

2025 CHSAA 3A State Championships - 2/10/2025 to 2/11/2025

Meet Program - Swim Prelims

Event 1 Girls 200 Yard Medley Relay Varsity

CO State Rec:	1:38.13	2/10/2018	Fossil Ridge
B Stewart, Z Bartel, C Gillilan, K Alons			
3A State Rec:	1:48.32	2022	Evergreen
	1:44.21	AAA All-American Mid Alt	
	1:46.21	AAC All-Amer Mid Alt Con	

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Prelims

1	Woodland Park	A	2:18.43	___
2	Aspen	A	2:07.70	___
3	Roosevelt	A	2:01.67	___
4	Evergreen	A	1:58.30	___
5	Liberty Common	A	1:53.00	___
6	Wheat Ridge	A	1:55.70	___
7	Salida	A	1:58.92	___
8	Fountain Valley	A	2:03.87	___
9	Eaton	A	2:16.58	___

Heat 2 of 3 Prelims

1	Manitou Springs	A	2:17.54	___
2	La Junta	A	2:05.65	___
3	Wellington	A	2:01.49	___
4	Colorado Academy	A	1:56.49	___
5	Discovery Canyon	A	1:52.87	___
6	Holy Family	A	1:55.28	___
7	Gunnison	A	1:58.89	___
8	Sargent	A	2:03.64	___
9	Pagosa Springs	A	2:16.16	___

Heat 3 of 3 Prelims

1	Delta	A	2:16.62	___
2	Berthoud	A	2:05.64	___
3	Thompson Valley	A	2:01.26	___
4	D'Evelyn	A	1:56.46	___
5	St Mary's Acad	A	1:50.66	___
6	Kent Denver	A	1:54.07	___
7	Green Mountain	A	1:58.50	___
8	Glenwood Springs	A	2:02.04	___
9	Conifer	A	2:14.15	___

Event 2 Girls 200 Yard Freestyle Varsity

CO State Rec:	1:43.15	2/11/2012	Missy Franklin
3A State Rec:	1:48.60	2/11/2017	Alex Reddington
	1:50.05	AAA All-American Mid Alt	
	1:51.87	AAC All-Amer Mid Alt Con	

Lane	Name	Yr School	Seed Time
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Heat 1 of 5 Prelims

4	Noa Riss	11 KENT	2:17.47	___
5	Grace Berkhausen	11 LBCO	2:17.02	___
6	Phoebe Petrash	10 DEVE	2:17.46	___

Heat 2 of 5 Prelims

2	Elyse Witherspoon	09 SALD	2:16.49	___
3	Shea Fine-Durbin	GREN	2:15.84	___
4	Claire Naumer	11 EVER	2:15.02	___
5	Ainsley Taucher	10 GLEN	2:14.61	___
6	Sara Michelin	11 ASPE	2:14.78	___
7	Ella Riley	WHEA	2:15.79	___
8	Riley Holsapple	10 WOOD	2:16.23	___
9	Mykenzie Roy	12 ASPE	2:16.97	___

Heat 3 of 5 Prelims

1	Addison DeGeldere	12 ROOS	2:13.50	___
2	Evie Gruben	FTNV	2:11.29	___
3	Isabelle Dietzler	11 DEVE	2:09.19	___
4	Aayla Deter	12 ROOS	2:06.06	___
5	Kate Callender	11 STMA	1:57.38	___
6	Megan Grenzenbach	09 HLFA	2:00.95	___
7	Chloe Phair	GREN	2:07.88	___
8	Jessa Wehri	GREN	2:10.48	___
9	Sophia Bellini	10 DEVE	2:12.55	___
10	Tierney Williams	12 CACD	2:13.91	___

Heat 4 of 5 Prelims

1	Lola Bruns	10 STMA	2:13.40	___
2	Addison Howe	10 DISC	2:10.80	___
3	Lauren Anderson	12 STMA	2:08.52	___
4	Kensley Pekron	11 WOOD	2:05.53	___
5	Tallaby Riddle	11 EVER	1:54.91	___
6	Emma Lindstrom	12 GLEN	1:58.24	___
7	Sylvia Duchscher	09 GLEN	2:06.21	___
8	Taylor Anderson	10 LBCO	2:10.08	___
9	Annika Damon	11 STMA	2:12.37	___
10	Ashleigh Smith	12 DISC	2:13.73	___

Heat 5 of 5 Prelims

1	Emily Opie	10 HLFA	2:12.59	___
2	Sienna Halleen	09 DISC	2:10.78	___
3	Kathryn Frey	GUNN	2:08.29	___
4	Emelie Rice	12 DEVE	2:04.47	___
5	Elsa Anderson	09 KENT	1:54.78	___
6	Cody Monajjem	11 WELL	1:57.75	___
7	Kaiyah Hansen	11 CACD	2:06.19	___
8	Reyna Halleen	11 DISC	2:09.77	___
9	Colbie Brown	09 SALD	2:12.25	___
10	Aiden Tomlin	11 GUNN	2:13.60	___

2025 CHSAA 3A State Championships - 2/10/2025 to 2/11/2025

Meet Program - Swim Prelims

Event 3 Girls 200 Yard IM Varsity

CO State Rec: 1:56.41 2/9/2022 Lucy Bell
 3A State Rec: 2:03.11 2/10/2024 Caitlin Crysel
 2:03.02 AAA All-American Mid Alt
 2:05.03 AAC All-Amer Mid Alt Con

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Reese Blankenship	10	DISC	2:34.59	___
2	Harper Adams		GREN	2:32.65	___
3	Madisyn Espinosa	09	WELL	2:28.44	___
4	Kylie Olson	11	DISC	2:22.09	___
5	Josie Stahl	10	LBCO	2:08.32	___
6	Emma Sewell	12	SARG	2:18.63	___
7	Bianca Theron		GREN	2:27.52	___
8	Melissa Lang	11	SALD	2:30.91	___
9	Noelle Thompson	10	STMA	2:33.47	___

Heat 2 of 3 Prelims

1	Mazy McEwan	10	GLEN	2:34.09	___
2	Avery Vick	10	EVER	2:32.18	___
3	Rachel Prager	12	KENT	2:28.36	___
4	Natalie Krumholz	09	CACD	2:21.05	___
5	Madison Crysel	11	STMA	2:07.47	___
6	Corinne Roberts	12	BERT	2:15.86	___
7	Mady Iten	09	CACD	2:27.49	___
8	Cora Balch	09	ROOS	2:29.83	___
9	Ovella Huddleston	12	LBCO	2:33.32	___
10	Allie Gold	12	CACD	2:34.94	___

Heat 3 of 3 Prelims

1	Audrey Meeuwssen	09	GUNN	2:34.01	___
2	Jemma Petrie	12	GUNN	2:31.38	___
3	Katie Tompkins		WHEA	2:28.13	___
4	Kernington Jasko		GREN	2:20.94	___
5	Camryn Williams	10	KENT	2:06.91	___
6	Madison Wagner	12	DISC	2:11.08	___
7	Holly Dykema		CONI	2:26.06	___
8	Cora Jorgensen	11	LBCO	2:28.83	___
9	Cora Studeny		WHEA	2:33.10	___
10	Rio Tirado-Jensen	09	LAJU	2:34.70	___

Event 4 Girls 50 Yard Freestyle Varsity

CO State Rec: 22.22 2/12/2021 Anna Shaw
 3A State Rec: 23.09 2/15/2020 Caitlin Cairns

Lane	Name	Yr	School	Seed Time
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Heat 1 of 5 Prelims

3	CiCi Cao		FTNV	27.70	___
4	Adelyn Volz	11	DEVE	27.67	___
5	Marlowe Laipply		GREN	27.63	___
6	Vespera Steiner	11	GLEN	27.65	___
7	Zoe Barrett	09	KENT	27.69	___

Heat 2 of 5 Prelims

1	Isabella Sznawajs	09	STMA	27.53	___
2	Arden Erasmus		GREN	27.47	___
3	Elena Perrotto	10	HLFA	27.29	___
4	Makaila Moosbrugger	12	HLFA	27.27	___
5	Julia Clark	09	DEVE	27.22	___
6	Lizzy Dassow	12	DEVE	27.24	___
7	Macey McKean	11	CACD	27.29	___
8	Tessa Bottke	11	THOM	27.41	___
9	Clara Claypool	10	ROOS	27.49	___
10	Maya Khan-Farooqi	09	ASPE	27.54	___

Heat 3 of 5 Prelims

1	Lian Applegate	10	ESTS	27.08	___
2	Madison Harris	10	EVER	26.76	___
3	Ashtyn Cooney	12	HLFA	26.42	___
4	Lily Sharpe	12	DEVE	25.46	___
5	Brooke Gothard		WHEA	24.67	___
6	Shae Merchant	12	SALD	25.08	___
7	Sylvia Duchscher	09	GLEN	25.81	___
8	Kasey Glaser	12	SALD	26.63	___
9	Leah Aldridge	10	MANI	26.89	___
10	Claire Tompkins		WHEA	27.20	___

Heat 4 of 5 Prelims

1	Cecilia Brougham	09	HLFA	27.01	___
2	Catalina Schwab		GUNN	26.70	___
3	Mary Jane Osborn	11	STMA	26.31	___
4	Mireille Gazdaru	09	LBCO	25.33	___
5	Riley Mills	12	STMA	23.83	___
6	Leah Felton		GREN	24.84	___
7	Ryan Hilgers	10	STMA	25.73	___
8	Emily Lin	11	KENT	26.59	___
9	Maya Petrie		GUNN	26.85	___
10	Ellijo Musgrove	12	HLFA	27.17	___

Heat 5 of 5 Prelims

1	Morgan Kelly	12	GLEN	27.00	___
2	Quinn Barr	11	LBCO	26.70	___
3	Dharma Perkins		EATO	26.21	___
4	Addison Jones	12	LBCO	25.16	___
5	Lorelai Frauenfelder	11	HLFA	23.76	___
6	Hadley Carrington	11	KENT	24.84	___
7	Stella Rhee		FTNV	25.71	___
8	Siri Rydland	11	DISC	26.44	___
9	Lily Christofferson		FTNV	26.77	___
10	Danika Bennett		GREN	27.12	___

Event 6 Girls 100 Yard Butterfly Varsity

CO State Rec: 52.17 2/9/2018 Coleen Gillilan
 3A State Rec: 54.09 2/11/2017 Alex Reddington
 54.54 AAA All-American Mid Alt
 56.62 AAC All-Amer Mid Alt Con

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

4	Maya Shover	09	LBCO	1:10.33	___
5	Addison DeGeldere	12	ROOS	1:09.86	___
6	Audrey Meeuwssen	09	GUNN	1:10.04	___

2025 CHSAA 3A State Championships - 2/10/2025 to 2/11/2025

Meet Program - Swim Prelims

Heat 2 Prelims (#6 Girls 100 Yard Butterfly Varsity)

1	Dharma Perkins	EATO	1:08.96	___
2	Noelle Thompson	10 STMA	1:07.25	___
3	Kylie Olson	11 DISC	1:05.44	___
4	Isabelle Dietzler	11 DEVE	1:03.55	___
5	Stella Rhee	FTNV	58.21	___
6	Anna Clayton	12 DISC	1:01.30	___
7	Abby Simpkins	12 THOM	1:04.61	___
8	Jemma Petrie	12 GUNN	1:06.15	___
9	Claire Naumer	11 EVER	1:08.07	___

Heat 3 of 4 Prelims

1	Katie Tompkins	WHEA	1:08.89	___
2	Sophie Gremillion	11 HLFA	1:07.13	___
3	Kernington Jasko	GREN	1:05.44	___
4	Emma Sewell	12 SARG	1:02.91	___
5	Elsa Anderson	09 KENT	58.01	___
6	Maya Patel	12 EVER	1:01.29	___
7	Quinn Barr	11 LBCO	1:04.43	___
8	Jessa Wehri	GREN	1:06.06	___
9	Lily Urband	09 CACD	1:07.79	___

Heat 4 of 4 Prelims

1	Macey McKean	11 CACD	1:08.28	___
2	Sydney Davis	10 LAJU	1:06.29	___
3	Whitney Mcmanus	10 ASPE	1:04.62	___
4	Mireille Gazdaru	09 LBCO	1:02.90	___
5	Riley Mills	12 STMA	55.99	___
6	Alaia Sloan	09 DISC	58.43	___
7	Kailyn Tucker	11 HLFA	1:04.28	___
8	Sophia Nguyen	11 DEVE	1:05.56	___
9	Malika Haro	11 STMA	1:07.38	___
10	Madhuvanti Kulkarni	10 DISC	1:09.08	___

Event 7 Girls 100 Yard Freestyle Varsity

CO State Rec:	48.24	2/10/2021	Anna Shaw
3A State Rec:	50.33	2/11/2017	Kennidy Quist
	50.30	AAA All-American Mid Alt	
	51.17	AAC All-Amer Mid Alt Con	

Lane Name Yr School Seed Time**Heat 1 of 4 Prelims**

1	Lily Christofferson	FTNV	1:01.48	___
2	Josie Malzahn	12 WELL	1:01.43	___
3	Peyton Huntley	10 DELT	1:01.03	___
4	Bella Day	09 DISC	1:00.95	___
5	Ashtyn Cooney	12 HLFA	1:00.75	___
6	Holly Dykema	CONI	1:00.87	___
7	Aiden Tomlin	11 GUNN	1:01.01	___
8	Melissa Lang	11 SALD	1:01.14	___
9	Mykenzie Roy	12 ASPE	1:01.45	___

Heat 2 of 4 Prelims

1	Ellijo Musgrove	12 HLFA	1:00.37	___
2	KayLee Gonzales-Moore	12 SARG	59.72	___
3	Lily Urband	09 CACD	59.12	___
4	Reese Rosenberg	09 KENT	57.98	___
5	Leah Felton	GREN	53.67	___
6	Lily Sharpe	12 DEVE	56.74	___
7	Cora Balch	09 ROOS	58.47	___
8	Morgan Kelly	12 GLEN	59.40	___
9	Reese Blankenship	10 DISC	59.91	___
10	Isabelle Marr	11 THOM	1:00.73	___

Heat 3 of 4 Prelims

1	Lian Applegate	10 ESTS	1:00.15	___
2	Mary Jane Osborn	11 STMA	59.67	___
3	Ryan Hilgers	10 STMA	59.03	___
4	Lauren Anderson	12 STMA	57.97	___
5	Lorelai Frauenfelder	11 HLFA	52.01	___
6	Emelie Rice	12 DEVE	56.27	___
7	Avery Vick	10 EVER	58.19	___
8	Larriana Taggart	10 LAJU	59.37	___
9	Julia Clark	09 DEVE	59.88	___
10	Maya Petrie	GUNN	1:00.48	___

Heat 4 of 4 Prelims

1	Addison Howe	10 DISC	59.93	___
2	Tessa Bottke	11 THOM	59.66	___
3	Sofia Redhead	10 STMA	58.98	___
4	Kaiyah Hansen	11 CACD	57.08	___
5	Emma Lindstrom	12 GLEN	51.76	___
6	Shae Merchant	12 SALD	56.11	___
7	Siri Rydland	11 DISC	58.11	___
8	Colbie Brown	09 SALD	59.29	___
9	Arden Erasmus	GREN	59.86	___
10	Lizzy Dassow	12 DEVE	1:00.46	___

Event 8 Girls 500 Yard Freestyle Varsity

CO State Rec:	4:41.72	2/9/2013	Missy Franklin
3A State Rec:	5:00.91	2/10/2024	Tallaby Riddle
	4:57.78	AAA All-American Mid Alt	
	5:02.53	AAC All-Amer Mid Alt Con	

Lane Name Yr School Seed Time**Heat 1 of 4 Prelims**

3	Rori Adair	GREN	6:17.00	___
4	Noora AlOtaibi	09 ROOS	6:16.21	___
5	Ellie Geissler	11 WOOD	6:15.51	___
6	Shea Fine-Durbin	GREN	6:15.81	___
7	Abby Dawson	11 CACD	6:16.55	___

Heat 2 of 4 Prelims

1	Elora Jones	09 GUNN	6:13.66	___
2	Riley Holsapple	10 WOOD	6:07.08	___
3	Chloe Phair	GREN	5:52.42	___
4	Kensley Pekron	11 WOOD	5:44.17	___
5	Kate Callender	11 STMA	5:21.44	___
6	Maya Khan-Farooqi	09 ASPE	5:29.05	___
7	Samantha Jones	12 GUNN	5:48.17	___
8	Tierney Williams	12 CACD	6:01.18	___
9	Sara Michelin	11 ASPE	6:10.90	___
10	Maya Shover	09 LBCO	6:15.36	___

2025 CHSAA 3A State Championships - 2/10/2025 to 2/11/2025

Meet Program - Swim Prelims

Heat 3 Prelims (#8 Girls 500 Yard Freestyle Varsity)

1	Lola Bruns	10	STMA	6:12.75	___
2	Adilyn Foust	09	LBCO	6:06.00	___
3	Madison Harris	10	EVER	5:52.32	___
4	Katie Pierce	12	DEVE	5:36.56	___
5	Camryn Williams	10	KENT	5:07.62	___
6	Madison Wagner	12	DISC	5:28.22	___
7	Sienna Halleen	09	DISC	5:47.78	___
8	Ashleigh Smith	12	DISC	5:59.75	___
9	Annika Damon	11	STMA	6:10.20	___
10	Aurora Allen	10	SALD	6:14.95	___

Heat 4 of 4 Prelims

1	Evelyn Garin	10	EVER	6:12.72	___
2	Kasey Glaser	12	SALD	6:02.98	___
3	Maya Valean	09	GLEN	5:51.30	___
4	Addison Jones	12	LBCO	5:29.35	___
5	Tallaby Riddle	11	EVER	5:04.82	___
6	Megan Grenzenbach	09	HLFA	5:22.09	___
7	Evie Gruben		FTNV	5:45.13	___
8	Cedar Lengerich	12	SALD	5:55.25	___
9	Sydney Davis	10	LAJU	6:08.24	___
10	Clara Claypool	10	ROOS	6:14.24	___

Event 9 Girls 200 Yard Freestyle Relay Varsity

CO State Rec:	1:30.81	2/9/2023	Cherry Creek
A Greenhawt, L Ficken, A Loveridge, C Wilson			
3A State Rec:	1:39.84	2/9/2018	Pueblo County
A Maurello, A Blickensderfer, J Krinsky, A Musso			
	1:35.36	AAA All-American Mid Alt	
	1:36.94	AAC All-Amer Mid Alt Con	

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Prelims

1	Estes Park	A	2:00.73	___
2	Berthoud	A	1:55.98	___
3	Thompson Valley	A	1:51.05	___
4	Green Mountain	A	1:46.06	___
5	St Mary's Acad	A	1:41.67	___
6	Glenwood Springs	A	1:43.54	___
7	Roosevelt	A	1:48.76	___
8	La Junta	A	1:52.16	___
9	Wellington	A	1:58.44	___

Heat 2 of 3 Prelims

1	Pagosa Springs	A	2:00.41	___
2	Evergreen	A	1:54.80	___
3	Fountain Valley	A	1:50.09	___
4	D' Evelyn	A	1:45.32	___
5	Discovery Canyon	A	1:40.72	___
6	Holy Family	A	1:43.42	___
7	Colorado Academy	A	1:46.63	___
8	Conifer	A	1:51.46	___
9	Delta	A	1:58.16	___

Heat 3 of 3 Prelims

1	Eaton	A	1:59.55	___
2	Aspen	A	1:54.14	___
3	Gunnison	A	1:48.94	___
4	Wheat Ridge	A	1:45.05	___
5	Kent Denver	A	1:39.83	___
6	Liberty Common	A	1:43.19	___
7	Salida	A	1:46.58	___
8	Sargent	A	1:51.10	___
9	Manitou Springs	A	1:56.65	___
10	Woodland Park	A	2:00.85	___

Event 10 Girls 100 Yard Backstroke Varsity

CO State Rec:	52.30	2/12/2011	Missy Franklin
3A State Rec:	54.10	2/11/2023	Finley Anderson
	54.92	AAA All-American Mid Alt	
	56.05	AAC All-Amer Mid Alt Con	

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Mazy McEwan	10	GLEN	1:09.24	___
2	Bella Day	09	DISC	1:07.73	___
3	Kailyn Tucker	11	HLFA	1:06.04	___
4	Taylor Anderson	10	LBCO	1:04.40	___
5	Whitney Mcmanus	10	ASPE	59.99	___
6	Reese Rosenberg	09	KENT	1:02.82	___
7	Sophia Sakker		WHEA	1:05.32	___
8	Sophia Nguyen	11	DEVE	1:06.39	___
9	Elyse Witherspoon	09	SALD	1:08.81	___

Heat 2 of 3 Prelims

1	Josie Staples	12	WELL	1:09.17	___
2	Sophie Gremillion	11	HLFA	1:07.32	___
3	Emily Opie	10	HLFA	1:06.00	___
4	Mady Iten	09	CACD	1:04.21	___
5	Alaia Sloan	09	DISC	58.99	___
6	Anna Clayton	12	DISC	1:02.49	___
7	Cora Jorgensen	11	LBCO	1:05.08	___
8	Kathryn Frey		GUNN	1:06.39	___
9	Isabella Moon	12	GLEN	1:08.77	___
10	Finley Collins	10	EVER	1:09.39	___

Heat 3 of 3 Prelims

1	Isabella Szniewajs	09	STMA	1:09.16	___
2	Sofia Redhead	10	STMA	1:06.75	___
3	Larriana Taggart	10	LAJU	1:05.97	___
4	Aayla Deter	12	ROOS	1:03.02	___
5	Cody Monajjem	11	WELL	58.37	___
6	Maya Patel	12	EVER	1:02.03	___
7	Danika Bennett		GREN	1:04.53	___
8	Catalina Schwab		GUNN	1:06.25	___
9	Ellie Geissler	11	WOOD	1:07.93	___
10	Elora Jones	09	GUNN	1:09.32	___

2025 CHSAA 3A State Championships - 2/10/2025 to 2/11/2025

Meet Program - Swim Prelims

Event 11 Girls 100 Yard Breaststroke Varsity

CO State Rec: 59.93 3/11/2021 Emma Weber
 3A State Rec: 1:05.26 2/11/2017 Amanda Blickensderfer
 1:02.72 AAA All-American Mid Alt
 1:03.95 AAC All-Amer Mid Alt Con

Lane Name Yr School Seed Time

Heat 1 of 3 Prelims

1	Evelyn Garin	10	EVER	1:18.48	___
2	Kira Prehm	12	DISC	1:16.36	___
3	KayLee Gonzales-Moore	12	SARG	1:12.90	___
4	Natalie Krumholz	09	CACD	1:11.83	___
5	Brooke Gothard		WHEA	1:06.14	___
6	Samantha Jones	12	GUNN	1:09.53	___
7	Cedar Lengerich	12	SALD	1:11.98	___
8	Claire Tompkins		WHEA	1:14.16	___
9	Madisyn Espinosa	09	WELL	1:17.30	___
10	Gabby Stein-Plog	11	STMA	1:19.38	___

Heat 2 of 3 Prelims

1	Cecilia Brougham	09	HLFA	1:18.14	___
2	Maya Valean	09	GLEN	1:16.30	___
3	Rachel Prager	12	KENT	1:12.78	___
4	Emily Lin	11	KENT	1:11.70	___
5	Madison Crysel	11	STMA	1:05.57	___
6	Katie Pierce	12	DEVE	1:09.14	___
7	Abby Simpkins	12	THOM	1:11.86	___
8	Erin Chapman	12	HLFA	1:13.27	___
9	Malika Haro	11	STMA	1:17.24	___
10	Madhuvanti Kulkarni	10	DISC	1:19.14	___

Heat 3 of 3 Prelims

1	Isla Friel	09	GLEN	1:17.68	___
2	Harper Adams		GREN	1:14.45	___
3	Bianca Theron		GREN	1:12.47	___
4	Jemma Petrie	12	GUNN	1:10.33	___
5	Josie Stahl	10	LBCO	1:05.25	___
6	Corinne Roberts	12	BERT	1:06.69	___
7	Reyna Halleen	11	DISC	1:11.85	___
8	Leah Aldridge	10	MANI	1:13.04	___
9	Adilyn Foust	09	LBCO	1:16.76	___
10	Rio Tirado-Jensen	09	LAJU	1:18.84	___

Event 12 Girls 400 Yard Freestyle Relay Varsity

CO State Rec: 3:22.42 2/12/2011 Regis Jesuit
 H Thomas, A Todd, M DeBever, M Franklin
 3A State Rec: 3:34.04 2/10/2024 St. Mary's Academy
 R Mills, B Franciscus, K Callender, C Crysel

3:28.08 AAA All-American Mid Alt
 3:31.50 AAC All-Amer Mid Alt Con

Lane Team Relay Seed Time

Heat 1 of 3 Prelims

2	Woodland Park	A	4:18.89	___
3	Wheat Ridge	A	4:10.47	___
4	Evergreen	A	3:56.44	___
5	Discovery Canyon	A	3:44.77	___
6	Holy Family	A	3:50.50	___
7	Gunnison	A	4:03.82	___
8	Roosevelt	A	4:13.29	___
9	Manitou Springs	A	4:23.98	___

Heat 2 of 3 Prelims

2	Thompson Valley	A	4:18.64	___
3	La Junta	A	4:09.51	___
4	Liberty Common	A	3:54.57	___
5	St Mary's Acad	A	3:42.85	___
6	Glenwood Springs	A	3:47.29	___
7	Wellington	A	4:03.01	___
8	Salida	A	4:11.95	___
9	Berthoud	A	4:23.02	___

Heat 3 of 3 Prelims

2	Aspen	A	4:16.85	___
3	Colorado Academy	A	4:08.01	___
4	D'Evelyn	A	3:54.35	___
5	Kent Denver	A	3:40.56	___
6	Green Mountain	A	3:47.24	___
7	Fountain Valley	A	4:02.98	___
8	Conifer	A	4:11.29	___
9	Sargent	A	4:20.13	___