



2022 ASAA/FIRST NATIONAL BANK ALASKA



SWIM/DIVE STATE CHAMPIONSHIPS

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TABLE OF CONTENTS

ASAA Mission & Vision & Values	3
Championship Schedule	5
Meet the Personnel & Officials	7
History of ASAA	9
2022 Psych Sheets	12-22
Swim/Dive Coaches	28-30
Swim/Dive Team Pictures	36-42
ASAA Corporate Sponsors	46
2022 Championship Results	52

WELCOME

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2022 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.



Billy Strickland
ASAA Executive Director

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The Alaska School Activities Association is a statewide nonprofit organization established to direct, develop and support Alaska's high school interscholastic sports, academic and fine arts activities.

MISSION STATEMENT

Provide and promote opportunities through activities for all Alaska students.

VISION STATEMENT

Alaska students become life long learners who are engaged in their communities and active contributors in society. #winforlife

ASAA VALUES

Integrity, respect, perseverance, leadership, teamwork, inclusivity

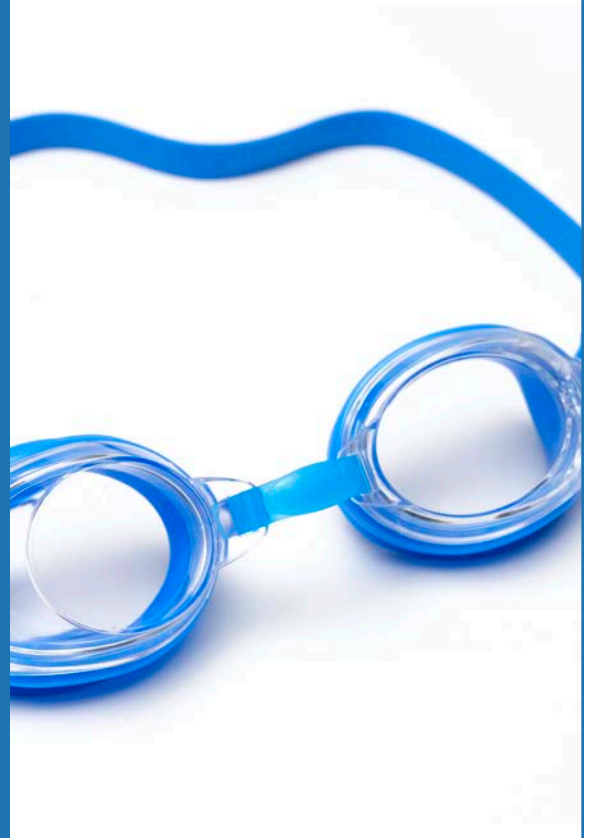


GO THE EXTRA MILE.

Nice job on all the hard work. Now it's time to shine. The hardworking folks on our team are proud to support the 2022 ASAA/First National Bank Alaska Swim and Dive State Championships. Don't forget to thank mom and dad.

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Alaska
AIRLINES



2022 ASAA / First National Bank Alaska Swim & Dive State Championships

Bartlett High School Pool in Anchorage

FRIDAY, NOVEMBER 4, 2022



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 5, 2022

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

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MEET PERSONNEL

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's ASAA 2022 ASAA/First National Bank Alaska Swim/Dive State Championship a success.

Wendy Kolberg - Meet Director

Lief Jacobson - Bartlett Activities Principal

Jill Blackstone - Head Meet Referee

Anchorage School District



Plus the countless number of volunteers which make this ASAA Swim/Dive State Championship event possible!

Thank you

Indigenous Land Acknowledgement:

The Alaska School Activities Association is honored to be guests on the traditional homelands of the Eklutna Dena'ina Peoples for this championship event. We are committed to recognizing, celebrating and honoring the continued culture, language and heritage of the Dena'ina Peoples. Chin'an!

Learn more about Indigenous people of Alaska
by visiting the Alaska Native Heritage Center
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Sponsoring ASAA provides ACC with a great opportunity to extend that same dedication to the youth of our villages.





THE HISTORY OF ASAA

ASAA's roots predate statehood. In the early 1950s, school leaders in the Territory of Alaska recognized the need to separate the high school basketball program from the local town business leagues. William Zahradnicek of Palmer, and W.W. Lahnum and Gordon Guffey of Anchorage, joined forces to organize the Western Alaska High School Activities Association with a mandate to ensure the necessary educational leadership. Sterling Sears of Juneau and Les Wingard and J.E. Danielson of Ketchikan were moving ahead at the same time to form the Southeast Alaska Activities Association.

In 1956, the Territorial Department of Education Superintendents Advisory Commission determined the need for an organization that could establish common rules and regulations to guide the activities of the two associations. In the Fall of 1957, the commission approved the Constitution and Bylaws of the Alaska High School Activities Association (ASAA). Officers representing the two divisions were elected. The first Board of Control consisted of William Zahradnicek, Palmer, as Chairman, J.E. Danielson, Ketchikan, Secretary-Treasurer; and members George McMillan, Juneau, Joe Montgomery, Anchorage, and Sterling Sears, Juneau.

This informal arrangement worked very well until the early 1970s, when the State Legislature added a section to the Educational Statutes placing the Association under the Department of Education. School populations and the number of participating schools were increasing. After many meetings, the two original associations became five distinct Regions based on school size and geographic location. One year later, in 1976, Regions increased to six. The new Board of Control consisted of one member from each Region, a representative of the Association of Alaska School Boards, and a representative of the Superintendents Association. In 1978, the board added a representative of the Alaska Association of Student Governments.

Due to the increasing number of schools participating in boys and girls basketball, the need for additional statewide culminating events became evident. This required the formation of a classification system that spanned all of the Regions. This task fell to a committee composed of representatives from all six Regions. It was known as the "Black and Blue" Ribbon Study Commission because of the difficulties faced in satisfying the needs of each Region. In June 1981, the Board of Control adopted the Commission's recommendation to establish four classifications based on school enrollment with some overlap in the two smallest classes due to geographic location. The first statewide event for the smaller classes was an invitational basketball tournament held in Anchorage in 1983-84.

In 1986, the Department of Education eliminated funding for ASAA. The Board of Control voted to incorporate as a 501(c)(3) non-profit corporation, beginning July 1, 1987. Because of ongoing jurisdictional issues between the Association and the State of Alaska, both entities sought a legal resolution. This resulted in the 1995 repeal of the Legislative Statute that had placed ASAA under the Department of Education.

In 2007, in order to ensure consistent tobacco, alcohol and controlled substances policies by member schools and districts, the Board of Directors adopted the "Play for Keeps-Win for Life" program for all student participants. In 2011, the Alaska Legislature passed House Bill 15, (amended in 2012 under Senate Bill 119), that sets standards for concussion awareness, education, treatment and return to participation protocols. ASAA developed recommended policies and procedures to assist in the implementation of the law. In 2013, the Alaska Legislature passed Senate Bill 41 that addressed interscholastic participation by "alternative education program students." ASAA developed bylaws and policies to assist schools, students and families in the implementation of the statute.

Currently, the Alaska School Activities Association serves over 200 schools and 26,000 student participants. These student participants are active in 22 athletic activities and 6 academic activities culminating in 54 State Championship events! Without the support of the schools, students, coaches/advisors, parents, and fans ASAA couldn't be as successful as it has been since 1956. **THANK YOU!**



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Programs and Benefits Subject to Change



2022 STATE SWIM/DIVE PSYCH SHEETS

Psych Sheet

Event 1 Girls 200 Yard Medley Relay

Team	Relay	Seed Time
1 DHS		1:49.43 !
1) Hannah Boyce	2) Isabelle Borke SR	
3) Caroline Waters	4) Leena Edais	
5) Ireland Kass	6) Maizy Kass	
7) Paula Morales	8) Paige Antrobus	
2 ERHS		1:51.13
1) Lola Woodward	2) Maya Solomonson	
3) Reese Woodward	4) Sophia Trembath	
5) Bryn Baldwin FR	6) Zoe Claw	
3 COLHS		1:51.86 !
1) Hannah Cooper FR	2) Alexandria Anderson JR	
3) Kylie Benner FR	4) Merica Miller SO	
5) Lori Houghton SR	6) Kendyl Ligman FR	
7) Chloe Blackburn FR	8) Amaretta Settle SR	
4 TMHS		1:51.94 !
1) Gabie Anderson JR	2) Olivia Mills JR	
3) Sadie Jenkins SR	4) Caitlin Sanders SO	
5) Nova Brakes-Hines SO	6) Maya Chaskin SR	
7) Alex Jenkins SR	8) Dannan Mills FR	
5 SAHS		1:53.29
1) Zoe Fencil SO	2) Stella Baldessari SO	
3) Megan McLaughlin JR	4) Elizabeth Bingham JR	
5) Charlotte Griffith FR	6) Kaia Reeg JR	
7) Reese Romspert SO		
6 JDHS		1:54.02
1) Pacific Ricke SO	2) Emma Fellman SO	
3) Samantha Schwarting JR	4) Anita Morrison JR	
5) Parker Boman SO	6) Emily Delgado JR	
7) Valerie Peimann FR	8) Kate Schwarting FR	
7 CHS		1:56.43
1) Abigail Doepken	2) Jaelin Burrell	
3) Maria Girbacea	4) Quinn Morgan	
5) Megan Sutton	6) Milena Bruser	
7) Kalea Davis	8) Elise Petrie	
8 KHS		1:58.19 Alt
1) Alison Narog SR	2) Evangelia Jones SO	
3) Emily Neo SO	4) Sofia Wood FR	
5) Morgan Hagen FR	6) Samantha Coulter FR	
7) Amaya Rocheleau SO		
9 SITKA		1:59.01 Alt
1) Emma Gassman SR	2) Kanen Alley SR	
3) Klayeah Lozada FR	4) Mia Turner FR	
10 WVHS		2:01.69 !
1) Olivia Lent SO	2) Mayumi Schaetzle JR	
3) Samantha Bristol SR	4) Blaque Secor SR	
5) Fiona Secor SO	6) Adelaide Lewandowski JR	
7) Tatelyn Dixon SR	8) Talia Wentz SO	

Event 2 Boys 200 Yard Medley Relay

Team	Relay	Seed Time
1 SHS		1:37.06 !
1) Benjamin Price SO	2) Preston Kwon JR	
3) Conrad Fawcett JR	4) William Kitchen SR	
5) Lucas Wisdom	6) Jan Beck SO	
7) Tomasz Balaban SO	8) Alexander Lockwood JR	

2 ERHS		1:38.95
1) Wesley Mank SO	2) Elias Rumph	
3) Karson Kolberg SR	4) Dean Toole	
5) Owen Hasenstab	6) Tristan Popa	
7) Hagan Powers	8) Jackson Delacruz JR	
3 DHS		1:39.96
1) Will McKinley JR	2) Andrew Billings SR	
3) Sam Randall	4) McGuire Hamey	
5) Paul Cvcancara	6) Roman Fosberg	
7) Jonathan Szymanski	8) Andy Zhang	
4 SEW		1:40.72 !
1) Bengimin Ambrosiani JR	2) Jackson Bird SR	
3) Paxton Hill SR	4) Nickolas Ambrosiani JR	
5) Iver Gates FR		
5 JDHS		1:43.33 !
1) Harrison Holt SR	2) Matthew Plang SO	
3) Chaz VanSlyke SR	4) Cole Reel SO	
5) Chris Degener SR	6) Aaron Mulgrew-Truitt SR	
7) Owen Rumsey SO	8) Elyas Taylor FR	
6 KHS		1:44.63
1) Max Robinson JR	2) Noah Coulter SR	
3) Connor Burnside JR	4) James Berestoff JR	
5) Jacob Sarnowski SR	6) Cody Hubert FR	
7) Nathan Hicks FR		
7 KCHS		1:44.96
1) Samuel Anderson SR	2) David Price SO	
3) Benjamin Merritt SO	4) Ethan Berga SR	
	6) Jason Johnson SO	
	8) Cavan Swanson SR	
8 COLHS		1:45.12 Alt
1) Reven Settle SO	2) Kristofer Vangorder KR	
3) Isaiah Hulien FR	4) Kellan DenBleyker FR	
5) Grady Dhondt JR	6) Landen Woodring JR	
7) Landeyn Halstead SO	8) Thomas Smith SO	
9 KAYHI		1:45.18 Alt
1) Gavin Harold FR	2) Trevor Dash JR	
3) Evan Dash FR	4) Larry Kuharich SR	
5) Andrew Hildebrandt SR	6) JP Robbins FR	
7) Ty Woods SO	8) Easton Yoder SO	
10 WVHS		1:46.57 !
1) Ezraha Maio JR	2) Selwyn Wessel SO	
3) Zen Schaetzle FR	4) Kyan Harnum SR	
5) Ashton Banks JR	6) Henry Repasky SO	
7) Nathan McCotter JR	8) Ryder Marshall SO	

Event 3 Girls 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Merica Miller	SO	COLHS	1:57.10 !
2 Samantha Schwarting	JR	JDHS	1:58.79 !
3 Lola Woodward		ERHS	1:59.34 !
4 Hannah Boyce		DHS	2:00.97
5 Olivia Mills	JR	TMHS	2:01.48
6 Samantha Bristol	SR	WVHS	2:01.72 !
7 Paige Antrobus		DHS	2:01.90
8 Sophia Trembath		ERHS	2:02.46
9 Kylie Benner	FR	COLHS	2:03.09
10 Pacific Ricke	SO	JDHS	2:03.50
11 Hannah Cooper	FR	COLHS	2:04.07
12 Kalea Davis		CHS	2:06.74
13 Norah Fredenhagen		WHS	2:06.82

Chantelle, Operations Superintendent

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2022 STATE SWIM/DIVE PSYCH SHEETS

Psych Sheet

Event 3 ... (Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time
14 Heidi Snyder	SO	SOHI	2:07.46
15 Madison Pawlak	SR	SAHS	2:07.53
16 Mia Turner	FR	SITKA	2:08.78
17 Elise Petrie		CHS	2:09.92 Alt
18 Sofia Wood	FR	KHS	2:11.39 Alt

Event 4 Boys 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Patrick Foy	JR	TMHS	1:43.08 !
2 Reuben Dobson		CHS	1:43.45 !
3 Conrad Fawcett	JR	SHS	1:46.60
4 Harrison Holt	SR	JDHS	1:48.72
5 Will McKinley	JR	DHS	1:49.00
6 Samuel Anderson	SR	KCHS	1:49.15 !
7 Jack Beltzer		WHS	1:50.89
8 Christopher Michael		CHS	1:51.36
9 Nikita Monyahan	JR	SOHI	1:51.40
10 Titus Saugier	SR	SAHS	1:51.99
11 Jacob Sarnowski	SR	KHS	1:52.05
12 Dean Toole		ERHS	1:52.14
13 Zen Schaetzle	FR	WVHS	1:53.14 !
14 Kellan DenBleyker	FR	COLHS	1:54.12
15 Caeden Kullander		DHS	1:55.48
16 Aidan Houser	JR	PHS	1:55.64
17 London Lee	JR	PHS	1:57.92 Alt
18 Cody Hubert	FR	KHS	1:58.72 Alt

Event 5 Girls 200 Yard IM

Name	Yr	School	Seed Time
1 Alexandria Anderson	JR	COLHS	2:11.52 !
2 Caroline Waters		DHS	2:12.60 !
3 Emma Fellman	SO	JDHS	2:13.22 !
4 Valerie Peimann	FR	JDHS	2:15.73
5 Zoe Fencil	SO	SAHS	2:17.55
6 Ada Creighton	SO	CRAIG	2:19.67
7 Lori Houghton	SR	COLHS	2:20.18
8 Gabie Anderson	JR	TMHS	2:20.77
9 Reese Woodward		ERHS	2:20.80
10 Anita Morrison	JR	JDHS	2:21.05
11 Fiona Secor	SO	WVHS	2:23.22 !
12 Tirzah Frederickson	SR	SOHI	2:24.73
13 Maya Solomonson		ERHS	2:25.35
14 Ava Rothbarth	SR	SAHS	2:25.36
15 Maria Girbacea		CHS	2:25.37
16 Tatelyn Dixon	SR	WVHS	2:25.67
17 Emily Neo	SO	KHS	2:26.86 Alt
18 Klayeah Lozada	FR	SITKA	2:27.03 Alt

Event 6 Boys 200 Yard IM

Name	Yr	School	Seed Time
1 Benjamin Price	SO	SHS	1:57.22 !
2 Preston Kwon	JR	SHS	1:59.14
3 Chaz VanSlyke	SR	JDHS	2:00.86 !
4 Karson Kolberg	SR	ERHS	2:03.00
5 Sven Rasmussen	SR	TMHS	2:03.21
6 Max Robinson	JR	KHS	2:03.33 !

7 Jack Roberts	JR	WRG	2:03.66
8 Chris Degener	SR	JDHS	2:04.01
9 Maximillian Yagodin	JR	SAHS	2:07.52
10 Elias Rumph		ERHS	2:10.36
11 Ezraha Maio	JR	WVHS	2:10.85 !
12 Max Reese	JR	SOHI	2:12.03
13 Henry Repasky	SO	WVHS	2:12.11
14 Grant Maygren	SO	CRAIG	2:13.28
15 Ethan Berga	SR	KCHS	2:13.67
16 Lucas Nollar		HOMER	2:13.79
17 Ian Whitlock	JR	SAHS	2:14.99 Alt
18 Sam Randall		DHS	2:15.33 Alt

Event 7 Girls 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Isabelle Borke	SR	DHS	24.20 !
2 Charlotte Griffith	FR	SAHS	24.66
3 Amaya Rocheleau	SO	KHS	25.04 !
4 Morgan Hagen	FR	KHS	25.52
5 Sadie Jenkins	SR	TMHS	25.81 !
6 Blaque Secor	SR	WVHS	25.91 !
7 Talia Wentz	SO	WVHS	25.91 !
8 Alison Narog	SR	KHS	25.95
9 Alex Jenkins	SR	TMHS	26.10
10 Maizy Kass		DHS	26.15
11 Sierra Hershberger	SO	KCHS	26.16
12 Megan Sutton		CHS	26.17
13 Elizabeth Bingham	JR	SAHS	26.22
14 Nina Adams	SO	PHS	26.31
15 Quinn Morgan		CHS	26.32
16 Addie Charton	JR	PHS	26.32
17 Leena Edais		DHS	26.34 Alt
18 Molly Wirschem	FR	EHS	26.64 Alt

Event 8 Boys 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Andrew Billings	SR	DHS	21.52 !
2 Ari Kaufman		WHS	21.53
3 Kristofer Vangorder	SR	COLHS	21.76 !
4 Kyan Harnum	SR	WVHS	21.96 !
5 Wesley Mank	SO	ERHS	21.97
6 Fisher Mishmash	SR	VHS	22.09
7 William Kitchen	SR	SHS	22.56
8 Nickolas Ambrosiani	JR	SEW	22.69
9 Jackson Charton	FR	PHS	22.75
10 Brandon Bingham	SR	BEHS	22.75
11 Lucas Wisdom		SHS	22.79
12 Tyson Morgan		CHS	22.82
13 Benjamin Doland	SR	PHS	23.16
14 McGuire Hamey		DHS	23.21
15 Evan Dash	FR	KAYHI	23.35 !
16 Aaron Mulgrew-Truitt	SR	JDHS	23.43
17 Jonathan Szymanski		DHS	23.46 Alt
18 Jaden Costelo	JR	SITKA	23.74 Alt

Event 9 Girls 1 mtr Diving

Name	Yr	School	Seed Time
1 Grace Greene	SR	HHS	409.55 !



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2022 STATE SWIM/DIVE PSYCH SHEETS

Psych Sheet

Event 9 ... (Girls 1 mtr Diving)

Name	Yr	School		
2 Audrey Dietz		WW	393.80	!
3 Ally Hrcir	SR	PHS	391.10	!
4 Faith Colman	FR	SHS	367.00	!
5 Charlize McManus	SO	COLHS	363.60	
6 Abriella Werner	JR	SOHI	359.35	
7 Asha Gerteisen	SO	COLHS	354.35	
8 Ava Pletnikoff	JR	WVHS	330.85	!
9 Kichelle Frizzelle		WW	329.25	
10 Samantha Grisham	SO	COLHS	311.00	
11 Sophia Sidgman		ERHS	295.60	!
12 Aylin Hawkins	SO	WVHS	291.05	
13 Emily Bolling	SR	KAYHI	268.55	!
14 Samantha Geoghegan		WW	261.80	
15 Sophia Layos-Wagaman	SR	WVHS	255.60	
16 Taylor Mesdag	FR	TMHS	250.95	!
17 Kellyn Briggs	SO	KAYHI	241.60	Alt
18 Marley Hamlett		DHS	224.90	Alt

Event 10 Boys 1 mtr Diving

Name	Yr	School		
1 Deshawn Campbell		WW	429.80	!
2 Travis Thorton		WW	382.65	!
3 Jacob Light		CHS	381.20	!
4 Calvin Musgrave		WW	366.35	
5 Roman Billings		DHS	350.45	!
6 Craig Elledge	SR	PHS	339.50	
7 Stig Cunningham	SR	TMHS	334.85	!
8 Theron Glover	JR	KHS	329.05	
9 Reubin Williams	FR	SHS	325.50	
10 Noah Coulter	SR	KHS	319.55	
11 Bentley Altman	JR	SHS	304.95	
12 Titus Penwell	SO	WVHS	303.10	!
13 Joshua Christian	JR	SAHS	291.85	
14 Caleb Dobson		CHS	290.40	
15 Owen Berger	SR	TMHS	288.20	!
16 Eli West	SO	WVHS	280.55	!
17 Derrick Jones	JR	SOHI	277.85	Alt
18 Rhys Jackson	FR	TMHS	266.45	Alt

Event 11 Girls 100 Yard Butterfly

Name	Yr	School	Seed Time	
1 Carly Nelson		HOMER	57.89	!
2 Caroline Waters		DHS	59.01	!
3 Emma Gassman	SR	SITKA	59.27	!
4 Kylie Benner	FR	COLHS	1:01.15	
5 Maria Girbacea		CHS	1:02.41	
6 Reese Woodward		ERHS	1:02.83	
7 Charisma Watkins	JR	SOHI	1:02.83	
8 Ada Creighton	SO	CRAIG	1:03.47	
9 Kalea Davis		CHS	1:03.66	
10 Klayeah Lozada	FR	SITKA	1:04.03	
11 Megan McLaughlin	JR	SAHS	1:04.11	
12 Anita Morrison	JR	JDHS	1:04.51	
13 Emily Neo	SO	KHS	1:04.89	
14 Adelaide Lewandowski	JR	WVHS	1:05.69	!
15 Manami Lehman	JR	CRAIG	1:05.83	

16 Kendall Bristor	SO	WVHS	1:06.07	
17 Ava Rothbarth	SR	SAHS	1:06.40	Alt
18 Lucia Chapell	SO	HAI	1:06.40	Alt

Event 12 Boys 100 Yard Butterfly

Name	Yr	School	Seed Time	
1 Patrick Foy	JR	TMHS	49.95	!
2 Reuben Dobson		CHS	51.34	!
3 Ari Kaufman		WHS	51.52	
4 Chaz VanSlyke	SR	JDHS	52.77	
5 Trevor Dash	JR	KAYHI	53.38	
6 Paxton Hill	SR	SEW	53.76	!
7 Sven Rasmussen	SR	TMHS	54.59	
8 Hunter Fry		HOMER	55.16	
9 Isaiah Hulien	FR	COLHS	55.52	
10 Matthew Plang	SO	JDHS	55.62	
11 Jacob Sarnowski	SR	KHS	56.32	
12 Jackson Charton	FR	PHS	56.36	
13 Lucas Wisdom		SHS	56.43	
14 Zen Schaetzle	FR	WVHS	57.19	!
15 Sam Randall		DHS	57.46	
16 Ethan Berga	SR	KCHS	58.04	
17 Andy Zhang		DHS	59.68	Alt
18 Patrick Gardner	SO	CRAIG	1:00.64	Alt

Event 13 Girls 100 Yard Freestyle

Name	Yr	School	Seed Time	
1 Isabelle Borke	SR	DHS	52.16	!
2 Charlotte Griffith	FR	SAHS	53.70	
3 Merica Miller	SO	COLHS	54.21	!
4 Samantha Bristor	SR	WVHS	54.25	!
5 Dannan Mills	FR	TMHS	56.25	!
6 Blaque Secor	SR	WVHS	56.35	
7 Caitlin Sanders	SO	TMHS	56.66	
8 Talia Wentz	SO	WVHS	56.67	
9 Alex Jenkins	SR	TMHS	57.37	
10 Megan Sutton		CHS	57.57	
11 Kate Schwarting	FR	JDHS	58.10	
12 Heidi Snyder	SO	SOHI	58.20	
13 Molly Wirschem	FR	EHS	58.27	
14 Stella Baldessari	SO	SAHS	58.30	
15 Evangelia Jones	SO	KHS	58.39	
16 Nora McBride		DHS	58.50	
17 Bryn Baldwin	FR	ERHS	59.02	Alt
18 Addie Charton	JR	PHS	59.13	Alt
19 Brooklyn Whitethorn	FR	PETER	59.13	Alt

Event 14 Boys 100 Yard Freestyle

Name	Yr	School	Seed Time	
1 Benjamin Price	SO	SHS	47.37	!
2 Andrew Billings	SR	DHS	47.53	
3 Kyan Harnum	SR	WVHS	48.01	!
4 Kristofer Vangorder	SR	COLHS	48.27	!
5 Trent Fritsch	SR	CORD	48.68	
6 Jack Roberts	JR	WRG	49.33	!
7 Tyson Morgan		CHS	49.35	
8 Jack Beltzer		WHS	49.61	
9 Bengimin Ambrosiani	JR	SEW	49.64	

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2022 STATE SWIM/DIVE PSYCH SHEETS

Psych Sheet

Event 14 ... (Boys 100 Yard Freestyle)

Name	Yr	School	Seed Time
10 Brandon Bingham	SR	BEHS	49.82
11 Fisher Mishmash	SR	VHS	50.00
12 Evan Dash	FR	KAYHI	50.64
13 James Berestoff	JR	KHS	50.71
14 Aidan Houser	JR	PHS	51.27
15 Brandon Stevens	SR	SITKA	51.69
16 Aaron Mulgrew-Truitt	SR	JDHS	52.67
17 Owen Hasenstab		ERHS	52.79 Alt
18 David Price	SO	KCHS	52.86 Alt

Event 15 Girls 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Carly Nelson		HOMER	5:19.17 !
2 Samantha Schwarting	JR	JDHS	5:23.52 !
3 Valerie Peimann	FR	JDHS	5:24.50
4 Kaia Reeg	JR	SAHS	5:28.08 !
5 Hannah Cooper	FR	COLHS	5:28.53
6 Sophia Trembath		ERHS	5:36.65
7 Elise Petrie		CHS	5:43.35
8 Sadie Jenkins	SR	TMHS	5:45.39
9 Mia Turner	FR	SITKA	5:47.02
10 Madison Pawlak	SR	SAHS	5:49.38
11 Madison McDonald	SR	KCHS	5:49.69
12 Reese Romspert	SO	SAHS	5:54.73
13 Meah McCallum	SR	WVHS	5:55.71 !
14 Ellie Cutting		WHS	5:55.72
15 Nova Brakes-Hines	SO	TMHS	5:57.21
16 Zoe Burns	FR	SOHI	6:01.42
17 Alexa Kotter	FR	SAHS	6:01.86 Alt
18 Maya Burgan		DHS	6:03.66 Alt

Event 16 Boys 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Jan Beck	SO	SHS	4:48.18 !
2 Conrad Fawcett	JR	SHS	4:52.95
3 Hunter Fry		HOMER	4:56.82 !
4 Isaiah Hulien	FR	COLHS	5:07.03
5 Nikita Monyahan	JR	SOHI	5:08.46
6 Kellan DenBleyker	FR	COLHS	5:08.96
7 Kole Rhodes	SR	SAHS	5:09.01
8 Dean Toole		ERHS	5:12.45
9 Henry Repasky	SO	WVHS	5:13.58 !
10 Chris Degener	SR	JDHS	5:16.69 !
11 Christopher Michael		CHS	5:17.28
12 London Lee	JR	PHS	5:17.36
13 Cody Hubert	FR	KHS	5:17.95
14 Porter Bastian	JR	SITKA	5:18.59
15 Kieran Erwin	JR	DHS	5:20.09
16 Caeden Kullander		DHS	5:22.59
17 Cooper Young	SO	NPHS	5:23.76 Alt
18 Blake Fazio		CHS	5:25.64 Alt

Event 17 Girls 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 TMHS		1:41.68 !
1) Alex Jenkins SR	2) Sadie Jenkins SR	
3) Olivia Mills JR	4) Caitlin Sanders SO	
5) Gabie Anderson JR	6) Nova Brakes-Hines SO	
7) Maya Chaskin SR	8) Dannan Mills FR	
2 ERHS		1:41.77 !
1) Lola Woodward	2) Bryn Baldwin FR	
3) Sophia Trembath	4) Reese Woodward	
5) Maya Solomonson	6) Zoe Claw	
3 DHS		1:42.48
1) Leena Edais	2) Maizy Kass	
3) Paula Morales	4) Isabelle Borke SR	
5) Marley Hamlett	6) Paige Antrobus	
7) Hannah Boyce	8) Caroline Waters	
4 KHS		1:43.78 !
1) Morgan Hagen FR	2) Emily Neo SO	
3) Alison Narog SR	4) Amaya Rocheleau SO	
5) Evangelia Jones SO	6) Samantha Coulter FR	
7) Sofia Wood FR		
5 JDHS		1:43.85
1) Samantha Schwarting JR	2) Anita Morrison JR	
3) Parker Boman SO	4) Valerie Peimann FR	
5) Emily Delgado JR	6) Emma Fellman SO	
7) Pacific Ricke SO	8) Kate Schwarting FR	
6 SAHS		1:44.19
1) Charlotte Griffith FR	2) Stella Baldessari SO	
3) Madison Pawlak SR	4) Elizabeth Bingham JR	
5) Reese Romspert SO	6) Kaia Reeg JR	
7) Zoe Fencil SO	8) Megan McLaughlin JR	
7 CHS		1:47.09
1) Quinn Morgan	2) Kalea Davis	
3) Elise Petrie	4) Megan Sutton	
5) Jaelin Burrell	6) Maria Girbacea	
7) Abigail Doepken	8) Milena Bruser	
8 WVHS		1:48.15 !
1) Talia Wentz SO	2) Olivia Lent SO	
3) Samantha Bristor SR	4) Blaque Secor SR	
5) Adelaide Lewandowski JR	6) Fiona Secor SO	
7) Meah McCallum SR	8) Tatelyn Dixon SR	
9 COLHS		1:48.89 Alt
1) Hannah Cooper FR	2) Amaretta Settle SR	
3) Kendyl Ligman FR	4) Lori Houghton SR	
5) Merica Miller SO	6) Kylie Benner FR	
7) Alexandria Anderson JR	8) Chloe Blackburn FR	
10 WHS		1:48.92 Alt
1) Norah Fredenhagen	2) Olivia Croy	
3) Nora Hulse	4) Kestrel Wigglesworth	
5) Lauren Dorris	6) Brooke Wagner	
7) Payton Curtis	8) Scout Gramse	

Event 18 Boys 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 SEW		1:30.26 !
1) Bengimin Ambrosiani JR	2) Nickolas Ambrosiani JR	
3) Jackson Bird SR	4) Paxton Hill SR	
5) Iver Gates FR		

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Event 18 ... (Boys 200 Yard Freestyle Relay)

Team	Relay	Seed Time
2 CHS		1:30.97 !
1) Reuben Dobson	2) Blake Fazio	
3) Christopher Michael	4) Tyson Morgan	
5) Kael Bradley	6) Packer Lowell	
7) JeShawn Spaight-Pace	8) Spencer Johnson	
3 WHS		1:31.09
1) Jack Beltzer	2) Ari Kaufman	
3) Sayeed Mahmood	4) Justice Arola	
5) London Begich-Bal	6) Sigge Mellerstig	
7) Gabe Caterinichio	8) Chris Wolski	
4 ERHS		1:31.30
1) Wesley Mank SO	2) Elias Rumph	
3) Dean Toole	4) Karson Kolberg SR	
5) Owen Hasenstab	6) Hagan Powers	
7) Tristan Popa	8) Jackson Delacruz JR	
5 SHS		1:31.73
1) Preston Kwon JR	2) Tomasz Balaban SO	
3) Jan Beck SO	4) Lucas Wisdom	
5) Conrad Fawcett JR	6) Benjamin Price SO	
7) William Kitchen SR	8) Bentley Altman JR	
6 DHS		1:31.87
1) McGuire Hamey	2) Andrew Billings SR	
3) Paul Cvanara	4) Jonathan Szymanski	
5) Kieran Erwin JR	6) Caeden Kullander	
7) Will McKinley JR	8) Roman Fosberg	
7 PHS		1:32.68 Alt
1) Aidan Houser JR	2) Benjamin Doland SR	
3) London Lee JR	4) Jackson Charton FR	
5) Craig Elledge SR	6) Zachary Reidell SR	
7) Micah Kolb JR	8) Jackson Neumann JR	
8 TMHS		1:34.51 !
1) Clive Mateo FR	2) Sven Rasmussen SR	
3) Matthew Godkin SO	4) Patrick Foy JR	
5) Owen Berger SR	6) Brayden Capizzi FR	
7) Stig Cunningham SR	8) Vincent Hayes FR	
9 JDHS		1:35.59 Alt
1) Aaron Mulgrew-Truitt SR	2) Matthew Plang SO	
3) Chris Degener SR	4) Owen Rumsey SO	
5) Harrison Holt SR	6) Cole Reel SO	
7) Elyas Taylor FR	8) Chaz VanSlyke SR	
10 WVHS		1:35.86 !
1) Kyan Harnum SR	2) Selwyn Wessel SO	
3) Zen Schaetzle FR	4) Ryder Marshall SO	
5) Ezra Maio JR	6) Henry Repasky SO	
7) Nathan McCotter JR	8) Wyatt Otness FR	

Event 19 Girls 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Zoe Fencil	SO	SAHS	59.48 !
2 Emma Gassman	SR	SITKA	59.54 !
3 Lola Woodward		ERHS	59.62
4 Dannan Mills	FR	TMHS	1:00.90
5 Hannah Boyce		DHS	1:01.03
6 Amaya Rocheleau	SO	KHS	1:01.54 !
7 Caitlin Sanders	SO	TMHS	1:01.58
8 Gabie Anderson	JR	TMHS	1:02.20
9 Megan McLaughlin	JR	SAHS	1:02.50
10 Pacific Ricke	SO	JDHS	1:02.62

11 Morgan Hagen	FR	KHS	1:05.15
12 Shaye Persinger	FR	MHS	1:05.37 !
13 Manami Lehman	JR	CRAIG	1:05.94
14 Kaylin Klotunowitch		WW	1:06.18
15 Lucia Chapell	SO	HAI	1:06.48
16 Caitlin Ramos	JR	EHS	1:06.52
17 Amaretta Settle	SR	COLHS	1:06.62 Alt
18 Quinn Morgan		CHS	1:06.92 Alt

Event 20 Boys 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Samuel Anderson	SR	KCHS	53.68 !
2 Will McKinley	JR	DHS	54.28 !
3 Harrison Holt	SR	JDHS	54.62 !
4 Trent Fritsch	SR	CORD	54.90
5 William Kitchen	SR	SHS	55.16
6 Grant Maygren	SO	CRAIG	56.33
7 Wesley Mank	SO	ERHS	56.38
8 Maximillian Yagodin	JR	SAHS	57.73
9 Thomas Smith	SO	COLHS	59.85
10 Ezra Maio	JR	WVHS	1:00.53 !
11 Reven Settle	SO	COLHS	1:01.14
12 Packer Lowell		CHS	1:02.81
13 Sayeed Mahmood		WHS	1:03.19
14 Alejo Lopez	JR	HHS	1:04.06
15 Easton Yoder	SO	KAYHI	1:04.27
16 Zashawn Barr	SO	NPHS	1:04.40
17 Hagan Powers		ERHS	1:05.08 Alt
18 Logan Tow	FR	PETER	1:05.72 Alt

Event 21 Girls 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Alexandria Anderson	JR	COLHS	1:04.07 !
2 Emma Fellman	SO	JDHS	1:07.38 !
3 Olivia Mills	JR	TMHS	1:08.00
4 Jaelin Burrell		CHS	1:09.84 !
5 Kaia Reeg	JR	SAHS	1:10.13
6 Stella Baldessari	SO	SAHS	1:11.42
7 Mayumi Schaetzle	JR	WVHS	1:11.44 !
8 Lori Houghton	SR	COLHS	1:11.83
9 Cadence Hollowell	SO	LHS	1:12.27
10 Maya Solomonson		ERHS	1:12.50
11 Kinsey Mishmash	SO	VHS	1:13.59
12 Annabelle Franciscone		HOMER	1:14.32
13 Leena Edais		DHS	1:14.52
14 Nina Adams	SO	PHS	1:14.75
15 Tatelyn Dixon	SR	WVHS	1:14.75
16 Maizy Kass		DHS	1:14.77
17 Fiona Secor	SO	WVHS	1:15.34 Alt
18 Parker Boman	SO	JDHS	1:15.62 Alt

Event 22 Boys 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Preston Kwon	JR	SHS	58.14 !
2 Trevor Dash	JR	KAYHI	59.93 !
3 Ashton Banks	JR	WVHS	59.99 !
4 Jan Beck	SO	SHS	1:00.90
5 Karson Kolberg	SR	ERHS	1:01.07



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Event 22 ... (Boys 100 Yard Breaststroke)

Name	Yr	School	Seed Time
6 Elias Rumph		ERHS	1:01.46
7 Matthew Plang	SO	JDHS	1:03.17
8 Jackson Bird	SR	SEW	1:03.43 !
9 James Berestoff	JR	KHS	1:04.40
10 Paul Cvancara		DHS	1:04.50
11 Selwyn Wessel	SO	WVHS	1:04.65
12 David Price	SO	KCHS	1:04.71
13 Roman Fosberg		DHS	1:04.84
14 Lucas Nollar		HOMER	1:05.46
15 Max Reese	JR	SOHI	1:05.51
16 Sigge Mellerstig		WHS	1:05.80
17 Brandon Stevens	SR	SITKA	1:06.30 Alt
18 Jaden Costelo	JR	SITKA	1:07.89 Alt

Event 23 Girls 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 COLHS		3:45.35 !
1) Lori Houghton SR	2) Kylie Benner FR	
3) Alexandria Anderson JR	4) Merica Miller SO	
5) Hannah Cooper FR	6) Kendyl Ligman FR	
7) Amaretta Settle SR	8) Makenzie Edgar JR	
2 SAHS		3:46.15 !
1) Charlotte Griffith FR	2) Megan McLaughlin JR	
3) Zoe Fencil SO	4) Kaia Reeg JR	
5) Madison Pawlak SR	6) Reese Romspert SO	
7) Stella Baldessari SO	8) Zoe Zipsir FR	
3 DHS		3:46.31
1) Caroline Waters	2) Paula Morales	
3) Maizy Kass	4) Hannah Boyce	
5) Leena Edais	6) Isabelle Borke SR	
7) Paige Antrobus	8) Maya Burgan	
4 JDHS		3:46.75 !
1) Valerie Peimann FR	2) Pacific Ricke SO	
3) Emma Fellman SO	4) Kate Schwarting FR	
5) Parker Boman SO	6) Emily Delgado JR	
7) Anita Morrison JR	8) Samantha Schwarting JR	
5 SITKA		3:50.49
1) Klayeah Lozada FR	2) Mia Turner FR	
3) Kanen Alley SR	4) Emma Gassman SR	
6 KHS		3:51.80
1) Amaya Rocheleau SO	2) Morgan Hagen FR	
3) Evangelia Jones SO	4) Alison Narog SR	
5) Sofia Wood FR	6) Emily Neo SO	
7) Samantha Coulter FR		
7 CHS		3:55.43
1) Megan Sutton	2) Kalea Davis	
3) Elise Petrie	4) Maria Girbacea	
5) Quinn Morgan	6) Abigail Doepken	
7) Jaelin Burrell	8) Remy Gray	
8 TMHS		3:57.39 Alt
1) Nova Brakes-Hines SO	2) Dannan Mills FR	
3) Gabie Anderson JR	4) Alex Jenkins SR	
5) Caitlin Sanders SO	6) Olivia Mills JR	
7) Sadie Jenkins SR	8) Maya Chaskin SR	

9 SOHI		3:57.68 Alt
1) Heidi Snyder SO	2) Zoe Burns FR	
3) Charisma Watkins JR	4) Tirzah Frederickson SR	
5) Luthien Collver JR	6) Ariel Wheeler SO	
7) Meg Roberts JR		
10 WVHS		4:02.44 !
1) Talia Wentz SO	2) Fiona Secor SO	
3) Adelaide Lewandowski JR	4) Tatelyn Dixon SR	
5) Meah McCallum SR	6) Blaque Secor SR	
7) Samantha Bristor SR	8) Olivia Lent SO	

Event 24 Boys 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 SHS		3:19.16 !
1) Conrad Fawcett JR	2) William Kitchen SR	
3) Jan Beck SO	4) Benjamin Price SO	
5) Preston Kwon JR	6) Bentley Altman JR	
7) Tomasz Balaban SO	8) Lucas Wisdom	
2 CHS		3:19.21
1) Reuben Dobson	2) Christopher Michael	
3) Blake Fazio	4) Tyson Morgan	
5) Packer Lowell	6) Kael Bradley	
7) Corbin Wolz	8) JeShawn Spaight-Pace	
3 SEW		3:20.21 !
1) Bengimin Ambrosiani JR	2) Nickolas Ambrosiani JR	
3) Jackson Bird SR	4) Paxton Hill SR	
5) Iver Gates FR		
4 JDHS		3:20.56 !
1) Chaz VanSlyke SR	2) Aaron Mulgrew-Truitt SR	
3) Chris Degener SR	4) Harrison Holt SR	
5) Matthew Plang SO	6) Cole Reel SO	
7) Owen Rumsey SO	8) Elyas Taylor FR	
5 WHS		3:22.23
1) Ari Kaufman	2) Jack Beltzer	
3) Sayeed Mahmood	4) Justice Arola	
5) Sigge Mellerstig	6) London Begich-Bal	
7) Gabe Caterinichio	8) Colin Korver	
6 COLHS		3:22.62
1) Grady Dhondt JR	2) Isaiah Hulien FR	
3) Kristofer Vangorder SR	4) Kellan DenBleyker FR	
5) Reven Settle SO	6) Landen Woodring JR	
7) Thomas Smith SO	8) Landeyn Halstead SO	
7 KHS		3:24.23
1) Max Robinson JR	2) Connor Burnside JR	
3) James Berestoff JR	4) Jacob Sarnowski SR	
5) Noah Coulter SR	6) Cody Hubert FR	
7) Nathan Hicks FR		
8 DHS		3:24.27 Alt
1) Will McKinley JR	2) Kieran Erwin JR	
3) Jonathan Szymanski	4) Caeden Kullander	
5) Andrew Billings SR	6) Sam Randall	
7) McGuire Hamey	8) Paul Cvancara	
9 SAHS		3:25.92 Alt
1) Titus Saugier SR	2) Maximillian Yagodin JR	
3) Kole Rhodes SR	4) Sam Goldman SR	
5) Ian Whitlock JR	6) Alex Foster SO	
10 WVHS		3:39.23 !
1) Ryder Marshall SO	2) Henry Repasky SO	
3) Ezra Maio JR	4) Nathan McCotter JR	
5) Wyatt Otness FR	6) Selwyn Wessel SO	
7) Zen Schaeztle FR	8) Kyan Harnum SR	



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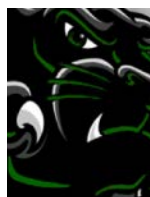
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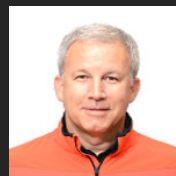
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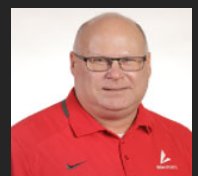
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Alcohol misuse impacts the health of our people and our communities. *Be The Influence* empowers our young people to learn about the risks of alcohol use, have honest conversations about alcohol, delay alcohol use, and make healthy, alcohol-free life choices.

We want our young people to be the change they want to see in the world and *Be The Influence*.



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Learn more at anthc.org

SCHOOL SWIM/DIVE COACHES



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SCHOOL SWIM/DIVE COACHES



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SITKA WOLVES



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SOUTH ANCHORAGE WOLVERINES

Coaching Boys INTO MEN

CoachesCorner.org

Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field.

Coaching Boys Into Men (CBIM) is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.



BRIAN HOSKEN
Program Coordinator
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SCHOOL SWIM/DIVE COACHES



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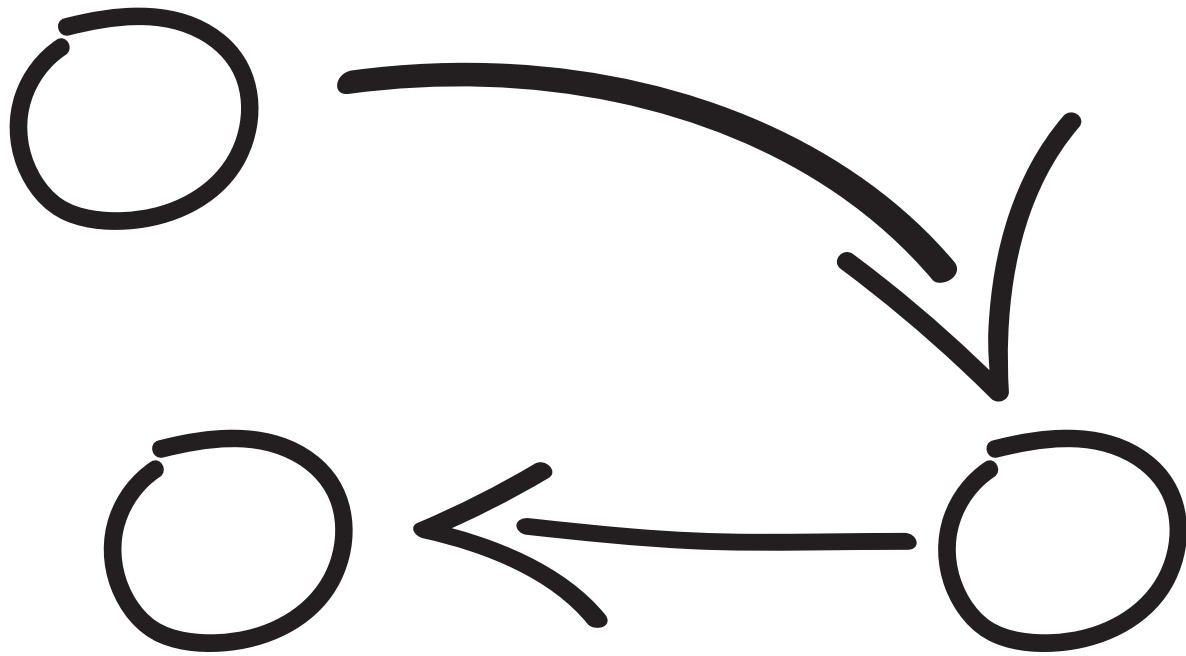
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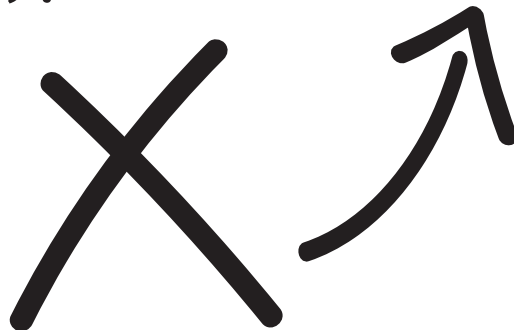
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2022 STATE CHAMPIONSHIPS RESULTS

GIRLS

TEAM RESULTS

Champion	Dimond	86
Runner-up	Colony	77
3 rd	South Anchorage	61
4 th	West Valley	54
5 th	Eagle River	52
5 th	Juneau-Douglas	52
7 th	Thunder Mt	45.5
8 th	Kodiak	21.5
9 th	Chugiak	21
9 th	Sitka	21
11 th	Homer	19
12 th	Palmer	9
12 th	Wasilla	9
14 th	Soldotna	7
15 th	Hutchison	6
16 th	Craig	4
17 th	Service	3

AWARDS

Academic Award: Colony (3.89)
Sponsored by Donlin Gold
 Sportsmanship: West Valley
Sponsored by OPA
 Outstanding Competitor: Carly Nelson (HMR)

INDIVIDUAL CHAMPIONS

	GIRLS	
200 Medley Relay	Dimond	1:49.57
200 Freestyle	Samantha Bristor (WV)	1:54.34
200 Ind Medley	Emma Fellman	2:07.78
50 Freestyle	Isabelle Borke (DHS)	23.99
Diving	Ally Hrcncir (PHS)	425.55
100 Butterfly	Carly Nelson (HMR)	57.18
100 Freestyle	Samantha Bristor (WV)	51.93
500 Freestyle	Carly Nelson (HMR)	5:11.47
200 Freestyle Relay	Thunder Mt	1:40.88
100 Backstroke	Lola Woodward (ERHS)	57.99
100 Breaststroke	Alexandria Anderson (COLHS)	1:03.41
400 Freestyle Relay	Dimond	3:41.69

BOYS

TEAM RESULTS

Champion	Service	118
Runner-up	Eagle River	51
Runner-up	Seward	51
4 th	Juneau-Douglas	48
5 th	Dimond	47
6 th	Chugiak	43
7 th	West Valley	39
8 th	Thunder Mt	28
9 th	West Anchorage	24
10 th	Wasilla	21
11 th	Colony	18
12 th	Kodiak	17
13 th	Kenai	11
14 th	Cordova	9
14 th	Ketchikan	9
16 th	Homer	8
17 th	South Anchorage	6
18 th	Palmer	3
19 th	Craig	2
19 th	Wrangell	2

AWARDS

Academic Award: West Anchorage (4.0)
Sponsored by Donlin Gold
 Sportsmanship: Thunder Mt
Sponsored by OPA
 Outstanding Competitor: Patrick Foy (TMHS)

BOYS

Service	1:37.46
Patrick Foy (TMHS)	1:40.16
Benjamin Price (SHS)	1:55.43
Andrew Billings (DHS)	21.14
Deshawn Campbell	413.00
Patrick Foy (TMHS)	48.46
Andrew Billings (DHS)	46.69
Conrad Fawcett (SHS)	4:42.93
Seward	1:28.64
William Kitchen (SHS)	52.65
Trevor Dash (KAYHI)	58.66
Service	3:15.30

TO SEE MORE RESULTS PRIOR TO 2022 & RECORDS, PLEASE VISIT:
[ASAA Swim/Dive State Championships Records page](#)

2022 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

Blake Fazio
Chris Michael
Maria Girbacea
Megan Sutton

Juneau-Douglas

Chaz Vanslyke
Emily Delgado
Emma Fellman
Harrison Holt

South Anchorage

Madison Pawlak
Max Yagodin
Zoe Fencil

Colony

Kristopher VanGorder
Lori Houghton
Merica Miller
Reven Settle

Kenai

Sam Anderson

Kodiak

Alison Narog
Jake Sarnowski

Thunder Mt

Alex Jenkins
Gabrielle Anderson
Matthew Godkin
Owen Berger

Dimond

Dylan Glover
Hannah Boyce
Isabelle Borke
Paul Cvancara

Palmer

Addie Charton
London Lee

Wasilla

Deshawn Campbell
Kaylin Klotunowitch

Eagle River

Jackson Delacruz
Karson Kolberg
Reese Woodward

Service

Conrad Fawcett
Gavin Kitchen

West Anchorage

Ari Kaufman
Sigge Mellerstig

Homer

Carly Nelson
Hunter Fry

Seward

Jackson Bird

West Valley

Fiona Secor
Mayumi Schaetzle
Ryder Marshall
Wyatt Otness

Soldotna

Tirzah Frederickson



Athletes As Leaders

AthletesAsLeaders.org

Athletes As Leaders (AAL) is a program for high school athletes on girls' sports teams. The program aims to empower youth to take an active role in challenging stereotypes, promoting healthy relationships and creating a safe and welcoming community for all.

AAL is based on research and best practices in the field of sexual assault prevention. Athletes are encouraged to be leaders in changing peer norms and school climate to a culture of safety and respect.



KATHLEEN NAVARRE
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Play for Keeps

ALASKA SCHOOL ACTIVITIES ASSOCIATION

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.

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