

Fraser Valley Rapids Regional Medley Relays



2019

**Coach Christina
MMSC**

Fraser Valley Regional Medley Relays 2019

*The relays have been created based on the times swum at any point throughout the 2019 competitive summer season; including in-region, out-of-region, and Regional Championship meet results.

For 100m events (backstroke and breaststroke in division 4 and up, times were divided by 2 and subtracted 3 for an estimated 50m split time)

Division 1 – Girls:

BK-	Sophie Barker	LFSC	:54.92	*Alternates:
BR-	Annika Pokoyski	MIS	:57.66	(1): Finlay Whetton (AWAC)
FL-	Lindsey Johnson	MIS	:53.76	
FR-	Cedar Waters	AHA	:45.54	(2): Maya Buffett (MIS)
> Total time – 3:31.88 (211.88 secs)				

Division 1 – Boys:

BK-	Eli Reist	HOP	:42.21	*Alternates:
BR-	Shae Lawless	MIS	1:00.60	(1): Cruz Costa (HAN)
FL-	Jack Smith	MIS	:52.21	(2): Josh Zhao (AWAC)
FR-	Lucas McCormick	MIS	:43.79	
> Total time – 3:48.81 (228.81 secs)				

Division 2 – Girls:

BK-	Aliyah Hickey	AWAC	:37.91	*Alternates:
BR-	Jada Hesterman	HAN	:45.37	(1): Julia Longmuir (HAN)
FL-	Raine Jorgensen	LFSC	:37.71	
FR-	Alexia Smith	MIS	:35.43	(2): Chelsea Holditch (AHA)
> Total time – 2:36.42 (156.42 secs)				

Division 2 – Boys:

BK-	Solomon Wiebe	MIS	:44.54	*Alternates:
BR-	Zachary Foster	HAN	:45.56	(1): Chase Viens (AHA)
FL-	Ryan Gill	MIS	:40.12	
FR-	Daniel Ewert	MIS	:37.26	(2): Jacob Wouda (AHA)
> Total time – 2:47.48 (167.48 secs)				

Division 3 – Girls:

BK-	Violette Friemark	HOP	:37.36	*Alternates:
BR-	Sienna Saunders	MIS	:39.67	(1): Sophie Reglin (AWAC)
FL-	Kaitlyn McLaughlin	MIS	:36.65	
FR-	Haley Snaith	HAN	:32.32	(2): Gracie Chamberlain (HAN)
> Total time – 2:26.00 (146.00 secs)				

Division 3 – Boys:

BK-	Nate Johnson	AWAC	:35.47	*Alternates:
BR-	Jonathon Ewert	MIS	:40.51	(1): Isaac Janes (MIS)
FL-	Cameron Jorundson	LFSC	:35.93	
FR-	Vincent Longmuir	HAN	:30.44	(2): Sebastyn Williamson (AHA)
> Total time – 2:22.35 (142.35 secs)				

O’Cat 1 – Girls:

Not enough O’Cat 1 Girls to make a team.

Division 4 – Girls:

BK-	Brianne Gustavsen	MIS	:36ish (1:19.36)	*Alternates:
BR-	Emily McKinnon	MIS	:40ish (1:26.33)	(1): Danika Hope (HOP)
FL-	Charlize Caranoo	HAN	:31.35	
FR-	Myriam Hickey	AWAC	:29.53	(2): Peyton Foster (HAN)
> Total time – 2:16.88 (136.88 secs)				

Division 4 – Boys:

BK-	Keenan Gander	HAN	:33ish (1:13.57)	*Alternates:
BR-	Christopher Anderson	HAN	:37ish (1:20.14)	(1): Dylan Miller-White (AWAC)
FL-	Lucas Gafka	MIS	:32.83	
FR-	Josiah Hestermann	HAN	:30.31	(2): Ethan Stewart (CWK)
> Total time – 2:13.14 (133.14 secs)				

Division 5 – Girls:

BK-	Anna Scott	MIS	:31ish (1:09.62)	*Alternates:
BR-	Sarah Portas	AWAC	:35ish (1:17.67)	(1): Rose Esplen (LFSC)
FL-	Reggie Wiebe	MIS	:32.40	
FR-	Mina Edwards	HAN	:29.32	(2): Kenna Johnson (AWAC)
> Total time - 2:07.72 (127.72 secs)				

Division 5 – Boys:

BK-	Colton Tebbutt	MIS	:29ish (1:05.32)	*Alternates:
BR-	Zaid Ewert	AWAC	:36ish (1:19.84)	(1): Adam Johnson (MIS)
FL-	Jordan Longmuir	HAN	:29.53	
FR-	Tyler Klatt	MIS	:26.75	(2): Owen Bufett (MIS)
> Total time – 2:01.28 (121.28 secs)				

Division 6 – Girls:

BK-	Brittany Paget	AWAC	:34ish (1:15.27)	*Alternates:
BR-	Katelyn Gafka	AHA	:37ish (1:20.94)	(1): Larrisa Potma (MIS)
FL-	Mackenzie Campbell	CWK	:32.59	
FR-	Kennedy Campbell	CWK	:32.10	(2): Anna Stewart (CWK)
> Total time – 2:15.69 (135.69 secs)				

Division 6 – Boys:

BK-	Dylan Klatt	MIS		*Alternates:
BR-	Dale Longmuir	HAN		(1): Rowan Quadling (CWK)
FL-	Joel Blanco	HAN		
FR-	Blake Ewert	AWAC		(2): Joshua Jackson (ASM)
> Total time –				

O’Cat 2 – Girls:

BK-	Jordan Patrick	HAN		*Alternates:
BR-	Sarah Simpson	MIS		(1): NA
FL-	Stephanie Schneider	HAN		
FR-	Olivia Hollingsworth	MIS		(2): NA
> Total time –				

O'Cat 2 – Boys:

BK-	Ethan Jones	AWAC	*Alternates:
BR-	Ivan Lipinski	HOP	(1): NA
FL-	Bentley McMullin	AHA	(2): NA
FR-	Michael Lipinski	HOP	
> Total time –			

Division 7 – Girls:

BK-	Freddie Wiebe	MIS	*Alternates:
BR-	Larissa Potma	MIS	(1): Rose Esplen (LAN)
FL-	Anna Stewart	CWK	(2): Kenna Johnson (AWAC)
FR-	Jeanette Baxter	HAN	
> Total time –			

Division 7 – Boys:

BK-	Daniel Chrenko	AHA	*Alternates:
BR-	Kasper Henderson	LAN	(1): Rowan Quadling (CWK)
FL-	Jovani Garcia-Landa	AWAC	(2): Joshua Jackson (ASM)
FR-	Paul Potma	MIS	
> Total time –			

Division 8 – Girls:

BK-	Christina Diewold	MIS	*Alternates:
BR-	Brooke Kienas	MIS	(1): Tammy Savard (LAN)
FL-	Saje Dennett	AWAC	(2): Kaileigh Caranoo (HAN)
FR-	Samantha Janes	HAN	
> Total time -			

Division 8 – Boys:

BK-	Kevin Dee	MIS	*Alternates:
BR-	Chris Jorgensen	LAN	(1): Miguel Garcia-Landa (AWAC)
FL-	Nolan Paul	AHA	(2): Rowan Quadling (CWK)
FR-	Travis Neill	AHA	
> Total time -			