

2019 ASAA/First National Bank Alaska
SWIM & DIVE
STATE CHAMPIONSHIPS





Y E A R S

Proudly investing in Alaska's future as
ASAA'S TITLE SPONSOR
of championship and main events.



We believe in Alaska.
FNBAAlaska.com



TABLE OF CONTENTS

| | |
|--|-------|
| Championship Schedule_____ | 3 |
| Meet the Personnel_____ | 5 |
| Qualifiers By School_____ | 8-17 |
| 2019 State Swim/Dive Psych Sheets_____ | 20-29 |
| School Swim/Dive Coaches _____ | 32-33 |
| Team Photos_____ | 36-39 |
| ASAA Corporate Sponsors_____ | 42 |
| 2019 Championship Results_____ | 43-44 |

CONTENTS

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2019 ASAA First National Bank Alaska Swim/Dive State Championships! To the student-athletes, we applaud your dedication to doing your best for yourself and for your school. To the coaches, counselors and parents, thank you for continuing to support interscholastic sports and activities. And to the spectators, we appreciate you being part of this statewide championship event.



ASAA Executive Director



Seek More



Official Technology Sponsor of ASAA

GCI is proud to support ASAA in their efforts to direct, develop, and support Alaska's high school athletics and activities.



#AlaskaBornAndRaised

gci.com | 800.800.4800

2019 ASAA / First National Bank Alaska Swim & Dive State Championships

Bartlett High School Pool in Anchorage

FRIDAY, NOVEMBER 8, 2019

Swim & Dive Preliminaries

10:30 am Coaches & Team Captains Meeting - Bartlett High Library
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 9, 2019

Dive Preliminaries

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 presented following events / Team Awards presented following last event



Strengthening Alaska Through Our Values

Proud sponsor of the Alaska School Activities Association



WeAreASRC



@ASRC_AK



@WeAreASRC

MEET THE PERSONNEL

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's ASAA 2019 ASAA First National Bank Alaska Swim/Dive State Championship a success.

Wendy Kolberg - Tournament Director

Sean McLaughlin and Dan Rogers - Meet Referees

Lief Jacobsen - Bartlett Activities Principal

Central Area Swim Club

PLUS THE COUNTLESS NUMBER OF VOLUNTEERS THAT MAKE THIS STATE CHAMPIONSHIP POSSIBLE! THAN YOU!

THANKS FOR ALL YOU DO!

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



Empowering Alaska's Youth.

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


SALTCHUK
www.saltchuk.com

PART OF THE SALTCHUK FAMILY OF COMPANIES





GO THE EXTRA MILE.

Nice job on all the hard work. Now it's time to shine. The hardworking folks on our team are proud to support the 2019 ASAA/First National Bank Alaska Swim and Dive State Championships. Don't forget to thank mom and dad.

alaskaairlines.com/club49

Alaska
AIRLINES



STATE SWIM/DIVE QUALIFIERS BY SCHOOL

ASAA State Swim/Dive Championship 2019 - 11/8/2019 to 11/9/2019

School Roster

| Name | Sex | Name | Sex |
|---|--------------|--|--------------|
| Chugiak High School-AK | | 2 COLHS #1 Girls 200 Medley Relay | F |
| 1 Brandon Bingham | M | Josephine Rogness; Jasmine Biederman; Taylor Nelson; Joscelyn Barrette | |
| 2 Jimmy Blackstone | M | Amalia Hunt; Kaitlin Laasch-Gray; Avery Palenske; Amaretta Settle | |
| 3 Gabe Dobson | M | 3 COLHS #24 Boys 400 Free Relay | M |
| 4 Reuben Dobson | M | Jonathan Cowin; Karson Kolberg; Aleks Tokalich; Konnor Kolberg | |
| 5 Krystal Forbush | F | Kristofer Vangorder; Lucas Humbard; Feliix Robertson; Bladen St. Germain | |
| 6 Gabriel Gray | M | Total Athletes: 19 Total Relays: 3 | |
| 7 Kylie Johns | F | Cordova High School-AK | |
| 8 Donovan Lodzins | M | 1 Trent Fritsch | M |
| 9 Lily Merizon | F | Total Athletes: 1 | |
| 10 Colin Naspinsky | M | Dimond High School-AK | |
| 11 Benjamin Strickland | M | 1 Scott Babbitt | M |
| 12 Shelby Thompson | F | 2 Emma Beltzer | F |
| Relay | Event | 3 Andrew Billings | M |
| 1 CHS #24 Boys 400 Free Relay | M | 4 Isabelle Borke | F |
| Reuben Dobson; Donovan Lodzins; Gabe Dobson; Jimmy Blackstone | | 5 Hannah Boyce | F |
| Colin Naspinsky; Benjamin Strickland; Brandon Bingham; Gabriel Gray | | 6 Naomi Burgan | F |
| 2 CHS #2 Boys 200 Medley Relay | M | 7 Maria Cvancara | F |
| Jimmy Blackstone; Donovan Lodzins; Reuben Dobson; Gabe Dobson | | 8 Sophia Cvancara | F |
| Gabriel Gray; Colin Naspinsky; Benjamin Strickland; Brandon Bingham | | 9 Brooke Dittlinger | F |
| Total Athletes: 12 Total Relays: 2 | | 10 Noah Hoefer | M |
| Colony High School | | 11 Fischer Kass | M |
| 1 Xander Backus | M | 12 Owen Kelly | M |
| 2 Joscelyn Barrette | F | 13 Robert Kompse | M |
| 3 Jasmine Biederman | F | 14 Dreamer Kowatch | F |
| 4 Jonathan Cowin | M | 15 Kara Krause | F |
| 5 Lily Engebretsen | F | 16 Ernest Kvidera | M |
| 6 Lucas Humbard | M | 17 Jacob Mitchell | M |
| 7 Amalia Hunt | F | 18 Kenneth Octuk | M |
| 8 Karson Kolberg | M | 19 Katie Puls | F |
| 9 Konnor Kolberg | M | 20 Marty Rygh | M |
| 10 Eli Krozel | M | 21 James Tatakis | M |
| 11 Kaitlin Laasch-Gray | F | 22 Jesse Tatakis | M |
| 12 Taylor Nelson | F | 23 Emily Taylor | F |
| 13 Avery Palenske | F | 24 Mikayla Terry | F |
| 14 Feliix Robertson | M | 25 Jenna Walch | F |
| 15 Josephine Rogness | F | 26 Breckynn Willis | F |
| 16 Amaretta Settle | F | Relay | Event |
| 17 Bladen St. Germain | M | 1 DHS #17 Girls 200 Free Relay | F |
| 18 Aleks Tokalich | M | Dreamer Kowatch; Mikayla Terry; Brooke Dittlinger; Breckynn Willis | |
| 19 Kristofer Vangorder | M | Isabelle Borke; Hannah Boyce; Naomi Burgan; Kara Krause | |
| Relay | Event | 2 DHS #23 Girls 400 Free Relay | F |
| 1 COLHS #17 Girls 200 Free Relay | F | Breckynn Willis; Mikayla Terry; Hannah Boyce; Dreamer Kowatch | |
| Taylor Nelson; Amalia Hunt; Kaitlin Laasch-Gray; Joscelyn Barrette | | Isabelle Borke; Brooke Dittlinger; Emma Beltzer; Emily Taylor | |
| Josephine Rogness; Jasmine Biederman; Avery Palenske; Amaretta Settle | | | |

STATE SWIM/DIVE QUALIFIERS BY SCHOOL

ASAA State Swim/Dive Championship 2019 - 11/8/2019 to 11/9/2019

School Roster

| Relay | Sex | Relay | Sex |
|---|-----|--|-----|
| Dimond High School-AK | | Homer High School-AK | |
| 3 DHS #1 Girls 200 Medley Relay F Hannah Boyce; Maria Cvancara; Brooke Dittlinger; Isabelle Borke Breckynn Willis; Dreamer Kowatch; Mikayla Terry; Sophia Cvancara | | 1 Adeline Berry F 2 Ella Blanton-Yourkowski F 3 Delta Fabich F 4 Bristol Johnson F 5 Skyler Rodriguez M 6 Madison Story F | |
| 4 DHS #18 Boys 200 Free Relay M Jacob Mitchell; Scott Babbitt; Jesse Tatakis; Fischer Kass Andrew Billings; Kenneth Octuk; Noah Hoefler; James Tatakis | | Relay Event | |
| 5 DHS #24 Boys 400 Free Relay M Kenneth Octuk; Jesse Tatakis; Andrew Billings; Scott Babbitt James Tatakis; Noah Hoefler; Jacob Mitchell; Fischer Kass | | 1 HOMER #17 Girls 200 Free Relay F Adeline Berry; Madison Story; Ella Blanton-Yourkowski; Delta Fabich Bristol Johnson; | |
| 6 DHS #2 Boys 200 Medley Relay M Jacob Mitchell; Andrew Billings; Noah Hoefler; Fischer Kass Scott Babbitt; Robert Kompisie; Kenneth Octuk; Jesse Tatakis | | 2 HOMER #1 Girls 200 Medley Relay F Madison Story; Adeline Berry; Delta Fabich; Ella Blanton-Yourkowski Bristol Johnson; | |
| Total Athletes: 26 Total Relays: 6 | | Total Athletes: 6 Total Relays: 2 | |
| Eagle River High School-AK | | Hutchinson High School-AK | |
| 1 Adneris Agosto F 2 Kiara Borchardt F 3 McKenzie Fazio F 4 Matthew Heaphy M 5 Kara Johnson F 6 Josiah Keen M 7 Micah Keen M 8 Elizabeth Mercer F 9 Sierra Mercer F 10 Jacob Metzger M 11 Thomas Myers M 12 Caleb Rapanut M 13 Jamisen Rasmussen F 14 Hannah Shaw F 15 Nathaniel Sims M 16 William Spence M 17 Evelyn Toole F | | 1 Adryahn Bodyfelt F 2 Grace Greene F 3 Riley Gregor M 4 Shannon McCallum F 5 Cassidy Welsh F 6 Sebiyam Werdin-Kennicot M | |
| Relay Event | | Total Athletes: 6 | |
| 1 ERHS #17 Girls 200 Free Relay F McKenzie Fazio; Kiara Borchardt; Hannah Shaw; Elizabeth Mercer Adneris Agosto; Sierra Mercer; Jamisen Rasmussen; Evelyn Toole | | Juneau Douglas High School-AK | |
| 2 ERHS #1 Girls 200 Medley Relay F Elizabeth Mercer; Hannah Shaw; Kiara Borchardt; McKenzie Fazio Kara Johnson; Sierra Mercer; Jamisen Rasmussen; Evelyn Toole | | 1 Chris Degener M 2 Isaac Gabel M 3 Tahlia Gerger F 4 Andrew Lacey-Wilkerson M 5 Mesa Moran F 6 Aaron Mulgrew-Truitt M 7 Adrell Mulgrew-Truitt M 8 Caleb Peimann M 9 Shea Post M 10 Chaz VanSlyke M | |
| 3 ERHS #18 Boys 200 Free Relay M Matthew Heaphy; Thomas Myers; William Spence; Micah Keen Josiah Keen; Jacob Metzger; Caleb Rapanut; Nathaniel Sims | | Relay Event | |
| 4 ERHS #2 Boys 200 Medley Relay M Josiah Keen; Matthew Heaphy; Caleb Rapanut; Thomas Myers Micah Keen; Jacob Metzger; William Spence; Nathaniel Sims | | 1 JDHS #24 Boys 400 Free Relay M Chaz VanSlyke; Adrell Mulgrew-Truitt; Aaron Mulgrew-Truitt; Caleb Peimann Isaac Gabel; Andrew Lacey-Wilkerson; Shea Post; Chris Degener | |
| Total Athletes: 17 Total Relays: 4 | | 2 JDHS #2 Boys 200 Medley Relay M Caleb Peimann; Chris Degener; Chaz VanSlyke; Isaac Gabel Adrell Mulgrew-Truitt; Aaron Mulgrew-Truitt; Andrew Lacey-Wilkerson; Shea Post | |
| East Anchorage High School-AK | | Total Athletes: 10 Total Relays: 2 | |
| 1 Natalie Thayer F | | Kenai Central High School-AK | |
| Total Athletes: 1 | | 1 Dominic Alioto M 2 Samuel Anderson M 3 Trevor Bagley M 4 Aiden Huff M 5 Rachael Pitsch F | |

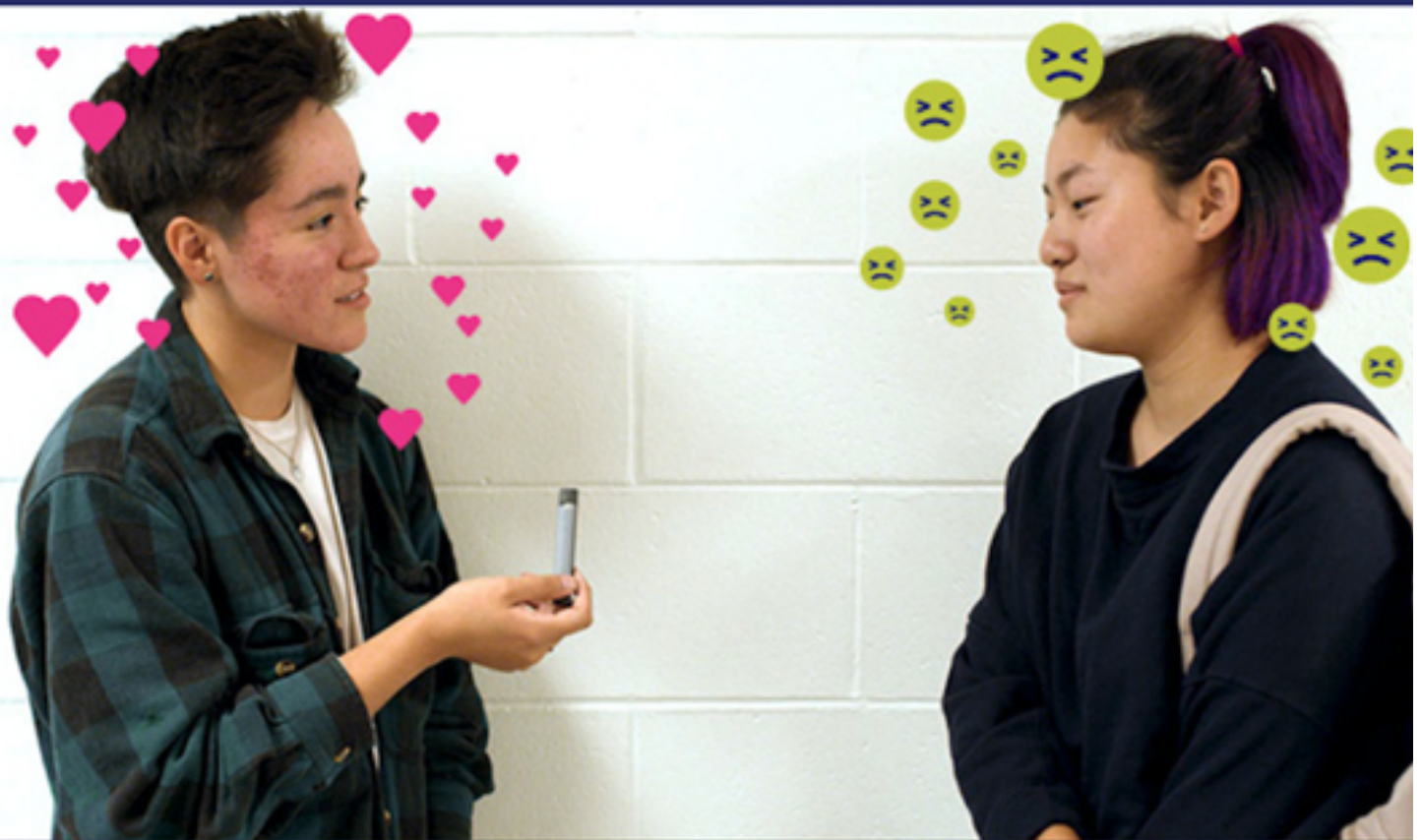


ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

**Proud Supporter
and Sponsor of**



VAPING IS TOXIC.
DON'T GET TOX-BLOCKED



#IndigenousAndFree

STATE SWIM/DIVE QUALIFIERS BY SCHOOL

ASAA State Swim/Dive Championship 2019 - 11/8/2019 to 11/9/2019
School Roster

| Name | Sex |
|-------------------------------------|-----|
| Kenai Central High School-AK | |
| 6 Koda Poulin | M |
| 7 Owen Rolph | M |
| 8 Sorin Sorensen | M |
| 9 Brock Storms | M |
| 10 John Wright | M |

| Relay | Event | Sex |
|--|--------------------------|-----|
| 1 KCHS | #18 Boys 200 Free Relay | M |
| Owen Rolph; Sorin Sorensen; Trevor Bagley; Koda Poulin Dominic Alioto; John Wright; Samuel Anderson; Brock Storms | | |
| 2 KCHS | #2 Boys 200 Medley Relay | M |
| Koda Poulin; Trevor Bagley; Owen Rolph; Sorin Sorensen Dominic Alioto; John Wright; Brock Storms; Aiden Huff | | |

Total Athletes: 10 Total Relays: 2

| | |
|---------------------------------|---|
| Ketchikan High School-AK | |
| 1 Emily Bolling | F |
| 2 Emma Campbell | F |
| 3 Bryce Mattson | M |
| 4 Cathleen Pearson | F |
| 5 Laura Sherrill | F |
| 6 Jenna Smith | F |

Total Athletes: 6

| | |
|------------------------------|---|
| Kodiak High School-AK | |
| 1 Micah Arndt | M |
| 2 Crimson Brown | M |
| 3 Keith Bruce | M |
| 4 Nicholas Carver | M |
| 5 Emily Hubert | F |
| 6 Spencer Jensen | M |
| 7 Tanner Jensen | M |
| 8 Jackson Krug | M |
| 9 Alison Narog | F |
| 10 Ashleigh Nicholson | F |
| 11 Isabella Penaloza | F |
| 12 Ian Rocheleau | M |
| 13 Adeleine Rogers | F |
| 14 Kayleigh Rogers | F |
| 15 Aidan Skonberg | M |
| 16 Leslie Spear | F |

| Relay | Event | Sex |
|--|--------------------------|-----|
| 1 KHS | #23 Girls 400 Free Relay | F |
| Alison Narog; Adeleine Rogers; Ashleigh Nicholson; Leslie Spear Kayleigh Rogers; Emily Hubert; | | |
| 2 KHS | #24 Boys 400 Free Relay | M |
| Ian Rocheleau; Aidan Skonberg; Micah Arndt; Jackson Krug Tanner Jensen; Spencer Jensen; Nicholas Carver; Crimson Brown | | |
| 3 KHS | #2 Boys 200 Medley Relay | M |
| Ian Rocheleau; Nicholas Carver; Aidan Skonberg; Spencer Jensen Micah Arndt; Jackson Krug; Tanner Jensen; Crimson Brown | | |

Total Athletes: 16 Total Relays: 3

| Name | Sex |
|-------------------------------|-----|
| Lathrop High School-AK | |
| 1 Ella Bailey | F |
| 2 Katie Day | F |
| 3 Cassie Erdman | F |
| 4 Mandy Hayes | F |
| 5 Corbin Lambert | M |
| 6 Katy McCarter | F |
| 7 Timberlyn Wendt | F |

| Relay | Event | Sex |
|---|--------------------------|-----|
| 1 LHS | #17 Girls 200 Free Relay | F |
| Timberlyn Wendt; Katie Day; Ella Bailey; Katy McCarter Cassie Erdman; Mandy Hayes; | | |
| 2 LHS | #23 Girls 400 Free Relay | F |
| Timberlyn Wendt; Katie Day; Ella Bailey; Katy McCarter Cassie Erdman; Mandy Hayes; | | |

Total Athletes: 7 Total Relays: 2

| | |
|---------------------------------------|---|
| Monroe Catholic High School-AK | |
| 1 Jean Cook | F |
| 2 Victoria Schachle | F |
| 3 Lauren White | F |

Total Athletes: 3

| | |
|----------------------------------|---|
| North Pole High School-AK | |
| 1 Matthew Banaszewski | M |
| 2 Patrick Conley | M |
| 3 Jonathan Ford | M |
| 4 Dawson Freeman | M |
| 5 Derick Johnson | M |
| 6 Kaleb Johnson | M |
| 7 Aiden Lormore | M |
| 8 Lylah Murrah | F |
| 9 Travon Rodgers | M |

| Relay | Event | Sex |
|--|--------------------------|-----|
| 1 NPHS | #2 Boys 200 Medley Relay | M |
| Matthew Banaszewski; Patrick Conley; Derick Johnson; Travon Rodgers Dawson Freeman; Aiden Lormore; Kaleb Johnson; Jonathan Ford | | |

Total Athletes: 9 Total Relays: 1

| | |
|------------------------------|---|
| Palmer High School-AK | |
| 1 Maria Beck | F |
| 2 Tyler Coffman | F |
| 3 Ally Ferguson | F |
| 4 Ally Hrcncir | F |
| 5 Jaxson Lee | M |
| 6 Taylor Miller | F |

Total Athletes: 6

| | |
|----------------------------------|---|
| Petersburg High School-AK | |
| 1 Peter Kowalski | M |
| 2 Maria Pfundt | F |
| 3 Madison Whitethorn | F |

STATE SWIM/DIVE QUALIFIERS BY SCHOOL

ASAA State Swim/Dive Championship 2019 - 11/8/2019 to 11/9/2019

School Roster

| Name | Sex | Name | Sex |
|--|-----|---|-----|
| Total Athletes: 3 | | 2 SITKA #23 Girls 400 Free Relay | F |
| Robert Service High School-AK | | Grace Harang; Sophia Schwantes; Jordan Gagner; Emma Gassman | |
| 1 Ethan Bartz | M | Kai Frawley; Razie Guillory; | |
| 2 Shelby Bruce | F | 3 SITKA #1 Girls 200 Medley Relay | F |
| 3 Tanner Chaffin | M | Jordan Gagner; Grace Harang; Kai Frawley; Razie Guillory | |
| 4 Brian Jarupakorn | M | Emma Gassman; Sophia Schwantes; | |
| 5 William Kitchen | M | Total Athletes: 10 Total Relays: 3 | |
| 6 Ethan Kwon | M | Soldotna High School | |
| 7 Nicholas Price | M | 1 Madelyn Barkman | F |
| 8 Anna Grace Rogers | F | 2 Katie Creglow | F |
| 9 Lucas Wisdom | M | 3 Ethan Evans | M |
| 10 Tavner Wisdom | M | 4 Esther Frederickson | F |
| Relay Event | | 5 Tirzah Frederickson | F |
| 1 SHS #18 Boys 200 Free Relay | M | 6 Kat Gross | F |
| Tavner Wisdom; Ethan Kwon; Ethan Bartz; Brian Jarupakorn | | 7 Alex Juliussen | F |
| Nicholas Price; William Kitchen; Tanner Chaffin; Lucas Wisdom | | 8 Kaden Saltzgiver | M |
| 2 SHS #24 Boys 400 Free Relay | M | 9 Emma Snyder | F |
| Nicholas Price; Ethan Bartz; William Kitchen; Tavner Wisdom | | 10 Madison Snyder | F |
| Brian Jarupakorn; Lucas Wisdom; Tanner Chaffin; Ethan Kwon | | 11 Rachel Spence | F |
| Total Athletes: 10 Total Relays: 2 | | 12 Deloma Watkins | F |
| Seward High School-AK | | Relay Event | |
| 1 Gavin Foote | M | 1 SOHI #17 Girls 200 Free Relay | F |
| 2 Hunter Fry | M | Madison Snyder; Alex Juliussen; Katie Creglow; Madelyn Barkman | |
| 3 Paxton Hill | M | Rachel Spence; Tirzah Frederickson; Kat Gross; Deloma Watkins | |
| 4 Hunter Hollingsworth | M | 2 SOHI #23 Girls 400 Free Relay | F |
| 5 Lydia Jacoby | F | Madison Snyder; Alex Juliussen; Katie Creglow; Madelyn Barkman | |
| 6 Michael Moriarty | M | Tirzah Frederickson; Esther Frederickson; Deloma Watkins; Emma Snyder | |
| 7 Connor Spanos | M | Total Athletes: 12 Total Relays: 2 | |
| 8 Peter Spanos | M | South Anchorage High School-AK | |
| Relay Event | | 1 David Bascom | M |
| 1 SEW #18 Boys 200 Free Relay | M | 2 Ryan Bascom | M |
| Hunter Hollingsworth; Paxton Hill; Michael Moriarty; Connor Spanos | | 3 Aubrey Cheng | F |
| Peter Spanos; Hunter Fry; Gavin Foote; | | 4 Summer Cheng | F |
| Total Athletes: 8 Total Relays: 1 | | 5 Greta Freeman | F |
| Sitka High School-AK | | 6 Camryn Kim | M |
| 1 Kai Frawley | F | 7 Kevin Kotter | M |
| 2 Tytan Frawley | M | 8 Colette Laliberte | F |
| 3 Jordan Gagner | F | 9 Molly McLaughlin | F |
| 4 Emma Gassman | F | 10 Rhianna Merriman | F |
| 5 Razie Guillory | F | 11 Maureen Narus | F |
| 6 Grace Harang | F | 12 Madison Pawlak | F |
| 7 Matt Rice | M | 13 Fillippo Pierfelici | M |
| 8 Sophia Schwantes | F | 14 Kaden Rhodes | M |
| 9 Benjamin Turner | M | 15 Kole Rhodes | M |
| 10 Branden Widdison | M | 16 Kasey Romspert | F |
| Relay Event | | 17 Andrew Rzeszut | M |
| 1 SITKA #17 Girls 200 Free Relay | F | 18 Robert Watson | M |
| Razie Guillory; Emma Gassman; Kai Frawley; Sophia Schwantes | | | |
| Grace Harang; Jordan Gagner; | | | |



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

4,476

Injuries Prevented Per Year

OPA provides full-time certified athletic trainers to all Anchorage and Mat-Su area high schools — free of charge. They work with student-athletes, coaches and parents to prevent injuries, save thousands of health care dollars and help build a healthier community.

Learn more at OPAlaska.com/athletic-training



Annual injury prevention number based on a 2012 injury rate study from the American Academy of Pediatrics and actual number of injuries documented by OPA athletic trainers during the 2018-2019 season in the Anchorage School District.

STATE SWIM/DIVE QUALIFIERS BY SCHOOL

ASAA State Swim/Dive Championship 2019 - 11/8/2019 to 11/9/2019

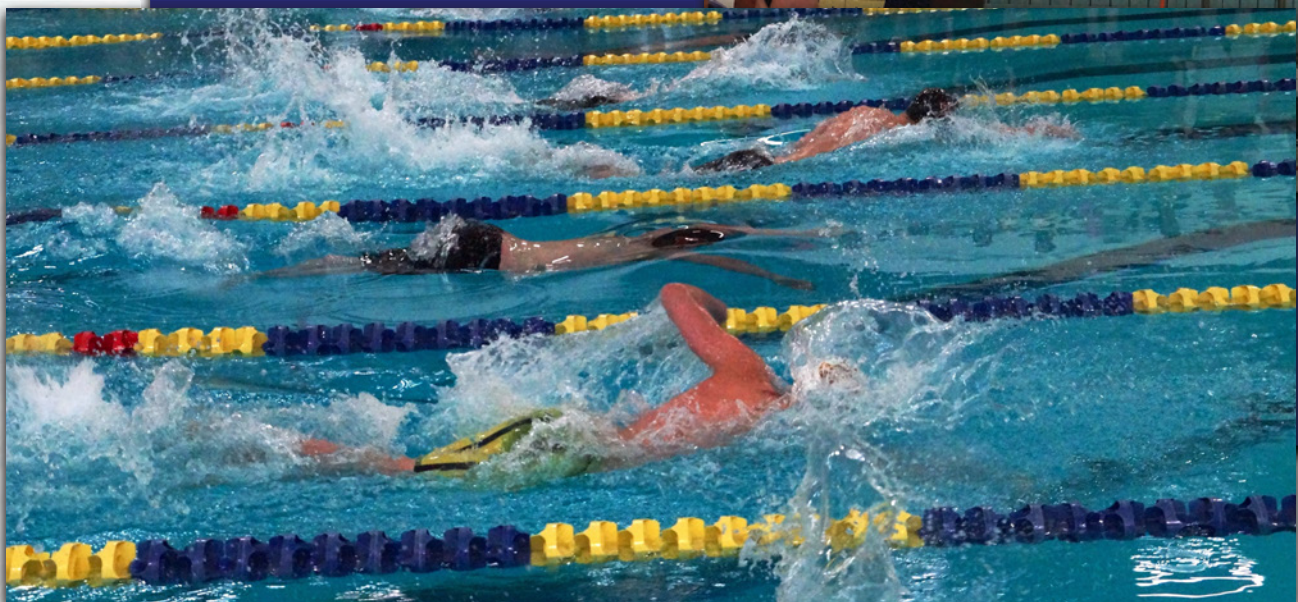
School Roster

| Relay | Sex | Relay | Sex |
|--|-----------------------------|--|----------------------------|
| South Anchorage High School-AK | | 1 Shane Morris M | |
| Relay | Event | Total Athletes: 1 | |
| 1 SAHS | #23 Girls 400 Free Relay F | Valdez High School-AK | |
| Aubrey Cheng; Kasey Romspert; Rhianna Merriman; Summer Cheng | | 1 Billi Lovell F | |
| Molly McLaughlin; Maureen Narus; Madison Pawlak; Colette Laliberte | | 2 Chase Randall M | |
| 2 SAHS | #1 Girls 200 Medley Relay F | 3 Isaiah Silveira M | |
| Aubrey Cheng; Summer Cheng; Molly McLaughlin; Kasey Romspert | | Total Athletes: 3 | |
| Rhianna Merriman; Maureen Narus; Madison Pawlak; Greta Freeman | | Wasilla High School-AK | |
| 3 SAHS | #18 Boys 200 Free Relay M | 1 Deshawn Campbell M | |
| David Bascom; Kaden Rhodes; Robert Watson; Andrew Rzeszut | | 2 Lily Collins F | |
| Ryan Bascom; Kevin Kotter; Fillippo Pierfelici; Camryn Kim | | 3 Audrey Dietz F | |
| 4 SAHS | #24 Boys 400 Free Relay M | 4 Andrew Layman M | |
| David Bascom; Robert Watson; Andrew Rzeszut; Kaden Rhodes | | 5 Carrie Mayer F | |
| Ryan Bascom; Kevin Kotter; Kole Rhodes; Camryn Kim | | 6 Kade Reynolds M | |
| Total Athletes: 18 Total Relays: 4 | | Total Athletes: 6 | |
| Thunder Mountain High School-AK | | West High School-AK | |
| 1 Samson Anderson M | | 1 Daniel Cabrera M | |
| 2 Owen Berger M | | 2 Mikel Carhart M | |
| 3 Jenny Chester F | | 3 Ryann Dorris F | |
| 4 Caden Cunningham M | | 4 Julien Wiese M | |
| 5 Kristofer Ely M | | Total Athletes: 4 | |
| 6 Samuel Hannasch M | | West Valley High School-AK | |
| 7 Jamie Heidersdorf F | | 1 Juliette Benson F | |
| 8 Alex Jenkins F | | 2 Ezra Billings M | |
| 9 Sadie Jenkins F | | 3 Heidi Billings F | |
| 10 August Kiessling M | | 4 Samantha Bristor F | |
| 11 Nancy Liddle F | | 5 Gabriel Dennis M | |
| 12 Noah Loseby M | | 6 Tatelyn Dixon F | |
| 13 Allie Morgan F | | 7 Patty Eppinger F | |
| 14 Joseph Oh M | | 8 Logan Fox M | |
| 15 Sven Rasmussen M | | 9 Adissen Greenwell F | |
| 16 Karthik Sanguni M | | 10 Kyan Harnum M | |
| 17 Hannah Taube F | | 11 Ezra Hunt M | |
| 18 Riley Traxler F | | 12 Aiden Johns M | |
| Relay | Event | 13 Vincent Maio M | |
| 1 TMHS | #23 Girls 400 Free Relay F | 14 Meah McCallum F | |
| Alex Jenkins; Nancy Liddle; Allie Morgan; Riley Traxler | | 15 River Quayle M | |
| Sadie Jenkins; Hannah Taube; Jamie Heidersdorf; Jenny Chester | | 16 Blaque Secor F | |
| 2 TMHS | #1 Girls 200 Medley Relay F | 17 Asyia Shank F | |
| Riley Traxler; Jamie Heidersdorf; Nancy Liddle; Allie Morgan | | 18 Ezra West M | |
| Alex Jenkins; Jenny Chester; Sadie Jenkins; Hannah Taube | | Relay | Event |
| 3 TMHS | #18 Boys 200 Free Relay M | 1 WVHS | #17 Girls 200 Free Relay F |
| Kristofer Ely; Karthik Sanguni; Samson Anderson; Noah Loseby | | Patty Eppinger; Asyia Shank; Blaque Secor; Samantha Bristor | |
| August Kiessling; Sven Rasmussen; Joseph Oh; Samuel Hannasch | | Juliette Benson; Meah McCallum; Tatelyn Dixon; Adissen Greenwell | |
| 4 TMHS | #2 Boys 200 Medley Relay M | 2 WVHS | #23 Girls 400 Free Relay F |
| August Kiessling; Karthik Sanguni; Sven Rasmussen; Noah Loseby | | Juliette Benson; Meah McCallum; Blaque Secor; Samantha Bristor | |
| Kristofer Ely; Samson Anderson; Joseph Oh; Samuel Hannasch | | Patty Eppinger; Heidi Billings; Tatelyn Dixon; Asyia Shank | |
| Total Athletes: 18 Total Relays: 4 | | | |
| Unalaska High School-AK | | | |

STATE SWIM/DIVE QUALIFIERS BY SCHOOL

ASAA State Swim/Dive Championship 2019 - 11/8/2019 to 11/9/2019
School Roster

| Relay | Sex | Relay | Sex |
|--|-----|-------|-----|
| West Valley High School-AK | | | |
| 3 WVHS #1 Girls 200 Medley Relay | F | | |
| Patty Eppinger; Juliette Benson; Asyia Shank; Meah McCallum Heidi Billings; Samantha Bristor; Blaque Secor; Tatelyn Dixon | | | |
| 4 WVHS #18 Boys 200 Free Relay | M | | |
| Logan Fox; Gabriel Dennis; Kyan Harnum; Ezra Billings Vincent Maio; Aiden Johns; Ezra Hunt; River Quayle | | | |
| 5 WVHS #24 Boys 400 Free Relay | M | | |
| Logan Fox; Gabriel Dennis; Kyan Harnum; Ezra Billings Vincent Maio; Aiden Johns; Ezra Hunt; River Quayle | | | |
| Total Athletes: 18 Total Relays: 5 | | | |
| Wrangell High School-AK | | | |
| 1 Renee Roberts | F | | |
| Total Athletes: 1 | | | |





ASPEN KARES

for Alaska's Kids

Save on Your Stay, Save for Their Future

Aspen Hotels of Alaska announces its Aspen Kares for Alaska's Kids partnership with Alaska School Activities Association which provides reduced hotel rates and a reinvestment back to your school's region to make in-state travel more affordable. The more you book, the more you save while investing in your student's future.

RATES

\$75.00
per night
(plus tax)

Up to four people per room for all school, administrative, parent travel at any of our 7 Aspen Hotels.* Valid from September - May

BOOK

To make a group or individual reservation:
Call 907-258-0006
or email AK4AK@aspenhotelsak.com

INVEST

Every room booked by your region will receive a \$1.00 per room back as a reinvestment to use for future travel. Every quarter, a check will be cut for your school's region to be used for scholarships, future travel or for school's activities.

*Complimentary continental breakfast available only in Soldotna.



Anchorage • Kenai • Soldotna • Homer • Juneau • Haines • Sitka

P.O. Box 90244 | Anchorage, AK 99509 | 907.258.0006 | AspenHotelsak.com

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



2019 STATE SWIM/DIVE PSYCH SHEETS

Event 1 Girls 200 Yard Medley Relay

| Team | Relay | Seed Time |
|----------------------|----------------------------|-----------|
| 1 ERHS | | 1:50.59 ! |
| 1) Elizabeth Mercer | 2) Hannah Shaw | |
| 3) Kiara Borchardt | 4) McKenzie Fazio | |
| 5) Kara Johnson | 6) Sierra Mercer | |
| 7) Jamisen Rasmussen | 8) Evelyn Toole | |
| 2 DHS | | 1:51.59 |
| 1) Hannah Boyce | 2) Maria Cvancara | |
| 3) Brooke Dittlinger | 4) Isabelle Borke | |
| 5) Breckynn Willis | 6) Dreamer Kowatch | |
| 7) Mikayla Terry | 8) Sophia Cvancara | |
| 3 Sitka | | 1:53.84 ! |
| 1) Jordan Gagner | 2) Grace Harang | |
| 3) Kai Frawley | 4) Razie Guillory | |
| 5) Emma Gassman | 6) Sophia Schwantes | |
| 4 COLHS | | 1:54.05 ! |
| 1) Josephine Rogness | 2) Jasmine Biederman | |
| 3) Taylor Nelson | 4) Joscelyn Barrette | |
| 5) Amalia Hunt | 6) Kaitlin Laasch-Gray | |
| 7) Avery Palenske | 8) Amaretta Settle | |
| 5 HOMER | | 1:54.61 |
| 1) Madison Story | 2) Adeline Berry | |
| 3) Delta Fabich | 4) Ella Blanton-Yourkowski | |
| 5) Bristol Johnson | | |
| 6 SAHS | | 1:54.75 |
| 1) Aubrey Cheng | 2) Summer Cheng | |
| 3) Molly McLaughlin | 4) Kasey Romspert | |
| 5) Rhianna Merriman | 6) Maureen Narus | |
| 7) Madison Pawlak | 8) Greta Freeman | |
| 7 TMHS | | 1:55.04 |
| 1) Riley Traxler | 2) Jamie Heidersdorf | |
| 3) Nancy Liddle | 4) Allie Morgan | |
| 5) Alex Jenkins | 6) Jenny Chester | |
| 7) Sadie Jenkins | 8) Hannah Taube | |
| 8 WVHS | | 1:55.34 ! |
| 1) Patty Eppingher | 2) Juliette Benson | |
| 3) Asya Shank | 4) Meah McCallum | |
| 5) Heidi Billings | 6) Samantha Bristor | |
| 7) Blaque Secor | 8) Tatelyn Dixon | |

Event 2 Boys 200 Yard Medley Relay

| Team | Relay | Seed Time |
|-------------------|--------------------|-----------|
| 1 DHS | | 1:37.86 ! |
| 1) Jacob Mitchell | 2) Andrew Billings | |
| 3) Noah Hoefer | 4) Fischer Kass | |
| 5) Scott Babbitt | 6) Robert Kompse | |
| 7) Kenneth Octuk | 8) Jesse Tatakis | |
| 2 KCHS | | 1:41.07 ! |
| 1) Koda Poulin | 2) Trevor Bagley | |
| 3) Owen Rolph | 4) Sorin Sorensen | |
| 5) Dominic Alioto | 6) John Wright | |
| 7) Brock Storms | 8) Aiden Huff | |
| 3 ERHS | | 1:42.39 |
| 1) Josiah Keen | 2) Matthew Heaphy | |
| 3) Caleb Rapanut | 4) Thomas Myers | |
| 5) Micah Keen | 6) Jacob Metzger | |
| 7) William Spence | 8) Nathaniel Sims | |

| | | |
|---------------------------|-------------------------|-----------|
| 4 KHS | | 1:43.23 |
| 1) Ian Rocheleau | 2) Nicholas Carver | |
| 3) Aidan Skonberg | 4) Spencer Jensen | |
| 5) Micah Arndt | 6) Jackson Krug | |
| 7) Tanner Jensen | 8) Crimson Brown | |
| 5 JDHS | | 1:44.21 ! |
| 1) Caleb Peimann | 2) Chris Degener | |
| 3) Chaz VanSlyke | 4) Isaac Gabel | |
| 5) Adrell Mulgrew-Truitt | 6) Aaron Mulgrew-Truitt | |
| 7) Andrew Lacey-Wilkerson | 8) Shea Post | |
| 6 CHS | | 1:44.45 |
| 1) Jimmy Blackstone | 2) Donovan Lodzins | |
| 3) Reuben Dobson | 4) Gabe Dobson | |
| 5) Gabriel Gray | 6) Colin Naspinsky | |
| 7) Benjamin Strickland | 8) Brandon Bingham | |
| 7 TMHS | | 1:44.60 |
| 1) August Kiessler | 2) Karthik Sanguni | |
| 3) Sven Rasmussen | 4) Noah Loseby | |
| 5) Kristofer Ely | 6) Samson Anderson | |
| 7) Joseph Oh | 8) Samuel Hannasch | |
| 8 NPHS | | 1:47.94 ! |
| 1) Matthew Banaszewski | 2) Patrick Conley | |
| 3) Derick Johnson | 4) Travon Rodgers | |
| 5) Dawson Freeman | 6) Aiden Lormore | |
| 7) Kaleb Johnson | 8) Jonathan Ford | |

Event 3 Girls 200 Yard Freestyle

| Name | School | Seed Time |
|----------------------|--------|-----------|
| 1 McKenzie Fazio | ERHS | 1:54.11 ! |
| 2 Breckynn Willis | DHS | 1:58.44 |
| 3 Emma Gassman | Sitka | 1:59.02 ! |
| 4 Leslie Spear | KHS | 2:00.17 ! |
| 5 Hannah Boyce | DHS | 2:00.60 |
| 6 Allie Morgan | TMHS | 2:00.78 |
| 7 Shannon McCallum | HHS | 2:01.38 ! |
| 8 Mesa Moran | JDHS | 2:02.92 |
| 9 Taylor Nelson | COLHS | 2:03.02 |
| 10 Ryann Dorris | WHS | 2:03.97 |
| 11 Emily Taylor | DHS | 2:04.27 |
| 12 Meah McCallum | WVHS | 2:04.31 |
| 13 Ella Bailey | LHS | 2:05.87 |
| 14 Anna Grace Rogers | SHS | 2:06.23 |
| 15 Hannah Taube | TMHS | 2:06.99 |
| 16 Emma Campbell | KAYHI | 2:07.18 |

Event 4 Boys 200 Yard Freestyle

| Name | School | Seed Time |
|-------------------|--------|-----------|
| 1 Kenneth Octuk | DHS | 1:45.46 ! |
| 2 Tytan Frawley | Sitka | 1:46.11 ! |
| 3 Tavnor Wisdom | SHS | 1:46.21 |
| 4 Caleb Peimann | JDHS | 1:47.12 |
| 5 Jesse Tatakis | DHS | 1:47.36 |
| 6 Jackson Krug | KHS | 1:49.35 ! |
| 7 Peter Kowalski | PETER | 1:49.55 |
| 8 Kyan Harnum | WVHS | 1:50.00 ! |
| 9 Matt Rice | Sitka | 1:50.01 |
| 10 Koda Poulin | KCHS | 1:50.51 |
| 11 Derick Johnson | NPHS | 1:50.98 |
| 12 Jonathan Cowin | COLHS | 1:51.45 |

2019 STATE SWIM/DIVE PSYCH SHEETS

Event 4 ... (Boys 200 Yard Freestyle)

| Name | School | Seed Time |
|----------------------------|--------|-----------|
| 13 Ethan Bartz | SHS | 1:51.67 |
| 14 Donovan Lodzins | CHS | 1:52.66 |
| 15 Sebiyam Werdin-Kennicot | HHS | 1:53.10 |
| 16 Micah Keen | ERHS | 1:54.22 |

Event 5 Girls 200 Yard IM

| Name | School | Seed Time |
|----------------------|--------|-----------|
| 1 Madison Story | HOMER | 2:10.19 ! |
| 2 Lydia Jacoby | SEW | 2:10.37 |
| 3 Dreamer Kowatch | DHS | 2:12.80 ! |
| 4 Laura Sherrill | KAYHI | 2:14.26 ! |
| 5 Patty Eppinger | WVHS | 2:15.40 ! |
| 6 Kiara Borchardt | ERHS | 2:15.61 |
| 7 Samantha Bristol | WVHS | 2:16.16 |
| 8 Sophia Schwantes | Sitka | 2:16.78 |
| 9 Shelby Thompson | CHS | 2:17.40 |
| 10 Naomi Burgan | DHS | 2:19.46 |
| 11 Tahlia Gerger | JDHS | 2:19.87 |
| 12 Juliette Benson | WVHS | 2:20.05 |
| 13 Billi Lovell | VHS | 2:22.73 |
| 14 Maria Cvancara | DHS | 2:24.54 |
| 15 Jasmine Biederman | COLHS | 2:24.62 |
| 16 Lylah Murrah | NPHS | 2:24.68 |

Event 6 Boys 200 Yard IM

| Name | School | Seed Time |
|-------------------|--------|-----------|
| 1 Nicholas Price | SHS | 1:58.30 ! |
| 2 Ian Rocheleau | KHS | 1:59.40 ! |
| 3 Matthew Heaphy | ERHS | 2:00.84 |
| 4 Konnor Kolberg | COLHS | 2:01.53 |
| 5 Julien Wiese | WHS | 2:02.12 |
| 6 Logan Fox | WVHS | 2:03.21 ! |
| 7 Chaz VanSlyke | JDHS | 2:03.93 ! |
| 8 Ethan Kwon | SHS | 2:04.73 |
| 9 Noah Hoefer | DHS | 2:04.98 |
| 10 Karson Kolberg | COLHS | 2:05.43 |
| 11 Lucas Wisdom | SHS | 2:06.03 |
| 12 Josiah Keen | ERHS | 2:06.70 |
| 13 Trevor Bagley | KCHS | 2:08.91 |
| 14 Chase Randall | VHS | 2:09.31 |
| 15 Chris Degener | JDHS | 2:11.05 |
| 16 Dominic Alioto | KCHS | 2:11.08 |

Event 7 Girls 50 Yard Freestyle

| Name | School | Seed Time |
|---------------------|--------|-----------|
| 1 Grace Harang | Sitka | 24.90 ! |
| 2 Aubrey Cheng | SAHS | 25.03 ! |
| 3 Elizabeth Mercer | ERHS | 25.16 |
| 4 Isabelle Borke | DHS | 25.18 |
| 5 Alison Narog | KHS | 25.19 ! |
| 6 Mikayla Terry | DHS | 25.19 |
| 7 Brooke Dittlinger | DHS | 25.20 |
| 8 Renee Roberts | WRG | 25.34 |
| 9 Victoria Schachle | MHS | 25.42 ! |
| 10 Katy McCarter | LHS | 25.53 |
| 11 Adeline Berry | HOMER | 25.81 |

| | | |
|-----------------------|-------|-------|
| 12 Madelyn Barkman | SOHI | 25.84 |
| 13 Alex Jenkins | TMHS | 25.84 |
| 14 Razie Guillory | Sitka | 25.89 |
| 15 Maria Pfundt | PETER | 25.90 |
| 16 Madison Whitethorn | PETER | 26.01 |

Event 8 Boys 50 Yard Freestyle

| Name | School | Seed Time |
|-------------------------|--------|-----------|
| 1 Brian Jarupakorn | SHS | 20.83 ! |
| 2 Ethan Evans | SOHI | 21.59 ! |
| 3 Ezra Billings | WVHS | 21.88 ! |
| 4 Fischer Kass | DHS | 22.02 |
| 5 Connor Spanos | SEW | 22.15 |
| 6 Scott Babbitt | DHS | 22.25 |
| 7 Owen Rolph | KCHS | 22.60 |
| 8 Andrew Billings | DHS | 22.72 |
| 9 Travon Rodgers | NPHS | 22.81 |
| 10 Reuben Dobson | CHS | 23.05 |
| 11 Thomas Myers | ERHS | 23.06 |
| 12 Sorin Sorensen | KCHS | 23.19 |
| 13 Trent Fritsch | CORD | 23.36 |
| 14 Noah Loseby | TMHS | 23.37 ! |
| 15 Isaiah Silveira | VHS | 23.44 |
| 16 Hunter Hollingsworth | SEW | 23.59 |

Event 9 Girls 1 mtr Diving

| Name | School | Seed Time |
|---------------------|--------|-----------|
| 1 Jenna Walch | DHS | 464.25 ! |
| 2 Carrie Mayer | WW | 387.10 ! |
| 3 Grace Greene | HHS | 385.80 ! |
| 4 Tyler Coffman | PHS | 359.60 ! |
| 5 Taylor Miller | PHS | 349.60 |
| 6 Lily Collins | WW | 349.00 |
| 7 Lily Engebretsen | COLHS | 318.55 |
| 8 Ally Hrcir | PHS | 316.60 |
| 9 Isabella Penaloza | KHS | 297.60 |
| 10 Audrey Dietz | WW | 296.75 |
| 11 Krystal Forbush | CHS | 284.55 ! |
| 12 Natalie Thayer | EHS | 236.35 |
| 13 Cathleen Pearson | KAYHI | 219.05 ! |
| 14 Jenna Smith | KAYHI | 196.30 ! |
| 15 Emily Boiling | KAYHI | 187.70 |
| 16 Kylie Johns | CHS | 162.75 |

Event 10 Boys 1 mtr Diving

| Name | School | Seed Time |
|---------------------|--------|-----------|
| 1 Gabe Dobson | CHS | 482.95 ! |
| 2 Eli Krozel | COLHS | 455.15 ! |
| 3 Andrew Layman | WW | 450.35 ! |
| 4 Kade Reynolds | WW | 443.60 |
| 5 Marty Rygh | DHS | 406.15 ! |
| 6 Deshawn Campbell | WW | 366.10 |
| 7 Ernest Kvidera | DHS | 354.30 |
| 8 Daniel Cabrera | WHS | 336.30 |
| 9 Xander Backus | COLHS | 321.60 |
| 10 Keith Bruce | KHS | 319.25 |
| 11 Branden Widdison | Sitka | 313.55 ! |
| 12 Owen Berger | TMHS | 282.50 ! |

Fans Fly For Less

with Alaska's largest local airline.

Ravn is proud to support athletes, family and fans of the Alaska School Activities Association, which is why we're offering 12% off travel to ASAA events.*

To redeem, use code:

ASAASAVE12

✦ Book today at **FlyRavn.com**

*Discount Code Terms and Conditions: Valid for new ticket purchases only at flyravn.com. Discount Code cannot be applied to tickets that have already been purchased and issued. Credit card required for purchase. Advance Purchase: Per applicable fare rules. Purchase By: July 31, 2019. Travel Valid From: September 25, 2018 through July 31, 2019. Seats are limited, subject to availability, and may not be available on all flights or all days of the week. Tickets are nontransferable. Terms and conditions apply. See site for details.

Ravn
A L A S K A

NIMS[®]

**Proud Supporter
and Sponsor of**



2019 STATE SWIM/DIVE PSYCH SHEETS

Event 10 ... (Boys 1 mtr Diving)

| Name | School | Seed Time |
|---------------------|--------|-----------|
| 13 Caden Cunningham | TMHS | 282.40 |
| 14 Kaden Saltzgeber | SOHI | 271.00 |
| 15 Corbin Lambert | LHS | 220.85 ! |
| 16 Ezra West | WVHS | 196.50 ! |

Event 11 Girls 100 Yard Butterfly

| Name | School | Seed Time |
|----------------------|--------|-----------|
| 1 Summer Cheng | SAHS | 57.75 ! |
| 2 Kiara Borchardt | ERHS | 57.91 |
| 3 Breckynn Willis | DHS | 58.13 |
| 4 Laura Sherrill | KAYHI | 59.18 ! |
| 5 Sophia Schwantes | Sitka | 1:00.43 |
| 6 Alison Narog | KHS | 1:00.59 ! |
| 7 Jean Cook | MHS | 1:00.75 ! |
| 8 Maria Pfundt | PETER | 1:01.03 |
| 9 Adeline Berry | HOMER | 1:01.46 |
| 10 Nancy Liddle | TMHS | 1:01.48 |
| 11 Brooke Dittlinger | DHS | 1:01.89 |
| 12 Mesa Moran | JDHS | 1:01.94 |
| 13 Taylor Nelson | COLHS | 1:02.99 |
| 14 Cassidy Welsh | HHS | 1:03.52 |
| 15 Katie Puls | DHS | 1:03.96 |
| 16 Hannah Shaw | ERHS | 1:04.41 |

Event 12 Boys 100 Yard Butterfly

| Name | School | Seed Time |
|---------------------|--------|-----------|
| 1 Brian Jarupakorn | SHS | 49.02 ! |
| 2 Jacob Mitchell | DHS | 52.78 |
| 3 Jimmy Blackstone | CHS | 53.28 |
| 4 Connor Spanos | SEW | 53.47 ! |
| 5 Owen Rolph | KCHS | 53.58 |
| 6 Chaz VanSlyke | JDHS | 55.30 ! |
| 7 Noah Hoefler | DHS | 55.71 |
| 8 Thomas Myers | ERHS | 55.88 |
| 9 Travon Rodgers | NPHS | 56.07 ! |
| 10 Mikel Carhart | WHS | 56.35 |
| 11 Chase Randall | VHS | 56.45 |
| 12 Caleb Rapanut | ERHS | 56.78 |
| 13 Bryce Mattson | KAYHI | 57.41 |
| 14 Skyler Rodriguez | HOMER | 57.48 |
| 15 Riley Gregor | HHS | 57.59 |
| 16 Shane Morris | UNAK | 57.64 |

Event 13 Girls 100 Yard Freestyle

| Name | School | Seed Time |
|-----------------------|--------|-----------|
| 1 Dreamer Kowatch | DHS | 53.64 ! |
| 2 Katy McCarter | LHS | 53.89 ! |
| 3 Shelby Thompson | CHS | 54.46 |
| 4 Samantha Bristor | WVHS | 54.52 |
| 5 Allie Morgan | TMHS | 54.66 ! |
| 6 Aubrey Cheng | SAHS | 55.50 |
| 7 Renee Roberts | WRG | 55.50 |
| 8 Joscelyn Barrette | COLHS | 55.56 ! |
| 9 Ally Ferguson | PHS | 56.09 |
| 10 Madison Whitethorn | PETER | 56.76 |
| 11 Ashleigh Nicholson | KHS | 56.82 |

| | | |
|----------------------|------|-------|
| 12 Madelyn Barkman | SOHI | 56.86 |
| 13 Emma Beltzer | DHS | 57.06 |
| 14 Blaque Secor | WVHS | 57.19 |
| 15 Anna Grace Rogers | SHS | 58.41 |
| 16 Kasey Romspert | SAHS | 58.99 |

Event 14 Boys 100 Yard Freestyle

| Name | School | Seed Time |
|-------------------------|--------|-----------|
| 1 Jesse Tatakis | DHS | 48.41 ! |
| 2 Ezra Billings | WVHS | 48.57 ! |
| 3 Scott Babbitt | DHS | 48.67 |
| 4 Fischer Kass | DHS | 49.11 |
| 5 David Bascom | SAHS | 49.28 |
| 6 Konnor Kolberg | COLHS | 49.37 ! |
| 7 Ethan Bartz | SHS | 50.22 |
| 8 Kyan Harnum | WVHS | 50.27 |
| 9 Jaxson Lee | PHS | 51.12 |
| 10 Hunter Hollingsworth | SEW | 51.75 |
| 11 Robert Kompse | DHS | 51.88 |
| 12 Kaden Rhodes | SAHS | 52.45 |
| 13 William Kitchen | SHS | 52.50 |
| 14 Kristofer Ely | TMHS | 52.62 ! |
| 15 Dominic Alioto | KCHS | 52.66 |
| 16 Aaron Mulgrew-Truitt | JDHS | 52.66 |

Event 15 Girls 500 Yard Freestyle

| Name | School | Seed Time |
|-------------------|--------|-----------|
| 1 McKenzie Fazio | ERHS | 5:16.61 ! |
| 2 Emma Gassman | Sitka | 5:18.71 ! |
| 3 Grace Harang | Sitka | 5:19.97 |
| 4 Meah McCallum | WVHS | 5:24.43 ! |
| 5 Cassidy Welsh | HHS | 5:24.85 |
| 6 Nancy Liddle | TMHS | 5:25.04 |
| 7 Ryann Dorris | WHS | 5:31.85 |
| 8 Hannah Taube | TMHS | 5:34.46 |
| 9 Naomi Burgan | DHS | 5:35.30 |
| 10 Razie Guillory | Sitka | 5:36.24 |
| 11 Emily Taylor | DHS | 5:37.72 |
| 12 Rachael Pitsch | KCHS | 5:37.81 ! |
| 13 Kara Krause | DHS | 5:38.14 |
| 14 Kara Johnson | ERHS | 5:44.47 |
| 15 Madison Snyder | SOHI | 5:45.45 |
| 16 Lauren White | MHS | 5:48.24 |

Event 16 Boys 500 Yard Freestyle

| Name | School | Seed Time |
|---------------------------|--------|-----------|
| 1 Tytan Frawley | Sitka | 4:48.47 ! |
| 2 Caleb Peimann | JDHS | 4:50.13 |
| 3 Kenneth Octuk | DHS | 4:51.70 ! |
| 4 Logan Fox | WVHS | 4:55.63 ! |
| 5 Ian Rocheleau | KHS | 4:57.44 ! |
| 6 Peter Kowalski | PETER | 4:58.60 |
| 7 Koda Poulin | KCHS | 5:01.74 |
| 8 Patrick Conley | NPHS | 5:02.96 |
| 9 Sebiyam Werdin-Kennicot | HHS | 5:03.97 |
| 10 Matt Rice | Sitka | 5:05.37 |
| 11 Reuben Dobson | CHS | 5:06.99 |
| 12 Trent Fritsch | CORD | 5:07.67 |

2019 STATE SWIM/DIVE PSYCH SHEETS

Event 16 ... (Boys 500 Yard Freestyle)

| Name | School | Seed Time |
|--------------------|--------|-----------|
| 13 Samson Anderson | TMHS | 5:10.40 |
| 14 Donovan Lodzins | CHS | 5:10.72 |
| 15 Owen Kelly | DHS | 5:16.47 |
| 16 Jacob Metzger | ERHS | 5:19.59 |

Event 17 Girls 200 Yard Freestyle Relay

| Team | Relay | Seed Time |
|---------|----------------------------|-----------|
| 1 DHS | | 1:39.47 ! |
| | 1) Dreamer Kowatch | |
| | 2) Mikayla Terry | |
| | 3) Brooke Dittlinger | |
| | 4) Breckynn Willis | |
| | 5) Isabelle Borke | |
| | 6) Hannah Boyce | |
| | 7) Naomi Burgan | |
| 2 ERHS | | 1:39.96 |
| | 1) McKenzie Fazio | |
| | 2) Kiara Borchardt | |
| | 3) Hannah Shaw | |
| | 4) Elizabeth Mercer | |
| | 5) Adneris Agosto | |
| | 6) Sierra Mercer | |
| | 7) Jamisen Rasmussen | |
| | 8) Evelyn Toole | |
| 3 HOMER | | 1:43.50 ! |
| | 1) Adeline Berry | |
| | 2) Madison Story | |
| | 3) Ella Blanton-Yourkowski | |
| | 4) Delta Fabich | |
| 4 Sitka | | 1:43.51 ! |
| | 1) Razie Guillory | |
| | 2) Emma Gassman | |
| | 3) Kai Frawley | |
| | 4) Sophia Schwantes | |
| | 5) Grace Harang | |
| | 6) Jordan Gagner | |
| 5 WVHS | | 1:44.80 ! |
| | 1) Patty Eppinger | |
| | 2) Asyia Shank | |
| | 3) Blaque Secor | |
| | 4) Samantha Bristor | |
| | 5) Juliette Benson | |
| | 6) Meah McCallum | |
| | 7) Tatelyn Dixon | |
| | 8) Adissen Greenwell | |
| 6 SOHI | | 1:45.30 |
| | 1) Madison Snyder | |
| | 2) Alex Juliussen | |
| | 3) Katie Creglow | |
| | 4) Madelyn Barkman | |
| | 5) Rachel Spence | |
| | 6) Tirzah Frederickson | |
| | 7) Kat Gross | |
| | 8) Deloma Watkins | |
| 7 COLHS | | 1:45.36 |
| | 1) Taylor Nelson | |
| | 2) Amalia Hunt | |
| | 3) Kaitlin Laasch-Gray | |
| | 4) Joscelyn Barrette | |
| | 5) Josephine Rogness | |
| | 6) Jasmine Biederman | |
| | 7) Avery Palenske | |
| | 8) Amaretta Settle | |
| 8 LHS | | 1:46.18 |
| | 1) Timberlyn Wendt | |
| | 2) Katie Day | |
| | 3) Ella Bailey | |
| | 4) Katy McCarter | |
| | 5) Cassie Erdman | |
| | 6) Mandy Hayes | |

Event 18 Boys 200 Yard Freestyle Relay

| Team | Relay | Seed Time |
|-------|---------------------|-----------|
| 1 DHS | | 1:27.82 ! |
| | 1) Jacob Mitchell | |
| | 2) Scott Babbitt | |
| | 3) Jesse Tatakis | |
| | 4) Fischer Kass | |
| | 5) Andrew Billings | |
| | 6) Kenneth Octuk | |
| | 7) Noah Hoefler | |
| | 8) James Tatakis | |
| 2 SHS | | 1:28.02 |
| | 1) Tanner Wisdom | |
| | 2) Ethan Kwon | |
| | 3) Ethan Bartz | |
| | 4) Brian Jarupakorn | |
| | 5) Nicholas Price | |
| | 6) William Kitchen | |
| | 7) Tanner Chaffin | |
| | 8) Lucas Wisdom | |

| | | |
|--------|-------------------------|-----------|
| 3 WVHS | | 1:31.51 ! |
| | 1) Logan Fox | |
| | 2) Gabriel Dennis | |
| | 3) Kyan Harnum | |
| | 4) Ezra Billings | |
| | 5) Vincent Maio | |
| | 6) Aiden Johns | |
| | 7) Ezra Hunt | |
| | 8) River Quayle | |
| 4 ERHS | | 1:31.64 |
| | 1) Matthew Heaphy | |
| | 2) Thomas Myers | |
| | 3) William Spence | |
| | 4) Micah Keen | |
| | 5) Josiah Keen | |
| | 6) Jacob Metzger | |
| | 7) Caleb Rapanut | |
| | 8) Nathaniel Sims | |
| 5 KCHS | | 1:32.65 ! |
| | 1) Owen Rolph | |
| | 2) Sorin Sorensen | |
| | 3) Trevor Bagley | |
| | 4) Koda Poulin | |
| | 5) Dominic Alioto | |
| | 6) John Wright | |
| | 7) Samuel Anderson | |
| | 8) Brock Storms | |
| 6 SEW | | 1:33.56 |
| | 1) Hunter Hollingsworth | |
| | 2) Paxton Hill | |
| | 3) Michael Moriarty | |
| | 4) Connor Spanos | |
| | 5) Peter Spanos | |
| | 6) Hunter Fry | |
| | 7) Gavin Foote | |
| 7 SAHS | | 1:33.61 |
| | 1) David Bascom | |
| | 2) Kaden Rhodes | |
| | 3) Robert Watson | |
| | 4) Andrew Rzeszut | |
| | 5) Ryan Bascom | |
| | 6) Kevin Kotter | |
| | 7) Fillippo Pierfelici | |
| | 8) Camryn Kim | |
| 8 TMHS | | 1:34.72 ! |
| | 1) Kristofer Ely | |
| | 2) Karthik Sanguni | |
| | 3) Samson Anderson | |
| | 4) Noah Loseby | |
| | 5) August Kiessler | |
| | 6) Sven Rasmussen | |
| | 7) Joseph Oh | |
| | 8) Samuel Hannasch | |

Event 19 Girls 100 Yard Backstroke

| Name | School | Seed Time |
|----------------------------|--------|-----------|
| 1 Elizabeth Mercer | ERHS | 57.40 ! |
| 2 Heidi Billings | WVHS | 59.26 ! |
| 3 Summer Cheng | SAHS | 1:00.28 |
| 4 Hannah Boyce | DHS | 1:01.63 |
| 5 Victoria Schachle | MHS | 1:02.00 |
| 6 Josephine Rogness | COLHS | 1:03.40 ! |
| 7 Tahlia Gerger | JDHS | 1:03.50 ! |
| 8 Joscelyn Barrette | COLHS | 1:03.89 |
| 9 Riley Traxler | TMHS | 1:04.11 |
| 10 Jordan Gagner | Sitka | 1:04.44 |
| 11 Shannon McCallum | HHS | 1:04.57 |
| 12 Timberlyn Wendt | LHS | 1:04.63 |
| 13 Ella Blanton-Yourkowski | HOMER | 1:04.86 |
| 14 Molly McLaughlin | SAHS | 1:06.12 |
| 15 Lily Merizon | CHS | 1:06.46 |
| 16 Shelby Bruce | SHS | 1:06.68 |

Event 20 Boys 100 Yard Backstroke

| Name | School | Seed Time |
|--------------------|--------|-----------|
| 1 Nicholas Price | SHS | 52.96 ! |
| 2 Jonathan Cowin | COLHS | 53.72 ! |
| 3 Jacob Mitchell | DHS | 54.04 |
| 4 Jimmy Blackstone | CHS | 55.86 |
| 5 William Kitchen | SHS | 57.50 |
| 6 Noah Loseby | TMHS | 57.55 ! |
| 7 Bryce Mattson | KAYHI | 58.22 |



SHOWBOSS

**Proud Supporter
and Sponsor of**



CHAMPIONSHIP PROGRAMS



Souvenir ASAA Championship Programs complete with results and award information are available to order via The Book Patch print on-demand service. Programs are available to order approximately 30 days after the event has finished.

ORDER ONLINE
<http://asaa.org/go/programs>

2019 STATE SWIM/DIVE PSYCH SHEETS

Event 20 ... (Boys 100 Yard Backstroke)

| Name | School | Seed Time |
|---------------------|--------|-----------|
| 8 David Bascom | SAHS | 58.32 |
| 9 Isaiah Silveira | VHS | 59.15 ! |
| 10 Derick Johnson | NPHS | 59.27 |
| 11 Mikel Carhart | WHS | 59.77 |
| 12 Gabriel Dennis | WVHS | 59.89 |
| 13 Robert Kompisie | DHS | 59.90 |
| 14 Benjamin Turner | Sitka | 1:00.25 |
| 15 August Kiessling | TMHS | 1:00.28 |
| 16 Sorin Sorensen | KCHS | 1:00.83 |

Event 21 Girls 100 Yard Breaststroke

| Name | School | Seed Time |
|----------------------|--------|-----------|
| 1 Lydia Jacoby | SEW | 1:01.93 ! |
| 2 Madison Story | HOMER | 1:06.42 |
| 3 Jean Cook | MHS | 1:07.35 ! |
| 4 Jasmine Biederman | COLHS | 1:09.03 |
| 5 Leslie Spear | KHS | 1:09.44 |
| 6 Patty Eppingher | WVHS | 1:09.46 |
| 7 Juliette Benson | WVHS | 1:09.75 |
| 8 Maria Cvancara | DHS | 1:10.40 ! |
| 9 Adryahn Bodyfelt | HHS | 1:10.98 |
| 10 Sophia Cvancara | DHS | 1:11.66 |
| 11 Isabelle Borke | DHS | 1:11.99 |
| 12 Katie Creglow | SOHI | 1:12.69 |
| 13 Lylah Murrah | NPHS | 1:12.80 |
| 14 Jamie Heidersdorf | TMHS | 1:13.20 ! |
| 15 Billi Lovell | VHS | 1:13.27 |
| 16 Maria Beck | PHS | 1:13.42 |

Event 22 Boys 100 Yard Breaststroke

| Name | School | Seed Time |
|--------------------|--------|-----------|
| 1 Tavner Wisdom | SHS | 58.03 ! |
| 2 Ethan Evans | SOHI | 58.30 ! |
| 3 Josiah Keen | ERHS | 59.84 |
| 4 Matthew Heaphy | ERHS | 59.99 |
| 5 Andrew Billings | DHS | 1:01.05 |
| 6 Nicholas Carver | KHS | 1:01.11 |
| 7 Ethan Kwon | SHS | 1:01.19 |
| 8 Trevor Bagley | KCHS | 1:01.30 |
| 9 Julien Wiese | WHS | 1:01.66 |
| 10 Micah Keen | ERHS | 1:02.46 |
| 11 Lucas Wisdom | SHS | 1:03.10 |
| 12 Karson Kolberg | COLHS | 1:03.76 |
| 13 Riley Gregor | HHS | 1:04.97 ! |
| 14 Sven Rasmussen | TMHS | 1:05.77 ! |
| 15 Karthik Sanguni | TMHS | 1:05.98 |
| 16 Patrick Conley | NPHS | 1:05.98 |

Event 23 Girls 400 Yard Freestyle Relay

| Team | Relay | Seed Time |
|-------|----------------------|-----------|
| 1 DHS | | 3:39.49 ! |
| | 1) Breckynn Willis | |
| | 2) Mikayla Terry | |
| | 3) Hannah Boyce | |
| | 4) Dreamer Kowatch | |
| | 5) Isabelle Borke | |
| | 6) Brooke Dittlinger | |
| | 7) Emma Beltzer | |
| | 8) Emily Taylor | |

| | | |
|---------|------------------------|-----------|
| 2 Sitka | | 3:43.92 ! |
| | 1) Grace Harang | |
| | 2) Sophia Schwantes | |
| | 3) Jordan Gagner | |
| | 4) Emma Gassman | |
| | 5) Kai Frawley | |
| | 6) Razie Guillory | |
| 3 TMHS | | 3:44.44 |
| | 1) Alex Jenkins | |
| | 2) Nancy Liddle | |
| | 3) Allie Morgan | |
| | 4) Riley Traxler | |
| | 5) Sadie Jenkins | |
| | 6) Hannah Taube | |
| | 7) Jamie Heidersdorf | |
| | 8) Jenny Chester | |
| 4 SAHS | | 3:48.52 |
| | 1) Aubrey Cheng | |
| | 2) Kasey Romspert | |
| | 3) Rhianna Merriman | |
| | 4) Summer Cheng | |
| | 5) Molly McLaughlin | |
| | 6) Maureen Narus | |
| | 7) Madison Pawlak | |
| | 8) Colette Laliberte | |
| 5 KHS | | 3:48.84 ! |
| | 1) Alison Narog | |
| | 2) Adeleine Rogers | |
| | 3) Ashleigh Nicholson | |
| | 4) Leslie Spear | |
| | 5) Kayleigh Rogers | |
| | 6) Emily Hubert | |
| 6 WVHS | | 3:49.54 ! |
| | 1) Juliette Benson | |
| | 2) Meah McCallum | |
| | 3) Blaque Secor | |
| | 4) Samantha Bristor | |
| | 5) Patty Eppingher | |
| | 6) Heidi Billings | |
| | 7) Tatelyn Dixon | |
| | 8) Asyia Shank | |
| 7 SOHI | | 3:52.44 |
| | 1) Madison Snyder | |
| | 2) Alex Juliussen | |
| | 3) Katie Creglow | |
| | 4) Madelyn Barkman | |
| | 5) Tirzah Frederickson | |
| | 6) Esther Frederickson | |
| | 7) Deloma Watkins | |
| | 8) Emma Snyder | |
| 8 LHS | | 3:52.57 |
| | 1) Timberlyn Wendt | |
| | 2) Katie Day | |
| | 3) Ella Bailey | |
| | 4) Katy McCarter | |
| | 5) Cassie Erdman | |
| | 6) Mandy Hayes | |

Event 24 Boys 400 Yard Freestyle Relay

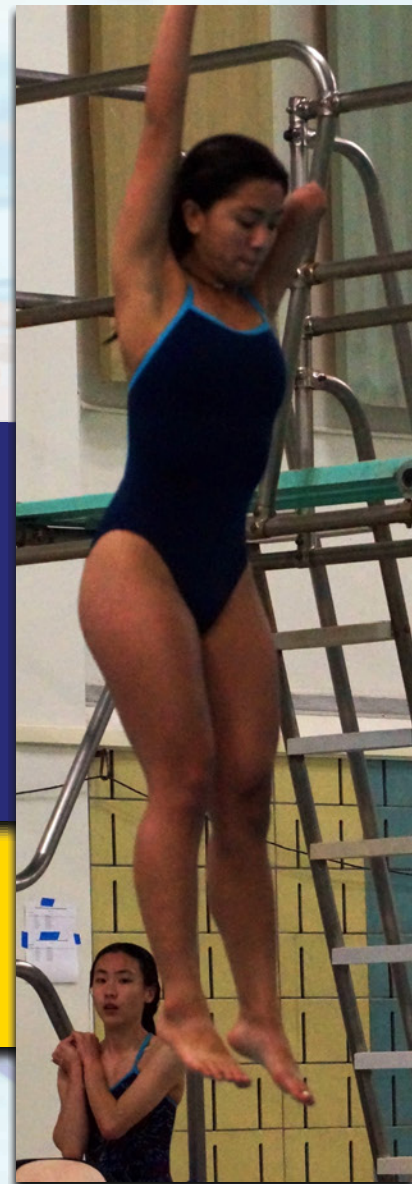
| Team | Relay | Seed Time |
|---------|------------------------|-----------|
| 1 DHS | | 3:17.84 ! |
| | 1) Kenneth Octuk | |
| | 2) Jesse Tatakis | |
| | 3) Andrew Billings | |
| | 4) Scott Babbitt | |
| | 5) James Tatakis | |
| | 6) Noah Hoefer | |
| | 7) Jacob Mitchell | |
| | 8) Fischer Kass | |
| 2 SHS | | 3:19.43 |
| | 1) Nicholas Price | |
| | 2) Ethan Bartz | |
| | 3) William Kitchen | |
| | 4) Tavner Wisdom | |
| | 5) Brian Jarupakorn | |
| | 6) Lucas Wisdom | |
| | 7) Tanner Chaffin | |
| | 8) Ethan Kwon | |
| 3 COLHS | | 3:23.19 ! |
| | 1) Jonathan Cowin | |
| | 2) Karson Kolberg | |
| | 3) Aleks Tokalich | |
| | 4) Konnor Kolberg | |
| | 5) Kristofer Vangorder | |
| | 6) Lucas Humbard | |
| | 7) Feliix Robertson | |
| | 8) Bladen St. Germain | |
| 4 WVHS | | 3:24.44 ! |
| | 1) Logan Fox | |
| | 2) Gabriel Dennis | |
| | 3) Kyan Harnum | |
| | 4) Ezra Billings | |
| | 5) Vincent Maio | |
| | 6) Aiden Johns | |
| | 7) Ezra Hunt | |
| | 8) River Quayle | |
| 5 KHS | | 3:24.71 |
| | 1) Ian Rocheleau | |
| | 2) Aidan Skonberg | |
| | 3) Micah Arndt | |
| | 4) Jackson Krug | |
| | 5) Tanner Jensen | |
| | 6) Spencer Jensen | |
| | 7) Nicholas Carver | |
| | 8) Crimson Brown | |



2019 STATE SWIM/DIVE PSYCH SHEETS

Event 24 ...(Boys 400 Yard Freestyle Relay)

| | Team | Relay | Seed Time |
|---|-------------------------|---------------------------|-----------|
| 6 | JDHS | | 3:25.67 ! |
| | 1) Chaz VanSlyke | 2) Adrell Mulgrew-Truitt | |
| | 3) Aaron Mulgrew-Truitt | 4) Caleb Peimann | |
| | 5) Isaac Gabel | 6) Andrew Lacey-Wilkerson | |
| | 7) Shea Post | 8) Chris Degener | |
| 7 | CHS | | 3:26.40 |
| | 1) Reuben Dobson | 2) Donovan Lodzins | |
| | 3) Gabe Dobson | 4) Jimmy Blackstone | |
| | 5) Colin Naspinsky | 6) Benjamin Strickland | |
| | 7) Brandon Bingham | 8) Gabriel Gray | |
| 8 | SAHS | | 3:27.13 |
| | 1) David Bascom | 2) Robert Watson | |
| | 3) Andrew Rzeszut | 4) Kaden Rhodes | |
| | 5) Ryan Bascom | 6) Kevin Kotter | |
| | 7) Kole Rhodes | 8) Camryn Kim | |



Fuel To
**POWER
THROUGH™**



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

YOU COULD WIN 1 OF 4 \$1,000 TUITION AWARDS

TUITION GIVEAWAY



Visit any Great Alaska Pizza Company in Anchorage, Eagle River, Wasilla, Palmer, Fairbanks or North Pole to find out how to enter (no purchase necessary). Contest expires 2:00PM on 11/30/19.

Valid only to legal U.S. residents of Alaska who are 14 years of age or older. Official rules and contest details available at any Great Alaska Pizza Company location OR at Coca-Cola Bottling of Alaska LLC., 6300 Changepoint Dr. Anchorage AK 99501



2019 marks the third year that Great Alaska Pizza Company & Coca-Cola Bottling of Alaska bring this opportunity to Alaska's students. In 2018 three winners were randomly selected from Anchorage and one from Fairbanks.

SCHOOL SWIM/DIVE COACHES



BARTLETT GOLDEN BEARS

Head Coach
Assistant Coaches
Activities Principal Leif Jacobsen



CHUGIAK MUSTANGS

Head Coach Anne Williams
Assistant Coaches Chase Gates & Shelene Sainsbury
Activities Principal Ben Johrendt



COLONY KNIGHTS

Head Coach Patrick Penoyar
Assistant Coaches Kaitlin Dault & Emily Worley
Athletic Director Kristy Johnston



CORDOVA WOLVERINES

Head Coach Laura Hanson
Athletic Director Kayti Ammerman



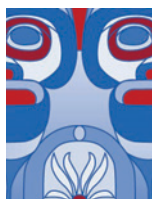
DIMOND LYNX

Head Coach Scott O'Brien
Assistant Coaches Megan Morton & Brian Gallagher
Activities Principal James Hancock



EAGLE RIVER WOLVES

Head Coach Patrick Garrity
Assistant Coaches Bryce Carpenter & Robin Murphy
Activities Principal Vikki McConnell



EAST ANCHORAGE THUNDERBIRDS

Head Coach Leslie Rawson
Assistant Coaches Abigail Lynch
Activities Principal Josh Green



HOMER MARINERS

Head Coach Caleb Miller
Assistant Coaches Jaime Roth
Athletic Director Doug Waclawski



HUTCHISON HAWKS

Head Coach Katherine Matthews
Athletic Director Timmie Sue Ederley



JUNEAU-DOUGLAS CRIMSON BEARS

Head Coach Seth Cayce
Assistant Coaches Josh Anderson
Athletic Director Chad Bentz



KENAI-CENTRAL KARDINALS

Head Coach Winter Heaven
Assistant Coaches Madeline Jamora
Athletic Director Jesse Settlemyer



KETCHIKAN KINGS

Head Coach Gary Crowe
Assistant Coaches Eryn Brooks
Athletic Director Melissa Johnson



KODIAK BEARS

Head Coach Maggie Rocheleau
Assistant Coaches Lindsey Glenn & Dave Home
Athletic Director Debbie Rohrer



LATHROP MALEMUTES

Head Coach Kate Matthews
Assistant Coaches Andrew Harrington & Fred Villa
Athletic Director Steve Zanazzo

SCHOOL SWIM/DIVE COACHES



MONROE CATHOLIC RAMS

Head Coach Christine Keill
Athletic Director Frank Ostanik



NORTH POLE PATRIOTS

Head Coach Robert Vollmer
Athletic Director Robyn Myrum



PALMER MOOSE

Head Coach Christine Morgan
Assistant Coaches Jerry Godden & Tara Meyer
Athletic Director Dale Ewart



PETERSBURG VIKINGS

Head Coach Andy Carlisle
Assistant Coaches Ginger Evens
Athletic Director Jaime Cabral



SERVICE COUGARS

Head Coach Ben Kitchen
Assistant Coaches Grant Gamblin
Activities Principal Alex Hagler



SEWARD SEAHAWKS

Head Coach Meghan O'Leary
Assistant Coaches Solomon D'Amico
Athletic Director Al Plan



SITKA WOLVES

Head Coach Tabitha Frawley
Athletic Director Rich Krupa



SOLDOTNA STARS

Head Coach Angie Brennan
Assistant Coaches Loren Reese
Athletic Director Kyle McFall



SOUTH ANCHORAGE WOLVERINES

Head Coach Clifford Murray
Assistant Coaches Larrell Paterna & Dwayne Hanson
Activities Principal Chris Ruggles



THUNDER MOUNTAIN FALCONS

Head Coach Josiah Loseby
Assistant Coaches Kenny Fox & Tyler Michelson
Athletic Director Nathan Teal
Athletic Director Luke Adams



UNALASKA RAIDERS

Head Coach Jim Morris
Assistant Coaches Teri Morris
Athletic Director Jim Wilson



VALDEZ BUCCANEERS

Head Coach Leo Overduyn
Assistant Coaches Carl Young
Athletic Director Todd Wegner



WASILLA WARRIORS

Head Coach Hadley Remele
Assistant Coaches Wendy DiGerlando
Athletic Director Stacia Rustad



WEST ANCHORAGE EAGLES

Head Coach Lauren Langford
Assistant Coaches Brandon Baker & Anne Madsen
Activities Principal Ja Dorris



WEST VALLEY WOLFPACK

Head Coach Kris Haggland
Assistant Coaches Sam Wuttig
Athletic Director Wayne Sawchuk



WRANGELL WOLVES

Head Coach Jamie Roberts
Athletic Director Trisa Rooney



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





CALISTA CORPORATION

www.calistacorp.com

**Proud Supporter
and Sponsor of**



TEAM PHOTOS



BARTLETT GOLDEN BEARS



CHUGIAK MUSTANGS



COLONY KNIGHTS



CORDOVA WOLVERINES



DIMOND LYNX



EAGLE RIVER WOLVES



EAST ANCHORAGE THUNDERBIRDS



HOMER MARINES

TEAM PHOTOS



HUTCHISON HAWKS



JUNEAU-DOUGLAS CRIMSON BEARS



KEANI-CENTRAL KARDINALS



KETCHIKAN KINGS



KODIAK BEARS



LATHROP MALEMUTES



MONROE CATHOLIC RAMS



NORTH POLE PATRIOTS

TEAM PHOTOS



PALMER MOOSE



PETERSBURG VIKINGS



SERVICE COUGARS



SEWARD SEAHAWKS



SITKA WOLVES



SOLDOTNA STARS



SOUTH ANCHORAGE WOLVERINES



THUNDER MOUNTAIN FALCONS

TEAM PHOTOS



UNALASKA RAIDERS



VALDEZ BUCCANEERS



WASILLA WARRIORS



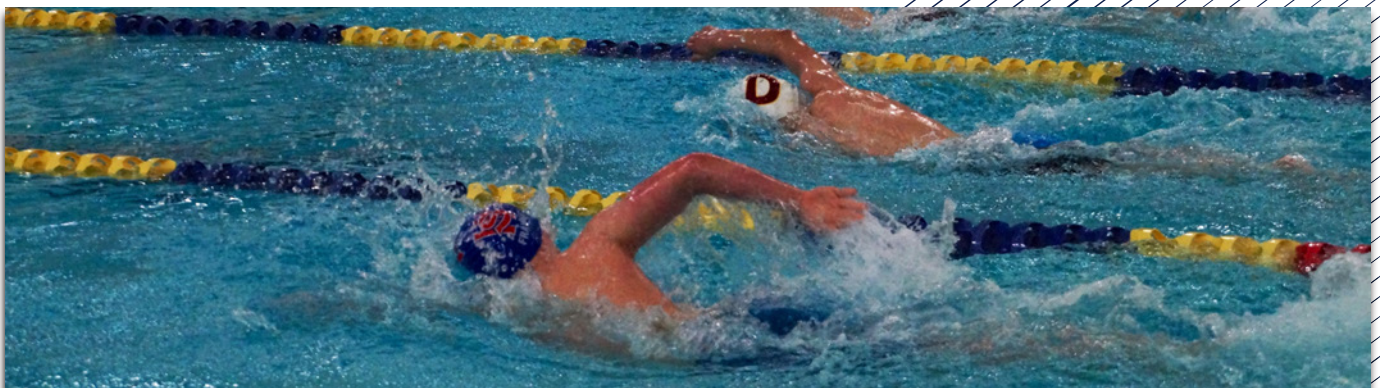
WEST ANCHORAGE EAGLES



WEST VALLEY WOLFPACK



WRANGELL WOLVES



YOU SERVE, YOU LEARN

It Really Is That Simple.



GET UP TO A \$20,000 BONUS IF YOU QUALIFY

ALASKA NATIONAL GUARD

NATIONALGUARD.com



Programs and Benefits Subject to Change

The Army National Guard is the ultimate learning experience. Think about it: We'll help you pay for college, train you in a valuable new career, and put you in position to serve your community in times of need. And it is part-time. Where else can you get all that?

Find Out How We Put College Within Reach!

A photograph of a swimmer in a pool, viewed from above. The swimmer is in the middle of a stroke, with their head and shoulders above water. The pool is blue, and there are yellow and red lane lines visible. The text is overlaid on the image in white, bold, sans-serif font.

**ASAA WANTS TO KNOW
WHAT YOU THINK**

**BECOME INVOLVED IN
IMPROVING ASAA STATE
CHAMPIONSHIP EVENTS**

**FILL OUT THE STATE TOURNAMENT
EVALUATION FORM ON OUR WEBSITE
<http://asaa.org/go/eval>**

ASAA CORPORATE SPONSORS

GOLD SPONSORS

Alaska Airlines
Alaska Commercial Company
NMS
Orthopedic Physicians Alaska
Saltchuk

SILVER SPONSORS

Alaska Army National Guard
Aspen Hotels of Alaska
Calista Corporation
Ravn Alaska

BRONZE SPONSORS

BP
Coastal Villages Region Fund
Coca Cola Alaska Odom Corporation
The Lakefront Anchorage
Princess Cruises
Thrifty Car Rental

CONTRIBUTING SPONSORS

Alaska Business
Alaskan Memories
Benton Bay Athletic Lions
USA Marines

TITLE SPONSOR



PLATNIUM SPONSORS



TECHNOLOGY SPONSOR



THANK YOU

ASAA would like to thank our generous corporate sponsors. ASAA State Championships could not be what they are without them. Please patron our sponsors and thank them for their sponsorships!

2019 STATE CHAMPIONSHIP RESULTS

GIRLS

TEAM RESULTS

| | | |
|------------------|-----------------|-----|
| Champion | Dimond | 100 |
| Runner-up | Eagle River | 74 |
| 3 rd | West Valley | 65 |
| 4 th | Sitka | 60 |
| 5 th | Homer | 44 |
| 6 th | Lathrop | 28 |
| 7 th | South Anchorage | 26 |
| 8 th | Thunder Mt | 21 |
| 9 th | Colony | 20 |
| 10 th | Kodiak | 18 |
| 11 th | Seward | 15 |
| 12 th | Palmer | 14 |
| 12 th | Wasilla | 14 |
| 14 th | Hutchison | 11 |
| 14 th | Monroe Catholic | 11 |
| 16 th | Ketchikan | 8 |
| 17 th | Chugiak | 7 |
| 18 th | Juneau-Douglas | 6 |
| 19 th | Soldotna | 4 |
| 20 th | West Anchorage | 3 |
| 20 th | Wrangell | 3 |

AWARDS

Academic Award: West Valley (4.0)
 Sportsmanship: Homer
 Outstanding Competitor: McKenzie Fazio (ER)

INDIVIDUAL CHAMPIONS

| | <i>GIRLS</i> | |
|---------------------|-------------------------|---------|
| 200 Medley Relay | Eagle River | 1:48.85 |
| 200 Freestyle | McKenzie Fazio (ERHS) | 1:53.36 |
| 200 Ind Medley | Madison Story (HMR) | 2:07.07 |
| 50 Freestyle | Katy McCarter (LHS) | 24.53 |
| Diving | Carrie Mayer (WW) | 437.05 |
| 100 Butterfly | Kiara Borchardt (ERHS) | 57.47 |
| 100 Freestyle | Dreamer Kowatch(DHS) | 52.63 |
| 500 Freestyle | McKenzie Fazio (ERHS) | 5:11.73 |
| 200 Freestyle Relay | Dimond | 1:38.86 |
| 100 Backstroke | Elizabeth Mercer (ERHS) | 56.77 |
| 100 Breaststroke | Lydia Jacoby (SEW) | 1:00.61 |
| 400 Freestyle Relay | Dimond | 3:37.40 |

BOYS

TEAM RESULTS

| | | |
|------------------|-----------------|-----|
| Champion | Service | 102 |
| Runner-up | Dimond | 99 |
| 3 rd | West Valley | 49 |
| 4 th | Eagle River | 40 |
| 5 th | Juneau-Douglas | 36 |
| 6 th | Colony | 34 |
| 7 th | Kodiak | 32 |
| 8 th | Chugiak | 28 |
| 9 th | Kenai | 24 |
| 10 th | Seward | 18 |
| 11 th | Wasilla | 16 |
| 12 th | Soldotna | 13 |
| 12 th | West Anchorage | 13 |
| 14 th | Sitka | 11 |
| 15 th | South Anchorage | 10 |
| 16 th | Petersburg | 8 |
| 16 th | Thunder Mt | 8 |
| 18 th | Cordova | 4 |
| 18 th | Ketchikan | 4 |
| 18 th | North Pole | 4 |
| 21 st | Valdez | 2 |

AWARDS

Academic Award: Kenai (3.88)
 Sportsmanship: Service
 Outstanding Competitor: Brian Jarupakorn (SHS)

BOYS

| | |
|------------------------|---------|
| Dimond | 1:37.64 |
| Tavner Wisdom (SHS) | 1:44.65 |
| Nicholas Price (SHS) | 1:55.93 |
| Brian Jarupskorn (SHS) | 20.53 |
| Andrew Layman (WW) | 464.65 |
| Brian Jarupakorn (SHS) | 49.90 |
| Ezra Billings (WVHS) | 47.84 |
| Caleb Peimann (JDHS) | 4:46.88 |
| Service | 1:25.99 |
| Nicholas Price (SHS) | 52.29 |
| Tavner Wisdom (SHS) | 57.14 |
| Service | 3:11.15 |

2019 GOOD SPORT RECIPIENTS

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

Donovan Lodzins
James Blackstone
Nina Manwaring

Colony

Avery Palenske
Eli Krozel
Kristopher VanGorder
Lily Engebretsen

Dimond

Breckkynn Willis
Jacob Mitchell
Jesse Tatakis
Mikayla Taylor

Eagle River

Hannah Shaw
Jacob Metzgar
Kara Johnson
Will Spence

Homer

Delta Fabich

Hutchison

Adryahn Bodyfelt

Juneau-Douglas

Caleb Peimann

Kenai

Dominic Alioto

Ketchikan

Caity Pearson

Kodiak

Alison Narog
Kackson Krug

Lathrop

Cassie Erdman

North Pole

Derick Johnson

Palmer

Ally Ferguson

Service

Brian Jarupakorn
Ethan Bartz

Seward

Connor Spanos

Sitka

Branden Widdison
Razie Guillory

Soldotna

Katie Creglow

South Anchorage

Drew Rzeszut
Rhianna Merriman

Thunder Mt

Hannah Taube
Noah Loseby
Samson Anderson

West Valley

Aiden Johns
Patty Eppinger



**FOR COMPLETE 2019 RESULTS,
PLEASE VISIT:
[ASAA Swim/Dive State
Championships Records page](#)**

LET'S REACH YOUR GOALS



THE ALASKA CLUB

THE WAY **fitness** SHOULD BE

ANCHORAGE 375-0452

South · East · West · Club for Women
The Summit · Downtown · Eagle River
Studio at The Alaska Club  STUDIO

MAT-SU 631-0843

Wasilla · Palmer

FAIRBANKS 328-1063

South · West

JUNEAU 500-7091

Valley · Downtown

THEALASKACLUB.COM





Proud Supporter and Sponsor of





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



Alaska Division
of Public Health



Y E A R S

Proudly investing in Alaska's future as
ASAA'S TITLE SPONSOR
of championship and main events.



We believe in Alaska.
FNBAAlaska.com

