

2025 MW LSS Capital City Classic - 6/27/2025 to 6/29/2025**Lincoln NE Woods Pool - 50 m, Sanction #: MWS25017****Results****Event 89 Girls 11 & Over 400 LC Meter Freestyle Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Heartland Aquatics-MW	A	4:08.20	4:10.95	40
1) Lienemann, Grace 17	2) Penas, Ashlyn 18	3) Wischhof, Kayla 15	4) Wischhof, Avari 18	
2 Lincoln Select Swimming-M	A	4:16.70	4:20.22	34
1) Baumann, Avery 18	2) Stricker, Maizie 18	3) Prochaska, Milena 17	4) Crawford, Tabby 17	
3 Club Husker-MW	A	4:36.47	4:38.98	32
1) Standish, Hailey 15	2) Martin, Teagan 16	3) Klein, London 15	4) Carter, Gianna 16	
4 Aquatic Club of Elkhorn-MW	A	4:24.68	4:45.77	30
1) Spence, Cady 13	2) Long, Naomi 18	3) Krings, Marissa 13	4) Stockmann, Eliza 15	
5 Lincoln Select Swimming-M	B	5:00.73	5:16.61	28
1) Pauli, Macey 17	2) Plagge, Stella 14	3) Stowe, Allison 11	4) Schaffer, Emmerie 12	
--- Heartland Aquatics-MW	B	4:33.98	DQ	
1) Lucas, Maddie 17	2) Miller, Meredith 17	3) Heinrich, Emmy 16	4) Ost, Kate 17	