

Sioux Falls Swim Team Times Report For 4/1/2016 - 10/10/2025



10/10/2025 1:25:48 PM

Time Standard Selected: B

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	50 FR LCM	26.37	858	Corinne	Victor	F	SFST	7/27/2019	2019 SD Long Course State Champs	2019 Winter US Open (LCM)	15-18
2	50 FR LCM	26.57	849	Kenzie	Hinrich	F	SFST	7/23/2025	2025 Futures Championships - Madison	2026 Summer Juniors (LCM)	15-18
3	50 FR LCM	27.00	803	Katherine	Pardy	F	SFST	7/27/2019	2019 SD Long Course State Champs	2021 Futures (LCM)	15-18
4	50 FR LCM	27.35	773	Gabrielle	Ahrendt	F	SFST	6/23/2023	2023 MN AQJT Summer Spectacular	2024 Futures (LCM)	15-18
5	50 FR LCM	27.39	769	Sofia	Hein	F	SFST	7/22/2022	2022 SD Long Course Championship	2023 Futures (LCM)	15-18
6	50 FR LCM	27.66	755	Olivia	Wassink	F	SFST	7/27/2019	2019 SD Long Course State Champs	2016-2020 AAA	15-18
7	50 FR LCM	27.71	754	Rachel	Ritter	F	SFST	6/28/2025	2025 SD SFST Sanford Invite	AAA	15-18
8	50 FR LCM	27.79	735	Elizabeth	Spaans	F	SFST	7/27/2019	2019 SD Long Course State Champs	2016-2020 AAA	15-18
9	50 FR LCM	28.13	715	Joella	Sproles	F	SFST	5/1/2021	2021 TYR 18&U Spring Cup Des Moines	2020-2024 AAA	15-18
10	50 FR LCM	28.36	697	Moa	Hein	F	SFST	6/28/2025	2025 SD SFST Sanford Invite	AA	15-18
10	50 FR LCM	28.36	697	Sophia	Huber	F	SFST	7/19/2024	2024 SD State A Long Course Meet	2020-2024 AAA	15-18
1	100 FR LCM	57.67	848	Kenzie	Hinrich	F	SFST	3/8/2024	2024 IA Central Zone North Section Spring Championships	2024 Winter Juniors (SCY)	15-18
2	100 FR LCM	58.40	800	Katherine	Pardy	F	SFST	8/4/2019	2019 Futures Des Moines	2021 Futures (LCM)	15-18
3	100 FR LCM	58.72	786	Gabrielle	Ahrendt	F	SFST	3/10/2023	2023 ND USA Swimming Speedo Championship Series, Central Zone North Section	2023 Futures (LCM)	15-18
4	100 FR LCM	59.51	750	Corinne	Victor	F	SFST	8/2/2019	2019 Futures Des Moines	2016-2020 AAA	15-18
5	100 FR LCM	1:00.00	729	Sofia	Hein	F	SFST	7/23/2022	2022 SD Long Course Championship	2020-2024 AAA	15-18
6	100 FR LCM	1:00.27	733	Rachel	Ritter	F	SFST	6/27/2025	2025 SD SFST Sanford Invite	AAA	15-18
7	100 FR LCM	1:00.35	714	Jazmyn	Lunn	F	SFST	7/7/2023	2023 SD SFST Sanford Invitation	2020-2024 AAA	15-18
8	100 FR LCM	1:00.41	712	Lydia	Soldatke	F	SFST	7/11/2025	2025 MN UOFM CZ North Speedo Sectionals	AAA	15-18
9	100 FR LCM	1:00.73	698	Sophia	Huber	F	SFST	6/27/2025	2025 SD SFST Sanford Invite	AAA	15-18
10	100 FR LCM	1:00.89	691	Emerson	Smith	F	SFST	3/8/2024	2024 IA Central Zone North Section Spring Championships	2020-2024 AAA	15-18
1	200 FR LCM	2:06.55	783	Katherine	Pardy	F	SFST	7/26/2019	2019 SD Long Course State Champs	2021 Futures (LCM)	15-18
2	200 FR LCM	2:07.32	766	Rachel	Ritter	F	SFST	7/23/2025	2025 Futures Championships - Madison	2026 Futures (LCM)	15-18
3	200 FR LCM	2:07.67	777	Kenzie	Hinrich	F	SFST	7/19/2024	2024 SD State A Long Course Meet	2024 Futures (LCM)	15-18
4	200 FR LCM	2:07.81	741	Gabrielle	Ahrendt	F	SFST	3/11/2023	2023 ND USA Swimming Speedo Championship Series, Central Zone North Section	2020-2024 AAA	15-18

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Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
5	200 FR LCM	2:08.67	736	Jazmyn	Lunn	F	SFST	3/11/2023	2023 ND USA Swimming Speedo Championship Series, Central Zone North Section	2020-2024 AAA	15-18
6	200 FR LCM	2:10.34	698	Sofia	Hein	F	SFST	7/23/2021	2021 SD Long Course Champs	2020-2024 AAA	15-18
7	200 FR LCM	2:11.01	684	Lydia	Soldatke	F	SFST	3/9/2024	2024 IA Central Zone North Section Spring Championships	2020-2024 AAA	15-18
8	200 FR LCM	2:12.49	652	Corinne	Victor	F	SFST	3/14/2019	2019 Sectionals - Rochester	2016-2020 AAA	15-18
8	200 FR LCM	2:12.49	652	Kennedy	Cauwels	F	SFST	7/18/2025	2025 SD State Long Course Meet	AA	15-18
10	200 FR LCM	2:13.14	639	Sophia	Huber	F	SFST	6/29/2025	2025 SD SFST Sanford Invite	AA	15-18
1	400 FR LCM	4:30.53	712	Gabrielle	Ahrendt	F	SFST	3/10/2023	2023 ND USA Swimming Speedo Championship Series, Central Zone North Section	2020-2024 AAA	15-18
2	400 FR LCM	4:31.36	716	Rachel	Ritter	F	SFST	7/25/2025	2025 Futures Championships - Madison	AAA	15-18
3	400 FR LCM	4:32.36	692	Jazmyn	Lunn	F	SFST	7/13/2024	2024 IL CZ North Section Summer Championships	2020-2024 AAA	15-18
4	400 FR LCM	4:37.58	649	Kennedy	Cauwels	F	SFST	6/20/2025	2025 IA Waukee Waves Open Summer Invite	AAA	15-18
5	400 FR LCM	4:37.81	646	Katherine	Pardy	F	SFST	7/27/2019	2019 SD Long Course State Champs	2016-2020 AAA	15-18
6	400 FR LCM	4:38.20	676	Kenzie	Hinrich	F	SFST	6/28/2024	2024 SD SFST June Invite	2020-2024 AAA	15-18
7	400 FR LCM	4:38.80	636	Sofia	Hein	F	SFST	6/10/2021	2021 MW LSS Capital City Class	2020-2024 AAA	15-18
8	400 FR LCM	4:41.24	600	Lydia	Soldatke	F	SFST	6/27/2025	2025 SD SFST Sanford Invite	AA	15-18
9	400 FR LCM	4:41.85	606	Sophia	Huber	F	SFST	6/27/2025	2025 SD SFST Sanford Invite	AA	15-18
10	400 FR LCM	4:42.53	600	Katie	Timmer	F	SFST	3/15/2019	2019 Sectionals - Rochester	2016-2020 AA	15-18
1	800 FR LCM	9:29.36	686	Rachel	Ritter	F	SFST	6/22/2025	2025 IA Waukee Waves Open Summer Invite	AAA	15-18
2	800 FR LCM	9:35.63	639	Gabrielle	Ahrendt	F	SFST	6/12/2021	2021 MW LSS Capital City Class	2020-2024 AAA	15-18
3	800 FR LCM	9:39.93	619	Katie	Timmer	F	SFST	3/14/2019	2019 Sectionals - Rochester	2016-2020 AAA	15-18
4	800 FR LCM	9:42.19	603	Kennedy	Cauwels	F	SFST	7/20/2025	2025 SD State Long Course Meet	AA	15-18
5	800 FR LCM	9:47.53	601	George	Sugrue	F	SFST	3/8/2018	2018 Sectionals - Pleasant Prairie	2016-2020 AA	15-18
6	800 FR LCM	9:53.34	559	Corinne	Victor	F	SFST	7/9/2017	2017 SD SFST Independence Day	2016-2020 AA	15-18
7	800 FR LCM	9:54.22	549	Sofia	Hein	F	SFST	7/25/2021	2021 SD Long Course Champs	2020-2024 AA	15-18
8	800 FR LCM	9:58.52	552	Lavin	Maddox	F	SFST	5/14/2021	2021 SD SFST Ready for Long Co	2020-2024 AA	15-18
9	800 FR LCM	9:58.89	529	Jazmyn	Lunn	F	SFST	4/28/2024	2024 SD Augustana Spring Splash	2020-2024 AA	15-18
10	800 FR LCM	10:05.35	523	Katherine	Pardy	F	SFST	6/22/2018	2018 SD Corn Palace Invite	2016-2020 AA	15-18
1	1500 FR LCM	18:32.03	641	Kennedy	Cauwels	F	SFST	7/18/2025	2025 SD State Long Course Meet	AA	15-18
2	1500 FR LCM	18:35.30	637	Katie	Timmer	F	SFST	3/17/2019	2019 Sectionals - Rochester	2016-2020 AAA	15-18

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Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
3	1500 FR LCM	18:37.17	647	Rachel	Ritter	F	SFST	5/10/2025	2025 SD Ready for Long Course Meet	AA	15-18
4	1500 FR LCM	18:47.72	603	Sofia	Hein	F	SFST	6/9/2021	2021 MW LSS Capital City Class	2020-2024 AA	15-18
5	1500 FR LCM	18:51.06	614	George	Sugrue	F	SFST	7/28/2017	2017 SD Long Course State Cham	2016-2020 AA	15-18
6	1500 FR LCM	18:57.48	600	Kenzie	Hinrich	F	SFST	5/11/2024	2024 SD SFST Ready for Long Course	2020-2024 AA	15-18
7	1500 FR LCM	19:05.06	564	Jazmyn	Lunn	F	SFST	5/11/2024	2024 SD SFST Ready for Long Course	2020-2024 AA	15-18
8	1500 FR LCM	19:16.54	556	Lavin	Maddox	F	SFST	7/23/2021	2021 SD Long Course Champs	2020-2024 AA	15-18
9	1500 FR LCM	19:24.51	521	Corinne	Victor	F	SFST	6/24/2018	2018 SD Corn Palace Invite	2016-2020 AA	15-18
10	1500 FR LCM	19:42.92	482	Sophia	Huber	F	SFST	5/10/2025	2025 SD Ready for Long Course Meet	A	15-18
1	50 BK LCM	29.63	1	Lydia	Soldatke	F	SFST	5/1/2025	2025 TYR Pro Swim Series - Fort Lauderdale	Slower than B	15-18
2	50 BK LCM	30.07	1	Kenzie	Hinrich	F	SFST	5/1/2025	2025 TYR Pro Swim Series - Fort Lauderdale	Slower than B	15-18
3	50 BK LCM	30.71	1	Rachel	Ritter	F	SFST	5/1/2025	2025 TYR Pro Swim Series - Fort Lauderdale	Slower than B	15-18
4	50 BK LCM	31.45	1	Elizabeth	Spaans	F	SFST	7/28/2018	2018 SD Long Course State Cham	Slower than B	15-18
5	50 BK LCM	31.91	1	Katherine	Pardy	F	SFST	7/27/2019	2019 SD Long Course State Champs	Slower than B	15-18
6	50 BK LCM	32.65	1	Emerson	Smith	F	SFST	7/20/2024	2024 SD State A Long Course Meet	Slower than B	15-18
7	50 BK LCM	33.49	1	Sofia	Hein	F	SFST	7/27/2019	2019 SD Long Course State Champs	Slower than B	15-18
8	50 BK LCM	33.50	1	Olivia	Wassink	F	SFST	7/28/2018	2018 SD Long Course State Cham	Slower than B	15-18
9	50 BK LCM	33.94	1	Moa	Hein	F	SFST	7/19/2025	2025 SD State Long Course Meet	Slower than B	15-18
10	50 BK LCM	34.41	1	Kennedy	Cauwels	F	SFST	5/10/2024	2024 SD SFST Ready for Long Course	Slower than B	15-18
1	100 BK LCM	1:02.45	935	Lydia	Soldatke	F	SFST	7/24/2025	2025 Futures Championships - Madison	2026 Summer Nationals (LCM)	15-18
2	100 BK LCM	1:03.93	895	Kenzie	Hinrich	F	SFST	7/12/2024	2024 IL CZ North Section Summer Championships	2024 Winter US Open (SCY)	15-18
3	100 BK LCM	1:04.63	868	Rachel	Ritter	F	SFST	7/12/2024	2024 IL CZ North Section Summer Championships	2024 Winter Juniors (SCY)	15-18
4	100 BK LCM	1:06.16	791	Elizabeth	Spaans	F	SFST	7/28/2019	2019 SD Long Course State Champs	2021 Futures (LCM)	15-18
5	100 BK LCM	1:06.57	776	Emerson	Smith	F	SFST	3/10/2024	2024 IA Central Zone North Section Spring Championships	2024 Futures (LCM)	15-18
6	100 BK LCM	1:08.19	716	Gabrielle	Ahrendt	F	SFST	7/9/2023	2023 SD SFST Sanford Invitation	2020-2024 AA	15-18
7	100 BK LCM	1:08.83	693	Sophia	Huber	F	SFST	7/21/2024	2024 SD State A Long Course Meet	2020-2024 AA	15-18

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8	100 BK LCM	1:08.85	691	Katherine	Pardy	F	SFST	7/28/2019	2019 SD Long Course State Champs	2016-2020 AA	15-18
9	100 BK LCM	1:09.80	658	Sofia	Hein	F	SFST	6/26/2022	2022 MN AQJT Aquajets Summer Invite	2020-2024 AA	15-18
10	100 BK LCM	1:11.26	607	Olivia	Wassink	F	SFST	7/28/2019	2019 SD Long Course State Champs	2016-2020 AA	15-18
1	200 BK LCM	2:15.74	914	Rachel	Ritter	F	SFST	7/13/2024	2024 IL CZ North Section Summer Championships	2024 Winter US Open (SCY)	15-18
2	200 BK LCM	2:17.17	871	Lydia	Soldatke	F	SFST	7/12/2025	2025 MN UOFM CZ North Speedo Sectionals	2026 Summer Juniors (LCM)	15-18
3	200 BK LCM	2:23.59	785	Kenzie	Hinrich	F	SFST	6/29/2024	2024 SD SFST June Invite	2025 Futures (LCM)	15-18
4	200 BK LCM	2:26.13	726	Emerson	Smith	F	SFST	3/8/2024	2024 IA Central Zone North Section Spring Championships	2020-2024 AAA	15-18
5	200 BK LCM	2:26.55	718	Elizabeth	Spaans	F	SFST	7/28/2018	2018 SD Long Course State Cham	2016-2020 AAA	15-18
6	200 BK LCM	2:29.18	677	Katherine	Pardy	F	SFST	7/7/2018	2018 SD Scheels Independence D	2016-2020 AA	15-18
7	200 BK LCM	2:29.90	666	Sofia	Hein	F	SFST	7/24/2021	2021 SD Long Course Champs	2020-2024 AA	15-18
8	200 BK LCM	2:30.83	652	Sophia	Huber	F	SFST	6/22/2025	2025 IA Waukee Waves Open Summer Invite	AA	15-18
9	200 BK LCM	2:34.42	598	Olivia	Wassink	F	SFST	6/29/2019	2019 SD Scheels Independence D	2016-2020 AA	15-18
10	200 BK LCM	2:34.66	594	Gabrielle	Spain	F	SFST	7/24/2021	2021 SD Long Course Champs	2020-2024 A	15-18
1	50 BR LCM	33.06	1	Kenzie	Hinrich	F	SFST	7/31/2025	2025 Speedo Junior National Championships	2026 Summer Nationals (LCM)	15-18
2	50 BR LCM	35.97	1	Peyton	Frear	F	SFST	4/26/2019	2019 SD 3rd Annual Augustana Spring Sp	Slower than B	15-18
3	50 BR LCM	37.80	1	Sophia	Huber	F	SFST	5/9/2025	2025 SD Ready for Long Course Meet	Slower than B	15-18
4	50 BR LCM	39.23	1	Anna	Spanos	F	SFST	5/10/2024	2024 SD SFST Ready for Long Course	Slower than B	15-18
5	50 BR LCM	40.08	1	Keira	Wagers	F	SFST	5/9/2025	2025 SD Ready for Long Course Meet	Slower than B	15-18
6	50 BR LCM	40.52	1	Sofia	Hein	F	SFST	4/26/2019	2019 SD 3rd Annual Augustana Spring Sp	Slower than B	15-18
7	50 BR LCM	40.96	1	Juliana	Tiangco	F	SFST	5/9/2025	2025 SD Ready for Long Course Meet	Slower than B	15-18
8	50 BR LCM	44.25	1	Alyssa	Kafka	F	SFST	5/1/2021	2021 SD Augustana Spring Splash	Slower than B	15-18
1	100 BR LCM	1:12.44	847	Kenzie	Hinrich	F	SFST	7/23/2025	2025 Futures Championships - Madison	2026 Summer Juniors (LCM)	15-18
2	100 BR LCM	1:16.07	726	Grace	Davis	F	SFST	7/24/2022	2022 SD Long Course Championship	2020-2024 AAA	15-18
3	100 BR LCM	1:16.26	732	Sophia	Huber	F	SFST	7/13/2024	2024 IL CZ North Section Summer Championships	2020-2024 AAA	15-18
4	100 BR LCM	1:17.04	709	Peyton	Frear	F	SFST	7/28/2019	2019 SD Long Course State Champs	2016-2020 AAA	15-18
5	100 BR LCM	1:18.20	665	Gabrielle	Ahrendt	F	SFST	7/8/2023	2023 SD SFST Sanford Invitation	2020-2024 AA	15-18
6	100 BR LCM	1:19.64	624	Corinne	Victor	F	SFST	7/28/2019	2019 SD Long Course State Champs	2016-2020 AA	15-18

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7	100 BR LCM	1:19.79	619	Elizabeth	Spaans	F	SFST	3/9/2018	2018 Sectionals - Pleasant Prairie	2016-2020 AA	15-18
8	100 BR LCM	1:20.18	634	Keira	Wagers	F	SFST	6/28/2025	2025 SD SFST Sanford Invite	AA	15-18
9	100 BR LCM	1:21.45	573	Claire	Washenberg er	F	SFST	7/8/2017	2017 SD SFST Independence Day	2016-2020 AA	15-18
10	100 BR LCM	1:21.93	560	Sofia	Hein	F	SFST	7/9/2022	2022 SD SFST Sanford Invitational	2020-2024 A	15-18
1	200 BR LCM	2:40.12	806	Kenzie	Hinrich	F	SFST	8/2/2025	2025 Speedo Junior National Championships - Time Trials	2026 Futures (LCM)	15-18
2	200 BR LCM	2:45.54	735	Sophia	Huber	F	SFST	7/20/2024	2024 SD State A Long Course Meet	2020-2024 AAA	15-18
3	200 BR LCM	2:46.00	728	Grace	Davis	F	SFST	6/12/2021	2021 MW LSS Capital City Class	2020-2024 AAA	15-18
4	200 BR LCM	2:48.78	692	Peyton	Frear	F	SFST	8/3/2019	2019 Futures Des Moines	2016-2020 AAA	15-18
5	200 BR LCM	2:50.09	679	Rachel	Ritter	F	SFST	7/20/2024	2024 SD State A Long Course Meet	2020-2024 AA	15-18
6	200 BR LCM	2:53.01	626	Claire	Washenberg er	F	SFST	7/7/2017	2017 SD SFST Independence Day	2016-2020 AA	15-18
7	200 BR LCM	2:58.31	560	Gabrielle	Ahrendt	F	SFST	5/13/2023	2023 SD SFST Ready for Long Course	2020-2024 A	15-18
8	200 BR LCM	2:58.48	574	Lexi	Skorjanec	F	SFST	3/9/2024	2024 IA Central Zone North Section Spring Championships	2020-2024 A	15-18
9	200 BR LCM	3:00.46	534	Emily	Rotert	F	SFST	7/29/2017	2017 SD Long Course State Cham	2016-2020 A	15-18
10	200 BR LCM	3:02.01	531	Juliana	Tiangco	F	SFST	7/19/2025	2025 SD State Long Course Meet	A	15-18
1	50 FL LCM	29.36	1	Rachel	Ritter	F	SFST	5/2/2025	2025 TYR Pro Swim Series - Fort Lauderdale	Slower than B	15-18
2	50 FL LCM	29.78	1	Kenzie	Hinrich	F	SFST	4/27/2024	2024 SD Augustana Spring Splash	Slower than B	15-18
3	50 FL LCM	30.82	1	Jazmyn	Lunn	F	SFST	4/27/2024	2024 SD Augustana Spring Splash	Slower than B	15-18
4	50 FL LCM	30.83	1	Lydia	Soldatke	F	SFST	7/24/2025	2025 Futures Championships - Madison	Slower than B	15-18
5	50 FL LCM	31.32	1	Katherine	Pardy	F	SFST	4/26/2019	2019 SD 3rd Annual Augustana Spring Sp	Slower than B	15-18
6	50 FL LCM	31.33	1	Sophia	Huber	F	SFST	7/24/2025	2025 Futures Championships - Madison	Slower than B	15-18
7	50 FL LCM	32.17	1	Reagan	Lovrien	F	SFST	4/29/2023	2023 SD Augustana Spring Splash	Slower than B	15-18
8	50 FL LCM	32.31	1	Grace	Davis	F	SFST	4/30/2022	2022 SD Augustana Spring Splash	Slower than B	15-18
9	50 FL LCM	32.38	1	Kennedy	Cauwels	F	SFST	4/27/2024	2024 SD Augustana Spring Splash	Slower than B	15-18
10	50 FL LCM	32.51	1	Katie	Timmer	F	SFST	4/26/2019	2019 SD 3rd Annual Augustana Spring Sp	Slower than B	15-18
1	100 FL LCM	1:03.09	819	Jazmyn	Lunn	F	SFST	3/9/2024	2024 IA Central Zone North Section Spring Championships	2024 Futures (LCM)	15-18
2	100 FL LCM	1:04.28	799	Kenzie	Hinrich	F	SFST	7/20/2024	2024 SD State A Long Course Meet	2024 Futures (LCM)	15-18
3	100 FL LCM	1:04.53	769	Gabrielle	Ahrendt	F	SFST	7/7/2023	2023 SD SFST Sanford Invitation	2024 Futures (LCM)	15-18
4	100 FL LCM	1:05.07	771	Rachel	Ritter	F	SFST	6/27/2025	2025 SD SFST Sanford Invite	AAA	15-18
5	100 FL LCM	1:05.81	724	Corinne	Winter	F	SFST	7/27/2019	2019 SD Long Course State Champs	2016-2020 AAA	15-18

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6	100 FL LCM	1:07.11	680	Kennedy	Cauwels	F	SFST	6/27/2025	2025 SD SFST Sanford Invite	AA	15-18
7	100 FL LCM	1:07.51	666	Elizabeth	Spaans	F	SFST	7/27/2019	2019 SD Long Course State Champs	2016-2020 AA	15-18
8	100 FL LCM	1:07.95	654	Olivia	Wassink	F	SFST	7/27/2019	2019 SD Long Course State Champs	2016-2020 AA	15-18
9	100 FL LCM	1:08.49	637	Sophia	Huber	F	SFST	6/28/2024	2024 SD SFST June Invite	2020-2024 AA	15-18
10	100 FL LCM	1:08.55	654	Keira	Wagers	F	SFST	6/21/2025	2025 IA Waukee Waves Open Summer Invite	AA	15-18
1	200 FL LCM	2:20.19	787	Jazmyn	Lunn	F	SFST	7/11/2024	2024 IL CZ North Section Summer Championships	2025 Futures (LCM)	15-18
2	200 FL LCM	2:26.47	693	Corinne	Victor	F	SFST	7/8/2018	2018 SD Scheels Independence D	2016-2020 AAA	15-18
3	200 FL LCM	2:31.21	625	Kennedy	Cauwels	F	SFST	6/29/2025	2025 SD SFST Sanford Invite	AA	15-18
4	200 FL LCM	2:32.13	642	Katie	Timmer	F	SFST	3/17/2019	2019 Sectionals - Rochester	2016-2020 AA	15-18
5	200 FL LCM	2:34.90	573	Emily	Rotert	F	SFST	7/21/2017	2017 Sectionals - Lincoln	2016-2020 A	15-18
6	200 FL LCM	2:38.15	562	Rachel	Ritter	F	SFST	5/9/2025	2025 SD Ready for Long Course Meet	A	15-18
7	200 FL LCM	2:38.52	557	Juliana	Tiangco	F	SFST	6/29/2025	2025 SD SFST Sanford Invite	A	15-18
8	200 FL LCM	2:38.61	555	Keira	Wagers	F	SFST	6/22/2025	2025 IA Waukee Waves Open Summer Invite	A	15-18
9	200 FL LCM	2:38.66	552	Sophia	Huber	F	SFST	6/30/2024	2024 SD SFST June Invite	2020-2024 A	15-18
10	200 FL LCM	2:39.03	516	Mia	Wentzy	F	SFST	6/30/2024	2024 SD SFST June Invite	2020-2024 A	15-18
1	200 IM LCM	2:21.63	834	Kenzie	Hinrich	F	SFST	7/13/2025	2025 MN UOFM CZ North Speedo Sectionals	2025 Winter Juniors (SCY)	15-18
2	200 IM LCM	2:22.48	819	Rachel	Ritter	F	SFST	7/26/2025	2025 Futures Championships - Madison	2026 Futures (LCM)	15-18
3	200 IM LCM	2:25.88	746	Gabrielle	Ahrendt	F	SFST	7/9/2023	2023 SD SFST Sanford Invitation	2023 Futures (LCM)	15-18
4	200 IM LCM	2:26.32	749	Sophia	Huber	F	SFST	6/29/2025	2025 SD SFST Sanford Invite	AAA	15-18
5	200 IM LCM	2:26.74	742	Jazmyn	Lunn	F	SFST	3/12/2023	2023 ND USA Swimming Speedo Championship Series, Central Zone North Section	2020-2024 AAA	15-18
6	200 IM LCM	2:27.02	726	Corinne	Victor	F	SFST	7/26/2019	2019 SD Long Course State Champs	2016-2020 AAA	15-18
7	200 IM LCM	2:29.07	691	Elizabeth	Spaans	F	SFST	7/26/2019	2019 SD Long Course State Champs	2016-2020 AAA	15-18
8	200 IM LCM	2:29.24	699	Lydia	Soldatke	F	SFST	3/10/2024	2024 IA Central Zone North Section Spring Championships	2020-2024 AAA	15-18
9	200 IM LCM	2:32.62	645	Peyton	Frear	F	SFST	3/15/2019	2019 Sectionals - Rochester	2016-2020 AA	15-18
10	200 IM LCM	2:33.01	639	Olivia	Wassink	F	SFST	7/26/2019	2019 SD Long Course State Champs	2016-2020 AA	15-18
1	400 IM LCM	5:00.98	803	Rachel	Ritter	F	SFST	7/24/2025	2025 Futures Championships - Madison	2026 Futures (LCM)	15-18
2	400 IM LCM	5:10.37	729	Sophia	Huber	F	SFST	7/11/2025	2025 MN UOFM CZ North Speedo Sectionals	AAA	15-18
3	400 IM LCM	5:11.97	717	Jazmyn	Lunn	F	SFST	7/27/2023	2023 Futures Championships - West Fargo, ND	2020-2024 AAA	15-18

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10/10/2025 1:25:48 PM

Time Standard Selected: B

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
4	400 IM LCM	5:20.35	653	Gabrielle	Ahrendt	F	SFST	7/9/2022	2022 SD SFST Sanford Invitational	2020-2024 AA	15-18
5	400 IM LCM	5:21.89	642	Peyton	Frear	F	SFST	3/16/2019	2019 Sectionals - Rochester	2016-2020 AA	15-18
6	400 IM LCM	5:22.81	635	Kennedy	Cauwels	F	SFST	7/19/2025	2025 SD State Long Course Meet	AA	15-18
7	400 IM LCM	5:22.91	634	Olivia	Wassink	F	SFST	7/27/2019	2019 SD Long Course State Champs	2016-2020 AA	15-18
8	400 IM LCM	5:25.05	618	Corinne	Victor	F	SFST	7/8/2017	2017 SD SFST Independence Day	2016-2020 AA	15-18
9	400 IM LCM	5:27.87	598	Kenzie	Hinrich	F	SFST	4/26/2025	2025 SD Augustana Spring Splash	AA	15-18
10	400 IM LCM	5:28.10	596	Emily	Rotert	F	SFST	7/29/2017	2017 SD Long Course State Cham	2016-2020 AA	15-18