

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 1 Girls 11-12 1000 Yard Freestyle

Record: 11:17.37 3/26/2017 Madison J Carleton				
13:44.69 REG 2024 Regional Q Time				
Meet Qualifying: 13:44.69				
Name	Age	Team	Seed Time	
1 Lee, Audrey	12	MUS-IA	12:24.89	REG
2 Calonder, Hadley	11	MACR-IA	12:32.62	REG
3 Zimmer, Mia	12	NS-IA	13:01.48	REG
4 Wolfe, Quinn	11	NWSH-MN	13:09.43	REG
5 Meyer, Isabel	12	NHRN-MN	13:15.31	REG
6 Krieger, Kinsley	11	MUS-IA	13:17.18	REG
7 Larson, Rachel	11	DSMY-IA	13:17.74	REG
8 Rohm, Gabriella	12	NS-IA	13:28.84	REG

Event 3 Girls 13-14 1000 Yard Freestyle

Record: 11:03.79 3/19/2021 Megan Willenbring				
13:01.79 REG 2024 Regional Q Time				
Meet Qualifying: 13:01.79				
Name	Age	Team	Seed Time	
1 Carter, Ramsey	14	MACR-IA	10:59.14	REG
2 Anderson, Avery	14	DSMY-IA	11:19.11	REG
3 Hoffman, Ellie	14	DUBQ-IA	12:23.19	REG
4 Larson, Claire	13	NHRN-MN	12:27.14	REG
5 Crist, Josie	14	MACR-IA	12:48.93	REG
6 MarquetBlagoev, Lila	14	SD-MN	12:52.57	REG
7 Garske, Katherine	14	SD-MN	12:53.61	REG

Event 4 Boys 11-14 1000 Yard Freestyle

11-12 Record: 11:06.12 3/18/2022 Ben Susil				
13-14 Record: 9:56.96 3/17/2019 Tom Hancock				
13:30.19 11-12 REG 2024 Regional Q Time				
12:23.89 13-14 REG 2024 Regional Q Time				
Meet Qualifying 11-12: 13:30.19				
Meet Qualifying 13-14: 12:23.89				
Name	Age	Team	Seed Time	
1 Knapp, Isaac	14	MACR-IA	10:04.51	REG
2 Nizolek, Jacob	13	MACR-IA	10:18.91	REG
3 DeGroot, JJ	14	NHRN-MN	11:20.93	REG

4 Willers, Wyatt	13	NHRN-MN	11:59.33	REG
5 Arrigoni, Ethan	12	NWSH-MN	12:20.58	REG
6 Knapp, Gabriel	12	MACR-IA	12:36.03	REG
7 Lerma, Carlos	12	MACR-IA	12:47.31	REG
8 Tinkham, Sawyer	11	MACR-IA	13:24.11	REG

Event 5 Girls 15 & Over 1000 Yard Freestyle

Record: 10:40.56 3/18/2022 Ellie Kilgard				
12:49.99 REG 2024 Regional Q Time				
Meet Qualifying: 12:49.99				
Name	Age	Team	Seed Time	
1 Greenman, Gracie	15	APST-MN	11:40.92	REG
2 Gummert, Maisie	16	BWST-IA	11:48.77	REG
3 Horton, Maddy	15	SD-MN	11:57.37	REG
4 Maass, Gen	16	NHRN-MN	12:02.06	REG
5 Fay, Rhiannon	17	NWSH-MN	12:06.56	REG
6 Estabrook, Whitney	16	MUS-IA	12:29.63	REG
7 Blum, Mallory	15	DUBQ-IA	12:48.68	REG

Event 6 Boys 15 & Over 1000 Yard Freestyle

Record: 10:08.67 3/22/2024 Sheppard West				
11:57.79 REG 2024 Regional Q Time				
Meet Qualifying: 11:57.79				
Name	Age	Team	Seed Time	
1 West, Sheppard	18	MACR-IA	10:08.67	REG
2 Miller, Oliver	16	BBST-IA	10:50.79	REG
3 Calonder, Braydon	16	MACR-IA	11:15.20	REG
4 Noel, Finn	17	DUBQ-IA	11:26.53	REG
5 Hoffman, Joey	15	DUBQ-IA	11:44.89	REG

Event 7 Girls 11-12 400 Yard Medley Relay

Team	Relay	Seed Time
1 DSMY-IA	A	4:22.21
1) Sledge, Emmersyn 11	2) Crowley, Quinn 11	
3) Textor, Hannah 12	4) Kettles, Tenley 11	
2 Mus-Ia-IA	A	4:42.03
1) Kassel, McKenna 12	2) Lee, Audrey 12	
3) Krieger, Kinsley 11	4) Hunter, Eden 12	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 7 ...(Girls 11-12 400 Yard Medley Relay)

	Team	Relay	Seed Time
3	DSMY-IA	B	4:49.04
	1) O'Brien, Justine 11	2) Cygankova, Polina 11	
	3) Ocheltree, Kinnick 11	4) Ludwig, Mia 12	
4	Whalers-WI	A	5:06.36
	1) Cordova, Lucy 12	2) Stack, Ella 12	
	3) Raisanen, Hailey 12	4) Fechtelkotter, Clar 12	
5	SD-MN	A	5:06.80
	1) Hoffman, Alison 12	2) Bryan, Margo 12	
	3) Rezac, Charlotte 12	4) Streefland, Sydney 11	
6	NWSH-MN	A	NT
	1) Carrick, Elliana 12	2) Pearson, Eva 12	
	3) Diaz, Ayla 12	4) Wolfe, Quinn 11	

Event 8 Boys 11-12 400 Yard Medley Relay

	Team	Relay	Seed Time
1	MACR-IA	A	4:49.43
	1) Tinkham, Sawyer 11	2) Swaney, Sam 12	
	3) Knapp, Gabriel 12	4) Lerma, Carlos 12	
2	MACR-IA	B	5:58.65
	1) Clark, Harry 12	2) Reed, Andrew 11	
	3) Balster, Ben 11	4) Brodeur, Hudson 11	
3	NWSH-MN	A	NT
	1) Azzami, Mohammed-Ali 12	2) Nandish Gowda, Hanvith 11	
	3) Nedrud, Isaiah 11	4) Rife, Joshua 12	

Event 9 Girls 11-12 50 Yard Breaststroke

Record:	32.46	3/18/2018	Abby J Jones
	40.25	REG 2024 Regional Q Time	
Meet Qualifying: 40.25			
	Name	Age Team	Seed Time
1	Lee, Audrey	12 MUS-IA	33.68 REG
2	Crowley, Quinn	11 DSMY-IA	34.17 REG
3	Textor, Hannah	12 DSMY-IA	35.69 REG
4	Wolfe, Quinn	11 NWSH-MN	36.38 REG
5	Lahner, Gemma	11 OSKY-IA	36.77 REG
6	Stack, Ella	12 SUP-WI	36.95 REG
7	Schnee, Elise	11 LYD-MW	37.46 REG
8	Ries, Ava	11 SPNY-IA	37.75 REG
9	Fechteltkotter, Clar	12 SUP-WI	37.96 REG

10	Schnee, Eva	12 LYD-MW	38.37 REG
11	Rezac, Charlotte	12 SD-MN	38.40 REG
12	Walker, Jacey	12 MACR-IA	38.46 REG
13	Raisanen, Hailey	12 SUP-WI	38.85 REG
14	Gloyd, Amelia	12 SPNY-IA	39.00 REG
15	Larsen, Allie	12 FAST-MW	39.27 REG
16	Haulard, Josephine	12 BBST-IA	39.49 REG
17	Sharma, Riya	12 SD-MN	39.62 REG
18	Kassel, McKenna	12 MUS-IA	39.75 REG
19	Cordova, Lucy	12 SUP-WI	39.95 REG
20	Nitti, Mya	11 WBAY-MN	40.14 REG
21	Manske, Abby	12 WBAY-MN	41.05 B
22	Johnson, Quinn	11 DYN-MN	41.49 B
23	Opacich, Harper	11 SUP-WI	42.06 B

Event 10 Boys 11-12 50 Yard Breaststroke

Record:	31.51	3/26/2017	Carter D Smith
	40.99	REG 2024 Regional Q Time	
Meet Qualifying: 40.99			
	Name	Age Team	Seed Time
1	Booker, Hayden	12 SUP-WI	36.17 REG
2	Huber, Kaden	12 WASH-IA	36.26 REG
3	Swaney, Sam	12 MACR-IA	36.59 REG
4	Wilcox, Emerick	11 MACR-IA	37.07 REG
5	Morris, Drake	12 SD-MN	38.53 REG
6	Perelshteyn, Andrew	12 DYN-MN	38.60 REG
7	Shuster, Luke	11 SUP-WI	38.77 REG
8	Ryan, Conor	12 NWSH-MN	38.91 REG
9	Edwards, Trice	12 BBST-IA	39.35 REG
10	Fontenot, Rory	12 MACR-IA	39.75 REG
11	Flynn, Soren	11 MACR-IA	39.94 REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 10 ... (Boys 11-12 50 Yard Breaststroke)

	Name	Age	Team	Seed Time	
12	Rife, Joshua	12	NWSH-MN	40.28	REG
13	Larsen, Jonas	12	ERYR-MN	40.34	REG
14	Stoebner, Benji	12	SD-MN	40.67	REG
15	Turcotte, Sawyer	12	SUP-WI	40.85	REG
16	Nandish Gowda, Hanvith	11	NWSH-MN	40.88	REG
17	Klug, Liam	12	MCY	41.50	B

Event 11 Girls 8 & Under 100 Yard Freestyle

Record: 1:08.11 3/19/2023 Evelyn Ward					
1:40.00 REG 2024 Regional Q Time					
Meet Qualifying: 1:40.00					
	Name	Age	Team	Seed Time	
1	Cygankova, Alisa	8	DSMY-IA	1:11.53	REG
2	Radle, Clara	8	MUS-IA	1:14.36	REG
3	Brokel, Meredith	8	MACR-IA	1:24.41	REG
4	Prinds, Madelyn	8	BYST-US	1:31.04	REG
5	Ginapp, Raegan	8	NHRN-MN	1:33.45	REG
6	Witt, Sarah	8	NS-IA	1:33.59	REG
7	Swenson, Sydney	7	MACR-IA	1:34.42	REG
8	Runde, Alice	8	DUBQ-IA	1:34.99	REG
9	Karnowski, Matilda	7	SD-MN	1:34.99	REG
10	Hagemann, Brynn	8	FAST-MW	1:35.79	REG
11	Karl, Cleo	8	SUP-WI	1:35.85	REG
12	Miller, Clara	8	SUP-WI	1:36.56	REG
13	Deppe, Estelle	8	DUBQ-IA	1:37.38	REG
14	Campbell, Evelyn	8	MACR-IA	1:38.12	REG
15	Meyer, Madeline	8	SUP-WI	1:44.12	B
16	Karl, June	8	SUP-WI	1:45.85	B

Event 12 Boys 8 & Under 100 Yard Freestyle

Record: 1:04.18 3/19/2023 Sheldon Lamb					
1:40.00 REG 2024 Regional Q Time					
Meet Qualifying: 1:40.00					
	Name	Age	Team	Seed Time	
1	Schmitt, Pierce	8	DUBQ-IA	1:18.49	REG
2	Healey, Bowen	8	SPNY-IA	1:20.62	REG
3	Veit, Jack	7	SPNY-IA	1:24.38	REG
4	Sprague, Tommy	8	DSMY-IA	1:25.89	REG
5	Plummer, Elliott	7	DYN-MN	1:28.67	REG
6	Cerqueira, Lenzo	8	MACR-IA	1:31.29	REG
7	Haulard, Merritt	8	BBST-IA	1:31.69	REG
8	Shaver, Oliver	8	DSMY-IA	1:33.10	REG
9	Pearson, Christian	8	NWSH-MN	1:35.79	REG
10	Aker, Marshall	8	SUP-WI	1:36.25	REG
11	Christensen, Braylen	8	SPNY-IA	1:38.91	REG
12	Grissom, Jude	8	MACR-IA	1:39.24	REG
13	Reed, Isaac	7	MACR-IA	1:40.19	B
14	Connolly, James	8	DSMY-IA	1:40.62	B
15	Ibisch, James	8	WBAY-MN	1:48.09	B

Event 13 Girls 10 & Under 100 Yard Freestyle

Record: 1:00.21 3/23/2024 Aubrey Paterson					
1:21.59 REG 2024 Regional Q Time					
Meet Qualifying: 1:21.59					
	Name	Age	Team	Seed Time	
1	Nodes, Sophia	10	NWSH-MN	1:03.74	REG
2	Kuettel, Lois	10	SUP-WI	1:08.29	REG
3	Radle, Isabelle	10	MUS-IA	1:08.35	REG
4	Uthe, Rose	9	MACR-IA	1:08.92	REG
5	Grussendorf, Greta	10	SD-MN	1:09.93	REG
6	Schoelerman, Riley	9	SPNY-IA	1:10.26	REG
7	Lamoreux, Hazel	10	DSMY-IA	1:10.92	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 13 ...**(Girls 10 & Under 100 Yard Freestyle)**

	Name	Age	Team	Seed Time	
8	Schiebel, Scarlett	10	NWSH-MN	1:11.93	REG
9	Nguyen, Alea	10	LYD-MW	1:12.16	REG
10	Textor, Whitney	9	DSMY-IA	1:12.17	REG
11	Mitchell, Harper	10	MUS-IA	1:12.75	REG
12	Kassel, Keira	10	MUS-IA	1:12.99	REG
13	Hager, Anna	10	NHRN-MN	1:13.07	REG
14	Marotti, Abigail	10	BWST-IA	1:13.68	REG
15	Jean, Natiel	10	DSMY-IA	1:13.69	REG
16	Christensen, Avery	10	SPNY-IA	1:14.46	REG
17	Koenecke, Claire	9	SPNY-IA	1:14.81	REG
18	Weber, Avery	10	NS-IA	1:15.12	REG
19	Gevock, Charley	10	OTT	1:15.33	REG
20	Altorfer, Anne	10	MACR-IA	1:15.87	REG
21	Martinek, Emersyn	10	NS-IA	1:15.90	REG
22	Lee, Alexandra	9	MUS-IA	1:16.10	REG
23	Meyer, Aurelia	10	NHRN-MN	1:16.11	REG
24	Adams, Whitney	10	DSMY-IA	1:16.78	REG
25	Ross, Emma	10	MUS-IA	1:17.02	REG
26	Knapp, Charli	9	MACR-IA	1:17.18	REG
27	Hurtig, Gabriella	10	BBST-IA	1:17.32	REG
28	Serdiouk, Sofia	10	WBAY-MN	1:18.41	REG
29	Shakya, Parmi	10	NHRN-MN	1:19.16	REG
30	Cassie, Lauren	10	NHRN-MN	1:19.17	REG
31	Spence, Ashley	10	NHRN-MN	1:19.28	REG
32	Wittrock, Lindy	9	BBST-IA	1:19.35	REG
33	Schmitt, Stella	10	DUBQ-IA	1:19.68	REG
34	Plummer, Adalyn	10	DYN-MN	1:19.68	REG

35	Hokeness, Rory	9	WBAY-MN	1:19.76	REG
36	Epley, Amity	10	SD-MN	1:19.77	REG
37	Ibisch, Joy	10	WBAY-MN	1:19.89	REG
38	Nguyen, Amelia	9	LYD-MW	1:20.29	REG
39	Kovacevich, Ellie	10	DSMY-IA	1:20.75	REG
40	Meyer, Carina	10	NHRN-MN	1:21.42	REG
41	Gillespie, Gwen	9	NS-IA	1:21.50	REG
42	Kassel, Kenzie	9	MUS-IA	1:24.34	B
43	Harvey, Lillybeth	9	DSMY-IA	1:25.11	B

Event 14 **Boys 10 & Under 100 Yard Freestyle**

Record:		59.62	3/16/2013	Dylan Moffatt	
		1:17.91	REG 2024 Regional Q Time		
Meet Qualifying: 1:17.91					
	Name	Age	Team	Seed Time	
1	Bohnstengel, Carter	10	MACR-IA	1:04.46	REG
2	Van Niewaal, Oakley	9	DSMY-IA	1:07.36	REG
3	Swenson, Caleb	9	MACR-IA	1:07.66	REG
4	Marxen, Conrad	10	MACR-IA	1:08.13	REG
5	VanLandschoot, Maverick	10	NS-IA	1:09.04	REG
6	Mensing, Jackson	10	BBST-IA	1:09.12	REG
7	Witt, Michael	10	NS-IA	1:09.79	REG
8	Connolly, Macklin	9	WBAY-MN	1:10.38	REG
9	Bark, David	9	MUS-IA	1:10.98	REG
10	Jedlicka, Emmett	10	DUBQ-IA	1:11.19	REG
11	Brighton, Miles	9	MACR-IA	1:13.29	REG
12	Weber, Makoa	10	DUBQ-IA	1:15.34	REG
13	Runde, Fitz	10	DUBQ-IA	1:15.96	REG
14	Eliason, Richy Rex	9	LYD-MW	1:17.28	REG
15	Kokjohn, Cohen	9	BAB-IA	1:17.35	REG
16	Wahpepah, Buddy	9	BBST-IA	1:17.56	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 14 ... (Boys 10 & Under 100 Yard Freestyle)

	Name	Age	Team	Seed Time	
17	Niehus, Wyatt	10	SD-MN	1:17.59	REG
18	Brighton, George	9	MACR-IA	1:17.72	REG
19	Morrison, Louis	9	OTT	1:17.85	REG
20	Bennett, Asher	9	MCY	1:17.86	REG
21	Sharp, Foster	10	FC-IA	1:20.05	B
22	Cook, Keaton	9	BBST-IA	1:20.44	B
23	Campbell, James	9	MACR-IA	1:20.95	B

Event 15 Girls 11-12 100 Yard Freestyle

Record: 54.55 3/22/2014 Jasmine Rumley					
1:07.54 REG 2024 Regional Q Time					
Meet Qualifying: 1:07.54					
	Name	Age	Team	Seed Time	
1	Paterson, Aubrey	11	BBST-IA	56.21	REG
2	Crowley, Quinn	11	DSMY-IA	57.71	REG
3	Kettles, Tenley	11	DSMY-IA	57.90	REG
4	Krueger, Tailynn	12	APST-MN	1:00.21	REG
5	Hunter, Eden	12	MUS-IA	1:01.71	REG
6	Ludwig, Mia	12	DSMY-IA	1:02.37	REG
7	Wadding, Harper	12	APST-MN	1:02.40	REG
8	Schnee, Eva	12	LYD-MW	1:02.51	REG
9	Wittrock, Emerson	11	BBST-IA	1:02.56	REG
10	Pearson, Eva	12	NWSH-MN	1:02.84	REG
11	Krieger, Kinsley	11	MUS-IA	1:03.05	REG
12	Bryan, Margo	12	SD-MN	1:03.48	REG
13	Zimmer, Mia	12	NS-IA	1:03.82	REG
14	Peters, Sarah	12	NS-IA	1:04.02	REG
15	Rezac, Charlotte	12	SD-MN	1:04.41	REG
16	Cordova, Lucy	12	SUP-WI	1:04.61	REG
17	Stoeckel, Madi	11	DSMY-IA	1:04.63	REG

18	Carrick, Elliana	12	NWSH-MN	1:04.77	REG
19	Tacke, Joey	12	OSKY-IA	1:04.87	REG
20	Sharp, Adah	12	FC-IA	1:05.56	REG
21	Haulard, Josephine	12	BBST-IA	1:06.18	REG
22	Streefland, Sydney	11	SD-MN	1:06.24	REG
23	Larson, Rachel	11	DSMY-IA	1:06.60	REG
24	Ocheltree, Kinnick	11	DSMY-IA	1:06.73	REG
25	Marshall, Katelyn	11	BAB-IA	1:06.90	REG
26	Stack, Ella	12	SUP-WI	1:06.95	REG
27	Rohm, Gabriella	12	NS-IA	1:06.99	REG
28	Kassel, McKenna	12	MUS-IA	1:07.00	REG
29	Martinek, Aubrey	11	NS-IA	1:07.22	REG
30	Cox, Erica	11	WBAY-MN	1:07.38	REG
31	Hall, Carleigh	11	NHRN-MN	1:07.43	REG
32	Barton, Frances	12	NEWT-IA	1:07.49	REG
33	Hoffman, Alison	12	SD-MN	1:07.51	REG
34	Meyer, Isabel	12	NHRN-MN	1:07.54	REG
35	Opacich, Harper	11	SUP-WI	1:09.90	B
36	Kolquist, Berkley	11	SUP-WI	1:10.18	B
37	Balster, Sarah	11	MACR-IA	1:12.22	B

Event 16 Boys 11-12 100 Yard Freestyle

Record: 52.30 3/23/2024 Sheldon Lamb					
1:07.89 REG 2024 Regional Q Time					
Meet Qualifying: 1:07.89					
	Name	Age	Team	Seed Time	
1	Rasmussen, Dean	12	FAST-MW	55.12	REG
2	Saputra, Joseph	12	MACR-IA	57.90	REG
3	Knapp, Gabriel	12	MACR-IA	59.93	REG
4	Martin, Ben	11	DSMY-IA	1:00.95	REG
5	Mueller, Graham	12	FAST-MW	1:01.00	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 16 ...(Boys 11-12 100 Yard Freestyle)				
	Name	Age	Team	Seed Time
6	Arrigoni, Ethan	12	NWSH-MN	1:02.35 REG
7	Swaney, Sam	12	MACR-IA	1:04.06 REG
8	Wilcox, Emerick	11	MACR-IA	1:04.80 REG
9	Ryan, Conor	12	NWSH-MN	1:04.82 REG
10	Erwin, Mav	12	MUS-IA	1:04.99 REG
11	Vandersnick, Fletcher	12	LYD-MW	1:05.05 REG
12	Camacho, Joaquin	11	CYSC-MW	1:05.20 REG
13	McInerny, William	12	NHRN-MN	1:05.38 REG
14	Brodeur, Hudson	11	MACR-IA	1:05.85 REG
15	Huber, Kaden	12	WASH-IA	1:06.15 REG
16	Kozitza, Micah	11	DSMY-IA	1:06.37 REG
17	Morrison, Jack	11	OTT	1:06.57 REG
18	Perelshteyn, Andrew	12	DYN-MN	1:06.60 REG
19	Hillebrand, Cooper	12	DUBQ-IA	1:06.90 REG
20	Fontenot, Rory	12	MACR-IA	1:07.11 REG
21	Whipple, Henry	11	BAB-IA	1:07.17 REG
22	Shuster, Luke	11	SUP-WI	1:07.23 REG
23	Clark, Harry	12	MACR-IA	1:07.24 REG
24	Reed, Andrew	11	MACR-IA	1:07.43 REG
25	Mach, Bennett	11	CYSC-MW	1:07.72 REG
26	Klug, Liam	12	MCY	1:08.67 B
27	Walker, Jaden	12	NWSH-MN	1:08.74 B

Event 18 Mixed 8 & Under 100 Yard Medley Relay				
8&UW Record:		1:13.44	3/17/2012	MACR Sharks
L.Novak, A.Ahlers, E.Novak, E.Sorg				
8&UM Record:		1:09.84	3/21/2015	Walnut Creek Dolphins YMCA
S.Fine, M.Bunn, N.Rounds, O.Krueger				
	Team	Relay	Seed Time	
1	SPNY-IA	M0 A	1:18.65	
	1) Christensen, Braylen M8	2) Healey, Bowen M8		
	3) Veit, Jack M7	4) Stearns, Will M8		

2	MACR-IA	W0 A	1:21.02
	1) Campbell, Evelyn W8	2) Brokel, Meredith W8	
	3) Swenson, Sydney W7	4) Knowling, Rowan W8	
3	Dubq Dolphins-IA	W0 A	1:25.96
	1) Koenig, Clara W8	2) Runde, Alice W8	
	3) Thoma, Emery W8	4) Deppe, Estelle W8	
4	WBAY-MN	W0 A	1:27.70
	1) Canubida, Erin W8	2) Bernaudo, Pia W8	
	3) Rentschler, Jacey W8	4) Owen, Rory W8	
5	Whalers-WI	W0 A	1:33.01
	1) Perrault, Mari W8	2) Karl, June W8	
	3) Karl, Cleo W8	4) Miller, Clara W8	

Event 19 Girls 10 & Under 200 Yard Medley Relay				
Record:		2:13.28	3/22/2014	MACR Sharks
E.Novak, S.Jones, E.Sorg, L.Novak				
	Team	Relay	Seed Time	
1	DSMY-IA	A	2:26.91	
	1) Jean, Natiel 10	2) Cygankova, Alisa 8		
	3) Lamoreux, Hazel 10	4) Textor, Whitney 9		
2	MACR-IA	A	2:29.44	
	1) Box, Emma 9	2) Altorfer, Anne 10		
	3) Knapp, Charli 9	4) Uthe, Rose 9		
3	Mus-Ia-IA	A	2:30.66	
	1) Kassel, Keira 10	2) Radle, Isabelle 10		
	3) Mitchell, Harper 10	4) Ross, Emma 10		
4	BBST-IA	A	2:36.76	
	1) Cunningham, Emma 9	2) Hurtig, Gabriella 10		
	3) Ruisenor, Zayla 10	4) Wittrock, Lindy 9		
5	NHRN-MN	A	2:39.41	
	1) Spence, Ashley 10	2) Meyer, Aurelia 10		
	3) Hager, Anna 10	4) Meyer, Carina 10		
6	Mus-Ia-IA	B	2:43.33	
	1) Lee, Alexandra 9	2) Radle, Clara 8		
	3) Kassel, Kenzie 9	4) Diaz, Sofie 7		
7	SD-MN	A	2:45.95	
	1) Epley, Amity 10	2) Toatley, Zara 9		
	3) Grussendorf, Greta 10	4) Karnowski, Matilda 7		
8	NS-IA	A	2:48.01	
	1) Martinek, Emersyn 10	2) Jiang, Joyce 8		
	3) Gillespie, Gwen 9	4) Weber, Avery 10		
9	Whalers-WI	A	2:58.98	
	1) Perrault, Mari 8	2) Kuettel, Lois 10		
	3) Karl, Cleo 8	4) Meyer, Madeline 8		

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA
Psych Sheet

Event 19 ...(Girls 10 & Under 200 Yard Medley Relay)

	Team	Relay	Seed Time
10	NHRN-MN	B	3:14.15
	1) Ginapp, Raegan 8	2) Shakya, Parmi 10	
	3) Cassie, Lauren 10	4) Ramprakash, Theshmithaa 8	

Event 20 Boys 10 & Under 200 Yard Medley Relay

Record: 2:10.36 3/19/2016 Waukee Rays Swimming			
A.Havenhill, K.Brock, G.Phillips, P.DePhillips			
	Team	Relay	Seed Time
1	MACR-IA	A	2:21.57
	1) Wilcox, Cambridge 9	2) Swenson, Caleb 9	
	3) Bohnstengel, Carter 10	4) Marxen, Conrad 10	
2	Dubq Dolphins-IA	A	2:28.99
	1) Weber, Makoa 10	2) Runde, Fitz 10	
	3) Stanton, Hugo 10	4) Jedlicka, Emmett 10	
3	MACR-IA	B	2:38.77
	1) Campbell, James 9	2) Wiechert, Noah 10	
	3) Brighton, Miles 9	4) Clark, Elliot 9	
4	DSMY-IA	A	2:51.21
	1) Sprague, Tommy 8	2) Ocheltree, Hawk 9	
	3) Dluhos, Ryan 9	4) Chrisco, Kingston 10	
5	MACR-IA	C	3:04.26
	1) Brighton, George 9	2) Grissom, Jude 8	
	3) Cerqueira, Lenzo 8	4) Reed, Isaac 7	

Event 21 Girls 11-12 200 Yard Medley Relay

Record: 2:00.11 3/16/2019 Greater Des Moines YMCA			
R Rossi, A Peck, A He, A Wandera			
	Team	Relay	Seed Time
1	DSMY-IA	A	1:59.34
	1) Sledge, Emmersyn 11	2) Crowley, Quinn 11	
	3) Textor, Hannah 12	4) Kettles, Tenley 11	
2	Mus-Ia-IA	A	2:05.04
	1) Kassel, McKenna 12	2) Lee, Audrey 12	
	3) Krieger, Kinsley 11	4) Hunter, Eden 12	
3	DSMY-IA	B	2:09.65
	1) Ludwig, Mia 12	2) Cygankova, Polina 11	
	3) Ocheltree, Kinnick 11	4) Stoeckel, Madi 11	
4	Whalers-WI	A	2:11.44
	1) Cordova, Lucy 12	2) Stack, Ella 12	
	3) Raisanen, Hailey 12	4) Fechtelkotter, Clar 12	
5	SD-MN	A	2:12.97
	1) Bryan, Margo 12	2) Sharma, Riya 12	
	3) Rezac, Charlotte 12	4) Streefland, Sydney 11	

6	NWSH-MN	A	2:17.50
	1) Diaz, Ayla 12	2) Wolfe, Quinn 11	
	3) Schiebel, Scarlett 10	4) Nodes, Sophia 10	
7	NS-IA	A	2:17.73
	1) Peters, Sarah 12	2) Rohm, Gabriella 12	
	3) Jiang, Jocelyn 11	4) Zimmer, Mia 12	
8	Dolphins-MW	A	2:19.99
	1) Nguyen, Alea 10	2) Schnee, Eva 12	
	3) Schnee, Elise 11	4) Le, Vanney 11	
9	WBAY-MN	A	2:22.10
	1) Khounpanya, Evalyn 11	2) Manske, Abby 12	
	3) Cox, Erica 11	4) Nitti, Mya 11	
10	SPNY-IA	A	2:24.89
	1) Christensen, Avery 10	2) Ries, Ava 11	
	3) Black, Makayla 12	4) Gloyd, Amelia 12	
11	Whalers-WI	B	2:35.71
	1) Ploehn, Bevyn 10	2) Opacich, Harper 11	
	3) Kolquist, Berkley 11	4) Poynter, Charlotte 10	

Event 22 Boys 11-12 200 Yard Medley Relay

Record: 1:54.93 3/16/2019 Greater Des Moines YMCA			
T Gilbert, T Sparks, O Schwebach, M Ehlinger			
	Team	Relay	Seed Time
1	MACR-IA	A	2:06.32
	1) Swaney, Sam 12	2) Saputra, Joseph 12	
	3) Knapp, Gabriel 12	4) Lerma, Carlos 12	
2	NWSH-MN	A	2:15.77
	1) Arrigoni, Ethan 12	2) Nandish Gowda, Hanvith 11	
	3) Walker, Jaden 12	4) Rife, Joshua 12	
3	MACR-IA	B	2:16.11
	1) Balster, Ben 11	2) Wilcox, Emerick 11	
	3) Brodeur, Hudson 11	4) Fontenot, Rory 12	
4	MACR-IA	C	2:20.77
	1) Tinkham, Sawyer 11	2) Flynn, Soren 11	
	3) Chapman, Paxtyn 12	4) Clark, Harry 12	
5	Bullsharks-IA	A	2:21.76
	1) Dingus, Blain 11	2) Kokjohn, Cohen 9	
	3) Koering, Westen 12	4) Whipple, Henry 11	
6	DSMY-IA	A	2:21.78
	1) Martin, Ben 11	2) Decker, Landry 11	
	3) Kozitza, Micah 11	4) Van Niewaal, Oakley 9	
7	Whalers-WI	A	2:23.31
	1) Olson, Miles 10	2) Booker, Hayden 12	
	3) Shuster, Luke 11	4) Turcotte, Sawyer 12	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 22 ...(Boys 11-12 200 Yard Medley Relay)

	Team	Relay	Seed Time
8	Dolphins-MW	A	2:23.91
	1) Tran, Kolby 11	2) Conner, Adonai 10	
	3) Nguyen, Kylan 12	4) Vandersnick, Fletcher 12	
9	NWSH-MN	B	2:41.25
	1) Azzami, Mohammed-Ali 12	2) Nedrud, Isaiah 11	
	3) Anderson, Nolan 10	4) Ryan, Conor 12	

Event 23 Girls 8 & Under 50 Yard Backstroke

Record:		34.97	3/16/2019	Halle Sears		
		50.00	REG 2024 Regional Q Time			
Meet Qualifying: 50.00						
	Name	Age	Team	Seed Time		
1	Cygankova, Alisa	8	DSMY-IA	40.84	REG	
2	Campbell, Evelyn	8	MACR-IA	43.73	REG	
3	Witt, Sarah	8	NS-IA	44.89	REG	
4	Koenig, Clara	8	DUBQ-IA	45.08	REG	
5	Thomsen, Kaycie	8	SPNY-IA	46.85	REG	
6	Bernaudo, Pia	8	WBAY-MN	47.66	REG	
7	Diaz, Sofie	7	MUS-IA	47.87	REG	
8	Miller, Clara	8	SUP-WI	48.51	REG	
9	Runde, Alice	8	DUBQ-IA	48.68	REG	
10	Fritz, Mila	8	NWSH-MN	48.78	REG	
11	Canubida, Erin	8	WBAY-MN	48.97	REG	
12	Rentschler, Jacey	8	WBAY-MN	49.12	REG	
13	Swenson, Sydney	7	MACR-IA	49.14	REG	
14	Thoma, Emery	8	DUBQ-IA	49.15	REG	
15	Deppe, Estelle	8	DUBQ-IA	49.36	REG	
16	Ginapp, Raegan	8	NHRN-MN	49.99	REG	
17	Knowling, Rowan	8	MACR-IA	50.08	B	
18	Perrault, Mari	8	SUP-WI	50.20	B	
19	Rohling, Nori	8	BBST-IA	52.19	B	
20	Karl, June	8	SUP-WI	53.33	B	

Event 24 Boys 8 & Under 50 Yard Backstroke

Record:		34.32	3/18/2023	Ben Martin		
		50.00	REG 2024 Regional Q Time			
Meet Qualifying: 50.00						
	Name	Age	Team	Seed Time		
1	Veit, Jack	7	SPNY-IA	41.36	REG	
2	Mensing, Noah	7	BBST-IA	41.78	REG	
3	Sprague, Tommy	8	DSMY-IA	42.71	REG	
4	Christensen, Braylen	8	SPNY-IA	43.19	REG	
5	Shaver, Oliver	8	DSMY-IA	45.65	REG	
6	Aker, Marshall	8	SUP-WI	46.78	REG	
7	Fagerlund, Jack	8	WBAY-MN	47.59	REG	
8	Connolly, James	8	DSMY-IA	47.98	REG	
9	Plummer, Elliott	7	DYN-MN	48.47	REG	
10	Schoelerman, Issac	6	SPNY-IA	49.37	REG	
11	Fobanjong, Simeon	8	SD-MN	49.55	REG	
12	Nabity, Bryce	7	BYST-US	49.66	REG	

Event 25 Girls 10 & Under 50 Yard Backstroke

Record:		31.70	3/20/2021	Halle Sears		
		40.99	REG 2024 Regional Q Time			
Meet Qualifying: 40.99						
	Name	Age	Team	Seed Time		
1	Nodes, Sophia	10	NWSH-MN	33.96	REG	
2	Kuettel, Lois	10	SUP-WI	34.51	REG	
3	Uthe, Rose	9	MACR-IA	35.06	REG	
4	Grussendorf, Greta	10	SD-MN	36.28	REG	
5	Box, Emma	9	MACR-IA	37.06	REG	
6	Jean, Natiel	10	DSMY-IA	37.26	REG	
7	Lee, Alexandra	9	MUS-IA	38.40	REG	
8	Spence, Ashley	10	NHRN-MN	38.72	REG	
9	Nguyen, Alea	10	LYD-MW	38.83	REG	
10	Cunningham, Emma	9	BBST-IA	38.88	REG	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 25 ...(Girls 10 & Under 50 Yard Backstroke)

Name		Age	Team	Seed	Time
11	Textor, Whitney	9	DSMY-IA	38.94	REG
12	Ibisch, Joy	10	WBAY-MN	39.03	REG
13	Ruisenor, Zayla	10	BBST-IA	39.20	REG
14	Ploehn, Bevyn	10	SUP-WI	39.44	REG
15	Cassie, Lauren	10	NHRN-MN	39.69	REG
16	Koenecke, Claire	9	SPNY-IA	39.74	REG
17	Marotti, Abigail	10	BWST-IA	39.75	REG
18	Kovacevich, Ellie	10	DSMY-IA	39.82	REG
19	Martinek, Emersyn	10	NS-IA	39.89	REG
20	Ngo, Ellie	9	LYD-MW	40.06	REG
21	Weber, Avery	10	NS-IA	40.42	REG
22	Meyer, Carina	10	NHRN-MN	40.52	REG
23	Radle, Isabelle	10	MUS-IA	40.63	REG
24	Toatley, Zara	9	SD-MN	40.77	REG
25	Altorfer, Anne	10	MACR-IA	40.92	REG
26	Christensen, Avery	10	SPNY-IA	40.98	REG
27	Poynter, Charlotte	10	SUP-WI	42.15	B
28	Adams, Whitney	10	DSMY-IA	43.32	B
29	McCulley, Skylann	10	BWST-IA	43.53	B
30	Lee, Arya	10	BRD-MN	44.73	B

Event 26 Boys 10 & Under 50 Yard Backstroke

Record:		31.99	3/21/2015	Cael Elmore		
		42.59	REG 2024 Regional Q Time			
Meet Qualifying: 42.59						
Name		Age	Team	Seed	Time	
1	Bohnstengel, Carter	10	MACR-IA	32.74	REG	
2	Brantner, William	10	ALG-IA	34.40	REG	
3	Van Niewaal, Oakley	9	DSMY-IA	35.78	REG	
4	Wilcox, Cambridge	9	MACR-IA	36.26	REG	

5	Weber, Makoa	10	DUBQ-IA	37.18	REG
6	Marxen, Conrad	10	MACR-IA	37.37	REG
7	Ramprakash, Mithran	10	NHRN-MN	37.44	REG
8	Niehus, Wyatt	10	SD-MN	37.44	REG
9	Morrison, Louis	9	OTT	38.04	REG
10	Campbell, James	9	MACR-IA	38.78	REG
11	Chrisco, Kingston	10	DSMY-IA	38.92	REG
12	Ocheltree, Hawk	9	DSMY-IA	39.25	REG
13	Conner, Adonai	10	LYD-MW	39.82	REG
14	Wahpepah, Buddy	9	BBST-IA	40.02	REG
15	Runde, Fitz	10	DUBQ-IA	40.24	REG
16	Dluhos, Ryan	9	DSMY-IA	40.35	REG
17	Jedlicka, Emmett	10	DUBQ-IA	40.55	REG
18	Bark, David	9	MUS-IA	40.66	REG
19	Brighton, George	9	MACR-IA	40.81	REG
20	McKee, Parker	10	MUS-IA	41.41	REG
21	Clark, Elliot	9	MACR-IA	41.43	REG
22	Olson, Miles	10	SUP-WI	42.37	REG
23	Bennett, Asher	9	MCY	42.43	REG
24	Zimmeht, Sailor	9	OTT	44.02	B
25	Stanton, Hugo	10	DUBQ-IA	44.44	B
26	Woodford, Zachary	10	ALG-IA	44.51	B
27	Sharp, Foster	10	FC-IA	45.50	B

Event 27 Girls 11-12 50 Yard Backstroke

Record:		28.36	3/22/2014	Jasmine Rumley		
		35.99	REG 2024 Regional Q Time			
Meet Qualifying: 35.99						
	Name	Age	Team	Seed	Time	
1	Sledge, Emmersyn	11	DSMY-IA	29.40	REG	
2	Wittrock, Emerson	11	BBST-IA	31.05	REG	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 27 ...(Girls 11-12 50 Yard Backstroke)				
Name	Age	Team	Seed	Time
3 Ludwig, Mia	12	DSMY-IA	31.84	REG
4 Paterson, Aubrey	11	BBST-IA	32.31	REG
5 Wadding, Harper	12	APST-MN	32.60	REG
6 Ocheltree, Kinnick	11	DSMY-IA	32.65	REG
7 Cordova, Lucy	12	SUP-WI	32.85	REG
8 Black, Makayla	12	SPNY-IA	32.90	REG
9 Bryan, Margo	12	SD-MN	32.92	REG
10 O'Brien, Justine	11	DSMY-IA	32.99	REG
11 Kassel, McKenna	12	MUS-IA	33.17	REG
12 Textor, Hannah	12	DSMY-IA	33.37	REG
13 Peters, Sarah	12	NS-IA	33.79	REG
14 Marshall, Katelyn	11	BAB-IA	33.91	REG
15 Fechtelkotter, Clar	12	SUP-WI	33.99	REG
16 Khounpanya, Evalyn	11	WBAY-MN	34.48	REG
17 Stoeckel, Madi	11	DSMY-IA	34.50	REG
18 Rezac, Charlotte	12	SD-MN	34.61	REG
19 Munsterteiger, Madelyn	12	BRD-MN	34.79	REG
20 Pearson, Eva	12	NWSH-MN	35.02	REG
21 Streefland, Sydney	11	SD-MN	35.02	REG
22 Barton, Frances	12	NEWT-IA	35.04	REG
23 Beek, Lydia	12	BWST-IA	35.15	REG
24 Carrick, Elliana	12	NWSH-MN	35.26	REG
25 Tacke, Joey	12	OSKY-IA	35.31	REG
26 Sharp, Adah	12	FC-IA	35.53	REG
27 Walker, Raya	12	OTT	35.71	REG
28 Larsen, Allie	12	FAST-MW	35.73	REG
29 Balster, Sarah	11	MACR-IA	36.62	B

30	Diaz, Ayla	12	NWSH-MN	37.03	B
31	Butler, Mathilde	12	DSMY-IA	37.93	B

Event 28 Boys 11-12 50 Yard Backstroke				
Record:		27.10	3/23/2024	Sheldon Lamb
36.99 REG 2024 Regional Q Time				
Meet Qualifying: 36.99				
Name	Age	Team	Seed	Time
1 Martin, Ben	11	DSMY-IA	30.04	REG
2 Arrigoni, Ethan	12	NWSH-MN	30.32	REG
3 Stanton, Oliver	12	DUBQ-IA	30.38	REG
4 Mueller, Graham	12	FAST-MW	31.95	REG
5 Erwin, Mav	12	MUS-IA	32.48	REG
6 Hillebrand, Cooper	12	DUBQ-IA	33.68	REG
7 Lerma, Carlos	12	MACR-IA	33.80	REG
8 Kozitza, Micah	11	DSMY-IA	34.32	REG
9 Balster, Ben	11	MACR-IA	35.05	REG
10 Dingus, Blain	11	BAB-IA	35.31	REG
11 Tinkham, Sawyer	11	MACR-IA	35.42	REG
12 Morrison, Jack	11	OTT	35.43	REG
13 Reed, Andrew	11	MACR-IA	35.48	REG
14 Stoebner, Benji	12	SD-MN	35.70	REG
15 Mach, Bennett	11	CYSC-MW	35.73	REG
16 Ryan, Conor	12	NWSH-MN	35.86	REG
17 Vandersnick, Fletcher	12	LYD-MW	35.94	REG
18 Nguyen, Kylan	12	LYD-MW	35.98	REG
19 Decker, Landry	11	DSMY-IA	36.26	REG
20 Koering, Westen	12	BAB-IA	36.56	REG
21 Whipple, Henry	11	BAB-IA	36.59	REG
22 Azzami, Mohammed-Ali	12	NWSH-MN	36.66	REG
23 Tran, Kolby	11	LYD-MW	36.67	REG

Event 28 ...(Boys 11-12 50 Yard Backstroke)					
	Name	Age	Team	Seed Time	
24	Rife, Joshua	12	NWSH-MN	36.97	REG
25	Goodwin, Brody	12	MUS-IA	37.75	B
26	Flynn, Soren	11	MACR-IA	38.41	B
27	Steinfeldt, Trenton	12	BARR-MW	38.81	B

Event 29 Girls 8 & Under 100 Yard IM				
Record:	1:17.30	3/16/2019	Halle Sears	
	1:45.00	REG 2024 Regional Q Time		

Meet Qualifying: 1:45.00					
	Name	Age	Team	Seed Time	
1	Deppe, Estelle	8	DUBQ-IA	1:37.24	REG
2	Brokel, Meredith	8	MACR-IA	1:37.99	REG
3	Campbell, Evelyn	8	MACR-IA	1:38.47	REG
4	Jiang, Joyce	8	NS-IA	1:38.83	REG
5	Ramprakash, Theshmithaa	8	NHRN-MN	1:41.07	REG
6	Runde, Alice	8	DUBQ-IA	1:43.05	REG
7	Heck, Alix	8	SPNY-IA	1:49.55	B
8	Rentschler, Jacey	8	WBAY-MN	1:54.75	B

Event 30 Boys 8 & Under 100 Yard IM				
Record:		1:19.83	3/19/2016	Brady Fitz
		1:45.00	REG 2024 Regional Q Time	

Meet Qualifying: 1:45.00					
	Name	Age	Team	Seed Time	
1	Healey, Bowen	8	SPNY-IA	1:29.15	REG
2	Cerqueira, Lenzo	8	MACR-IA	1:33.18	REG
3	Pearson, Christian	8	NWSH-MN	1:36.73	REG
4	Schmitt, Pierce	8	DUBQ-IA	1:37.92	REG
5	Shaver, Oliver	8	DSMY-IA	1:39.41	REG
6	Sprague, Tommy	8	DSMY-IA	1:41.53	REG
7	Christensen, Braylen	8	SPNY-IA	1:43.16	REG
8	Veit, Jack	7	SPNY-IA	1:44.41	REG
9	Schmid, Alex	8	BRD-MN	1:47.16	B

Event 31 Girls 10 & Under 100 Yard IM				
Record:	1:07.99	3/20/2021	Halle Sears	
	1:28.79	REG 2024 Regional Q Time		

Meet Qualifying: 1:28.79					
	Name	Age	Team	Seed Time	
1	Grussendorf, Greta	10	SD-MN	1:17.68	REG
2	Uthe, Rose	9	MACR-IA	1:19.28	REG
3	Hurtig, Gabriella	10	BBST-IA	1:21.15	REG
4	Schmitt, Stella	10	DUBQ-IA	1:21.40	REG
5	Mitchell, Harper	10	MUS-IA	1:22.28	REG
6	Hager, Anna	10	NHRN-MN	1:22.54	REG
7	Textor, Whitney	9	DSMY-IA	1:23.54	REG
8	Christensen, Avery	10	SPNY-IA	1:23.55	REG
9	Schiebel, Scarlett	10	NWSH-MN	1:24.10	REG
10	Nguyen, Alea	10	LYD-MW	1:24.11	REG
11	Schoelerman, Riley	9	SPNY-IA	1:24.88	REG
12	Kovacevich, Ellie	10	DSMY-IA	1:25.91	REG
13	Lamoreux, Hazel	10	DSMY-IA	1:26.28	REG
14	Cassie, Lauren	10	NHRN-MN	1:26.82	REG
15	Kassel, Keira	10	MUS-IA	1:27.18	REG
16	Spence, Ashley	10	NHRN-MN	1:28.08	REG
17	Lee, Alexandra	9	MUS-IA	1:28.76	REG
18	Meyer, Aurelia	10	NHRN-MN	1:35.57	B

Event 32 Boys 10 & Under 100 Yard IM				
Record:	1:09.25	3/18/2023	Sheldon Lamb	
	1:29.53	REG 2024 Regional Q Time		

Meet Qualifying: 1:29.53					
	Name	Age	Team	Seed Time	
1	Mensing, Jackson	10	BBST-IA	1:16.98	REG
2	Bohnstengel, Carter	10	MACR-IA	1:17.90	REG
3	Witt, Michael	10	NS-IA	1:18.92	REG
4	VanLandschoot, Maverick	10	NS-IA	1:18.98	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 32 ...(Boys 10 & Under 100 Yard IM)

	Name	Age	Team	Seed Time	
5	Connolly, Macklin	9	WBAY-MN	1:19.04	REG
6	Swenson, Caleb	9	MACR-IA	1:19.08	REG
7	Niehus, Wyatt	10	SD-MN	1:20.56	REG
8	Runde, Fitz	10	DUBQ-IA	1:23.05	REG
9	Wilcox, Cambridge	9	MACR-IA	1:23.71	REG
10	Conner, Adonai	10	LYD-MW	1:25.52	REG
11	Bark, David	9	MUS-IA	1:25.66	REG
12	Brantner, William	10	ALG-IA	1:27.02	REG
13	Morrison, Louis	9	OTT	1:27.63	REG
14	Jedlicka, Emmett	10	DUBQ-IA	1:27.65	REG
15	Anderson, Nolan	10	NWSH-MN	1:27.94	REG
16	Woodford, Zachary	10	ALG-IA	1:33.05	B
17	Shuster, Logan	9	SUP-WI	1:35.17	B

Event 33 Girls 11-12 200 Yard IM

Record: 2:17.63 3/19/2023 Halle Sears					
2:50.69 REG 2024 Regional Q Time					
Meet Qualifying: 2:50.69					
	Name	Age	Team	Seed Time	
1	Sledge, Emmersyn	11	DSMY-IA	2:24.73	REG
2	Textor, Hannah	12	DSMY-IA	2:27.27	REG
3	Lee, Audrey	12	MUS-IA	2:30.78	REG
4	Krieger, Kinsley	11	MUS-IA	2:34.30	REG
5	Calonder, Hadley	11	MACR-IA	2:34.78	REG
6	Schnee, Elise	11	LYD-MW	2:37.99	REG
7	Peters, Sarah	12	NS-IA	2:38.64	REG
8	Pearson, Eva	12	NWSH-MN	2:39.01	REG
9	Ocheltree, Kinnick	11	DSMY-IA	2:43.77	REG
10	Stoeckel, Madi	11	DSMY-IA	2:45.27	REG
11	Butler, Mathilde	12	DSMY-IA	2:45.81	REG

12	Larson, Rachel	11	DSMY-IA	2:46.53	REG
13	Rezac, Charlotte	12	SD-MN	2:47.13	REG

Event 34 Boys 11-12 200 Yard IM

Record: 2:14.23 3/26/2017 Jeremiah Totall					
2:49.39 REG 2024 Regional Q Time					
Meet Qualifying: 2:49.39					
	Name	Age	Team	Seed Time	
1	Saputra, Joseph	12	MACR-IA	2:22.57	REG
2	Stanton, Oliver	12	DUBQ-IA	2:29.46	REG
3	Mueller, Graham	12	FAST-MW	2:35.69	REG
4	McInerny, William	12	NHRN-MN	2:36.34	REG
5	Morrison, Jack	11	OTT	2:46.63	REG
6	Shuster, Luke	11	SUP-WI	2:47.03	REG

Event 35 Girls 8 & Under 50 Yard Freestyle

Record: 29.66 3/18/2023 Evelyn Ward					
40.00 REG 2024 Regional Q Time					
Meet Qualifying: 40.00					
	Name	Age	Team	Seed Time	
1	Radle, Clara	8	MUS-IA	32.18	REG
2	Cygankova, Alisa	8	DSMY-IA	33.91	REG
3	Brokel, Meredith	8	MACR-IA	36.03	REG
4	Witt, Sarah	8	NS-IA	36.63	REG
5	Deppe, Estelle	8	DUBQ-IA	36.85	REG
6	Eick, Brielle	8	BBST-IA	37.39	REG
7	Jiang, Joyce	8	NS-IA	38.04	REG
8	Rohling, Nori	8	BBST-IA	38.08	REG
9	Miller, Clara	8	SUP-WI	39.06	REG
10	Campbell, Evelyn	8	MACR-IA	39.16	REG
11	Swenson, Sydney	7	MACR-IA	39.36	REG
12	Koenig, Clara	8	DUBQ-IA	39.51	REG
13	Owen, Rory	8	WBAY-MN	40.47	B
14	Ternus, Madeline	8	BYST-US	43.09	B

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA
Psych Sheet

Event 35 ...(Girls 8 & Under 50 Yard Freestyle)

Name		Age	Team	Seed Time	
15	Lahner, Delia	8	OSKY-IA	43.55	B
16	Sandusky, Rosella	8	BRD-MN	43.70	B
17	Meyer, Madeline	8	SUP-WI	44.77	B

Event 36 Boys 8 & Under 50 Yard Freestyle

Record:	28.00	3/18/2023	Sheldon Lamb
	40.00	REG 2024 Regional Q Time	

Meet Qualifying: 40.00

Name		Age	Team	Seed Time	
1	Schmitt, Pierce	8	DUBQ-IA	33.34	REG
2	Plummer, Elliott	7	DYN-MN	37.26	REG
3	Cerqueira, Lenzo	8	MACR-IA	37.75	REG
4	Haulard, Merritt	8	BBST-IA	38.51	REG
5	Kolodzej, Alekzander	7	BRD-MN	38.59	REG
6	Shaver, Oliver	8	DSMY-IA	38.85	REG
7	Pearson, Christian	8	NWSH-MN	38.87	REG
8	Christensen, Braylen	8	SPNY-IA	39.22	REG
9	Reed, Isaac	7	MACR-IA	39.28	REG
10	Nabity, Bryce	7	BYST-US	39.52	REG
11	Veit, Jack	7	SPNY-IA	39.64	REG
12	Aker, Marshall	8	SUP-WI	39.70	REG
13	Vickerman, Gavin	8	ERYR-MN	41.50	B
14	Connolly, James	8	DSMY-IA	42.96	B

Event 37 Girls 10 & Under 50 Yard Freestyle

Record:	27.26	3/19/2016	Emily Baeth
	34.04	REG 2024 Regional Q Time	

Meet Qualifying: 34.04

Name		Age	Team	Seed Time	
1	Nodes, Sophia	10	NWSH-MN	29.33	REG
2	Mitchell, Harper	10	MUS-IA	29.95	REG
3	Uthe, Rose	9	MACR-IA	30.27	REG
4	Kuettel, Lois	10	SUP-WI	30.60	REG

5	Nguyen, Alea	10	LYD-MW	31.13	REG
6	Schiebel, Scarlett	10	NWSH-MN	31.98	REG
7	Textor, Whitney	9	DSMY-IA	32.43	REG
8	Gevocek, Charley	10	OTT	32.72	REG
9	Kassel, Keira	10	MUS-IA	32.80	REG
10	Radle, Isabelle	10	MUS-IA	33.06	REG
11	Adams, Whitney	10	DSMY-IA	33.14	REG
12	Jean, Natiel	10	DSMY-IA	33.19	REG
13	Spence, Ashley	10	NHRN-MN	33.26	REG
14	Hager, Anna	10	NHRN-MN	33.33	REG
15	Weber, Avery	10	NS-IA	33.35	REG
16	Cassie, Lauren	10	NHRN-MN	33.48	REG
17	Ross, Emma	10	MUS-IA	33.54	REG
18	Koenecke, Claire	9	SPNY-IA	33.82	REG
19	McCulley, Skylann	10	BWST-IA	33.82	REG
20	Plummer, Adalyn	10	DYN-MN	33.83	REG
21	Sanders, Caroline	10	ALTS-MN	33.87	REG
22	Martinek, Emersyn	10	NS-IA	33.95	REG
23	Box, Emma	9	MACR-IA	33.98	REG
24	Marotti, Abigail	10	BWST-IA	34.04	REG
25	Wittrock, Lindy	9	BBST-IA	34.13	B
26	Ibisch, Joy	10	WBAY-MN	34.38	B
27	Epley, Amity	10	SD-MN	34.38	B
28	Serdiouk, Sofia	10	WBAY-MN	34.92	B
29	Ngo, Ellie	9	LYD-MW	35.19	B
30	Kassel, Kenzie	9	MUS-IA	35.65	B
31	Harvey, Lillybeth	9	DSMY-IA	35.86	B
32	Lee, Arya	10	BRD-MN	35.95	B

Event 38 Boys 10 & Under 50 Yard Freestyle

Record:		27.26	3/25/2017	Nick P Rounds		
		34.16	REG 2024 Regional Q Time			
Meet Qualifying: 34.16						
	Name	Age	Team	Seed Time		
1	Bohnstengel, Carter	10	MACR-IA	29.47	REG	
2	VanLandschoot, Maverick	10	NS-IA	29.78	REG	
3	Mensing, Jackson	10	BBST-IA	30.58	REG	
4	Van Niewaal, Oakley	9	DSMY-IA	30.85	REG	
5	Witt, Michael	10	NS-IA	31.16	REG	
6	Marxen, Conrad	10	MACR-IA	31.79	REG	
7	Connolly, Macklin	9	WBAY-MN	31.84	REG	
8	Jedlicka, Emmett	10	DUBQ-IA	32.05	REG	
9	Swenson, Caleb	9	MACR-IA	32.14	REG	
10	Bark, David	9	MUS-IA	32.14	REG	
11	Weber, Makoa	10	DUBQ-IA	32.31	REG	
12	Ramprakash, Mithran	10	NHRN-MN	33.01	REG	
13	Conner, Adonai	10	LYD-MW	33.57	REG	
14	Kokjohn, Cohen	9	BAB-IA	33.60	REG	
15	Bennett, Asher	9	MCY	33.65	REG	
16	Lindsey, Jaxon	10	SPNY-IA	33.70	REG	
17	Sharp, Foster	10	FC-IA	33.80	REG	
18	Anderson, Nolan	10	NWSH-MN	33.83	REG	
19	Morrison, Louis	9	OTT	34.04	REG	
20	Clark, Elliot	9	MACR-IA	34.63	B	
21	Chrisco, Kingston	10	DSMY-IA	34.87	B	
22	Eliason, Richy Rex	9	LYD-MW	35.32	B	
23	Zimmeht, Sailor	9	OTT	35.41	B	
24	Olson, Miles	10	SUP-WI	35.47	B	
25	Cook, Keaton	9	BBST-IA	35.73	B	

Event 39 Girls 11-12 50 Yard Freestyle

Record:		24.81	3/22/2014	Jasmine Rumley		
		30.38	REG 2024 Regional Q Time			
Meet Qualifying: 30.38						
	Name	Age	Team	Seed Time		
1	Paterson, Aubrey	11	BBST-IA	25.74	REG	
2	Kettles, Tenley	11	DSMY-IA	26.48	REG	
3	Schnee, Eva	12	LYD-MW	26.65	REG	
4	Crowley, Quinn	11	DSMY-IA	26.74	REG	
5	Krueger, Tailynn	12	APST-MN	27.30	REG	
6	Hunter, Eden	12	MUS-IA	27.40	REG	
7	Stoeckel, Madi	11	DSMY-IA	27.96	REG	
8	Ludwig, Mia	12	DSMY-IA	28.11	REG	
9	Cygankova, Polina	11	DSMY-IA	28.12	REG	
10	Wittrock, Emerson	11	BBST-IA	28.47	REG	
11	Sharma, Riya	12	SD-MN	28.48	REG	
12	Wolfe, Quinn	11	NWSH-MN	28.57	REG	
13	Streefland, Sydney	11	SD-MN	28.72	REG	
14	Haulard, Josephine	12	BBST-IA	28.77	REG	
15	Fechtelkotter, Clar	12	SUP-WI	28.90	REG	
16	Zimmer, Mia	12	NS-IA	28.93	REG	
17	Cordova, Lucy	12	SUP-WI	28.98	REG	
18	Ocheltree, Kinnick	11	DSMY-IA	28.99	REG	
19	Kassel, McKenna	12	MUS-IA	29.01	REG	
20	Sharp, Adah	12	FC-IA	29.48	REG	
21	Martinek, Aubrey	11	NS-IA	29.53	REG	
22	Stack, Ella	12	SUP-WI	29.56	REG	
23	Hall, Carleigh	11	NHRN-MN	29.64	REG	
24	Marshall, Katelyn	11	BAB-IA	29.67	REG	
25	Tacke, Joey	12	OSKY-IA	29.90	REG	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 39 ...**(Girls 11-12 50 Yard Freestyle)**

	Name	Age	Team	Seed Time	
26	Khounpanya, Evalyn	11	WBAY-MN	29.98	REG
27	Larson, Rachel	11	DSMY-IA	30.09	REG
28	Hoffman, Alison	12	SD-MN	30.11	REG
29	Rohm, Gabriella	12	NS-IA	30.13	REG
30	Wadding, Harper	12	APST-MN	30.13	REG
31	Carrick, Elliana	12	NWSH-MN	30.22	REG
32	Raisanen, Hailey	12	SUP-WI	30.22	REG
33	Kolquist, Berkley	11	SUP-WI	30.28	REG
34	Opacich, Harper	11	SUP-WI	30.31	REG
35	Rezac, Charlotte	12	SD-MN	30.34	REG
36	Le, Vanney	11	LYD-MW	30.36	REG
37	Balster, Sarah	11	MACR-IA	30.37	REG
38	Jiang, Jocelyn	11	NS-IA	30.46	B
39	Barton, Frances	12	NEWT-IA	30.57	B
40	Cox, Erica	11	WBAY-MN	31.06	B
41	Beek, Lydia	12	BWST-IA	31.11	B
42	Walker, Raya	12	OTT	31.29	B
43	Munsterteiger, Madelyn	12	BRD-MN	31.36	B

Event 40 **Boys 11-12 50 Yard Freestyle**

Record:		23.24	3/23/2024	Sheldon Lamb	
		30.41	REG 2024 Regional Q Time		
Meet Qualifying:		30.41			
	Name	Age	Team	Seed Time	
1	Rasmussen, Dean	12	FAST-MW	24.83	REG
2	Saputra, Joseph	12	MACR-IA	26.74	REG
3	Knapp, Gabriel	12	MACR-IA	27.51	REG
4	Martin, Ben	11	DSMY-IA	27.77	REG
5	Arrigoni, Ethan	12	NWSH-MN	28.24	REG
6	Lerma, Carlos	12	MACR-IA	28.29	REG

7	Wilcox, Emerick	11	MACR-IA	28.38	REG
8	Perelshteyn, Andrew	12	DYN-MN	29.13	REG
9	Swaney, Sam	12	MACR-IA	29.26	REG
10	Ryan, Conor	12	NWSH-MN	29.39	REG
11	Nguyen, Kyran	12	LYD-MW	29.45	REG
12	Erwin, Mav	12	MUS-IA	29.46	REG
13	Koering, Westen	12	BAB-IA	29.55	REG
14	Kozitza, Micah	11	DSMY-IA	29.61	REG
15	Vandersnick, Fletcher	12	LYD-MW	29.67	REG
16	Walker, Jaden	12	NWSH-MN	29.84	REG
17	Rife, Joshua	12	NWSH-MN	29.85	REG
18	Huber, Kaden	12	WASH-IA	29.94	REG
19	Fontenot, Rory	12	MACR-IA	30.20	REG
20	Klug, Liam	12	MCY	30.35	REG
21	Mach, Bennett	11	CYSC-MW	30.40	REG
22	Clark, Harry	12	MACR-IA	30.55	B
23	Tran, Kolby	11	LYD-MW	30.56	B
24	Nedrud, Isaiah	11	NWSH-MN	30.84	B
25	Flynn, Soren	11	MACR-IA	30.96	B
26	Decker, Landry	11	DSMY-IA	30.99	B
27	Brodeur, Hudson	11	MACR-IA	31.19	B
28	Chapman, Paxtyn	12	MACR-IA	31.31	B

Event 41 **Girls 8 & Under 25 Yard Butterfly**

Record:		15.02	3/16/2019	Halle Sears	
		21.00	REG 2024 Regional Q Time		
Meet Qualifying:		21.00			
	Name	Age	Team	Seed Time	
1	Radle, Clara	8	MUS-IA	16.26	REG
2	Runde, Alice	8	DUBQ-IA	18.79	REG
3	Jiang, Joyce	8	NS-IA	19.08	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 41 ... (Girls 8 & Under 25 Yard Butterfly)

	Name	Age	Team	Seed Time	
4	Thoma, Emery	8	DUBQ-IA	19.12	REG
5	Prinds, Madelyn	8	BYST-US	20.89	REG
6	Swenson, Sydney	7	MACR-IA	20.90	REG
7	Heck, Alix	8	SPNY-IA	20.98	REG
8	Karl, Cleo	8	SUP-WI	20.99	REG

Event 42 Boys 8 & Under 25 Yard Butterfly

Record:	15.14	3/19/2016	Brady Fitz
	21.00	REG 2024 Regional Q Time	

Meet Qualifying: 21.00

	Name	Age	Team	Seed Time	
1	Healey, Bowen	8	SPNY-IA	16.71	REG
2	Veit, Jack	7	SPNY-IA	18.57	REG
3	Pearson, Christian	8	NWSH-MN	18.58	REG
4	Christensen, Braylen	8	SPNY-IA	19.63	REG
5	Schmid, Alex	8	BRD-MN	20.01	REG
6	Cerqueira, Lenzo	8	MACR-IA	20.17	REG
7	Schmitt, Pierce	8	DUBQ-IA	20.41	REG
8	Haulard, Merritt	8	BBST-IA	20.62	REG
9	Liddle, Freddie	8	DUBQ-IA	20.66	REG
10	Kolodziej, Alekzander	7	BRD-MN	21.05	B
11	Stearns, Will	8	SPNY-IA	21.31	B
12	Grissom, Jude	8	MACR-IA	22.68	B

Event 43 Girls 10 & Under 100 Yard Butterfly

Record:	1:10.31	3/23/2024	Elise Schnee
	1:42.09	REG 2024 Regional Q Time	

Meet Qualifying: 1:42.09

	Name	Age	Team	Seed Time	
1	Lamoureux, Hazel	10	DSMY-IA	1:22.28	REG
2	Jean, Natiel	10	DSMY-IA	1:23.84	REG
3	Schiebel, Scarlett	10	NWSH-MN	1:23.97	REG
4	Nguyen, Amelia	9	LYD-MW	1:25.74	REG

5	Knapp, Charli	9	MACR-IA	1:27.00	REG
6	Kuettel, Lois	10	SUP-WI	1:30.81	REG
7	Schoelerman, Riley	9	SPNY-IA	1:31.22	REG
8	Gillespie, Gwen	9	NS-IA	1:33.15	REG
9	Kovacevich, Ellie	10	DSMY-IA	1:40.09	REG

Event 44 Boys 10 & Under 100 Yard Butterfly

Record:	1:07.65	3/19/2016	Gavin Phillips
	1:40.39	REG 2024 Regional Q Time	

Meet Qualifying: 1:40.39

	Name	Age	Team	Seed Time	
1	Bohnstengel, Carter	10	MACR-IA	1:15.04	REG
2	Weber, Makoa	10	DUBQ-IA	1:23.09	REG
3	Connolly, Macklin	9	WBAY-MN	1:29.15	REG
4	Wilcox, Cambridge	9	MACR-IA	1:29.87	REG
5	Stanton, Hugo	10	DUBQ-IA	1:47.38	B

Event 45 Girls 11-12 100 Yard Butterfly

Record:	1:01.76	3/17/2018	Mallory E Kell
	1:20.19	REG 2024 Regional Q Time	

Meet Qualifying: 1:20.19

	Name	Age	Team	Seed Time	
1	Sledge, Emmersyn	11	DSMY-IA	1:05.79	REG
2	Textor, Hannah	12	DSMY-IA	1:05.95	REG
3	Krieger, Kinsley	11	MUS-IA	1:07.62	REG
4	Schnee, Elise	11	LYD-MW	1:08.74	REG
5	Pearson, Eva	12	NWSH-MN	1:12.31	REG
6	Ludwig, Mia	12	DSMY-IA	1:12.65	REG
7	Peters, Sarah	12	NS-IA	1:14.08	REG
8	Ocheltree, Kinnick	11	DSMY-IA	1:14.55	REG
9	Haulard, Josephine	12	BBST-IA	1:15.29	REG
10	O'Brien, Justine	11	DSMY-IA	1:15.35	REG
11	Martinek, Aubrey	11	NS-IA	1:16.33	REG
12	Rohm, Gabriella	12	NS-IA	1:16.75	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 45 ...**(Girls 11-12 100 Yard Butterfly)**

	Name	Age	Team	Seed Time	
13	Carrick, Elliana	12	NWSH-MN	1:17.29	REG
14	Paterson, Aubrey	11	BBST-IA	1:17.35	REG
15	Jiang, Jocelyn	11	NS-IA	1:17.39	REG
16	Le, Vanney	11	LYD-MW	1:19.22	REG
17	Diaz, Ayla	12	NWSH-MN	1:19.52	REG
18	Raisanen, Hailey	12	SUP-WI	1:20.19	REG

Event 46 **Boys 11-12 100 Yard Butterfly**

Record:	59.11	3/16/2019	Owen Schwebach	
	1:18.69	REG 2024 Regional Q Time		
Meet Qualifying:	1:18.69			

	Name	Age	Team	Seed Time	
1	Rasmussen, Dean	12	FAST-MW	55.62	REG
2	Saputra, Joseph	12	MACR-IA	1:04.33	REG
3	Camacho, Joaquin	11	CYSC-MW	1:14.60	REG
4	Steinfeldt, Trenton	12	BARR-MW	1:16.19	REG
5	Dingus, Blain	11	BAB-IA	1:17.04	REG
6	Morrison, Jack	11	OTT	1:18.02	REG

Event 47 **Girls 8 & Under 25 Yard Breaststroke**

Record:	18.67	3/16/2019	Halle Sears	
	24.00	REG 2024 Regional Q Time		
Meet Qualifying:	24.00			

	Name	Age	Team	Seed Time	
1	Radle, Clara	8	MUS-IA	20.13	REG
2	Jiang, Joyce	8	NS-IA	20.75	REG
3	Lahner, Delia	8	OSKY-IA	22.13	REG
4	Brokel, Meredith	8	MACR-IA	23.24	REG
5	Hagemann, Brynn	8	FAST-MW	23.26	REG
6	Canubida, Erin	8	WBAY-MN	23.35	REG
7	Karnowski, Matilda	7	SD-MN	24.36	B
8	Brantner, Marie	8	ALG-IA	24.37	B
9	Paterson, Bristol	6	BBST-IA	24.59	B

10	O'Brien, Evelyn	8	BAB-IA	24.82	B
11	Richter, Kaylee	8	ALG-IA	24.92	B
12	Heck, Alix	8	SPNY-IA	25.37	B

Event 48 **Boys 8 & Under 25 Yard Breaststroke**

Record:	18.70	3/25/2017	Braydon Calonder	
	24.00	REG 2024 Regional Q Time		

Meet Qualifying: 24.00

	Name	Age	Team	Seed Time	
1	Healey, Bowen	8	SPNY-IA	22.36	REG
2	Mitchell, Abner	8	MUS-IA	22.43	REG
3	Arentson, Dax	8	FC-IA	22.82	REG
4	Ibisch, James	8	WBAY-MN	22.96	REG
5	Hansel, Tristan	8	SUP-WI	25.82	B

Event 49 **Girls 10 & Under 100 Yard Breaststroke**

Record:	1:17.87	3/22/2014	Ellie Wilkie	
	1:43.51	REG 2024 Regional Q Time		

Meet Qualifying: 1:43.51

	Name	Age	Team	Seed Time	
1	Grussendorf, Greta	10	SD-MN	1:26.40	REG
2	Nodes, Sophia	10	NWSH-MN	1:29.63	REG
3	Mitchell, Harper	10	MUS-IA	1:30.07	REG
4	Hurtig, Gabriella	10	BBST-IA	1:31.73	REG
5	Schmitt, Stella	10	DUBQ-IA	1:32.44	REG
6	Schoelerman, Riley	9	SPNY-IA	1:34.36	REG
7	Sanders, Caroline	10	ALTS-MN	1:36.11	REG
8	Koenecke, Claire	9	SPNY-IA	1:37.43	REG
9	Kassel, Keira	10	MUS-IA	1:38.71	REG
10	Radle, Isabelle	10	MUS-IA	1:38.88	REG
11	Altorfer, Anne	10	MACR-IA	1:39.06	REG
12	Kovacevich, Ellie	10	DSMY-IA	1:40.79	REG
13	Schiebel, Scarlett	10	NWSH-MN	1:40.86	REG
14	Harvey, Lillybeth	9	DSMY-IA	1:42.70	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 49 ...(Girls 10 & Under 100 Yard Breaststroke)

Name		Age	Team	Seed Time	
15	Hokeness, Rory	9	WBAY-MN	1:43.82	B
16	McMahan, Maggie	10	OSKY-IA	1:43.87	B
17	Poynter, Charlotte	10	SUP-WI	1:48.41	B

Event 50 Boys 10 & Under 100 Yard Breaststroke

Record:	1:19.46	3/16/2019	Andrew Seifert
	1:43.69	REG 2024 Regional Q Time	

Meet Qualifying: 1:43.69

Name		Age	Team	Seed Time	
1	Niehus, Wyatt	10	SD-MN	1:27.48	REG
2	Mensing, Jackson	10	BBST-IA	1:28.16	REG
3	Swenson, Caleb	9	MACR-IA	1:28.53	REG
4	Conner, Adonai	10	LYD-MW	1:32.30	REG
5	VanLandschoot, Maverick	10	NS-IA	1:32.95	REG
6	Runde, Fitz	10	DUBQ-IA	1:33.55	REG
7	Wilcox, Cambridge	9	MACR-IA	1:35.67	REG
8	Kokjohn, Cohen	9	BAB-IA	1:37.71	REG
9	Witt, Michael	10	NS-IA	1:38.37	REG
10	Wiechert, Noah	10	MACR-IA	1:39.81	REG
11	McKee, Parker	10	MUS-IA	1:39.98	REG
12	Ramprakash, Mithran	10	NHRN-MN	1:40.40	REG
13	Shuster, Logan	9	SUP-WI	1:43.16	REG
14	Lindsey, Jaxon	10	SPNY-IA	1:48.05	B

Event 51 Girls 11-12 100 Yard Breaststroke

Record:	1:08.85	3/19/2016	Eleanor Wilkie
	1:27.85	REG 2024 Regional Q Time	

Meet Qualifying: 1:27.85

Name		Age	Team	Seed Time	
1	Kettles, Tenley	11	DSMY-IA	1:16.66	REG
2	Lee, Audrey	12	MUS-IA	1:17.76	REG
3	Cygankova, Polina	11	DSMY-IA	1:20.85	REG
4	Calonder, Hadley	11	MACR-IA	1:21.46	REG

5	Bryan, Margo	12	SD-MN	1:23.82	REG
6	Ries, Ava	11	SPNY-IA	1:23.91	REG
7	Lahner, Gemma	11	OSKY-IA	1:24.66	REG
8	Larsen, Allie	12	FAST-MW	1:25.04	REG
9	Wolfe, Quinn	11	NWSH-MN	1:25.75	REG
10	Stack, Ella	12	SUP-WI	1:25.78	REG
11	Raisanen, Hailey	12	SUP-WI	1:26.59	REG
12	Martinek, Aubrey	11	NS-IA	1:27.16	REG
13	Krueger, Tailynn	12	APST-MN	1:27.24	REG
14	Gloyd, Amelia	12	SPNY-IA	1:27.48	REG
15	Manske, Abby	12	WBAY-MN	1:29.01	B
16	Walker, Jacey	12	MACR-IA	1:29.22	B
17	Johnson, Quinn	11	DYN-MN	1:30.33	B

Event 52 Boys 11-12 100 Yard Breaststroke

Record:	1:07.56	3/23/2024	Sheldon Lamb
	1:27.79	REG 2024 Regional Q Time	

Meet Qualifying: 1:27.79

Name		Age	Team	Seed Time	
1	Swaney, Sam	12	MACR-IA	1:17.89	REG
2	Knapp, Gabriel	12	MACR-IA	1:18.70	REG
3	Wilcox, Emerick	11	MACR-IA	1:20.78	REG
4	Stanton, Oliver	12	DUBQ-IA	1:21.51	REG
5	Huber, Kaden	12	WASH-IA	1:22.40	REG
6	Ryan, Conor	12	NWSH-MN	1:22.60	REG
7	McInerny, William	12	NHRN-MN	1:22.80	REG
8	Shuster, Luke	11	SUP-WI	1:24.03	REG
9	Perelshteyn, Andrew	12	DYN-MN	1:24.39	REG
10	Larsen, Jonas	12	ERYR-MN	1:25.64	REG
11	Booker, Hayden	12	SUP-WI	1:25.64	REG
12	Edwards, Trice	12	BBST-IA	1:28.49	B

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 52 ...**(Boys 11-12 100 Yard Breaststroke)**

Name		Age	Team	Seed Time	
13	Nandish Gowda, Hanvith	11	NWSH-MN	1:29.56	B
14	Turcotte, Sawyer	12	SUP-WI	1:30.60	B
15	Morris, Drake	12	SD-MN	1:30.61	B

Event 53 **Girls 13-14 200 Yard Freestyle**

Record:	1:56.91	3/16/2019	Brooklynn Kaster
	2:26.84	REG 2024 Regional Q Time	

Meet Qualifying: 2:26.84

Name		Age	Team	Seed Time	
1	Enslin, Eleanor	14	SUP-WI	2:02.08	REG
2	Carter, Ramsey	14	MACR-IA	2:03.32	REG
3	Hoffman, Ellie	14	DUBQ-IA	2:06.01	REG
4	Case, Emma	14	BWST-IA	2:08.18	REG
5	St Martin, Ellie	14	ERYR-MN	2:08.40	REG
6	Oman, Sofia	14	SD-MN	2:09.55	REG
7	Feldermann, Payton	14	MACR-IA	2:10.24	REG
8	Flowers, Serenity	14	APST-MN	2:10.36	REG
9	Elmore, Addison	14	BWST-IA	2:11.26	REG
10	Rabasco, Corrina	14	BRD-MN	2:12.69	REG
11	Brokel, Michaela	13	MACR-IA	2:13.11	REG
12	Richins, Hazel	13	SD-MN	2:13.68	REG
13	Gentile, Brandlyn	14	CYSC-MW	2:13.93	REG
14	Larson, Claire	13	NHRN-MN	2:14.23	REG
15	Garske, Katherine	14	SD-MN	2:14.37	REG
16	Weston, Kaela	14	BBST-IA	2:15.22	REG
17	Yenter, Keziah	14	BRD-MN	2:15.25	REG
18	Behounek, Avery	13	BWST-IA	2:16.19	REG
19	Beatty, Sarah	13	MACR-IA	2:16.74	REG
20	Duerr, Ellery	13	BRD-MN	2:17.38	REG
21	Morrison, Penelope	13	OTT	2:18.02	REG

22	Crist, Josie	14	MACR-IA	2:18.79	REG
23	MarquetBlagoev, Lila	14	SD-MN	2:19.73	REG
24	Baker, Dani	14	WBAY-MN	2:20.81	REG
25	Overby, Charlotte	14	ERYR-MN	2:21.40	REG
26	Stone, Ella	13	SUP-WI	2:23.08	REG
27	Hill, Gracie	13	NWSH-MN	2:23.18	REG
28	Dixon, Brynlee	14	BAB-IA	2:23.56	REG
29	Millsap, Morgan	14	MAQ-IA	2:23.58	REG
30	Mogilevski, Lisa	13	SD-MN	2:23.98	REG
31	Smith, Jalisa	13	SUP-WI	2:24.07	REG
32	Mensing, Abi	13	BBST-IA	2:24.37	REG
33	Larsen, Amiah	13	ALTS-MN	2:24.52	REG
34	Renner, Ashlynn	13	MCY	2:24.64	REG
35	Lenz, Ellis	13	MACR-IA	2:24.67	REG
36	Frideres, Keira	13	ALG-IA	2:24.77	REG
37	Gore, Char	13	NHRN-MN	2:24.79	REG
38	Iske, Maelle	13	BRD-MN	2:25.55	REG
39	Johannes, Kerrigan	13	FAST-MW	2:26.18	REG
40	Canfield, Claire	13	NHRN-MN	2:26.53	REG
41	Vilar, Tessa	13	DUBQ-IA	2:26.67	REG
42	Vandersnick, Raya	14	LYD-MW	2:28.72	B

Event 54 **Boys 13-14 200 Yard Freestyle**

Record:	1:44.60	3/23/2024	Charlie Bobick
	2:15.69	REG 2024 Regional Q Time	

Meet Qualifying: 2:15.69

Name		Age	Team	Seed Time	
1	Knapp, Isaac	14	MACR-IA	1:45.98	REG
2	Harris, Gage	14	DSMY-IA	1:55.59	REG
3	Profit, Carson	14	BBST-IA	1:56.19	REG
4	Nizolek, Jacob	13	MACR-IA	1:57.08	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 54 ...(Boys 13-14 200 Yard Freestyle)

	Name	Age	Team	Seed Time	
5	Saputra, Nathan	13	MACR-IA	1:59.19	REG
6	Zimmer, Cameron	14	NS-IA	2:00.56	REG
7	Randall, Eli	14	BWST-IA	2:00.78	REG
8	DeGroot, JJ	14	NHRN-MN	2:01.23	REG
9	Leavens, Will	13	MUS-IA	2:03.67	REG
10	Levisay, Ethan	14	MACR-IA	2:04.45	REG
11	Lee, Emrick	14	ERYR-MN	2:06.00	REG
12	Willers, Wyatt	13	NHRN-MN	2:06.94	REG
13	Huber, Ty	14	WASH-IA	2:08.20	REG
14	Kelly, Jude	14	OTT	2:08.49	REG
15	Ferro, Gavin	14	NHRN-MN	2:09.07	REG
16	Lussman, Owen	13	MUS-IA	2:10.41	REG
17	Bissell, Noah	13	NHRN-MN	2:10.96	REG
18	Raisanen, Levi	14	SUP-WI	2:11.19	REG
19	Recek, Wyatt	14	CYSC-MW	2:12.95	REG
20	Lawrence, Calvin	13	DYN-MN	2:14.41	REG
21	Sasser, William	14	SUP-WI	2:15.80	B
22	Knutson, Jacob	13	WBAY-MN	2:18.17	B

Event 55 Girls 15 & Over 200 Yard Freestyle

Record: 1:53.82 3/17/2018 Jasmine N Rumley					
2:20.29 REG 2024 Regional Q Time					
Meet Qualifying: 2:20.29					
	Name	Age	Team	Seed Time	
1	Kettles, Tori	15	DSMY-IA	1:56.36	REG
2	Duerr, Avery	16	BRD-MN	2:01.39	REG
3	Boysen, Abbie	15	APST-MN	2:04.71	REG
4	Iske, Kaia	16	BRD-MN	2:05.13	REG
5	Hernandez, Leia	15	BWST-IA	2:05.93	REG
6	Grittner, Riley	16	ERYR-MN	2:07.51	REG

7	Gummert, Maisie	16	BWST-IA	2:08.29	REG
8	Horton, Maddy	15	SD-MN	2:09.69	REG
9	Slosiarek, Katie	17	MACR-IA	2:13.95	REG
10	Engelkemier, Birdie	15	MUS-IA	2:15.72	REG
11	Borgerding, Taylor	17	DUBQ-IA	2:15.88	REG
12	Durheim, Jamie	17	ERYR-MN	2:16.41	REG
13	Crist, Hadley	16	MACR-IA	2:17.13	REG
14	Walter, Ella	15	OSKY-IA	2:17.23	REG
15	Bodecker, Mya	15	MACR-IA	2:18.25	REG
16	Maass, Gen	16	NHRN-MN	2:18.51	REG
17	Case, Rachel	16	BWST-IA	2:18.74	REG
18	Blum, Mallory	15	DUBQ-IA	2:19.04	REG
19	Hall, Alaina	15	MACR-IA	2:19.09	REG
20	Coyle, Grace	17	DUBQ-IA	2:19.12	REG
21	Doyle, Currine	15	NWSH-MN	2:19.23	REG
22	Miller, Kimberlee	15	NEWT-IA	2:19.48	REG
23	Guyton, Alisan	16	BAB-IA	2:19.82	REG
24	Pennekamp, Kirstyn	16	DUBQ-IA	2:20.03	REG
25	Dunworth, Braelyn	15	MCY	2:22.02	B

Event 56 Boys 15 & Over 200 Yard Freestyle

Record: 1:44.31 3/22/2014 Justin Winnett					
2:07.89 REG 2024 Regional Q Time					
Meet Qualifying: 2:07.89					
	Name	Age	Team	Seed Time	
1	West, Sheppard	18	MACR-IA	1:46.65	REG
2	Calonder, Braydon	16	MACR-IA	1:49.63	REG
3	Novotny, Reid	15	BARR-MW	1:50.49	REG
4	Miller, Oliver	16	BBST-IA	1:51.19	REG
5	Bantam, Kevin	17	MCY	1:52.20	REG
6	Zimmeht, Elliott	16	OTT	1:53.40	REG

Event 56 ...(Boys 15 & Over 200 Yard Freestyle)

	Name	Age	Team	Seed Time	
7	Chapple, Trevor	15	NHRN-MN	1:56.73	REG
8	Noel, Finn	17	DUBQ-IA	1:58.21	REG
9	Carrera, Sean	17	BARR-MW	1:59.48	REG
10	Mogilevski, Pete	17	SD-MN	1:59.64	REG
11	Fish, Ezekiel	20	SUP-WI	1:59.95	REG
12	Brown, Hayden	15	MACR-IA	2:03.38	REG
13	Overby, Henry	17	ERYR-MN	2:04.66	REG
14	Calhoun, Kyle	16	OTT	2:05.03	REG
15	Thorson, Tryggve	17	NHRN-MN	2:05.58	REG
16	Hoffman, Joey	15	DUBQ-IA	2:06.58	REG
17	Bertagnoli, Reid	15	SUP-WI	2:07.77	REG

Event 58 Mixed 11-12 200 Yard Butterfly

11-12M Recor:	2:17.04	3/23/2024	Ivan Hammond
	2:41.99	11-12M REG 2024 Regional Q Time	
	2:54.99	11-12W REG 2024 Regional Q Time	

Meet Qualifying 11-12: 2:54.99

Meet Qualifying 11-12: 2:41.99

	Name	Age	Team	Seed Time	
1	Rasmussen, Dean	M12	FAST-MW	2:12.97	REG
2	Schnee, Elise	W11	LYD-MW	2:35.52	REG
3	Cygankova, Polina	W11	DSMY-IA	2:36.38	REG

Event 59 Girls 13-14 200 Yard Butterfly

Record:	2:14.14	3/16/2019	Mallory Kell
	2:40.99	REG 2024 Regional Q Time	

Meet Qualifying: 2:40.99

	Name	Age	Team	Seed Time	
1	Carter, Ramsey	14	MACR-IA	2:29.20	REG
2	Villhauer, Holland	13	DSMY-IA	2:34.41	REG
3	MarquetBlagoev, Lila	14	SD-MN	2:38.85	REG

Event 62 Mixed 15 & Over 200 Yard Butterfly

15&OW Record:	2:08.97	3/16/2019	Berit Quass
15&OM Record:	1:56.09	3/19/2022	Owen Schwebach
	2:20.39	15&OM REG 2024 Regional Q Time	
	2:34.59	15&OW REG 2024 Regional Q Time	

Meet Qualifying 15&O: 2:34.59

Meet Qualifying 15&O: 2:20.39

	Name	Age	Team	Seed Time	
1	Fouquette, Matthew	M16	ERYR-MN	2:13.11	REG
2	Hoffman, Joey	M15	DUBQ-IA	2:14.64	REG
3	Rodewald, Blake	M17	MCY	2:19.40	REG
4	Mogilevski, Mary	W15	SD-MN	2:33.74	REG

Event 63 Girls 13-14 200 Yard Medley Relay

Record:	1:52.55	3/16/2019	Greater Des Moines YMCA
E Schwickerath, K He, M Kell, M Hunt			

	Team	Relay	Seed Time
1	ERYR-MN	A	2:02.44
	1) Berry, Rachel 13	2) Kedrowski, Marisa 14	
	3) Overby, Charlotte 14	4) St Martin, Ellie 14	
2	Dubq Dolphins-IA	A	2:03.33
	1) Hoffman, Ellie 14	2) Brownell, Tenley 14	
	3) Coyle, Evelyn 14	4) Vilar, Tessa 13	
3	Whalers-WI	A	2:03.55
	1) Anderson, Gabby 13	2) Stone, Ella 13	
	3) Enslin, Eleanor 14	4) Smith, Jalisa 13	
4	BBST-IA	A	2:04.63
	1) Wittrock, Emerson 11	2) Wahpepah, Lanaeh 14	
	3) Paterson, Aubrey 11	4) Mensing, Abi 13	
5	MACR-IA	A	2:06.91
	1) Feldermann, Payton 14	2) Crist, Josie 14	
	3) Carter, Ramsey 14	4) Beatty, Sarah 13	
6	MACR-IA	B	2:12.48
	1) Lenz, Ellis 13	2) Robinson, Josie 13	
	3) Brokel, Michaela 13	4) Wiechert, Milla 14	
7	BRD-MN	A	2:12.56
	1) Munsterteiger, Madelyn 12	2) Wenz, Kailey 13	
	3) Yenter, Keziah 14	4) Rabasco, Corrina 14	
8	DSMY-IA	A	2:12.82
	1) Cygankova, Lidia 13	2) Powers, Chloe 14	
	3) Villhauer, Holland 13	4) Villhauer, Charlie 14	
9	NHRN-MN	A	2:32.44
	1) Spence, Emily 13	2) Canfield, Claire 13	
	3) Larson, Claire 13	4) Jones, Lucy 13	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA
Psych Sheet

Event 63 ...(Girls 13-14 200 Yard Medley Relay)

	Team	Relay	Seed Time
10	SD-MN	A	NT
	1) Garske, Katherine 14	2) Richins, Hazel 13	
	3) MarquetBlagoev, Lila 14	4) VanKimenkinda, Joeya 13	

Event 64 Boys 13-14 200 Yard Medley Relay

Record: 1:43.53 3/16/2019 Southdale YMCA Sharks			
J Totall, S Haddad, A Myers, M Dow			
	Team	Relay	Seed Time
1	MACR-IA	A	1:53.91
	1) Schuett, Daniel 13	2) Meierbachtol, Jack 14	
	3) Nizolek, Jacob 13	4) Reed, Matt 13	
2	Mus-Ia-IA	A	2:03.17
	1) Erwin, Mav 12	2) Lussman, Owen 13	
	3) Goodwin, Brody 12	4) Diaz, Santi 14	
3	DSMY-IA	A	2:04.66
	1) Swinger, Hudson 13	2) Nanaziashvili, David 13	
	3) Harris, Gage 14	4) Jean, Tate 14	
4	CYSC-MW	A	2:05.31
	1) Kragness, Gavin 13	2) Recek, Wyatt 14	
	3) Camacho, Joaquin 11	4) Renteria, Corbin 13	
5	NHRN-MN	A	2:20.34
	1) Bissell, Noah 13	2) Asberry-Wallace, Miles 13	
	3) DeGroot, JJ 14	4) McInerny, William 12	

Event 65 Girls 15 & Over 200 Yard Medley Relay

Record: 1:48.92 3/16/2019 Greater Des Moines YMCA			
E Clark, M Martin, B Quass, J Rumley			
	Team	Relay	Seed Time
1	Bullsharks-IA	A	1:51.08
	1) Ritter, Olivia 16	2) Hinshaw, Rebecca 16	
	3) Hill, Kylee 15	4) Speers, Elizabeth 15	
2	Aqua Pack-MN	A	2:00.34
	1) Greenman, Gracie 15	2) Taylor, Eva 14	
	3) Flowers, Serenity 14	4) Boysen, Abbie 15	
3	Whalers-WI	A	2:03.32
	1) Warden, Violet 13	2) Lisi, Noranna 15	
	3) Peterson, Julia 17	4) Trettin, Lilianna 15	
4	MACR-IA	A	2:04.06
	1) Hall, Alaina 15	2) Bodecker, Mya 15	
	3) Slosiarek, Katie 17	4) Crist, Hadley 16	
5	Blue Wave-IA	A	2:05.88
	1) Meyer, Libby 17	2) Case, Rachel 16	
	3) Behounek, Avery 13	4) Gummert, Maisie 16	

6	Dubq Dolphins-IA	A	2:07.40
	1) Borgerding, Taylor 17	2) Blum, Mallory 15	
	3) Coyle, Grace 17	4) Pennekamp, Kirstyn 16	
7	McCook YMCA Swim	A	2:13.61
	1) Dunworth, Braelyn 15	2) Klug, Ella 14	
	3) Renner, Abby 16	4) Graff, Emma 18	
8	NWSH-MN	A	NT
	1) Hill, Gracie 13	2) Stromstad, Sophia 15	
	3) Doyle, Currine 15	4) Fay, Rhiannon 17	
9	SD-MN	A	NT
	1) Mogilevski, Lisa 13	2) Oman, Sofia 14	
	3) Mogilevski, Mary 15	4) Horton, Maddy 15	

Event 66 Boys 15 & Over 200 Yard Medley Relay

Record: 1:39.71 3/22/2014 MACR Sharks			
B.Urbi, J.Arebaugh, J.Thorson, J.Roggendorf			
	Team	Relay	Seed Time
1	Whalers-WI	A	1:43.97
	1) Pagnucci, Aiden 16	2) Pagnucci, Paolo 18	
	3) Fish, Ezekiel 20	4) Raisanen, Levi 14	
2	MACR-IA	A	1:48.71
	1) Knapp, Isaac 14	2) Brodeur, Bentley 13	
	3) Calonder, Braydon 16	4) West, Sheppard 18	
3	ERYR-MN	A	1:50.27
	1) Osowski, Soren 14	2) Overby, Henry 17	
	3) Fouquette, Matthew 16	4) Burns-Hawker, David 15	
4	Dubq Dolphins-IA	A	1:50.98
	1) Hoffman, Joey 15	2) Freund, Duncan 16	
	3) Freund, Walter 17	4) Noel, Finn 17	
5	McCook YMCA Swim	A	1:51.12
	1) Spencer, Derick 16	2) Spencer, Aaron 16	
	3) Rodewald, Blake 17	4) Bantam, Kevin 17	
6	BBST-IA	A	1:51.29
	1) Kaiser, Ray 17	2) Weston, Ethan 16	
	3) Miller, Oliver 16	4) Duhn, Caleb 18	

Event 67 Girls 11-12 200 Yard Backstroke

Record: 2:18.39 3/21/2021 Riley Gojkovich			
2:49.39 REG 2024 Regional Q Time			
Meet Qualifying: 2:49.39			
	Name	Age Team	Seed Time
1	Sledge, Emmersyn	11 DSMY-IA	2:16.42 REG
2	Wittrock, Emerson	11 BBST-IA	2:27.16 REG
3	Calonder, Hadley	11 MACR-IA	2:28.29 REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 67 ...(Girls 11-12 200 Yard Backstroke)

	Name	Age	Team	Seed Time	
4	Cygankova, Polina	11	DSMY-IA	2:30.51	REG
5	Kettles, Tenley	11	DSMY-IA	2:33.59	REG
6	Bryan, Margo	12	SD-MN	2:34.98	REG
7	Black, Makayla	12	SPNY-IA	2:35.20	REG
8	O'Brien, Justine	11	DSMY-IA	2:35.54	REG
9	Larsen, Allie	12	FAST-MW	2:45.46	REG

Event 68 Boys 11-12 200 Yard Backstroke

Record:	2:13.25	3/18/2018	Asher L Havenhill
	2:39.79	REG 2024 Regional Q Time	

Meet Qualifying: 2:39.79

	Name	Age	Team	Seed Time	
1	Rasmussen, Dean	12	FAST-MW	2:09.39	REG
2	Stanton, Oliver	12	DUBQ-IA	2:28.14	REG
3	Mueller, Graham	12	FAST-MW	2:34.90	REG
4	Hillebrand, Cooper	12	DUBQ-IA	2:35.29	REG
5	Erwin, Mav	12	MUS-IA	2:35.46	REG

Event 69 Girls 13-14 100 Yard Backstroke

Record:	58.85	3/23/2024	Halle Sears
	1:14.19	REG 2024 Regional Q Time	

Meet Qualifying: 1:14.19

	Name	Age	Team	Seed Time	
1	Anderson, Gabby	13	SUP-WI	1:05.83	REG
2	Hoffman, Ellie	14	DUBQ-IA	1:07.17	REG
3	Gentile, Brandlyn	14	CYSC-MW	1:07.56	REG
4	Elmore, Addison	14	BWST-IA	1:08.54	REG
5	Baker, Dani	14	WBAY-MN	1:08.80	REG
6	Rabasco, Corrina	14	BRD-MN	1:09.02	REG
7	Garske, Katherine	14	SD-MN	1:09.28	REG
8	Morrison, Penelope	13	OTT	1:09.65	REG
9	Case, Emma	14	BWST-IA	1:09.92	REG
10	Cygankova, Lidia	13	DSMY-IA	1:09.93	REG

11	Beatty, Sarah	13	MACR-IA	1:10.80	REG
12	Feldermann, Payton	14	MACR-IA	1:10.82	REG
13	Hill, Gracie	13	NWSH-MN	1:10.93	REG
14	Behounek, Avery	13	BWST-IA	1:11.11	REG
15	Villhauer, Holland	13	DSMY-IA	1:11.43	REG
16	Renner, Ashlynn	13	MCY	1:11.59	REG
17	Millsap, Morgan	14	MAQ-IA	1:12.16	REG
18	Oman, Sofia	14	SD-MN	1:12.23	REG
19	Vandersnick, Raya	14	LYD-MW	1:12.29	REG
20	Berry, Rachel	13	ERYR-MN	1:12.30	REG
21	Mogilevski, Lisa	13	SD-MN	1:12.79	REG
22	Duerr, Ellery	13	BRD-MN	1:12.89	REG
23	Wahpepah, Lanaeh	14	BBST-IA	1:12.90	REG
24	Vilar, Tessa	13	DUBQ-IA	1:13.12	REG
25	Frideres, Keira	13	ALG-IA	1:13.47	REG
26	Perez, Sarah	13	SD-MN	1:13.86	REG
27	Smith, Jalisa	13	SUP-WI	1:14.19	REG
28	Warden, Violet	13	SUP-WI	1:14.43	B
29	Gore, Char	13	NHRN-MN	1:14.47	B

Event 70 Boys 13-14 100 Yard Backstroke

Record:	55.00	3/23/2024	Charlie Bobick
	1:09.59	REG 2024 Regional Q Time	

Meet Qualifying: 1:09.59

	Name	Age	Team	Seed Time	
1	Profit, Carson	14	BBST-IA	59.97	REG
2	Diaz, Santi	14	MUS-IA	1:02.22	REG
3	Reed, Matt	13	MACR-IA	1:02.98	REG
4	DeGroot, JJ	14	NHRN-MN	1:03.78	REG
5	Schuett, Daniel	13	MACR-IA	1:03.80	REG
6	Leavens, Will	13	MUS-IA	1:04.76	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 70 ...**(Boys 13-14 100 Yard Backstroke)**

	Name	Age	Team	Seed	Time
7	Saputra, Nathan	13	MACR-IA	1:05.01	REG
8	Osowski, Soren	14	ERYR-MN	1:05.52	REG
9	Zimmer, Cameron	14	NS-IA	1:06.10	REG
10	Raisanen, Levi	14	SUP-WI	1:07.28	REG
11	Swinger, Hudson	13	DSMY-IA	1:07.99	REG
12	Nanaziasvili, David	13	DSMY-IA	1:08.91	REG
13	Recek, Wyatt	14	CYSC-MW	1:09.33	REG
14	Kragness, Gavin	13	CYSC-MW	1:09.57	REG
15	Rosvold, Ian	14	OSKY-IA	1:11.83	B

Event 71 **Girls 15 & Over 100 Yard Backstroke**

Record:	58.17	3/17/2018	Jasmine N Rumley
	1:11.69	REG 2024 Regional Q Time	

Meet Qualifying: 1:11.69

	Name	Age	Team	Seed	Time
1	Greenman, Gracie	15	APST-MN	59.16	REG
2	Hinshaw, Rebecca	16	BAB-IA	1:01.51	REG
3	Kettles, Tori	15	DSMY-IA	1:02.91	REG
4	Scheele, Izzy	15	BARR-MW	1:05.00	REG
5	Morrison, Daphanie	15	OTT	1:05.86	REG
6	Grittner, Riley	16	ERYR-MN	1:06.91	REG
7	Parker, Kenna	15	DSMY-IA	1:07.60	REG
8	Duerr, Avery	16	BRD-MN	1:07.76	REG
9	Slosiarek, Katie	17	MACR-IA	1:07.78	REG
10	Mogilevski, Mary	15	SD-MN	1:07.86	REG
11	Coyle, Grace	17	DUBQ-IA	1:08.08	REG
12	Crist, Hadley	16	MACR-IA	1:08.77	REG
13	Ritter, Olivia	16	BAB-IA	1:08.89	REG
14	Walter, Ella	15	OSKY-IA	1:09.04	REG
15	Hall, Alaina	15	MACR-IA	1:10.12	REG

16	Borgerding, Taylor	17	DUBQ-IA	1:10.29	REG
17	Iske, Kaia	16	BRD-MN	1:10.33	REG
18	Fay, Rhiannon	17	NWSH-MN	1:10.75	REG
19	Peterson, Julia	17	SUP-WI	1:11.68	REG
20	Meyer, Libby	17	BWST-IA	1:14.10	B

Event 72 **Boys 15 & Over 100 Yard Backstroke**

Record:	53.70	3/22/2014	Jared Thorson
	1:04.19	REG 2024 Regional Q Time	

Meet Qualifying: 1:04.19

	Name	Age	Team	Seed	Time
1	Kaiser, Ray	17	BBST-IA	56.76	REG
2	Brown, Hayden	15	MACR-IA	57.59	REG
3	Novotny, Reid	15	BARR-MW	59.40	REG
4	Zimmeht, Elliott	16	OTT	1:00.07	REG
5	Burns-Hawker, David	15	ERYR-MN	1:00.43	REG
6	Pagnucci, Aiden	16	SUP-WI	1:01.13	REG
7	Thorson, Tryggve	17	NHRN-MN	1:01.15	REG
8	Chapple, Trevor	15	NHRN-MN	1:02.10	REG
9	Hoffman, Joey	15	DUBQ-IA	1:02.23	REG
10	Carrera, Sean	17	BARR-MW	1:02.24	REG
11	Calhoun, Kyle	16	OTT	1:03.80	REG

Event 73 **Girls 13-14 200 Yard Breaststroke**

Record:	2:31.10	3/22/2014	Lexi Winnett
	3:00.69	REG 2024 Regional Q Time	

Meet Qualifying: 3:00.69

	Name	Age	Team	Seed	Time
1	Richins, Hazel	13	SD-MN	2:40.45	REG
2	McKee, Camryn	13	MUS-IA	2:40.53	REG
3	Stone, Ella	13	SUP-WI	2:42.19	REG
4	Cygankova, Lidia	13	DSMY-IA	2:43.13	REG
5	Dixon, Brynlee	14	BAB-IA	2:45.13	REG
6	Kedrowski, Marisa	14	ERYR-MN	2:48.98	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 73 ...(Girls 13-14 200 Yard Breaststroke)

	Name	Age	Team	Seed Time	
7	Powers, Chloe	14	DSMY-IA	2:51.27	REG
8	Villhauer, Charlie	14	DSMY-IA	2:51.82	REG
9	Mogilevski, Lisa	13	SD-MN	2:52.29	REG
10	Klug, Ella	14	MCY	2:52.64	REG
11	Nelson, Ava	13	NS-IA	2:55.23	REG
12	VanKimenkinda, Joeya	13	SD-MN	2:55.78	REG
13	Taylor, Eva	14	APST-MN	2:56.26	REG
14	Brokel, Michaela	13	MACR-IA	2:56.54	REG
15	Vilar, Tessa	13	DUBQ-IA	2:58.33	REG
16	Wahpepah, Lanaeh	14	BBST-IA	2:58.51	REG

Event 74 Boys 13-14 200 Yard Breaststroke

Record:	2:11.02	3/17/2018	Logan Kelly
	2:49.39	REG 2024 Regional Q Time	

Meet Qualifying: 2:49.39

	Name	Age	Team	Seed Time	
1	Knapp, Isaac	14	MACR-IA	2:13.22	REG
2	Willers, Wyatt	13	NHRN-MN	2:34.88	REG
3	Nizolek, Jacob	13	MACR-IA	2:41.11	REG
4	Reed, Matt	13	MACR-IA	2:41.95	REG
5	Kelly, Jude	14	OTT	2:42.94	REG
6	Koering, Kian	14	BAB-IA	2:43.90	REG
7	Lussman, Owen	13	MUS-IA	2:44.70	REG
8	Levisay, Ethan	14	MACR-IA	2:46.18	REG
9	Recek, Wyatt	14	CYSC-MW	2:46.56	REG
10	Ferro, Gavin	14	NHRN-MN	2:47.68	REG

Event 75 Girls 15 & Over 200 Yard Breaststroke

Record:	2:27.67	3/19/2022	Holly Lenarz
	2:55.79	REG 2024 Regional Q Time	

Meet Qualifying: 2:55.79

	Name	Age	Team	Seed Time	
1	Morrison, Lilly	17	OTT	2:47.89	REG

2	Bodecker, Mya	15	MACR-IA	2:48.40	REG
3	Guyton, Alisan	16	BAB-IA	2:52.82	REG
4	Trettin, Lilianna	15	SUP-WI	2:53.83	REG
5	Blum, Mallory	15	DUBQ-IA	2:55.68	REG

Event 76 Boys 15 & Over 200 Yard Breaststroke

Record:	2:09.15	3/16/2019	Logan Kelly
	2:39.29	REG 2024 Regional Q Time	

Meet Qualifying: 2:39.29

	Name	Age	Team	Seed Time	
1	Freund, Duncan	16	DUBQ-IA	2:15.70	REG
2	Bantam, Kevin	17	MCY	2:26.41	REG
3	Pagnucci, Paolo	18	SUP-WI	2:28.67	REG
4	Spencer, Aaron	16	MCY	2:34.94	REG
5	Chapple, Trevor	15	NHRN-MN	2:35.10	REG
6	Weston, Ethan	16	BBST-IA	2:37.55	REG
7	Sjoberg, Odin	16	BRD-MN	2:39.16	REG

Event 78 Mixed 13-14 400 Yard Freestyle Relay

13-14W Recor:	3:41.02	3/16/2019	Greater Des Moines YMCA
M Kell, K He, M Hunt, R Rolow			
13-14M Recor:	3:24.21	3/16/2019	Greater Des Moines YMCA
B Hancock, G Phillips, K Gjoraas, L Swanepoel			

	Team	Relay	Seed Time
1	MACR-IA	M0 A	3:42.09
	1) Nizolek, Jacob M13	2) Meierbachtol, Jack M14	
	3) Saputra, Nathan M13	4) Reed, Matt M13	
2	Mus-Ia-IA	M0 A	3:52.14
	1) Lussman, Owen M13	2) Erwin, Mav M12	
	3) Leavens, Will M13	4) Diaz, Santi M14	
3	Whalers-WI	W0 A	4:00.65
	1) Anderson, Gabby W13	2) Stone, Ella W13	
	3) Smith, Jalisa W13	4) Enslin, Eleanor W14	
4	MACR-IA	W0 A	4:00.72
	1) Feldermann, Payton W14	2) Beatty, Sarah W13	
	3) Brokel, Michaela W13	4) Carter, Ramsey W14	
5	BBST-IA	W0 A	4:04.15
	1) Weston, Kaela W14	2) Mensing, Abi W13	
	3) Wittrock, Emerson W11	4) Paterson, Aubrey W11	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 78 ...**(Mixed 13-14 400 Yard Freestyle Relay)**

	Team	Relay	Seed Time
6	SD-MN	W0 A	4:08.90
	1) Oman, Sofia W14	2) Garske, Katherine W14	
	3) Richins, Hazel W13	4) VanKimenkinda, Joeya W13	
7	Dubq Dolphins-IA	W0 A	4:25.89
	1) Hoffman, Ellie W14	2) Vilar, Tessa W13	
	3) Coyle, Evelyn W14	4) Brownell, Tenley W14	

Event 79 **Girls 15 & Over 400 Yard Freestyle Relay**

Record:	3:39.66	3/17/2018	Ankeny Aquahawks
S Bergwall, R Bishop, A Bell, J Rumley			

	Team	Relay	Seed Time
1	Blue Wave-IA	A	3:54.35
	1) Case, Rachel 16	2) Elmore, Addison 14	
	3) Case, Emma 14	4) Hernandez, Leia 15	
2	DSMY-IA	A	3:57.51
	1) Villhauer, Charlie 14	2) Parker, Kenna 15	
	3) Powers, Chloe 14	4) Kettles, Tori 15	
3	ERYR-MN	A	3:58.67
	1) Grittner, Riley 16	2) St Martin, Ellie 14	
	3) Berry, Rachel 13	4) Durham, Jamie 17	
4	Dubq Dolphins-IA	A	4:08.62
	1) Blum, Mallory 15	2) Coyle, Grace 17	
	3) Pennekamp, Kirstyn 16	4) Borgerding, Taylor 17	
5	MACR-IA	A	4:09.81
	1) Crist, Hadley 16	2) Bodecker, Mya 15	
	3) Hall, Alaina 15	4) Slosiarek, Katie 17	
6	SD-MN	A	4:17.35
	1) Horton, Maddy 15	2) Mogilevski, Lisa 13	
	3) Perez, Sarah 13	4) Mogilevski, Mary 15	
7	BRD-MN	A	4:19.86
	1) Rabasco, Corrina 14	2) Iske, Maelle 13	
	3) Wenz, Kailey 13	4) Iske, Kaia 16	
8	McCook YMCA Swim	A	4:20.86
	1) Renner, Ashlynn 13	2) Klug, Ella 14	
	3) Dunworth, Braelyn 15	4) Renner, Abby 16	
9	Whalers-WI	A	4:22.19
	1) Lisi, Noranna 15	2) Trettin, Lilianna 15	
	3) Warden, Violet 13	4) Peterson, Julia 17	
10	NHRN-MN	A	4:31.73
	1) Maass, Gen 16	2) Gore, Char 13	
	3) Meyer, Isabel 12	4) Spence, Emily 13	

11	NWSH-MN	A	NT
	1) Stromstad, Sophia 15	2) Hill, Gracie 13	
	3) Doyle, Currine 15	4) Fay, Rhiannon 17	

Event 80 **Boys 15 & Over 400 Yard Freestyle Relay**

Record:	3:14.37	3/22/2014	MACR Sharks
B.Urbi, T.Wilson, J.Arebaugh, J.Thorson			

	Team	Relay	Seed Time
1	MACR-IA	A	3:19.97
	1) West, Sheppard 18	2) Knapp, Isaac 14	
	3) Calonder, Braydon 16	4) Brodeur, Bentley 13	
2	McCook YMCA Swim	A	3:33.68
	1) Rodewald, Blake 17	2) Spencer, Derick 16	
	3) Spencer, Aaron 16	4) Bantam, Kevin 17	
3	BBST-IA	A	3:38.13
	1) Weston, Ethan 16	2) Duhn, Caleb 18	
	3) Miller, Oliver 16	4) Kaiser, Ray 17	
4	Whalers-WI	A	3:38.73
	1) Pagnucci, Paolo 18	2) Raisanen, Levi 14	
	3) Fish, Ezekiel 20	4) Pagnucci, Aiden 16	
5	Dubq Dolphins-IA	A	3:39.34
	1) Hoffman, Joey 15	2) Noel, Finn 17	
	3) Freund, Duncan 16	4) Freund, Walter 17	
6	ERYR-MN	A	3:43.25
	1) Overby, Henry 17	2) Burns-Hawker, David 15	
	3) Fouquette, Matthew 16	4) Lee, Emrick 14	
7	NHRN-MN	A	3:55.81
	1) Asberry-Wallace, Miles 13	2) Bissell, Noah 13	
	3) Ferro, Gavin 14	4) Thorson, Tryggve 17	
8	Whalers-WI	B	4:05.30
	1) Tenerelli, Tommy 13	2) Sasser, William 14	
	3) Bertagnoli, Reid 15	4) Fish, Oso 16	

Event 82 **Mixed 11-12 400 Yard IM**

11-12M Recor:	4:49.72	3/23/2024	Ivan Hammond
	5:25.49	11-12M REG 2024 Regional Q Time	
	5:44.29	11-12W REG 2024 Regional Q Time	

Meet Qualifying 11-12: 5:44.29

Meet Qualifying 11-12: 5:25.49

	Name	Age	Team	Seed Time
1	Saputra, Joseph	M12	MACR-IA	4:58.67 REG
2	Calonder, Hadley	W11	MACR-IA	5:19.76 REG
3	Krieger, Kinsley	W11	MUS-IA	5:32.15 REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 83 Girls 13-14 50 Yard Freestyle

Record: 24.15 3/19/2016 Jasmine Rumley				
29.46 REG 2024 Regional Q Time				
Meet Qualifying: 29.46				
Name		Age	Team	Seed Time
1	Morrison, Penelope	13	OTT	25.70 REG
2	Enslin, Eleanor	14	SUP-WI	26.03 REG
3	Anderson, Gabby	13	SUP-WI	26.04 REG
4	Villhauer, Charlie	14	DSMY-IA	26.20 REG
5	Behounek, Avery	13	BWST-IA	26.41 REG
6	VanKimenkinda, Joeya	13	SD-MN	26.55 REG
7	St Martin, Ellie	14	ERYR-MN	26.71 REG
8	Baker, Dani	14	WBAY-MN	26.79 REG
9	Elmore, Addison	14	BWST-IA	26.89 REG
10	Mensing, Abi	13	BBST-IA	26.93 REG
11	Gentile, Brandlyn	14	CYSC-MW	26.99 REG
12	Beatty, Sarah	13	MACR-IA	27.59 REG
13	Millsap, Morgan	14	MAQ-IA	27.80 REG
14	Flowers, Serenity	14	APST-MN	27.95 REG
15	Feldermann, Payton	14	MACR-IA	28.07 REG
16	Vilar, Tessa	13	DUBQ-IA	28.07 REG
17	Tutton, Bella	13	IMVY-IA	28.07 REG
18	Brokel, Michaela	13	MACR-IA	28.27 REG
19	Hoffman, Ellie	14	DUBQ-IA	28.28 REG
20	Cygankova, Lidia	13	DSMY-IA	28.29 REG
21	Iske, Maelle	13	BRD-MN	28.33 REG
22	Crist, Josie	14	MACR-IA	28.42 REG
23	Larson, Claire	13	NHRN-MN	28.42 REG
24	Johannes, Kerrigan	13	FAST-MW	28.57 REG
25	Vandersnick, Raya	14	LYD-MW	28.82 REG

26	Smith, Jalisa	13	SUP-WI	28.92 REG
27	Mogilevski, Lisa	13	SD-MN	28.95 REG
28	Berry, Rachel	13	ERYR-MN	28.99 REG
29	McKee, Camryn	13	MUS-IA	29.01 REG
30	Coyle, Evelyn	14	DUBQ-IA	29.05 REG
31	Robinson, Josie	13	MACR-IA	29.06 REG
32	Hill, Gracie	13	NWSH-MN	29.09 REG
33	Wiechert, Milla	14	MACR-IA	29.14 REG
34	Perez, Sarah	13	SD-MN	29.18 REG
35	Wenz, Kailey	13	BRD-MN	29.20 REG
36	Jones, Lucy	13	NHRN-MN	29.32 REG
37	Klug, Ella	14	MCY	29.38 REG
38	Warden, Violet	13	SUP-WI	29.41 REG
39	Spence, Emily	13	NHRN-MN	29.45 REG
40	Stone, Ella	13	SUP-WI	29.45 REG
41	Villhauer, Holland	13	DSMY-IA	29.46 REG
42	Nelson, Ava	13	NS-IA	29.50 B
43	Lenz, Ellis	13	MACR-IA	29.75 B
44	Overby, Charlotte	14	ERYR-MN	29.76 B
45	Larsen, Amiah	13	ALTS-MN	29.97 B
46	Taylor, Eva	14	APST-MN	30.07 B
47	Frideres, Keira	13	ALG-IA	30.20 B
48	Canfield, Claire	13	NHRN-MN	30.89 B

Event 84 Boys 13-14 50 Yard Freestyle

Record: 22.46 3/16/2019 Max Dow				
28.05 REG 2024 Regional Q Time				
Meet Qualifying: 28.05				
Name		Age	Team	Seed Time
1	Brodeur, Bentley	13	MACR-IA	23.35 REG
2	Diaz, Santi	14	MUS-IA	23.50 REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 84 ... (Boys 13-14 50 Yard Freestyle)

	Name	Age	Team	Seed Time	
3	Profit, Carson	14	BBST-IA	23.53	REG
4	Harris, Gage	14	DSMY-IA	24.07	REG
5	Reed, Matt	13	MACR-IA	24.19	REG
6	Zimmer, Cameron	14	NS-IA	24.43	REG
7	DeGroot, JJ	14	NHRN-MN	25.08	REG
8	Huber, Ty	14	WASH-IA	25.12	REG
9	Long, Landen	13	SPNY-IA	25.25	REG
10	Ferro, Gavin	14	NHRN-MN	25.29	REG
11	Meierbachtol, Jack	14	MACR-IA	25.34	REG
12	Leavens, Will	13	MUS-IA	25.38	REG
13	Randall, Eli	14	BWST-IA	25.45	REG
14	Thiam, Kaiba	14	WBAY-MN	25.68	REG
15	Saputra, Nathan	13	MACR-IA	25.69	REG
16	Levisay, Ethan	14	MACR-IA	25.76	REG
17	Recek, Wyatt	14	CYSC-MW	25.84	REG
18	Wiebenga, Thomas	14	MAQ-IA	25.88	REG
19	Raisanen, Levi	14	SUP-WI	25.90	REG
20	Osowski, Soren	14	ERYR-MN	26.02	REG
21	Schuett, Daniel	13	MACR-IA	26.05	REG
22	Kelly, Jude	14	OTT	26.18	REG
23	Renteria, Corbin	13	CYSC-MW	26.33	REG
24	Nitti, Cadyn	14	WBAY-MN	26.63	REG
25	Sasser, William	14	SUP-WI	26.68	REG
26	Asberry-Wallace, Miles	13	NHRN-MN	26.76	REG
27	Bissell, Noah	13	NHRN-MN	26.87	REG
28	Lawrence, Calvin	13	DYN-MN	27.01	REG
29	Steele, Caleb	14	DYN-MN	27.22	REG

30	Tenerelli, Tommy	13	SUP-WI	27.26	REG
31	Leveille, Brennan	14	SD-MN	27.31	REG
32	Knutson, Jacob	13	WBAY-MN	27.43	REG
33	Jean, Tate	14	DSMY-IA	27.56	REG
34	Kragness, Gavin	13	CYSC-MW	27.88	REG
35	Lee, Emrick	14	ERYR-MN	27.89	REG
36	Nanaziashvili, David	13	DSMY-IA	27.89	REG
37	Koering, Kian	14	BAB-IA	28.77	B
38	Weisinger, Akron	13	BAB-IA	29.08	B
39	Rosvold, Ian	14	OSKY-IA	29.57	B

Event 85 Girls 15 & Over 50 Yard Freestyle

Record: 23.48 3/17/2018 Jasmine N Rumley

28.25 REG 2024 Regional Q Time

Meet Qualifying: 28.25

	Name	Age	Team	Seed Time	
1	Hinshaw, Rebecca	16	BAB-IA	24.28	REG
2	Kettles, Tori	15	DSMY-IA	24.72	REG
3	Speers, Elizabeth	15	BAB-IA	25.09	REG
4	Mogilevski, Mary	15	SD-MN	25.55	REG
5	Fay, Rhiannon	17	NWSH-MN	25.60	REG
6	Grittner, Riley	16	ERYR-MN	25.88	REG
7	Hernandez, Leia	15	BWST-IA	25.91	REG
8	Renner, Abby	16	MCY	26.03	REG
9	Borgerding, Taylor	17	DUBQ-IA	26.27	REG
10	Ritter, Olivia	16	BAB-IA	26.45	REG
11	Case, Rachel	16	BWST-IA	26.59	REG
12	Iske, Kaia	16	BRD-MN	26.80	REG
13	Greenman, Gracie	15	APST-MN	26.88	REG
14	Slosiarek, Katie	17	MACR-IA	27.00	REG
15	Durheim, Jamie	17	ERYR-MN	27.26	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 85 ...**(Girls 15 & Over 50 Yard Freestyle)**

	Name	Age	Team	Seed Time	
16	Stromstad, Sophia	15	NWSH-MN	27.36	REG
17	Meyer, Libby	17	BWST-IA	27.38	REG
18	Pennekamp, Kirstyn	16	DUBQ-IA	27.63	REG
19	Walter, Ella	15	OSKY-IA	27.65	REG
20	Graff, Emma	18	MCY	27.70	REG
21	Gummert, Maisie	16	BWST-IA	27.80	REG
22	Crist, Hadley	16	MACR-IA	27.97	REG
23	Klyn, Rylee	15	OSKY-IA	28.06	REG
24	Miller, Kimberlee	15	NEWT-IA	28.18	REG
25	Blum, Mallory	15	DUBQ-IA	28.20	REG
26	Morrison, Daphanie	15	OTT	28.21	REG
27	Guyton, Alisan	16	BAB-IA	28.22	REG
28	Parker, Kenna	15	DSMY-IA	28.22	REG
29	Dunworth, Braelyn	15	MCY	29.27	B

Event 86 **Boys 15 & Over 50 Yard Freestyle**

Record:	21.40	3/22/2014	Justin Winnett
	26.25	REG 2024 Regional Q Time	

Meet Qualifying: 26.25

	Name	Age	Team	Seed Time	
1	West, Sheppard	18	MACR-IA	22.23	REG
2	Calonder, Braydon	16	MACR-IA	22.58	REG
3	Novotny, Reid	15	BARR-MW	22.67	REG
4	Freund, Walter	17	DUBQ-IA	23.12	REG
5	Fish, Ezekiel	20	SUP-WI	23.32	REG
6	Pagnucci, Paolo	18	SUP-WI	23.34	REG
7	Burns-Hawker, David	15	ERYR-MN	23.45	REG
8	Kaiser, Ray	17	BBST-IA	23.47	REG
9	Freund, Duncan	16	DUBQ-IA	23.61	REG
10	Carrera, Sean	17	BARR-MW	23.85	REG

11	Rodewald, Blake	17	MCY	23.86	REG
12	Mogilevski, Pete	17	SD-MN	23.91	REG
13	Weston, Ethan	16	BBST-IA	24.39	REG
14	Pagnucci, Aiden	16	SUP-WI	24.57	REG
15	Brown, Hayden	15	MACR-IA	24.61	REG
16	Thorson, Tryggve	17	NHRN-MN	24.78	REG
17	Calhoun, Kyle	16	OTT	24.81	REG
18	Spencer, Derick	16	MCY	24.88	REG
19	Overby, Henry	17	ERYR-MN	25.27	REG
20	Westphal, Logan	15	WASH-IA	25.31	REG
21	Sanchez, Remy	15	NWSH-MN	25.71	REG
22	Bertagnoli, Reid	15	SUP-WI	25.75	REG
23	Zimmeht, Elliott	16	OTT	25.85	REG
24	Miller, Oliver	16	BBST-IA	25.88	REG
25	Burken, Sawyer	17	MAQ-IA	25.90	REG
26	Sjoberg, Odin	16	BRD-MN	25.93	REG
27	Noel, Finn	17	DUBQ-IA	26.03	REG
28	Spencer, Aaron	16	MCY	26.13	REG
29	Fish, Oso	16	SUP-WI	26.15	REG
30	Duhn, Caleb	18	BBST-IA	26.23	REG
31	Fouquette, Matthew	16	ERYR-MN	26.95	B

Event 87 **Girls 13-14 200 Yard IM**

Record:	2:12.61	3/23/2024	Halle Sears
	2:42.99	REG 2024 Regional Q Time	

Meet Qualifying: 2:42.99

	Name	Age	Team	Seed Time	
1	Enslin, Eleanor	14	SUP-WI	2:19.70	REG
2	Anderson, Gabby	13	SUP-WI	2:22.22	REG
3	Case, Emma	14	BWST-IA	2:25.65	REG
4	Oman, Sofia	14	SD-MN	2:27.97	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 87 ...(Girls 13-14 200 Yard IM)

	Name	Age	Team	Seed Time	
5	Cygankova, Lidia	13	DSMY-IA	2:28.17	REG
6	Behounek, Avery	13	BWST-IA	2:29.65	REG
7	Richins, Hazel	13	SD-MN	2:30.49	REG
8	Mogilevski, Lisa	13	SD-MN	2:32.29	REG
9	Duerr, Ellery	13	BRD-MN	2:33.17	REG
10	Stone, Ella	13	SUP-WI	2:34.52	REG
11	Beatty, Sarah	13	MACR-IA	2:34.91	REG
12	Crist, Josie	14	MACR-IA	2:35.47	REG
13	Gentile, Brandlyn	14	CYSC-MW	2:35.58	REG
14	Garske, Katherine	14	SD-MN	2:35.89	REG
15	Powers, Chloe	14	DSMY-IA	2:36.25	REG
16	Rabasco, Corrina	14	BRD-MN	2:36.94	REG
17	Morrison, Penelope	13	OTT	2:37.50	REG
18	Elmore, Addison	14	BWST-IA	2:39.00	REG
19	VanKimenkinda, Joeya	13	SD-MN	2:39.20	REG
20	Feldermann, Payton	14	MACR-IA	2:39.58	REG
21	Hill, Gracie	13	NWSH-MN	2:40.12	REG
22	Berry, Rachel	13	ERYR-MN	2:40.27	REG
23	Renner, Ashlynn	13	MCY	2:40.57	REG
24	Kedrowski, Marisa	14	ERYR-MN	2:40.76	REG
25	MarquetBlagoev, Lila	14	SD-MN	2:40.79	REG
26	Dixon, Brynlee	14	BAB-IA	2:41.10	REG
27	Baker, Dani	14	WBAY-MN	2:41.41	REG

Event 88 Boys 13-14 200 Yard IM

Record: 1:58.43 3/23/2024 Charlie Bobick					
2:31.99 REG 2024 Regional Q Time					
Meet Qualifying: 2:31.99					
	Name	Age	Team	Seed Time	
1	Willers, Wyatt	13	NHRN-MN	2:13.42	REG

2	Brodeur, Bentley	13	MACR-IA	2:13.62	REG
3	Saputra, Nathan	13	MACR-IA	2:15.13	REG
4	Harris, Gage	14	DSMY-IA	2:15.52	REG
5	Profit, Carson	14	BBST-IA	2:15.59	REG
6	Reed, Matt	13	MACR-IA	2:18.45	REG
7	Diaz, Santi	14	MUS-IA	2:20.53	REG
8	Recek, Wyatt	14	CYSC-MW	2:23.74	REG
9	Levisay, Ethan	14	MACR-IA	2:24.88	REG
10	Raisanen, Levi	14	SUP-WI	2:26.52	REG
11	Schuett, Daniel	13	MACR-IA	2:26.60	REG
12	Leavens, Will	13	MUS-IA	2:27.71	REG
13	Kelly, Jude	14	OTT	2:28.51	REG
14	Huber, Ty	14	WASH-IA	2:29.57	REG
15	Lussman, Owen	13	MUS-IA	2:29.59	REG
16	Randall, Eli	14	BWST-IA	2:30.40	REG

Event 89 Girls 15 & Over 200 Yard IM

Record: 2:10.81 3/23/2024 Izzy Westling					
2:36.00 REG 2024 Regional Q Time					
Meet Qualifying: 2:36.00					
	Name	Age	Team	Seed Time	
1	Greenman, Gracie	15	APST-MN	2:21.39	REG
2	Fay, Rhiannon	17	NWSH-MN	2:23.56	REG
3	Boysen, Abbie	15	APST-MN	2:29.51	REG
4	Mogilevski, Mary	15	SD-MN	2:29.75	REG
5	Slosiarek, Katie	17	MACR-IA	2:32.74	REG
6	Gummert, Maisie	16	BWST-IA	2:32.93	REG
7	Hernandez, Leia	15	BWST-IA	2:34.07	REG
8	Hall, Alaina	15	MACR-IA	2:34.17	REG
9	Bodecker, Mya	15	MACR-IA	2:35.45	REG
10	Peterson, Julia	17	SUP-WI	2:35.52	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 89 ... (Girls 15 & Over 200 Yard IM)

Name		Age	Team	Seed Time	
11	Crist, Hadley	16	MACR-IA	2:35.69	REG

Event 90 Boys 15 & Over 200 Yard IM

Record:		1:56.23	3/22/2014	Justin Winnett	
		2:22.59	REG 2024 Regional Q Time		

Meet Qualifying: 2:22.59

	Name	Age	Team	Seed Time	
1	Chapple, Trevor	15	NHRN-MN	2:07.85	REG
2	Rodewald, Blake	17	MCY	2:08.81	REG
3	Calonder, Braydon	16	MACR-IA	2:10.32	REG
4	Thorson, Tryggve	17	NHRN-MN	2:11.15	REG
5	Bantam, Kevin	17	MCY	2:13.71	REG
6	Zimmeht, Elliott	16	OTT	2:14.92	REG
7	Freund, Duncan	16	DUBQ-IA	2:15.36	REG
8	Pagnucci, Paolo	18	SUP-WI	2:15.69	REG
9	Hoffman, Joey	15	DUBQ-IA	2:17.66	REG
10	Pagnucci, Aiden	16	SUP-WI	2:20.90	REG
11	Noel, Finn	17	DUBQ-IA	2:21.05	REG
12	Fouquette, Matthew	16	ERYR-MN	2:21.60	REG

Event 91 Girls 11-12 500 Yard Freestyle

Record:		5:31.15	3/23/2024	Claire Kilgard	
		6:40.09	REG 2024 Regional Q Time		

Meet Qualifying: 6:40.09

	Name	Age	Team	Seed Time	
1	Kettles, Tenley	11	DSMY-IA	5:37.11	REG
2	Lee, Audrey	12	MUS-IA	5:51.55	REG
3	Bryan, Margo	12	SD-MN	6:02.20	REG
4	Schnee, Eva	12	LYD-MW	6:08.43	REG
5	Zimmer, Mia	12	NS-IA	6:10.44	REG
6	Wolfe, Quinn	11	NWSH-MN	6:16.42	REG
7	Rohm, Gabriella	12	NS-IA	6:21.74	REG
8	Larson, Rachel	11	DSMY-IA	6:29.67	REG

9	Meyer, Isabel	12	NHRN-MN	6:30.10	REG
10	Tacke, Joey	12	OSKY-IA	6:33.27	REG
11	Stoeckel, Madi	11	DSMY-IA	6:36.25	REG

Event 92 Boys 11-12 500 Yard Freestyle

Record:		5:16.96	3/25/2017	Jeremiah Totall	
		6:35.09	REG 2024 Regional Q Time		

Meet Qualifying: 6:35.09

	Name	Age	Team	Seed Time	
1	Saputra, Joseph	12	MACR-IA	5:23.78	REG
2	Arrigoni, Ethan	12	NWSH-MN	5:53.63	REG
3	Mueller, Graham	12	FAST-MW	6:07.40	REG
4	Lerma, Carlos	12	MACR-IA	6:22.68	REG
5	Vandersnick, Fletcher	12	LYD-MW	6:26.97	REG
6	Tinkham, Sawyer	11	MACR-IA	6:31.36	REG
7	Camacho, Joaquin	11	CYSC-MW	6:31.89	REG
8	Whipple, Henry	11	BAB-IA	6:32.58	REG

Event 93 Girls 13-14 500 Yard Freestyle

Record:		5:11.13	3/16/2019	Brooklynn Kaster	
		6:22.39	REG 2024 Regional Q Time		

Meet Qualifying: 6:22.39

	Name	Age	Team	Seed Time	
1	Carter, Ramsey	14	MACR-IA	5:22.07	REG
2	Enslin, Eleanor	14	SUP-WI	5:35.34	REG
3	Villhauer, Charlie	14	DSMY-IA	5:40.89	REG
4	Hoffman, Ellie	14	DUBQ-IA	5:43.82	REG
5	Elmore, Addison	14	BWST-IA	5:55.64	REG
6	MarquetBlagoev, Lila	14	SD-MN	5:57.34	REG
7	Case, Emma	14	BWST-IA	5:57.63	REG
8	Larson, Claire	13	NHRN-MN	6:05.13	REG
9	Crist, Josie	14	MACR-IA	6:06.46	REG
10	Weston, Kaela	14	BBST-IA	6:07.04	REG
11	Yenter, Keziah	14	BRD-MN	6:07.96	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 93 ...**(Girls 13-14 500 Yard Freestyle)**

	Name	Age	Team	Seed Time	
12	Stone, Ella	13	SUP-WI	6:09.23	REG
13	Canfield, Claire	13	NHRN-MN	6:18.04	REG
14	Garske, Katherine	14	SD-MN	6:20.12	REG

Event 94 **Boys 13-14 500 Yard Freestyle**

Record:	4:50.58	3/16/2019	Joe Hancock
	6:03.19	REG 2024 Regional Q Time	

Meet Qualifying: 6:03.19

	Name	Age	Team	Seed Time	
1	Knapp, Isaac	14	MACR-IA	4:54.79	REG
2	Nizolek, Jacob	13	MACR-IA	5:08.10	REG
3	Lee, Emrick	14	ERYR-MN	5:14.23	REG
4	Willers, Wyatt	13	NHRN-MN	5:22.03	REG
5	DeGroot, JJ	14	NHRN-MN	5:31.06	REG
6	Brodeur, Bentley	13	MACR-IA	5:32.13	REG
7	Diaz, Santi	14	MUS-IA	5:35.54	REG
8	Kelly, Jude	14	OTT	5:48.25	REG
9	Swinger, Hudson	13	DSMY-IA	5:49.60	REG
10	Lussman, Owen	13	MUS-IA	5:52.93	REG
11	Weisinger, Akron	13	BAB-IA	5:59.28	REG
12	Raisanen, Levi	14	SUP-WI	6:02.30	REG
13	Jean, Tate	14	DSMY-IA	6:02.35	REG
14	Ferro, Gavin	14	NHRN-MN	6:02.58	REG

Event 95 **Girls 15 & Over 500 Yard Freestyle**

Record:	5:09.19	3/16/2013	Brittany Moffatt
	6:13.69	REG 2024 Regional Q Time	

Meet Qualifying: 6:13.69

	Name	Age	Team	Seed Time	
1	Duerr, Avery	16	BRD-MN	5:32.82	REG
2	Hinshaw, Rebecca	16	BAB-IA	5:35.61	REG
3	Greenman, Gracie	15	APST-MN	5:38.83	REG
4	Gummert, Maisie	16	BWST-IA	5:46.02	REG

5	Horton, Maddy	15	SD-MN	5:47.43	REG
6	Maass, Gen	16	NHRN-MN	5:56.83	REG
7	Blum, Mallory	15	DUBQ-IA	6:05.30	REG
8	Estabrook, Whitney	16	MUS-IA	6:05.40	REG
9	Hall, Alaina	15	MACR-IA	6:10.47	REG
10	Durheim, Jamie	17	ERYR-MN	6:10.95	REG
11	Doyle, Currine	15	NWSH-MN	6:11.16	REG
12	Peterson, Julia	17	SUP-WI	6:12.84	REG

Event 96 **Boys 15 & Over 500 Yard Freestyle**

Record:	4:48.13	3/19/2022	Owen Schwebach
	5:44.19	REG 2024 Regional Q Time	

Meet Qualifying: 5:44.19

	Name	Age	Team	Seed Time	
1	West, Sheppard	18	MACR-IA	4:49.62	REG
2	Zimmeht, Elliott	16	OTT	4:56.00	REG
3	Miller, Oliver	16	BBST-IA	4:58.05	REG
4	Novotny, Reid	15	BARR-MW	5:11.05	REG
5	Noel, Finn	17	DUBQ-IA	5:23.40	REG
6	Calonder, Braydon	16	MACR-IA	5:28.33	REG
7	Bantam, Kevin	17	MCY	5:29.76	REG
8	Mogilevski, Pete	17	SD-MN	5:36.06	REG
9	Chapple, Trevor	15	NHRN-MN	5:36.91	REG
10	Brown, Hayden	15	MACR-IA	5:38.82	REG
11	Freund, Duncan	16	DUBQ-IA	5:42.66	REG
12	Bertagnoli, Reid	15	SUP-WI	5:43.30	REG

Event 97 **Girls 11-12 100 Yard IM**

Record:	1:03.17	3/19/2023	Halle Sears
	1:15.99	REG 2024 Regional Q Time	

Meet Qualifying: 1:15.99

	Name	Age	Team	Seed Time	
1	Sledge, Emmersyn	11	DSMY-IA	1:05.76	REG
2	Crowley, Quinn	11	DSMY-IA	1:06.44	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 97 ...**(Girls 11-12 100 Yard IM)**

	Name	Age	Team	Seed Time	
3	Lee, Audrey	12	MUS-IA	1:07.48	REG
4	Paterson, Aubrey	11	BBST-IA	1:07.97	REG
5	Calonder, Hadley	11	MACR-IA	1:10.60	REG
6	Pearson, Eva	12	NWSH-MN	1:10.61	REG
7	Schnee, Eva	12	LYD-MW	1:10.83	REG
8	Rezac, Charlotte	12	SD-MN	1:12.00	REG
9	Cygankova, Polina	11	DSMY-IA	1:12.01	REG
10	Schnee, Elise	11	LYD-MW	1:13.26	REG
11	Krieger, Kinsley	11	MUS-IA	1:14.15	REG
12	Khounpanya, Evalyn	11	WBAY-MN	1:14.22	REG
13	Wolfe, Quinn	11	NWSH-MN	1:14.28	REG
14	Peters, Sarah	12	NS-IA	1:14.48	REG
15	Cordova, Lucy	12	SUP-WI	1:15.12	REG
16	Hunter, Eden	12	MUS-IA	1:15.26	REG
17	Raisanen, Hailey	12	SUP-WI	1:15.40	REG
18	Stack, Ella	12	SUP-WI	1:15.64	REG

Event 98 **Boys 11-12 100 Yard IM**

Record: 59.79 3/24/2024 Sheldon Lamb					
1:17.99 REG 2024 Regional Q Time					
Meet Qualifying: 1:17.99					
	Name	Age	Team	Seed Time	
1	Rasmussen, Dean	12	FAST-MW	1:00.93	REG
2	Knapp, Gabriel	12	MACR-IA	1:09.32	REG
3	Stanton, Oliver	12	DUBQ-IA	1:10.99	REG
4	Huber, Kaden	12	WASH-IA	1:12.24	REG
5	Ryan, Conor	12	NWSH-MN	1:12.40	REG
6	Camacho, Joaquin	11	CYSC-MW	1:14.47	REG
7	Lerma, Carlos	12	MACR-IA	1:14.77	REG
8	Martin, Ben	11	DSMY-IA	1:14.82	REG

9	McInerny, William	12	NHRN-MN	1:15.36	REG
10	Nguyen, Kylan	12	LYD-MW	1:16.17	REG
11	Dingus, Blain	11	BAB-IA	1:16.83	REG
12	Booker, Hayden	12	SUP-WI	1:17.01	REG
13	Shuster, Luke	11	SUP-WI	1:17.40	REG
14	Erwin, Mav	12	MUS-IA	1:17.48	REG

Event 99 **Girls 8 & Under 25 Yard Freestyle**

Record: 14.19 3/17/2019 Halle Sears					
18.00 REG 2024 Regional Q Time					
Meet Qualifying: 18.00					
	Name	Age	Team	Seed Time	
1	Radle, Clara	8	MUS-IA	14.59	REG
2	Deppe, Estelle	8	DUBQ-IA	15.44	REG
3	Brokel, Meredith	8	MACR-IA	15.74	REG
4	Thoma, Emery	8	DUBQ-IA	16.35	REG
5	Karl, Cleo	8	SUP-WI	16.64	REG
6	Witt, Sarah	8	NS-IA	16.73	REG
7	Jiang, Joyce	8	NS-IA	17.00	REG
8	Eick, Brielle	8	BBST-IA	17.18	REG
9	Garbisch, Emerson	8	APST-MN	17.33	REG
10	Hagemann, Brynn	8	FAST-MW	17.40	REG
11	Rohling, Nori	8	BBST-IA	17.45	REG
12	Owen, Rory	8	WBAY-MN	17.54	REG
13	Karl, June	8	SUP-WI	17.60	REG
14	Knowling, Rowan	8	MACR-IA	17.62	REG
15	Campbell, Evelyn	8	MACR-IA	17.66	REG
16	Swenson, Sydney	7	MACR-IA	17.72	REG
17	Diaz, Sofie	7	MUS-IA	17.82	REG
18	Meyer, Madeline	8	SUP-WI	17.94	REG
19	Miller, Clara	8	SUP-WI	17.97	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 99 ... (Girls 8 & Under 25 Yard Freestyle)

	Name	Age	Team	Seed Time	
20	Ramprakash, Theshmithaa	8	NHRN-MN	17.98	REG
21	Thomsen, Kaycie	8	SPNY-IA	18.32	B
22	Sandusky, Rosella	8	BRD-MN	18.38	B
23	Ternus, Madeline	8	BYST-US	18.71	B
24	Pickens, Afton	8	WASH-IA	18.75	B
25	Rentschler, Jacey	8	WBAY-MN	18.96	B
26	Fritz, Mila	8	NWSH-MN	19.17	B
27	Paterson, Bristol	6	BBST-IA	19.46	B

Event 100 Boys 8 & Under 25 Yard Freestyle

Record:	13.83	3/21/2021	Sheldon Lamb
	18.00	REG 2024 Regional Q Time	

Meet Qualifying: 18.00

	Name	Age	Team	Seed Time	
1	Schmitt, Pierce	8	DUBQ-IA	14.90	REG
2	Kolodzej, Alekzander	7	BRD-MN	15.44	REG
3	Aker, Marshall	8	SUP-WI	15.98	REG
4	Pearson, Christian	8	NWSH-MN	16.31	REG
5	Reed, Isaac	7	MACR-IA	16.50	REG
6	Shaver, Oliver	8	DSMY-IA	16.54	REG
7	Christensen, Braylen	8	SPNY-IA	16.84	REG
8	Mitchell, Abner	8	MUS-IA	17.18	REG
9	Nabity, Bryce	7	BYST-US	17.49	REG
10	Plummer, Elliott	7	DYN-MN	17.50	REG
11	Haulard, Merritt	8	BBST-IA	17.61	REG
12	Schmid, Alex	8	BRD-MN	17.64	REG
13	Vickerman, Gavin	8	ERYR-MN	17.76	REG
14	Stearns, Will	8	SPNY-IA	17.94	REG
15	Fagerlund, Jack	8	WBAY-MN	18.09	B
16	Grissom, Jude	8	MACR-IA	18.36	B

17	Mensing, Noah	7	BBST-IA	19.23	B
18	Schoelerman, Issac	6	SPNY-IA	19.25	B
19	Arentson, Dax	8	FC-IA	19.40	B

Event 101 Girls 10 & Under 200 Yard Freestyle

Record:	2:13.67	3/17/2012	Emily Baeth
	2:50.67	REG 2024 Regional Q Time	

Meet Qualifying: 2:50.67

	Name	Age	Team	Seed Time	
1	Nodes, Sophia	10	NWSH-MN	2:23.03	REG
2	Christensen, Avery	10	SPNY-IA	2:33.70	REG
3	Lamoreux, Hazel	10	DSMY-IA	2:34.36	REG
4	Jean, Natiel	10	DSMY-IA	2:35.44	REG
5	Kassel, Keira	10	MUS-IA	2:35.72	REG
6	Hoskins, Kayla	10	NS-IA	2:35.87	REG
7	Mitchell, Harper	10	MUS-IA	2:36.93	REG
8	Hager, Anna	10	NHRN-MN	2:37.14	REG
9	Textor, Whitney	9	DSMY-IA	2:37.86	REG
10	Radle, Isabelle	10	MUS-IA	2:38.07	REG
11	Schiebel, Scarlett	10	NWSH-MN	2:40.92	REG
12	Schoelerman, Riley	9	SPNY-IA	2:41.48	REG
13	Nguyen, Alea	10	LYD-MW	2:44.72	REG
14	Lee, Alexandra	9	MUS-IA	2:45.86	REG
15	Knapp, Charli	9	MACR-IA	2:47.44	REG
16	Koenecke, Claire	9	SPNY-IA	2:49.14	REG
17	Plummer, Adalyn	10	DYN-MN	2:50.31	REG
18	Marotti, Abigail	10	BWST-IA	2:50.49	REG

Event 102 Boys 10 & Under 200 Yard Freestyle

Record:	2:11.01	3/17/2019	Braydon Calonder
	2:50.89	REG 2024 Regional Q Time	

Meet Qualifying: 2:50.89

	Name	Age	Team	Seed Time	
1	Marxen, Conrad	10	MACR-IA	2:26.55	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 102 ...(Boys 10 & Under 200 Yard Freestyle)

	Name	Age	Team	Seed Time	
2	Van Niewaal, Oakley	9	DSMY-IA	2:26.87	REG
3	Swenson, Caleb	9	MACR-IA	2:27.56	REG
4	Bark, David	9	MUS-IA	2:31.75	REG
5	VanLandschoot, Maverick	10	NS-IA	2:32.94	REG
6	Witt, Michael	10	NS-IA	2:34.81	REG
7	Mensing, Jackson	10	BBST-IA	2:35.83	REG
8	Connolly, Macklin	9	WBAY-MN	2:38.12	REG
9	Weber, Makoa	10	DUBQ-IA	2:45.76	REG
10	Brighton, Miles	9	MACR-IA	2:46.12	REG
11	Morrison, Louis	9	OTT	2:47.72	REG
12	Ocheltree, Hawk	9	DSMY-IA	2:50.29	REG

Event 103 Girls 11-12 200 Yard Freestyle

Record: 2:02.00 3/24/2024 Claire Kilgard					
2:30.79 REG 2024 Regional Q Time					
Meet Qualifying: 2:30.79					
	Name	Age	Team	Seed Time	
1	Paterson, Aubrey	11	BBST-IA	2:03.97	REG
2	Kettles, Tenley	11	DSMY-IA	2:05.61	REG
3	Bryan, Margo	12	SD-MN	2:14.46	REG
4	Wittrock, Emerson	11	BBST-IA	2:14.51	REG
5	Krueger, Tailynn	12	APST-MN	2:16.58	REG
6	Zimmer, Mia	12	NS-IA	2:17.25	REG
7	Schnee, Eva	12	LYD-MW	2:17.33	REG
8	Schnee, Elise	11	LYD-MW	2:18.96	REG
9	Larson, Rachel	11	DSMY-IA	2:22.00	REG
10	Rohm, Gabriella	12	NS-IA	2:22.73	REG
11	Meyer, Isabel	12	NHRN-MN	2:23.00	REG
12	Stoeckel, Madi	11	DSMY-IA	2:24.14	REG
13	Carrick, Elliana	12	NWSH-MN	2:24.15	REG

14	Tacke, Joey	12	OSKY-IA	2:27.84	REG
15	Hall, Carleigh	11	NHRN-MN	2:29.47	REG
16	Hunter, Eden	12	MUS-IA	2:30.60	REG
17	Kassel, McKenna	12	MUS-IA	2:30.70	REG

Event 104 Boys 11-12 200 Yard Freestyle

Record: 1:55.54 3/25/2017 Jeremiah Totall					
2:27.49 REG 2024 Regional Q Time					
Meet Qualifying: 2:27.49					
	Name	Age	Team	Seed Time	
1	Arrigoni, Ethan	12	NWSH-MN	2:09.86	REG
2	Mueller, Graham	12	FAST-MW	2:16.17	REG
3	McInerny, William	12	NHRN-MN	2:18.68	REG
4	Kozitza, Micah	11	DSMY-IA	2:21.67	REG
5	Reed, Andrew	11	MACR-IA	2:23.27	REG
6	Camacho, Joaquin	11	CYSC-MW	2:23.33	REG
7	Whipple, Henry	11	BAB-IA	2:23.60	REG
8	Morrison, Jack	11	OTT	2:24.42	REG
9	Perelshteyn, Andrew	12	DYN-MN	2:24.75	REG
10	Vandersnick, Fletcher	12	LYD-MW	2:25.14	REG
11	Hillebrand, Cooper	12	DUBQ-IA	2:26.19	REG
12	Huber, Kaden	12	WASH-IA	2:27.27	REG

Event 106 Mixed 8 & Under 100 Yard Freestyle Relay

8&UW Record: 1:04.10 3/17/2012 MACR Sharks					
E.Novak, K.Scofield, L.Novak, E.Sorg					
8&UM Record: 1:05.10 3/26/2017 NISHNA VALLEY FAMILY YMCA					
H Larsen, A Kjergaard, H Quist, J Gordon					
	Team	Relay	Seed Time		
1	MACR-IA	W0 A	1:08.74		
	1) Knowling, Rowan W8	2) Campbell, Evelyn W8			
	3) Swenson, Sydney W7	4) Brokel, Meredith W8			
2	Whalers-WI	W0 A	1:10.15		
	1) Karl, June W8	2) Meyer, Madeline W8			
	3) Karl, Cleo W8	4) Miller, Clara W8			
3	Dubq Dolphins-IA	W0 A	1:11.13		
	1) Koenig, Clara W8	2) Thoma, Emery W8			
	3) Deppe, Estelle W8	4) Runde, Alice W8			

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 106 ...(Mixed 8 & Under 100 Yard Freestyle Relay)			
Team	Relay	Seed Time	
4 SPNY-IA	M0 A	1:11.44	
1) Schoelerman, Issac M6	2) Stearns, Will M8		
3) Christensen, Braylen M8	4) Healey, Bowen M8		
5 WBAY-MN	W0 A	1:13.01	
1) Owen, Rory W8	2) Canubida, Erin W8		
3) Rentschler, Jacey W8	4) Bernauda, Pia W8		

Event 107 Girls 10 & Under 200 Yard Freestyle Relay			
Record:	1:56.84	3/24/2024	Greater Des Moines YMCA Marlin
E Sledge, M Staley, Q Crowley, A Hackley			

Team	Relay	Seed Time	
1 DSMY-IA	A	2:12.17	
1) Textor, Whitney 9	2) Jean, Natiel 10		
3) Kovacevich, Ellie 10	4) Lamoreux, Hazel 10		
2 MACR-IA	A	2:14.07	
1) Box, Emma 9	2) Altorfer, Anne 10		
3) Knapp, Charli 9	4) Uthe, Rose 9		
3 BBST-IA	A	2:23.43	
1) Hurtig, Gabriella 10	2) Ruisenor, Zayla 10		
3) Cunningham, Emma 9	4) Wittrock, Lindy 9		
4 Mus-Ia-IA	A	2:24.16	
1) Diaz, Sofie 7	2) Kassel, Kenzie 9		
3) Lee, Alexandra 9	4) Kassel, Keira 10		
5 SD-MN	A	2:24.84	
1) Karnowski, Matilda 7	2) Epley, Amity 10		
3) Toatley, Zara 9	4) Grussendorf, Greta 10		
6 SPNY-IA	A	2:29.09	
1) Koenecke, Claire 9	2) Thomsen, Kaycie 8		
3) Christensen, Avery 10	4) Schoelerman, Riley 9		
7 Whalers-WI	A	2:32.08	
1) Poynter, Charlotte 10	2) Perrault, Mari 8		
3) Ploehn, Bevyn 10	4) Kuettel, Lois 10		
8 NHRN-MN	A	2:42.68	
1) Ginapp, Raegan 8	2) Ramprakash, Theshmithaa 8		
3) Shakya, Parmi 10	4) Meyer, Carina 10		

Event 108 Boys 10 & Under 200 Yard Freestyle Relay			
Record:	1:58.18	3/19/2016	Waukee Rays Swimming
G.Phillips, P.DePhillips, H.Dinkin, K.Brock			

Team	Relay	Seed Time	
1 MACR-IA	A	2:07.67	
1) Marxen, Conrad 10	2) Swenson, Caleb 9		
3) Brighton, Miles 9	4) Bohnstengel, Carter 10		

2 Dubq Dolphins-IA	A	2:11.09	
1) Runde, Fitz 10	2) Stanton, Hugo 10		
3) Weber, Makoa 10	4) Jedlicka, Emmett 10		
3 MACR-IA	B	2:19.84	
1) Wilcox, Cambridge 9	2) Brighton, George 9		
3) Campbell, James 9	4) Clark, Elliot 9		
4 DSMY-IA	A	2:26.51	
1) Ocheltree, Hawk 9	2) Shaver, Oliver 8		
3) Dluhos, Ryan 9	4) Chrisco, Kingston 10		
5 MACR-IA	C	2:34.44	
1) Cerqueira, Lenzo 8	2) Reed, Isaac 7		
3) Grissom, Jude 8	4) Wiechert, Noah 10		
6 Whalers-WI	A	2:38.50	
1) Aker, Marshall 8	2) Hansel, Tristan 8		
3) Olson, Miles 10	4) Shuster, Logan 9		

Event 109 Girls 11-12 200 Yard Freestyle Relay			
Record:	1:45.82	3/17/2019	Greater Des Moines YMCA
G Lindaman, A He, E Harrington, A Wandera			

Team	Relay	Seed Time	
1 DSMY-IA	A	1:47.99	
1) Crowley, Quinn 11	2) Sledge, Emmersyn 11		
3) Stoeckel, Madi 11	4) Kettles, Tenley 11		
2 Mus-Ia-IA	A	1:53.38	
1) Krieger, Kinsley 11	2) Kassel, McKenna 12		
3) Lee, Audrey 12	4) Hunter, Eden 12		
3 SD-MN	A	1:56.73	
1) Bryan, Margo 12	2) Streefand, Sydney 11		
3) Hoffman, Alison 12	4) Sharma, Riya 12		
4 DSMY-IA	B	1:57.09	
1) Ocheltree, Kinnick 11	2) O'Brien, Justine 11		
3) Larson, Rachel 11	4) Cygankova, Polina 11		
5 Dolphins-MW	A	1:59.78	
1) Schnee, Eva 12	2) Le, Vanney 11		
3) Nguyen, Alea 10	4) Schnee, Elise 11		
6 Whalers-WI	A	1:59.79	
1) Cordova, Lucy 12	2) Opacich, Harper 11		
3) Kolquist, Berkley 11	4) Raisanen, Hailey 12		
7 NS-IA	A	2:00.51	
1) Zimmer, Mia 12	2) Jiang, Jocelyn 11		
3) Rohm, Gabriella 12	4) Peters, Sarah 12		
8 NHRN-MN	A	2:09.04	
1) Hall, Carleigh 11	2) Cassie, Lauren 10		
3) Spence, Ashley 10	4) Meyer, Isabel 12		

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 109 ...**(Girls 11-12 200 Yard Freestyle Relay)**

Team		Relay	Seed Time
9	WBAY-MN	A	2:10.60
	1) Khounpanya, Evalyn 11	2) Manske, Abby 12	
	3) Nitti, Mya 11	4) Cox, Erica 11	
10	NWSH-MN	A	2:17.89
	1) Diaz, Ayla 12	2) Wolfe, Quinn 11	
	3) Schiebel, Scarlett 10	4) Pearson, Eva 12	

Event 110 **Boys 11-12 200 Yard Freestyle Relay**

Record:		1:42.16	3/24/2024	MACR Sharks
M Reed, J Nizolek, N Saputra, B Brodeur				
	Team	Relay	Seed Time	
1	MACR-IA	A	1:53.54	
	1) Knapp, Gabriel 12	2) Lerma, Carlos 12		
	3) Reed, Andrew 11	4) Saputra, Joseph 12		
2	DSMY-IA	A	1:59.22	
	1) Kozitza, Micah 11	2) Decker, Landry 11		
	3) Van Niewaal, Oakley 9	4) Martin, Ben 11		
3	Bullsharks-IA	A	2:05.40	
	1) Whipple, Henry 11	2) Kokjohn, Cohen 9		
	3) Dingus, Blain 11	4) Koering, Westen 12		
4	MACR-IA	B	2:06.05	
	1) Chapman, Paxtyn 12	2) Balster, Ben 11		
	3) Tinkham, Sawyer 11	4) Brodeur, Hudson 11		
5	Dolphins-MW	A	2:07.09	
	1) Tran, Kolby 11	2) Nguyen, Kylan 12		
	3) Conner, Adonai 10	4) Vandersnick, Fletcher 12		
6	NWSH-MN	A	2:07.11	
	1) Nedrud, Isaiah 11	2) Anderson, Nolan 10		
	3) Walker, Jaden 12	4) Nandish Gowda, Hanvith 11		
7	NWSH-MN	B	2:13.43	
	1) Rife, Joshua 12	2) Azzami, Mohammed-Ali 12		
	3) Arrigoni, Ethan 12	4) Ryan, Conor 12		

Event 111 **Girls 8 & Under 50 Yard Breaststroke**

Record:		35.54	3/22/2015	Ellie Wilkie	
58.00 REG 2024 Regional Q Time					
Meet Qualifying: 58.00					
Name		Age	Team	Seed Time	
1	Cygankova, Alisa	8	DSMY-IA	42.38	REG
2	Jiang, Joyce	8	NS-IA	47.03	REG
3	Lahner, Delia	8	OSKY-IA	48.99	REG
4	Hagemann, Brynn	8	FAST-MW	51.42	REG

5	Canubida, Erin	8 WBAY-MN	51.56 REG
6	Brokel, Meredith	8 MACR-IA	52.45 REG
7	Richter, Kaylee	8 ALG-IA	53.05 REG
8	Karnowski, Matilda	7 SD-MN	53.38 REG
9	Runde, Alice	8 DUBQ-IA	54.64 REG
10	Campbell, Evelyn	8 MACR-IA	55.04 REG
11	Paterson, Bristol	6 BBST-IA	55.14 REG
12	O'Brien, Evelyn	8 BAB-IA	56.22 REG
13	Bernaudo, Pia	8 WBAY-MN	56.28 REG
14	Deppe, Estelle	8 DUBQ-IA	56.75 REG
15	Brantner, Marie	8 ALG-IA	56.90 REG
16	Prinds, Madelyn	8 BYST-US	57.50 REG
17	Karl, Cleo	8 SUP-WI	57.68 REG

Event 112 **Boys 8 & Under 50 Yard Breaststroke**

Record:		40.00	3/18/2023	Ivan Hammond	
58.00 REG 2024 Regional Q Time					
Meet Qualifying: 58.00					
Name		Age	Team	Seed Time	
1	Healey, Bowen	8	SPNY-IA	48.75	REG
2	Mitchell, Abner	8	MUS-IA	50.76	REG
3	Cerqueira, Lenzo	8	MACR-IA	53.96	REG
4	Schmitt, Pierce	8	DUBQ-IA	54.23	REG
5	Arentson, Dax	8	FC-IA	54.60	REG
6	Hansel, Tristan	8	SUP-WI	57.50	REG

Event 113 **Girls 10 & Under 50 Yard Breaststroke**

Record:		35.79	3/21/2021	Halle Sears	
46.54 REG 2024 Regional Q Time					
Meet Qualifying: 46.54					
Name		Age	Team	Seed Time	
1	Grussendorf, Greta	10	SD-MN	38.51	REG
2	Sanders, Caroline	10	ALTS-MN	40.95	REG
3	Uthe, Rose	9	MACR-IA	41.50	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 113 ...(Girls 10 & Under 50 Yard Breaststroke)

	Name	Age	Team	Seed Time	
4	Hurtig, Gabriella	10	BBST-IA	42.24	REG
5	Mitchell, Harper	10	MUS-IA	42.62	REG
6	Hager, Anna	10	NHRN-MN	42.77	REG
7	Hokeness, Rory	9	WBAY-MN	43.77	REG
8	Schoelerman, Riley	9	SPNY-IA	43.78	REG
9	Altorfer, Anne	10	MACR-IA	43.99	REG
10	Radle, Isabelle	10	MUS-IA	44.06	REG
11	Kuettel, Lois	10	SUP-WI	44.58	REG
12	Toatley, Zara	9	SD-MN	45.29	REG
13	Schmitt, Stella	10	DUBQ-IA	45.38	REG
14	Poynter, Charlotte	10	SUP-WI	45.58	REG
15	Meyer, Aurelia	10	NHRN-MN	45.60	REG
16	Koenecke, Claire	9	SPNY-IA	45.76	REG
17	McMahan, Maggie	10	OSKY-IA	45.95	REG
18	Lee, Arya	10	BRD-MN	46.18	REG
19	Kovacevich, Ellie	10	DSMY-IA	46.20	REG
20	Box, Emma	9	MACR-IA	46.44	REG
21	Hoskins, Kayla	10	NS-IA	48.19	B

Event 114 Boys 10 & Under 50 Yard Breaststroke

Record:	36.08	3/19/2023	Sheldon Lamb
	47.85	REG 2024 Regional Q Time	

Meet Qualifying: 47.85

	Name	Age	Team	Seed Time	
1	Niehus, Wyatt	10	SD-MN	39.04	REG
2	Mensing, Jackson	10	BBST-IA	39.21	REG
3	Runde, Fitz	10	DUBQ-IA	40.51	REG
4	VanLandschoot, Maverick	10	NS-IA	40.51	REG
5	Swenson, Caleb	9	MACR-IA	41.09	REG
6	Ramprakash, Mithran	10	NHRN-MN	42.06	REG

7	Kokjohn, Cohen	9	BAB-IA	42.46	REG
8	Conner, Adonai	10	LYD-MW	42.54	REG
9	Witt, Michael	10	NS-IA	42.54	REG
10	Wiechert, Noah	10	MACR-IA	44.54	REG
11	Wilcox, Cambridge	9	MACR-IA	45.36	REG
12	Shuster, Logan	9	SUP-WI	45.58	REG
13	Connolly, Macklin	9	WBAY-MN	45.65	REG
14	Woodford, Zachary	10	ALG-IA	45.72	REG
15	McKee, Parker	10	MUS-IA	45.80	REG
16	Jedlicka, Emmett	10	DUBQ-IA	45.92	REG
17	Cook, Keaton	9	BBST-IA	46.20	REG
18	Morrison, Louis	9	OTT	46.48	REG
19	Brantner, William	10	ALG-IA	46.95	REG
20	Lindsey, Jaxon	10	SPNY-IA	48.73	B

Event 115 Girls 11-12 200 Yard Breaststroke

Record:	2:32.82	3/19/2016	Eleanor Wilkie
	3:10.69	REG 2024 Regional Q Time	

Meet Qualifying: 3:10.69

	Name	Age	Team	Seed Time	
1	Lee, Audrey	12	MUS-IA	2:46.42	REG
2	Kettles, Tenley	11	DSMY-IA	2:52.86	REG
3	Calonder, Hadley	11	MACR-IA	2:59.30	REG
4	Wolfe, Quinn	11	NWSH-MN	2:59.37	REG
5	Stack, Ella	12	SUP-WI	2:59.57	REG
6	Ries, Ava	11	SPNY-IA	3:02.59	REG
7	Manske, Abby	12	WBAY-MN	3:05.68	REG
8	Larsen, Allie	12	FAST-MW	3:07.02	REG
9	Gloyd, Amelia	12	SPNY-IA	3:09.69	REG
10	Johnson, Quinn	11	DYN-MN	3:10.07	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 116 Boys 11-12 200 Yard Breaststroke				
Record: 2:32.95 3/24/2024 Nicholas Signani				
2:59.39 REG 2024 Regional Q Time				
Meet Qualifying: 2:59.39				
	Name	Age Team	Seed Time	
1	McInerny, William	12 NHRN-MN	2:51.49	REG
2	Knapp, Gabriel	12 MACR-IA	2:51.59	REG
3	Shuster, Luke	11 SUP-WI	2:54.19	REG
4	Booker, Hayden	12 SUP-WI	2:59.13	REG

Event 117 Girls 8 & Under 25 Yard Backstroke				
Record: 16.80 3/17/2019 Halle Sears				
22.00 REG 2024 Regional Q Time				
Meet Qualifying: 22.00				
	Name	Age Team	Seed Time	
1	Radle, Clara	8 MUS-IA	18.34	REG
2	Campbell, Evelyn	8 MACR-IA	19.26	REG
3	Cygankova, Alisa	8 DSMY-IA	20.36	REG
4	Eick, Brielle	8 BBST-IA	20.76	REG
5	Miller, Clara	8 SUP-WI	20.98	REG
6	Ternus, Madeline	8 BYST-US	21.00	REG
7	Sandusky, Rosella	8 BRD-MN	21.08	REG
8	Runde, Alice	8 DUBQ-IA	21.18	REG
9	Fritz, Mila	8 NWSH-MN	21.25	REG
10	Thoma, Emery	8 DUBQ-IA	21.44	REG
11	Brantner, Marie	8 ALG-IA	21.54	REG
12	Diaz, Sofie	7 MUS-IA	21.56	REG
13	Thomsen, Kaycie	8 SPNY-IA	21.68	REG
14	Jiang, Joyce	8 NS-IA	21.68	REG
15	Perrault, Mari	8 SUP-WI	21.70	REG
16	Witt, Sarah	8 NS-IA	21.72	REG
17	Canubida, Erin	8 WBAY-MN	21.81	REG
18	Koenig, Clara	8 DUBQ-IA	21.86	REG

19	Bernaudo, Pia	8 WBAY-MN	21.90	REG
20	Ramprakash, Theshmithaa	8 NHRN-MN	21.94	REG
21	Pickens, Afton	8 WASH-IA	21.98	REG
22	Garbisch, Emerson	8 APST-MN	22.14	B
23	Ginapp, Raegan	8 NHRN-MN	22.41	B
24	Owen, Rory	8 WBAY-MN	22.48	B
25	Knowling, Rowan	8 MACR-IA	23.13	B

Event 118 Boys 8 & Under 25 Yard Backstroke				
Record: 17.11 3/20/2022 Parker Qualley				
22.00 REG 2024 Regional Q Time				
Meet Qualifying: 22.00				
	Name	Age Team	Seed Time	
1	Sprague, Tommy	8 DSMY-IA	19.08	REG
2	Healey, Bowen	8 SPNY-IA	19.43	REG
3	Christensen, Braylen	8 SPNY-IA	19.78	REG
4	Mensing, Noah	7 BBST-IA	19.90	REG
5	Shaver, Oliver	8 DSMY-IA	20.55	REG
6	Aker, Marshall	8 SUP-WI	20.94	REG
7	Cerqueira, Lenzo	8 MACR-IA	20.96	REG
8	Fagerlund, Jack	8 WBAY-MN	21.29	REG
9	Fobanjong, Simeon	8 SD-MN	21.53	REG
10	Plummer, Elliott	7 DYN-MN	21.60	REG
11	Pearson, Christian	8 NWSH-MN	21.76	REG
12	Vickerman, Gavin	8 ERYR-MN	21.94	REG
13	Schoelerman, Issac	6 SPNY-IA	21.96	REG

Event 119 Girls 10 & Under 100 Yard Backstroke				
Record: 1:09.81 3/20/2022 Amelia Tudor				
1:31.54 REG 2024 Regional Q Time				
Meet Qualifying: 1:31.54				
	Name	Age Team	Seed Time	
1	Nodes, Sophia	10 NWSH-MN	1:17.38	REG
2	Uthe, Rose	9 MACR-IA	1:18.05	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 119 ...(Girls 10 & Under 100 Yard Backstroke)				
	Name	Age	Team	Seed Time
3	Nguyen, Alea	10	LYD-MW	1:19.13 REG
4	Grussendorf, Greta	10	SD-MN	1:21.68 REG
5	Kassel, Keira	10	MUS-IA	1:23.12 REG
6	Ruisenor, Zayla	10	BBST-IA	1:23.49 REG
7	Lee, Alexandra	9	MUS-IA	1:23.69 REG
8	Marotti, Abigail	10	BWST-IA	1:23.69 REG
9	Christensen, Avery	10	SPNY-IA	1:23.92 REG
10	Jean, Natiel	10	DSMY-IA	1:24.21 REG
11	Koenecke, Claire	9	SPNY-IA	1:24.70 REG
12	Box, Emma	9	MACR-IA	1:25.12 REG
13	Kuettel, Lois	10	SUP-WI	1:25.31 REG
14	Cunningham, Emma	9	BBST-IA	1:25.56 REG
15	Cygankova, Alisa	8	DSMY-IA	1:26.27 REG
16	Gevock, Charley	10	OTT	1:26.70 REG
17	Spence, Ashley	10	NHRN-MN	1:28.04 REG
18	Altorfer, Anne	10	MACR-IA	1:28.78 REG
19	Meyer, Carina	10	NHRN-MN	1:34.16 B
20	Ploehn, Bevyn	10	SUP-WI	1:35.52 B
21	Toatley, Zara	9	SD-MN	1:36.95 B
22	Epley, Amity	10	SD-MN	1:37.83 B

Event 120 Boys 10 & Under 100 Yard Backstroke				
Record: 1:07.58 3/16/2013 Dylan Moffatt				
1:32.09 REG 2024 Regional Q Time				
Meet Qualifying: 1:32.09				
	Name	Age	Team	Seed Time
1	Bohnstengel, Carter	10	MACR-IA	1:08.98 REG
2	Van Niewaal, Oakley	9	DSMY-IA	1:17.40 REG
3	Marxen, Conrad	10	MACR-IA	1:20.44 REG
4	Dluhos, Ryan	9	DSMY-IA	1:23.87 REG

5	Weber, Makoa	10	DUBQ-IA	1:23.90 REG
6	Niehus, Wyatt	10	SD-MN	1:23.90 REG
7	Bark, David	9	MUS-IA	1:24.13 REG
8	Wilcox, Cambridge	9	MACR-IA	1:24.38 REG
9	Chrisco, Kingston	10	DSMY-IA	1:24.88 REG
10	Runde, Fitz	10	DUBQ-IA	1:25.39 REG
11	Wahpepah, Buddy	9	BBST-IA	1:25.84 REG
12	Jedlicka, Emmett	10	DUBQ-IA	1:26.02 REG
13	Campbell, James	9	MACR-IA	1:26.04 REG
14	Morrison, Louis	9	OTT	1:26.38 REG
15	Ocheltree, Hawk	9	DSMY-IA	1:27.00 REG
16	Brighton, George	9	MACR-IA	1:28.47 REG
17	Wiechert, Noah	10	MACR-IA	1:30.15 REG
18	Sprague, Tommy	8	DSMY-IA	1:30.23 REG
19	Clark, Elliot	9	MACR-IA	1:31.56 REG
20	Zimmeht, Sailor	9	OTT	1:31.56 REG
21	Olson, Miles	10	SUP-WI	1:33.49 B

Event 121 Girls 11-12 100 Yard Backstroke				
Record: 1:02.13 3/22/2014 Jasmine Rumley				
1:19.55 REG 2024 Regional Q Time				
Meet Qualifying: 1:19.55				
	Name	Age	Team	Seed Time
1	Sledge, Emmersyn	11	DSMY-IA	1:03.03 REG
2	Wittrock, Emerson	11	BBST-IA	1:06.64 REG
3	Cygankova, Polina	11	DSMY-IA	1:09.06 REG
4	Peters, Sarah	12	NS-IA	1:10.19 REG
5	Black, Makayla	12	SPNY-IA	1:11.25 REG
6	O'Brien, Justine	11	DSMY-IA	1:11.27 REG
7	Ocheltree, Kinnick	11	DSMY-IA	1:11.99 REG
8	Bryan, Margo	12	SD-MN	1:13.10 REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 121 ...(Girls 11-12 100 Yard Backstroke)

	Name	Age	Team	Seed	Time
9	Kassel, McKenna	12	MUS-IA	1:14.94	REG
10	Carrick, Elliana	12	NWSH-MN	1:15.55	REG
11	Fechtelkotter, Clar	12	SUP-WI	1:15.78	REG
12	Pearson, Eva	12	NWSH-MN	1:16.31	REG
13	Tacke, Joey	12	OSKY-IA	1:16.46	REG
14	Sharp, Adah	12	FC-IA	1:16.57	REG
15	Cordova, Lucy	12	SUP-WI	1:17.07	REG
16	Larsen, Allie	12	FAST-MW	1:17.57	REG
17	Marshall, Katelyn	11	BAB-IA	1:18.37	REG
18	Hunter, Eden	12	MUS-IA	1:18.42	REG
19	Krueger, Tailynn	12	APST-MN	1:18.86	REG
20	Hoffman, Alison	12	SD-MN	1:18.89	REG
21	Streefland, Sydney	11	SD-MN	1:19.40	REG
22	Beek, Lydia	12	BWST-IA	1:20.35	B
23	Walker, Raya	12	OTT	1:21.98	B

Event 122 Boys 11-12 100 Yard Backstroke

Record:	58.53	3/24/2024	Sheldon Lamb		
	1:19.09	REG 2024 Regional Q Time			
Meet Qualifying: 1:19.09					
	Name	Age	Team	Seed	Time
1	Martin, Ben	11	DSMY-IA	1:05.60	REG
2	Arrigoni, Ethan	12	NWSH-MN	1:07.68	REG
3	Erwin, Mav	12	MUS-IA	1:09.31	REG
4	Mueller, Graham	12	FAST-MW	1:10.53	REG
5	Lerma, Carlos	12	MACR-IA	1:14.47	REG
6	Kozitza, Micah	11	DSMY-IA	1:15.20	REG
7	Stanton, Oliver	12	DUBQ-IA	1:15.25	REG
8	Vandersnick, Fletcher	12	LYD-MW	1:15.73	REG
9	Tinkham, Sawyer	11	MACR-IA	1:15.75	REG

10	Balster, Ben	11	MACR-IA	1:16.36	REG
11	Camacho, Joaquin	11	CYSC-MW	1:16.56	REG
12	Nguyen, Kylan	12	LYD-MW	1:18.07	REG
13	Morrison, Jack	11	OTT	1:18.59	REG
14	Hillebrand, Cooper	12	DUBQ-IA	1:18.84	REG
15	Dingus, Blain	11	BAB-IA	1:19.08	REG
16	Tran, Kolby	11	LYD-MW	1:21.58	B

Event 123 Girls 8 & Under 50 Yard Butterfly

Record:	34.19	3/18/2023	Evelyn Ward		
	55.00	REG 2024 Regional Q Time			
Meet Qualifying: 55.00					
	Name	Age	Team	Seed	Time
1	Cygankova, Alisa	8	DSMY-IA	39.00	REG
2	Radle, Clara	8	MUS-IA	41.56	REG
3	Runde, Alice	8	DUBQ-IA	44.74	REG
4	Swenson, Sydney	7	MACR-IA	48.38	REG
5	Brokel, Meredith	8	MACR-IA	48.66	REG
6	Karl, Cleo	8	SUP-WI	54.90	REG

Event 124 Boys 8 & Under 50 Yard Butterfly

Record:	31.92	3/18/2023	Sheldon Lamb		
55.00 REG 2024 Regional Q Time					
Meet Qualifying: 55.00					
	Name	Age	Team	Seed	Time
1	Pearson, Christian	8	NWSH-MN	40.35	REG
2	Cerqueira, Lenzo	8	MACR-IA	45.24	REG
3	Healey, Bowen	8	SPNY-IA	48.57	REG
4	Schmitt, Pierce	8	DUBQ-IA	50.14	REG
5	Stearns, Will	8	SPNY-IA	51.65	REG
6	Sprague, Tommy	8	DSMY-IA	52.15	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 125 Girls 10 & Under 50 Yard Butterfly

Record: 30.97 3/21/2021 Halle Sears				
39.99 REG 2024 Regional Q Time				
Meet Qualifying: 39.99				
Name	Age	Team	Seed Time	
1 Kuettel, Lois	10	SUP-WI	33.87	REG
2 Grussendorf, Greta	10	SD-MN	34.74	REG
3 Schiebel, Scarlett	10	NWSH-MN	34.76	REG
4 Lamoreux, Hazel	10	DSMY-IA	34.84	REG
5 Mitchell, Harper	10	MUS-IA	35.11	REG
6 Nodes, Sophia	10	NWSH-MN	35.78	REG
7 Schmitt, Stella	10	DUBQ-IA	35.86	REG
8 Jean, Natiel	10	DSMY-IA	36.63	REG
9 Nguyen, Amelia	9	LYD-MW	36.64	REG
10 Nguyen, Alea	10	LYD-MW	37.01	REG
11 Kassel, Kenzie	9	MUS-IA	37.19	REG
12 Uthe, Rose	9	MACR-IA	37.27	REG
13 Kassel, Keira	10	MUS-IA	37.49	REG
14 Schoelerman, Riley	9	SPNY-IA	37.71	REG
15 Hager, Anna	10	NHRN-MN	37.74	REG
16 Radle, Isabelle	10	MUS-IA	38.07	REG
17 Knapp, Charli	9	MACR-IA	38.12	REG
18 Kovacevich, Ellie	10	DSMY-IA	38.60	REG
19 Gillespie, Gwen	9	NS-IA	38.77	REG
20 Ruisenor, Zayla	10	BBST-IA	41.51	B
21 Wittrock, Lindy	9	BBST-IA	42.69	B

Event 126 Boys 10 & Under 50 Yard Butterfly

Record: 29.02 3/26/2017 Nick P Rounds				
41.99 REG 2024 Regional Q Time				
Meet Qualifying: 41.99				
Name	Age	Team	Seed Time	
1 Bohnstengel, Carter	10	MACR-IA	32.43	REG

2 VanLandschoot, Maverick	10	NS-IA	35.30	REG
3 Weber, Makoa	10	DUBQ-IA	35.43	REG
4 Wilcox, Cambridge	9	MACR-IA	36.23	REG
5 Swenson, Caleb	9	MACR-IA	36.56	REG
6 Witt, Michael	10	NS-IA	36.90	REG
7 Connolly, Macklin	9	WBAY-MN	37.28	REG
8 Mensing, Jackson	10	BBST-IA	38.03	REG
9 Runde, Fitz	10	DUBQ-IA	38.05	REG
10 Jedlicka, Emmett	10	DUBQ-IA	38.12	REG
11 Stanton, Hugo	10	DUBQ-IA	39.02	REG
12 Anderson, Nolan	10	NWSH-MN	39.07	REG
13 Bark, David	9	MUS-IA	40.26	REG
14 Marxen, Conrad	10	MACR-IA	40.36	REG
15 Conner, Adonai	10	LYD-MW	40.56	REG
16 Brighton, Miles	9	MACR-IA	40.82	REG
17 Niehus, Wyatt	10	SD-MN	41.09	REG
18 Brantner, William	10	ALG-IA	41.48	REG
19 Dluhos, Ryan	9	DSMY-IA	42.68	B

Event 127 Girls 11-12 50 Yard Butterfly

Record: 27.75 3/20/2022 Kylee Hill				
34.59 REG 2024 Regional Q Time				
Meet Qualifying: 34.59				
Name	Age	Team	Seed Time	
1 Paterson, Aubrey	11	BBST-IA	29.25	REG
2 Sledge, Emmersyn	11	DSMY-IA	29.68	REG
3 Pearson, Eva	12	NWSH-MN	30.19	REG
4 Schnee, Elise	11	LYD-MW	30.43	REG
5 Peters, Sarah	12	NS-IA	30.71	REG
6 Krieger, Kinsley	11	MUS-IA	30.79	REG
7 Crowley, Quinn	11	DSMY-IA	31.33	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 127 ...(Girls 11-12 50 Yard Butterfly)					
	Name	Age	Team	Seed Time	
8	Rezac, Charlotte	12	SD-MN	31.71	REG
9	Haulard, Josephine	12	BBST-IA	31.86	REG
10	Hunter, Eden	12	MUS-IA	31.87	REG
11	Cygankova, Polina	11	DSMY-IA	31.92	REG
12	Ocheltree, Kinnick	11	DSMY-IA	31.92	REG
13	Wittrock, Emerson	11	BBST-IA	32.04	REG
14	Wadding, Harper	12	APST-MN	32.07	REG
15	O'Brien, Justine	11	DSMY-IA	32.11	REG
16	Schnee, Eva	12	LYD-MW	32.31	REG
17	Marshall, Katelyn	11	BAB-IA	32.34	REG
18	Munsterteiger, Madelyn	12	BRD-MN	32.55	REG
19	Stoeckel, Madi	11	DSMY-IA	32.72	REG
20	Raisanen, Hailey	12	SUP-WI	32.74	REG
21	Khounpanya, Evalyn	11	WBAY-MN	32.92	REG
22	Hoffman, Alison	12	SD-MN	33.23	REG
23	Jiang, Jocelyn	11	NS-IA	33.52	REG
24	Diaz, Ayla	12	NWSH-MN	33.55	REG
25	Fechtelkotter, Clar	12	SUP-WI	33.58	REG
26	Cox, Erica	11	WBAY-MN	33.62	REG
27	Carrick, Elliana	12	NWSH-MN	33.74	REG
28	Black, Makayla	12	SPNY-IA	33.99	REG
29	Rohm, Gabriella	12	NS-IA	33.99	REG
30	Sharma, Riya	12	SD-MN	34.09	REG
31	Stack, Ella	12	SUP-WI	34.42	REG
32	Streefland, Sydney	11	SD-MN	34.53	REG
33	Le, Vanney	11	LYD-MW	34.54	REG

Event 128 Boys 11-12 50 Yard Butterfly					
Record:		26.26	3/24/2024	Sheldon Lamb	
		35.99	REG 2024 Regional Q Time		
Meet Qualifying: 35.99					
	Name	Age	Team	Seed Time	
1	Rasmussen, Dean	12	FAST-MW	25.09	REG
2	Knapp, Gabriel	12	MACR-IA	29.77	REG
3	Saputra, Joseph	12	MACR-IA	30.12	REG
4	Stanton, Oliver	12	DUBQ-IA	31.02	REG
5	Martin, Ben	11	DSMY-IA	31.25	REG
6	Camacho, Joaquin	11	CYSC-MW	32.80	REG
7	Koering, Westen	12	BAB-IA	32.90	REG
8	Steinfeldt, Trenton	12	BARR-MW	32.90	REG
9	Huber, Kaden	12	WASH-IA	32.96	REG
10	Ryan, Conor	12	NWSH-MN	33.08	REG
11	Lerma, Carlos	12	MACR-IA	33.43	REG
12	Brodeur, Hudson	11	MACR-IA	33.79	REG
13	Morrison, Jack	11	OTT	33.92	REG
14	Balster, Ben	11	MACR-IA	33.96	REG
15	Decker, Landry	11	DSMY-IA	34.33	REG
16	Goodwin, Brody	12	MUS-IA	34.50	REG
17	Morris, Drake	12	SD-MN	34.57	REG
18	Kozitzka, Micah	11	DSMY-IA	34.63	REG
19	Stoebner, Benji	12	SD-MN	34.68	REG
20	Walker, Jaden	12	NWSH-MN	34.72	REG
21	Mach, Bennett	11	CYSC-MW	34.74	REG
22	Chapman, Paxtyn	12	MACR-IA	34.86	REG
23	Nedrud, Isaiah	11	NWSH-MN	35.13	REG
24	Erwin, Mav	12	MUS-IA	35.25	REG
25	Dingus, Blain	11	BAB-IA	35.29	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 128 ...(Boys 11-12 50 Yard Butterfly)

	Name	Age	Team	Seed Time	
26	Shuster, Luke	11	SUP-WI	35.40	REG
27	Whipple, Henry	11	BAB-IA	35.80	REG
28	Nguyen, Kylan	12	LYD-MW	35.94	REG

Event 130 Mixed 8 & Under 200 Yard Freestyle Relay

8&UW Record:	2:13.53	3/16/2013	Walnut Creek Dolphins YMCA
K.He, S.Lillibridge, A.Rickert, C.Rounds			
8&UM Record:	2:18.81	3/19/2016	Walnut Creek Dolphins YMCA
A.Mirsky, M.Meng, H.Bishop, C.Lane			

	Team	Relay	Seed Time
1	MACR-IA	W0 A	2:38.22
	1) Campbell, Evelyn W8	2) Swenson, Sydney W7	
	3) Knowling, Rowan W8	4) Brokel, Meredith W8	
2	Dubq Dolphins-IA	W0 A	2:39.90
	1) Thoma, Emery W8	2) Koenig, Clara W8	
	3) Runde, Alice W8	4) Deppe, Estelle W8	
3	SPNY-IA	M0 A	2:51.03
	1) Schoelerman, Issac M6	2) Stearns, Will M8	
	3) Christensen, Braylen M8	4) Healey, Bowen M8	
4	Whalers-WI	W0 A	2:54.79
	1) Karl, Cleo W8	2) Karl, June W8	
	3) Meyer, Madeline W8	4) Miller, Clara W8	

Event 131 Girls 10 & Under 400 Yard Freestyle Relay

Record:	4:21.39	3/22/2014	MACR Sharks
E.Sorg, S.Jones, E.Novak, L.Novak			

	Team	Relay	Seed Time
1	Mus-Ia-IA	A	4:48.45
	1) Kassel, Keira 10	2) Radle, Clara 8	
	3) Radle, Isabelle 10	4) Mitchell, Harper 10	
2	DSMY-IA	A	4:57.53
	1) Textor, Whitney 9	2) Jean, Natiel 10	
	3) Kovacevich, Ellie 10	4) Lamoreux, Hazel 10	
3	MACR-IA	A	5:06.38
	1) Altorfer, Anne 10	2) Knapp, Charli 9	
	3) Brokel, Meredith 8	4) Uthe, Rose 9	
4	SD-MN	A	5:28.47
	1) Toatley, Zara 9	2) Epley, Amity 10	
	3) Karnowski, Matilda 7	4) Grussendorf, Greta 10	
5	NHRN-MN	A	5:33.20
	1) Ginapp, Raegan 8	2) Meyer, Carina 10	
	3) Cassie, Lauren 10	4) Shakya, Parmi 10	

6	Whalers-WI	A	6:01.50
	1) Karl, June 8	2) Miller, Clara 8	
	3) Ploehn, Bevyn 10	4) Meyer, Madeline 8	
7	Dubq Dolphins-IA	A	6:19.81
	1) Schmitt, Stella 10	2) Thoma, Emery 8	
	3) Deppe, Estelle 8	4) Koenig, Clara 8	

Event 132 Boys 10 & Under 400 Yard Freestyle Relay

Record:	4:28.58	3/19/2016	Waukee Rays Swimming
H.Dinkin, A.Havenhill, H.Davis, G.Phillips			

	Team	Relay	Seed Time
1	MACR-IA	A	4:33.54
	1) Swenson, Caleb 9	2) Marxen, Conrad 10	
	3) Wilcox, Cambridge 9	4) Bohnstengel, Carter 10	
2	Dubq Dolphins-IA	A	5:02.41
	1) Weber, Makoa 10	2) Schmitt, Pierce 8	
	3) Runde, Fitz 10	4) Jedlicka, Emmett 10	
3	MACR-IA	B	5:20.72
	1) Brighton, George 9	2) Campbell, James 9	
	3) Clark, Elliot 9	4) Brighton, Miles 9	
4	DSMY-IA	A	5:40.41
	1) Ocheltree, Hawk 9	2) Chrisco, Kingston 10	
	3) Dluhos, Ryan 9	4) Sprague, Tommy 8	

Event 133 Girls 11-12 400 Yard Freestyle Relay

Record:	3:57.12	3/16/2019	Greater Des Moines YMCA
A He, G Lindaman, C Chance, A Wandera			

	Team	Relay	Seed Time
1	DSMY-IA	A	3:56.73
	1) Kettles, Tenley 11	2) Sledge, Emmersyn 11	
	3) Cygankova, Polina 11	4) Crowley, Quinn 11	
2	Mus-Ia-IA	A	4:14.19
	1) Krieger, Kinsley 11	2) Kassel, McKenna 12	
	3) Lee, Audrey 12	4) Hunter, Eden 12	
3	SD-MN	A	4:21.64
	1) Rezac, Charlotte 12	2) Streefland, Sydney 11	
	3) Hoffman, Alison 12	4) Bryan, Margo 12	
4	BBST-IA	A	4:22.27
	1) Wittrock, Emerson 11	2) Hurtig, Gabriella 10	
	3) Haulard, Josephine 12	4) Paterson, Aubrey 11	
5	DSMY-IA	B	4:22.77
	1) O'Brien, Justine 11	2) Larson, Rachel 11	
	3) Ocheltree, Kinnick 11	4) Stoeckel, Madi 11	
6	Whalers-WI	A	4:23.20
	1) Cordova, Lucy 12	2) Fechtelkotter, Clar 12	
	3) Stack, Ella 12	4) Raisanen, Hailey 12	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 133 ...(Girls 11-12 400 Yard Freestyle Relay)

	Team	Relay	Seed Time
7	NHRN-MN	A	4:44.15
	1) Meyer, Aurelia 10	2) Hager, Anna 10	
	3) Meyer, Isabel 12	4) Hall, Carleigh 11	
8	SPNY-IA	A	4:57.57
	1) Ries, Ava 11	2) Koenecke, Claire 9	
	3) Christensen, Avery 10	4) Schoelerman, Riley 9	
9	Whalers-WI	B	4:59.24
	1) Poynter, Charlotte 10	2) Opacich, Harper 11	
	3) Kuettel, Lois 10	4) Kolquist, Berkley 11	
10	NWSH-MN	A	5:02.07
	1) Wolfe, Quinn 11	2) Carrick, Elliana 12	
	3) Diaz, Ayla 12	4) Nodes, Sophia 10	

Event 134 Boys 11-12 400 Yard Freestyle Relay

	Team	Relay	Seed Time
Record: 3:43.24 3/24/2024 MACR Sharks			
M Reed, N Saputra, J Nizolek, B Brodeur			
1	MACR-IA	A	4:06.43
	1) Knapp, Gabriel 12	2) Lerma, Carlos 12	
	3) Brodeur, Hudson 11	4) Saputra, Joseph 12	
2	DSMY-IA	A	4:23.44
	1) Van Niewaal, Oakley 9	2) Kozitza, Micah 11	
	3) Decker, Landry 11	4) Martin, Ben 11	
3	NWSH-MN	B	4:34.67
	1) Ryan, Conor 12	2) Rife, Joshua 12	
	3) Azzami, Mohammed-Ali 12	4) Arrigoni, Ethan 12	
4	Bullsharks-IA	A	4:43.18
	1) Koering, Westen 12	2) Kokjohn, Cohen 9	
	3) Dingus, Blain 11	4) Whipple, Henry 11	
5	Whalers-WI	A	4:58.21
	1) Booker, Hayden 12	2) Shuster, Logan 9	
	3) Turcotte, Sawyer 12	4) Shuster, Luke 11	
6	NWSH-MN	A	NT
	1) Nedrud, Isaiah 11	2) Anderson, Nolan 10	
	3) Walker, Jaden 12	4) Nandish Gowda, Hanvith 11	

Event 136 Mixed 13-14 200 Yard Freestyle Relay

	Team	Relay	Seed Time
13-14W Recor: 1:43.33 3/22/2014 Nishna Valley Flying Sharks			
M.Kickland, J.Hartwig, A.Brown, M.Kickland			
13-14M Recor: 1:32.21 3/17/2019 Greater Des Moines YMCA			
G Phillips, K Gjoraas, B Hancock, L Swanepoel			
1	MACR-IA	M0 A	1:40.29
	1) Nizolek, Jacob M13	2) Meierbachtol, Jack M14	
	3) Saputra, Nathan M13	4) Reed, Matt M13	

2	NHRN-MN	M0 A	1:43.95
	1) Bissell, Noah M13	2) Willers, Wyatt M13	
	3) Ferro, Gavin M14	4) DeGroot, JJ M14	
3	Whalers-WI	W0 A	1:50.40
	1) Anderson, Gabby W13	2) Stone, Ella W13	
	3) Smith, Jalisa W13	4) Enslin, Eleanor W14	
4	MACR-IA	W0 A	1:51.29
	1) Beatty, Sarah W13	2) Feldermann, Payton W14	
	3) Brokel, Michaela W13	4) Carter, Ramsey W14	
5	SD-MN	W0 A	1:52.25
	1) Oman, Sofia W14	2) Garske, Katherine W14	
	3) Mogilevski, Lisa W13	4) VanKimenkinda, Joeya W13	
6	DSMY-IA	W0 A	1:53.84
	1) Cygankova, Lidia W13	2) Villhauer, Holland W13	
	3) Powers, Chloe W14	4) Villhauer, Charlie W14	
7	MACR-IA	W0 B	1:56.37
	1) Robinson, Josie W13	2) Wiechert, Milla W14	
	3) Lenz, Ellis W13	4) Crist, Josie W14	
8	BRD-MN	W0 A	1:57.34
	1) Wenz, Kailey W13	2) Yenter, Keziah W14	
	3) Rabasco, Corrina W14	4) Iske, Maelle W13	
9	Dubq Dolphins-IA	W0 A	1:57.60
	1) Hoffman, Ellie W14	2) Brownell, Tenley W14	
	3) Coyle, Evelyn W14	4) Vilar, Tessa W13	

Event 137 Girls 15 & Over 200 Yard Freestyle Relay

	Team	Relay	Seed Time
Record: 1:33.37 3/21/2015 Southwest Iowa Sailfish			
J.Burke, C.Shughart, M.Weihs, K.Collins			
1	Bullsharks-IA	A	1:40.90
	1) Ritter, Olivia 16	2) Speers, Elizabeth 15	
	3) Hill, Kylee 15	4) Hinshaw, Rebecca 16	
2	Blue Wave-IA	A	1:47.50
	1) Behounek, Avery 13	2) Gummert, Maisie 16	
	3) Meyer, Libby 17	4) Hernandez, Leia 15	
3	Aqua Pack-MN	A	1:48.31
	1) Greenman, Gracie 15	2) Wadding, Harper 12	
	3) Krueger, Tailyynn 12	4) Boysen, Abbie 15	
4	ERYR-MN	A	1:48.72
	1) Grittner, Riley 16	2) Berry, Rachel 13	
	3) Durham, Jamie 17	4) St Martin, Ellie 14	
5	Dubq Dolphins-IA	A	1:50.36
	1) Pennekamp, Kirstyn 16	2) Coyle, Grace 17	
	3) Blum, Mallory 15	4) Borgerding, Taylor 17	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 137 ...(Girls 15 & Over 200 Yard Freestyle Relay)			
Team	Relay	Seed Time	
6 Whalers-WI	A	1:51.39	
1) Trettin, Lilianna 15	2) Lisi, Noranna 15		
3) Warden, Violet 13	4) Peterson, Julia 17		
7 SD-MN	A	1:53.68	
1) Horton, Maddy 15	2) Richins, Hazel 13		
3) Perez, Sarah 13	4) Mogilevski, Mary 15		
8 MACR-IA	A	1:53.82	
1) Crist, Hadley 16	2) Bodecker, Mya 15		
3) Hall, Alaina 15	4) Slosiarek, Katie 17		
9 McCook YMCA Swim	A	1:54.38	
1) Graff, Emma 18	2) Renner, Ashlynn 13		
3) Dunworth, Braelyn 15	4) Renner, Abby 16		
10 NHRN-MN	A	2:02.89	
1) Maass, Gen 16	2) Gore, Char 13		
3) Spence, Emily 13	4) Jones, Lucy 13		
11 NWSH-MN	A	NT	
1) Stromstad, Sophia 15	2) Hill, Gracie 13		
3) Doyle, Currine 15	4) Fay, Rhiannon 17		

Event 138 Boys 15 & Over 200 Yard Freestyle Relay			
Record: 1:27.92 3/22/2014 MACR Sharks			
J.Thorson, T.Wilson, J.Arebaugh, B.Urbi			
Team	Relay	Seed Time	
1 MACR-IA	A	1:31.40	
1) West, Sheppard 18	2) Calonder, Braydon 16		
3) Knapp, Isaac 14	4) Brodeur, Bentley 13		
2 Dubq Dolphins-IA	A	1:35.53	
1) Freund, Duncan 16	2) Noel, Finn 17		
3) Hoffman, Joey 15	4) Freund, Walter 17		
3 BBST-IA	A	1:39.97	
1) Weston, Ethan 16	2) Duhn, Caleb 18		
3) Miller, Oliver 16	4) Kaiser, Ray 17		
4 Whalers-WI	A	1:41.17	
1) Pagnucci, Aiden 16	2) Raisanen, Levi 14		
3) Bertagnoli, Reid 15	4) Pagnucci, Paolo 18		
5 McCook YMCA Swim	A	1:42.12	
1) Spencer, Derick 16	2) Rodewald, Blake 17		
3) Spencer, Aaron 16	4) Bantam, Kevin 17		
6 Whalers-WI	B	1:43.96	
1) Sasser, William 14	2) Fish, Oso 16		
3) Tenerelli, Tommy 13	4) Fish, Ezekiel 20		

7	ERYR-MN	A	1:47.30
1)	Overby, Henry 17	2)	Osowski, Soren 14
3)	Lee, Emrick 14	4)	Burns-Hawker, David 15
Event 139 Girls 13-14 200 Yard Backstroke			
Record:		2:08.01	3/24/2024
		Gracie Greenman	
2:39.59 REG 2024 Regional Q Time			
Meet Qualifying: 2:39.59			
	Name	Age Team	Seed Time
1	Rabasco, Corrina	14 BRD-MN	2:27.62 REG
2	Gentile, Brandlyn	14 CYSC-MW	2:29.95 REG
3	Cygankova, Lidia	13 DSMY-IA	2:29.95 REG
4	Villhauer, Holland	13 DSMY-IA	2:32.61 REG
5	Garske, Katherine	14 SD-MN	2:34.16 REG
6	Hoffman, Ellie	14 DUBQ-IA	2:34.68 REG
7	Beatty, Sarah	13 MACR-IA	2:36.15 REG
8	Oman, Sofia	14 SD-MN	2:36.99 REG
9	Berry, Rachel	13 ERYR-MN	2:37.48 REG
10	Feldermann, Payton	14 MACR-IA	2:37.60 REG
11	Wahpepah, Lanaeh	14 BBST-IA	2:37.64 REG
12	Morrison, Penelope	13 OTT	2:37.96 REG

Event 140 Boys 13-14 200 Yard Backstroke			
Record: 2:00.29 3/17/2019 Asher Havenhill			
2:29.79 REG 2024 Regional Q Time			
Meet Qualifying: 2:29.79			
Name	Age	Team	Seed Time
1 Brodeur, Bentley	13	MACR-IA	2:11.61 REG
2 Profit, Carson	14	BBST-IA	2:14.28 REG
3 DeGroot, JJ	14	NHRN-MN	2:18.02 REG
4 Schuett, Daniel	13	MACR-IA	2:23.50 REG
5 Swinger, Hudson	13	DSMY-IA	2:27.30 REG
6 Nanaziashvili, David	13	DSMY-IA	2:28.64 REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA
Psych Sheet

Event 141 Girls 15 & Over 200 Yard Backstroke

Record: 2:08.04 3/17/2019 Berit Quass
2:35.39 REG 2024 Regional Q Time

Meet Qualifying: 2:35.39

	Name	Age	Team	Seed Time	
1	Greenman, Gracie	15	APST-MN	2:08.01	REG
2	Kettles, Tori	15	DSMY-IA	2:15.03	REG
3	Fay, Rhiannon	17	NWSH-MN	2:19.72	REG
4	Scheele, Izzy	15	BARR-MW	2:25.79	REG
5	Peterson, Julia	17	SUP-WI	2:27.50	REG
6	Coyle, Grace	17	DUBQ-IA	2:28.04	REG
7	Hall, Alaina	15	MACR-IA	2:28.20	REG
8	Borgerding, Taylor	17	DUBQ-IA	2:29.12	REG
9	Estabrook, Whitney	16	MUS-IA	2:33.36	REG
10	Walter, Ella	15	OSKY-IA	2:33.91	REG
11	Crist, Hadley	16	MACR-IA	2:34.52	REG

Event 142 Boys 15 & Over 200 Yard Backstroke

Record: 1:56.92 3/17/2019 Will Toomey
2:19.89 REG 2024 Regional Q Time

Meet Qualifying: 2:19.89

	Name	Age	Team	Seed Time	
1	Brown, Hayden	15	MACR-IA	2:06.07	REG
2	West, Sheppard	18	MACR-IA	2:07.43	REG
3	Kaiser, Ray	17	BBST-IA	2:07.53	REG

Event 143 Girls 13-14 100 Yard Breaststroke

Record: 1:07.48 3/22/2014 Lexie Winnett
1:24.09 REG 2024 Regional Q Time

Meet Qualifying: 1:24.09

	Name	Age	Team	Seed Time	
1	Enslin, Eleanor	14	SUP-WI	1:09.81	REG
2	Stone, Ella	13	SUP-WI	1:11.96	REG
3	Behounek, Avery	13	BWST-IA	1:13.50	REG
4	Cygankova, Lidia	13	DSMY-IA	1:13.75	REG
5	Richins, Hazel	13	SD-MN	1:13.92	REG

6	St Martin, Ellie	14	ERYR-MN	1:13.97	REG
7	McKee, Camryn	13	MUS-IA	1:14.94	REG
8	Mogilevski, Lisa	13	SD-MN	1:16.67	REG
9	Dixon, Brynlee	14	BAB-IA	1:17.29	REG
10	Anderson, Gabby	13	SUP-WI	1:17.50	REG
11	Duerr, Ellery	13	BRD-MN	1:17.54	REG
12	Oman, Sofia	14	SD-MN	1:17.94	REG
13	Villhauer, Charlie	14	DSMY-IA	1:18.53	REG
14	Kedrowski, Marisa	14	ERYR-MN	1:19.43	REG
15	VanKimenkinda, Joeya	13	SD-MN	1:19.53	REG
16	Powers, Chloe	14	DSMY-IA	1:19.53	REG
17	Mensing, Abi	13	BBST-IA	1:20.16	REG
18	Nelson, Ava	13	NS-IA	1:20.20	REG
19	Vilar, Tessa	13	DUBQ-IA	1:21.13	REG
20	Weston, Kaela	14	BBST-IA	1:21.81	REG
21	Wahpepah, Lanaeh	14	BBST-IA	1:21.94	REG
22	Brokel, Michaela	13	MACR-IA	1:22.30	REG
23	Taylor, Eva	14	APST-MN	1:22.92	REG
24	Elmore, Addison	14	BWST-IA	1:22.92	REG
25	Brownell, Tenley	14	DUBQ-IA	1:22.96	REG
26	Johannes, Kerrigan	13	FAST-MW	1:23.29	REG
27	Robinson, Josie	13	MACR-IA	1:24.28	B
28	Wenz, Kailey	13	BRD-MN	1:26.17	B

Event 144 Boys 13-14 100 Yard Breaststroke

Record: 59.02 3/24/2024 Charlie Bobick
1:18.09 REG 2024 Regional Q Time

Meet Qualifying: 1:18.09

	Name	Age	Team	Seed Time	
1	Knapp, Isaac	14	MACR-IA	1:03.49	REG
2	Diaz, Santi	14	MUS-IA	1:09.54	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 144 ...(Boys 13-14 100 Yard Breaststroke)

	Name	Age	Team	Seed Time	
3	Recek, Wyatt	14	CYSC-MW	1:11.58	REG
4	Huber, Ty	14	WASH-IA	1:12.76	REG
5	Leveille, Brennan	14	SD-MN	1:13.03	REG
6	Kelly, Jude	14	OTT	1:13.14	REG
7	Levisay, Ethan	14	MACR-IA	1:13.54	REG
8	Lussman, Owen	13	MUS-IA	1:13.62	REG
9	Reed, Matt	13	MACR-IA	1:14.28	REG
10	Meierbachtol, Jack	14	MACR-IA	1:14.40	REG
11	Saputra, Nathan	13	MACR-IA	1:15.29	REG
12	Ferro, Gavin	14	NHRN-MN	1:15.41	REG
13	Randall, Eli	14	BWST-IA	1:16.50	REG
14	Thiam, Kaiba	14	WBAY-MN	1:16.71	REG
15	Koering, Kian	14	BAB-IA	1:16.73	REG
16	Long, Landen	13	SPNY-IA	1:17.88	REG
17	Nitti, Cadyn	14	WBAY-MN	1:19.72	B
18	Steele, Caleb	14	DYN-MN	1:20.12	B
19	Asberry-Wallace, Miles	13	NHRN-MN	1:20.40	B
20	Renteria, Corbin	13	CYSC-MW	1:20.97	B

Event 145 Girls 15 & Over 100 Yard Breaststroke

Record: 1:07.45 3/24/2024 Megan Willenbring					
1:21.49 REG 2024 Regional Q Time					
Meet Qualifying: 1:21.49					
	Name	Age	Team	Seed Time	
1	Morrison, Lilly	17	OTT	1:14.70	REG
2	Speers, Elizabeth	15	BAB-IA	1:15.47	REG
3	Bodecker, Mya	15	MACR-IA	1:16.19	REG
4	Case, Rachel	16	BWST-IA	1:16.31	REG
5	Mogilevski, Mary	15	SD-MN	1:16.37	REG
6	Guyton, Alisan	16	BAB-IA	1:16.70	REG

7	Coyle, Grace	17	DUBQ-IA	1:16.82	REG
8	Peterson, Julia	17	SUP-WI	1:16.87	REG
9	Graff, Emma	18	MCY	1:16.91	REG
10	Hinshaw, Rebecca	16	BAB-IA	1:17.37	REG
11	Miller, Kimberlee	15	NEWT-IA	1:18.83	REG
12	Ritter, Olivia	16	BAB-IA	1:18.84	REG
13	Blum, Mallory	15	DUBQ-IA	1:19.50	REG
14	Lisi, Noranna	15	SUP-WI	1:19.59	REG
15	Slosiarek, Katie	17	MACR-IA	1:19.86	REG
16	Messer, Makenzie	15	WASH-IA	1:20.68	REG
17	Engelkemier, Birdie	15	MUS-IA	1:21.56	B
18	Trettin, Lilianna	15	SUP-WI	1:23.75	B

Event 146 Boys 15 & Over 100 Yard Breaststroke

Record: 58.15 3/17/2019 Logan Kelly					
1:13.19 REG 2024 Regional Q Time					
Meet Qualifying: 1:13.19					
	Name	Age	Team	Seed Time	
1	Freund, Duncan	16	DUBQ-IA	1:01.66	REG
2	Bantam, Kevin	17	MCY	1:03.20	REG
3	Pagnucci, Paolo	18	SUP-WI	1:03.43	REG
4	Calonder, Braydon	16	MACR-IA	1:08.18	REG
5	Thorson, Tryggve	17	NHRN-MN	1:09.09	REG
6	Overby, Henry	17	ERYR-MN	1:09.54	REG
7	Weston, Ethan	16	BBST-IA	1:10.03	REG
8	Pagnucci, Aiden	16	SUP-WI	1:10.70	REG
9	Westphal, Logan	15	WASH-IA	1:10.99	REG
10	Chapple, Trevor	15	NHRN-MN	1:11.03	REG
11	Spencer, Aaron	16	MCY	1:11.96	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 148 Mixed 13-14 400 Yard IM				
13-14W Recor:	4:42.81	3/17/2019	Brooklynn Kaster	
13-14M Recor:	4:25.90	3/18/2018	Logan Kelly	
	5:25.49	13-14M REG 2024 Regional Q Time		
	5:44.29	13-14W REG 2024 Regional Q Time		
Meet Qualifying 13-14: 5:44.29				
Meet Qualifying 13-14: 5:25.49				
	Name	Age	Team	Seed Time
1	Nizolek, Jacob	M13	MACR-IA	4:36.99 REG
2	Carter, Ramsey	W14	MACR-IA	4:55.40 REG
3	Willers, Wyatt	M13	NHRN-MN	4:58.98 REG
4	Lussman, Owen	M13	MUS-IA	5:16.71 REG
5	Cygankova, Lidia	W13	DSMY-IA	5:21.57 REG
6	Case, Emma	W14	BWST-IA	5:21.65 REG
7	Crist, Josie	W14	MACR-IA	5:36.46 REG

Event 150 Mixed 15 & Over 400 Yard IM				
15&OW Record:	4:38.53	3/20/2022	Holly Lenarz	
15&OM Record:	4:22.26	3/22/2014	Justin Winnett	
	5:05.99	15&OM REG 2024 Regional Q Time		
	5:35.49	15&OW REG 2024 Regional Q Time		
Meet Qualifying 15&O: 5:35.49				
Meet Qualifying 15&O: 5:05.99				
	Name	Age	Team	Seed Time
1	West, Sheppard	M18	MACR-IA	4:28.56 REG
2	Hoffman, Joey	M15	DUBQ-IA	4:51.46 REG
3	Freund, Walter	M17	DUBQ-IA	4:57.62 REG
4	Novotny, Reid	M15	BARR-MW	4:58.13 REG
5	Fay, Rhiannon	W17	NWSH-MN	4:59.06 REG
6	Maass, Gen	W16	NHRN-MN	5:26.83 REG
7	Horton, Maddy	W15	SD-MN	5:32.07 REG

Event 151 Girls 13-14 100 Yard Butterfly				
Record:		59.37	3/20/2022	Hayden Bailey
		1:13.49	REG 2024 Regional Q Time	
Meet Qualifying: 1:13.49				
	Name	Age	Team	Seed Time
1	Villhauer, Charlie	14	DSMY-IA	59.22 REG
2	Enslin, Eleanor	14	SUP-WI	1:01.23 REG

3	Carter, Ramsey	14 MACR-IA	1:04.02	REG
4	Case, Emma	14 BWST-IA	1:04.66	REG
5	Villhauer, Holland	13 DSMY-IA	1:08.48	REG
6	Coyle, Evelyn	14 DUBQ-IA	1:08.60	REG
7	Behounek, Avery	13 BWST-IA	1:08.62	REG
8	Anderson, Gabby	13 SUP-WI	1:08.64	REG
9	Morrison, Penelope	13 OTT	1:10.43	REG
10	Beatty, Sarah	13 MACR-IA	1:10.56	REG
11	Oman, Sofia	14 SD-MN	1:10.65	REG
12	Yenter, Keziah	14 BRD-MN	1:10.82	REG
13	Hill, Gracie	13 NWSH-MN	1:10.96	REG
14	Renner, Ashlynn	13 MCY	1:11.12	REG
15	Feldermann, Payton	14 MACR-IA	1:11.22	REG
16	MarquetBlagoev, Lila	14 SD-MN	1:11.49	REG
17	Overby, Charlotte	14 ERYR-MN	1:11.88	REG
18	Smith, Jalisa	13 SUP-WI	1:12.08	REG
19	Berry, Rachel	13 ERYR-MN	1:12.89	REG
20	Powers, Chloe	14 DSMY-IA	1:13.36	REG

Event 152 Boys 13-14 100 Yard Butterfly				
Record:		52.09	3/24/2024	Charlie Bobick
		1:08.09	REG 2024 Regional Q Time	
Meet Qualifying: 1:08.09				
	Name	Age	Team	Seed Time
1	Knapp, Isaac	14	MACR-IA	52.80 REG
2	Harris, Gage	14	DSMY-IA	55.38 REG
3	Zimmer, Cameron	14	NS-IA	58.56 REG
4	Saputra, Nathan	13	MACR-IA	58.70 REG
5	Diaz, Santi	14	MUS-IA	59.96 REG
6	Reed, Matt	13	MACR-IA	1:01.05 REG
7	Nizolek, Jacob	13	MACR-IA	1:02.61 REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 152 ...(Boys 13-14 100 Yard Butterfly)					
Name		Age	Team	Seed Time	
8	Raisanen, Levi	14	SUP-WI	1:03.10	REG
9	Willers, Wyatt	13	NHRN-MN	1:04.13	REG
10	Leavens, Will	13	MUS-IA	1:05.44	REG
11	Leveille, Brennan	14	SD-MN	1:07.58	REG

Event 153 Girls 15 & Over 100 Yard Butterfly					
Record:		56.48	3/18/2018	Jasmine N Rumley	
		1:10.99	REG 2024 Regional Q Time		

Meet Qualifying: 1:10.99					
Name		Age	Team	Seed Time	
1	Hinshaw, Rebecca	16	BAB-IA	58.13	REG
2	Hill, Kylee	15	BAB-IA	1:00.91	REG
3	Mogilevski, Mary	15	SD-MN	1:01.76	REG
4	Iske, Kaia	16	BRD-MN	1:02.25	REG
5	Duerr, Avery	16	BRD-MN	1:03.02	REG
6	Renner, Abby	16	MCY	1:03.25	REG
7	Speers, Elizabeth	15	BAB-IA	1:04.34	REG
8	Peterson, Julia	17	SUP-WI	1:05.08	REG
9	Coyle, Grace	17	DUBQ-IA	1:08.13	REG
10	Slosiarek, Katie	17	MACR-IA	1:08.18	REG
11	Gummert, Maisie	16	BWST-IA	1:08.82	REG
12	Parker, Kenna	15	DSMY-IA	1:09.37	REG
13	Doyle, Currine	15	NWSH-MN	1:09.89	REG
14	Stromstad, Sophia	15	NWSH-MN	1:10.64	REG

Event 154 Boys 15 & Over 100 Yard Butterfly					
Record:		51.51	3/22/2014	Jared Thorson	
		1:03.59	REG 2024 Regional Q Time		

Meet Qualifying: 1:03.59					
Name		Age	Team	Seed Time	
1	Rodewald, Blake	17	MCY	53.90	REG
2	Novotny, Reid	15	BARR-MW	54.68	REG
3	West, Sheppard	18	MACR-IA	54.95	REG

4	Fish, Ezekiel	20	SUP-WI	56.48	REG
5	Freund, Walter	17	DUBQ-IA	56.90	REG
6	Miller, Oliver	16	BBST-IA	57.99	REG
7	Carrera, Sean	17	BARR-MW	1:00.25	REG
8	Freund, Duncan	16	DUBQ-IA	1:01.49	REG
9	Mogilevski, Pete	17	SD-MN	1:01.90	REG
10	Hoffman, Joey	15	DUBQ-IA	1:01.98	REG
11	Zimmeht, Elliott	16	OTT	1:01.99	REG
12	Spencer, Derick	16	MCY	1:02.10	REG
13	Pagnucci, Paolo	18	SUP-WI	1:02.49	REG
14	Spencer, Aaron	16	MCY	1:02.77	REG

Event 155 Girls 13-14 100 Yard Freestyle					
Record:		53.57	3/20/2022	Megan Willenbring	
		1:05.16	REG 2024 Regional Q Time		

Meet Qualifying: 1:05.16					
Name		Age	Team	Seed Time	
1	Enslin, Eleanor	14	SUP-WI	56.01	REG
2	Villhauer, Charlie	14	DSMY-IA	56.17	REG
3	St Martin, Ellie	14	ERYR-MN	56.69	REG
4	Anderson, Gabby	13	SUP-WI	57.63	REG
5	Morrison, Penelope	13	OTT	58.13	REG
6	Carter, Ramsey	14	MACR-IA	58.28	REG
7	Baker, Dani	14	WBAY-MN	58.91	REG
8	Elmore, Addison	14	BWST-IA	59.01	REG
9	Behounek, Avery	13	BWST-IA	59.73	REG
10	Case, Emma	14	BWST-IA	59.79	REG
11	VanKimenkinda, Joeya	13	SD-MN	59.85	REG
12	Gentile, Brandlyn	14	CYSC-MW	59.98	REG
13	Flowers, Serenity	14	APST-MN	1:00.02	REG
14	Feldermann, Payton	14	MACR-IA	1:00.06	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 155 ...(Girls 13-14 100 Yard Freestyle)

	Name	Age	Team	Seed Time	
15	Hoffman, Ellie	14	DUBQ-IA	1:00.57	REG
16	Beatty, Sarah	13	MACR-IA	1:00.87	REG
17	Vilar, Tessa	13	DUBQ-IA	1:01.04	REG
18	Brokel, Michaela	13	MACR-IA	1:01.51	REG
19	Oman, Sofia	14	SD-MN	1:01.64	REG
20	Coyle, Evelyn	14	DUBQ-IA	1:01.81	REG
21	Millsap, Morgan	14	MAQ-IA	1:01.88	REG
22	Weston, Kaela	14	BBST-IA	1:02.38	REG
23	Hill, Gracie	13	NWSH-MN	1:02.59	REG
24	Wiechert, Milla	14	MACR-IA	1:02.86	REG
25	Mensing, Abi	13	BBST-IA	1:03.00	REG
26	Crist, Josie	14	MACR-IA	1:03.15	REG
27	Garske, Katherine	14	SD-MN	1:03.18	REG
28	Vilhauer, Holland	13	DSMY-IA	1:03.27	REG
29	Smith, Jalisa	13	SUP-WI	1:03.48	REG
30	Stone, Ella	13	SUP-WI	1:03.53	REG
31	Warden, Violet	13	SUP-WI	1:03.55	REG
32	Rabasco, Corrina	14	BRD-MN	1:03.76	REG
33	Johannes, Kerrigan	13	FAST-MW	1:03.85	REG
34	Richins, Hazel	13	SD-MN	1:04.23	REG
35	Yenter, Keziah	14	BRD-MN	1:04.66	REG
36	Duerr, Ellery	13	BRD-MN	1:04.97	REG
37	Lenz, Ellis	13	MACR-IA	1:05.03	REG
38	Larson, Claire	13	NHRN-MN	1:05.13	REG
39	Mogilevski, Lisa	13	SD-MN	1:05.14	REG
40	Larsen, Amiah	13	ALTS-MN	1:06.26	B
41	Perez, Sarah	13	SD-MN	1:06.56	B

42	Wenz, Kailey	13	BRD-MN	1:06.78	B
43	Iske, Maelle	13	BRD-MN	1:06.95	B
44	Spence, Emily	13	NHRN-MN	1:07.15	B

Event 156 Boys 13-14 100 Yard Freestyle

Record:	48.49	3/24/2024	Charlie Bobick
	1:02.19	REG	2024 Regional Q Time

Meet Qualifying: 1:02.19

	Name	Age	Team	Seed Time	
1	Knapp, Isaac	14	MACR-IA	49.95	REG
2	Brodeur, Bentley	13	MACR-IA	51.71	REG
3	Diaz, Santi	14	MUS-IA	51.81	REG
4	Harris, Gage	14	DSMY-IA	52.89	REG
5	Profit, Carson	14	BBST-IA	53.39	REG
6	Reed, Matt	13	MACR-IA	53.78	REG
7	Zimmer, Cameron	14	NS-IA	53.83	REG
8	Randall, Eli	14	BWST-IA	54.25	REG
9	Nizolek, Jacob	13	MACR-IA	55.65	REG
10	Huber, Ty	14	WASH-IA	55.79	REG
11	DeGroot, JJ	14	NHRN-MN	55.83	REG
12	Meierbachtol, Jack	14	MACR-IA	56.18	REG
13	Leavens, Will	13	MUS-IA	56.18	REG
14	Long, Landen	13	SPNY-IA	56.25	REG
15	Levisay, Ethan	14	MACR-IA	56.48	REG
16	Ferro, Gavin	14	NHRN-MN	57.73	REG
17	Saputra, Nathan	13	MACR-IA	57.85	REG
18	Thiam, Kaiba	14	WBAY-MN	58.15	REG
19	Kelly, Jude	14	OTT	58.38	REG
20	Raisanen, Levi	14	SUP-WI	59.08	REG
21	Lussman, Owen	13	MUS-IA	59.16	REG
22	Recek, Wyatt	14	CYSC-MW	59.40	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 156 ...**(Boys 13-14 100 Yard Freestyle)**

	Name	Age	Team	Seed Time	
23	Leveille, Brennan	14	SD-MN	59.54	REG
24	Lee, Emrick	14	ERYR-MN	59.62	REG
25	Bissell, Noah	13	NHRN-MN	59.77	REG
26	Weisinger, Akron	13	BAB-IA	59.93	REG
27	Schuett, Daniel	13	MACR-IA	1:00.06	REG
28	Rosvold, Ian	14	OSKY-IA	1:01.12	REG
29	Lawrence, Calvin	13	DYN-MN	1:01.13	REG
30	Asberry-Wallace, Miles	13	NHRN-MN	1:01.20	REG
31	Sasser, William	14	SUP-WI	1:01.27	REG
32	Renteria, Corbin	13	CYSC-MW	1:01.31	REG
33	Kragness, Gavin	13	CYSC-MW	1:01.46	REG
34	Nanaziasvili, David	13	DSMY-IA	1:02.03	REG
35	Knutson, Jacob	13	WBAY-MN	1:02.10	REG
36	Steele, Caleb	14	DYN-MN	1:03.01	B
37	Nitti, Cadyn	14	WBAY-MN	1:03.10	B
38	Osowski, Soren	14	ERYR-MN	1:03.50	B
39	Tenerelli, Tommy	13	SUP-WI	1:03.77	B

Event 157 **Girls 15 & Over 100 Yard Freestyle**

Record:		52.14	3/18/2018	Jasmine N Rumley		
		1:04.89	REG 2024 Regional Q Time			
Meet Qualifying:		1:04.89				
	Name	Age	Team	Seed Time		
1	Kettles, Tori	15	DSMY-IA	53.53	REG	
2	Hinshaw, Rebecca	16	BAB-IA	54.61	REG	
3	Duerr, Avery	16	BRD-MN	55.24	REG	
4	Speers, Elizabeth	15	BAB-IA	55.27	REG	
5	Hernandez, Leia	15	BWST-IA	56.47	REG	
6	Fay, Rhiannon	17	NWSH-MN	56.62	REG	
7	Boysen, Abbie	15	APST-MN	57.00	REG	

8	Grittner, Riley	16	ERYR-MN	57.60	REG
9	Greenman, Gracie	15	APST-MN	58.12	REG
10	Ritter, Olivia	16	BAB-IA	58.31	REG
11	Hill, Kylee	15	BAB-IA	58.54	REG
12	Borgerding, Taylor	17	DUBQ-IA	58.87	REG
13	Case, Rachel	16	BWST-IA	59.08	REG
14	Slosiarek, Katie	17	MACR-IA	59.23	REG
15	Pennekamp, Kirstyn	16	DUBQ-IA	59.73	REG
16	Iske, Kaia	16	BRD-MN	1:00.04	REG
17	Durheim, Jamie	17	ERYR-MN	1:00.12	REG
18	Meyer, Libby	17	BWST-IA	1:00.40	REG
19	Mogilevski, Mary	15	SD-MN	1:00.88	REG
20	Gummert, Maisie	16	BWST-IA	1:01.20	REG
21	Guyton, Alisan	16	BAB-IA	1:01.85	REG
22	Engelkemier, Birdie	15	MUS-IA	1:01.98	REG
23	Parker, Kenna	15	DSMY-IA	1:02.28	REG
24	Stromstad, Sophia	15	NWSH-MN	1:02.43	REG
25	Peterson, Julia	17	SUP-WI	1:02.55	REG
26	Renner, Abby	16	MCY	1:02.55	REG
27	Crist, Hadley	16	MACR-IA	1:02.75	REG
28	Walter, Ella	15	OSKY-IA	1:02.98	REG
29	Miller, Kimberlee	15	NEWT-IA	1:03.02	REG
30	Klyn, Rylee	15	OSKY-IA	1:03.24	REG
31	Bodecker, Mya	15	MACR-IA	1:03.29	REG
32	Morrison, Lilly	17	OTT	1:03.66	REG
33	Blum, Mallory	15	DUBQ-IA	1:03.78	REG
34	Dunworth, Braelyn	15	MCY	1:04.36	REG
35	Hall, Alaina	15	MACR-IA	1:04.54	REG

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 157 ...(Girls 15 & Over 100 Yard Freestyle)

	Name	Age	Team	Seed Time	
36	Estabrook, Whitney	16	MUS-IA	1:04.65	REG
37	Horton, Maddy	15	SD-MN	1:04.77	REG
38	Morrison, Daphanie	15	OTT	1:04.78	REG

Event 158 Boys 15 & Over 100 Yard Freestyle

Record:	47.32	3/20/2022	Carsten Reuter
58.09	REG	2024 Regional Q Time	

Meet Qualifying: 58.09

	Name	Age	Team	Seed Time	
1	Calonder, Braydon	16	MACR-IA	50.35	REG
2	Novotny, Reid	15	BARR-MW	50.44	REG
3	Rodewald, Blake	17	MCY	50.61	REG
4	Freund, Walter	17	DUBQ-IA	51.26	REG
5	Kaiser, Ray	17	BBST-IA	51.67	REG
6	Chapple, Trevor	15	NHRN-MN	52.46	REG
7	Pagnucci, Aiden	16	SUP-WI	52.50	REG
8	Pagnucci, Paolo	18	SUP-WI	52.85	REG
9	Miller, Oliver	16	BBST-IA	52.95	REG
10	Bantam, Kevin	17	MCY	53.01	REG
11	Mogilevski, Pete	17	SD-MN	53.02	REG
12	Zimmeht, Elliott	16	OTT	53.25	REG
13	Carrera, Sean	17	BARR-MW	53.53	REG
14	Burns-Hawker, David	15	ERYR-MN	53.61	REG
15	Freund, Duncan	16	DUBQ-IA	53.84	REG
16	Fish, Ezekiel	20	SUP-WI	54.30	REG
17	Brown, Hayden	15	MACR-IA	54.83	REG
18	Thorson, Tryggve	17	NHRN-MN	54.84	REG
19	Calhoun, Kyle	16	OTT	55.64	REG
20	Noel, Finn	17	DUBQ-IA	55.73	REG
21	Weston, Ethan	16	BBST-IA	56.50	REG

22	Overby, Henry	17	ERYR-MN	56.64	REG
23	Spencer, Derick	16	MCY	56.64	REG
24	Bertagnoli, Reid	15	SUP-WI	57.89	REG
25	Sjoberg, Odin	16	BRD-MN	58.07	REG
26	Sanchez, Remy	15	NWSH-MN	58.63	B
27	Westphal, Logan	15	WASH-IA	59.28	B

Event 160 Mixed 13-14 400 Yard Medley Relay

13-14W Recor:	4:06.03	3/17/2019	Greater Des Moines YMCA
E Schwickerath, K He, M Kell, M Hunt			
13-14M Recor:	3:47.71	3/17/2019	Greater Des Moines YMCA
G Phillips, L Manning, L Swanepoel, K Gjoraas			

	Team	Relay	Seed Time
1	MACR-IA	M0 A	4:09.82
	1) Schuett, Daniel M13	2) Nizolek, Jacob M13	
	3) Saputra, Nathan M13	4) Reed, Matt M13	
2	Whalers-WI	W0 A	4:22.50
	1) Anderson, Gabby W13	2) Stone, Ella W13	
	3) Enslin, Eleanor W14	4) Smith, Jalisa W13	
3	SD-MN	W0 A	4:34.54
	1) Garske, Katherine W14	2) Richins, Hazel W13	
	3) MarquetBlagoev, Lila W14	4) VanKimenkinda, Joeya W13	
4	MACR-IA	W0 A	4:35.52
	1) Beatty, Sarah W13	2) Crist, Josie W14	
	3) Carter, Ramsey W14	4) Feldermann, Payton W14	
5	Dubq Dolphins-IA	W0 A	4:39.77
	1) Hoffman, Ellie W14	2) Brownell, Tenley W14	
	3) Coyle, Evelyn W14	4) Vilar, Tessa W13	
6	ERYR-MN	W0 A	4:44.15
	1) Berry, Rachel W13	2) Kedrowski, Marisa W14	
	3) Overby, Charlotte W14	4) St Martin, Ellie W14	
7	MACR-IA	W0 B	5:05.50
	1) Wiechert, Milla W14	2) Robinson, Josie W13	
	3) Brokel, Michaela W13	4) Lenz, Ellis W13	

Event 161 Girls 15 & Over 400 Yard Medley Relay

Record:	4:02.11	3/17/2019	Greater Des Moines YMCA
E Clark, M Martin, B Quass, J Rumley			

	Team	Relay	Seed Time
1	DSMY-IA	A	4:14.10
	1) Parker, Kenna 15	2) Cygankova, Lidia 13	
	3) Villhauer, Charlie 14	4) Kettles, Tori 15	

2025 YMCA North Central Regional Championship - 3/14/2025 to 3/16/2025

Wellmark YMCA

Psych Sheet

Event 161 ...(Girls 15 & Over 400 Yard Medley Relay)			
	Team	Relay	Seed Time
2	Bullsharks-IA	A	4:24.99
	1) Hinshaw, Rebecca 16	2) Guyton, Alisan 16	
	3) Speers, Elizabeth 15	4) Dixon, Brynlee 14	
3	Blue Wave-IA	A	4:27.63
	1) Elmore, Addison 14	2) Case, Rachel 16	
	3) Case, Emma 14	4) Hernandez, Leia 15	
4	BRD-MN	A	4:28.82
	1) Duerr, Ellery 13	2) Duerr, Avery 16	
	3) Iske, Kaia 16	4) Yenter, Keziah 14	
5	Aqua Pack-MN	A	4:35.61
	1) Greenman, Gracie 15	2) Taylor, Eva 14	
	3) Flowers, Serenity 14	4) Boysen, Abbie 15	
6	MACR-IA	A	4:37.24
	1) Hall, Alaina 15	2) Bodecker, Mya 15	
	3) Slosiarek, Katie 17	4) Crist, Hadley 16	
7	SD-MN	A	4:37.26
	1) Mogilevski, Lisa 13	2) Oman, Sofia 14	
	3) Mogilevski, Mary 15	4) Horton, Maddy 15	
8	Dubq Dolphins-IA	A	4:37.65
	1) Borgerding, Taylor 17	2) Blum, Mallory 15	
	3) Coyle, Grace 17	4) Pennekamp, Kirstyn 16	
9	McCook YMCA Swim	A	4:42.50
	1) Renner, Ashlynn 13	2) Graff, Emma 18	
	3) Renner, Abby 16	4) Dunworth, Braelyn 15	
10	Whalers-WI	A	4:53.84
	1) Warden, Violet 13	2) Lisi, Noranna 15	
	3) Peterson, Julia 17	4) Trettin, Lilianna 15	
11	NHRN-MN	A	5:11.64
	1) Gore, Char 13	2) Maass, Gen 16	
	3) Larson, Claire 13	4) Jones, Lucy 13	
12	NWSH-MN	A	NT
	1) Stromstad, Sophia 15	2) Fay, Rhiannon 17	
	3) Hill, Gracie 13	4) Doyle, Currine 15	

Event 162 Boys 15 & Over 400 Yard Medley Relay			
Record:		3:39.96 3/22/2014	MACR Sharks
B.Urbi, J.Arebaugh, J.Thorson, J.Roggendorf			
	Team	Relay	Seed Time
1	MACR-IA	A	3:54.51
	1) West, Sheppard 18	2) Knapp, Isaac 14	
	3) Brodeur, Bentley 13	4) Calonder, Braydon 16	

2	McCook YMCA Swim	A	3:54.86
	1) Spencer, Derick 16	2) Bantam, Kevin 17	
	3) Rodewald, Blake 17	4) Spencer, Aaron 16	
3	Dubq Dolphins-IA	A	3:56.52
	1) Hoffman, Joey 15	2) Freund, Duncan 16	
	3) Freund, Walter 17	4) Noel, Finn 17	
4	Whalers-WI	A	4:00.03
	1) Pagnucci, Aiden 16	2) Pagnucci, Paolo 18	
	3) Fish, Ezekiel 20	4) Raisanen, Levi 14	
5	BBST-IA	A	4:06.82
	1) Kaiser, Ray 17	2) Weston, Ethan 16	
	3) Duhn, Caleb 18	4) Miller, Oliver 16	
6	ERYR-MN	A	4:20.41
	1) Osowski, Soren 14	2) Overby, Henry 17	
	3) Lee, Emrick 14	4) Burns-Hawker, David 15	
7	NHRN-MN	A	4:30.59
	1) Bissell, Noah 13	2) Thorson, Tryggve 17	
	3) Chapple, Trevor 15	4) Asberry-Wallace, Miles 13	
8	Whalers-WI	B	4:52.36
	1) Sasser, William 14	2) Bertagnoli, Reid 15	
	3) Tenerelli, Tommy 13	4) Fish, Oso 16	