

2009 True Team Sections - Section 5AA - 10/10/2009**Results****Event 1 Girls 200 Yard Medley Relay**

Meet Record: 1:51.78 * 10/13/2007 Wayzata
H Arseth, J Stenroos, S Caprio, S Johnson

Pool Record: 1:50.16 ! 10/14/2006 Wayzata
R Ney, J Stenroos, K Madden, S Johnson

Team	Relay	Seed Time	Finals Time	Points
1 WAYZATA	A	1:51.27	1:55.84	48
1) Emma Paulson 9	2) Keely Hunt 11	3) Stacy Caprio 12	4) Sarah Rocca 12	
28.81 34.06 27.15	25.82			
2 MOUNDS VIEW	A	1:56.85	1:57.33	46
1) Katie Olson 11	2) Kara McClement 12	3) Mariann Kukielka 11	4) Taiga Lucas 11	
30.09 33.09 28.65	25.50			
3 ARMSTRONG-MN	A	1:56.70	1:57.43	44
1) Courtney Evensen 7	2) Emily Blasko 11	3) Laura Begin 12	4) Brooke Evensen 9	
30.38 33.68 27.99	25.38			
4 WAYZATA	B	1:56.73	2:00.25	42
1) Ellen Stowe 10	2) Alex Alviani 11	3) Laura Peterson 11	4) Alese Halvorson 11	
31.36 34.23 28.49	26.17			
5 WAYZATA	C	1:58.21	2:01.66	40
1) Tara Williams 11	2) Abby Larson 9	3) Tara Lifland 11	4) Taylor Houseman 10	
31.67 35.06 28.87	26.06			
6 IRONDALE	A	2:01.50	2:02.02	38
1) Breanna Loeschke 11	2) Dani Wolf 11	3) Amanda Wielinski 12	4) Mallory Honkomp 12	
28.50 36.74 29.41	27.37			
7 MOUNDS VIEW	B	2:02.06	2:02.50	36
1) Lauren O'Connor 11	2) Lizzie Gelderman 12	3) Lora Kaiser 11	4) Courtney Kahnk 11	
32.38 33.70 30.03	26.39			
8 WAYZATA	D	2:00.33	2:04.72	34
1) Whitney Kieley 10	2) Lindsay Hawkins 11	3) Bridget Eide 12	4) Stephanie Deis 9	
31.49 36.18 30.26	26.79			
9 METRO UNITED	A	2:12.92	2:06.25	32
1) Ady Burmester 12	2) Mackenzie Hadler 10	3) Elizabeth Rukavina 11	4) Hattie Awe 8	
33.87 36.62 29.63	26.13			
10 ARMSTRONG-MN	B	2:11.16	2:08.81	30
1) Jade Hunt 9	2) Erynn Schroeder 11	3) Jana Blasko 9	4) Amanda Elder 10	
34.08 37.26 30.79	26.68			
11 MOUNDS VIEW	C	2:06.84	2:08.87	28
1) Kai Erickson 12	2) Diana Hoff 11	3) Laura Talaska 11	4) Erin Leary 10	
33.16 37.55 31.11	27.05			
12 MOUNDS VIEW	D	2:10.65	2:11.80	26
1) Caitlin Leahy 11	2) Katelyn Pastick 11	3) Brittany Kuhne 10	4) Melanie Reedy 10	
32.98 37.18 32.03	29.61			
13 METRO UNITED	B	2:18.78	2:14.00	24
1) Mackenzie O'Kane 9	2) Julie Goulette 9	3) Ella Carlson 12	4) Mackenzie Brown 10	
33.58 37.95 35.11	27.36			
14 IRONDALE	D	2:16.60	2:15.72	22
1) Laura Moen 9	2) Hallie Schley 10	3) Sam Wolf 8	4) Helen Furlan 10	
36.73 37.33 31.45	30.21			
15 IRONDALE	C	2:11.90	2:17.67	20
1) Julie Ljung 10	2) Sam Arrigoni 11	3) Kirby Schell 11	4) Lorna Tokos 11	
36.80 38.51 33.51	28.85			
16 IRONDALE	B	2:09.20	2:17.69	18
1) Sara Nelson 7	2) Mary Baumann 10	3) Angela Katzmarek 12	4) Teegan Harrington 12	
34.62 38.63 36.39	28.05			

2009 True Team Sections - Section 5AA - 10/10/2009**Results****(Event 1 Girls 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
17 ARMSTRONG-MN	C	2:14.70	2:19.81	16
1) Dani Merriman 12	2) Allison Tang 11	3) Jessica Armbruster 10	4) Bethani Goodrum 9	
38.15 40.38 31.65	29.63			
18 COOPER	A	2:18.43	2:20.16	14
1) Annie Klecker-Thiele 7	2) Amanda Helgerson 12	3) Maryon Ahler 7	4) Rachel Swenson 11	
34.00 39.25 37.26	29.65			
19 METRO UNITED	C	2:30.00	2:20.72	12
1) Maggie Roman 12	2) Katie Beumer 11	3) Kelli Meyman 10	4) Mackenzie Grahek 10	
35.74 40.94 33.82	30.22			
20 COOPER	B	2:25.11	2:25.74	10
1) Rachel Johnson 12	2) Olivia Israelson 12	3) Katie Day 11	4) Amy Halverson 11	
36.08 41.14 38.04	30.48			
21 ARMSTRONG-MN	D	2:16.50	2:27.07	8
1) Rachel Gove 12	2) Jenny Tang 9	3) Mya Russell 9	4) Alyssa Trumbower 10	
42.59 41.18 33.14	30.16			
22 METRO UNITED	D	2:35.00	2:28.19	6
1) Zoe Chambers 8	2) Carly Schlee 11	3) Emma Halet 8	4) Morgan Wiersma 8	
35.89 43.65 36.76	31.89			

Event 2 Girls 200 Yard FreestyleMeet Record: **1:54.30** * 10/11/2008 Emily Blasko

ROBB ARMSTRONG-M

Pool Record: **1:53.12** ! 9/24/2009 Nikki Larson

Edina

Name	Yr	School	Seed Time	Finals Time	Points
1 Emily Blasko	11	ARMSTRONG-MN	1:54.80	1:55.49	24
26.98 29.19 29.64	29.68				
2 Sarah Deis	11	WAYZATA	1:57.41	1:58.31	23
27.46 29.73 30.55	30.57				
3 Megan Vezzosi	11	WAYZATA	1:59.80	2:00.71	22
28.27 30.50 30.83	31.11				
4 Christa Sauer	11	WAYZATA	2:05.08	2:06.16	21
29.72 32.46 32.49	31.49				
5 Jana Blasko	9	ARMSTRONG-MN	2:06.99	2:07.11	20
29.71 31.97 32.75	32.68				
6 Stephanie Deis	9	WAYZATA	NT	2:07.94	19
29.91 32.07 32.99	32.97				
7 Savannah Senner	11	ARMSTRONG-MN	2:08.95	2:08.93	18
29.44 32.57 33.45	33.47				
8 Carly Gelderman	10	MOUNDS VIEW	2:10.29	2:10.92	17
30.73 33.37 33.68	33.14				
9 Megan McClement	9	MOUNDS VIEW	2:13.96	2:11.06	16
30.34 33.92 34.35	32.45				
10 Rachel Travers	10	MOUNDS VIEW	2:11.81	2:11.27	15
29.82 33.27 34.44	33.74				
11 Caitlin Leahy	11	MOUNDS VIEW	2:07.48	2:14.53	14
30.79 33.41 34.80	35.53				
12 Rachel Roddy	9	ARMSTRONG-MN	2:14.70	2:15.01	13
30.94 33.85 35.83	34.39				
13 Brenna Walek	10	COOPER	2:15.28	2:16.04	12
30.87 34.30 35.85	35.02				
14 Courtney Noel	9	IRONDALE	2:14.70	2:18.40	11
31.62 35.03 36.55	35.20				
15 Mackenzie Hadler	10	METRO UNITED	2:12.29	2:18.50	10
31.39 34.71 36.54	35.86				

2009 True Team Sections - Section 5AA - 10/10/2009**Results****(Event 2 Girls 200 Yard Freestyle)**

	Name				Yr	School	Seed Time	Finals Time	Points
16	Mary Peterson				11	IRONDALE	2:18.10	2:20.19	9
	33.07	35.97	36.14	35.01					
17	Kate Nicholson				10	METRO UNITED	2:28.93	2:22.58	8
	33.13	37.15	37.13	35.17					
18	Olivia Dorow-Hovland				10	METRO UNITED	2:20.48	2:22.82	7
	33.70	36.23	36.39	36.50					
19	Natalie Ringold				9	METRO UNITED	2:22.00	2:28.59	6
	33.20	37.72	39.81	37.86					
20	Angela Katzmarek				12	IRONDALE	2:20.30	2:30.95	5
	33.55	37.93	39.32	40.15					
---	Amanda Clarine				12	IRONDALE	2:21.20	DQ	
	32.59	36.07	37.23	35.32					

Event 3 Girls 200 Yard IM

Meet Record: 2:15.43 * 10/13/2007 Jacqueline Stenroos

Wayzata

Pool Record: 2:11.07 ! 9/10/2009 Rachel Stearns

Hopkins

	Name				Yr	School	Seed Time	Finals Time	Points
1	Breanna Loeschke				11	IRONDALE	2:15.70	2:19.83	24
	30.52	34.57	42.17	32.57					
2	Courtney Evensen				7	ARMSTRONG-MN	2:20.20	2:22.56	23
	30.93	35.08	44.65	31.90					
3	Keely Hunt				11	WAYZATA	2:22.14	2:23.41	22
	31.08	38.08	41.15	33.10					
4	Halie Langanki				11	MOUNDS VIEW	2:22.27	2:23.51	21
	31.50	36.85	42.40	32.76					
5	Jessica Eastman				11	WAYZATA	2:22.95	2:24.15	20
	31.90	36.11	42.49	33.65					
6	Tara Williams				11	WAYZATA	NT	2:26.64	19
	33.81	35.15	43.96	33.72					
7	Amanda Wielinski				12	IRONDALE	2:26.60	2:27.78	18
	31.47	37.91	43.99	34.41					
8	Kara McClement				12	MOUNDS VIEW	2:27.04	2:27.84	17
	32.86	39.08	41.33	34.57					
9	Tara Lifland				11	WAYZATA	NT	2:30.18	16
	31.32	38.99	45.72	34.15					
10	Katie Fleming				12	MOUNDS VIEW	2:34.14	2:32.52	15
	33.24	38.40	46.98	33.90					
11	Jessica Armbruster				10	ARMSTRONG-MN	2:33.57	2:35.44	14
	31.63	38.47	49.44	35.90					
12	Ady Burmester				12	METRO UNITED	2:29.21	2:36.55	13
	35.39	39.21	46.16	35.79					
13	Katie Buie				9	MOUNDS VIEW	2:37.77	2:37.54	12
	33.13	39.42	48.70	36.29					
14	Mackenzie O'Kane				9	METRO UNITED	2:39.09	2:38.21	11
	34.07	38.76	50.07	35.31					
15	Sam Wolf				8	IRONDALE	2:36.80	2:41.63	10
	33.69	43.74	47.56	36.64					
16	Mya Russell				9	ARMSTRONG-MN	2:44.37	2:42.43	9
	34.10	42.62	47.87	37.84					
17	Mackenzie Grahek				10	METRO UNITED	2:51.07	2:51.67	8
	37.74	42.71	52.52	38.70					
18	Kelli Meyman				10	METRO UNITED	2:51.41	2:52.84	7
	35.74	45.38	49.51	42.21					

2009 True Team Sections - Section 5AA - 10/10/2009**Results****(Event 3 Girls 200 Yard IM)**

Name	Yr	School	Seed Time	Finals Time	Points
19 Rachael Peterson	7	ARMSTRONG-MN	2:52.50	2:53.43	6
36.46 46.71 51.45 38.81					
--- Sara Nelson	7	IRONDALE	2:41.20	NS	

Event 4 Girls 50 Yard Freestyle

Meet Record: 24.77 * 10/13/2007 Shelby Johnson

Wayzata

Pool Record: 24.24 ! 9/20/2007 Shelby Johnson

Wayzata

Name	Yr	School	Seed Time	Finals Time	Points
1 Heather Arseth	11	WAYZATA	24.36	24.68*	24
2 Katie Olson	11	MOUNDS VIEW	25.65	25.21	23
3 Laura Peterson	11	WAYZATA	25.94	26.04	22
4 Brooke Evensen	9	ARMSTRONG-MN	25.35	26.07	21
5 Kelly Caprio	11	WAYZATA	25.66	26.13	20
6 Laura Begin	12	ARMSTRONG-MN	25.90	26.21	19
7 Taylor Houseman	10	WAYZATA	NT	26.41	18
8 Taiga Lucas	11	MOUNDS VIEW	26.36	26.70	17
9 Courtney Kahnk	11	MOUNDS VIEW	27.33	26.73	16
10 Hattie Awe	8	METRO UNITED	27.18	26.92	15
11 Amanda Elder	10	ARMSTRONG-MN	27.10	27.35	14
12 Elizabeth Rukavina	11	METRO UNITED	27.49	27.65	13
13 Mallory Honkomp	12	IRONDALE	26.85	27.68	12
14 Erin Leary	10	MOUNDS VIEW	27.40	27.71	11
15 Mackenzie Brown	10	METRO UNITED	28.21	27.87	10
16 Danielle Beauchene	12	COOPER	28.17	28.32	9
17 Colleen Christopherson	12	IRONDALE	27.52	28.56	8
18 Annie Klecker-Thiele	7	COOPER	29.17	28.64	7
19 Emily Nelson	8	IRONDALE	27.88	28.68	6
20 Hallie Schley	10	IRONDALE	28.51	28.84	5
21 Mary Varley	11	METRO UNITED	29.00	29.64	4
22 Rachel Swenson	11	COOPER	29.75	30.12	3
23 Bethani Goodrum	9	ARMSTRONG-MN	29.30	30.21	2
24 Anna Avila	11	COOPER	35.03	34.43	1

Event 5 Girls 1 mtr Diving

Meet Record: 293.95 * 10/13/2007 Sarah Swanson

Mounds View

Pool Record: 310.50 ! 1998 Jamie Sanger (6 Dives)

Wayzata

Name	Yr	School	Finals Score	Points
1 Sammi Wright	12	ARMSTRONG-MN	NT 301.95*	24
2 Kelly Brush	10	METRO UNITED	NT 293.55	23
3 Allie Sherwood	12	MOUNDS VIEW	NT 287.60	22
4 Erin Brush	12	METRO UNITED	NT 280.35	21
5 Ellen Snow	12	WAYZATA	NT 277.55	20
6 Taylor Sayre	11	MOUNDS VIEW	NT 271.40	19
7 Niki Sanger	12	WAYZATA	NT 261.60	18
8 Rachel Koebele	10	METRO UNITED	NT 248.95	17
9 Jackie Nafstad	9	WAYZATA	NT 246.85	16
10 Carly Brandt	8	MOUNDS VIEW	NT 241.45	15
11 Ellie Sjoldal	7	ARMSTRONG-MN	NT 236.45	14
12 Val Wollman	7	WAYZATA	NT 231.70	13
13 Gabby Kouneva		MOUNDS VIEW	NT 221.55	12
--- Brynne Johnson	8	OSSEO	NT X174.45	
--- Nicolette Nelson	11	PARK CENTER	NT X202.20	

2009 True Team Sections - Section 5AA - 10/10/2009

Results

(Event 5 Girls 1 mtr Diving)

Name	Yr	School		Finals Score	Points
--- Bridgette Pumarlo	12	PARK CENTER	NT	X266.60	
--- Elly Vander Ploeg	12	OSSEO	NT	X286.45	
--- Ingrid Haugan	12	IRONDALE	NT	NS	

Event 6 Girls 100 Yard Butterfly

Meet Record: 1:01.40 * 10/11/2008 Stacy Caprio

Wayzata

Pool Record: 57.67 ! 9/20/2007 Annalise Colton

Edina

Name	Yr	School	Seed Time	Finals Time	Points
1 Stacy Caprio 29.82 31.98	12	WAYZATA	1:00.58	1:01.80	24
2 Kelly Caprio 28.93 33.08	11	WAYZATA	1:00.18	1:02.01	23
3 Mariann Kukielka 28.80 33.55	11	MOUNDS VIEW	1:02.33	1:02.35	22
4 Laura Peterson 29.76 34.34	11	WAYZATA	1:02.41	1:04.10	21
5 Bridget Eide 31.03 35.44	12	WAYZATA	NT	1:06.47	20
6 Lizzie Gelderman 30.97 35.72	12	MOUNDS VIEW	1:06.24	1:06.69	19
7 Amanda Wielinski 31.52 35.55	12	IRONDALE	1:05.50	1:07.07	18
8 Laura Begin 30.53 36.67	12	ARMSTRONG-MN	1:08.04	1:07.20	17
9 Erynn Schroeder 32.53 36.62	11	ARMSTRONG-MN	1:09.07	1:09.15	16
10 Brenna Walek 32.45 37.38	10	COOPER	1:09.70	1:09.83	15
11 Dani Wolf 32.91 38.30	11	IRONDALE	1:10.70	1:11.21	14
12 Laura Talaska 32.95 38.76	11	MOUNDS VIEW	1:10.66	1:11.71	13
13 Kirby Schell 34.39 39.36	11	IRONDALE	1:10.80	1:13.75	12
14 Alyssa Trumbower 34.44 39.34	10	ARMSTRONG-MN	1:13.50	1:13.78	11
15 Brittany Kuhne 34.11 39.78	10	MOUNDS VIEW	1:12.85	1:13.89	10
16 Sam Wolf 35.24 41.78	8	IRONDALE	1:12.40	1:17.02	9
17 Mya Russell 36.01 42.00	9	ARMSTRONG-MN	1:14.87	1:18.01	8
18 Kelli Meyman 36.80 41.93	10	METRO UNITED	1:15.52	1:18.73	7
19 Olivia Dorow-Hovland 38.14 42.83	10	METRO UNITED	1:20.00	1:20.97	6
20 Kate Nicholson 38.35 43.04	10	METRO UNITED	1:19.88	1:21.39	5
--- Julie Goulette	9	METRO UNITED	1:30.69	NS	

2009 True Team Sections - Section 5AA - 10/10/2009

Results

Event 7 Girls 100 Yard Freestyle

Meet Record: 53.86 * 10/13/2007 Shelby Johnson

Wayzata

Pool Record: 52.10 ! 9/24/2009 Nikki Larson

Edina

Name	Yr	School	Seed Time	Finals Time	Points
1 Heather Arseth 25.95 27.64	11	WAYZATA	53.04	53.59*	24
2 Emma Paulson 26.32 28.62	9	WAYZATA	54.40	54.94	23
3 Brooke Evensen 27.03 28.15	9	ARMSTRONG-MN	55.56	55.18	22
4 Sarah Rocca 27.54 29.54	12	WAYZATA	NT	57.08	21
5 Alese Halvorson 27.71 30.64	11	WAYZATA	56.84	58.35	20
6 Taiga Lucas 28.46 30.23	11	MOUNDS VIEW	56.78	58.69	19
7 Carly Gelderman 29.02 30.22	10	MOUNDS VIEW	58.87	59.24	18
8 Courtney Kahnk 28.57 30.97	11	MOUNDS VIEW	59.70	59.54	17
9 Rachel Travers 28.45 31.23	10	MOUNDS VIEW	59.07	59.68	16
10 Hattie Awe 29.12 30.69	8	METRO UNITED	1:01.42	59.81	15
11 Elizabeth Rukavina 29.06 30.76	11	METRO UNITED	1:00.00	59.82	14
12 Amanda Elder 28.75 31.20	10	ARMSTRONG-MN	1:00.70	59.95	13
13 Mallory Honkomp 28.90 32.49	12	IRONDALE	58.66	1:01.39	12
14 Rachel Roddy 30.18 31.76	9	ARMSTRONG-MN	1:01.49	1:01.94	11
15 Danielle Beauchene 29.73 32.53	12	COOPER	1:01.27	1:02.26	10
16 Gretchen Wienke 30.59 32.23	10	ARMSTRONG-MN	1:01.43	1:02.82	9
17 Teegan Harrington 29.99 33.73	12	IRONDALE	1:03.40	1:03.72	8
18 Lorna Tokos 30.73 33.44	11	IRONDALE	NT	1:04.17	7
19 Emily Nelson 30.84 33.58	8	IRONDALE	1:05.10	1:04.42	6
20 Mackenzie Brown 30.23 34.40	10	METRO UNITED	1:04.14	1:04.63	5
21 Maggie Roman 31.90 35.23	12	METRO UNITED	1:09.30	1:07.13	4
22 Amy Halverson 32.71 36.89	11	COOPER	1:08.52	1:09.60	3
23 Rachel Johnson 34.47 36.17	12	COOPER	1:10.55	1:10.64	2
24 Katie Day 34.93 39.64	11	COOPER	1:14.59	1:14.57	1

2009 True Team Sections - Section 5AA - 10/10/2009

Results

Event 8 Girls 500 Yard Freestyle

Meet Record: 5:09.13 * 10/11/2008 Emily Blasko

ROBB ARMSTRONG-M

Pool Record: 5:09.13 ! 10/11/2008 Emily Blasko

ROBB ARMSTRONG-M

Name	Yr	School	Seed Time	Finals Time	Points
1 Emily Blasko	11	ARMSTRONG-MN	5:04.17	5:09.53	24
28.04 30.42 30.60	31.31	31.61 31.44	31.74	31.58	
31.82 30.97					
2 Sarah Deis	11	WAYZATA	5:11.42	5:15.81	23
28.68 31.34 31.40	32.01	32.45 31.95	31.78	32.12	
32.33 31.75					
3 Megan Vezzosi	11	WAYZATA	5:18.75	5:19.97	22
29.37 31.80 32.04	32.24	32.15 32.23	32.33	32.89	
32.63 32.29					
4 Christa Sauer	11	WAYZATA	5:30.22	5:35.00	21
29.93 33.06 34.03	34.21	34.32 33.78	34.25	34.31	
33.93 33.18					
5 Halie Langanki	11	MOUNDS VIEW	5:28.07	5:36.28	20
30.40 33.31 34.05	34.20	34.42 34.26	34.38	33.99	
33.96 33.31					
6 Kai Erickson	12	MOUNDS VIEW	5:46.70	5:40.70	19
30.44 33.47 34.39	34.62	34.54 34.59	34.70	34.86	
34.89 34.20					
7 Jana Blasko	9	ARMSTRONG-MN	5:31.41	5:41.21	18
31.54 33.72 34.51	34.34	34.86 34.39	34.67	34.80	
34.33 34.05					
8 Savannah Senner	11	ARMSTRONG-MN	5:35.78	5:42.35	17
30.15 33.62 34.66	35.09	35.14 34.53	34.88	35.28	
34.82 34.18					
9 Jessica Eastman	11	WAYZATA	NT	5:44.37	16
31.77 34.11 34.73	34.53	34.55 35.26	34.99	34.95	
35.05 34.43					
10 Katie Fleming	12	MOUNDS VIEW	5:46.22	5:47.43	15
31.72 34.27 34.86	35.15	35.51 35.63	35.34	35.27	
35.07 34.61					
11 Megan McClement	9	MOUNDS VIEW	5:47.81	5:51.62	14
31.58 35.05 35.56	35.53	35.97 35.51	35.60	35.81	
36.02 34.99					
12 Mary Peterson	11	IRONDALE	6:16.70	6:15.30	13
34.77 37.94 38.33	38.88	38.81 38.55	38.42	37.80	
37.15 34.65					
13 Courtney Noel	9	IRONDALE	5:59.70	6:15.54	12
33.75 37.73 38.02	38.59	39.41 38.61	39.13	37.65	
38.04 34.61					
14 Ady Burmester	12	METRO UNITED	6:16.50	6:17.93	11
33.05 37.01 37.68	38.56	38.64 38.20	38.87	39.00	
38.64 38.28					
15 Ella Carlson	12	METRO UNITED	6:23.21	6:28.45	10
35.06 38.12 38.66	40.17	39.80 39.35	40.05	39.78	
39.54 37.92					
16 Laura Moen	9	IRONDALE	6:43.80	6:30.46	9
33.96 39.15 39.38	39.47	39.72 39.84	40.19	40.32	
40.14 38.29					
17 Mary Varley	11	METRO UNITED	6:18.40	6:33.42	8
35.36 39.41 39.79	40.38	39.54 39.56	40.03	40.69	
40.27 38.39					

2009 True Team Sections - Section 5AA - 10/10/2009

Results

(Event 8 Girls 500 Yard Freestyle)

	Name	Yr	School	Seed Time	Finals Time	Points
18	Angela Katzmarek	12	IRONDALE	6:25.10	6:35.77	7
	34.01 38.52 39.64	39.99	40.18 40.74 40.94	40.78		
	40.97 40.00					
19	Maryon Ahler	7	COOPER	6:34.83	6:46.23	6
	36.62 40.55 42.07	42.63	41.75 42.12 40.29	42.89		
	41.68 35.63					
20	Dani Merriman	12	ARMSTRONG-MN	6:50.00	6:48.13	5
	36.78 40.00 40.94	41.50	41.61 42.43 41.34	41.18		
	42.68 39.67					
21	Mackenzie Grahek	10	METRO UNITED	6:55.96	6:49.70	4
	34.90 39.91 42.88	44.22	40.20 42.79 41.32	41.76		
	42.06 39.66					

Event 9 Girls 200 Yard Freestyle Relay

Meet Record: 1:41.11 * 10/13/2007

Wayzata

Wayzata

K Tomasovicova, T Ebert, K Caprio, S Deis

Pool Record: 1:38.34 ! 9/24/2009

Edina

Edina

T Lentz, M Eden, N Larson, M VanMetre

Team	Relay	Seed Time	Finals Time	Points
1 WAYZATA	A	1:38.58	1:41.67	48
	1) Heather Arseth 11 2) Kelly Caprio 11 3) Sarah Rocca 12 4) Sarah Deis 11	25.05 25.60 26.24 24.78		
2 MOUNDS VIEW	A	1:44.89	1:45.53	46
	1) Taiga Lucas 11 2) Courtney Kahnk 11 3) Lizzie Gelderman 12 4) Katie Olson 11	26.70 27.40 26.36 25.07		
3 WAYZATA	B	1:42.00	1:45.64	44
	1) Taylor Houseman 10 2) Stacy Caprio 12 3) Alese Halvorson 11 4) Laura Peterson 11	26.82 26.81 26.37 25.64		
4 WAYZATA	C	1:43.89	1:46.50	42
	1) Ellen Stowe 10 2) Whitney Kieley 10 3) Christa Sauer 11 4) Megan Vezzosi 11	27.70 26.38 26.44 25.98		
5 METRO UNITED	A	1:54.84	1:49.47	40
	1) Hattie Awe 8 2) Mackenzie Hadler 10 3) Mackenzie Brown 10 4) Elizabeth Rukavina 11	27.09 27.55 27.28 27.55		
6 WAYZATA	D	1:45.39	1:49.69	38
	1) Madeleine North 9 2) Stephanie Deis 9 3) Tara Lifland 11 4) Abby Larson 9	27.63 27.48 27.44 27.14		
7 MOUNDS VIEW	B	1:47.30	1:51.40	36
	1) Mariann Kukielka 11 2) Erin Leary 10 3) Lora Kaiser 11 4) Carly Gelderman 10	27.32 28.85 27.48 27.75		
8 IRONDALE	A	1:48.40	1:51.59	34
	1) Amanda Wielinski 12 2) Teegan Harrington 12 3) Colleen Christopherson 12 4) Mallory Honkomp 12	27.80 28.53 27.61 27.65		
9 ARMSTRONG-MN	A	1:54.05	1:54.42	32
	1) Rachel Roddy 9 2) Alyssa Trumbower 10 3) Gretchen Wienke 10 4) Erynn Schroeder 11	28.84 29.84 27.70 28.04		
*10 MOUNDS VIEW	C	1:53.35	1:55.67	29
	1) Rachel Travers 10 2) Megan McClement 9 3) Melanie Reedy 10 4) Brittany Kuhne 10	28.41 28.29 29.89 29.08		
*10 COOPER	A	1:54.32	1:55.67	29
	1) Danielle Beauchene 12 2) Rachel Swenson 11 3) Annie Klecker-Thiele 7 4) Brenna Walek 10	28.55 29.66 28.86 28.60		
12 METRO UNITED	B	2:01.21	1:56.88	26
	1) Natalie Ringold 9 2) Olivia Dorow-Hovland 10 3) Kate Nicholson 10 4) Mary Varley 11	29.05 30.05 28.29 29.49		

2009 True Team Sections - Section 5AA - 10/10/2009**Results****(Event 9 Girls 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
13 IRONDALE	B	1:52.60	1:58.08	24
1) Sam Wolf 8	2) Kirby Schell 11	3) Hallie Schley 10	4) Lorna Tokos 11	
29.56 30.67 29.19 28.66				
14 MOUNDS VIEW	D	1:57.10	1:59.17	22
1) Mary Cherne 10	2) Alison Kessler 12	3) Katelyn Pastick 11	4) Brianna Kuhne 12	
30.56 28.96 29.90 29.75				
15 ARMSTRONG-MN	C	2:06.41	2:04.08	20
1) Sam Zbaracki 9	2) Katelyn Knudson 7	3) Rachael Peterson 7	4) Kali Moro 10	
31.03 31.90 29.33 31.82				
16 ARMSTRONG-MN	B	2:04.30	2:04.32	18
1) Kaitlin Nims 11	2) Jenny Tang 9	3) Allison Tang 11	4) Mya Russell 9	
32.35 29.96 31.35 30.66				
17 IRONDALE	C	2:02.90	2:07.06	16
1) Andrea Stoddard 10	2) Nicole Johnson 12	3) Helen Furlan 10	4) Sam Arrigoni 11	
34.93 31.07 29.82 31.24				
18 COOPER	B	2:06.41	2:08.95	14
1) Katie Day 11	2) Olivia Israelson 12	3) Amy Halverson 11	4) Amanda Helgerson 12	
33.98 33.41 31.37 30.19				
19 METRO UNITED	C	2:06.00	2:11.66	12
1) Kelli Meyman 10	2) Emma Halet 8	3) Katie Beumer 11	4) Julie Goulette 9	
33.47 31.84 31.61 34.74				
20 ARMSTRONG-MN	D	2:15.45	2:15.13	10
1) Brenna Warren 11	2) Caitlin Hall 9	3) Ana Archer 10	4) Rachel Gove 12	
36.07 33.08 32.72 33.26				
21 IRONDALE	D	2:22.40	2:24.84	8
1) Emma Clarine 7	2) Megan Neuschwander 9	3) Angela Beling 8	4) Marisa Montero 9	
37.72 38.66 32.96 35.50				

Event 10 Girls 100 Yard Backstroke

Meet Record: 59.62 * 10/11/2008 Breanna Loeschke

Pool Record: 59.19 ! 9/10/2009 Heather Arseth

Irondale-Wayzata

Name	Yr	School	Seed Time	Finals Time	Points
1 Emma Paulson	9	WAYZATA	59.80	1:00.74	24
30.44 30.30					
2 Breanna Loeschke	11	IRONDALE	59.30	1:00.83	23
30.24 30.59					
3 Katie Olson	11	MOUNDS VIEW	1:02.69	1:04.10	22
31.62 32.48					
4 Courtney Evensen	7	ARMSTRONG-MN	1:05.44	1:06.84	21
32.90 33.94					
5 Briana Daniels	12	WAYZATA	1:05.49	1:07.42	20
32.55 34.87					
6 Tara Williams	11	WAYZATA	1:05.81	1:08.20	19
33.68 34.52					
7 Lauren O'Connor	11	MOUNDS VIEW	1:07.52	1:08.31	18
33.40 34.91					
8 Ellen Stowe	10	WAYZATA	1:05.14	1:08.50	17
33.59 34.91					
9 Kai Erickson	12	MOUNDS VIEW	1:10.20	1:10.03	16
34.37 35.66					
10 Caitlin Leahy	11	MOUNDS VIEW	1:08.88	1:10.75	15
34.57 36.18					
11 Sara Nelson	7	IRONDALE	1:09.80	1:12.02	14
35.11 36.91					

2009 True Team Sections - Section 5AA - 10/10/2009

Results

(Event 10 Girls 100 Yard Backstroke)

	Name	Yr	School	Seed Time	Finals Time	Points
12	Mackenzie O'Kane 35.39 37.41	9	METRO UNITED	1:12.66	1:12.80	13
13	Jessica Armbruster 35.39 37.99	10	ARMSTRONG-MN	1:11.70	1:13.38	12
14	Jade Hunt 36.46 39.11	9	ARMSTRONG-MN	1:13.92	1:15.57	11
15	Maggie Roman 37.48 38.52	12	METRO UNITED	1:15.27	1:16.00	10
16	Amanda Clarine 37.05 39.37	12	IRONDALE	1:13.80	1:16.42	9
17	Rachel Swenson 37.82 39.13	11	COOPER	1:16.72	1:16.95	8
18	Ella Carlson 37.79 39.67	12	METRO UNITED	1:17.73	1:17.46	7
19	Ingrid Haugan 38.97 39.53	12	IRONDALE	1:18.90	1:18.50	6
20	Zoe Chambers	8	METRO UNITED	1:25.00	1:18.82	5
21	Rachel Johnson 38.77 40.25	12	COOPER	1:19.29	1:19.02	4
22	Dani Merriman 40.93 43.31	12	ARMSTRONG-MN	1:20.20	1:24.24	3

Event 11 Girls 100 Yard Breaststroke

Meet Record: 1:07.39 * 10/13/2007 Jacqueline Stenroos
Pool Record: 1:06.21 ! 9/24/2009 Heather Laedtke

Wayzata
Edina

	Name	Yr	School	Seed Time	Finals Time	Points
1	Lizzie Gelderman 35.09 38.42	12	MOUNDS VIEW	1:13.98	1:13.51	24
2	Kara McClement 34.48 39.40	12	MOUNDS VIEW	1:12.95	1:13.88	23
3	Keely Hunt 35.07 39.78	11	WAYZATA	1:14.14	1:14.85	22
4	Abby Larson 35.77 40.62	9	WAYZATA	1:15.07	1:16.39	21
5	Madeleine North 36.20 41.87	9	WAYZATA	NT	1:18.07	20
6	Lindsay Hawkins 37.30 41.38	11	WAYZATA	1:16.75	1:18.68	19
7	Mackenzie Hadler 36.80 42.71	10	METRO UNITED	1:17.85	1:19.51	18
8	Erynn Schroeder 37.94 41.62	11	ARMSTRONG-MN	1:19.99	1:19.56	17
9	Amanda Albertson 38.28 42.45	11	MOUNDS VIEW	1:20.23	1:20.73	16
10	Dani Wolf 38.29 42.92	11	IRONDALE	1:19.30	1:21.21	15
11	Diana Hoff 38.70 43.35	11	MOUNDS VIEW	1:20.63	1:22.05	14
12	Katelyn Knudson 39.32 42.93	7	ARMSTRONG-MN	1:22.21	1:22.25	13
13	Hallie Schley 39.02 44.19	10	IRONDALE	1:26.40	1:23.21	12
14	Sam Arrigoni 39.88 44.99	11	IRONDALE	1:25.90	1:24.87	11

2009 True Team Sections - Section 5AA - 10/10/2009

Results

(Event 11 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Finals Time	Points
15 Allison Tang 41.06 44.35	11	ARMSTRONG-MN	1:23.90	1:25.41	10
16 Mary Baumann 40.43 45.49	10	IRONDALE	1:25.00	1:25.92	9
17 Jenny Tang 42.59 45.40	9	ARMSTRONG-MN	1:28.10	1:27.99	8
18 Natalie Ringold 40.98 47.04	9	METRO UNITED	1:29.00	1:28.02	7
19 Amanda Helgerson 41.53 46.54	12	COOPER	1:27.76	1:28.07	6
20 Katie Beumer 41.44 46.78	11	METRO UNITED	1:30.34	1:28.22	5
21 Olivia Israelson 43.28 47.82	12	COOPER	1:31.54	1:31.10	4
22 Katie Day 44.87 50.04	11	COOPER	1:34.93	1:34.91	3
23 Anna Avila 46.77 51.12	11	COOPER	1:35.39	1:37.89	2
--- Julie Goulette	9	METRO UNITED	1:22.93	NS	

Event 12 Girls 400 Yard Freestyle Relay

Meet Record: 3:41.98 * 10/13/2007 Wayzata Wayzata
K Tomasovicova, S Deis, H Arseth, S Johnson
Pool Record: 3:35.02 ! 9/24/2009 Wayzata High School
H Arseth, E Paulson, J Stenroos, S Deis

Team	Relay	Seed Time	Finals Time	Points
1 WAYZATA	A	3:34.02	3:40.54*	48
1) Heather Arseth 11 26.25 54.10 26.44	2) Emma Paulson 9 56.33 26.07 55.37	3) Jacqueline Stenroos 12 26.24 54.74	4) Sarah Deis 11	
2 ARMSTRONG-MN	A	3:45.67	3:46.70	46
1) Brooke Evensen 9 26.88 55.19 27.86	2) Courtney Evensen 7 58.23 26.71 57.07	3) Laura Begin 12 27.01 56.21	4) Emily Blasko 11	
3 WAYZATA	B	3:42.90	3:49.29	44
1) Kelly Caprio 11 26.69 55.98 27.66	2) Alese Halvorson 11 58.45 27.24 57.93	3) Sarah Rocca 12 27.05 56.93	4) Megan Vezzosi 11	
4 WAYZATA	C	3:48.81	3:58.10	42
1) Stacy Caprio 12 28.49 59.24 28.24	2) Bridget Eide 12 1:00.25 27.91 58.65	3) Christa Sauer 11 28.58 59.96	4) Tara Lifland 11	
5 MOUNDS VIEW	A	3:57.73	4:02.57	40
1) Mariann Kukielka 11 29.07 1:01.57 28.06	2) Rachel Travers 10 1:00.06 29.28 1:01.21	3) Halie Langanki 11 28.92 59.73	4) Carly Gelderman 10	
6 WAYZATA	D	3:52.78	4:02.72	38
1) Madeleine North 9 28.63 1:00.19 28.42	2) Stephanie Deis 9 1:00.24 29.21 1:01.31	3) Ellen Stowe 10 29.47 1:00.98	4) Abby Larson 9	
7 ARMSTRONG-MN	B	4:09.64	4:08.62	36
1) Amanda Elder 10 29.80 1:01.61 29.18	2) Gretchen Wienke 10 1:02.21 29.27 1:02.14	3) Savannah Senner 11 29.79 1:02.66	4) Jana Blasko 9	
8 IRONDALE	A	4:01.60	4:09.28	34
1) Amanda Clarine 12 30.35 1:03.50 29.97	2) Lorna Tokos 11 1:03.57 29.93 1:04.55	3) Sara Nelson 7 27.12 57.66	4) Breanna Loeschke 11	
9 MOUNDS VIEW	B	4:04.23	4:12.60	32
1) Erin Leary 10 29.83 1:03.25 29.87	2) Katie Fleming 12 1:02.60 30.63 1:05.04	3) Lauren O'Connor 11 29.31 1:01.71	4) Lora Kaiser 11	

2009 True Team Sections - Section 5AA - 10/10/2009**Results****(Event 12 Girls 400 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
10 MOUNDS VIEW	C	4:09.08	4:14.68	30
1) Megan McClement 9	2) Brittany Kuhne 10	3) Katie Buie 9	4) Kara McClement 12	
30.26 1:03.61 29.49	1:02.71 30.52 1:04.54	29.93 1:03.82		
11 COOPER	A	4:12.24	4:19.18	28
1) Danielle Beauchene 12	2) Maryon Ahler 7	3) Annie Klecker-Thiele 7	4) Brenna Walek 10	
29.98 1:02.40 31.32	1:09.12 30.22 1:04.72	29.93 1:02.94		
12 METRO UNITED	A	4:20.18	4:21.13	26
1) Ady Burmester 12	2) Olivia Dorow-Hovland 10	3) Mackenzie O'Kane 9	4) Mary Varley 11	
31.15 1:04.85 31.80	1:06.25 29.97 1:03.33	31.52 1:06.70		
13 MOUNDS VIEW	D	4:19.20	4:21.64	24
1) Alison Kessler 12	2) Melanie Reedy 10	3) Nicole Flesch 10	4) Brianna Kuhne 12	
31.60 1:05.50 30.57	1:05.23 30.96 1:06.23	30.98 1:04.68		
14 ARMSTRONG-MN	C	4:14.07	4:21.76	22
1) Rachel Roddy 9	2) Bethani Goodrum 9	3) Sam Zbaracki 9	4) Jessica Armbruster 10	
30.24 1:02.41 30.84	1:05.61 33.34 1:10.59	29.86 1:03.15		
15 IRONDALE	B	4:15.30	4:22.77	20
1) Kirby Schell 11	2) Angela Katzmarek 12	3) Mary Peterson 11	4) Teegan Harrington 12	
32.26 1:06.30 31.45	1:07.00 31.68 1:05.83	29.85 1:03.64		
16 METRO UNITED	B	4:42.57	4:36.06	18
1) Natalie Ringold 9	2) Ella Carlson 12	3) Kate Nicholson 10	4) Mackenzie Grahek 10	
34.14 1:11.07 32.87	1:09.43 31.71 1:05.96	32.44 1:09.60		
17 COOPER	B	4:42.91	4:41.28	16
1) Rachel Johnson 12	2) Amy Halverson 11	3) Anna Avila 11	4) Amanda Helgersen 12	
34.76 1:10.34 33.56	1:09.70 36.35 1:15.44	31.76 1:05.80		
18 IRONDALE	C	4:45.70	4:46.32	14
1) Laura Moen 9	2) Andrea Stoddard 10	3) Jessica Goodell 9	4) Julie Ljung 10	
34.16 1:11.41 34.40	1:14.22 34.58 1:10.51	33.56 1:10.18		
19 ARMSTRONG-MN	D	4:51.70	4:46.52	12
1) Ana Archer 10	2) Caitlin Hall 9	3) Kali Moro 10	4) Kaitlin Nims 11	
34.85 1:13.49 33.90	1:12.84 32.82 1:10.16	33.45 1:10.03		
20 METRO UNITED	C	4:50.00	4:52.90	10
1) Maggie Roman 12	2) Zoe Chambers 8	3) Morgan Wiersma 8	4) Carly Schlee 11	
32.89 1:09.40 33.01	1:10.38 35.10 1:13.18	36.57 1:19.94		
21 IRONDALE	D	5:05.80	4:55.89	8
1) Amanda Donley 8	2) Aru Rao 12	3) Alysia Orf 9	4) Angela Beling 8	
34.13 1:13.71 35.51	1:15.85 34.89 1:15.90	34.85 1:10.43		

Women - Team Rankings - Through Event 12

1. Wayzata	1241	2. Mounds View	1007
3. Armstrong	781	4. Irondale	590
5. Metro United	533	6. Cooper	207

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