

2017 ASAA/First National Bank Alaska

Swim & Dive

State Championships



Tournament Schedule

Event Lineups

Team Photos

2017 Tournament Results





First National Bank
ALASKA MEMBER FDIC

We Believe in Alaska's Future

Challenges abound as we look to Alaska's future. By taking part in Alaska School Activities Association events, the state's youth prepare themselves for the opportunities that lie ahead.

For 28 years, First National Bank Alaska has proudly served as ASAA's Title Sponsor to help support 30,000 high school student athletes and activity participants statewide.

From higher grades and better attendance, to fewer dropouts and higher graduation rates, the value of sports and activities is clear. Together, we are giving our all for a brighter tomorrow.

We believe in Alaska. We believe in you.

Alaska Business Monthly magazine
"Best of Alaska Business" Awards



Image courtesy of ASAA

NMLS# 640297

FNBAAlaska.com

Table of Contents



- Championship Schedule **3**
- Swim Team Photos **19-23**
- Events — Preliminary and Final Line-ups:
 - Event 1 200 Medley Relay — Girls **5**
 - Event 2 200 Medley Relay — Boys **5**
 - Event 3 200 Freestyle — Girls **7**
 - Event 4 200 Freestyle — Boys **7**
 - Event 5 200 Individual Medley — Girls **9**
 - Event 6 200 Individual Medley — Boys **9**
 - Event 7 50 Freestyle — Girls **11**
 - Event 8 50 Freestyle — Boys **11**
 - Event 9 1M Diving — Girls **13**
 - Event 10 1M Diving — Boys **13**
 - Event 11 100 Butterfly — Girls **15**
 - Event 12 100 Butterfly — Boys **15**
 - Event 13 100 Freestyle — Girls **17**
 - Event 14 100 Freestyle — Boys **17**
 - Event 15 500 Freestyle — Girls **25**
 - Event 16 500 Freestyle — Boys **25**
 - Event 17 200 Freestyle Relay — Girls **27**
 - Event 18 200 Freestyle Relay — Boys **27**
 - Event 19 100 Backstroke — Girls **29**
 - Event 20 100 Backstroke — Boys **29**
 - Event 21 100 Breaststroke — Girls **31**
 - Event 22 100 Breaststroke — Boys **31**
 - Event 23 400 Freestyle Relay — Girls **33**
 - Event 24 400 Freestyle Relay — Boys **33**
- 2017 Tournament Results **34**
- 2017 Good Sport Athletes **35**

Sportsmanship Creed

“This contest is being played under the authority of the Alaska School Activities Association. ASAA rules provide for fair play and good sportsmanship among athletes and coaches. Since booing and jeering do not support anyone, we expect fans to be positive in supporting their favorite team with encouraging comments and cheers. Please refrain from words or actions that would reflect negatively on your school and team. In other words, BE A FAN----NOT A FANATIC.”

Welcome



On behalf of the Alaska School Activities Association Board of Directors and ASAA’s corporate partners, welcome to the 2017 ASAA/First National Bank Alaska Swim & Dive State Championships! To the student-athletes, we applaud your dedication to doing your best for yourself and your school. To the coaches and parents, thank you for continuing to support interscholastic sports and activities. And to the spectators, we appreciate your being part of this statewide championship event

Billy Strickland, Executive Director
Alaska School Activities Association



WE'RE TEAMING UP!

Giving all Alaska students the opportunity to join in activities and reach their goals.

Thanks to our loyal customers and committed employees, ACC has grown to 35 retail stores throughout the state. Together with our meat processing plant, North Star Quality Meats, and our wholesale division, Pacific Alaska Wholesale, we strive to meet the food and merchandise needs of the communities we serve.

Sponsoring ASAA provides ACC with great opportunity to extend that same dedication to the youth of our villages.



Alaska Commercial Company, serving rural Alaska since 1867



2017 ASAA / First National Bank Alaska Swim & Dive State Championships

Bartlett High Pool I Hosted By: Central Area Swimming

FRIDAY, NOVEMBER 3, 2017

Swim & Dive Preliminaries

- 10:30 am Coaches & Team Captains Meeting - Bartlett High (TBA)
- 11:00 am Swim Warm-Ups
- 11:15 am Chief Judges/Starters/Referees Meeting
- 11:45 am Swim Officials Meeting
- 12:55 pm National Anthem
- 1:00 pm Swim Prelims Begins
- 2:45 pm Girls Dive Warm-Ups
- 3:15 pm Dive Judges Meeting
- 3:30 pm Girls Dive Prelims Begins
- Immediately following Boys Dive Warmups / Boys Dive Prelims

SATURDAY, NOVEMBER 4, 2017

- 9:00 am Girls Dive Warm-Ups
- 9:30 am Girls Dive Semi-Finals
- Immediately following Boys Dive Warmups / Boys Dive Semi-Finals
- Immediately following Pool Closed
- 11:00 am Dive Finalist Warm-Ups
- 11:15 am Chief Judges/Starters/Referees Meeting
- 11:45 am Swim Officials Meeting
- 11:55 am Boards Closed
- 12:00 pm Swim Warm-ups
- 12:55 pm National Anthem

Finals - Start at 1:00 pm

- | | | | |
|----------|------------------------|----------|---------------------------|
| Event 1 | 200 Medley Relay-Girls | Event 13 | 100 Freestyle-Girls |
| Event 2 | 200 Medley Relay-Boys | Event 14 | 100 Freestyle-Boys |
| Event 3 | 200 Freestyle-Girls | Event 15 | 500 Freestyle-Girls |
| Event 4 | 200 Freestyle-Boys | Event 16 | 500 Freestyle-Boys |
| Event 5 | 200 Ind. Medley-Girls | Event 17 | 200 Freestyle Relay-Girls |
| Event 6 | 200 Ind. Medley-Boys | Event 18 | 200 Freestyle Relay-Boys |
| Event 7 | 50 Freestyle-Girls | Event 19 | 100 Backstroke-Girls |
| Event 8 | 50 Freestyle-Boys | Event 20 | 100 Backstroke-Boys |
| Event 9 | 1M Diving Finals-Girls | Event 21 | 100 Breaststroke-Girls |
| Event 10 | 1M Diving Finals-Boys | Event 22 | 100 Breaststroke-Boys |
| Event 11 | 100 Butterfly-Girls | Event 23 | 400 Freestyle Relay-Girls |
| Event 12 | 100 Butterfly-Boys | Event 24 | 400 Freestyle Relay-Boys |

Individual Awards are presented following events
Team Awards are presented following last event

Take the pledge.

Distracted driving is never OK.



You're never alone on the road, even when you're alone in your car. We may be heading to different destinations, but we are all on this road together.

7-in-10 people engage in smartphone activities while driving¹

Take the pledge to never drive distracted and join the movement to help save lives.

ItCanWait.com | Follow us [@ItCanWait](https://twitter.com/ItCanWait)

*Research commissioned by AT&T and conducted by Braun Research. Polled 2,067 people in the U.S. aged 16-65 who use their smartphone and drive at least once a day.¹

© 2017 AT&T Intellectual Property. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property.

EVENT 1

GIRLS 200 MEDLEY RELAY

STATE RECORD: 2014 • Juneau-Douglas • 1:46.75 • (Kelly, Isaak, Ruffin, Walsh)

Lane	Team	Seed Time	Time
1	KHS	1:50.55	_____
1) Cummiskey, Marina 2) Spear, Leslie 3) Cummiskey, Devon 4) Glover, Hannah 5) Apitz, Olivia 6) Blackmon, Molly 7) Sarnowski, Alicia 8) Nicholson, Ashleigh			
2	CHS	1:52.26	_____
1) Burke, Cheyenne 2) Morgan, Addison 3) Cockreham, Leslie 4) Powers, Izzy 5) Merizon, Lily 6) Thompson, Shelby 7) Lopez, Vicky 8) Manwaring, Kirstina			
3	SITKA	1:52.99	_____
1) Davis, Jessica 2) McArthur, Whitney 3) Schwantes, Sophia 4) McArthur, Kyleigh 5) Moore, Skylar 6) Harang, Grace 7) Pellett, Cyleena 8) Moore, Makayla			
4	DHS	1:53.86	_____
1) Williams, Camryn 2) Oakley, Naomi 3) Willis, Tatum 4) Terry, Mikayla 5) Willis, Breckynn 6) Moody, Erin 7) Cegelka, Emma 8) Soldwedel, Emi			
5	HOMER	1:54.37	_____
1) Bechtol, Chloe 2) Story, Madison 3) Bales, Alia 4) Blanton-Yourkowski, Ella 5) Berry, Adeline 6) Love, Elizabeth 7) Downey, Iris 8) Groves, Mia			
6	SAHS	1:55.07	_____
1) Laliberte, Colette 2) Cheng, Summer 3) Watson, Cassie 4) Hellman, Haylie 5) Bingham, Madeline 6) Bergmann, Brianna 7) Romspert, Kasey 8) Cheng, Aubrey			
7	SOHI	1:55.84	_____
1) McMillan, Darby 2) Creglow, Katie 3) Juliussen, Sydney 4) Padilla, Portia 5) Juliussen, Alex 6) Abouelkheir, Zeina 7) Birch, Kortney 8) Barkman, Madelyn			
8	PHS	1:57.02 Alt	_____
1) Beck, Maria 2) Petersen, Ashtyn 3) Snelders, Gretchen 4) Musgrave, Lindsay 5) Beck, Julia 6) Fletcher, Kameela 7) Obeso, Emma 8) Geffken, Savannah			
9	ERHS	1:57.03 Alt	_____
1) Mercer, Ellie 2) Keen, Gracie 3) Shaw, Hannah 4) Horning, Katherine 5) Schlimgen, Anna 6) Johnson, Kara 7) Foss, Hannah			
10	WV	1:58.05	_____
1) Atencio, Raquel 2) Chen, Anastasia 3) Mills, Hannah 4) O'Donoghue, Annaka 5) Nagaoka, Yuki 6) Eppingher, Patty 7) Billings, Heidi 8) Hite, Lauren			

EVENT 2

BOYS 200 MEDLEY RELAY

STATE RECORD: 2015 • Dimond 1:36.29 (Dittlinger, Alfano, Hoen, O'Brien)

Lane	Team	Seed Time	Time
1	KHS	1:38.57	_____
1) Lindquist, Talon 2) Hocum, Anders 3) James, Luke 4) James, Nathan 5) Egdorf, Gage 6) Lee, Nevin 7) Peralta, Patrick 8) Spaeth, Gavin			
2	SHS	1:39.36	_____
1) Carpenter, Austin 2) Kwon, Ethan 3) Sands, Ian 4) Law, Caleb 5) Jarupakorn, Brian 6) Price, Nicholas 7) Wisdom, Tavner 8) Kenna, Aidan			
3	DHS	1:39.83	_____
1) Dittlinger, Reed 2) Inoue, Takuma 3) Hoefler, Noah 4) Flores, Nate 5) Addington, Maximus 6) Loudon, Christopher 7) Tatakis, Jesse 8) Mitchell, Jacob			
4	ERHS	1:40.02	_____
1) Min, Daniel 2) Heaphy, John 3) Anthony, Joey 4) Horning, Sam 5) Fast, Kevin 6) Keen, Josiah 7) Farthing, Michael 8) Spence, William			
5	KCHS	1:41.75	_____
1) Heaven, Savaii 2) Bagley, Trevor 3) Ralph, Owen 4) Reese, Hunter			
6	TMHS	1:42.87	_____
1) Post, Noatak 2) Davis, Bergen 3) Grigg, Micah 4) Ray, Chris 5) Hamilton, Casey 6) Holt, Spencer 7) Matiasowski, Raymie 8) Loseby, Noah			
7	WW	1:43.17	_____
1) Barrette, Kaya 2) Laughlin, Miles 3) Henderson, Ben 4) Hancock, Camren 5) Fussell, Teddy 6) Cowin, Jonathan 7) Mitchell, Kyle 8) Joyce, Evan			
8	CHS	1:44.34 Alt	_____
1) Petrie, Jeremy 2) Lodzins, Dalton 3) Blackstone, Reid 4) Cole, Zach 5) Renner, Konrad 6) Westerman, Jimmy 7) Lodzins, Donovan 8) Hegg, Tyler			
9	HOMER	1:45.26 Alt	_____
1) Arndt, Clayton 2) Downey, Griffin 3) Nelson, Jake 4) Handley, Teddy 5) Melkomukov, Anthony			
10	WV	1:47.03	_____
1) Kim, Chris 2) Lucero, Michael 3) Chiu, Trevor 4) Billings, Ezra 5) Slusser, Joey 6) Beshears, Crieghton 7) Fox, Logan			



Strengthening Alaska Through Our Values

Proud sponsor of the Alaska School Activities Association



 WeAreASRC

 @ASRC_AK

 @WeAreASRC

EVENT 3

GIRLS 200 FREESTYLE

STATE RECORD: 2007 • Meghan Cavanaugh, East • 1:50.02

LANE NAME	SCHOOL	SEED TIME	TIME
1 Moody, Erin	DHS	1:54.35	_____
2 Cummiskey, Marina	KHS	1:54.59	_____
3 Moore, Skylar	SITKA	1:59.44	_____
4 Cegelka, Emma	DHS	1:59.71	_____
5 Jarupakorn, Katherine	BHS	2:02.42	_____
6 Soldwedel, Emi	DHS	2:03.14	_____
7 Harang, Grace	SITKA	2:03.23	_____
8 Howard, Cameron	JDHS	2:03.29	_____
9 Nagaoka, Yuki	WV	2:03.94	_____
10 Sarnowski, Alicia	KHS	2:04.41	_____
11 Blackmon, Molly	KHS	2:04.51	_____
12 Abouelkheir, Zeina	SOHI	2:04.92	_____
13 Keyes, Taylor	WV	2:05.23	_____
14 Schultz, Peyton	TMHS	2:06.35	_____
15 Hrinko, Maddie	MHS	2:06.45	_____
16 Sailor, Morgan	SHS	2:06.86	_____
17 McCallum, Shannon	HHS	2:07.68 Alt	_____
18 Mattson, Alexis	COLHS	2:07.70 Alt	_____

EVENT 4

BOYS 200 FREESTYLE

STATE RECORD: 2016 • Talon Lindquist, Kodiak • 1:39.78

LANE NAME	SCHOOL	SEED TIME	TIME
1 Addington, Maximus	DHS	1:44.27	_____
2 Suleimani, Alex	LHS	1:44.85	_____
3 Kwon, Andrew	SAHS	1:45.15	_____
4 Snelders, Max	PHS	1:45.87	_____
5 Holt, Spencer	TMHS	1:46.57	_____
6 Tatakis, Jesse	DHS	1:48.45	_____
7 Walch, Andrew	DHS	1:48.94	_____
8 Egdorf, Gage	KHS	1:48.98	_____
9 Matiasowski, Raymie	TMHS	1:49.46	_____
10 Goering, Tate	JDHS	1:49.56	_____
11 Palmer, Noah	HHS	1:50.56	_____
12 Rygh, Fredric	DHS	1:51.09	_____
13 Blackstone, Reid	CHS	1:51.23	_____
14 Peralta, Patrick	KHS	1:51.41	_____
15 Olson, Dakota	PHS	1:51.87	_____
16 Smith, Daniel	KHS	1:52.62	_____
17 Janik, McKinley	SITKA	1:53.12 Alt	_____
18 Grigg, Micah	TMHS	1:53.23 Alt	_____



MAKE A SPLASH.

Alaska Airlines is proud to sponsor the ASAA/First National Bank Alaska 2017 Swimming and Diving Championships. Good luck.



EVENT 5

GIRLS 200 INDIVIDUAL MEDLEY

STATE RECORD: 2014 • Tahna Lindquist (Kodiak) • 2:03.61

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Cheng, Summer	SAHS	2:11.81	_____
2	Davis, Jessica	SITKA	2:13.08	_____
3	Dayton, Camille	COLHS	2:15.15	_____
4	Cockreham, Leslie	CHS	2:16.75	_____
5	Willis, Breckynn	DHS	2:16.89	_____
6	Cummiskey, Devon	KHS	2:17.00	_____
7	Story, Madison	HOMER	2:17.12	_____
8	Morgan, Addison	CHS	2:17.99	_____
9	Spear, Leslie	KHS	2:18.70	_____
10	Keen, Gracie	ERHS	2:19.31	_____
11	Conley, Annie	NPHS	2:19.97	_____
12	Schwantes, Sophia	SITKA	2:20.08	_____
13	Norvell, Taelyn	JDHS	2:20.55	_____
14	Billings, Heidi	WV	2:21.10	_____
15	Pajarillo, Evangelyn	TMHS	2:21.25	_____
16	Oakley, Naomi	DHS	2:22.57	_____
17	Ratcliffe, Anna	DHS	2:23.47 Alt	_____
18	Emili, Adriana	SAHS	2:23.51 Alt	_____

EVENT 6

BOYS 200 INDIVIDUAL MEDLEY

STATE RECORD: 2014 • Talon Lindquist (Kodiak) • 1:52.01

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Lindquist, Talon	KHS	1:51.33	_____
2	Hamilton, Casey	TMHS	1:54.28	_____
3	Davis, Bergen	TMHS	1:54.40	_____
4	Heaphy, John	ERHS	1:58.80	_____
5	Hoefler, Noah	DHS	2:02.89	_____
6	Price, Nicholas	SHS	2:04.13	_____
7	Lee, Nevin	KHS	2:04.20	_____
8	James, Luke	KHS	2:05.13	_____
9	Barrette, Koya	WV	2:05.38	_____
10	Sands, Ian	SHS	2:05.96	_____
11	Lodzins, Dalton	CHS	2:06.70	_____
12	Walch, Connor	DHS	2:07.37	_____
13	Slusser, Joey	WV	2:07.69	_____
14	Loudon, Christopher	DHS	2:07.96	_____
15	Gagner, Jacob	SITKA	2:08.05	_____
16	Handley, Teddy	HOMER	2:09.83	_____
17	Spanos, Connor	SEW	2:10.20 Alt	_____
18	Conley, Cameron	NPHS	2:10.70 Alt	_____



Six Convenient Locations to Serve You and Your Family!

1136 N. Muldoon Rd., Ste 110
Anchorage, Alaska 99504

726 E. 9th Avenue
Anchorage, Alaska 99501

4211 Mountain View Dr., Ste 102
Anchorage, Alaska 99508

1921 W. Dimond Blvd, Ste 101
Anchorage, Alaska 99515

3565 Arctic Blvd., Unit D1-2
Anchorage, Alaska 99503

9138 Arlon Street, Ste B4
Anchorage, Alaska 99507

907-333-6666

Accepting Medicaid, Denali Kid Care and most insurance plans

www.btydental.com

EVENT 7

GIRLS 50 FREESTYLE

STATE RECORD: 2014 • Ila Hughes (Kodiak) • 23.20

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Powers, Izzy	CHS	23.72	_____
2	Jarupakorn, Wanlaya	BHS	24.68	_____
3	Snelders, Gretchen	PHS	24.70	_____
4	Horning, Katherine	ERHS	24.95	_____
5	Juliusen, Sydney	SOHI	25.02	_____
6	Mulgrew-Truitt, Andyn	JDHS	25.32	_____
7	Glover, Hannah	KHS	25.35	_____
8	McCarther, Katy	LHS	25.43	_____
9	McArthur, Whitney	SITKA	25.47	_____
10	Congdon, Bret	WHS	25.53	_____
11	Terry, Mikayla	DHS	25.54	_____
12	Hite, Lauren	WV	25.67	_____
13	Blanton-Yourkowski, Ella	HOMER	25.75	_____
14	Whitethorn, Maddy	PETER	26.01	_____
15	Cowin, Ashley	WW	26.02	_____
16	Chen, Anastasia	WV	26.08	_____
17	Bales, Alia	HOMER	26.14 Alt	_____
18	Willis, Tatum	DHS	26.15 Alt	_____

EVENT 8

BOYS 50 FREESTYLE

STATE RECORD: 1996 • Andrew Tainter, Service • 20.91

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Dittlinger, Reed	DHS	20.87	_____
2	Law, Caleb	SHS	21.10	_____
3	Vestri Giovanni, Gabe	COLHS	21.53	_____
4	Horning, Sam	ERHS	21.55	_____
5	Reese, Hunter	KCHS	21.76	_____
6	Hancock, Camren	WW	22.44	_____
7	Evans, Ethan	SOHI	22.56	_____
8	Flores, Nate	DHS	22.64	_____
9	Nguyen, Adam	UNAK	22.69	_____
10	Gregor, Charlie	HHS	22.86	_____
11	Meiresonne, Maury	KAYHI	22.87	_____
12	Chastain, Ryan	COLHS	22.99	_____
13	Erickson, Britton	PETER	23.18	_____
14	Carpenter, Austin	SHS	23.21	_____
15	Triershield, Jake	SITKA	23.22	_____
16	Kolberg, Konnor	COLHS	23.28	_____
17	Babbitt, Scott	DHS	23.52 Alt	_____
18	Billings, Ezra	WV	23.69 Al	_____

Proud of our Alaska workforce.

24,200+

Total jobs supported

79%

Alaska hire

\$26 million+

Community giving in the last 5 years

\$2.25 billion+

Taxes and royalties paid (2014)

Sean Glasheen
Production Engineer
BP Alaska



Find out more about BP Alaska at alaska.bp.com



EVENT 9 GIRLS 1 METER DIVING

STATE RECORD: 2015 • Jami Stone (Eagle River) • 482.75 points

Lane	Name	School	Qualifying	Total
1	Chan, Jayde	WW	381.50	_____
2	Hartman, Chloe	PHS	354.05	_____
3	Cook, Madison	SAHS	349.30	_____
4	Mayer, Carrie	WW	349.30	_____
5	Brown, Annalynn	HOMER	339.15	_____
6	Cyr, Eileen	COLHS	326.90	_____
7	Coffman, Tyler	PHS	323.55	_____
8	Walch, Jenna	DHS	304.60	_____
9	Thorton Ansley	COLHS	298.85	_____
10	Alverz Sage	KHS	297.90	_____
11	Weiss Katelyn	NPHS	291.80	_____
12	MarcAurele Monique	DHS	238.00	_____
13	Hogan Kyah	SAHS	228.10	_____
14	Parsons Carmen	EHS	222.75	_____
15	Sivertsen Jessi	KAYHI	222.00	_____
16	Kahklen Amber	TMHS	211.75	_____
17	Kiessling Rosemary	TMHS	202.15 Alt	_____
18	Simek Jade	SHS	202.05 Alt	_____

EVENT 10 BOYS 1 METER DIVING

STATE RECORD: 2016 • Brayden Schachle Wasilla • 539.35 points

Lane	Name	School	Qualifying	Total
1	Larson Ethan	BHS	491.30	_____
2	Belliston Tanner	COLHS	484.35	_____
3	Welch Kylin	SOHI	475.10	_____
4	Dannenberg Holt	WHS	472.85	_____
5	Skolnick Sam	SOHI	417.55	_____
6	Parnell Steven	KHS	397.45	_____
7	Ulatan Ruben	KHS	385.40	_____
8	Rygh Marty	DHS	372.90	_____
9	Godden Reed	PHS	372.40	_____
10	Krozel Eli	COLHS	370.60	_____
11	Coulter Ben	WHS	359.40	_____
12	Novakovich Joshua	SAHS	343.30	_____
13	Slater Kelsey	WV	333.80	_____
14	Johnson Cole	PHS	329.55 Alt	_____
15	Hart Cian	JDHS	314.10	_____
16	Jack Wendell	DHS	304.35 Alt	_____
17	Koop Carter	NPHS	297.50	_____
18	Torgerson Will	JDHS	263.90	_____

OPA Athletic Trainers



OPA certified athletic trainers Bryan Beechem, MS, ATC; Lynne Young, MEd, ATC, ITAT; Caroline Lounsbury, MAT, ATC/L; Nick Lambertsen, MS, ATC; Mary Perez, MS, ATC; and James Berry, MS, ATC, LAT. Not pictured: Alyssa Babcock, ME, ATC, PES.

We're on the sidelines, so you don't have to be.

OPA provides full-time certified athletic trainers to all Anchorage and Mat-Su area high schools — free of charge.

These full-time medical professionals work with student-athletes, coaches and parents to prevent injuries, save thousands of health care dollars and help build a stronger, healthier community.

Learn more about OPA's individual trainers, injury prevention tips and more at:

OPAlaska.com

Lowering the cost of health care in Alaska.

As a division of OrthoAlaska, OPA is a Blue Cross Blue Shield Preferred Provider. We also gladly accept Medicare, Medicaid, Tricare, VA and most all other insurance plans.

Injury Walk-in Hours

Anchorage:

Mon - Fri, 12-8p; Sat & Sun, 12-6p
3801 Lake Otis Pkwy., Suite 200

Wasilla:

Mon - Fri, 12-6p
1700 E Bogard Rd., Suite 102

Appointments

Anchorage & Eagle River, 562-2277
Wasilla, 357-2267



**ORTHOPEDIC
PHYSICIANS**
A L A S K A

OrthoAlaska LLC

OrthoAlaska complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

NOT A CERTIFIED EMERGENCY MEDICAL SERVICE AS DESCRIBED IN ALASKA STATUTE 18.08.082.084,200.

EVENT 11

GIRLS 100 BUTTERFLY

STATE RECORD: 2007 • Meghan Cavanaugh, East • 55.59

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Cummiskey Marina	KHS	58.23	_____
2	Jarupakorn Wanlaya	BHS	59.16	_____
3	Cheng Summer	SAHS	59.24	_____
4	Willis Breckynn	DHS	59.26	_____
5	Cummiskey Devon	KHS	59.33	_____
6	Dayton Camille	COLHS	1:00.65	_____
7	Willis Tatumn	DHS	1:01.10	_____
8	Watson Cassie	SAHS	1:01.46	_____
9	Sherrill Laura	KAYHI	1:01.49	_____
10	Schwantes Sophia	SITKA	1:03.20	_____
11	Padilla Portia	SOHI	1:04.09	_____
12	Farring Erika	COLHS	1:04.27	_____
13	Matiashowski Selma	TMHS	1:04.40	_____
14	Billings Heidi	WV	1:04.48	_____
15	Pfundt Maria	PETER	1:04.69	_____
16	Merriman Rio	SAHS	1:05.15	_____
17	Pajarillo Evangelyn	TMHS	1:05.36 Alt	_____
18	McLaughlin Molly	SAHS	1:05.43 Alt	_____

EVENT 12

BOYS 100 BUTTERFLY

STATE RECORD: 2008 • Cody Brunette (Juneau) 49.19

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Dittlinger, Reed	DHS	49.83	_____
2	Lindquist, Talon	KHS	50.06	_____
3	Simmons, Jake	COLHS	50.17	_____
4	Holt, Spencer	TMHS	51.87	_____
5	Reese, Hunter	KCHS	52.25	_____
6	Jarupakorn, Brian	SHS	53.69	_____
7	Palmer, Noah	HHS	54.68	_____
8	Monroe, Harold	WHS	55.09	_____
9	Spanos, Connor	SEW	55.30	_____
10	Sands, Ian	SHS	55.33	_____
11	Hoefler, Noah	DHS	55.39	_____
12	Handley, Teddy	HOMER	56.70	_____
13	Chastain, Ryan	COLHS	57.01	_____
14	Gagner, Jacob	SITKA	57.22	_____
15	Nelson, Jake	HOMER	57.31	_____
16	Rolph, Owen	KCHS	57.67	_____
17	Slusser, Joey	WV	58.22 Alt	_____
18	Babbitt, Scott	DHS	58.97 Alt	_____



**DAILY
PASSENGER,
CHARTER
& CARGO
SERVICE**

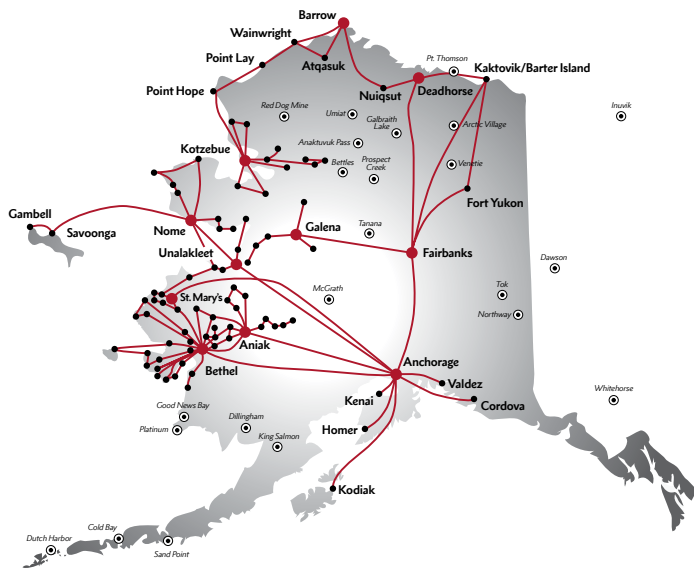


Ravn Alaska is pleased to be a major sponsor of the Alaska School Activities Association!

Serving the passenger, cargo and charter needs of over 100 communities throughout Alaska.

Go to flyravn.com for online reservations, or call Alaska statewide reservations at **(800) 866-8394**

We look forward to seeing you on board our fleet!



FlyAway Rewards—Earn Free Travel Faster.

Earn 10 FlyAway Rewards points for every Ravn Alaska flight segment flown. You can earn a free one-way trip for as few as 50 points! See additional information at flyravn.com.

EVENT 13

GIRLS 100 FREESTYLE

STATE RECORD: 2014 • Ila Hughes (Kodiak) • 50.51

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Powers, Izzy	CHS	51.84	_____
2	Moody, Erin	DHS	52.81	_____
3	Juliussen, Sydney	SOHI	54.41	_____
4	McCarthy, Katy	LHS	54.64	_____
5	Cegelka, Emma	DHS	54.79	_____
6	Glover, Hannah	KHS	54.96	_____
7	Burke, Cheyenne	CHS	55.22	_____
8	Schachle, Victoria	MHS	55.34	_____
9	Cheng, Aubrey	SAHS	55.48	_____
10	Terry, Mikayla	DHS	55.89	_____
11	Mulgrew-Truitt, Andyn	JDHS	56.39	_____
12	Nagaoka, Yuki	WV	56.45	_____
13	Pellett, Cyleena	SITKA	56.51	_____
14	Jarupakorn, Katherine	BHS	56.69	_____
15	McArthur, Kyleigh	SITKA	57.03	_____
16	Whitethorn, Maddy	PETER	57.23	_____
17	Musgrave, Lindsay	PHS	57.32 Alt	_____
18	Blanton-Yourkowski, Ella	HOMER	57.40 Alt	_____

EVENT 14

BOYS 100 FREESTYLE

STATE RECORD: 2014 • Abe Auelbach (Petersburg) • 44.90

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Law, Caleb	SHS	47.16	_____
2	Snelders, Max	PHS	47.23	_____
3	Vestri Giovanni, Gabe	COLHS	47.57	_____
4	Addington, Maximus	DHS	47.76	_____
5	Horning, Sam	ERHS	47.99	_____
6	Heaven, Savaii	KCHS	48.21	_____
7	Flores, Nate	DHS	49.41	_____
8	Abbott, Van	PETER	49.51	_____
9	Arndt, Clayton	HOMER	49.62	_____
10	James, Nathan	KHS	49.64	_____
11	Tatakis, Jesse	DHS	49.75	_____
12	James, Luke	KHS	49.81	_____
13	Egdorf, Gage	KHS	49.90	_____
14	Goering, Tate	JDHS	49.91	_____
15	Erickson, Britton	PETER	50.53	_____
16	Evans, Ethan	SOHI	50.59 Alt	_____
17	Weldon, Tyler	JDHS	50.91	_____

When Alaska's Best Need
To Be Seen and Heard,
They Go To...



MIRROR STUDIOS
AK . DC . LA

Award Winning Corporate Stories and Documentaries
World Renowned Safety and Training Programs
Radio and Television
Audition / Demo's / Full-Length CD Projects
CD's, DVD's, HD, 5.1 Dolby Surround

907-245-8888 • mirrorstudios.com

Alaska's Premier Studio

**Proud Supporter of
Alaska School Activities Association**

IMAGINE...

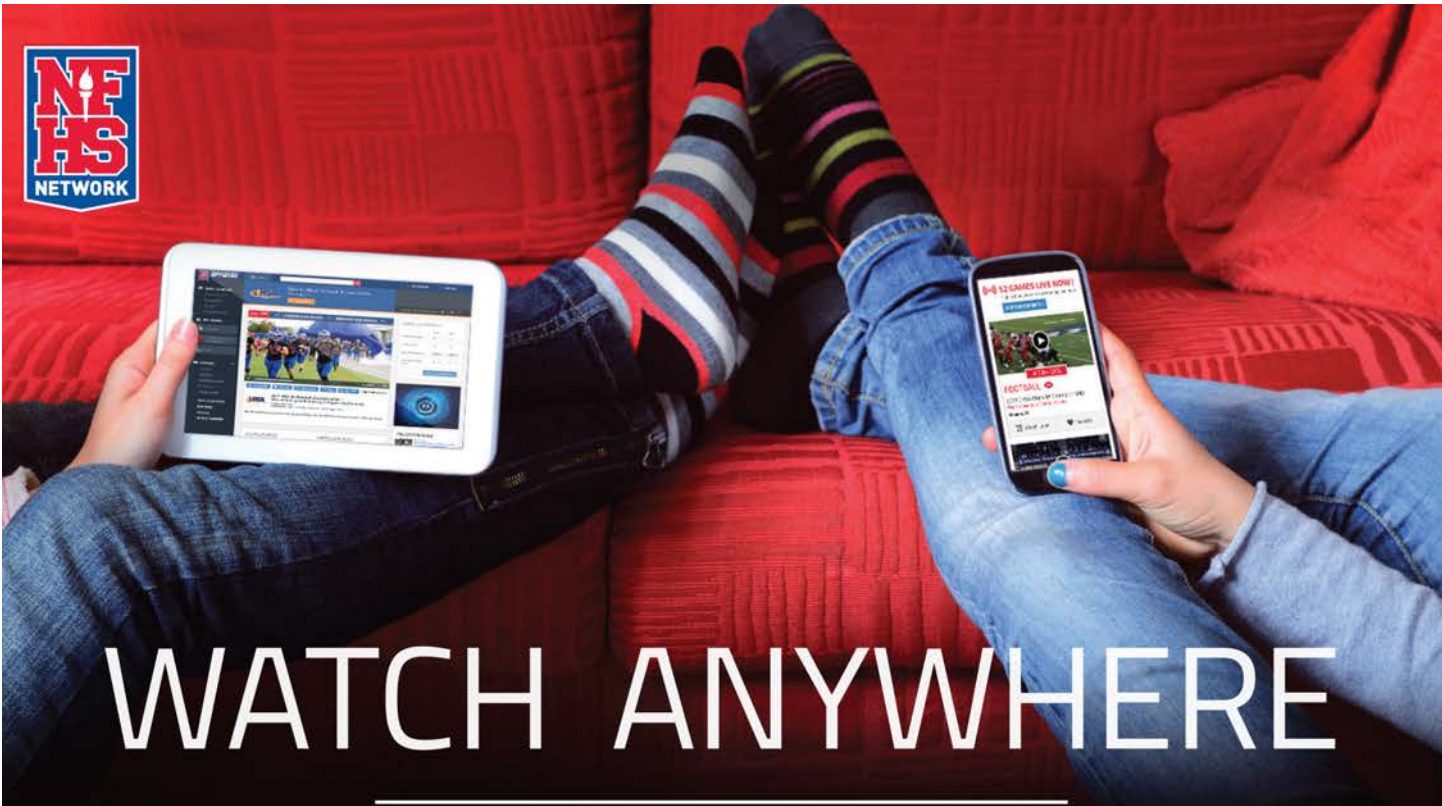
hundreds of Alaskans coming together from across
the Last Frontier in perfect rhythm and harmony.



Proud supporter of ASAA and the
next generation of Alaskan leaders.

eye-cue.com

907.248.7663



WATCH ANYWHERE

The NFHS Network is **THE PLACE** to watch high school sports. By giving students the resources needed to produce their own broadcasts, we keep you connected with LIVE, online coverage. No matter where you are, **HIGH SCHOOL HAPPENS HERE!**



Introducing the Apple TV & Android APP!
Visit NFHSnetwork.com to join for **FREE**.



Team Photos



Bartlett Golden Bears



Colony Knights



Homer Mariners



Hutchison Hawks



Juneau-Douglas Crimson Bears



Kenai Kardinals



Ketchikan Kings



Lathrop Malemutes

Teamwork provides perfect backdrop
for family working together in Alaska

DENALI PRINCESS WILDERNESS LODGE®



The Shreeve Family knows the importance of teamwork. We're not just related, we are also co-workers at Denali Princess Wilderness Lodge. Knowing how to best support my team, whether we're at home, work, or on the field is a skill I learned while participating in Ketchikan High School's football and basketball programs.

Just as important as supporting my teammates on the field was watching my dad support me from the sidelines. One time he drove all the way from the Lodge to Delta Junction just to watch me play in an away game. ASAA builds valuable skills and camaraderie between players and families alike.

The Shreeves are proud to work for a company who sponsors the Alaska School Activities Association (ASAA), providing today's young Alaskans with 34 sports and activities to enrich their lives and ensure Alaska's future. We can't wait for the next generation to start participating!

- Tallon Shreeve, *Hotel Services Manager*
(Pictured 8th from the left)

For more information about employment possibilities
in Alaska with Princess Cruises, go to
www.alaskatourjobs.com



Team Photos



Monroe Catholic Rams



North Pole Patriots



Palmer Moose



Petersburg Vikings

We set the standard



**Alaskan Memories
Awards for All Occasions**



**401 W. Northern Lights Blvd. Suite 3 • Anchorage, AK 99503
(907) 277-1124 • Fax: 272-1943**

Fuel To **POWERADE** **THROUGH**™



©2016 The Coca-Cola Company. "POWERADE" and "POWER THROUGH" are trademarks of The Coca-Cola Company.

Team Photos



Seward Seahawks



Sitka Wolves



Soldotna Stars



South Anchorage Wolverines



Thunder Mountain Falcons



Unalaska Raiders



Wasilla Warriors



West Valley Wolf Pack



Something Special Just for You:

- **\$89** Room Rate (Up to 4 Guests)
- Complimentary Breakfast
- Airport Transportation
- Complimentary Wi-Fi
- Indoor Pool and Whirlpool



4301 Union Square Drive | Anchorage, AK 99503
907-929-3499 | Anchorage.HamptonInn.com

EVENT 15

GIRLS 500 FREESTYLE

STATE RECORD: 2014 • Tahna Lindquist (Kodiak) • 4:53.50

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Harang, Grace	SITKA	5:26.59	_____
2	Williams, Camryn	DHS	5:27.53	_____
3	Cockreham, Leslie	CHS	5:27.69	_____
4	Soldwedel, Emi	DHS	5:28.16	_____
5	Snelders, Gretchen	PHS	5:28.20	_____
6	Dorris, Ryann	WHS	5:32.71	_____
7	Keyes, Taylor	WV	5:34.02	_____
8	McCallum, Shannon	HHS	5:34.12	_____
9	Abouelkheir, Zeina	SOHI	5:34.42	_____
10	Sato, Piper	DHS	5:37.42	_____
11	Emili, Adriana	SAHS	5:38.89	_____
12	Howard, Cameron	JDHS	5:40.23	_____
13	Taube, Hannah	TMHS	5:42.92	_____
14	Campbell, Emma	KAYHI	5:47.28	_____
15	Zimmerman, Natalie	JDHS	5:47.57	_____
16	Burgan, Naomi	DHS	5:48.28	_____
17	West, Grace	LHS	5:50.76 Alt	_____
18	Geffken, Savannah	PHS	5:52.33 Alt	_____

EVENT 16

BOYS 500 FREESTYLE

STATE RECORD: 2013 • Michael Summers (Dimond) • 4:35.30

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Walch, Andrew	DHS	4:54.37	_____
2	Matiasowski, Raymie	TMHS	4:54.96	_____
3	Janik, McKinley	SITKA	4:56.68	_____
4	Smith, Daniel	KHS	4:58.23	_____
5	Rygh, Fredric	DHS	4:59.53	_____
6	Blackstone, Reid	CHS	5:00.87	_____
7	Peimann, Caleb	JDHS	5:06.64	_____
8	Grigg, Micah	TMHS	5:06.89	_____
9	Loudon, Christopher	DHS	5:07.42	_____
10	Beshears, Crieghton	WV	5:08.41	_____
11	Olson, Dakota	PHS	5:12.30	_____
12	Ray, Chris	TMHS	5:14.72	_____
13	Saline, Makai	SITKA	5:19.43	_____
14	Fox, Logan	WV	5:20.32	_____
15	Kelley, Owen	DHS	5:24.48	_____
16	Gross, Connor	SOHI	5:26.65	_____
17	Kenna, Aidan	SHS	5:30.60 Alt	_____
18	Lodzins, Donovan	CHS	5:31.41 Alt	_____



50/50 Raffle

LASKA

FUTURE SPORTS

BENTON BAY ATHLETIC LIONS

Watch for the Gold and you may win the Green!

Benton Bay Athletic Lions, dressed in gold, will be circulating among you during the game, selling tickets for the 50/50 Raffle. Buy a chance and you could win one-half (50%) of the total proceeds from ticket sales at each contest. You will also become part of a major source of revenue support for Alaska School Activities Association activities - 25% of the proceeds goes directly to ASAA.

The 50/50 Raffle is simple and easy to play. One raffle ticket costs just \$1 and \$5 buys six tickets. Or purchase 13 chances to win for just \$10! The winning ticket will be announced during the final minutes of the game. Join thousands of fans who support ASAA athletics. Play the Benton Bay Athletic Lions 50/50 Raffle each game.
You could take home the Green!

Win for Life

Play for Keeps is a statewide Tobacco, Alcohol and Controlled Substance program focused on students participating in high school interscholastic activities. The program is designed to reinforce good decisions and a healthy lifestyle for young people.




Play for Keeps

www.playforkeepsalaska.org

Proudly Sponsored By





Empowering Alaska's Youth.

Saltchuk is proud to support Alaska high school athletics and those students showing determination and commitment to their team.


www.saltchuk.com

PART OF THE SALTCHUK FAMILY OF COMPANIES



EVENT 17

GIRLS 200 FREESTYLE RELAY

STATE RECORD: 1999 • Lathrop • 1:36.36

Lane	Team	Seed Time	Time
1	DHS	1:40.07	_____
1) Moody, Erin 2) Willis, Breckynn 3) Willis, Tatum 4) Cegelka, Emma 5) Terry, Mikayla 6) Williams, Camryn 7) Soldwedel, Emi 8) Oakley, Naomi			
2	CHS	1:40.36	_____
1) Burke, Cheyenne 2) Morgan, Addison 3) Cockreham, Leslie 4) Powers, Izzy 5) Thompson, Madison 6) Thompson, Shelby 7) Merizon, Lily 8) Dougherty, Bailey			
3	KHS	1:41.86	_____
1) Glover, Hannah 2) Blackmon, Molly 3) Apitz, Olivia 4) Cummsiskey, Marina 5) Sarnowski, Alicia 6) Nicholson, Ashleigh 7) Cummsiskey, Devon 8) Spear, Leslie			
4	HOMER	1:41.99	_____
1) Bales, Alia 2) Blanton-Yourkowski, Ella 3) Berry, Adeline 4) Story, Madison 5) Love, Elizabeth 6) Downey, Iris 7) Bechtal, Chloe 8) Groves, Mia			
5	SITKA	1:42.29	_____
1) McArthur, Whitney 2) Harang, Grace 3) McArthur, Kyleigh 4) Moore, Skylar 5) Schwantes, Sophia 6) Davis, Jessica 7) Pellett, Cyleena 8) Moore, Makayla			
6	ERHS	1:42.67	_____
1) Horning, Katherine 2) Mercer, Ellie 3) Schlimgen, Anna 4) Keen, Gracie 5) Shaw, Hannah 6) Foss, Hannah 7) Johnson, Kara 8) Fast, Monica			
7 J	DHS	1:43.68	_____
1) Moran, Mesa 2) Norvell, Taelyn 3) Howard, Cameron 4) Mulgrew-Truitt, Andyn 5) Tveten, Sunny 6) Zimmerman, Natalie 7) Tallmon, Stella 8) Hagevig, Adele			
8	PHS	1:43.82 Alt	_____
1) Beck, Maria 2) Petersen, Ashlyn 3) Musgrave, Lindsay 4) Snelders, Gretchen 5) Beck, Julia 6) Obeso, Emma 7) Fletcher, Kameela 8) Geffken, Savannah			
9	WV	1:44.08	_____
1) Eppingher, Patty 2) Hite, Lauren 3) Nagaoka, Yuki 4) Chen, Anastasia 5) Billings, Heidi 6) O'Donoghue, Annaka 7) Keyes, Taylor 8) Mills, Hannah			
10	SAHS	1:45.21 Alt	_____
1) Cheng, Aubrey 2) Watson, Cassie 3) Bingham, Madeline 4) Romspert, Kasey 5) Hellman, Haylie 6) McLaughlin, Molly 7) Cheng, Summer 8) Bergmann, Brianna			

EVENT 18

BOYS 200 FREESTYLE RELAY

STATE RECORD: 2016 • Dimond • 1:26.31

Lane	Team	Seed Time	Time
1	DHS	1:26.63	_____
1) Addington, Maximus 2) Flores, Nate 3) Tatakis, Jesse 4) Dittlinger, Reed 5) Walch, Andrew 6) Loudon, Christopher 7) Rygh, Fredric 8) Babbitt, Scott			
2	ERHS	1:28.63	_____
1) Horning, Sam 2) Min, Daniel 3) Fast, Kevin 4) Heaphy, John 5) Keen, Josiah 6) Anthony, Joey 7) Farthing, Michael 8) Spence, William			
3	COLHS	1:28.70	_____
1) Simmons, Jake 2) Kolberg, Konnor 3) Chastain, Ryan 4) Vestri Giovanni, Gabe 5) Minder, Joe 6) Germain, Terrell 7) Robertson, Felix 8) Condia, Ethan			
4	KHS	1:28.91	_____
1) Lee, Nevin 2) James, Nathan 3) Egdorf, Gage 4) Lindquist, Talon 5) Spaeth, Gavin 6) James, Luke 7) Peralta, Patrick 8) Smith, Daniel			
5	TMHS	1:29.92	_____
1) Davis, Bergen 2) Ray, Chris 3) Hamilton, Casey 4) Holt, Spencer 5) Grigg, Micah 6) Matiasowski, Raymie 7) Loseby, Noah 8) Post, Noatak			
6	SHS	1:31.85	_____
1) Jarupakorn, Brian 2) Carpenter, Austin 3) Kwon, Ethan 4) Price, Nicholas 5) Law, Caleb 6) Sands, Ian 7) Kenna, Aidan 8) Wisdom, Tavner			
7	WW	1:32.71	_____
1) Henderson, Ben 2) Cowin, Jonathan 3) Hancock, Camren 4) Barrette, Kaya 5) Laughlin, Miles 6) Fussell, Teddy 7) Joyce, Evan 8) Mitchell, Kyle			
8	PETER	1:33.14 Alt	_____
1) Wallace, Rylan 2) Kludt-Painter, Ethan 3) Abbott, Van 4) Erickson, Britton 5) Evens, Casey			
9	PHS	1:33.34 Alt	_____
1) Underhill, Travis 2) Godden, Reed 3) Olson, Dakota 4) Snelders, Max 5) Collier, Phoenix 6) Miller, Lincoln 7) Roberts, Ian 8) Lee, Jaxson			
10	NPHS	1:35.40	_____
1) Smith, Evan 2) Villa, John 3) Johnson, Derick 4) Canley, Cameron 5) DeAngelis, Boston 6) Speerstra, Tristyn			



\$3.50 SUB OF THE DAY™

TRY A DIFFERENT 6-INCH SUB EACH DAY

Only Valid on 6-Inch Subs. APPLIES TO CLASSIC BUILD ONLY. ADDITIONAL CHARGES FOR EXTRAS AND DELUXE. PLUS TAX. MAY NOT BE COMBINED WITH OTHER OFFERS, COUPONS OR DISCOUNT CARDS.



MONDAY

SWEET ONION CHICKEN TERIYAKI

TUESDAY

OVEN ROASTED CHICKEN

WEDNESDAY

TURKEY BREAST

THURSDAY

ITALIAN B.M.T.®

FRIDAY

TUNA

SATURDAY

BLACK FOREST HAM

SUNDAY

MEATBALL MARINARA

LET US CATER YOUR NEXT MEETING OR PARTY!



TAKE 10% OFF YOUR NEXT CATERING ORDER!



OFFER EXPIRES: MAY 31, 2017

Place your order at Subway.com
Ordering is easy at 877-360(CATER)2283

Catering orders may require 24 hours advance notice.

AT PARTICIPATING SUBWAY® LOCATIONS ONLY. MUST MENTION COUPON AT TIME OF PURCHASE. SUBWAY® IS A REGISTERED TRADEMARK OF SUBWAY IP INC. ©2016 SUBWAY IP INC.

©2016 SUBWAY® IS A REGISTERED TRADEMARK OF SUBWAY IP INC. ©2016 SUBWAY IP INC.

EVENT 19

GIRLS 100 BACKSTROKE

STATE RECORD: 2011 • Sam Wicks, East Anchorage • 54.78

Lane	Name	School	Seed Time	Time
1	Davis, Jessica	SITKA	59.09	_____
2	Burke, Cheyenne	CHS	1:00.13	_____
3	Cheng, Aubrey	SAHS	1:01.94	_____
4	Mercer, Ellie	ERHS	1:02.92	_____
5	Horning, Katherine	ERHS	1:03.56	_____
6	Apitz, Olivia	KHS	1:03.60	_____
7	Sarnowski, Alicia	KHS	1:03.78	_____
8	Williams, Camryn	DHS	1:03.83	_____
9	Padilla, Portia	SOHI	1:04.38	_____
10	Bechtol, Chloe	HOMER	1:04.42	_____
11	Schachle, Victoria	MHS	1:04.68	_____
12	Sailor, Morgan	SHS	1:04.68	_____
13	Congdon, Bret	WHS	1:05.30	_____
14	Rohde, Annika	DHS	1:05.50	_____
15	Musgrave, Lindsay	PHS	1:05.81	_____
16	Drake, Raven	HHS	1:05.97	_____
17	Tallmon, Stella	JDHS	1:06.09 Alt	_____
18	Heaton, Emily	TMHS	1:06.25 Alt	_____

EVENT 20

BOYS 100 BACKSTROKE

STATE RECORD: 2016 • Talon Lindquist (Kodiak) • 49.50

Lane	Name	School	Seed Time	Time
1	Simmons, Jake	COLHS	51.24	_____
2	Hamilton, Casey	TMHS	52.62	_____
3	Heaven, Savaii	KCHS	53.82	_____
4	Jarupakorn, Brian	SHS	54.51	_____
5	Kwon, Andrew	SAHS	55.00	_____
6	Barrette, Koya	WW	56.12	_____
7	Price, Nicholas	SHS	56.33	_____
8	Carpenter, Austin	SHS	56.51	_____
9	Arndt, Clayton	HOMER	56.61	_____
10	Triershield, Jake	SITKA	57.08	_____
11	Nguyen, Adam	UNAK	57.25	_____
12	Post, Noatak	TMHS	57.39	_____
13	Peralta, Patrick	KHS	57.41	_____
14	Min, Daniel	ERHS	57.87	_____
15	Mitchell, Jacob	DHS	58.23	_____
16	Kompsie, Robert	DHS	58.30 Alt	_____
17	Petrie, Jeremy	CHS	58.34 Alt	_____
18	Conley, Cameron	NPHS	1:00.90	_____



DISCOVER OUR WORLD

When your team is in Anchorage, take advantage of our special ASAA room rate. From Sept 15-May 14 , The Lakefront Anchorage is offering a special rate to all of our Alaska School Activities Association friends.

\$99.00 per night*

- Completely remodeled guest rooms
- Free Wi-Fi
- Three on-site restaurants
- Free parking
- Free airport shuttle

For reservations, call +1.907.243.2300 or email anchorage@millenniumhotels.com and ask for the ASAA rate.

*Offer is not inclusive of taxes. Method of payment must be provided at the time of the reservation. Rates are subject to change and availability.

4800 Spenard Road Anchorage, Alaska USA
T +907.243.2300 E anchorage.us@millenniumhotels.com
W www.millenniumhotels.com



EVENT 21

GIRLS 100 BREASTSTROKE

STATE RECORD: 2010 • Laura Griffing • 1:04.50

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Moore, Skylar	SITKA	1:06.21	_____
2	Chen, Anastasia	WV	1:08.54	_____
3	McArthur, Whitney	SITKA	1:09.34	_____
4	Spear, Leslie	KHS	1:09.91	_____
5	Morgan, Addison	CHS	1:09.97	_____
6	Eppingher, Patty	WV	1:10.03	_____
7	Story, Madison	HOMER	1:10.07	_____
8	Keen, Gracie	ERHS	1:11.30	_____
9	Oakley, Naomi	DHS	1:11.62	_____
10	Mattson, Alexis	COLHS	1:11.94	_____
11	Creglow, Katie	SOHI	1:12.06	_____
12	Hite, Lauren	WV	1:12.08	_____
13	Norvell, Taelyn	JDHS	1:13.18	_____
14	Petersen, Ashtyn	PHS	1:13.35	_____
15	Hagen, Annie	TMHS	1:13.67	_____
16	Spencer, Zoe	KAYHI	1:13.76	_____
17	Barkman, Madelyn	SOHI	1:13.79 Alt	_____
18	Sherrill, Laura	KAYHI	1:14.27 Alt	_____

EVENT 22

BOYS 100 BREASTSTROKE

STATE RECORD: 2000 • Joshua Gemell, Soldotna • 56.40

LANE	NAME	SCHOOL	SEED TIME	TIME
1	Heaphy, John	ERHS	58.33	_____
2	Davis, Bergen	TMHS	58.61	_____
3	Suleimani, Alex	LHS	59.92	_____
4	Abbott, Van	PETER	1:01.85	_____
5	Hocum, Anders	KHS	1:02.04	_____
6	Lee, Nevin	KHS	1:02.15	_____
7	Lodzins, Dalton	CHS	1:02.18	_____
8	Gregor, Charlie	HHS	1:02.32	_____
9	Wisdom, Tavner	SHS	1:02.68	_____
10	Smith, Evan	NPHS	1:02.68	_____
11	Weldon, Tyler	JDHS	1:03.16	_____
12	Dumm, Wesley	KHS	1:03.65	_____
13	Laughlin, Miles	WW	1:03.76	_____
14	Hancock, Camren	WW	1:03.99	_____
15	Lucero, Michael	WV	1:04.85	_____
16	Kwon, Ethan	SHS	1:05.00	_____
17	Cvancara, George	DHS	1:05.38 Alt	_____
18	Bagley, Trevor	KCHS	1:05.66 Alt	_____

inspiration in *action*



Leading Alaska's active teens

At Providence, we believe that active teens become active adults – living happy, healthy lives. Kikkan Randall agrees. She grew up running, skiing and hiking around Alaska. Today, she's America's Olympic cross-country skiing star.

Providence supports Alaska's teens and role models like Kikkan Randall by providing programs and services that encourage healthy lifestyles for all Alaskans.

Providence – you have our word.



www.providence.org/alaska

Kikkan Randall

Two-time Olympian, cross-country skiing

EVENT 23

GIRLS 400 FREESTYLE RELAY

STATE RECORD: 1999 • Lathrop • 3:31.88

Lane	Team	Seed Time	Time
1	DHS	3:38.05	_____
1) Cegelka, Emma 2) Willis, Breckynn 3) Terry, Mikayla 4) Moody, Erin 5) Williams, Camryn 6) Oakley, Naomi 7) Willis, Tatum 8) Soldwedel, Emi			
2	KHS	3:45.70	_____
1) Cummiskey, Devon 2) Blackmon, Molly 3) Sarnowski, Alicia 4) Spear, Leslie 5) Apitz, Olivia 6) Cummiskey, Marina 7) Nicholson, Ashleigh 8) Glover, Hannah			
3	ITKA	3:46.17	_____
1) Pellett, Cyleena 2) Harang, Grace 3) Davis, Jessica 4) Moore, Skylar 5) McArthur, Whitney 6) Schwantes, Sophia 7) McArthur, Kyleigh 8) Moore, Makayla			
4	SAHS	3:46.63	_____
1) Cheng, Summer 2) Watson, Cassie 3) Bingham, Madeline 4) Cheng, Aubrey 5) McLaughlin, Molly 6) Merriman, Rio 7) Mostoller, Gabby 8) Hellman, Haylie			
5	SOHI	3:46.73	_____
1) Padilla, Portia 2) Abouelkheir, Zeina 3) Juliussen, Alex 4) Juliussen, Sydney 5) Holland, Kennedy 6) Barkman, Madelyn 7) Birch, Kortney 8) Cannava, Ryann			
6	WV	3:50.20	_____
1) Nagaoka, Yuki 2) Keyes, Taylor 3) Hite, Lauren 4) Eppinger, Patty 5) O'Donoghue, Annaka 6) Chen, Anastasia 7) Billings, Heidi 8) Mills, Hannah			
7	COLHS	3:51.76	_____
1) Dayton, Camille 2) Mattson, Alexis 3) Farring, Erika 4) Crosley, Sarah 5) Laasch-Gray, Katie 6) Laughlin, Kendyl 7) Nelson, Taylor 8) Barr, Katie			
8	TMHS	3:54.94	_____
1) Heaton, Emily 2) Schultz, Peyton 3) Hagen, Annie 4) Pajarillo, Evangelyn 5) Heaton, Sarah 6) Taube, Hannah 7) Godkin, Alexa 8) Matiashowski, Selma			
9	WHS	3:59.25 Alt	_____
1) Congdon, Bret 2) Dorris, Ryann 3) Hartlieb, Piper 4) Helgeson, Skeeter 5) Alvarado-Hogan, Kayla 6) Victory, Danielle 7) Carey, Deagen 8) Ruhlin-Hicks, Clarice			
10	LHS	3:59.33 Alt	_____
1) Day, Kathryn 2) West, Grace 3) Bailey, Ella 4) McCarther, Katy 5) Swarner, Sheryl 6) Nations, Sierra 7) Erdman, Cassandra 8) Davis, Catie			

EVENT 24

BOYS 400 FREESTYLE RELAY

STATE RECORD: 2016 • Dimond • 3:09.05

Lane	Team	Seed Time	Time
1	COLHS	3:16.05	_____
1) Simmons, Jake 2) Kolberg, Konnor 3) Chastain, Ryan 4) Vestri Giovanni, Gabe 5) Germain, Terrell 6) Minder, Joe 7) Nygard, Nikolas 8) Candio, Ethan			
2	DHS	3:16.12	_____
1) Tatakis, Jesse 2) Walch, Andrew 3) Rygh, Fredric 4) Addington, Maximus 5) Flores, Nate 6) Loudon, Christopher 7) Dittlinger, Reed 8) Walch, Connor			
3	SHS	3:16.19	_____
1) Jarupakorn, Brian 2) Sands, Ian 3) Price, Nicholas 4) Law, Caleb 5) Carpenter, Austin 6) Kwon, Ethan 7) Kenna, Aidan 8) Wisdom, Tavner			
4	KHS	3:17.34	_____
1) James, Luke 2) James, Nathan 3) Lee, Nevin 4) Egdorf, Gage 5) Peralta, Patrick 6) Lindquist, Talon 7) Smith, Daniel 8) Spaeth, Gavin			
5	TMHS	3:21.43	_____
1) Hamilton, Casey 2) Matiashowski, Raymie 3) Ray, Chris 4) Holt, Spencer 5) Loseby, Noah 6) Davis, Bergen 7) Post, Noatak 8) Grigg, Micah			
6	KCHS	3:24.83	_____
1) Ralph, Owen 2) Reese, Hunter 3) Bagley, Trevor 4) Heaven, Savaii			
7	SITKA	3:27.21	_____
1) Gagner, Jacob 2) Janik, McKinley 3) Diego, Jordan 4) Triershield, Jake 5) Saline, Makai 6) Marius, Anders 7) Fleming, Sid 8) Littlefield, Hunter			
8	HHS	3:28.26	_____
1) Palmer, Noah 2) Petersen, Carson 3) Gregor, Riley 4) Gregor, Charlie 5) Korhonen, Ryan 6) Sattler, Sam 7) Johnson, Barrett 8) Werdin-Kennicott, Sebiyan			
9	PETER	3:28.57 Alt	_____
1) Wallace, Rylan 2) Kludt-Painter, Ethan 3) Erickson, Britton 4) Abbott, Van 5) Evens, Casey			
10	WV	3:28.59 Alt	_____
1) Slusser, Joey 2) Chiu, Trevor 3) Beshears, Crieghton 4) Lucero, Michael 5) Kim, Chris 6) Billings, Ezra 7) Fox, Logan			

2017 Championship Results



GIRLS TEAM RESULTS

Champion: Dimond	97
Runner-up: Kodiak	92
3rd Sitka	86
4th Chugiak	37
4th South Anchorage	37
6th Soldotna	31
7th Homer	30
8th Palmer	23
8th West Valley	23
10th Colony	22
11th Bartlett	18
12th Eagle River	12
12th Lathrop	12
14th Wasilla	11
15th West Anchorage	5
16th Monroe	4
16th Thunder Mt	4
18th Juneau-Douglas	3
18th Ketchikan	3
20th Hutchison	1

AWARDS

Academic Award: Palmer (4.0)
 Sportsmanship: Kodiak
 Outstanding Competitor: Marina Cummiskey (KHS)

INDIVIDUAL CHAMPIONS

GIRLS

200 Medley Relay	Kodiak	1:49.22
200 Freestyle	Marina Cummiskey (KHS)	1:53.22
200 Ind Medley	Jessica Davis (SITKA)	2:11.00
50 Freestyle	Wanlaya Jarupakorn (BHS)	24.60
Diving	Chole Hartman (PHS)	380.95
100 Butterfly	Marina Cummiskey (KHS)	57.77
100 Freestyle	Erin Moody (DHS)	52.91
500 Freestyle	Camryn Williams (DHS)	5:23.30
200 Freestyle Relay	Sitka	1:39.26
100 Backstroke	Jessica Davis (SITKA)	58.81
100 Breaststroke	Skylar Moore (SITKA)	1:05.43
400 Freestyle Relay	Dimond	3:37.33

BOYS TEAM RESULTS

Champion: Thunder Mt	94
Runner-up: Dimond	91
3rd Kodiak	64
4th Colony	61
5th Service	56
6th Kenai	33
6th Eagle River	33
8th Wasilla	18
9th Lathrop	13
9th Sitka	13
11th Palmer	10
12th Bartlett	9
12th Hutchison	9
14th South Anchorage	8
14th West Valley	8
16th North Pole	6
16th West Anchorage	6
18th Soldotna	5
19th Chugiak	3
19th Juneau-Douglas	3
19th Petersburg	3
22nd Seward	1

AWARDS

Academic Award: Service (3.76)
 Sportsmanship: Thunder Mt
 Outstanding Competitor: Talon Lindquist (KHS)

BOYS

Thunder Mt	1:36.47
Maximus Addington (DHS)	1:41.67
Talon Lindquist (KHS)	1:50.08
Reed Dittlinger (DHS)	20.48
Ethan Larson (BHS)	508.05
Talon Lindquist (KHS)	49.41
Caleb Law (SHS)	46.27
Raymie Matiasowski (TMHS)	4:52.62
Dimond	1:26.35
Casey Hamilton (TMHS)	51.10
Bergen Davis (TMHS)	57.42
Dimond	3:10.34



**Go to asaa.org for complete
 Championship History Results**

2017 Good Sport Results



Schools with 4 or more boys, or 4 or more girls, may select a student who exemplifies outstanding citizenship and sportsmanship through out the season. Schools with 8 or more may select 2. Coaches chose the following athletes. CONGRATULATIONS!

Chugiak

Cheyenne Burke
Leslie Cockerham

Colony

Alexis Mattson
Eileen Cyr
Ryan Chastain
Tanner Belliston

Dimond

Erin Moody
Piper Sato
Nate Flores
Reed Dittlinger

Eagle River

Grace Keen
Katherine Horning
Josiah Keen
Samuel Horning

Homer

Adeline Berry
Chloe Bechtol

Hutchison

Charlie Gregor

Juneau-Douglas

Cameron Howard
Taelyn Norvell
Caleb Peimann

Kenai

Savai'i Heaven

Ketchikan

Jessilyn Sivertsen

Kodiak

Hannah Glover
Marina Cummiskey
Dan Smith
Talon Lindquist

North Pole

Cameron Conley

Palmer

Lindsay Musgrave

Service

Ian Sands

Sitka

Cyleena Pellett
Kyleigh McArthur
JD Gagner
Jordan Diego

Soldotna

Darby McMillan
Katie Creglow
Kylin Welch

South Anchorage

Colette Laliberte
Haylie Hellman

Thunder Mt

Evangelyn Pajarillo
Selam Mataishowski
Noatak Post
Raymond Matiasowski

Wasilla

Ben Henderson
Koya Barrette

West Valley

Patty Eppinger
Yuki Nagaoka
Creighton Beshears
Michael Lucero



**Go to asaa.org for complete
Championship History Results**



We can be a team player... and a team mover.

Get your group going by reserving a car at thrifty.com.
Use PC code 100437 for special rates.

Offer valid at participating Thrifty locations in Anchorage, AK.

TWO CONVENIENT LOCATIONS:

- Ted Stevens International Airport
- 3730 Spenard Road (Free hotel pick up available)

The Thrifty logo is written in a bold, blue, italicized font.



*Studded snow tires available. Quantities limited. Promotion Code 100437 must be provided at time of reservation or offer is void. Advance reservations required. Modifying your reservation may result in a change in your rate and/or invalidate this offer. Rate subject to increase or fees may apply in the event of early / late vehicle return. Vehicle must be returned to renting location to avoid change in rate or drop charge. Subject to availability, this offer is redeemable at participating Dollar or Thrifty locations in Anchorage, AK. Offer has no cash value and may not be used with Pre-Pay Rates, Tour Rates, Insurance Replacement Rates or Hourly Rentals and cannot be combined with any other certificate, voucher, offer or promotion. Age, driver, credit and qualifying rate restrictions for the renting location apply. Taxes, tax reimbursement, age differential charges, fees, surcharges and optional service charges, such as refueling, are not included. Discounts apply to time and mileage charges only. Discounts in local currency upon redemption. Blackout periods may apply. Offer valid for vehicle pick-up on March 1, 2014 or before January 1, 2018. © 2016 A licensee of DTG Operations, Inc., or its affiliates



First National Bank
ALASKA MEMBER FDIC

We Believe in Alaska's Future

Challenges abound as we look to Alaska's future. By taking part in Alaska School Activities Association events, the state's youth prepare themselves for the opportunities that lie ahead.

For 28 years, First National Bank Alaska has proudly served as ASAA's Title Sponsor to help support 30,000 high school student athletes and activity participants statewide.

From higher grades and better attendance, to fewer dropouts and higher graduation rates, the value of sports and activities is clear. Together, we are giving our all for a brighter tomorrow.

We believe in Alaska. We believe in you.

Alaska Business Monthly magazine
"Best of Alaska Business" Awards



Image courtesy of ASAA

NMLS# 640297

FNBAAlaska.com