:49.09	_____	_____
5	Melrose Area		1:50.42	_____	_____
6	Alexandria		1:51.15	_____	_____
7	Cathedral St John's Prep		1:51.81	_____	_____
8	Thief River Falls		1:58.12	_____	_____
<b>Heat 3 of 3 Prelims</b>					
1	Mahtomedi		1:51.99	_____	_____
2	New Prague		1:51.68	_____	_____
3	Monticello		1:50.75	_____	_____
4	Visitation		1:48.91	_____	_____
5	Blake School (The)		1:49.48	_____	_____
6	St Cloud Tech		1:50.96	_____	_____
7	Hutchinson		1:51.79	_____	_____
8	Mesabi East		1:57.32	_____	_____

**Event 2 Girls 200 Yard Freestyle**

**MN All-Time:** 1:47.33 11/18/2016 **Carly Quast** **Wayzata**

**MN Class A:** 1:47.72 11/19/2015 **Abbie Dolan** **Visitation**

**Nat'l:** 1:42.81 11/20/2008 **Dagny Knutson** **Minot, ND**

Lane	Name	Year	School	Seed Time	Prelim Time	Place
<b>Heat 1 of 3 Prelims</b>						
1					_____	_____
2	Laney Schneider	12	Rocori	2:00.26	_____	_____
3	Geli Stenson	12	Hibbing	1:57.42	_____	_____
4	Isabel Espinosa	11	Mounds Park Acad, St Crx Prep	1:54.01	_____	_____
5	Ellie Kilgard	11	Foley	1:56.31	_____	_____
6	Stella Anderson Moyer	12	Simley	1:58.57	_____	_____
7	Hannah Sandman	12	Cloquet Esko Carlton	2:01.90	_____	_____
8					_____	_____

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Heat 2 Prelims... (Event 2 Girls 200 Yard Freestyle)

1	Lizzie Seifert	11	Park Rapids	2:04.03	_____	_____
2	Shelby Benker	12	Delano	1:59.91	_____	_____
3	Faith McAdam	12	Visitation	1:56.58	_____	_____
4	Ella Passe	12	Visitation	1:52.99	_____	_____
5	Graycin Andreen	9	Orono	1:55.96	_____	_____
6	Emma Rudowsky	9	Benilde-St Margaret's	1:58.39	_____	_____
7	McKenna Biegler	10	Monticello	2:01.23	_____	_____
8					_____	_____

Heat 3 of 3 Prelims

1	Faith Hamm	12	Detroit Lakes	2:02.74	_____	_____
2	Payten Schieffer	11	New Prague	1:58.78	_____	_____
3	Tessa Lindstrom	11	Visitation	1:56.42	_____	_____
4	Hannah Denzer	11	Saint Peter	1:52.08	_____	_____
5	Elizabeth Burke	12	Visitation	1:54.75	_____	_____
6	Claire Prindiville	12	Benilde-St Margaret's	1:57.96	_____	_____
7	Brooklyn Millward	12	Alexandria	2:00.28	_____	_____
8					_____	_____

Event 3 Girls 200 Yard IM

MN All-Time:	1:59.77	11/14/2014	Lindsey Horejsi	Albert Lea
MN Class A:	1:59.77	11/14/2014	Lindsey Horejsi	Albert Lea
Nat'l:	1:53.73	2/25/2021	Torri Huske	Yorktown, VA

Lane	Name	Year	School	Seed Time	Prelim Time	Place
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Heat 1 of 3 Prelims

1	Chloe Petersen	11	Grand Rapids	2:19.38	_____	_____
2	Izzy Westling	9	Cathedral St John's Prep	2:14.25	_____	_____
3	Ella Matson	12	Mahtomedi	2:12.52	_____	_____
4	Catherine Dueck	11	Mound Westonka-HolyFamily	2:09.20	_____	_____
5	Ava Allingham	10	Breck School	2:10.37	_____	_____
6	Madison Witte	12	Hutchinson	2:14.00	_____	_____
7	Hailey Ball	12	Orono	2:14.38	_____	_____
8	Massie Lee	12	Park Rapids	2:23.52	_____	_____

Heat 2 of 3 Prelims

1	Liz Thorsten	9	Foley	2:19.04	_____	_____
2	Izabelle Schwartz	10	Hutchinson	2:14.14	_____	_____
3	Claire Canfield	12	Waconia	2:12.50	_____	_____
4	Katie Miller	10	Visitation	2:09.19	_____	_____
5	Grace Nilsson	11	Visitation	2:10.17	_____	_____
6	Meagan Englert	12	Breck School	2:13.98	_____	_____
7	Kathryn Bonneville	11	Visitation	2:14.35	_____	_____
8	Estee VerSteeg	9	Fergus Falls	2:23.18	_____	_____

Heat 3 of 3 Prelims

1	Abby Williams	9	Winona	2:15.27	_____	_____
2	Maggie Auran	11	Two Rivers	2:14.04	_____	_____
3	Hallie Drossel	11	Melrose Area	2:10.87	_____	_____
4	Anna Farley	12	Visitation	2:06.79	_____	_____
5	Olivia Leonard	11	Mankato West	2:09.49	_____	_____
6	Alaina Biebl	9	Mounds Park Acad, St Crx Prep	2:13.98	_____	_____
7	Ariana Outhwaite	8	Rocori	2:14.29	_____	_____
8	Norah Gunderson	10	Proctor-Hermantown	2:19.85	_____	_____

2022 MSHSL Girls A Swim & Dive Championships - 11/16/2022 to 11/18/2022

Meet Program

Event 4 Girls 50 Yard Freestyle

MN All-Time:	22.54	11/20/2015	Rachel Wittmer	Edina
MN Class A:	22.79	11/20/2015	Lindsey Horejsi	Albert Lea
MN Class A:	22.79	11/16/2019	Grace Hanson	Hutchinson
Nat'l:	21.59	2/7/2020	Gretchen Walsh	Nashville, TN

Lane	Name	Year	School	Seed Time	Prelim Time	Place
<b>Heat 1 of 4 Prelims</b>						
1					_____	_____
2					_____	_____
3	Taylor Ziemke	9	Perham-New York Mills	25.70	_____	_____
4	Emma Vrieze	12	Park Rapids	25.28	_____	_____
5	Tresa Baumgard	11	Chisholm	25.34	_____	_____
6					_____	_____
7					_____	_____
8					_____	_____
<b>Heat 2 of 4 Prelims</b>						
1	McKenzie Luetmer	12	Morris Minnewaska Area	25.02	_____	_____
2	Isabel Macheel	11	Cretin-Derham Hall	24.88	_____	_____
3	Kaia Georges	9	Delano	24.63	_____	_____
4	Maggie Farley	10	Visitation	24.32	_____	_____
5	Lucy Vogt	11	Mankato West	24.54	_____	_____
6	Hannah Wadholm	11	Delano	24.73	_____	_____
7	Ava Pike	12	Winona	24.94	_____	_____
8					_____	_____
<b>Heat 3 of 4 Prelims</b>						
1	Kierstyn Nelson	11	St Cloud Tech	25.01	_____	_____
2	Kendle Mihm	12	Lakes International Lang Acad	24.88	_____	_____
3	Olivia Walsh	12	Austin	24.56	_____	_____
4	Abigail Wright	8	Mahtomedi	24.29	_____	_____
5	Olivia Koeneman	12	Mankato West	24.53	_____	_____
6	Megan Willenbring	10	Rocori	24.70	_____	_____
7	Mallory Knutson	10	Orono	24.92	_____	_____
8	Adriana Sheets	12	Mesabi East	25.19	_____	_____
<b>Heat 4 of 4 Prelims</b>						
1	Aleia Lueck	9	St Paul Como Park	24.99	_____	_____
2	Avery Schuh	11	Mankato East	24.81	_____	_____
3	Sara Lindner	10	Cretin-Derham Hall	24.54	_____	_____
4	Adalynn Biegler	8	Monticello	23.58	_____	_____
5	Jaylyn Storm	12	Mound Westonka-HolyFamily	24.34	_____	_____
6	Lauren Benedict	12	Benilde-St Margaret's	24.68	_____	_____
7	Aubrey Schueler	11	Willmar	24.89	_____	_____
8	Molly Seidel	11	Blake School (The)	25.04	_____	_____

2022 MSHSL Girls A Swim & Dive Championships - 11/16/2022 to 11/18/2022

Meet Program

**Event 5 Girls 1 mtr Diving**

**MN All-Time:** 517.00 11/16/2018 **Megan Phillip** **Edina**  
**MN Class A:** 500.85 11/25/1999 **Chelsea Haviland** **Thief River F'ls**

Lane	Name	Year	School	Seed Time	Prelim Time	Place
<b>Flight 1 of 1 Prelims</b>						
1	Elizabeth Long	11	Benilde-St Margaret's	NP	_____	_____
2	Grace Marek	11	Two Rivers	NP	_____	_____
3	Lauren Woelfel	11	Becker	NP	_____	_____
4	Makenzie Mustar	12	Grand Rapids	NP	_____	_____
5	Jennifer Coons	12	Delano	NP	_____	_____
6	Sylvia Struve	12	Chisago Lakes Area	NP	_____	_____
7	Katelyn Motter	11	Rocori	NP	_____	_____
8	Erica Johnson	11	Alexandria	NP	_____	_____
9	Nellie Dalsin	11	New Prague	NP	_____	_____
10	Bailey Monette	8	Mound Westonka-HolyFamily	NP	_____	_____
11	Avery McAllister	11	Perham-New York Mills	NP	_____	_____
12	Britney Krumrei	10	Big Lake	NP	_____	_____
13	Chloe Schwietering	8	Monticello	NP	_____	_____
14	Liv Christner	11	Duluth Denfeld	NP	_____	_____
15	Liberty Kosloski		Sauk Rapids-Rice	NP	_____	_____
16	Lucy Thomson	11	Breck School	NP	_____	_____
17	Allie Rowland	10	Park Rapids	NP	_____	_____
18	Elly Blazevic	12	Duluth Denfeld	NP	_____	_____
19	Brittney Lorentz	11	Perham-New York Mills	NP	_____	_____
20	Erin Duggan	12	Breck School	NP	_____	_____
21	Alayna Kennedy	10	Austin	NP	_____	_____
22	Ava Johnson	12	Hill-Murray School	NP	_____	_____
23	Reese Norton	10	Austin	NP	_____	_____
24	Hope Hamm	10	Detroit Lakes	NP	_____	_____
25	Lauren Hornstein	10	Alexandria	NP	_____	_____
26	Meghan Moy	11	Breck School	NP	_____	_____
27	Amelia Nelson	10	Delano	NP	_____	_____
28	Cece Woods	12	Rocori	NP	_____	_____
29	Hattie Opdahl	12	Chisago Lakes Area	NP	_____	_____
30	Ava Bruegger	10	New Prague	NP	_____	_____
31	Ella Albrecht	10	Grand Rapids	NP	_____	_____
32	Avery Lommel	12	Delano	NP	_____	_____

**Event 6 Girls 100 Yard Butterfly**

**MN All-Time:** 52.41 11/17/2012 **Danielle Nack** **Mankato West**  
**MN Class A:** 52.41 11/17/2012 **Danielle Nack** **Mankato West**  
**Nat'l:** 49.24 2/10/2022 **Claire Curzan** **Raleigh, NC**

Lane	Name	Year	School	Seed Time	Prelim Time	Place
<b>Heat 1 of 4 Prelims</b>						
1					_____	_____
2					_____	_____
3	Kendal Rantanen	11	Thief River Falls	1:04.23	_____	_____
4	Madison St. George	12	Hibbing	1:02.85	_____	_____
5	Addison Lauwagie	10	Park Rapids	1:03.09	_____	_____
6					_____	_____
7					_____	_____
8					_____	_____

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Heat 2 Prelims... (Event 6 Girls 100 Yard Butterfly)

1	Sophia Verke	12	Grand Rapids	1:00.41	_____	_____
2	Stella Schirmers	11	Sauk Centre	59.72	_____	_____
3	Josie Strobl	10	Delano	58.77	_____	_____
4	Graycin Andreen	9	Orono	57.45	_____	_____
5	Kierstyn Nelson	11	St Cloud Tech	58.59	_____	_____
6	Lucy Berg	12	Visitation	59.23	_____	_____
7	Bella Kern	10	Delano	1:00.00	_____	_____
8					_____	_____

Heat 3 of 4 Prelims

1	Iris Huerta	11	Visitation	1:00.07	_____	_____
2	Lauren Benedict	12	Benilde-St Margaret's	59.41	_____	_____
3	Ella Lee	10	Mankato West	58.67	_____	_____
4	Anna Farley	12	Visitation	56.66	_____	_____
5	Faith McAdam	12	Visitation	57.73	_____	_____
6	Madison Witte	12	Hutchinson	59.12	_____	_____
7	Isabel Espinosa	11	Mounds Park Acad, St Crx Prep	59.88	_____	_____
8	Megan Willenbring	10	Rocori	1:01.28	_____	_____

Heat 4 of 4 Prelims

1	Callie Metsala	12	Princeton	1:00.04	_____	_____
2	Amalia Schaefer	10	Waconia	59.37	_____	_____
3	Abigail Voelker	11	Waconia	58.62	_____	_____
4	Carly Bixby	11	Blake School (The)	54.84	_____	_____
5	Payten Schieffer	11	New Prague	57.66	_____	_____
6	Valery Henkel	12	Hill-Murray School	59.07	_____	_____
7	Abby Seguin	12	Delano	59.72	_____	_____
8	Abby Gierke	10	Delano	1:00.43	_____	_____

Event 7 Girls 100 Yard Freestyle

<b>MN All-Time:</b>	<b>49.22</b>	<b>11/13/2014</b>	<b>Zoe Avestruz</b>	<b>Chanhassen</b>
<b>MN Class A:</b>	<b>49.56</b>	<b>11/20/2021</b>	<b>Grace Hanson</b>	<b>Hutchinson</b>
<b>Nat'l:</b>	<b>46.98</b>	<b>2/8/2020</b>	<b>Gretchen Walsh</b>	<b>Nashville, TN</b>

Lane	Name	Year	School	Seed Time	Prelim Time	Place
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Heat 1 of 3 Prelims

1	Katelyn Siers	11	St Cloud Tech	55.28	_____	_____
2	Stella Anderson Moye	12	Simley	54.31	_____	_____
3	Ella Schmiesing	9	Tri-City United	53.62	_____	_____
4	Adalynn Biegler	8	Monticello	52.15	_____	_____
5	Olivia Walsh	12	Austin	53.24	_____	_____
6	Kaia Georges	9	Delano	54.16	_____	_____
7	Megan Heveron	12	Sauk Centre	54.47	_____	_____
8					_____	_____

Heat 2 of 3 Prelims

1	Adriana Sheets	12	Mesabi East	55.27	_____	_____
2	Hannah Wadholm	11	Delano	54.19	_____	_____
3	Jisella Haskamp	11	Alexandria	53.55	_____	_____
4	Madilyn Gehrke	11	Hutchinson	52.07	_____	_____
5	Katie Miller	10	Visitation	53.01	_____	_____
6	Jaylyn Storm	12	Mound Westonka-HolyFamily	54.09	_____	_____
7	Jordyn Grotbo	12	Waconia	54.45	_____	_____
8	Alexis Wellman	10	Fergus Falls	57.33	_____	_____

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Heat 3 Prelims... (Event 7 Girls 100 Yard Freestyle)

1	Hannah Rauzi	12	Grand Rapids	55.17	_____	_____
2	Lucy Vogt	11	Mankato West	54.19	_____	_____
3	Molly Seidel	11	Blake School (The)	53.53	_____	_____
4	Abigail Wright	8	Mahtomedi	51.94	_____	_____
5	Piper Crosby	11	Breck School	52.97	_____	_____
6	Isabel Macheel	11	Cretin-Derham Hall	53.97	_____	_____
7	Ellie Undem	11	Chisago Lakes Area	54.33	_____	_____
8	Avery Schueller	8	Park Rapids	56.85	_____	_____

Event 8 Girls 500 Yard Freestyle

<b>MN All-Time:</b>	<b>4:48.96</b>	<b>11/17/2012</b>	<b>Amelia Schilling</b>	<b>Minnetonka</b>
<b>MN Class A:</b>	<b>4:49.68</b>	<b>11/19/2011</b>	<b>Marisa Wood</b>	<b>Sart St Steph</b>
<b>Nat'l:</b>	<b>4:34.78</b>	<b>11/20/2008</b>	<b>Dagny Knutson</b>	<b>Minot, ND</b>

Lane	Name	Year	School	Seed Time	Prelim Time	Place
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Heat 1 of 3 Prelims

1	Faith Hamm	12	Detroit Lakes	5:35.11	_____	_____
2	Harriet White	10	Benilde-St Margaret's	5:24.15	_____	_____
3	Ellie Kilgard	11	Foley	5:18.26	_____	_____
4	Elizabeth Burke	12	Visitation	5:06.68	_____	_____
5	Meagan Englert	12	Breck School	5:12.04	_____	_____
6	Hailey Stotko	9	Waconia	5:21.83	_____	_____
7	Emily Mclachlan	12	Albany	5:28.25	_____	_____
8					_____	_____

Heat 2 of 3 Prelims

1	Gracie Greenman	8	Austin	5:29.28	_____	_____
2	Sydney Armstrong	12	Mahtomedi	5:22.16	_____	_____
3	Maggie Auran	11	Two Rivers	5:17.33	_____	_____
4	Hannah Denzer	11	Saint Peter	5:06.56	_____	_____
5	Maggie Farley	10	Visitation	5:08.96	_____	_____
6	Annemarie Johnson	10	Mound Westonka-HolyFamily	5:21.05	_____	_____
7	Ariana Outhwaite	8	Rocori	5:24.42	_____	_____
8	Ava Niksich	11	Proctor-Hermantown	5:36.84	_____	_____

Heat 3 of 3 Prelims

1	Geli Stenson	12	Hibbing	5:28.30	_____	_____
2	Karin Lund	10	Blake School (The)	5:21.92	_____	_____
3	Emma Rudowsky	9	Benilde-St Margaret's	5:12.45	_____	_____
4	Ella Passe	12	Visitation	5:00.51	_____	_____
5	Tessa Lindstrom	11	Visitation	5:06.89	_____	_____
6	Elyse Jahn	11	Two Rivers	5:20.87	_____	_____
7	Claire Westling	11	Cathedral St John's Prep	5:24.25	_____	_____
8	Estee VerSteege	9	Fergus Falls	5:35.52	_____	_____

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**Event 9 Girls 200 Yard Freestyle Relay**

**MN All-Time:** 1:32.89 11/18/2016 **Edina**  
**MN Class A:** 1:34.07 11/20/2015 **R Wittmer, A Post, Ke McCarthy, R Jones**  
**Nat'l:** 1:30.72 2/14/2015 **Visitation, Mendota Heights** **Visitation**  
**L Gaertner, E Conners, E Kishish, A Dolan**  
**Carmel, IN**  
**V Burchill, C Adams, K Smith, T Rothrock**

Lane	Team	Relay	Seed Time	Prelim Time	Place
<b>Heat 1 of 3 Prelims</b>					
1				_____	_____
2	Hibbing		1:41.99	_____	_____
3	Benilde-St Margaret's		1:41.09	_____	_____
4	Orono		1:40.23	_____	_____
5	Rocori		1:40.85	_____	_____
6	Breck School		1:41.27	_____	_____
7	Park Rapids		1:43.18	_____	_____
8				_____	_____
<b>Heat 2 of 3 Prelims</b>					
1	Fergus Falls		1:45.53	_____	_____
2	Sauk Rapids-Rice		1:41.82	_____	_____
3	Cretin-Derham Hall		1:40.96	_____	_____
4	Delano		1:40.05	_____	_____
5	Melrose Area		1:40.81	_____	_____
6	Grand Rapids		1:41.24	_____	_____
7	Austin		1:42.30	_____	_____
8				_____	_____
<b>Heat 3 of 3 Prelims</b>					
1	Milaca		1:44.03	_____	_____
2	Hutchinson		1:41.72	_____	_____
3	Mahtomedi		1:40.92	_____	_____
4	Visitation		1:38.14	_____	_____
5	Mound Westonka-HolyFamily		1:40.38	_____	_____
6	Waconia		1:41.13	_____	_____
7	Red Wing		1:42.27	_____	_____
8				_____	_____

**Event 10 Girls 100 Yard Backstroke**

**MN All-Time:** 51.53 11/20/2010 **Rachel Bootsma** **Eden Prairie**  
**MN Class A:** 53.40 11/19/2021 **Emma Kern** **Delano**  
**Nat'l:** 49.61 2/10/2022 **Claire Curzan** **Raleigh, NC**

Lane	Name	Year	School	Seed Time	Prelim Time	Place
<b>Heat 1 of 3 Prelims</b>						
1	Aisling Cox	11	Fergus Falls	1:04.82	_____	_____
2	Harper Wolner	11	Winona	1:00.97	_____	_____
3	Laura Stockinger	10	Waconia	1:00.67	_____	_____
4	Stella Schirmers	11	Sauk Centre	58.91	_____	_____
5	Norah Seguin	10	Delano	59.74	_____	_____
6	Emma Hoppman	11	Red Wing	1:00.87	_____	_____
7	Taba Kuhl	10	Cathedral St John's Prep	1:01.17	_____	_____
8					_____	_____

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Heat 2 Prelims... (Event 10 Girls 100 Yard Backstroke)

1	Kendal Rantanen	11	Thief River Falls	1:03.46	_____	_____
2	Molly Magnuson	11	Cretin-Derham Hall	1:00.96	_____	_____
3	Kathryn Bonneville	11	Visitation	59.99	_____	_____
4	Piper Crosby	11	Breck School	57.70	_____	_____
5	Claire Canfield	12	Waconia	59.40	_____	_____
6	Katelyn Siers	11	St Cloud Tech	1:00.86	_____	_____
7	Reilly Anderson	10	Orono	1:01.14	_____	_____
8					_____	_____

Heat 3 of 3 Prelims

1	Alyssa Jackson	11	Grand Rapids	1:01.90	_____	_____
2	Olivia Leonard	11	Mankato West	1:00.88	_____	_____
3	Josie Strobl	10	Delano	59.98	_____	_____
4	Carly Bixby	11	Blake School (The)	55.60	_____	_____
5	Sophia Verke	12	Grand Rapids	59.25	_____	_____
6	Madeline Ngo	11	Simley	1:00.85	_____	_____
7	Katie Spanier	12	Albany	1:01.03	_____	_____
8					_____	_____

Event 11 Girls 100 Yard Breaststroke

MN All-Time:	58.56	11/19/2015	Lindsey Horejsi	Albert Lea
MN Class A:	58.56	11/19/2015	Lindsey Horejsi	Albert Lea
Nat'l:	58.35	2/24/2022	Kaitlyn Dobler	Beaverton, OR

Lane	Name	Year	School	Seed Time	Prelim Time	Place
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Heat 1 of 3 Prelims

1	Maren Espe	11	Thief River Falls	1:14.05	_____	_____
2	Hadley Wartner	12	St Anthony Village	1:08.68	_____	_____
3	Izabelle Schwartz	10	Hutchinson	1:07.73	_____	_____
4	Catherine Dueck	11	Mound Westonka-HolyFamily	1:06.46	_____	_____
5	Kate Johnston	12	Mound Westonka-HolyFamily	1:07.02	_____	_____
6	Abby Wadholm	10	Delano	1:08.09	_____	_____
7	Callie Metsala	12	Princeton	1:09.33	_____	_____
8					_____	_____

Heat 2 of 3 Prelims

1	Massie Lee	12	Park Rapids	1:13.60	_____	_____
2	Bella Kern	10	Delano	1:08.57	_____	_____
3	Grace Nilsson	11	Visitation	1:07.45	_____	_____
4	Madilyn Gehrke	11	Hutchinson	1:04.75	_____	_____
5	Ava Allingham	10	Breck School	1:06.94	_____	_____
6	Abby Williams	9	Winona	1:07.90	_____	_____
7	Brooke Bromenshenkel	9	Sauk Centre	1:09.17	_____	_____
8					_____	_____

Heat 3 of 3 Prelims

1	Rose Urick	11	Monticello	1:09.38	_____	_____
2	Meghan Gerend	12	Visitation	1:08.50	_____	_____
3	Valery Henkel	12	Hill-Murray School	1:07.23	_____	_____
4	Hallie Drossel	11	Melrose Area	1:04.51	_____	_____
5	Ella Schmiesing	9	Tri-City United	1:06.47	_____	_____
6	Hannah Rauzi	12	Grand Rapids	1:07.90	_____	_____
7	Norah Gunderson	10	Proctor-Hermantown	1:08.87	_____	_____
8					_____	_____



2022 MSHSL Girls A Swim & Dive Championships - 11/16/2022 to 11/18/2022

Meet Program

Event 12 Girls 400 Yard Freestyle Relay

MN All-Time: 3:21.89 11/18/2016 Edina  
 R Wittmer, A Post, Ke McCarthy, R Jones  
 MN Class A: 3:26.41 11/16/2019 Hutchinson Hutchinson-MN  
 G Hanson, M Witte, H Farrell, L Kucera  
 Nat'l: 3:14.80 5/14/2022 Clovis, CA  
 M Hodges, T Salvino, T O'Dell, J Kozan

Lane	Team	Relay	Seed Time	Prelim Time	Place
<b>Heat 1 of 3 Prelims</b>					
1	Sauk Centre		3:44.41	_____	_____
2	Breck School		3:42.69	_____	_____
3	Orono		3:41.73	_____	_____
4	Delano		3:37.31	_____	_____
5	Mankato West		3:39.35	_____	_____
6	Cathedral St John's Prep		3:42.14	_____	_____
7	New Prague		3:43.42	_____	_____
8	Detroit Lakes		3:55.89	_____	_____
<b>Heat 2 of 3 Prelims</b>					
1	Rocori		3:43.89	_____	_____
2	Alexandria		3:42.37	_____	_____
3	St Cloud Tech		3:40.81	_____	_____
4	Blake School (The)		3:36.32	_____	_____
5	Cretin-Derham Hall		3:39.11	_____	_____
6	Mound Westonka-HolyFamily		3:42.07	_____	_____
7	Mounds Park Acad, St Crx Prep		3:43.33	_____	_____
8	Park Rapids		3:48.15	_____	_____
<b>Heat 3 of 3 Prelims</b>					
1	Winona		3:43.88	_____	_____
2	Waconia		3:42.32	_____	_____
3	Monticello		3:40.39	_____	_____
4	Visitation		3:31.83	_____	_____
5	Mahtomedi		3:39.09	_____	_____
6	Benilde-St Margaret's		3:41.79	_____	_____
7	Grand Rapids		3:43.32	_____	_____
8	Hibbing		3:45.13	_____	_____