Meet Results

West Plains 04-Jan-22 [Ageup: 4/24/2021] Yards
West Plains High School [WEPL] Coach: Ryan Smith

Time	F/P/S	Relay	Place	Points	Improv

Event # 1 Girls 200 Medley Relay

2:09.69Y F A Relay West Plains High School 1 32

Paige Sheridan (SO) Evie Niesen (FR) Audrey Land (FR) Trinity Wake (SO)

15.57	30.95	47.99	1:08.27
(15.57)	(30.95)	(17.04)	(37.32)
1:22.68	1:40.46	1:54.66	2:09.69
(14.41)	(32.19)	(14.20)	(29.23)

2:18.42Y F DQ B Relay West Plains High School --- ---

Addison Peugh (SO) Katie Sandgren (SR) Afton Morrison (SR) Gilly Grigsby (SR)

16.77	33.13	51.61	1:12.91
(16.77)	(16.36)	(18.48)	(21.30)
1:28.89	1:48.48	2:02.49	2:18.42
(15.98)	(19.59)	(14.01)	(15.93)

Event # 2 Girls 200 Free

2:38.81Y F Brayden Kantola 1 16 6.19

35.35	1:15.84	1:57.93	2:38.81
(35.35)	(40.49)	(42.09)	(40.88)

2:40.37Y F Jordan Kantola 2 13 6.86

35.91	1:16.99	1:59.13	2:40.37
(35.91)	(41.08)	(42.14)	(41.24)

Event # 3 Girls 200 IM

2:31.66Y F Evie Niesen 1 16 2.71

14.82	33.35	54.30	1:13.91
(14.82)	(18.53)	(20.95)	(19.61)
1:35.54	1:57.32	2:15.75	2:31.66
(21.63)	(21.78)	(18.43)	(15.91)

2:50.93Y F Trinity Wake 2 13 -0.71

17.37	39.75	1:02.06	1:22.39
(17.37)	(22.38)	(22.31)	(20.33)
1:48.42	2:15.14	2:34.05	2:50.93
(26.03)	(26.72)	(18.91)	(16.88)

Event # 4 Girls 50 Free

28.73Y F Audrey Land 1 16 0.41

13.75	28.73
(13.75)	(14.98)

29.01Y F Addison Peugh 2 13 0.20

14.17	29.01
(14.17)	(14.84)

31.20Y F Afton Morrison 6 9 -0.24

15.25	31.20
(15.25)	(15.95)

X 34.64Y F Katie Sandgren --- --- 1.35

16.04	34.64
(16.04)	(18.60)

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Time	F/P/S	Relay	Place	Points	Improv
Event # 6 Girls 100 Fly					
1:16.12Y	F	Gilly Grigsby	1	16	-16.40
	16.75	36.44	56.30	1:16.12	
	(16.75)	(19.69)	(19.86)	(19.82)	
1:45.21Y	F	Jordan Kantola	6	9	---
	21.00	49.50	1:16.56	1:45.21	
	(21.00)	(28.50)	(27.06)	(28.65)	
Event # 7 Girls 100 Free					
58.66Y	F	Paige Sheridan	1	16	1.56
	13.20	27.94	43.51	58.66	
	(13.20)	(14.74)	(15.57)	(15.15)	
1:04.32Y	F	Addison Peugh	2	13	1.04
	14.67	30.85	47.23	1:04.32	
	(14.67)	(16.18)	(16.38)	(17.09)	
X 1:21.37Y	F	Lisa Ade	---	---	-1.36
	18.86	40.19	1:01.95	1:21.37	
	(18.86)	(21.33)	(21.76)	(19.42)	
Event # 8 Girls 500 Free					
6:46.49Y	F	Audrey Land	1	16	---
	35.53	1:15.17	1:55.73	2:37.49	
	(35.53)	(39.64)	(40.56)	(41.76)	
	3:17.89	3:59.88	4:42.31	5:24.95	
	(40.40)	(41.99)	(42.43)	(42.64)	
	6:08.06	6:46.49			
	(43.11)	(38.43)			
6:51.82Y	F	Afton Morrison	2	13	-9.64
	37.25	1:19.35	2:01.05	2:43.52	
	(37.25)	(42.10)	(41.70)	(42.47)	
	3:26.15	4:08.95	4:51.58	5:32.47	
	(42.63)	(42.80)	(42.63)	(40.89)	
	6:13.02	6:51.82			
	(40.55)	(38.80)			
8:31.12Y	F	Katie Sandgren	6	9	-0.10
	39.48	1:28.04	2:19.33	3:11.39	
	(39.48)	(48.56)	(51.29)	(52.06)	
	4:04.50	4:58.01	5:52.67	6:47.57	
	(53.11)	(53.51)	(54.66)	(54.90)	
	7:41.50	8:31.12			
	(53.93)	(49.62)			
Event # 9 Girls 200 Free Relay					
2:01.25Y	F	A Relay	West Plains High School	1	32
Paige Sheridan (SO)		Brayden Kantola (SR)	Jordan Kantola (SR)	Trinity Wake (SO)	
	13.42	27.49	42.66	59.25	
	(13.42)	(27.49)	(15.17)	(31.76)	
	1:14.45	1:31.23	2:01.25		
	(15.20)	(31.98)	(30.02)		

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Time	F/P/S	Relay	Place	Points	Improv
Event # 10 Girls 100 Back					
1:11.66Y	F	Evie Niesen	1	16	-23.26
16.63	34.57	1:11.66			
(16.63)	(17.94)	(37.09)			
1:17.05Y	F	Gilly Grigsby	2	13	0.31
18.84	38.44	57.77	1:17.05		
(18.84)	(19.60)	(19.33)	(19.28)		
X 1:45.31Y	F	Lisa Ade	---	---	---
24.37	51.51	1:45.31			
(24.37)	(27.14)	(53.80)			
Event # 11 Girls 100 Breast					
1:18.35Y	F	Paige Sheridan	1	16	2.53
17.14	37.30	57.99	1:18.35		
(17.14)	(20.16)	(20.69)	(20.36)		
1:33.13Y	F	Brayden Kantola	5	10	2.29
20.18	44.82	1:08.45	1:33.13		
(20.18)	(24.64)	(23.63)	(24.68)		
1:35.31Y	F	Trinity Wake	8	5	-0.83
20.62	45.14	1:10.95	1:35.31		
(20.62)	(24.52)	(25.81)	(24.36)		
Event # 12 Girls 400 Free Relay					
4:24.73Y	F	A Relay West Plains High School	1	32	
Audrey Land (FR)		Addison Peugh (SO)	Gilly Grigsby (SR)	Evie Niesen (FR)	
14.59	31.87	50.99	1:09.94		
(14.59)	(31.87)	(50.99)	(1:09.94)		
1:24.37	1:40.78	1:58.23	2:15.86		
(14.43)	(30.84)	(48.29)	(1:05.92)		
2:30.77	2:48.09	3:05.77	3:23.09		
(14.91)	(32.23)	(49.91)	(1:07.23)		
3:36.60	3:51.94	4:08.31	4:24.73		
(13.51)	(28.85)	(45.22)	(1:01.64)		
4:59.55Y	F	B Relay West Plains High School	3	24	
Jordan Kantola (SR)		Katie Sandgren (SR)	Afton Morrison (SR)	Brayden Kantola (SR)	
15.78	34.05	52.99	1:12.24		
(15.78)	(34.05)	(52.99)	(1:12.24)		
1:29.39	1:51.06	2:14.91	2:38.64		
(17.15)	(38.82)	(1:02.67)	(1:26.40)		
2:54.57	3:12.67	3:31.26	3:50.32		
(15.93)	(34.03)	(52.62)	(1:11.68)		
4:05.99	4:24.05	4:42.57	4:59.55		
(15.67)	(33.73)	(52.25)	(1:09.23)		