

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

Meet Program - Finals Swim & Dive

Event 13 Girls 50 Yard Freestyle Varsity

CO State Rec: 22.22 2/12/2021 Anna Shaw
 23.08 AAA All-American Mid Alt
 23.54 AAC All-Amer Mid Alt Con

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
1	Elle Termain	SR	DISC	NT
2	Brooklyn Votaw	SR	THOM	NT
3	Harper Morris	SO	GLEN	NT
4	Claire Hardaker	FR	GLEN	NT
5	Tashtyn Mendoza-Werner	SR	LAJU	NT

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	Prelims
Heat 1 B - Final			
1	Berthoud	A	2:04.49
2	Aspen	A	2:03.99
3	Sargent	A	2:02.99
4	Wellington	A	2:01.20
5	Gunnison	A	2:00.21
6	Salida	A	2:01.11
7	Thompson Valley	A	2:01.96
8	Roosevelt	A	2:03.20
9	Glenwood Springs	A	2:04.28
10	Manitou Springs	A	2:11.93

Heat 2 A - Final

1	D'Evelyn	A	1:57.14
2	Colorado Academy	A	1:56.25
3	Kent Denver	A	1:54.94
4	Holy Family	A	1:53.19
5	St Mary's Acad	A	1:51.90
6	Discovery Canyon	A	1:51.91
7	Liberty Common	A	1:53.32
8	Wheat Ridge	A	1:55.94
9	Green Mountain	A	1:56.86
10	Evergreen	A	1:58.92

Alternates

1	La Junta High School	A	2:12.03
2	Fountain Valley High School	A	2:14.28

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	Prelims
Heat 1 B - Final				
1	Jessa Wehri		GREN	2:10.69
2	Reyna Hallee	11	DISC	2:09.71
3	Isabelle Dietzler	11	DEVE	2:09.54
4	Chloe Phair		GREN	2:08.50
5	Lauren Anderson	12	STMA	2:06.28
6	Sylvia Duchscher	09	GLEN	2:07.88
7	Annika Damon	11	STMA	2:09.27
8	Sienna Hallee	09	DISC	2:09.70
9	Evie Gruben		FTNV	2:10.19
10	Addison Howe	10	DISC	2:10.82

Heat 2 A - Final

1	Kensley Pekron	11	WOOD	2:04.85
2	Aayla Deter	12	ROOS	2:04.79
3	Kate Callender	11	STMA	1:58.85
4	Cody Monajjem	11	WELL	1:54.90
5	Emma Lindstrom	12	GLEN	1:54.44
6	Elsa Anderson	09	KENT	1:54.66
7	Tallaby Riddle	11	EVER	1:58.27
8	Megan Grenzenbach	09	HLFA	2:00.10
9	Emelie Rice	12	DEVE	2:04.80
10	Kaiyah Hansen	11	CACD	2:05.99

Alternates

1	Addison DeGeldere	12	ROOS	2:12.10
2	Colbie Brown	09	SALD	2:12.21

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	Prelims
Heat 1 B - Final				
1	Cora Studeny		WHEA	2:30.01
2	Melissa Lang	11	SALD	2:29.25
3	Mady Iten	09	CACD	2:29.07
4	Jemma Petrie	12	GUNN	2:27.46
5	Katie Tompkins		WHEA	2:25.39
6	Holly Dykema		CONI	2:26.27
7	Cora Jorgensen	11	LBCO	2:28.60
8	Bianca Theron		GREN	2:29.16
9	Madisyn Espinosa	09	WELL	2:29.83
10	Noelle Thompson	10	STMA	2:31.20

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Heat 2 A - Final (#3 Girls 200 Yard IM Varsity)

1	Rachel Prager	12 KENT	2:21.89	___
2	Kylie Olson	11 DISC	2:21.65	___
3	Corinne Roberts	12 BERT	2:16.33	___
4	Camryn Williams	10 KENT	2:08.68	___
5	Madison Wagner	12 DISC	2:07.59	___
6	Josie Stahl	10 LBCO	2:08.26	___
7	Madison Crysel	11 STMA	2:09.19	___
8	Kernington Jasko	GREN	2:21.38	___
9	Emma Sewell	12 SARG	2:21.77	___
10	Natalie Krumholz	09 CACD	2:23.58	___

Alternates

1	Avery Vick	10 EVER	2:31.36	
2	Cora Balch	09 ROOS	2:31.50	

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
	23.08	AAA All-American Mid Alt	
	23.54	AAC All-Amer Mid Alt Con	

Lane Name Yr School Prelims**Heat 1 B - Final**

1	Emily Lin	11 KENT	26.77	___
2	Ryan Hilgers	10 STMA	26.55	___
3	Mary Jane Osborn	11 STMA	26.45	___
4	Sylvia Duchscher	09 GLEN	26.11	___
5	Siri Rydland	11 DISC	25.93	___
6	Ashtyn Cooney	12 HLFA	26.10	___
7	Dharma Perkins	EATO	26.32	___
8	Lian Applegate	10 ESTS	26.52	___
9	Kasey Glaser	12 SALD	26.67	___
10	Lily Christofferson	FTNV	26.80	___

Heat 2 A - Final

1	Mireille Gazdaru	09 LBCO	25.71	___
2	Addison Jones	12 LBCO	25.44	___
3	Hadley Carrington	11 KENT	25.14	___
4	Brooke Gothard	WHEA	24.44	___
5	Lorelai Frauenfelder	11 HLFA	23.41	___
6	Riley Mills	12 STMA	24.13	___
7	Leah Felton	GREN	24.93	___
8	Lily Sharpe	12 DEVE	25.22	___
9	Shae Merchant	12 SALD	25.52	___
10	Stella Rhee	FTNV	25.91	___

Alternates

1	Maya Khan-Farooqi	09 ASPE	26.84	
2	Leah Aldridge	10 MANI	26.91	

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 Prelims**Heat 1 B - Final**

1	Macey McKean	11 CACD	1:06.23	___
2	Madhuvanti Kulkarni	10 DISC	1:06.00	___
3	Kernington Jasko	GREN	1:05.01	___
4	Emma Sewell	12 SARG	1:04.77	___
5	Kailyn Tucker	11 HLFA	1:04.44	___
6	Quinn Barr	11 LBCO	1:04.75	___
7	Kylie Olson	11 DISC	1:04.93	___
8	Lily Urband	09 CACD	1:05.12	___
9	Sydney Davis	10 LAJU	1:06.15	___
10	Sophie Gremillion	11 HLFA	1:06.38	___

Heat 2 A - Final

1	Abby Simpkins	12 THOM	1:02.79	___
2	Isabelle Dietzler	11 DEVE	1:01.89	___
3	Anna Clayton	12 DISC	1:00.75	___
4	Elsa Anderson	09 KENT	57.79	___
5	Riley Mills	12 STMA	56.19	___
6	Alaia Sloan	09 DISC	57.58	___
7	Stella Rhee	FTNV	58.94	___
8	Maya Patel	12 EVER	1:01.83	___
9	Whitney Mcmanus	10 ASPE	1:02.78	___
10	Mireille Gazdaru	09 LBCO	1:04.01	___

Alternates

1	Noelle Thompson	10 STMA	1:06.43	
2	Sophia Nguyen	11 DEVE	1:06.44	

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 Prelims**Heat 1 B - Final**

1	Arden Erasmus	GREN	59.43	___
2	KayLee Gonzales-Moore	12 SARG	59.29	___
3	Bella Day	09 DISC	58.93	___
4	Siri Rydland	11 DISC	58.62	___
5	Shae Merchant	12 SALD	57.77	___
6	Avery Vick	10 EVER	58.11	___
7	Sofia Redhead	10 STMA	58.68	___
8	Cora Balch	09 ROOS	59.09	___
9	Lizzy Dassow	12 DEVE	59.31	___
10	Holly Dykema	CONI	59.54	___

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Heat 2 A - Final (#7 Girls 100 Yard Freestyle Varsity)

1	Lauren Anderson	12	STMA	57.47	___
2	Ashtyn Cooney	12	HLFA	56.87	___
3	Reese Rosenberg	09	KENT	56.60	___
4	Leah Felton		GREN	54.43	___
5	Lorelai Frauenfelder	11	HLFA	51.96	___
6	Emma Lindstrom	12	GLEN	53.15	___
7	Kaiyah Hansen	11	CACD	56.18	___
8	Lily Sharpe	12	DEVE	56.71	___
9	Emelie Rice	12	DEVE	57.40	___
10	Larriana Taggart	10	LAJU	57.63	___

Alternates

1	Lian Applegate	10	ESTS	59.79	
2	Ryan Hilgers	10	STMA	1:00.13	

Event 8 Girls 500 Yard Freestyle Varsity

CO State Rec:	4:39.89	2/6/2025	Madison Mintenko
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	Prelims
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Heat 1 B - Final

1	Maya Valean	09	GLEN	6:02.99	___
2	Cedar Lengerich	12	SALD	5:58.56	___
3	Annika Damon	11	STMA	5:54.20	___
4	Ashleigh Smith	12	DISC	5:51.04	___
5	Evie Gruben		FTNV	5:45.50	___
6	Samantha Jones	12	GUNN	5:46.84	___
7	Chloe Phair		GREN	5:52.52	___
8	Tierney Williams	12	CACD	5:56.73	___
9	Sydney Davis	10	LAJU	6:02.87	___
10	Madison Harris	10	EVER	6:03.14	___

Heat 2 A - Final

1	Sienna Halleen	09	DISC	5:41.43	___
2	Maya Khan-Farooqi	09	ASPE	5:28.59	___
3	Megan Grenzenbach	09	HLFA	5:23.38	___
4	Madison Wagner	12	DISC	5:09.31	___
5	Tallaby Riddle	11	EVER	5:02.53	___
6	Camryn Williams	10	KENT	5:03.98	___
7	Kate Callender	11	STMA	5:17.72	___
8	Addison Jones	12	LBCO	5:28.06	___
9	Katie Pierce	12	DEVE	5:37.19	___
10	Kensley Pekron	11	WOOD	5:42.66	___

Alternates

1	Kasey Glaser	12	SALD	6:04.17	
2	Riley Holsapple	10	WOOD	6:06.36	

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	Prelims
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Heat 1 B - Final

1	Conifer	A	1:54.15	___
2	Sargent	A	1:52.33	___
3	La Junta	A	1:50.73	___
4	Roosevelt	A	1:48.88	___
5	Gunnison	A	1:47.62	___
6	Holy Family	A	1:47.92	___
7	Fountain Valley	A	1:48.92	___
8	Thompson Valley	A	1:52.02	___
9	Evergreen	A	1:53.68	___
10	Woodland Park	A	1:55.92	___

Heat 2 A - Final

1	D'Evelyn	A	1:47.02	___
2	Green Mountain	A	1:46.56	___
3	Wheat Ridge	A	1:45.11	___
4	St Mary's Acad	A	1:43.64	___
5	Kent Denver	A	1:40.32	___
6	Liberty Common	A	1:43.56	___
7	Glenwood Springs	A	1:44.38	___
8	Discovery Canyon	A	1:45.79	___
9	Colorado Academy	A	1:47.02	___
10	Salida	A	1:47.20	___

Alternates

1	Berthoud High School	A	1:57.15	
2	Estes Park High School	A	1:57.99	

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	Prelims
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Heat 1 B - Final

1	Sophie Gremillion	11	HLFA	1:07.34	___
2	Isabella Sznawajs	09	STMA	1:06.66	___
3	Cora Jorgensen	11	LBCO	1:05.93	___
4	Sophia Sakker		WHEA	1:05.44	___
5	Larriana Taggart	10	LAJU	1:05.23	___
6	Sofia Redhead	10	STMA	1:05.33	___
7	Taylor Anderson	10	LBCO	1:05.76	___
8	Emily Opie	10	HLFA	1:06.51	___
9	Kailyn Tucker	11	HLFA	1:06.94	___
10	Kathryn Frey		GUNN	1:08.14	___

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Heat 2 A - Final (#10 Girls 100 Yard Backstroke Varsity)

1	Mady Iten	09	CACD	1:03.89	___
2	Danika Bennett		GREN	1:02.98	___
3	Reese Rosenberg	09	KENT	1:02.20	___
4	Whitney Mcmanus	10	ASPE	1:00.39	___
5	Cody Monajjem	11	WELL	57.69	___
6	Alaia Sloan	09	DISC	59.58	___
7	Maya Patel	12	EVER	1:01.76	___
8	Anna Clayton	12	DISC	1:02.38	___
9	Aayla Deter	12	ROOS	1:03.20	___
10	Bella Day	09	DISC	1:04.03	___

Alternates

1	Josie Staples	12	WELL	1:08.20	
2	Elyse Witherspoon	09	SALD	1:08.30	

Event 11 Girls 100 Yard Breaststroke Varsity

CO State Rec: 59.93 3/11/2021 Emma Weber

3A State Rec: 1:05.24 2/10/2025 Josie Stahl

1:02.72 AAA All-American Mid Alt

1:03.95 AAC All-Amer Mid Alt Con

Lane Name Yr School Prelims

Heat 1 B - Final

1	Claire Tompkins		WHEA	1:15.99	___
2	Harper Adams		GREN	1:15.47	___
3	Leah Aldridge	10	MANI	1:14.30	___
4	Cedar Lengerich	12	SALD	1:13.26	___
5	Bianca Theron		GREN	1:12.91	___
6	Natalie Krumholz	09	CACD	1:13.17	___
7	Erin Chapman	12	HLFA	1:13.55	___
8	Madisyn Espinosa	09	WELL	1:15.08	___
9	Malika Haro	11	STMA	1:15.68	___
10	Kira Prehm	12	DISC	1:16.31	___

Heat 2 A - Final

1	Katie Pierce	12	DEVE	1:11.54	___
2	Emily Lin	11	KENT	1:10.55	___
3	Samantha Jones	12	GUNN	1:09.75	___
4	Madison Crysel	11	STMA	1:06.30	___
5	Josie Stahl	10	LBCO	1:05.24	___
6	Brooke Gothard		WHEA	1:05.64	___
7	Corinne Roberts	12	BERT	1:06.59	___
8	Reyna Halleen	11	DISC	1:10.26	___
9	Rachel Prager	12	KENT	1:10.74	___
10	Abby Simpkins	12	THOM	1:12.87	___

Alternates

1	Maya Valean	09	GLEN	1:18.23	
2	Isla Friel	09	GLEN	1:18.26	

Event 12 Girls 400 Yard Freestyle Relay Varsity

CO State Rec: 3:21.52 2/7/2025 Cherry Creek High School

A Loveridge, J Fernstrom, M Williams, K McKinnon

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 Prelims

Heat 1 B - Final

1	Sargent	A	4:20.29	___
2	Thompson Valley	A	4:14.64	___
3	Wheat Ridge	A	4:10.37	___
4	Salida	A	4:07.60	___
5	Liberty Common	A	4:04.03	___
6	La Junta	A	4:06.06	___
7	Aspen	A	4:08.26	___
8	Gunnison	A	4:14.33	___
9	Conifer	A	4:16.55	___
10	Manitou Springs	A	4:22.30	___

Heat 2 A - Final

1	Fountain Valley	A	4:02.22	___
2	Glenwood Springs	A	3:53.10	___
3	Holy Family	A	3:48.54	___
4	Discovery Canyon	A	3:45.25	___
5	St Mary's Acad	A	3:39.94	___
6	Kent Denver	A	3:41.44	___
7	Green Mountain	A	3:47.45	___
8	D'Evelyn	A	3:50.28	___
9	Evergreen	A	3:59.10	___
10	Wellington	A	4:02.71	___

Alternates

1	Woodland Park High School	A	4:22.99	
2	Roosevelt High School	A	4:26.06	