

2025 NHSA State Championships

Hosted by the Upper Valley Aquatic Club March 14-15, 2025

Results - Time Trials and Legal Splits

Girls 15-18 400 Yard Free Relay Time Trial				Mixed 200 Yard Breast Time Trial			
Team		Relay	Finals Time	Name		Age Team	Finals Time
- Time Trial				- Time Trial			
1	RAYS	A	3:47.67	1	Edward Goucher	16 ESC	2:22.41
	Mia Robinson 15	Helena Smart 15			32.69	36.23 36.79	36.70
	Elena Manning 16	McKenna Lawson 15		Mixed 50 Yard Fly Time Trial			
	27.18	57.98	26.53 55.99	Name		Age Team	Finals Time
	28.03	59.21	25.91 54.49	- Time Trial			
Mixed 11-12 400 Yard Free Relay Time Trial				1	Lulu Swinehart	10 CONY	43.37
Team		Relay	Finals Time	Mixed 100 Yard Fly Time Trial			
- Time Trial				Name		Age Team	Finals Time
1	ESC	A	4:07.05	- Time Trial			
	Paisley Silva W12	Charlotte Chang W12		1	Lena Thompson	17 ESC	59.68
	Wyatt Wiggin M11	Lucas Anderson M11			27.63	32.05	
	29.03	1:00.17	28.85 1:01.23	Mixed 200 Yard IM Time Trial			
	29.85	1:03.52	29.22 1:02.13	Name		Age Team	Finals Time
Mixed 50 Yard Free Time Trial				- Time Trial			
Name		Age Team	Finals Time	1	Caden Chang	15 ESC	2:00.85
- Time Trial					25.16	31.50 35.31	28.88
1	Delia Warren	10 LRW	39.91	Mixed 200 Yard IM Time Trial			
Mixed 200 Yard Free Time Trial				Name		Age Team	Finals Time
Name		Age Team	Finals Time	- Time Trial			
- Time Trial				1	Caden Chang	15 ESC	2:00.04
1	Ayla Weeks	10 LRW	2:28.76		25.24	31.20 35.30	28.30
	34.03	38.46	39.19 37.08	Mixed 200 Yard Free Time Trial			
Mixed 200 Yard Free Time Trial				Name		Age Team	Finals Time
Name		Age Team	Finals Time	- Time Trial			
- Time Trial				1	Alex Uhlmann	17 ESC	2:01.21
1	Alex Uhlmann	17 ESC	2:01.21		27.60	30.73 31.38	31.50
	27.60	30.73	31.38 31.50	Mixed 100 Yard Back Time Trial			
Mixed 100 Yard Back Time Trial				Name		Age Team	Finals Time
Name		Age Team	Finals Time	- Time Trial			
- Time Trial				1	Nil Moya Navarrete	15 ESC	55.70
1	Nil Moya Navarrete	15 ESC	55.70		26.91	28.79	
	26.91	28.79		2	Colin Turner	14 ESC	57.81
2	Colin Turner	14 ESC	57.81		28.08	29.73	
	28.08	29.73		Mixed 50 Yard Breast Time Trial			
Mixed 50 Yard Breast Time Trial				Name		Age Team	Finals Time
Name		Age Team	Finals Time	- Time Trial			
- Time Trial				1	August Swinehart	14 ESC	32.18
1	August Swinehart	14 ESC	32.18	Mixed 200 Yard Breast Time Trial			
Mixed 200 Yard Breast Time Trial				Name		Age Team	Finals Time
Name		Age Team	Finals Time	- Time Trial			
- Time Trial				1	Edward Goucher	16 ESC	2:24.19
1	Edward Goucher	16 ESC	2:24.19		32.65	36.44 37.40	37.70
	32.65	36.44	37.40 37.70				