

3A Utah High School State Swimming Champs - 2/7/2025 to 2/8/2025

Utah High School State Swimming Championships

Psych Sheet

#1 Women 200 Yard Medley Relay

3A HS Record: 1:47.13 2017 Park City High School

E Strong-Conklin, J Hess, K Hale, R Selznick

UT HS Record: 1:45.00 2025 Wasatch High School

A Diedrichs, G Cannon, R Andrews, E Malinka

Pool Record: 1:40.19 2024

E. Marusakova, M. Lung, T. Ibanez, H. Williams

1:44.31 * All-A Automatic

1:46.22 # All-A Consideration

Team	Relay	Seed Time
1	JM	1:54.27
2	CVHS	1:59.18
3	OGDEN	1:59.83
4	RICH	2:01.22
5	UNIO	2:03.58
6	MOR	2:04.57
7	JD	2:08.44
8	SSHS	2:08.45
9	RH	2:08.76
10	EHS	2:09.01
11	GRND	2:10.98
12	CARB	2:12.73
13	GVHS	2:14.12
14	NSHS	2:16.67
15	NSPHS	2:17.45
16	MILL	2:17.82
17	GHS	2:37.58
18	DHS	2:44.69
19	MPA	2:59.33

#2 Men 200 Yard Medley Relay

3A HS Record: 1:38.51 2023 Judge Memorial High School

B Gillespie, N Morton, M Eagar, L Galaviz

UT HS Record: 1:32.34 2024 Olympus High School

W de la Garza, O Hartman, B Hatchard, K Tu

Pool Record: 1:25.79 2024

T. Edwards, B. Prolo, J. Tiffany, L. Riva

1:32.38 * All-A Automatic

1:34.11 # All-A Consideration

Team	Relay	Seed Time
1	CVHS	1:39.56
2	JM	1:39.97
3	OGDEN	1:42.48
4	EHS	1:46.50
5	UNIO	1:47.64
6	RICH	1:48.86
7	MOR	1:49.71
8	GVHS	1:52.40
9	SSHS	1:52.76
10	JD	1:53.77
11	CARB	1:54.54
12	MILL	1:58.33
13	GRND	1:59.02
14	MANTI	2:03.11
15	GHS	2:04.98
16	MPA	2:05.66
17	DHS	2:06.17
18	NSPHS	2:07.46
19	NSHS	2:07.63
20	BLHS	2:15.42

#3 Women 200 Yard Freestyle

3A HS Record: 1:52.29 2012 Amelia Draney

UT HS Record: 1:50.32 2011 Amanda A Barrett

Pool Record: 1:48.78 2024 Lily Milner

1:48.79 * All-A Automatic

1:50.65 # All-A Consideration

Name	Yr	School	Seed Time
1	Kling, Avah	SR RICH	2:02.81
2	DuPont, Sophie	JR JM	2:03.79
3	Dolan, Delaney	SR JM	2:04.31
4	Taylor, Gracie K	SO CVHS	2:07.00
5	Page, Madeline	SO JM	2:11.85
6	Nielson, Sarah	JR OGDEN	2:12.96
7	Scholes, Sienna	SR UNIO	2:13.82
8	Moore, Ainsley	SR RH	2:15.62
9	Smith, Millie	JR NSHS	2:15.84
10	Card, Anna	SR SSSHS	2:17.22
11	Lovell, Sydney D	SO CVHS	2:18.07
12	Anderson, Rosie	JR SSSHS	2:18.42
13	Halk, Evie	SR CARB	2:19.29
14	Blackburn, Rach	JR CARB	2:19.41
15	Fletcher, Madi K	FR CVHS	2:19.55
16	Smith, Kendra	SR NSPHS	2:23.03
17	Christensen, Kan	JR CARB	2:23.13
18	Riddle, Faith A	JR CVHS	2:24.30
19	Goni Beneke, Lol	SR SJCHS	2:25.40
20	Hawley, KaTaya	JR UNIO	2:26.25
21	Day, Paige	JR NSPHS	2:26.78
22	Wilkowski, Magg	SR GRND	2:26.90
23	Johansen, Annie	SO EHS	2:28.03
24	Smith, Karsyn	SO UNIO	2:28.92
25	Williams, Nina	SR JD	2:30.60
26	Hanke, Katelyn	JR UNIO	2:30.87
27	Duffin, Dawsen	FR BLHS	2:30.89
28	Parks, Eva	JR JM	2:31.05
29	Hellander, Rielly	SR NSHS	2:31.17
30	Maughan, Paya	JR GRND	2:33.23
31	Graham, Abigail	SO RICH	2:33.97
32	Smith, Lulabelle	SO JD	2:34.36

#4 Men 200 Yard Freestyle

3A HS Record: 1:41.89 2016 Lucas O Hess

UT HS Record: 1:38.39 2021 Tanner Nelson

Pool Record: 1:36.65 2022 Tanner Nelson

1:38.21 * All-A Automatic

1:39.81 # All-A Consideration

Name	Yr	School	Seed Time
1	Cannon, Sean J	SO CVHS	1:50.67
2	Kahn, Shane	FR JM	1:51.77
3	Silcox, JW	SR NSHS	1:53.61
4	Talboys, Jack	JR JM	1:56.81
5	Murari, Karan	SR WA	1:58.04
6	Engar, Mason D	SR CARB	1:58.76
7	Serpa, Aurelio	FR MPA	1:58.92
8	Sankovitz, Frank	SR JM	1:59.69
9	Noorda, Gerrit	SR MOR	2:00.03
10	Hanson, Bracken	SO CARB	2:02.10
11	Donaldson, Aade	JR GVHS	2:02.15
12	Bishop, Dylan	SR MILL	2:02.29
13	Farr, Colin	SO JD	2:02.33

14	Hancock, Matthe	SO OGDEN	2:02.92
15	Swain, Zaden	JR UNIO	2:03.56
16	Wasden, Alistair	SO MANTI	2:05.00
17	Bennett, Ashton	JR UNIO	2:05.25
18	Tullis, James	JR CARB	2:05.63
19	Barnett, Jack D	SR RICH	2:05.70
20	Diaz, Kyle	JR JD	2:06.57
21	Russell, Briggs	FR UNIO	2:06.57
22	Harris, James	JR OGDEN	2:09.10
23	Kepsel, Leland	JR CARB	2:10.07
24	Kulynych, Daniil	SR SJCHS	2:11.09
25	Lindley, Brandon	JR MOR	2:13.13
26	Barnett, Hank	SO RICH	2:13.40
27	Freston, Kyler	SO UNIO	2:14.50
28	Lee, Eli	FR MPA	2:14.65
29	Morris, Jacob	JR EHS	2:14.67
30	Thompson, Gabe	SO JM	2:17.03
31	Daley, Tyler	JR EHS	2:17.09
32	Nielson, Josh	SO OGDEN	2:17.38

#5 Women 200 Yard IM

3A HS Record: 2:08.31 2014 Amelia Draney

UT HS Record: 2:03.41 2019 Rachel E Butler

Pool Record: 2:01.43 2024 Summer Stanfield

2:01.38 * All-A Automatic

2:04.11 # All-A Consideration

Name	Yr	School	Seed Time
1	Eagar, Catherine	FR JM	2:21.27
2	Lauer, Sydni R	JR PAR	2:23.53
3	Canale, Sophie	SO JM	2:25.61
4	Schupbach, Adel	JR NSHS	2:28.17
5	Schatz, Cyan	SR OGDEN	2:29.12
6	Henneuse, Make	FR SSSHS	2:29.61
7	Whitehead, Chlo	SO JM	2:30.13
8	Kerr, Carmen	SR MOR	2:30.42
9	Conner, Amelia	SR JM	2:30.51
10	Tanner, Lucy A	SO CVHS	2:31.84
11	Thayn, Lily	JR CARB	2:34.72
12	Wilde, Pheobie	SR OGDEN	2:41.08
13	Frandsen, Hallie	FR EHS	2:41.13
14	Reynolds, Kenley	SO CVHS	2:41.15
15	Guymon, Cambre	FR UNIO	2:41.58
16	Larsen, Kate	SR UNIO	2:42.42
17	Larsen, Jessie	FR MILL	2:42.96
18	O'Neil, Brooklyn	SO EHS	2:45.37
19	Williams, Josie	SO UNIO	2:45.97
20	Kelso, Kaybrie	SO NSPHS	2:46.63
21	Howard, Chesney	SO NSPHS	2:48.50
22	Leng, Sarah	SO JD	2:48.92
23	Allen, Sarie	FR UNIO	2:50.94
24	Ernst, Jordyn	SO NSHS	2:54.99
25	Lafleur, Amelia H	JR CVHS	2:57.20
26	George, Marli	FR MOR	2:57.88
27	Lambeth, Kylie J	SR CVHS	2:58.31
28	Hamilton, Kaci	SO GRND	2:58.54
29	Geddes, Clara	SO OGDEN	3:00.67
30	Thurman, Macie	FR MILL	3:01.73
31	Anderson, Madis	JR RICH	3:01.90
32	Rector, Kamryn J	SO GHS	3:05.38

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#6 Men 200 Yard IM

3A HS Record: 1:49.65 2025 Gabe Jones

UT HS Record: 1:48.75 2019 Jordan R Tiffany

Pool Record: 1:44.62 2024 Jordan Tiffany

1:49.14 * All-A Automatic

1:51.34 # All-A Consideration

Name	Yr	School	Seed Time
1 Fiscus, Teddy	SR	JM	2:03.57
2 Belnap, Nathan	SR	OGDEN	2:05.13
3 Rivkind, Mathew	SR	OGDEN	2:11.33
4 Rollins, Axel	JR	MOR	2:12.01
5 Batty, Stetson	SR	UNIO	2:12.58
6 Jackson, Adam	JR	GVHS	2:14.00
7 Petersen, Trek	JR	EHS	2:17.38
8 Zilles, Kayson	JR	UNIO	2:18.34
9 Carlton, Toby	SR	OGDEN	2:18.54
10 Hategan, Nichola	FR	JD	2:18.96
11 Jones, Avery	JR	JM	2:20.27
12 McEntire, Carter	JR	SSHS	2:20.29
13 Kranendonk, Log	JR	CARB	2:21.22
14 Schmitt, Keaton	SR	UNIO	2:23.86
15 Pearson, Tate	JR	UNIO	2:23.86
16 Spencer, Finn	SR	RICH	2:24.55
17 Carter, Mason E	SO	CVHS	2:24.84
18 Bartlett, Greger	FR	OGDEN	2:25.97
19 Meredith, Karson	SR	CVHS	2:26.08
20 Lee, Eli	FR	MPA	2:26.91
21 Halliday, Cory	SO	SSHS	2:30.74
22 Arnold, Drake	JR	MILL	2:34.70
23 Walker, Ben	SO	GVHS	2:35.19
24 Mangum, Lincoln	JR	CVHS	2:37.14
25 Gough, Ephraim	SO	RICH	2:37.23
26 Howard, Cody	SO	EHS	2:38.59
27 Curtis, Garrison	SR	NSHS	2:38.85
28 Witte, Daxin	JR	MOR	2:40.41
29 Hulse, Preston	SR	EHS	2:42.51
30 Maloney, Conner	JR	MPA	2:42.57
31 Dzieciolowski, Cl	FR	JD	2:44.72
32 Webb, Trev	FR	NSHS	2:46.67

#7 Women 50 Yard Freestyle

3A HS Record: 23.25 1997 Sara Watchorn

UT HS Record: 23.21 2023 Maddy R Parker

Pool Record: 22.68 2024 Reagan Cathcart

23.08 * All-A Automatic

23.54 # All-A Consideration

Name	Yr	School	Seed Time
1 Henneuse, Alliso	JR	SSHS	25.32
2 Dolan, Delaney	SR	JM	25.50
3 Grimshaw, Soleil	JR	CVHS	25.59
4 Duberow, Lucy	JR	JM	26.80
5 Schena, JayDee M	SR	BEAV	26.85
6 Lachance, Emery	SO	UNIO	26.92
7 Nelson, Crewe	FR	OGDEN	26.95
8 Rigrtrup, Tallula F	JR	CVHS	27.05
9 Stephenson, Sha	SR	OGDEN	27.15
10 Mason, Illyria	JR	EHS	27.19
11 King, Lisa	JR	CARB	27.36
12 Bartlett, Berlin	SR	OGDEN	27.46
13 McMaster, Lucy I	JR	BEAV	27.48

14 Childs, Jessie	JR	EHS	27.62
15 Tenzer, Abigail	JR	JD	27.63
16 Foy, Lauren	SR	JD	27.73
17 Woolsey, Kylee	SR	RICH	28.21
18 Williford, Brooke	SR	MOR	28.26
19 Brunson, Emily	SR	MILL	28.31
20 Middleton, Rylie	SR	JM	28.37
21 Shields, Savanna	SO	MILL	28.38
22 Freston, Kennedy	SR	UNIO	28.56
23 Grimm, Emma	JR	EHS	28.73
24 Smith, Tessa	JR	MOR	28.87
25 Toner, McKenzie	SR	SA	29.07
26 Schumann, Jilliar	FR	OGDEN	29.10
27 Card, Asti	SO	SSHS	29.75
28 Meccariello, Had	JR	EHS	29.86
29 Alger, Shaylee L	FR	CVHS	30.25
30 Murray, Hailey	SR	GVHS	30.27
31 Lyman, Aylene	JR	CARB	30.41
32 Moore, Kinsey	FR	NSHS	30.45

#8 Men 50 Yard Freestyle

3A HS Record: 21.17 2012 Dusty Ragland /Joe Hug

UT HS Record: 20.48 2024 Abe D Astle

Pool Record: 19.53 2024 Luigi Riva

20.41 * All-A Automatic

20.80 # All-A Consideration

Name	Yr	School	Seed Time
1 Morgan, Kurt T	SR	CVHS	21.07
2 Galaviz, Levi	SR	JM	21.09
3 Henneuse, Nick	JR	SSHS	22.83
4 Hansen, Lincoln	JR	RICH	23.05
5 Malan, Raiden	SR	OGDEN	23.24
6 Breinholt, Conne	JR	MOR	23.25
7 Getchell, Ryker	JR	UNIO	23.29
8 Jensen, Parker	SR	EHS	23.44
9 Biggs, Timmy E	SR	CVHS	23.59
10 Singta, Touchapc	SR	OGDEN	23.67
11 Keisel, Brant	SR	NSHS	23.85
12 Halliday, Branson	SR	SSHS	23.93
13 Olsen, Adam	SR	EHS	23.97
14 Comino, Jonah D	SR	CVHS	24.01
15 Black, Thomas	JR	EHS	24.15
16 Cox, Rufus	JR	JM	24.15
17 Potts, Cooper	SR	GRND	24.25
18 Rasmussen, Kale	SR	MANTI	24.28
19 Frampton, Kamd	JR	MILL	24.45
20 Erickson, Henry	SR	RH	24.46
21 Waters, Preston	JR	GVHS	24.69
22 Coudreat, Curtis	SR	JM	24.71
23 Gawron, Sebastia	SO	JM	24.82
24 Christiansen, Jan	JR	EHS	24.85
25 Treseder, Andre	SR	OGDEN	24.90
26 Damron, Paul	SR	RICH	24.90
27 Tague, Nick	SR	OGDEN	24.97
28 Freston, Parker	SR	UNIO	25.08
29 Berry, Kaison	SR	MOR	25.15
30 Shumway, Blake	JR	MILL	25.30
31 Zager, Greyson	SR	UNIO	25.31
32 Ciulupa, Agustin	SO	JD	25.37

#9 Women 100 Yard Butterfly

3A HS Record: 57.45 1984 Christi Harris

UT HS Record: 53.17 2024 Jade Garstang

Pool Record: 54.61 2024 Kim Lanaghen

54.32 * All-A Automatic

55.58 # All-A Consideration

Name	Yr	School	Seed Time
1 Lauer, Sydni R	JR	PAR	1:02.07
2 Henneuse, Make	FR	SSHS	1:04.19
3 Hyman, Cecelia	JR	RH	1:04.58
4 Fennell, Piper	JR	JD	1:04.85
5 Duberow, Lucy	JR	JM	1:04.87
6 Gough, Riley	SR	RICH	1:04.99
7 Nielson, Sarah	JR	OGDEN	1:05.36
8 Lachance, Emery	SO	UNIO	1:06.48
9 Schiffman, Lily	JR	RH	1:07.49
10 Neusmeyer, Gwe	SO	SA	1:08.21
11 Freston, Kenned	SR	UNIO	1:08.77
12 Thayn, Lily	JR	CARB	1:10.21
13 Bower, Maya O	SO	CARB	1:10.30
14 Wilkowski, Magg	SR	GRND	1:14.45
15 Kling, Anali	SO	RICH	1:14.77
16 Stark, Samantha	SR	OGDEN	1:15.23
17 Yates, Mady	SR	SJCHS	1:16.33
18 Vincent, Ally	JR	GVHS	1:16.64
19 Childs, Jessie	JR	EHS	1:16.84
20 Powell, Callie	SR	UNIO	1:17.44
21 Jones, Katie	JR	NSPHS	1:17.65
22 Schoonmaker, Ev	FR	CVHS	1:18.05
23 Middleton, Rylie	SR	JM	1:20.04
24 Shakespear, Zoe	SR	CVHS	1:20.44
25 Ernst, Jordyn	SO	NSHS	1:23.01
26 Hall, Maysie	SO	GRND	1:24.00
27 Lambeth, Kylie J	SR	CVHS	1:24.45
28 Montoya, Carme	SR	JD	1:24.68
29 Tui, Aspen	SO	NSPHS	1:25.55
30 Trujillo, Morgan	SR	OGDEN	1:27.24
31 Jenkins, Breily	SO	UNIO	1:28.58
32 Ader, Zelie	JR	RICH	1:29.27

#10 Men 100 Yard Butterfly

3A HS Record: 49.84 1978 Corey Killpack

UT HS Record: 47.71 2020 Jordan R Tiffany

Pool Record: 45.72 2024 Jordan Tiffany

48.38 * All-A Automatic

49.53 # All-A Consideration

Name	Yr	School	Seed Time
1 Jones, Gabe	SR	SJCHS	51.29
2 Eagar, Matt	SR	JM	52.38
3 Poulos, Ryker W	JR	CVHS	54.89
4 Cannon, Sean J	SO	CVHS	55.75
5 Lauer, Ty A	SO	PAR	56.62
6 Jones, Avery	JR	JM	57.85
7 Rivkind, Mathew	SR	OGDEN	58.19
8 Engar, Mason D	SR	CARB	58.40
9 Pearson, Tate	JR	UNIO	59.43
10 Christensen, Coo	SR	UNIO	59.77
11 Serpa, Aurelio	FR	MPA	1:00.20
12 Keisel, Brant	SR	NSHS	1:00.45
13 Powell, Ian	SO	UNIO	1:00.55

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#10 ... (Men 100 Yard Butterfly)

14	Farr, Zach	SR	JM	1:00.86
15	Mason, Reve	SO	EHS	1:01.71
16	Brown, Aaryl	SR	SSHS	1:02.34
17	Palmer, Zaak	SR	NSPHS	1:03.37
18	Halliday, Branson	SR	SSHS	1:03.81
19	Schmitt, Keaton	SR	UNIO	1:04.28
20	Farrell, Jack	SR	OGDEN	1:04.28
21	Bartlett, Greger	FR	OGDEN	1:04.70
22	Spencer, Finn	SR	RICH	1:04.86
23	McNeil, Evan	JR	SSHS	1:05.39
24	Dziedziolowski, Jc	JR	JD	1:05.51
25	Pangan, Ronny T	JR	CVHS	1:05.55
26	Coulter, Henry	SR	RICH	1:06.21
27	Walker, Ben	SO	GVHS	1:07.21
28	Sellers, Cody	SO	RICH	1:07.30
29	Mangum, Lincoln	JR	CVHS	1:07.88
30	Brown, Jaydan	SO	DHS	1:08.06
31	Blackham, Jack	SR	GVHS	1:08.39
32	Anderson, Jay W	SO	GHS	1:09.66

#11 Women 100 Yard Freestyle

3A HS Record:	51.24	1997	Sara Watchorn
UT HS Record:	49.96	2023	Maddy R Parker
Pool Record:	49.96	2023	Madison Parker
	50.16	* All-A Automatic	
	50.99	# All-A Consideration	

Name	Yr	School	Seed Time	
1	Henneuse, Alliso	JR	SSHS	54.84
2	Kling, Avah	SR	RICH	54.96
3	Grimshaw, Soleil	JR	CVHS	56.00
4	DuPont, Sophie	JR	JM	56.32
5	Page, Madeline	SO	JM	56.53
6	Scholes, Sienna	SR	UNIO	59.46
7	Card, Anna	SR	SSHS	1:00.05
8	Schena, JayDee M	SR	BEAV	1:00.47
9	Lovell, Annicka F	SR	CVHS	1:00.86
10	Nelson, Crewe	FR	OGDEN	1:00.86
11	Young, Jayde	SR	GRND	1:01.77
12	Bess, Lizzy	SR	MOR	1:01.93
13	King, Lisa	JR	CARB	1:02.27
14	Foy, Lauren	SR	JD	1:02.57
15	Smith, Millie	JR	NSHS	1:02.68
16	Riddle, Faith A	JR	CVHS	1:03.36
17	Goni Beneke, Lol	SR	SJCHS	1:04.18
18	Lee, Olivia	JR	JM	1:04.32
19	Williford, Brooke	SR	MOR	1:04.58
20	Schumann, Jilliar	FR	OGDEN	1:04.64
21	Baird, Sara	SR	UNIO	1:05.66
22	Hellander, Rielly	SR	NSHS	1:05.74
23	Chase, Elizabeth	FR	GRND	1:05.85
24	Yates, Mady	SR	SJCHS	1:06.26
25	Frandsen, Hallie	FR	EHS	1:06.33
26	Hawley, KaTaya	JR	UNIO	1:06.53
27	Meccariello, Had	JR	EHS	1:06.53
28	Larsen, Kate	SR	UNIO	1:06.82
29	Card, Asti	SO	SSHS	1:07.13
30	Grimm, Emma	JR	EHS	1:07.48
31	Hendricks, Triste	JR	SSHS	1:07.81
32	Shakespeare, Zoe	SR	CVHS	1:07.87

#12 Men 100 Yard Freestyle

3A HS Record:	46.07	1979	David Lundberg
UT HS Record:	44.73	2024	Abe D Astle
Pool Record:	43.94	2024	Luigi Riva
	44.72	* All-A Automatic	
	45.56	# All-A Consideration	

Name	Yr	School	Seed Time	
1	Morgan, Kurt T	SR	CVHS	46.05
2	Galaviz, Levi	SR	JM	46.87
3	Murari, Karan	SR	WA	51.20
4	Getchell, Ryker	JR	UNIO	51.54
5	Henneuse, Nick	JR	SSHS	51.58
6	Biggs, Timmy E	SR	CVHS	51.69
7	Malan, Raiden	SR	OGDEN	52.01
8	Breinholt, Conne	JR	MOR	52.58
9	Sankovitz, Frank	SR	JM	53.28
10	Donaldson, Aade	JR	GVHS	53.36
11	Cox, Rufus	JR	JM	53.73
12	Olsen, Adam	SR	EHS	53.78
13	Frampton, Kamd	JR	MILL	53.91
14	Rasmussen, Kale	SR	MANTI	54.69
15	Christensen, Kiai	SR	RICH	54.98
16	Potts, Cooper	SR	GRND	55.11
17	Bishop, Dylan	SR	MILL	55.22
18	Waters, Preston	JR	GVHS	55.46
19	Singta, Touchapc	SR	OGDEN	55.57
20	Zager, Greyson	SR	UNIO	55.58
21	Berry, Kaison	SR	MOR	55.92
22	Ciulupa, Agustin	SO	JD	56.00
23	Freston, Parker	SR	UNIO	56.19
24	Johnson, Bode	SR	MOR	56.23
25	Treseder, Andrew	SR	OGDEN	56.78
26	Daley, Tyler	JR	EHS	57.51
27	Warby, McKay	SR	MANTI	58.09
28	Shumway, Blake	JR	MILL	58.31
29	Griffiths, Jacob	SR	UNIO	58.53
30	Tague, Nick	SR	OGDEN	58.90
31	Starks, Chad	SO	JD	59.35
32	Murdock, Rigdor	JR	GHS	59.74

#13 Women 500 Yard Freestyle

3A HS Record:	4:59.38	2013	Amelia Draney
UT HS Record:	4:55.28	2022	Katelyn Andrist
Pool Record:	4:53.91	2024	Cameron Daniell
	4:53.16	* All-A Automatic	
	4:58.30	# All-A Consideration	

Name	Yr	School	Seed Time	
1	Canale, Sophie	SO	JM	5:52.59
2	Schiffman, Lily	JR	RH	5:57.78
3	Schatz, Cyan	SR	OGDEN	5:58.44
4	Fletcher, Madi K	FR	CVHS	6:08.85
5	Schubbach, Adeli	JR	NSHS	6:12.29
6	Halk, Evie	SR	CARB	6:13.46
7	Kerr, Carmen	SR	MOR	6:17.32
8	Bower, Maya O	SO	CARB	6:20.38
9	Lovell, Sydney D	SO	CVHS	6:20.43
10	Tenzer, Abigail	JR	JD	6:21.50
11	Anderson, Rosie	JR	SSHS	6:22.49
12	Blackburn, Rach	JR	CARB	6:24.61
13	Winn, Cooper	SR	UNIO	6:31.89

14	Smith, Savannah	SR	SJCHS	6:33.69
15	Lafleur, Amelia F	JR	CVHS	6:35.68
16	Schoonmaker, Ev	FR	CVHS	6:37.79
17	Christensen, Kan	JR	CARB	6:39.25
18	Johansen, Annie	SO	EHS	6:40.81
19	Allen, Sarie	FR	UNIO	6:41.33
20	Hanke, Katelyn	JR	UNIO	6:42.51
21	Day, Paige	JR	NSPHS	6:48.41
22	Maughan, Paya	JR	GRND	6:49.71
23	Tonioli, Jane	JR	OGDEN	6:55.13
24	George, Marli	FR	MOR	6:58.15
25	Duffin, Dawsen	FR	BLHS	6:58.72
26	Murray, Hailey	SR	GVHS	7:00.36
27	Smith, Karsyn	SO	UNIO	7:01.50
28	Montoya, Carmel	SR	JD	7:03.77
29	Hamilton, Kaci	SO	GRND	7:07.11
30	Britter, Bailey	JR	JM	7:08.69
31	Geddes, Clara	SO	OGDEN	7:10.07
32	Thurman, Macie	FR	MILL	7:10.14

#14 Men 500 Yard Freestyle

3A HS Record:	4:34.08	1977	Rick Morley
UT HS Record:	4:30.06	2021	Tanner Nelson
Pool Record:	4:27.17	2022	Tanner Nelson
	4:28.60	* All-A Automatic	
	4:32.95	# All-A Consideration	

Name	Yr	School	Seed Time	
1	Lauer, Ty A	SO	PAR	5:05.49
2	Kahn, Shane	FR	JM	5:08.62
3	Silcox, JW	SR	NSHS	5:16.87
4	Noorda, Gerrit	SR	MOR	5:23.12
5	Farr, Colin	SO	JD	5:32.03
6	Hancock, Matthe	SO	OGDEN	5:32.05
7	Bennett, Ashton	JR	UNIO	5:34.35
8	Palmer, Knight	FR	NSPHS	5:35.45
9	Hanson, Bracken	SO	CARB	5:38.15
10	Kranendonk, Log	JR	CARB	5:41.25
11	Diaz, Kyle	JR	JD	5:46.59
12	McEntire, Carter	JR	SSHS	5:47.50
13	Lewis, Keith L	SO	GHS	5:48.25
14	Hearn, Chase	SO	OGDEN	5:48.97
15	Swain, Zaden	JR	UNIO	5:49.86
16	Barnett, Jack D	SR	RICH	5:49.98
17	Palmer, Zaak	SR	NSPHS	5:53.58
18	Wood, Zack	SR	UNIO	5:56.44
19	Bleak, Jaxon M	JR	CVHS	5:58.15
20	Wasden, Alistair	SO	MANTI	5:58.49
21	Stephenson, Bro	SO	OGDEN	5:59.56
22	Harris, James	JR	OGDEN	5:59.75
23	Coudreat, Curtis	SR	JM	6:03.12
24	Freston, Kyler	SO	UNIO	6:05.65
25	Kepsel, Leland	JR	CARB	6:07.99
26	Barnett, Hank	SO	RICH	6:11.71
27	Naser, Jared	SO	RICH	6:11.93
28	Lindley, Brandon	JR	MOR	6:19.34
29	Gough, Ephraim	SO	RICH	6:27.94
30	Bruno, Andre	SR	GRND	6:28.37
31	Jensen, Sawyer	SR	GVHS	6:28.44
32	Anderson, Jay W	SO	GHS	6:33.05

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#15 Women 200 Yard Freestyle Relay

3A HS Record: 1:38.18 2016 Park City High School

S Senn, E Beller, K Hale, R Selznick

UT HS Record: 1:36.06 2005 Lone Peak High School

H Tiffany, E Brewer, K Bennett, T Bennett

Pool Record: 1:33.42 2020

G. Gustafson, K. Brown, T. Coker, M. Lindsay

1:35.48 * All-A Automatic

1:37.15 # All-A Consideration

Team	Relay	Seed Time
1	JM	1:46.09
2	OGDEN	1:47.95
3	SSHS	1:49.10
4	CVHS	1:49.26
5	RICH	1:50.58
6	JD	1:51.01
7	EHS	1:52.10
8	UNIO	1:52.25
9	NSHS	1:53.86
10	MOR	1:53.95
11	CARB	1:57.92
12	GRND	1:59.11
13	NSPHS	1:59.86
14	GVHS	2:01.06
15	MILL	2:08.35
16	SJCHS	2:10.40
17	BLHS	2:17.00
18	GHS	2:17.77
19	DHS	2:30.46
20	MPA	2:32.63

#16 Men 200 Yard Freestyle Relay

3A HS Record: 1:28.13 2016 Park City High School

V Hess, L Hess, A Yokubison, C Bailar

UT HS Record: 1:23.54 2024 Olympus High School

K Tu, B Hatchard, S Wrona, A Astle

Pool Record: 1:20.12 2022

B. Harrison, R. Woods, J. Nicolas, C. Stirling

1:24.15 * All-A Automatic

1:25.57 # All-A Consideration

Team	Relay	Seed Time
1	OGDEN	1:31.15
2	CVHS	1:31.19
3	JM	1:31.46
4	JD	1:32.13
5	EHS	1:34.39
6	UNIO	1:37.02
7	SSHS	1:37.65
8	RICH	1:38.89
9	CARB	1:40.54
10	GVHS	1:40.67
11	MOR	1:41.22
12	NSHS	1:43.58
13	MILL	1:45.65
14	MANTI	1:45.79
15	GRND	1:46.23
16	GHS	1:47.91
17	NSPHS	1:48.36
18	SJCHS	1:51.05
19	MPA	1:53.32

20 DHS 1:55.05

#17 Women 100 Yard Backstroke

3A HS Record: 56.11 2011 Amelia Wolfgramm

UT HS Record: 53.11 2024 Jade Garstang

Pool Record: 53.83 2024 Norah Hay

54.69 * All-A Automatic

55.91 # All-A Consideration

Name	Yr	School	Seed Time
1	Eagar, Catherine	FR JM	1:01.04
2	Lovell, Annicka F	SR CVHS	1:05.04
3	Hyman, Cecelia	JR RH	1:06.14
4	Gough, Riley	SR RICH	1:07.71
5	Bartlett, Berlin	SR OGDEN	1:07.99
6	Taylor, Gracie K	SO CVHS	1:08.29
7	Williams, Josie	SO UNIO	1:09.12
8	Reynolds, Kenley	SO CVHS	1:09.59
9	Guymon, Cambré	FR UNIO	1:09.68
10	Young, Jayde	SR GRND	1:10.80
11	Mason, Illyria	JR EHS	1:11.77
12	Woolsey, Kylee	SR RICH	1:11.95
13	Rigtrup, Tallula F	JR CVHS	1:12.53
14	Smith, Tessa	JR MOR	1:12.54
15	Kowalczyk, Nel	JR JM	1:12.86
16	Tonioli, Jane	JR OGDEN	1:13.45
17	Howard, Chesney	SO NSPHS	1:13.83
18	Shakib, Sarah	JR RH	1:14.81
19	Shields, Savanna	SO MILL	1:14.89
20	Powell, Callie	SR UNIO	1:15.20
21	Winn, Cooper	SR UNIO	1:15.69
22	Lee, Olivia	JR JM	1:16.30
23	Hall, Maysie	SO GRND	1:18.29
24	Tucker, Makayla	SO GVHS	1:18.42
25	Aris, Garrison	SO JM	1:18.90
26	Hendricks, Triste	JR SSSH	1:19.57
27	Trujillo, Morgan	SR OGDEN	1:20.21
28	Jones, Katie	JR NSPHS	1:20.42
29	Bell, Kate	SO EHS	1:20.98
30	Close, Kambree	SO NSHS	1:21.62
31	Dean, Makailey	SO MILL	1:21.67
32	Sandberg, Addis	SO JD	1:22.17

#18 Men 100 Yard Backstroke

3A HS Record: 49.37 2023 Will C Jones

UT HS Record: 48.25 2020 Jordan R Tiffany

Pool Record: 46.78 2019 Mark Nicolaev

48.94 * All-A Automatic

50.13 # All-A Consideration

Name	Yr	School	Seed Time
1	Eagar, Matt	SR JM	54.83
2	Belnap, Nathan	SR OGDEN	54.84
3	Talboys, Jack	JR JM	56.07
4	Poulos, Ryker W	JR CVHS	58.68
5	Hategan, Nichola	FR JD	58.98
6	Black, Thomas	JR EHS	1:00.76
7	Gawron, Sebastia	SO JM	1:00.79
8	Christensen, Kiai	SR RICH	1:02.70
9	Erickson, Henry	SR RH	1:02.90
10	Comino, Jonah D	SR CVHS	1:03.23
11	Johnson, Bode	SR MOR	1:03.54
12	Sellers, Cody	SO RICH	1:03.67

13	Tullis, James	JR CARB	1:03.80
14	Powell, Ian	SO UNIO	1:04.10
15	Tomlinson, Ashe	SR UNIO	1:04.81
16	Mason, Reve	SO EHS	1:05.32
17	Christiansen, Jan	JR EHS	1:05.33
18	Meredith, Karsor	SR CVHS	1:05.41
19	Stephenson, Bro	SO OGDEN	1:05.46
20	Russell, Briggs	FR UNIO	1:05.71
21	Stanley, Cole M	JR CVHS	1:05.90
22	Hanke, Konner	JR UNIO	1:06.17
23	Martinez-Lopez,	JR OGDEN	1:06.32
24	Warby, McKay	SR MANTI	1:06.92
25	Nielson, Josh	SO OGDEN	1:07.78
26	Brown, Aaryl	SR SSSH	1:07.95
27	McNeil, Evan	JR SSSH	1:08.48
28	Bunnell, Brekker	SO EHS	1:08.82
29	Hall, Acel	SR GRND	1:09.60
30	Christensen, Sai	FR RICH	1:09.73
31	Thompson, Gabe	SO JM	1:11.50
32	Coulter, Henry	SR RICH	1:12.41

#19 Women 100 Yard Breaststroke

3A HS Record: 1:04.54 2023 Pinar Donmez

UT HS Record: 1:02.09 2020 Haley Altman

Pool Record: 1:00.97 2024 Mackenzie Lung

1:02.53 * All-A Automatic

1:03.85 # All-A Consideration

Name	Yr	School	Seed Time
1	Conner, Amelia	SR JM	1:11.83
2	Fennell, Piper	JR JD	1:12.50
3	Bess, Lizzy	SR MOR	1:14.41
4	Whitehead, Chlo	SO JM	1:14.42
5	Tanner, Lucy A	SO CVHS	1:16.30
6	Stephenson, Sha	SR OGDEN	1:16.40
7	Larsen, Jessie	FR MILL	1:16.90
8	Blake, Legacy	SR GRND	1:17.62
9	Vincent, Ally	JR GVHS	1:18.67
10	Moore, Ainsley	SR RH	1:19.14
11	Kling, Anali	SO RICH	1:19.88
12	O'Neil, Brooklyn	SO EHS	1:20.77
13	Wilde, Pheobie	SR OGDEN	1:21.25
14	Kelso, Kaybrie	SO NSPHS	1:22.86
15	Tucker, Makayla	SO GVHS	1:23.82
16	Smith, Savannah	SR SJCHS	1:24.20
17	Smith, Kendra	SR NSPHS	1:24.37
18	Stark, Samantha	SR OGDEN	1:24.44
19	McMaster, Lucy I	JR BEAV	1:24.47
20	Baird, Sara	SR UNIO	1:24.93
21	Leng, Sarah	SO JD	1:25.52
22	Neusmeyer, Gwe	SO SA	1:26.23
23	Moon, McKenzie	JR UNIO	1:26.70
24	Anderson, Ellia	SO GVHS	1:27.63
25	Bailey, Lori K	FR CVHS	1:28.23
26	Lyman, Aylene	JR CARB	1:28.26
27	Flygare, Kate	SO SSSH	1:28.33
28	Kimmerle, Mia	JR GRND	1:28.39
29	Beckstrand, Kam	JR CVHS	1:28.65
30	Rector, Kamryn J	SO GHS	1:29.02
31	Fletcher, Grace	JR JM	1:29.18
32	Skidmore, Jaycee	JR MOR	1:29.55

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#20 Men 100 Yard Breaststroke

3A HS Record: 56.54 2022 Max R Cannon

UT HS Record: 55.29 2022 Jayden Hicken

Pool Record: 52.31 2024 Jaek Horner

55.22 *All-A Automatic

56.46 # All-A Consideration

Name	Yr	School	Seed Time
1 Jones, Gabe	SR	SJCHS	58.41
2 Hansen, Lincoln	JR	RICH	1:01.04
3 Fiscus, Teddy	SR	JM	1:03.57
4 Jensen, Parker	SR	EHS	1:04.03
5 Carlton, Toby	SR	OGDEN	1:05.24
6 Rollins, Axel	JR	MOR	1:05.90
7 Jackson, Adam	JR	GVHS	1:06.31
8 Petersen, Trek	JR	EHS	1:07.36
9 Batty, Stetson	SR	UNIO	1:07.76
10 Farr, Zach	SR	JM	1:08.31
11 Halliday, Cory	SO	SSHS	1:08.67
12 Zilles, Kayson	JR	UNIO	1:09.41
13 Damron, Paul	SR	RICH	1:10.06
14 Hearn, Chase	SO	OGDEN	1:10.61
15 Palmer, Knight	FR	NSPHS	1:11.07
16 Lewis, Keith L	SO	GHS	1:11.54
17 Dzieciolowski, Jo	JR	JD	1:11.62
18 Wood, Zack	SR	UNIO	1:12.05
19 Bleak, Jaxon M	JR	CVHS	1:12.77
20 Carter, Mason E	SO	CVHS	1:13.19
21 Sill, Levi	SO	MOR	1:13.47
22 Morris, Jacob	JR	EHS	1:13.55
23 Sagers, Parker	JR	MILL	1:14.05
24 Berrett, Jaxson	SR	RICH	1:14.23
25 Turnbow, Ensign	JR	SSHS	1:14.71
26 Smith, Danny	JR	GRND	1:14.80
27 Farrell, Jack	SR	OGDEN	1:15.07
28 Scott, Brendon C	FR	GHS	1:15.19
29 Christensen, Co	SR	UNIO	1:15.19
30 Kulynych, Daniil	SR	SJCHS	1:15.83
31 Earl, Ky W	SR	CARB	1:16.30
32 Howard, Cody	SO	EHS	1:16.49

#21 Women 400 Yard Freestyle Relay

3A HS Record: 3:34.82 2017 Park City High School

K Hale, E Beller, J Hess, R Selznick

UT HS Record: 3:30.93 2024 Lone Peak High School

H. Tiffany E Brewer G Wilson T Bennett

Pool Record: 3:21.22 2024

I. Riso, L. Milner, N. Hay, R. Cathcart

3:27.68 *All-A Automatic

3:31.16 # All-A Consideration

Team	Relay	Seed Time
1 JM		3:50.38
2 CVHS		3:57.73
3 SSHS		4:02.94
4 RICH		4:03.74
5 UNIO		4:04.13
6 NSHS		4:13.75
7 CARB		4:14.46
8 RH		4:17.95
9 OGDEN		4:18.27
10 GRND		4:20.16

11 JD	4:22.82
12 EHS	4:26.52
13 MILL	4:29.04
14 MOR	4:32.72
15 NSPHS	4:35.21
16 SJCHS	4:38.48
17 GVHS	4:48.92
18 BLHS	5:19.33
19 GHS	5:22.83
20 MPA	6:14.81

#22 Men 400 Yard Freestyle Relay

3A HS Record: 3:13.08 1977 Cyprus

McClelland, Shepherd, Killpack, Morley

UT HS Record: 3:03.67 2024 Olympus High School

W de la Garza, M Moran, S Wrona, A Astle

Pool Record: 2:54.65 2024

L. Riva, D. Camacho, P. Plumb, J. Tiffany

3:05.17 *All-A Automatic

3:08.08 # All-A Consideration

Team	Relay	Seed Time
1 CVHS		3:16.46
2 JM		3:22.68
3 OGDEN		3:26.11
4 UNIO		3:36.19
5 EHS		3:40.09
6 RICH		3:40.47
7 CARB		3:43.43
8 MILL		3:45.23
9 MOR		3:46.91
10 JD		3:47.97
11 NSHS		3:52.54
12 SSHS		3:53.62
13 GVHS		3:55.46
14 SJCHS		3:56.71
15 MANTI		4:03.94
16 NSPHS		4:04.36
17 GRND		4:08.62
18 MPA		4:14.56
19 GHS		4:27.86
20 DHS		4:32.48

#23 Mixed 50 Yard Freestyle Unified

Name	Yr	School	Seed Time
1 Erickson, Baelie	WJR	CARB	37.08

#24 Mixed 50 Yard Freestyle Unified

Name	Yr	School	Seed Time
1 Wood-Nelson, Ry	MJR	NSHS	29.33
2 Davies, Taden	MJR	MILL	31.77
3 Lauritzen, Natha	MFR	GRND	32.22
4 Hammond, Carte	MSR	NSHS	42.70
5 Terry, Nathan	MJR	BLHS	43.50
6 Taylor, Cooper	MJR	GRND	45.86
7 Degroshe, Quarb	MSR	UNIO	1:16.56

#27 Mixed 100 Yard Freestyle Relay Unified

Team	Relay	Seed Time
1 DHS		NT
2 GVCA		NT
3 MIUN		NT
4 NSGC		NT