

**2024 NHSA State Championships**  
**Hosted by the Upper Valley Aquatic Club March 15-16, 2024**

**Results**

**Mixed 100 Yard Back Time Trial**

	Name	Age	Team	Finals Time
<b>- Time Trial</b>				
1	Chael Smithson	12	CONY	1:10.14
	34.46	35.68		

**Mixed 200 Yard Back Time Trial**

	Name	Age	Team	Finals Time
<b>- Time Trial</b>				
1	Elizabeth Staats	16	UVAC	2:16.86
	30.77	34.29	35.90	35.90
2	Jolie Ruggles	12	LRW	2:32.08
	34.32	38.95	40.04	38.77

**Mixed 100 Yard Fly Time Trial**

	Name	Age	Team	Finals Time
<b>- Time Trial</b>				
1	Lena Thompson	16	ESC	1:00.13
	28.19	31.94		