Meet Results

SWMO Varsity Championships 04-Feb-22 to 05-Feb-22 Yards
West Plains High School [WEPL] Coach: Ryan Smith

Time	F/P/S	Relay	Place	Points	Improv

Event # 1 Girls 200 Medley Relay

2:07.02Y F — A Relay — West Plains High School — 11 — 20

Addison Peugh (SO), Paige Sheridan (SO), Gilly Grigsby (SR), Evie Niesen (FR), Brayden Kantola (SR), Afton Morrison (SR), Audrey Land (FR), Magdalene Viers (SO)

15.73	32.49	48.34	1:08.59
(15.73)	(32.49)	(15.85)	(36.10)
1:22.05	1:39.31	1:51.95	2:07.02
(13.46)	(30.72)	(12.64)	(27.71)

2:08.37Y P — A Relay — West Plains High School — 12 — ---

Addison Peugh (SO), Paige Sheridan (SO), Gilly Grigsby (SR), Evie Niesen (FR), Brayden Kantola (SR), Afton Morrison (SR), Audrey Land (FR), Magdalene Viers (SO)

16.09	32.37	48.81	1:09.29
(16.09)	(32.37)	(16.44)	(36.92)
1:23.31	1:40.60	1:53.71	2:08.37
(14.02)	(31.31)	(13.11)	(27.77)

Event # 2 Girls 200 Free

2:11.57Y — F — Trinity Wake — 14 — 5 — -5.25

28.00	1:00.32	1:35.44	2:11.57
(28.00)	(32.32)	(35.12)	(36.13)

2:14.97Y — P — Trinity Wake — 14 — --- — -1.85

29.69	1:03.57	1:39.91	2:14.97
(29.69)	(33.88)	(36.34)	(35.06)

2:22.68Y — P — Afton Morrison — 22 — --- — -9.03

32.92	1:09.56	1:46.78	2:22.68
(32.92)	(36.64)	(37.22)	(35.90)

Event # 3 Girls 200 IM

2:15.41Y — F — Paige Sheridan — 2 — 23 — -1.64

13.33	29.49	46.74	1:03.33
(13.33)	(16.16)	(17.25)	(16.59)
1:23.08	1:43.54	2:00.56	2:15.41
(19.75)	(20.46)	(17.02)	(14.85)

2:15.87Y — P — Paige Sheridan — 2 — --- — -1.18

13.55	30.05	46.87	1:03.51
(13.55)	(16.50)	(16.82)	(16.64)
1:23.38	1:43.41	2:00.32	2:15.87
(19.87)	(20.03)	(16.91)	(15.55)

Event # 4 Girls 50 Free

28.15Y — P — Audrey Land — 23 — --- — 0.04

13.25	28.15
(13.25)	(14.90)

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Time	F/P/S	Relay	Place	Points	Improv
Event # 6 Girls 100 Fly					
1:12.23Y	F	Brayden Kantola	16	3	-0.73
14.62	33.13	51.65	1:12.23		
(14.62)	(18.51)	(18.52)	(20.58)		
1:14.31Y	P	Brayden Kantola	18	---	1.35
15.21	34.09	52.55	1:14.31		
(15.21)	(18.88)	(18.46)	(21.76)		
1:21.37Y	P	Audrey Land	23	---	4.86
14.38	34.09	56.08	1:21.37		
(14.38)	(19.71)	(21.99)	(25.29)		
Event # 7 Girls 100 Free					
57.06Y	P	Evie Niesen	8	---	-0.35
12.95	27.38	42.69	57.06		
(12.95)	(14.43)	(15.31)	(14.37)		
57.32Y	F	Evie Niesen	8	13	-0.09
12.60	27.31	42.07	57.32		
(12.60)	(14.71)	(14.76)	(15.25)		
1:07.77Y	P	Jordan Kantola	34	---	1.18
31.11	1:07.77				
(31.11)	(36.66)				

Meet Results

SWMO Varsity Championships 04-Feb-22 to 05-Feb-22 Yards
West Plains High School [WEPL] Coach: Ryan Smith

Time	F/P/S	Relay	Place	Points	Improv
Event # 8 Girls 500 Free					
5:18.44Y	P	Paige Sheridan	1	---	-7.13
	28.23	59.87 1:31.81 2:04.03			
	(28.23)	(31.64) (31.94) (32.22)			
	2:36.44	3:08.84 3:41.37 4:13.74			
	(32.41)	(32.40) (32.53) (32.37)			
	4:46.14	5:18.44			
	(32.40)	(32.30)			
5:19.23Y	F	Paige Sheridan	2	23	-6.34
	28.30	59.75 1:31.63 2:03.93			
	(28.30)	(31.45) (31.88) (32.30)			
	2:36.92	3:09.55 3:42.25 4:14.93			
	(32.99)	(32.63) (32.70) (32.68)			
	4:47.22	5:19.23			
	(32.29)	(32.01)			
5:55.80Y	F	Addison Peugh	9	12	-2.00
	30.67	1:04.76 1:39.34 2:15.15			
	(30.67)	(34.09) (34.58) (35.81)			
	2:51.97	3:28.32 4:05.70 4:42.69			
	(36.82)	(36.35) (37.38) (36.99)			
	5:19.43	5:55.80			
	(36.74)	(36.37)			
5:57.95Y	F	Trinity Wake	13	7	-13.42
	30.37	1:04.81 1:40.33 2:16.49			
	(30.37)	(34.44) (35.52) (36.16)			
	2:53.20	3:29.81 4:08.39 4:45.92			
	(36.71)	(36.61) (38.58) (37.53)			
	5:23.52	5:57.95			
	(37.60)	(34.43)			
6:00.13Y	P	Addison Peugh	12	---	2.33
	30.69	1:04.94 1:40.05 2:16.94			
	(30.69)	(34.25) (35.11) (36.89)			
	2:53.81	3:31.19 4:08.49 4:46.41			
	(36.87)	(37.38) (37.30) (37.92)			
	5:24.19	6:00.13			
	(37.78)	(35.94)			
6:04.61Y	F	Gilly Grigsby	15	4	0.18
	31.30	1:05.88 1:42.15 2:19.22			
	(31.30)	(34.58) (36.27) (37.07)			
	2:57.34	3:35.79 4:14.03 4:51.83			
	(38.12)	(38.45) (38.24) (37.80)			
	5:28.71	6:04.61			
	(36.88)	(35.90)			
6:05.96Y	P	Trinity Wake	15	---	-5.41
	31.14	1:06.47 1:44.06 2:21.70			
	(31.14)	(35.33) (37.59) (37.64)			
	2:59.19	3:37.68 4:15.90 4:53.01			
	(37.49)	(38.49) (38.22) (37.11)			
	5:30.70	6:05.96			
	(37.69)	(35.26)			

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West Plains High School [WEPL] Coach: Ryan Smith

Time	F/P/S	Relay	Place	Points	Improv
6:07.22Y	P	Gilly Grigsby	16	---	2.79
	31.35	1:05.80	1:42.47	2:19.69	
	(31.35)	(34.45)	(36.67)	(37.22)	
	2:57.32	3:35.61	4:14.41	4:53.08	
	(37.63)	(38.29)	(38.80)	(38.67)	
	5:30.81	6:07.22			
	(37.73)	(36.41)			

Event # 9 Girls 200 Free Relay

1:47.46Y	F	A Relay	West Plains High School	9	24
Evie Niesen (FR)		Audrey Land (FR)	Trinity Wake (SO)	Paige Sheridan (SO)	
Addison Peugh (SO)		Gilly Grigsby (SR)	Jordan Kantola (SR)	Brayden Kantola (SR)	
	13.21	27.01	40.23	54.66	
	(13.21)	(27.01)	(13.22)	(27.65)	
	1:07.76	1:21.59	1:34.02	1:47.46	
	(13.10)	(26.93)	(12.43)	(25.87)	
1:48.64Y	P	A Relay	West Plains High School	9	---
Evie Niesen (FR)		Audrey Land (FR)	Trinity Wake (SO)	Paige Sheridan (SO)	
Addison Peugh (SO)		Gilly Grigsby (SR)	Jordan Kantola (SR)	Brayden Kantola (SR)	
	13.13	26.79	40.34	55.47	
	(13.13)	(26.79)	(13.55)	(28.68)	
	1:09.06	1:23.15	1:35.45	1:48.64	
	(13.59)	(27.68)	(12.30)	(25.49)	

Event # 10 Girls 100 Back

1:08.15Y	F	Addison Peugh	10	11	-2.11
	15.86	33.16	50.45	1:08.15	
	(15.86)	(17.30)	(17.29)	(17.70)	
1:09.59Y	P	Addison Peugh	10	---	-0.67
	16.67	34.11	52.54	1:09.59	
	(16.67)	(17.44)	(18.43)	(17.05)	
1:20.67Y	P	Jordan Kantola	30	---	2.31
	19.46	38.08	59.56	1:20.67	
	(19.46)	(18.62)	(21.48)	(21.11)	

Event # 11 Girls 100 Breast

1:17.86Y	P	Evie Niesen	9	---	3.19
	16.56	37.04	57.21	1:17.86	
	(16.56)	(20.48)	(20.17)	(20.65)	
1:18.76Y	F	Evie Niesen	9	12	4.09
	16.64	36.63	57.29	1:18.76	
	(16.64)	(19.99)	(20.66)	(21.47)	
1:19.76Y	F	Gilly Grigsby	15	4	-0.33
	16.75	37.10	57.79	1:19.76	
	(16.75)	(20.35)	(20.69)	(21.97)	
1:21.01Y	P	Gilly Grigsby	14	---	0.92
	17.18	38.22	59.30	1:21.01	
	(17.18)	(21.04)	(21.08)	(21.71)	
1:28.78Y	P	Brayden Kantola	28	---	-1.07
	20.02	42.80	1:06.83	1:28.78	
	(20.02)	(22.78)	(24.03)	(21.95)	

Meet Results

SWMO Varsity Championships 04-Feb-22 to 05-Feb-22 Yards
West Plains High School [WEPL] Coach: Ryan Smith

Time	F/P/S	Relay	Place	Points	Improv

Event # 12 Girls 400 Free Relay

3:56.94Y F — A Relay — West Plains High School — 6 — 38

Paige Sheridan (SO), Gilly Grigsby (SR), Trinity Wake (SO), Jordan Kantola (SR), Addison Peugh (SO), Brayden Kantola (SR), Evie Niesen (FR), Audrey Land (FR)

12.81	27.29	41.80	57.04
(12.81)	(27.29)	(41.80)	(57.04)
1:10.23	1:25.81	1:41.39	1:57.25
(13.19)	(28.77)	(44.35)	(1:00.21)
2:10.55	2:26.31	2:41.92	2:57.89
(13.30)	(29.06)	(44.67)	(1:00.64)
3:10.37	3:25.62	3:40.92	3:56.94
(12.48)	(27.73)	(43.03)	(59.05)

3:59.59Y P — A Relay — West Plains High School — 6 — ---

Paige Sheridan (SO), Gilly Grigsby (SR), Trinity Wake (SO), Jordan Kantola (SR), Addison Peugh (SO), Brayden Kantola (SR), Evie Niesen (FR), Audrey Land (FR)

12.95	27.26	42.27	56.67
(12.95)	(27.26)	(42.27)	(56.67)
1:10.96	1:26.86	1:43.33	1:59.75
(14.29)	(30.19)	(46.66)	(1:03.08)
2:13.49	2:29.17	2:45.60	3:01.31
(13.74)	(29.42)	(45.85)	(1:01.56)
3:14.25	3:28.71	3:44.38	3:59.59
(12.94)	(27.40)	(43.07)	(58.28)