

2025 Capital City Invite - 9/6/2025

Results

Event 1 Girls 200 Yard Medley Relay

Team	Relay	Finals Time	
1 CHS	A	J1:56.19	40
1) McEvers, Hannah 12	2) Richards, Brooklyn 11		
3) Osadchy, Molly 10	4) Jablonsky, Abby 12		
30.09 32.19	27.80 26.11		
2 SHS-ND	A	J1:57.56	34
1) Tangpong, Nashatawn 9	2) Heckaman, Alexa 12		
3) Erickson, Ella 7	4) Hoff, Arianna 12		
30.71 31.99	30.82 24.04		
3 MIN	A	J1:59.88	32
1) Quam, Kirby 10	2) VonBokern, Sophia 12		
3) VonBokern, Samantha 12	4) Valdez, Hailee 12		
31.36 35.51	26.04 26.97		
4 SHEY	A	J2:00.31	30
1) Nilson, Gabby 7	2) Erickson, Elin 8		
3) Hoornaert, Ava 10	4) Sevald, Evie 11		
32.22 32.80	29.42 25.87		
5 WHS	A	J2:00.64	28
1) Woodward, Jayden M 12	2) Tofte, Audrey 8		
3) Zander, Dru E 12	4) Floyd, Jolee 8		
31.76 34.84	26.30 27.74		
6 CHS	B	J2:01.25	10
1) Kuklok, Kiera 10	2) Knudson, Joelle 10		
3) Aisenbrey, Ivy 7	4) Lowe, Madisyn 9		
31.40 33.19	30.60 26.06		
7 MHS	A	J2:02.39	26
1) Francis, Ava 9	2) Goettle, Grace 12		
3) Masseeth, Emma 10	4) Kienzle, Peyton 10		
30.52 36.29	29.01 26.57		
8 LHS	A	J2:06.86	24
1) Bachmeier, Cambria 8	2) Freborg, Piper 12		
3) Lacher, Ellie 10	4) Huber, Allyson 9		
33.46 34.73	31.06 27.61		
9 SHEY	B	J2:07.05	8
1) Laudal, Taylor 10	2) Rasmussen, Olivia 7		
3) Arveity, Saanvi 7	4) Syverson, Danielle 12		
31.81 36.06	30.46 28.72		
10 MIN	B	J2:08.33	6
1) Quam, Kendall 7	2) Schaeffer, Greer 11		
3) Andersen, Katy 10	4) Racine, Madisyn 9		
35.37 35.70	30.14 27.12		
11 MHS	B	J2:11.65	4
1) Kitzmann, Katelynn 11	2) Erhardt, Cadence 12		
3) Lindsey, Catherine 8	4) Kienzle, Zoey 10		
35.17 36.79	31.39 28.30		
12 MNHS-ND	A	J2:11.85	22
1) Miller, Keira 12	2) Bahr, Zoe 12		
3) Wake, Abigail 10	4) Kraft, Chloe 10		
38.40 34.43	31.87 27.15		
13 JHS-ND	A	J2:13.84	18
1) Moser, Sawyer A 7	2) Berndt, Mia C 10		
3) Moltzen, Marissa 12	4) Gilbertson, Sophie L 9		
33.75 41.48	30.18 28.43		
14 SHS-ND	B	J2:14.68	2
1) Appletoft, Alexis 11	2) Christianson, Joely 9		
3) Sjurseth, Ava 8	4) Kegel, Gretta 9		
35.00 38.86	30.45 30.37		

15 LHS	B	J2:14.82	
1) Wood, Gabby 9	2) Hocker, Morgan 8		
3) McKenzie, Kadee 12	4) Brendel, Ashlyn 11		
34.96 36.04	35.51 28.31		
16 DHS	A	J2:16.89	14
1) Erickson, Kendra 12	2) Kilwein, Lola 9		
3) Meyer, Clancy 10	4) Espinoza, Rae 9		
36.59 39.83	31.25 29.22		
17 BHS-ND	A	J2:17.12	12
1) Vatnsdal, Aubrey 11	2) Geerdes, Olyvia 11		
3) Jahner, Jocelyn 12	4) Kerzman, Morgan 10		
37.45 39.00	32.61 28.06		
18 WHS	B	2:18.55	
1) Hansen, Kara A 12	2) Mock, Madison 12		
3) Zimmerman, Juno 8	4) Delaney, Allie 9		
32.48 41.94	33.97 30.16		
19 BHS-ND	B	2:22.40	
1) Bullinger, Natalie 8	2) Ness, Kennedy 8		
3) Sikes, Elizabeth 10	4) Parnell, Lily 10		
35.41 40.21	35.14 31.64		
20 LHS	C	x2:24.16	
1) Brito, Madelyn 7	2) Steele, Addy 8		
3) Lorenz, Brynlee 9	4) Lee, Kallie 7		
38.81 39.62	36.76 28.97		
21 CHS	C	x2:28.52	
1) Nairn, Nora 10	2) Mattern, Clara 8		
3) Meberg Ewald, Rowan 9	4) Richards, Sydney 9		
39.73 42.00	34.59 32.20		
22 MIN	C	x2:28.67	
1) Dokken, Leah 11	2) Johnson, Ava 7		
3) Makeef, Kacee 8	4) Fettig, Kyllie 12		
38.71 41.54	33.64 34.78		
23 SHEY	C	x2:28.90	
1) Riegel, Emma 11	2) Lund, Kiera 12		
3) Swee, Carleigh 7	4) Schobinger, Maddie 10		
38.92 41.29	38.42 30.27		
24 WHS	C	x2:29.33	
1) Kerschion, Emily 11	2) Elsbernd, Addison 12		
3) Rhinehart, Rebecca 12	4) Grunenwald, Norah 9		
37.39 41.14	38.31 32.49		
25 SHS-ND	C	x2:35.67	
1) Peterson, Vaira 9	2) Peterson, Sloan 7		
3) Altstadt, Eleonor 8	4) Swenson, Sophie 8		
38.20 44.42	41.38 31.67		
26 MNHS-ND	B	2:35.88	
1) Stewart, Adelyn 8	2) Thomas, Ada 7		
3) Lantz-Gagne, Olivia 11	4) Haaland, Sophia 7		
42.63 46.42	32.62 34.21		
27 DHS	B	2:38.62	
1) LaQua, Emily 12	2) LaQua, Hailey 12		
3) Lubken, Eva 7	4) Paintner, Kayley 9		
38.36 47.71	42.29 30.26		
28 MNHS-ND	C	x2:40.30	
1) Elbouab, Fatimzahra 10	2) Yoder, Jaina 11		
3) Meier, Genevieve 10	4) Naslund, Adelynn 7		
43.19 40.01	37.23 39.87		

2025 Capital City Invite - 9/6/2025

Results									
(Event 1 Girls 200 Yard Medley Relay)					6	Johnson, Ella	10	MIN	2:14.71 13
Team		Relay		Finals Time					
29	CHS	D		x2:41.64					
	1) Kurtz, Natalie 7	2) Landblom, Maia 7				30.84	33.98	35.72	34.17
	3) Turner, Savannah 8	4) Kuklok, Ella 8			7	Kuklok, Kiera	10	CHS	2:15.93 12
	37.80 48.24	42.26 33.34				30.28	34.13	35.75	35.77
30	JHS-ND	B		2:42.94	8	Lindsey, Catherine	8	MHS	2:16.64 11
	1) Pederson, Skylar A 8	2) Tyson, Aliyah 10				31.60	34.74	35.04	35.26
	3) Nelson, Tori J 11	4) Haisch, Zoe M 9			9	Brendel, Ashlyn	11	LHS	2:17.04 9
	47.49 46.58	37.17 31.70				31.23	34.22	35.65	35.94
31	LHS	D		x2:44.10	10	Lindsey, Corinne	12	MHS	2:18.15 7
	1) Scherr, Kaia 7	2) Fischer, McKenzie 7				31.51	34.78	36.56	35.30
	3) Noonan, Morgan 11	4) Peltz, Kambryn 9			11	Jackson, Lynnea	12	MHS	2:18.66 6
	43.29 46.60	29.30 44.91				30.64	34.69	37.45	35.88
32	MHS	E		x2:53.00	12	Rasmussen, Olivia	7	SHEY	2:18.82 5
	1) Larson, Ryleigh 8	2) Bierman, Carrie 9				30.85	34.83	37.16	35.98
	3) Starck, Jayda 7	4) Graff, Ellie 7			13	Makeef, Kacee	8	MIN	2:18.88 4
	40.46 50.91	43.70 37.93				31.58	35.32	37.11	34.87
---	MHS	C		DQ	14	Hocker, Morgan	8	LHS	2:22.05 3
	1) Opolka, Grace 9	2) Gerhardt, Malayna 12				32.40	36.35	37.05	36.25
	3) Opolka, Madelyn 9	4) Sarvis, Leigha 10			15	Andersen, Katy	10	MIN	x2:22.85
	37.38 39.37	34.04 31.28				30.68	35.25	38.95	37.97
---	MHS	D		DQ	16	Gilbertson, Sophie L	9	JHS-ND	2:24.23 2
	1) Kroh, DeLainis 10	2) Thomas, Lenora 8				30.61	35.56	39.88	38.18
	3) Larson, Maddox 7	4) Hagens, Grace 10			17	Berndt, Mia C	10	JHS-ND	2:25.53 1
	46.83 43.98	39.45 32.43				34.56	37.07	38.18	35.72
---	DHS	C		DQ	18	Martin, Lainey	12	MNHS-ND	2:27.49
	1) Kruc, Sophia 10	2) Helmer, Esmae 8				32.90	36.96	38.81	38.82
	3) Bozovsky, Hannah 11	4) McElwain, Arianna 8			19	Riegel, Emma	11	SHEY	2:28.10
	41.29 45.48	32.67 33.19				33.60	37.39	38.61	38.50
---	BHS-ND	D		DQ	20	Haag, Ashlynn	8	DHS	2:30.30
	1) McChesney, Lyric 7	2) Retzer, Mackenzie 7				33.62	38.66	40.74	37.28
	3) Knudson, Aabree 8	4) Benson, Wynn 8			21	Lubken, Eva	7	DHS	2:30.32
	52.85 1:13.10	44.54 31.77				33.61	38.20	40.95	37.56
---	CHS	E		DQ	22	Peterson, Vaira	9	SHS-ND	2:35.35
	1) Chumley, Chloe 7	2) Ziniel, Olivia 7				34.34	39.63	40.98	40.40
	3) Maier, Brielle 7	4) Cunningham, Christine 10			23	LaQua, Emily	12	DHS	2:35.56
	49.76 50.84	30.13 48.30				35.52	39.27	41.21	39.56
---	BHS-ND	C		DQ	24	McKenzie, Kadee	12	LHS	2:35.65
	1) Mattern, BreAnna 10	2) Baumgartner, Brooklyn 9				33.22	38.89	42.15	41.39
	3) Cashman, Maria 8	4) Grosz, Charli 7			25	Delaney, Allie	9	WHS	2:35.98
	38.18 46.02	39.42 33.29				33.63	39.41	42.88	40.06
Event 2 Girls 200 Yard Freestyle					26	Hagens, Grace	10	MHS	2:41.43
	1:55.42 AS1					34.28	39.08	43.13	44.94
	1:57.73 AS2				27	Maier, Brielle	7	CHS	2:42.39
	2:12.53 SQ					37.05	41.91	42.42	41.01
Name	Yr	School	Finals Time		28	Mattern, BreAnna	10	BHS-ND	2:43.46
1 Rogne, Isla	10	SHS-ND	2:03.74 SQ			35.65	42.15	44.35	41.31
28.65 31.14		32.11 31.84			29	Larson, Maddox	7	MHS	x2:44.14
2 Quam, Kirby	10	MIN	2:07.88 SQ			36.83	42.19	44.95	40.17
29.54 31.66		33.08 33.60			30	Walker, Norah	12	CHS	2:44.47
3 Wax, Addie	10	DHS	2:09.54 SQ			35.43	40.96	44.11	43.97
29.70 32.40		33.61 33.83			31	Geerdes, Olyvia	11	BHS-ND	2:44.88
4 Dunstan, Emily	11	MIN	2:09.86 SQ			36.15	41.81	43.91	43.01
29.46 32.70		33.20 34.50			32	Schatz, Riley	7	LHS	2:45.39
5 Heckaman, Alexa	12	SHS-ND	2:13.32 14			36.34	42.15	43.76	43.14
30.74 33.74		35.11 33.73			33	Corcoran, Keira	8	SHEY	2:49.00
						38.44	42.61	44.82	43.13
					34	Benson, Wynn	8	BHS-ND	2:53.89
						36.72	44.58	46.74	45.85

2025 Capital City Invite - 9/6/2025

Results

(Event 2 Girls 200 Yard Freestyle)

Name		YrSchool	Finals Time	
35	McElwain, Arianna	8 DHS	x2:56.34	
	39.49	42.95	46.59	47.31
36	Kruc, Sophia	10 DHS	x2:58.14	
	40.20	47.06	46.58	44.30
37	Kroh, DeLainis	10 MHS	x3:15.69	
	42.23	49.26	52.35	51.85
38	Cunningham, Christine	10 CHS	3:24.77	
	47.15	52.89	52.52	52.21
39	Ziniel, Olivia	7 CHS	x3:41.67	
	46.72	57.21	58.78	58.96
40	Chumley, Chloe	7 CHS	x3:57.19	
	50.01	1:02.12	1:03.85	1:01.21

Event 3 Girls 200 Yard IM

2:10.95 AS1
2:13.57 AS2
2:30.71 SQ

Name		YrSchool	Finals Time	
1	VonBokern, Samantha	12 MIN	2:14.48	SQ
	27.84	33.65	41.93	31.06
2	Mrachek, Sienna	12 CHS	2:17.95	SQ
	29.43	35.51	40.81	32.20
3	Sears, Norah	9 LHS	2:23.29	SQ
	30.00	38.38	42.40	32.51
4	Steele, Brinley	10 LHS	2:25.46	SQ
	29.85	35.43	46.45	33.73
5	McEvers, Hannah	12 CHS	2:29.84	SQ
	31.47	37.83	45.35	35.19
6	Tippett, Makenna	10 DHS	2:30.15	SQ
	32.82	39.02	45.63	32.68
7	Sjurseth, Ava	8 SHS-ND	2:30.28	SQ
	32.59	39.25	46.03	32.41
8	Masseth, Emma	10 MHS	2:30.32	SQ
	31.61	38.56	45.88	34.27
9	Hoornaert, Ava	10 SHEY	2:30.98	9
	31.88	37.61	47.21	34.28
10	Christianson, Joely	9 SHS-ND	2:32.00	7
	33.09	37.92	46.12	34.87
11	Ellerkamp, Molly	11 DHS	2:32.08	6
	30.86	38.39	49.48	33.35
12	Nilson, Gabby	7 SHEY	2:32.90	5
	31.71	38.84	47.33	35.02
13	Racine, Madisyn	9 MIN	2:35.69	4
	31.59	40.03	46.39	37.68
14	Bahr, Zoe	12 MNHS-ND	2:36.20	3
	33.03	40.85	44.63	37.69
15	Gemar, Ellia	11 MNHS-ND	2:37.66	2
	33.11	40.22	48.95	35.38
16	Schaeffer, Greer	11 MIN	2:40.44	1
	35.33	42.07	45.72	37.32
17	Freborg, Piper	12 LHS	2:40.86	
	33.56	42.82	48.35	36.13
18	Aisenbrey, Ivy	7 CHS	2:40.94	
	32.43	41.82	51.61	35.08
19	Vatnsdal, Aubrey	11 BHS-ND	2:43.50	
	35.43	42.37	46.82	38.88

20	Allen, Iris	9 MHS	2:46.49	
	36.33	42.83	50.60	36.73
21	Wake, Abigail	10 MNHS-ND	2:47.82	
	35.39	45.20	48.20	39.03
22	Nilson, Claire	12 SHEY	2:48.31	
	33.97	43.71	51.43	39.20
23	Bullinger, Natalie	8 BHS-ND	2:49.00	
	35.25	42.95	53.61	37.19
24	Schobinger, Maddie	10 SHEY	2:50.71	
	38.04	42.49	51.91	38.27
25	Johnson, Ava	7 MIN	2:52.12	
	36.90	43.28	53.51	38.43
26	Kitzmann, Brianna	7 MHS	2:52.50	
	38.52	43.04	48.77	42.17
27	Espinoza, Rae	9 DHS	2:53.18	
	37.47	45.07	53.12	37.52
28	Quam, Kendall	7 MIN	x2:53.75	
	38.04	42.47	52.51	40.73
29	Kuklok, Ella	8 CHS	2:55.43	
	39.50	44.12	52.92	38.89
30	Sikes, Elizabeth	10 BHS-ND	2:55.82	
	37.11	46.30	52.49	39.92
31	Erhardt, Cadence	12 MHS	2:56.97	
	39.62	43.09	50.84	43.42
32	Goettle, Grace	12 MHS	x2:58.31	
	41.28	46.54	49.00	41.49
33	Opolka, Madelyn	9 MHS	x3:02.58	
	35.84	49.44	57.66	39.64
34	Turner, Savannah	8 CHS	x3:04.61	
	45.68	49.09	49.46	40.38
35	Brito, Madelyn	7 LHS	3:06.76	
	40.78	46.86	56.57	42.55
36	Swee, Carleigh	7 SHEY	x3:11.58	
	40.16	48.65	59.44	43.33
37	Vincente Sanchez, Paula	8 SHEY	x3:12.85	
	44.12	49.96	58.12	40.65
38	Fischer, McKenzie	7 LHS	x3:19.11	
	47.17	52.19	53.08	46.67
39	Scherr, Kaia	7 LHS	x3:25.75	
	46.16	51.18	1:00.58	47.83
---	Haisch, Zoe M	9 JHS-ND	DQ	
	44.22	57.45	1:03.52	42.34
---	Landblom, Maia	7 CHS	DQ	
	47.08	52.42	59.17	

Event 4 Girls 50 Yard Freestyle

24.25 AS1
24.74 AS2
27.45 SQ

Name		YrSchool	Finals Time	
1	Zander, Dru E	12 WHS	24.69	AS2
2	Hoff, Arianna	12 SHS-ND	24.77	SQ
3	Hochhalter, Lilyana	10 LHS	25.26	SQ
4	Osadchy, Molly	10 CHS	25.89	SQ
5	Jablonsky, Abby	12 CHS	25.91	SQ
6	Sevald, Evie	11 SHEY	25.96	SQ
7	Tangpong, Nashatawn	9 SHS-ND	26.17	SQ
8	Rogne, Isla	10 SHS-ND	26.31	SQ

2025 Capital City Invite - 9/6/2025

					Results				
(Event 4 Girls 50 Yard Freestyle)					*64	Kerschion, Emily	11	WHS	x33.03
Name	YrSchool	Finals Time			66	Trevithick, Selah	8	JHS-ND	33.23
9 VonBokern, Sophia	12 MIN	27.03	SQ		67	Graupe, Sadie	11	WHS	x33.25
10 Fricke, Maggie	12 MIN	27.10	SQ		68	Rhinehart, Rebecca	12	WHS	x33.30
11 Pierce, Norah	9 WHS	27.11	SQ		69	Bloom, Valarosa	10	MIN	x33.43
12 Valdez, Hailee	12 MIN	27.18	SQ		70	Winkler, Kate	10	WHS	x33.48
13 Tofte, Braelynn	12 WHS	27.33	SQ			33.48			
14 Meyer, Clancy	10 DHS	27.55	3		71	Shewey, Lucy	8	SHS-ND	x33.49
15 Laudal, Taylor	10 SHEY	27.79	2		72	Park, Zeah	10	SHEY	x33.55
16 Boyer, Ella	11 SHEY	27.93	1		73	Snider, Hailey	9	WHS	x33.91
17 Huber, Allyson	9 LHS	28.02			74	Larson, Ryleigh	8	MHS	x34.09
18 Wescott, Danielle	10 BHS-ND	28.06			75	Haaland, Sophia	7	MNHS-ND	x34.30
19 Syverson, Danielle	12 SHEY	28.10			76	Peterson, Sloan	7	SHS-ND	x34.34
20 Francis, Ava	9 MHS	28.15			77	Starck, Jayda	7	MHS	x34.70
21 Kerzman, Morgan	10 BHS-ND	28.19			*78	Byers, Lillian	12	WHS	x34.99
22 Erickson, Elin	8 SHEY	x28.38			*78	Haisch, Mackenzie	8	JHS-ND	34.99
23 Lacher, Ellie	10 LHS	28.40			*78	McCone, Hadley	7	LHS	x34.99
24 Floyd, Jolee	8 WHS	28.46				34.99			
25 Appletoft, Alexis	11 SHS-ND	28.64			81	Elbouab, Fatimzahra	10	MNHS-ND	x35.35
26 Dokken, Leah	11 MIN	28.65			82	Altstadt, Eleonor	8	SHS-ND	x35.47
27 Erickson, Kendra	12 DHS	28.81			83	Fettig, Kyllie	12	MIN	x35.67
28 Volk, Piper	10 SHEY	x28.82				35.67			
29 Bachmeier, Cambria	8 LHS	28.84			84	Clark, Kyla	8	WHS	x36.24
30 Woodward, Jayden M	12 WHS	x28.86			85	Wobbema, Emberly	8	SHS-ND	x36.25
31 Tangpong, Sunisha	12 SHS-ND	x29.03			86	Grosz, Charli	7	BHS-ND	x36.48
32 Kern, Emma	12 SHEY	x29.45			87	Stewart, Adelyn	8	MNHS-ND	x36.51
33 Meberg Ewald, Rowan	9 CHS	29.54			88	Olson, Preslea	8	WHS	x37.13
34 Lantz-Gagne, Olivia	11 MNHS-ND	29.61			89	Fegley, Claire	12	MNHS-ND	x37.16
35 Fischer, Belle	10 LHS	x29.66			90	Pederson, Skylar A	8	JHS-ND	37.89
36 Paintner, Kayley	9 DHS	30.09			91	Naslund, Adelynn	7	MNHS-ND	x39.57
37 Enderle, Madie	7 SHEY	x30.17			92	Peltz, Kambryn	9	LHS	x40.14
38 Yoder, Jaina	11 MNHS-ND	30.29			93	Sundeen, Alice	9	JHS-ND	41.14
39 Kitzmann, Katelynn	11 MHS	30.30			94	Messer, Kassandra	7	JHS-ND	x41.90
40 Helmer, Esmae	8 DHS	30.39			95	Frantsvog, Londyn	7	MNHS-ND	x42.99
41 Thorlaksen, Abigail	7 MIN	x30.58			96	Reinicke, Ella	7	BHS-ND	x43.96
42 Hansen, Kara A	12 WHS	x30.59			97	Montgomery, Hazel	7	SHS-ND	x47.04
43 Swenson, Sophie	8 SHS-ND	x30.78			98	McChesney, Lyric	7	BHS-ND	x47.28
*44 Lorenz, Brynlee	9 LHS	x30.85			99	Larson, Kaia	11	WHS	x47.83
*44 Mattern, Clara	8 CHS	30.85			100	Dhunna, Siddhi	7	SHEY	x58.46
46 Zimmerman, Juno	8 WHS	x30.91			101	Retzer, Mackenzie	7	BHS-ND	x58.81
47 Fricke, Vreelyn	11 MIN	x30.95			---	Hardcastle, Winter	9	WHS	NS
48 Meier, Genevieve	10 MNHS-ND	31.09			---	Wolf, Vivienne	7	WHS	NS
49 Sarvis, Leigha	10 MHS	31.11			---	Brown, Adelaide	9	WHS	NS
50 Lee, Kallie	7 LHS	x31.13			---	Graff, Ellie	7	MHS	NS
51 Kilwein, Lola	9 DHS	x31.27			Event 5 Girls 1 mtr Diving				
52 Elsbernd, Addison	12 WHS	x31.48			Name	YrSchool	Finals Score		
53 Carter, Bella	12 WHS	x31.86			1	DeForest, Ellie	12	BHS-ND	396.30 20
*54 Opolka, Grace	9 MHS	31.90			2	Lopez, Lauren	11	SHEY	373.80 17
*54 Richards, Sydney	9 CHS	x31.90			3	Ricketts, Abi	12	MHS	318.10 16
56 Bozovsky, Hannah	11 DHS	x32.02			4	Arnold, Lenora	10	WHS	308.80 15
57 Parnell, Lily	10 BHS-ND	32.08			5	Paintner, Samantha	10	DHS	277.80 14
58 Isom, Kaytilane	11 WHS	x32.16			6	Nordick, Quinn	9	SHEY	272.15 13
59 Mock, Madison	12 WHS	x32.26			7	Stolba, Danica	9	MNHS-ND	266.20 12
*60 Bennett, Piper	9 LHS	x32.34			8	Graff, Julia	10	MHS	257.10 11
*60 Baumgartner, Brooklyn	9 BHS-ND	32.34			9	Seibel, Marabell	12	MHS	257.05 9
62 Thomas, Ada	7 MNHS-ND	32.48			10	Haider, Kaydence	12	CHS	236.05 7
63 Grunenwald, Norah	9 WHS	x32.53			11	Lund, Kiera	12	SHEY	233.35 6
*64 Cashman, Maria	8 BHS-ND	x33.03							

2025 Capital City Invite - 9/6/2025

Results									
(Event 5 Girls 1 mtr Diving)					15	Eberle, Aria	8	BHS-ND	1:14.90 2
						33.91 40.99			
					16	Moltzen, Marissa	12	JHS-ND	1:15.27 1
						34.02 41.25			
					17	Lowe, Madisyn	9	CHS	1:16.27
						35.15 41.12			
					18	Arveity, Saanvi	7	SHEY	1:16.37
						33.65 42.72			
					19	Martin, Lainey	12	MNHS-ND	1:18.62
						33.98 44.64			
					20	Meyer, Clancy	10	DHS	1:18.70
						33.00 45.70			
					21	Smith, Aubrie	7	CHS	1:21.27
						37.92 43.35			
					22	Allen, Iris	9	MHS	1:21.57
						36.80 44.77			
					23	Gerhardt, Malayna	12	MHS	1:23.51
						38.91 44.60			
					24	Bozovsky, Hannah	11	DHS	1:24.37
						37.27 47.10			
					25	Kurtz, Natalie	7	CHS	x1:28.91
						41.99 46.92			
					26	Maier, Brielle	7	CHS	x1:32.24
						42.12 50.12			
					27	Helmer, Esmae	8	DHS	1:35.48
						41.05 54.43			
					28	Wothe, Isla	8	SHEY	1:37.86
						45.33 52.53			
					29	Haisch, Zoe M	9	JHS-ND	1:42.24
						46.79 55.45			
					---	Williamson, Summer	8	MNHS-ND	DQ
						46.87 59.40			
Event 6 Girls 100 Yard Butterfly					Event 7 Girls 100 Yard Freestyle				
58.78 AS1					53.49 AS1				
59.96 AS2					54.56 AS2				
1:08.36 SQ					1:00.92 SQ				
Name	YrSchool	Finals Time			Name	YrSchool	Finals Time		
1	VonBokern, Samantha	12	MIN	59.96 AS2	1	Zander, Dru E	12	WHS	54.85 SQ
	27.88 32.08					26.75 28.10			
2	Hochhalter, Lilyana	10	LHS	1:05.10 SQ	2	Steele, Brinley	10	LHS	57.79 SQ
	29.17 35.93					28.10 29.69			
3	Sjurseeth, Ava	8	SHS-ND	1:06.89 SQ	3	Dunstan, Emily	11	MIN	58.28 SQ
	32.31 34.58					27.37 30.91			
4	Wax, Addie	10	DHS	1:07.82 SQ	4	Knudson, Joelle	10	CHS	59.31 SQ
	31.33 36.49					28.34 30.97			
5	Andersen, Katy	10	MIN	1:08.08 SQ	5	Quam, Kirby	10	MIN	59.36 SQ
	31.34 36.74					28.32 31.04			
*6	Heckaman, Alexa	12	SHS-ND	1:09.97 12.5	6	Hoornaert, Ava	10	SHEY	59.38 SQ
	32.26 37.71					28.80 30.58			
*6	Erickson, Ella	7	SHS-ND	1:09.97 12.5	7	Upgren, Grace	10	LHS	59.61 SQ
	32.17 37.80					28.30 31.31			
8	Pierce, Norah	9	WHS	1:10.06 11	8	Ellerkamp, Molly	11	DHS	59.76 SQ
	32.02 38.04					28.23 31.53			
9	Boyer, Ella	11	SHEY	1:10.15 9	9	Valdez, Hailee	12	MIN	1:00.93 9
	32.03 38.12					28.87 32.06			
10	Racine, Madisyn	9	MIN	1:10.55 7	10	Gemar, Ellia	11	MNHS-ND	1:01.24 7
	30.91 39.64					29.00 32.24			
11	Erickson, Ava	12	CHS	1:11.66 6					
	32.25 39.41								
12	Richards, Brooklyn	11	CHS	1:13.74 5					
	33.80 39.94								
13	Freborg, Piper	12	LHS	1:14.38 4					
	33.62 40.76								
14	Ness, Kennedy	8	BHS-ND	1:14.81 3					
	34.33 40.48								

2025 Capital City Invite - 9/6/2025

(Event 7 Girls 100 Yard Freestyle)						Results				
Name		Yr	School	Finals Time						
11	Kienzle, Peyton	10	MHS	1:01.28	6	39	Bennett, Piper	9	LHS	x1:11.01
	29.28	32.00					33.99	37.02		
12	Kuklok, Kiera	10	CHS	1:01.48	5	40	Hagens, Grace	10	MHS	x1:11.28
	29.37	32.11					34.04	37.24		
13	Jackson, Lynnea	12	MHS	1:02.20	4	41	Geerdes, Olyvia	11	BHS-ND	1:11.59
	29.40	32.80					33.26	38.33		
14	Kraft, Chloe	10	MNHS-ND	1:02.30	3	42	Opolka, Grace	9	MHS	x1:11.81
	29.29	33.01					34.07	37.74		
15	Tofte, Audrey	8	WHS	1:02.58	2	43	Graupe, Sadie	11	WHS	1:12.29
	29.84	32.74					34.79	37.50		
16	Dokken, Leah	11	MIN	1:02.94	1	44	Grunenwald, Norah	9	WHS	x1:12.57
	30.38	32.56					34.64	37.93		
17	Meberg Ewald, Rowan	9	CHS	1:03.15		45	Meier, Genevieve	10	MNHS-ND	x1:12.81
	30.42	32.73					33.83	38.98		
18	Lindsey, Corinne	12	MHS	1:03.27		46	Walker, Norah	12	CHS	x1:13.44
	30.16	33.11					34.74	38.70		
19	Moser, Sawyer A	7	JHS-ND	1:03.54		47	Rhinehart, Rebecca	12	WHS	x1:13.52
	30.44	33.10					35.58	37.94		
20	Espinoza, Rae	9	DHS	1:03.84		48	Parnell, Lily	10	BHS-ND	1:13.97
	31.10	32.74					34.58	39.39		
21	Kienzle, Zoey	10	MHS	1:05.02		49	Snider, Hailey	9	WHS	x1:14.02
	31.03	33.99					36.51	37.51		
22	Kerzman, Morgan	10	BHS-ND	1:05.45		50	Isom, Kaytilane	11	WHS	x1:14.08
	31.25	34.20					35.22	38.86		
23	Wood, Gabby	9	LHS	1:05.59		51	Noonan, Morgan	11	LHS	x1:16.08
	31.39	34.20					37.90	38.18		
24	Appletoft, Alexis	11	SHS-ND	1:06.19		52	LaQua, Hailey	12	DHS	1:16.41
	31.32	34.87					36.33	40.08		
25	Miller, Keira	12	MNHS-ND	1:06.50		53	Winkler, Kate	10	WHS	x1:16.43
	31.36	35.14					35.76	40.67		
26	Yoder, Jaina	11	MNHS-ND	1:06.87		54	Brito, Madelyn	7	LHS	x1:16.76
	32.14	34.73					37.37	39.39		
27	Jahner, Jocelyn	12	BHS-ND	1:07.93		55	Knudson, Aabree	8	BHS-ND	x1:16.86
	31.58	36.35					36.79	40.07		
28	Haag, Ashlynn	8	DHS	1:08.03		56	Thomas, Lenora	8	MHS	x1:16.90
	33.02	35.01					36.53	40.37		
29	Kegel, Gretta	9	SHS-ND	1:08.56		57	Nelson, Tori J	11	JHS-ND	1:17.05
	32.19	36.37					37.09	39.96		
30	Nairn, Nora	10	CHS	1:08.65		58	Benson, Wynn	8	BHS-ND	x1:17.78
	33.13	35.52					35.74	42.04		
31	Fischer, Belle	10	LHS	1:08.69		59	Cashman, Maria	8	BHS-ND	x1:18.61
	32.35	36.34					36.93	41.68		
32	Steele, Addy	8	LHS	x1:08.75		60	Baumgartner, Brooklyn	9	BHS-ND	x1:18.84
	32.92	35.83					37.04	41.80		
33	Thomas, Ada	7	MNHS-ND	x1:09.94		61	Byers, Lillian	12	WHS	x1:19.13
	34.22	35.72					36.80	42.33		
34	Peterson, Vaira	9	SHS-ND	1:10.03		62	McKenzie, Jasmine	8	WHS	x1:20.06
	32.93	37.10					39.18	40.88		
35	Zimmerman, Juno	8	WHS	1:10.25		63	Fettig, Kyllie	12	MIN	x1:20.10
	32.37	37.88					36.42	43.68		
36	Turner, Savannah	8	CHS	x1:10.69		64	Layton, Abby	7	WHS	x1:20.99
	33.71	36.98					38.48	42.51		
37	Tyson, Aliyah	10	JHS-ND	1:10.78		65	Ell, Alivia	7	BHS-ND	x1:22.28
	34.90	35.88					39.33	42.95		
38	Swenson, Sophie	8	SHS-ND	1:10.93		66	Wobbema, Emberly	8	SHS-ND	x1:24.62
	33.67	37.26					38.18	46.44		
						67	Rydberg, Harper	7	WHS	x1:26.17
							39.90	46.27		

2025 Capital City Invite - 9/6/2025

Results									
(Event 7 Girls 100 Yard Freestyle)					8	Huber, Allyson	9	LHS	6:05.27 11
Name YrSchool Finals Time						31.30 36.47 37.60 37.47			
68	Haisch, Mackenzie	8	JHS-ND	1:26.89		37.26 38.06 37.44 38.27			
	40.99 45.90					36.53 34.87			
69	Cunningham, Christine	10	CHS	x1:30.06	9	Ness, Kennedy	8	BHS-ND	6:09.48 9
	41.57 48.49					32.79 36.87 38.00 37.73			
70	Bierman, Carrie	9	MHS	x1:33.17		38.05 38.17 37.68 37.25			
	42.02 51.15					37.16 35.78			
71	Messer, Kassandra	7	JHS-ND	x1:36.69	10	Lindsey, Catherine	8	MHS	6:16.51 7
	43.56 53.13					33.84 37.56 38.16 39.23			
72	Ziniel, Olivia	7	CHS	x1:36.96		38.23 38.62 39.02 39.26			
	44.53 52.43					37.70 34.89			
73	Chumley, Chloe	7	CHS	x1:46.81	11	Rasmussen, Olivia	7	SHEY	6:16.91 6
	47.74 59.07					32.28 36.89 38.48 38.23			
74	Wolf, Vivienne	7	WHS	x1:49.54		38.76 38.18 39.04 39.08			
75	Brown, Adelaide	9	WHS	x1:50.94		39.02 36.95			
	52.45 58.49				12	Paintner, Kayley	9	DHS	6:19.08 5
76	McChesney, Lyric	7	BHS-ND	x1:51.89		32.84 36.97 37.87 38.80			
	51.81 1:00.08					38.08 39.10 38.79 38.92			
---	Smith, Sayler	11	SHS-ND	X1:08.81		39.83 37.88			
	31.26 37.55				13	Berndt, Mia C	10	JHS-ND	6:30.09 4
---	Goetz, Elia	8	BHS-ND	DQ		35.02 38.35 38.72 39.21			
	1:30.40					39.93 40.40 40.75 40.95			
---	Hardcastle, Winter	9	WHS	NS		39.70 37.06			
Event 8 Girls 500 Yard Freestyle					14	Arveity, Saanvi	7	SHEY	6:30.37 3
	5:17.00 AS1					32.13 37.17 38.63 39.08			
	5:23.34 AS2					39.79 40.79 40.38 41.95			
	5:59.08 SQ					40.91 39.54			
Name YrSchool Finals Time					15	Mattern, Clara	8	CHS	6:34.55 2
1	VerDouw, Madeline	11	BHS-ND	5:32.49 SQ		34.91 40.23 41.11 40.88			
	29.20 32.38 33.35 33.81					40.14 40.60 40.30 39.71			
	33.74 34.10 34.08 33.90					39.10 37.57			
	34.02 33.91				16	Kitzmann, Katelynn	11	MHS	6:38.31 1
2	Tippett, Makenna	10	DHS	5:46.50 SQ		33.94 36.85 39.21 40.62			
	29.43 33.45 34.78 35.31					40.90 41.79 41.97 42.17			
	35.40 35.59 35.96 36.26					41.71 39.15			
	35.93 34.39				17	Riegel, Emma	11	SHEY	6:46.07
3	Fricke, Maggie	12	MIN	5:49.21 SQ		36.05 39.77 41.64 42.35			
	29.44 33.66 35.16 35.26					42.29 42.45 41.57 41.62			
	35.31 36.34 36.81 37.18					41.06 37.27			
	36.00 34.05				18	LaQua, Emily	12	DHS	6:48.93
4	McEvers, Hannah	12	CHS	5:54.83 SQ		36.27 39.84 41.18 40.39			
	30.40 33.85 35.23 35.83					40.69 42.03 41.86 42.38			
	36.31 36.60 36.95 37.34					42.84 41.45			
	37.29 35.03				19	Thorlaksen, Abigail	7	MIN	6:50.03
5	Richards, Brooklyn	11	CHS	5:56.32 SQ		36.97 40.52 41.34 41.01			
	30.70 34.58 36.00 36.56					41.29 42.21 42.56 41.74			
	36.37 36.89 36.86 36.72					42.23 40.16			
	36.54 35.10				20	Grosz, Charli	7	BHS-ND	7:37.73
6	Johnson, Ella	10	MIN	6:01.37 13		39.40 44.64 46.37 47.07			
	31.32 35.21 36.87 36.84					46.80 47.10 47.05 47.22			
	37.31 36.60 37.34 37.74					46.71 45.37			
	36.45 35.69				21	Corcoran, Keira	8	SHEY	x7:40.32
7	Nilson, Gabby	7	SHEY	6:05.07 12		39.01 44.50 46.41 47.26			
	31.15 34.67 37.04 36.93					46.82 47.95 47.90 47.64			
	37.53 38.17 38.21 38.09					47.54 45.29			
	36.49 36.79								

2025 Capital City Invite - 9/6/2025

Results

(Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Finals Time
22 Opolka, Madelyn	9	MHS	7:51.56
34.74	39.75	43.59	43.87
44.52	44.11	44.85	45.05
43.18	1:27.90		
23 Park, Zeah	10	SHEY	x8:13.09
42.28	49.06	50.20	49.91
50.35	50.58	51.62	51.33
50.71	47.05		
24 Kroh, DeLainis	10	MHS	8:51.32
42.66	50.11	53.65	54.40
54.75	57.09	57.01	55.50
55.76	50.39		

Event 9 Girls 200 Yard Freestyle Relay

Team	Relay	Finals Time
1 LHS	A	J1:43.41 40
1) Steele, Brinley 10	2) Upgren, Grace 10	
3) Sears, Norah 9	4) Hochhalter, Lilyana 10	
26.54	26.72	25.24 24.91
2 SHS-ND	A	J1:43.61 34
1) Tangpong, Nashatawn 9	2) Rogne, Isla 10	
3) Heckaman, Alexa 12	4) Hoff, Arianna 12	
26.20	26.30	27.07 24.04
3 CHS	A	J1:45.42 32
1) Jablonsky, Abby 12	2) Aisenbrey, Ivy 7	
3) Erickson, Ava 12	4) Mrachek, Sienna 12	
25.99	26.52	26.56 26.35
4 DHS	A	J1:48.30 30
1) Meyer, Clancy 10	2) Tippet, Makenna 10	
3) Ellerkamp, Molly 11	4) Wax, Addie 10	
27.78	26.16	27.56 26.80
5 MIN	A	J1:48.57 28
1) VonBokern, Sophia 12	2) Dunstan, Emily 11	
3) Fricke, Maggie 12	4) Valdez, Hailee 12	
27.48	26.23	26.79 28.07
6 BHS-ND	A	J1:50.91 26
1) VerDouw, Madeline 11	2) Wescott, Danielle 10	
3) Eberle, Aria 8	4) Kerzman, Morgan 10	
26.52	27.71	27.89 28.79
7 MHS	A	J1:51.25 24
1) Kienzle, Peyton 10	2) Kienzle, Zoey 10	
3) Lindsey, Corinne 12	4) Jackson, Lynnea 12	
26.95	28.21	28.62 27.47
8 WHS	A	J1:52.02 22
1) Woodward, Jayden M 12	2) Tofte, Braelynn 12	
3) Floyd, Jolee 8	4) Pierce, Norah 9	
28.82	27.06	29.04 27.10
9 SHEY	A	J1:53.88 18
1) Arveity, Saanvi 7	2) Rasmussen, Olivia 7	
3) Volk, Piper 10	4) Boyer, Ella 11	
28.82	28.51	28.47 28.08
10 MNHS-ND	A	J1:57.32 14
1) Gemar, Ellia 11	2) Yoder, Jaina 11	
3) Martin, Lainey 12	4) Wake, Abigail 10	
28.71	29.81	31.02 27.78

11 LHS	B	J1:58.03 10
1) Lacher, Ellie 10	2) Wood, Gabby 9	
3) Fischer, Belle 10	4) Brendel, Ashlyn 11	
28.61	29.73	31.19 28.50
12 MIN	B	J1:58.94 8
1) Johnson, Ella 10	2) Schaeffer, Greer 11	
3) Thorlaksen, Abigail 7	4) Dokken, Leah 11	
30.07	29.65	30.57 28.65
13 SHEY	B	J1:59.32 6
1) Enderle, Madie 7	2) Schobinger, Maddie 10	
3) Laudal, Taylor 10	4) Nilson, Claire 12	
30.44	30.00	28.24 30.64
14 CHS	B	J2:00.90 4
1) Richards, Brooklyn 11	2) Meberg Ewald, Rowan 9	
3) Nairn, Nora 10	4) Smith, Aubrie 7	
30.24	28.74	31.83 30.09
15 SHS-ND	B	J2:01.56 2
1) Tangpong, Sunisha 12	2) Sjurseth, Ava 8	
3) Peterson, Sloan 7	4) Kegel, Gretta 9	
28.93	29.07	33.22 30.34
16 DHS	B	J2:01.62
1) Haag, Ashlynn 8	2) Kilwein, Lola 9	
3) Helmer, Esmae 8	4) Erickson, Kendra 12	
31.52	30.97	30.69 28.44
17 JHS-ND	A	J2:02.20 12
1) Gilbertson, Sophie L 9	2) Moltzen, Marissa 12	
3) Haisch, Mackenzie 8	4) Moser, Sawyer A 7	
28.88	29.52	34.11 29.69
18 MHS	B	2:03.67
1) Kitzmann, Katelynn 11	2) Kitzmann, Brianna 7	
3) Allen, Iris 9	4) Goettle, Grace 12	
30.16	31.01	31.79 30.71
19 WHS	B	2:10.57
1) Carter, Bella 12	2) Mock, Madison 12	
3) Isom, Kaytilane 11	4) Delaney, Allie 9	
33.17	32.52	34.37 30.51
20 LHS	C	x2:11.06
1) McKenzie, Kadee 12	2) Bennett, Piper 9	
3) Lorenz, Brynlee 9	4) Noonan, Morgan 11	
31.33	32.60	32.27 34.86
21 MIN	C	x2:12.05
1) Johnson, Ava 7	2) Fettig, Kyllie 12	
3) Fricke, Vreelyn 11	4) Bloom, Valarosa 10	
31.82	35.04	30.69 34.50
22 MHS	C	x2:12.10
1) Larson, Ryleigh 8	2) Larson, Maddox 7	
3) Hagens, Grace 10	4) Gerhardt, Malayna 12	
34.77	32.60	33.69 31.04
23 WHS	C	x2:13.42
1) Rhinehart, Rebecca 12	2) Snider, Hailey 9	
3) Kerschion, Emily 11	4) Graupe, Sadie 11	
35.55	32.61	32.38 32.88
24 BHS-ND	C	2:14.62
1) Grosz, Charli 7	2) Benson, Wynn 8	
3) Knudson, Aabree 8	4) Cashman, Maria 8	
34.10	40.39	26.74 33.39

2025 Capital City Invite - 9/6/2025

					Results					
(Event 9 Girls 200 Yard Freestyle Relay)					6	Osadchy, Molly	10	CHS	1:07.29	SQ
Team		Relay		Finals Time		32.81	34.48			
25	SHEY		C	x2:15.28	7	Volk, Piper	10	SHEY	1:08.48	SQ
	1) Kern, Emma 12		2) Vincente Sanchez, Paula 8			33.52	34.96			
	3) Wothe, Isla 8		4) Park, Zeah 10		8	Woodward, Jayden M	12	WHS	1:08.52	SQ
	30.02	34.64	36.35	34.27		33.22	35.30			
26	WHS		D	x2:22.07	9	Hansen, Kara A	12	WHS	1:08.95	SQ
	1) Elsbernd, Addison 12		2) Layton, Abby 7			33.19	35.76			
	3) McKenzie, Jasmine 8		4) Byers, Lillian 12		10	Francis, Ava	9	MHS	1:09.02	SQ
	32.74	36.79	37.26	35.28		33.41	35.61			
27	LHS		D	x2:23.74	11	Erickson, Ella	7	SHS-ND	1:09.34	6
	1) Mccone, Hadley 7		2) Scherr, Kaia 7			33.40	35.94			
	3) Schatz, Riley 7		4) Peltz, Kambryn 9		12	Erickson, Elin	8	SHEY	1:10.01	5
	35.52	37.92	17.50	52.80		34.20	35.81			
28	CHS		C	x2:24.97	13	Christianson, Joely	9	SHS-ND	1:10.19	4
	1) Kurtz, Natalie 7		2) Chumley, Chloe 7			34.28	35.91			
	3) Richards, Sydney 9		4) Walker, Norah 12		14	Wescott, Danielle	10	BHS-ND	1:10.26	3
	31.57	47.37	33.67	32.36		34.39	35.87			
29	JHS-ND		B	2:26.10	15	Moser, Sawyer A	7	JHS-ND	1:11.08	2
	1) Messer, Cassandra 7		2) Trevithick, Selah 8			34.50	36.58			
	3) Haisch, Zoe M 9		4) Pederson, Skylar A 8		16	Lowe, Madisyn	9	CHS	1:11.79	1
	1:17.92			35.69		35.68	36.11			
30	MNHS-ND		B	2:26.79	17	Erickson, Ava	12	CHS	x1:12.78	
	1) Thomas, Ada 7		2) Frantsvog, Londyn 7			35.21	37.57			
	3) Williamson, Summer 8		4) Meier, Genevieve 10		18	Bachmeier, Cambria	8	LHS	1:13.45	
	34.00	42.59	39.53	30.67		35.54	37.91			
31	SHS-ND		C	x2:29.09	19	Hocker, Morgan	8	LHS	1:15.13	
	1) Wobbema, Emberly 8		2) Montgomery, Hazel 7			37.13	38.00			
	3) Shewey, Lucy 8		4) Peterson, Vaira 9		20	Eberle, Aria	8	BHS-ND	1:15.14	
	37.08	48.48	32.76	30.77		37.32	37.82			
32	MHS		D	x2:32.47	21	Kraft, Chloe	10	MNHS-ND	1:16.23	
	1) Kroh, DeLainis 10		2) Starck, Jayda 7			36.01	40.22			
	3) Graff, Ellie 7		4) Bierman, Carrie 9		22	Makeef, Kacee	8	MIN	1:17.09	
	40.12	36.57	36.11	39.67		38.51	38.58			
33	BHS-ND		D	x2:54.79	23	Nilson, Claire	12	SHEY	1:17.65	
	1) McChesney, Lyric 7		2) Goetz, Elia 8			37.42	40.23			
	3) Ell, Alivia 7		4) Reinicke, Ella 7		24	Carter, Bella	12	WHS	1:17.76	
	48.07	46.79	34.85	45.08		37.65	40.11			
---	BHS-ND		B	DQ	25	Bullinger, Natalie	8	BHS-ND	1:18.15	
	1) Sikes, Elizabeth 10		2) Mattern, BreAnna 10			38.41	39.74			
	3) Baumgartner, Brooklyn 9		4) Parnell, Lily 10		26	Erhardt, Cadence	12	MHS	1:18.33	
	32.26	32.99	35.25	32.59		36.32	42.01			
Event 10 Girls 100 Yard Backstroke					27	Kienzle, Peyton	10	MHS	1:18.40	
		59.06	AS1			37.97	40.43			
		1:00.24	AS2		28	Kuklok, Ella	8	CHS	x1:18.57	
		1:09.25	SQ			37.99	40.58			
Name		Yr	School	Finals Time	29	Lubken, Eva	7	DHS	1:18.62	
1	Hoff, Arianna	12	SHS-ND	1:03.06	SQ		37.64	40.98		
	30.69	32.37			30	Fricke, Vreelyn	11	MIN	1:19.13	
2	Mrachek, Sienna	12	CHS	1:05.54	SQ		37.88	41.25		
	32.09	33.45			31	Elsbernd, Addison	12	WHS	1:19.49	
3	Laudal, Taylor	10	SHEY	1:06.84	SQ		37.54	41.95		
	32.85	33.99			32	Kerschion, Emily	11	WHS	x1:19.88	
4	Knudson, Joelle	10	CHS	1:07.05	SQ		39.35	40.53		
	32.75	34.30			33	Smith, Sayler	11	SHS-ND	1:20.21	
5	Sears, Norah	9	LHS	1:07.12	SQ		38.88	41.33		
	33.07	34.05			34	Kern, Emma	12	SHEY	x1:20.23	
						38.17	42.06			

2025 Capital City Invite - 9/6/2025

Results									
(Event 10 Girls 100 Yard Backstroke)					63	Clark, Kyla	8	WHS	x1:36.81
Name	YrSchool	Finals Time				47.24	49.57		
35 Quam, Kendall	7 MIN	1:20.24		64	Fegley, Claire	12	MNHS-ND	1:36.94	
38.62	41.62				46.09	50.85			
36 Enderle, Madie	7 SHEY	x1:20.99		65	Elbouab, Fatimzahra	10	MNHS-ND	x1:38.29	
39.45	41.54				47.39	50.90			
37 Jahner, Jocelyn	12 BHS-ND	1:21.63		66	Stewart, Adelyn	8	MNHS-ND	x1:40.07	
38.98	42.65				46.47	53.60			
38 Peterson, Sloan	7 SHS-ND	x1:21.87		67	Nelson, Tori J	11	JHS-ND	x1:41.55	
38.89	42.98				48.12	53.43			
39 Miller, Keira	12 MNHS-ND	1:22.15		68	Rydberg, Harper	7	WHS	x1:43.20	
40.01	42.14				50.61	52.59			
40 Smith, Aubrie	7 CHS	x1:22.35		69	Peltz, Kambryn	9	LHS	x1:48.75	
41.16	41.19				49.99	58.76			
41 Moltzen, Marissa	12 JHS-ND	1:22.61		70	Ell, Alivia	7	BHS-ND	x1:49.85	
39.62	42.99				51.77	58.08			
42 Mattern, BreAnna	10 BHS-ND	x1:22.65		71	Larson, Kaia	11	WHS	x2:00.28	
40.22	42.43				57.07	1:03.21			
43 Steele, Addy	8 LHS	1:23.31		72	Retzer, Mackenzie	7	BHS-ND	x2:01.90	
40.68	42.63				57.69	1:04.21			
44 Lantz-Gagne, Olivia	11 MNHS-ND	1:24.37		73	Reinicke, Ella	7	BHS-ND	x2:05.91	
39.40	44.97			---	Haaland, Sophia	7	MNHS-ND	DQ	
45 LaQua, Hailey	12 DHS	1:24.39			40.82	50.93			
41.30	43.09			Event 11 Girls 100 Yard Breaststroke					
46 Delaney, Allie	9 WHS	x1:24.65				1:06.29	AS1		
40.52	44.13					1:07.62	AS2		
47 McKenzie, Kadee	12 LHS	x1:25.63				1:17.66	SQ		
41.93	43.70			Name	YrSchool	Finals Time			
48 Tyson, Aliyah	10 JHS-ND	1:26.94		1	VerDouw, Madeline	11	BHS-ND	1:09.22	SQ
43.50	43.44				32.42	36.80			
49 Noonan, Morgan	11 LHS	x1:27.21		2	Sevald, Evie	11	SHEY	1:15.85	SQ
43.11	44.10				35.29	40.56			
50 Pederson, Skylar A	8 JHS-ND	1:28.34		3	Bahr, Zoe	12	MNHS-ND	1:16.52	SQ
44.20	44.14				36.48	40.04			
51 Starck, Jayda	7 MHS	1:28.87		4	Tangpong, Nashatawn	9	SHS-ND	1:16.61	SQ
43.70	45.17				35.44	41.17			
52 Kruc, Sophia	10 DHS	1:28.89		5	Jablonsky, Abby	12	CHS	1:18.40	14
42.99	45.90				36.66	41.74			
53 Altstadt, Eleonor	8 SHS-ND	x1:28.92		6	Tofte, Audrey	8	WHS	1:19.12	13
43.13	45.79				36.88	42.24			
54 Vincente Sanchez, Paula	8 SHEY	x1:29.50		7	Sarvis, Leigha	10	MHS	1:20.12	12
55 Trevithick, Selah	8 JHS-ND	x1:29.58			38.69	41.43			
43.03	46.55			8	Schaeffer, Greer	11	MIN	1:20.57	11
56 Knudson, Aabree	8 BHS-ND	x1:29.61			37.46	43.11			
43.13	46.48			9	Lacher, Ellie	10	LHS	1:20.71	9
57 McElwain, Arianna	8 DHS	1:31.40			37.88	42.83			
42.81	48.59			10	VonBokern, Sophia	12	MIN	1:21.12	7
58 Olson, Preslea	8 WHS	x1:32.34			37.12	44.00			
45.14	47.20			11	Upgren, Grace	10	LHS	1:21.22	6
59 Fischer, McKenzie	7 LHS	x1:33.52			37.56	43.66			
45.11	48.41			12	Tangpong, Sunisha	12	SHS-ND	1:22.28	5
60 Landblom, Maia	7 CHS	x1:33.58			37.91	44.37			
45.41	48.17			13	Tofte, Braelynn	12	WHS	1:22.53	4
61 Schatz, Riley	7 LHS	x1:36.18			39.21	43.32			
46.94	49.24			14	Kurtz, Natalie	7	CHS	1:23.14	3
62 Wothe, Isla	8 SHEY	x1:36.54			39.39	43.75			
46.66	49.88								

2025 Capital City Invite - 9/6/2025

(Event 11 Girls 100 Yard Breaststroke)					Results						
Name		Yr	School	Finals Time							
15	Goettle, Grace	12	MHS	1:23.36	2	43	McCone, Hadley	7	LHS	x1:42.54	
	38.68	44.68					46.46	56.08			
16	Lorenz, Brynlee	9	LHS	1:23.67	1	44	Layton, Abby	7	WHS	x1:43.67	
	39.20	44.47					48.45	55.22			
17	Wood, Gabby	9	LHS	1:23.87		45	Larson, Maddox	7	MHS	x1:45.99	
	39.97	43.90					48.66	57.33			
18	Wake, Abigail	10	MNHS-ND	1:23.89		46	Larson, Ryleigh	8	MHS	x1:46.13	
	38.23	45.66					48.98	57.15			
19	Syverson, Danielle	12	SHEY	1:24.62		47	Swee, Carleigh	7	SHEY	1:47.32	
	38.98	45.64					49.80	57.52			
20	Bierman, Carrie	9	MHS	1:24.69		48	Lee, Kallie	7	LHS	x1:57.27	
	39.16	45.53					56.01	1:01.26			
21	McKenzie, Jasmine	8	WHS	1:25.08		---	Naslund, Adelynn	7	MNHS-ND	DQ	
	40.85	44.23				---	Sikes, Elizabeth	10	BHS-ND	DQ	
22	Vatnsdal, Aubrey	11	BHS-ND	1:25.22			43.95	48.91			
	40.28	44.94				---	Scherr, Kaia	7	LHS	DQ	
23	Brendel, Ashlyn	11	LHS	x1:25.38			43.94	49.65			
	39.90	45.48				Event 12 Girls 400 Yard Freestyle Relay					
24	Floyd, Jolee	8	WHS	1:25.62		Team		Relay		Finals Time	
	40.20	45.42			1	LHS	A		3:47.36	40	
*25	Sundeen, Alice	9	JHS-ND	1:26.65		1) Steele, Brinley 10		2) Upgren, Grace 10			
	41.33	45.32			3) Sears, Norah 9		4) Hochhalter, Lilyana 10				
*25	Kilwein, Lola	9	DHS	1:26.65			27.61	57.50	27.27	58.73	
	40.61	46.04					27.01	56.62	25.65	54.51	
27	Frantsvog, Londyn	7	MNHS-ND	1:27.81		2	MIN	A		3:49.54	34
	40.97	46.84			1) Dunstan, Emily 11		2) Fricke, Maggie 12				
28	Erickson, Kendra	12	DHS	1:27.96		3) Quam, Kirby 10		4) VonBokern, Samantha 12			
	40.67	47.29				27.96	58.97	27.81	59.23		
29	Richards, Sydney	9	CHS	1:28.25			27.12	58.36	25.07	52.98	
	41.85	46.40			3	CHS	A		3:54.58	32	
30	Shewey, Lucy	8	SHS-ND	1:28.36		1) Erickson, Ava 12		2) Mrachek, Sienna 12			
	42.37	45.99			3) McEvers, Hannah 12		4) Osadchy, Molly 10				
31	Kitzmann, Brianna	7	MHS	1:29.62			28.56	1:00.87	28.47	58.77	
	42.59	47.03					28.12	58.56	26.91	56.38	
32	Kienzle, Zoey	10	MHS	x1:29.98		4	SHEY	A		3:55.36	30
	41.99	47.99			1) Nilson, Gabby 7		2) Hoornaert, Ava 10				
33	Mock, Madison	12	WHS	x1:30.78		3) Boyer, Ella 11		4) Sevald, Evie 11			
	42.64	48.14				28.25	59.14	27.88	59.33		
34	Schobinger, Maddie	10	SHEY	1:31.82			28.77	1:00.50	26.37	56.39	
	42.46	49.36			5	WHS	A		3:59.62	28	
35	Kegel, Gretta	9	SHS-ND	1:32.15		1) Pierce, Norah 9		2) Tofte, Braelynn 12			
	42.09	50.06			3) Tofte, Audrey 8		4) Zander, Dru E 12				
36	Gilbertson, Sophie L	9	JHS-ND	1:33.33			28.76	1:00.62	30.49	1:02.68	
	42.28	51.05					29.50	1:02.22	25.85	54.10	
37	Johnson, Ava	7	MIN	1:38.38		6	DHS	A		4:01.86	26
	44.99	53.39			1) Wax, Addie 10		2) Espinoza, Rae 9				
38	Nairn, Nora	10	CHS	1:40.48		3) Tippet, Makenna 10		4) Ellerkamp, Molly 11			
	47.96	52.52				28.17	58.85	30.54	1:05.24		
39	Williamson, Summer	8	MNHS-ND	1:40.75			26.80	57.79	27.69	59.98	
	47.91	52.84			7	SHS-ND	A		J4:07.77	24	
40	Thomas, Lenora	8	MHS	x1:40.92		1) Tangpong, Sunisha 12		2) Rogne, Isla 10			
	48.05	52.87			3) Christianson, Joely 9		4) Erickson, Ella 7				
41	Aisenbrey, Ivy	7	CHS	x1:41.73			30.86	1:05.40	26.94	56.25	
	47.25	54.48					29.89	1:02.77	30.06	1:03.35	
42	Bloom, Valarosa	10	MIN	1:42.24							
	47.40	54.84									

2025 Capital City Invite - 9/6/2025

Results

(Event 12 Girls 400 Yard Freestyle Relay)

Team	Relay	Finals Time	
8 BHS-ND	A	J4:08.25	22
1) VerDouw, Madeline 11	2) Wescott, Danielle 10		
3) Jahner, Jocelyn 12	4) Eberle, Aria 8		
28.05 58.26	28.90 1:02.32		
30.49 1:04.93	29.74 1:02.74		
9 MHS	A	J4:11.27	18
1) Jackson, Lynnea 12	2) Francis, Ava 9		
3) Lindsey, Corinne 12	4) Masseth, Emma 10		
29.48 1:03.69	30.15 1:04.43		
30.63 1:04.12	27.91 59.03		
10 MNHS-ND	A	J4:15.68	14
1) Gemar, Ellia 11	2) Miller, Keira 12		
3) Kraft, Chloe 10	4) Bahr, Zoe 12		
29.89 1:02.63	31.98 1:07.26		
29.49 1:04.35	29.40 1:01.44		
11 JHS-ND	A	J4:56.59	12
1) Tyson, Aliyah 10	2) Trevithick, Selah 8		
3) Nelson, Tori J 11	4) Berndt, Mia C 10		
36.52 1:13.64	35.45 1:15.06		
38.58 1:20.58	32.50 1:07.31		
12 CHS	B	J4:05.75	10
1) Kuklok, Kiera 10	2) Lowe, Madisyn 9		
3) Smith, Aubrie 7	4) Knudson, Joelle 10		
28.72 1:01.11	28.74 1:00.33		
30.93 1:06.43	26.79 57.88		
13 LHS	B	J4:14.44	8
1) Bachmeier, Cambria 8	2) Huber, Allyson 9		
3) Freborg, Piper 12	4) Hocker, Morgan 8		
30.63 1:04.36	30.34 1:03.82		
30.78 1:04.15	29.77 1:02.11		
14 SHEY	B	J4:26.02	6
1) Syverson, Danielle 12	2) Nilson, Claire 12		
3) Enderle, Madie 7	4) Volk, Piper 10		
30.59 1:04.74	32.74 1:10.03		
32.74 1:09.10	29.72 1:02.15		
15 BHS-ND	B	J4:31.78	4
1) Vatnsdal, Aubrey 11	2) Bullinger, Natalie 8		
3) Geerdes, Olyvia 11	4) Ness, Kennedy 8		
32.40 1:08.20	31.46 1:06.35		
34.06 1:12.27	30.86 1:04.96		
16 MHS	B	J4:33.60	2
1) Lindsey, Catherine 8	2) Gerhardt, Malayna 12		
3) Erhardt, Cadence 12	4) Opolka, Grace 9		
30.12 1:02.95	31.71 1:07.74		
33.90 1:13.10	32.76 1:09.81		
*17 DHS	B	J4:34.82	
1) Lubken, Eva 7	2) Paintner, Kayley 9		
3) LaQua, Emily 12	4) Haag, Ashlynn 8		
32.50 1:08.20	31.09 1:06.08		
34.30 1:12.09	32.20 1:08.45		
*17 LHS	C	x4:45.29	
1) Fischer, Belle 10	2) Brito, Madelyn 7		
3) Steele, Addy 8	4) Lee, Kallie 7		
32.89 1:10.67	37.25 1:17.14		
32.41 1:09.06	32.07 1:08.42		

18 MIN	C	4:49.83
1) Bloom, Valarosa 10	2) Thorlaksen, Abigail 7	
3) Fricke, Vreelyn 11	4) Quam, Kendall 7	
37.75 1:26.57	25.44 1:02.95	
33.75 1:10.94	32.39 1:09.37	
19 WHS	B	4:50.04
1) Hansen, Kara A 12	2) Graupe, Sadie 11	
3) Isom, Kaytilane 11	4) Zimmerman, Juno 8	
32.15 1:07.60	34.40 1:13.69	
37.03 1:17.89	31.98 1:10.86	
20 CHS	C	x4:52.78
1) Kuklok, Ella 8	2) Mattern, Clara 8	
3) Turner, Savannah 8	4) Walker, Norah 12	
34.91 1:14.38	33.47 1:12.50	
34.39 1:12.77	34.57 1:13.13	
21 MHS	C	x4:54.49
1) Thomas, Lenora 8	2) Allen, Iris 9	
3) Kitzmann, Brianna 7	4) Opolka, Madelyn 9	
39.71 1:23.55	33.28 1:11.21	
33.75 1:11.91	32.70 1:07.82	
23 SHS-ND	B	4:56.87
1) Altstadt, Eleonor 8	2) Shewey, Lucy 8	
3) Swenson, Sophie 8	4) Appletoft, Alexis 11	
39.66 1:21.63	36.35 1:17.69	
34.99 1:13.15	29.82 1:04.40	
24 SHEY	C	x5:06.57
1) Riegel, Emma 11	2) Vincente Sanchez, Paula 8	
3) Park, Zeah 10	4) Swee, Carleigh 7	
33.90 1:10.47	37.78 1:18.07	
38.14 1:33.20	24.58 1:04.83	
25 MNHS-ND	B	5:13.24
1) Martin, Lainey 12	2) Elbouab, Fatimzahra 10	
3) Lantz-Gagne, Olivia 11	4) Fegley, Claire 12	
32.00 1:06.90	40.74 1:25.62	
31.31 1:10.78	42.39 1:29.94	
26 DHS	C	x5:16.32
1) McElwain, Arianna 8	2) Bozovsky, Hannah 11	
3) Kruc, Sophia 10	4) LaQua, Hailey 12	
36.95 1:17.87	34.06 1:13.52	
39.05 1:23.67	38.20 1:21.26	
27 WHS	C	x5:17.61
1) Snider, Hailey 9	2) McKenzie, Jasmine 8	
3) Clark, Kyla 8	4) Grunenwald, Norah 9	
37.16 1:17.50	40.38 1:24.47	
39.81 1:22.25	34.35 1:13.39	
28 CHS	D	x5:45.55
1) Cunningham, Christine 10	2) Landblom, Maia 7	
3) Maier, Brielle 7	4) Ziniel, Olivia 7	
43.38 1:33.63	39.75 1:23.04	
35.14 1:12.16	43.34 1:36.72	
29 MNHS-ND	C	x5:58.01
1) Frantsvog, Londyn 7	2) Naslund, Adelynn 7	
3) Stewart, Adelyn 8	4) Haaland, Sophia 7	
44.13 1:42.70	41.49 1:35.88	
35.10 1:30.95	25.22 1:08.48	

2025 Capital City Invite - 9/6/2025

Results

(Event 12 Girls 400 Yard Freestyle Relay)

Team	Relay	Finals Time
--- MIN	B	DQ
1) Andersen, Katy 10	2) Makeef, Kacee 8	
3) Johnson, Ella 10	4) Racine, Madisyn 9	
29.92 1:03.50	29.61 1:02.18	
29.97 1:02.66	27.74 58.96	
--- LHS	D	DQ
1) Schatz, Riley 7	2) Fischer, McKenzie 7	
3) McCone, Hadley 7	4) Bennett, Piper 9	
38.78 1:21.66	39.97 1:24.78	
39.02 1:24.45	32.26 1:09.33	

Combined Team Scores

Combined Team Scores - Through Event 12		
1.	Bismarck Century High School	336
2.	Minot High Girls Swim	331
3.	Shanley High School	280
4.	Legacy High School	272
5.	West Fargo Sheyenne	262
6.	Williston Coyotes Swim and Div	193
7.	Mandan High School	184
8.	Dickinson High School	175
9.	Bismarck High School	141
10.	Minot North	93
11.	Jamestown High School (Nd)	52