

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016**Results****Event 1 Girls 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Grand Forks Red River	A	2:00.25	1:59.84	
1) Ohe, Liddy	2) Watson, Kaitlin	3) MacLeod, Lauryn	4) Danielson, Jordyn	
30.44 33.73 29.62	26.05			
2 West Fargo Sheyenne	A	1:57.76	2:01.71	
1) Smith, Andrea	2) Yonke, Madison	3) Bekkum, Paulina	4) Jones, Johanna	
31.05 35.65 28.93	26.08			
3 West Fargo High School	A	2:03.36	2:04.80	
1) Brooks, Tatum	2) Weisz, Sophie	3) Johnson, Haylee	4) Heise, Mariah	
31.91 34.72 30.36	27.81			
4 West Fargo Sheyenne	B	2:07.99	2:10.45	
1) Lund, Breanna	2) Triplett, Abby	3) Miller, Calista	4) Bueling, Abby	
32.08 37.30 37.04	24.03			
5 Grand Forks Central	A	2:02.67	2:13.49	
1) Frattin, Zoie	2) Woitdk, Kate	3) Goodwin, Clare	4) Anderson, Jadya	
32.50 36.88 33.18	30.93			
6 Grand Forks Red River	B	NT	2:32.47	
1) Chan, Audrey	2) Schindler, Olivia	3) Schindler, Maddi	4) Schindler, Kari	
34.06 46.93 38.43	33.05			
7 Grand Forks Central	B	NT	2:38.62	
1) Craven, Hannah	2) Danielson, Kaitlyn	3) Schaefer, Savannah	4) VanGalder, Maddie	
39.66 39.36 46.02	33.58			
--- West Fargo High School	B	2:07.00	DQ	
1) Nelson, Hanna	2) Hjelden, Jillian	3) Salter, Kaytlyn	4) Birrenkott, Cami	
34.23 35.33 30.86	29.41			

Event 2 Girls 200 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 MacLeod, Lauryn		Grand Forks Red River	2:10.33	2:08.94	
29.22 32.50 33.79	33.43				
2 Pulkrabek, Lexie		Grand Forks Central	2:09.66	2:12.83	
30.32 34.09 35.00	33.42				
3 Ohe, Liddy		Grand Forks Red River	2:10.00	2:13.73	
30.41 34.02 34.98	34.32				
4 Lardy, Jaelyn		West Fargo High School	2:13.94	2:15.07	
32.20 34.07 34.36	34.44				
5 Nilles, Hana		Grand Forks Central	2:10.00	2:15.32	
30.33 33.77 35.68	35.54				
6 Steinkopf, Molly		West Fargo High School	2:12.40	2:17.58	
36.46	36.23				
7 Bueling, Abby		West Fargo Sheyenne	2:10.44	2:18.14	
31.23 34.54 35.96	36.41				
8 Bjerke, Taylor		West Fargo Sheyenne	2:20.19	2:19.26	
31.77 35.57 36.31	35.61				
9 Miller, Calista		West Fargo Sheyenne	2:19.56	2:23.78	
33.79 36.47 37.11	36.41				
10 VanGalder, Maddie		Grand Forks Central	NT	2:42.53	
1:16.52	43.11				
11 Schindler, Maddi		Grand Forks Red River	2:37.43	2:42.98	
35.29 41.60 43.09	43.00				

Event 3 Girls 200 Yard IM

Name	Age	School	Seed Time	Finals Time	Points
1 Pulkrabek, Ellie		Grand Forks Central	2:26.50	2:26.55	
32.10 35.96 45.64	32.85				

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016**Results****(Event 3 Girls 200 Yard IM)**

Name	Age	School	Seed Time	Finals Time	Points
2 Frattin, Zoie		Grand Forks Central	2:30.10	2:31.21	
33.70 36.46 45.02 36.03					
3 Lund, Breanna		West Fargo Sheyenne	2:34.53	2:32.56	
32.56 36.50 48.42 35.08					
4 Danielson, Jordyn		Grand Forks Red River	2:30.41	2:32.68	
34.43 40.10 44.73 33.42					
5 White, Kayla		West Fargo High School	2:33.59	2:32.76	
6 Yonke, Madison		West Fargo Sheyenne	2:30.34	2:33.26	
32.75 40.39 43.59 36.53					
7 Johnson, Haylee		West Fargo High School	2:35.25	2:33.41	
32.16 39.19 45.10 36.96					
8 Triplett, Abby		West Fargo Sheyenne	2:30.91	2:35.05	
36.00 39.62 44.53 34.90					
9 Behm, Madelynn		Grand Forks Red River	2:40.00	2:37.61	
34.08 40.47 46.02 37.04					
10 Steinkopf, Maya		West Fargo High School	2:35.00	2:51.45	
39.92 42.78 49.86 38.89					
11 Craven, Hannah		Grand Forks Central	NT	3:01.86	
1:27.15 1:34.71					
--- Olson, Olivia		Grand Forks Red River	2:50.74	DQ	
36.54 41.97 56.13 37.95					

Event 4 Girls 50 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Ljunggren, Alexis		Grand Forks Central	25.86	25.39	
2 Jones, Johanna		West Fargo Sheyenne	24.91	26.30	
3 Bekkum, Paulina		West Fargo Sheyenne	26.49	27.36	
4 Heise, Mariah		West Fargo High School	27.33	27.76	
5 Salter, Kaytlyn		West Fargo High School	28.09	28.10	
6 Bellas, Greta		West Fargo Sheyenne	27.53	28.34	
7 Weisz, Sophie		West Fargo High School	28.28	28.40	
8 Watson, Kaitlin		Grand Forks Red River	28.49	28.45	
9 Grosz, Emily		Grand Forks Central	27.94	28.66	
10 Johnson, Elise		Grand Forks Red River	28.36	29.10	
11 Erickson, Katie		West Fargo Sheyenne	28.25	29.20	
12 Perius, Khauner		West Fargo Sheyenne	28.98	29.54	
13 Durbin, Ally		West Fargo Sheyenne	30.00	29.67	
14 Tykwinski, Abby		West Fargo High School	29.42	29.97	
15 Birrenkott, Cami		West Fargo High School	29.13	30.21	
16 Martin, Winter		West Fargo High School	30.36	30.30	
17 Woidtk, Kate		Grand Forks Central	30.13	30.35	
18 Wersinger, Hallee		West Fargo Sheyenne	30.13	30.70	
19 Anderson, Jady		Grand Forks Central	30.09	30.72	
20 Lindgren, Lydia		West Fargo Sheyenne	30.81	30.83	
21 Benter, Maddie		West Fargo Sheyenne	31.24	31.48	
22 Chan, Audrey		Grand Forks Red River	31.24	31.71	
23 Danielson, Kaitlyn		Grand Forks Central	32.49	32.85	
24 Lewis, Hannah		Grand Forks Red River	30.33	32.86	
25 Laumb, Hannah		Grand Forks Central	32.57	32.88	
26 Montplaisir, Sarah		West Fargo High School	31.90	32.92	
27 Arnold, Sydney		West Fargo High School	33.32	33.07	
28 Corbett, McKenna		Grand Forks Central	33.24	34.12	
29 Schindler, Kari		Grand Forks Red River	33.90	34.17	

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016

Results

(Event 4 Girls 50 Yard Freestyle)

Name	Age	School	Seed Time	Finals Time	Points
30 Sjoblom, Arianna		West Fargo High School	32.58	34.92	
31 Jordan, Taylor		Grand Forks Red River	36.11	35.93	
32 Theil, Katie		Grand Forks Central	38.63	37.49	
33 Howell, Jaedyn		Grand Forks Red River	35.70	37.83	
34 Holmes-Selk, Ciera		Grand Forks Central	37.52	38.34	
35 Schaefer, Savannah		Grand Forks Central	37.54	38.52	
36 Neva, Eden		West Fargo High School	43.00	41.86	
37 Schindler, Lisa		Grand Forks Red River	41.82	42.55	

Event 5 Girls 1 mtr Diving

Name	Age	School	Finals Score	Points
1 Pederson, Haley		West Fargo High School	NP	217.40
2 Hoffman, Abbie		Grand Forks Central	212.25	160.70
3 Sterling, Allison		West Fargo Sheyenne	151.20	137.95
4 Meberg, Ingrid		Grand Forks Red River	110.50	136.90
5 Froemke, Anna		West Fargo Sheyenne	119.90	109.80
6 Dietz, Haley		West Fargo Sheyenne	93.95	102.85
7 Birrenkott, Cami		West Fargo High School	NP	99.50
8 Bents, Morgan		West Fargo High School	NP	90.95

Event 6 Girls 100 Yard Butterfly

Name	Age	School	Seed Time	Finals Time	Points
1 Ljunggren, Alexis 28.91 32.45		Grand Forks Central	1:04.05	1:01.36	
2 Smith, Andrea 31.29 35.95		West Fargo Sheyenne	1:03.20	1:07.24	
3 Bekkum, Paulina 31.83 37.10		West Fargo Sheyenne	1:08.71	1:08.93	
4 Dawkins, Averl 33.40 38.89		West Fargo High School	1:10.84	1:12.29	
5 Heise, Mariah 34.48 38.09		West Fargo High School	1:10.97	1:12.57	
6 Goodwin, Clare 34.99 39.44		Grand Forks Central	1:14.88	1:14.43	
7 Miller, Calista		West Fargo Sheyenne	1:11.97	1:15.31	
8 Craven, Hannah 40.11 50.03		Grand Forks Central	1:31.35	1:30.14	
9 Schindler, Maddi 42.48 50.23		Grand Forks Red River	NT	1:32.71	

Event 7 Girls 100 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Jones, Johanna 28.12 31.50		West Fargo Sheyenne	57.15	59.62	
2 Pulkrabek, Lexie 29.38 31.29		Grand Forks Central	1:00.64	1:00.67	
3 Yonke, Madison 28.86 32.01		West Fargo Sheyenne	59.37	1:00.87	
4 White, Kayla 28.98 32.01		West Fargo High School	1:00.43	1:00.99	
5 Johnson, Haylee 29.62 31.46		West Fargo High School	1:01.88	1:01.08	

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016**Results****(Event 7 Girls 100 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time	Points
6 Bellas, Greta 29.61 31.49		West Fargo Sheyenne	1:01.78	1:01.10	
7 Grosz, Emily 29.60 31.52		Grand Forks Central	1:01.65	1:01.12	
8 Steinkopf, Molly 29.08 32.20		West Fargo High School	59.42	1:01.28	
9 Nelson, Hanna 30.18 32.54		West Fargo High School	1:02.38	1:02.72	
10 Salter, Kaytlyn 29.86 33.03		West Fargo High School	1:03.93	1:02.89	
11 Lardy, Jaelyn 30.30 33.22		West Fargo High School	1:02.37	1:03.52	
12 Wersinger, Halee 32.16 33.83		West Fargo Sheyenne	1:06.94	1:05.99	
13 Christensen, Hannah 31.66 34.39		West Fargo Sheyenne	1:05.63	1:06.05	
14 Perius, Khauner 31.95 35.63		West Fargo Sheyenne	1:06.93	1:07.58	
15 Chan, Audrey 32.71 35.02		Grand Forks Red River	1:08.07	1:07.73	
16 Lindgren, Lydia 33.53 35.27		West Fargo Sheyenne	1:07.85	1:08.80	
17 Dietz, Haley 34.64 35.62		West Fargo Sheyenne	1:13.13	1:10.26	
18 Steinkopf, Maya 33.27 37.65		West Fargo High School	1:09.62	1:10.92	
19 Montplaisir, Sarah 33.91 37.70		West Fargo High School	1:12.17	1:11.61	
20 Schindler, Kari 35.95 37.28		Grand Forks Red River	1:13.31	1:13.23	
21 Arnold, Sydney 34.62 40.01		West Fargo High School	1:17.01	1:14.63	
22 Lewis, Hannah 35.56 39.30		Grand Forks Red River	1:16.01	1:14.86	
23 Sjoblom, Arianna 36.16 39.73		West Fargo High School	1:13.22	1:15.89	
24 Hatloy, Sharon 35.43 40.54		Grand Forks Red River	1:15.50	1:15.97	
25 Jordan, Taylor 38.01 39.45		Grand Forks Red River	1:18.23	1:17.46	
26 Corbett, McKenna 1:17.68		Grand Forks Central	1:16.27	1:17.68	
27 Schindler, Olivia		Grand Forks Red River	1:19.71	1:21.23	
28 Howell, Jaedyn 39.28 43.52		Grand Forks Red River	1:23.40	1:22.80	
29 Theil, Katie 41.87 44.24		Grand Forks Central	1:35.13	1:26.11	
30 Holmes-Selk, Ciera 40.34 46.47		Grand Forks Central	1:22.27	1:26.81	
31 Schindler, Lisa 43.23 48.49		Grand Forks Red River	1:39.59	1:31.72	
32 Neva, Eden 45.60 50.69		West Fargo High School	1:39.87	1:36.29	

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016**Results****Event 8 Girls 500 Yard Freestyle**

Name	Age	School	Seed Time	Finals Time	Points
1 Pulkrabek, Ellie		Grand Forks Central	5:40.76	5:42.21	
30.29 33.17 33.90	34.44	34.77 35.18 34.70	35.31		
35.81 34.64					
2 Nilles, Hana		Grand Forks Central	5:46.36	5:52.08	
31.48 35.12 36.17	36.29	35.93 34.80 35.59	35.49		
35.93 35.28					
3 Ohe, Liddy		Grand Forks Red River	5:55.00	5:53.43	
30.54 33.93 35.17	36.10	36.42 36.72 36.73	36.42		
36.25 35.15					
4 Brooks, Tatum		West Fargo High School	6:06.28	6:00.21	
30.93 35.56 36.12	36.08	36.79 36.84 37.02	37.32		
37.60 35.95					
5 Frattin, Zoie		Grand Forks Central	NT	6:05.58	
32.59 36.50 36.91	37.33	36.86 36.89 37.51	37.44		
37.65 35.90					
6 Bjerke, Taylor		West Fargo Sheyenne	6:10.00	6:05.86	
32.46 35.94 36.69	37.49	37.44 37.60 38.30	36.84		
37.41 35.69					
7 Johnson, Elise		Grand Forks Red River	6:20.00	6:14.36	
31.65 35.68 36.55	37.12	38.18 38.80 39.08	1:19.24		
38.06					
8 Erickson, Katie		West Fargo Sheyenne	6:22.33	6:17.45	
33.21 37.79 39.37	39.40	38.97 38.81 38.13	38.00		
37.54 36.23					
9 Benter, Maddie		West Fargo Sheyenne	6:31.41	6:24.67	
33.93 37.36 39.09	39.59	38.97 40.03 40.42	39.14		
39.03 37.11					
10 Iverson, Jadyn		West Fargo High School	6:33.30	6:27.70	
34.36 37.89 39.20	39.56	38.93 38.87 39.55	40.59		
39.91 38.84					
11 Olson, Olivia		Grand Forks Red River	6:33.61	6:30.55	
33.96 37.76 38.49	39.20	40.54 40.29 39.82	40.08		
40.57 39.84					
12 Carlson, Jozie		West Fargo High School	NT	7:15.29	
34.87					
44.28					

Event 9 Girls 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time	Points
1 Grand Forks Central	A	1:49.24	1:48.36	
1) Pulkrabek, Lexie	2) Nilles, Hana	3) Pulkrabek, Ellie	4) Ljunggren, Alexis	
27.86 27.93 27.23	25.34			
2 Grand Forks Red River	A	1:50.00	1:49.51	
1) Danielson, Jordyn	2) Johnson, Elise	3) Ohe, Liddy	4) MacLeod, Lauryn	
27.74 27.05 28.39	26.33			
3 West Fargo High School	A	1:49.93	1:53.17	
1) White, Kayla	2) Hjelden, Jillian	3) Weisz, Sophie	4) Steinkopf, Molly	
28.50 28.61 28.00	28.06			
4 West Fargo Sheyenne	A	1:52.99	1:55.35	
1) Lund, Breanna	2) Erickson, Katie	3) Bueling, Abby	4) Bellas, Greta	
28.84 29.48 28.94	28.09			
5 West Fargo High School	B	1:52.00	1:58.41	
1) Birrenkott, Cami	2) Martin, Winter	3) Dawkins, Averil	4) Lardy, Jaelyn	
29.61 30.44 28.83	29.53			

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016**Results****(Event 9 Girls 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
6 Grand Forks Central	B	1:57.63	1:58.76	
1) Frattin, Zoie	2) Woidtk, Kate	3) Anderson, Jadyn	4) Grosz, Emily	
29.70 29.69 31.19	28.18			
7 West Fargo Sheyenne	B	2:02.59	1:59.25	
1) Perius, Khauner	2) Wersinger, Halee	3) Durbin, Ally	4) Bjerke, Taylor	
30.76 30.32 29.01	29.16			
8 Grand Forks Red River	B	1:58.90	2:03.17	
1) Behm, Madelynn	2) Olson, Olivia	3) Lewis, Hannah	4) Watson, Kaitlin	
30.21 31.40 37.77	23.79			

Event 10 Girls 100 Yard Backstroke

Name	Age	School	Seed Time	Finals Time	Points
1 Smith, Andrea		West Fargo Sheyenne	1:08.40	1:07.85	
33.32 34.53					
2 MacLeod, Lauryn		Grand Forks Red River	1:07.89	1:08.04	
33.20 34.84					
3 Lund, Breanna		West Fargo Sheyenne	1:07.93	1:09.13	
33.57 35.56					
4 Durbin, Ally		West Fargo Sheyenne	1:11.00	1:13.54	
35.96 37.58					
5 Nelson, Hanna		West Fargo High School	1:11.12	1:13.97	
36.05 37.92					
6 Tykwinski, Abby		West Fargo High School	1:15.31	1:14.33	
36.21 38.12					
7 Goodwin, Clare		Grand Forks Central	1:17.65	1:16.73	
37.79 38.94					
8 VanGalder, Maddie		Grand Forks Central	1:21.14	1:20.38	
39.11 41.27					
9 Schindler, Olivia		Grand Forks Red River	NT	1:30.54	
43.49 47.05					
10 Hatloy, Sharon		Grand Forks Red River	NT	1:32.99	
44.71 48.28					
11 Schaefer, Savannah		Grand Forks Central	1:41.13	1:42.25	
48.90 53.35					

Event 11 Girls 100 Yard Breaststroke

Name	Age	School	Seed Time	Finals Time	Points
1 Weisz, Sophie		West Fargo High School	1:15.25	1:15.20	
35.26 39.94					
2 Watson, Kaitlin		Grand Forks Red River	1:16.33	1:15.89	
36.05 39.84					
3 Danielson, Jordyn		Grand Forks Red River	1:18.84	1:17.97	
37.15 40.82					
4 Triplett, Abby		West Fargo Sheyenne	1:20.27	1:20.51	
37.98 42.53					
5 Martin, Winter		West Fargo High School	1:21.00	1:22.67	
39.55 43.12					
6 Hjelden, Jillian		West Fargo High School	1:18.74	1:22.72	
37.86 44.86					
7 Christensen, Hannah		West Fargo Sheyenne	1:25.11	1:22.81	
39.32 43.49					
8 Woidtk, Kate		Grand Forks Central	1:22.46	1:23.36	
39.02 44.34					

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016**Results****(Event 11 Girls 100 Yard Breaststroke)**

Name	Age	School	Seed Time	Finals Time	Points
9 Behm, Madelynn		Grand Forks Red River	1:22.44	1:24.00	
39.04 44.96					
10 Bueling, Abby		West Fargo Sheyenne	1:24.71	1:26.86	
41.28 45.58					
11 Danielson, Kaitlyn		Grand Forks Central	1:25.60	1:27.55	
40.73 46.82					
12 Laumb, Hannah		Grand Forks Central	1:38.15	1:36.51	
45.16 51.35					

Event 12 Girls 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time	Points
1 Grand Forks Central	A	3:56.72	3:54.90	
1) Pulkrabek, Ellie	2) Nilles, Hana	3) Pulkrabek, Lexie	4) Ljunggren, Alexis	
27.94 58.47 29.05 1:01.55	28.87 1:00.71	26.42 54.17		
2 West Fargo Sheyenne	A	3:54.99	3:57.44	
1) Jones, Johanna	2) Smith, Andrea	3) Bekkum, Paulina	4) Yonke, Madison	
28.36 1:00.37 27.72 58.57	28.10 1:00.09	27.38 58.41		
3 West Fargo High School	A	4:03.79	4:07.37	
1) White, Kayla	2) Brooks, Tatum	3) Heise, Mariah	4) Steinkopf, Molly	
29.37 1:02.02 28.28 1:01.73	29.09 1:01.11	29.36 1:02.51		
4 West Fargo Sheyenne	B	4:08.99	4:14.49	
1) Bellas, Greta	2) Erickson, Katie	3) Triplett, Abby	4) Bjerke, Taylor	
29.07 59.99 31.06 1:05.25	30.25 1:04.58	30.93 1:04.67		
5 West Fargo High School	B	4:13.00	4:14.90	
1) Johnson, Haylee	2) Dawkins, Averi	3) Nelson, Hanna	4) Salter, Kaytlyn	
29.50 1:00.94 30.91 1:05.07	30.73 1:08.96	25.56 59.93		
6 Grand Forks Red River	A	4:20.55	4:31.52	
1) Behm, Madelynn	2) Chan, Audrey	3) Olson, Olivia	4) Johnson, Elise	
32.57 1:08.33 32.49 1:07.70	33.08 1:11.38	30.79 1:04.11		
7 Grand Forks Central	B	4:31.97	4:34.38	
1) Anderson, Jady	2) Craven, Hannah	3) Laumb, Hannah	4) Grosz, Emily	
32.91 1:07.87 33.08 1:10.51	35.71 1:14.26	29.30 1:01.74		
8 Grand Forks Red River	B	5:03.05	5:07.08	
1) Hatloy, Sharon	2) Jordan, Taylor	3) Lewis, Hannah	4) Schindler, Kari	
36.60 1:20.54 36.81 1:17.30	35.70 1:27.31	24.07 1:01.93		

GF Central-GF Red River-Sheyenne-West Fargo - 9/20/2016**Dual Meet Scores - Through Event 12****Women**

West Fargo High School	107.00	75.00	Grand Forks Red River
West Fargo Sheyenne	117.00	67.00	Grand Forks Red River
West Fargo High School	94.00	91.00	Grand Forks Central
West Fargo Sheyenne	99.00	86.00	Grand Forks Central