

SWIMMING & DIVING ARCHIVES

1993 Girls 3A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Lander	1:58.00
2	-	Kemmerer	2:00.76
3	-	Buffalo	2:01.81
4	-	Douglas	2:03.58
5	-	Greybull / Basin	2:06.10
6	-	Newcastle	2:07.84
200 Yard Freestyle			
1	Lindsay Johnson	Kemmerer	2:02.40
2	Renee Johnson	Powell	2:03.40
3	Alisha Collins	Lander	2:06.67
4	Audrey Seger	Buffalo	2:07.22
5	Lesley Jeffres	Lander	2:09.56
6	LaRhonda Ivester	Douglas	2:15.63
200 Yard IM			
1	Tonie Miyamoto	Rawlins	2:18.60
2	Staci Hester	Lander	2:23.49
3	Christy Christiansen	Powell	2:26.26
4	Jaime Griff	Kemmerer	2:26.87
5	Jennie Parsons	Powell	2:30.06
6	Sara Perry	Pinedale / Big Piney	2:31.85
50 Yard Freestyle			
1	Bethany Larsen	Rawlins	25.46
2	Bonnie Armstrong	Newcastle	25.88
3	Kristy Johnson	Powell	26.40
4	Jennifer Heigh	Kemmerer	26.65
5	Katrina Gibson	Douglas	27.07
6	Julie Bean	Buffalo	27.25
1 Meter Diving			
1	Ellen Boodleman	Lander	376.05
2	Lisa Myers	Rawlins	372.90
3	Kim Lowe	Greybull / Basin	365.90
4	Stacey Quigley	Kemmerer	322.65
5	Tatum Keiser	Lander	322.00
6	Neven Steinmetz	Powell	315.20
100 Yard Butterfly			
1	Sara Havens	Lander	1:04.23
2	Renee Johnson	Powell	1:04.71
3	Sara Perry	Pinedale / Big Piney	1:06.36
4	Jamie Griff	Kemmerer	1:06.74
5	Michelle Boodleman	Lander	1:07.86
6	Johanna Griff	Kemmerer	1:09.67
100 Yard Freestyle			

1	Bethany Larsen	Rawlins	55.68
2	Audrey Seger	Buffalo	56.73
3	Bonnie Armstrong	Newcastle	56.86
4	Alisha Collins	Lander	57.83
5	Kris Rustad	Kemmerer	58.75
6	Kristy Johnson	Powell	58.95
500 Yard Freestyle			
1	Tonie Miyamoto	Rawlins	5:29.77
2	Lindsay Johnson	Kemmerer	5:29.80
3	Lesley Jeffres	Lander	5:49.92
4	Christy Christiansen	Powell	5:53.52
5	Michelle Boodleman	Lander	5:54.26
6	Ember McKnight	Lander	6:06.27
200 Yard Freestyle Relay			
1	-	Powell	1:44.76
2	-	Kemmerer	1:46.89
3	-	Rawlins	1:47.05
4	-	Lander	1:47.61
5	-	Newcastle	1:50.45
6	-	Lyman	1:53.22
100 Yard Backstroke			
1	Sara Havens	Lander	1:00.32
2	Staci Hester	Lander	1:05.04
3	Carrie Green	Newcastle	1:05.52
4	Stacey Rowan	Rawlins	1:07.55
5	Julie Bean	Buffalo	1:08.52
6	Dena Morgan	Lyman	1:10.36
100 Yard Breaststroke			
1	Jennifer Hudson	Lander	1:13.75
2	Anne-Marie Tennyson	Kemmerer	1:14.63
3	Jennie Parsons	Powell	1:16.36
4	Johanna Griff	Kemmerer	1:16.54
5	Darby Doke	Buffalo	1:16.98
6	Rachel Horton	Douglas	1:18.73
400 Yard Freestyle Relay			
1	-	Lander	3:52.68
2	-	Powell	3:53.01
3	-	Kemmerer	3:53.44
4	-	Rawlins	3:57.75
5	-	Douglas	4:02.59
6	-	Buffalo	4:06.04

1993 Girls 3A Team Results

Rank	School	Score
1	Lander	304.0
2	Kemmerer	210.5
3	Powell	182.0
4	Rawlins	154.0
5	Buffalo	107.5

6	Douglas	103.0
7	Newcastle	92.0
8	Greybull / Basin	81.0
9	Lyman	68.0
10	Pinedale / Big Piney	54.0
11	Worland	33.0

1993 Girls 4A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Laramie	1:53.90
2	-	Gillette	1:55.42
3	-	Green River	1:59.90
4	-	Cody	2:02.20
5	-	East	2:02.90
6	-	Evanston	2:12.13
200 Yard Freestyle			
1	Cori McDill	Gillette	2:03.95
2	Dana Robertson	Laramie	2:04.12
3	Jody Miyamoto	East	2:04.77
4	Shelli Smith	East	2:09.82
5	Julie McFadden	Rock Springs	2:12.92
6	Sarah Eberle	Gillette	2:12.95
200 Yard IM			
1	Vanessa Young	Gillette	2:16.77
2	Stefanie Kapinus	Gillette	2:19.20
3	Katie Ford	Sheridan	2:21.59
4	Cara Deines	Laramie	2:22.13
5	Jessica Deball	East	2:22.85
6	Jan Yerovich	Rock Springs	2:27.30
50 Yard Freestyle			
1	Emily Hollon	Laramie	25.02
2	Kimmie Krog	Gillette	25.33
3	Kara Sutphin	Rock Springs	25.71
4	Teri Hodo	Green River	25.75
5	Sonja Steinbrech	Rock Springs	25.98
6	Tonya Vandermeay	Evanston	26.62
1 Meter Diving			
1	Rachel Gonzales	Laramie	387.50
2	Chelsey Wallace	East	369.90
3	Becky Heyrend	Evanston	368.40
4	Wendy O'Connell	Evanston	364.60
5	Sarah Frazer	Sheridan	360.85
6	Laura Asay	Evanston	354.85
100 Yard Butterfly			
1	Stephanie Elwonger	Gillette	1:00.54
2	Katie Ford	Sheridan	1:05.16
3	Amber Anderson	Laramie	1:06.32
4	Megan Anderson	Laramie	1:06.62
5	Jennifer Siniski	ri	1:06.99

6	Andrea Mosness	East	1:07.63
100 Yard Freestyle			
1	Emily Hollon	Laramie	54.22
2	Kimmie Krog	Gillette	54.62
3	Cara Deines	Laramie	56.54
4	Kara Sutphin	Rock Springs	57.06
5	Jody Miyamoto	East	57.45
6	Sonja Steinbrech	Rock Springs	57.70
500 Yard Freestyle			
1	Dana Robertson	Laramie	5:28.46
2	Stephanie Elwonger	Gillette	5:28.48
3	Shelli Smith	East	5:47.67
4	Robyn Stevens	Laramie	5:52.72
5	Erica Wood	Sheridan	5:56.08
6	Larissa McPheeters	Sheridan	5:59.22
200 Yard Freestyle Relay			
1	-	Gillette	1:41.81
2	-	Rock Springs	1:44.64
3	-	Laramie	1:45.33
4	-	Cody	1:49.04
5	-	East	1:49.83
6	-	Kelly Walsh	1:50.16
100 Yard Backstroke			
1	Vanessa Young	Gillette	1:00.55
2	Jessica Deball	East	1:03.62
3	Stefanie Kapinus	Gillette	1:03.97
4	Lindy Strauss	Green River	1:04.00
5	Amber Anderson	Laramie	1:04.13
6	Kelly Daseler	East	1:07.28
100 Yard Breaststroke			
1	Elizabeth Nowak	Laramie	1:11.11
2	Cori McDill	Gillette	1:11.53
3	Amber Davis	Cody	1:12.66
4	Rya Lang	Laramie	1:15.50
5	Jan Yerovich	Rock Springs	1:16.63
6	Carrie Behrens	Cody	1:18.52
400 Yard Freestyle Relay			
1	-	Gillette	3:43.52
2	-	Laramie	3:47.89
3	-	Rock Springs	3:53.02
4	-	East	3:57.24
5	-	Green River	3:58.57
6	-	Sheridan	4:06.58

1993 Girls 4A Team Results

Rank	School	Score
1	Laramie	285.0
2	Gillette	279.5
3	East	181.0
4	Rock Springs	151.0

5	Sheridan	112.0
6	Green River	91.0
7	Cody	89.5
8	Evanston	83.0
9	Riverton	56.0
10	Kelly Walsh	38.0
11	Central	23.0
12	Natrona	6.0

1994 Boys 3A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Lander	1:44.87
2	-	Worland	1:44.88
3	-	Rawlins	1:45.34
4	-	Newcastle	1:46.43
5	-	Powell	1:49.59
6	-	Pinedale / Big Piney	1:52.19
200 Yard Freestyle			
1	Cody Lallatin	Lyman	1:51.74
2	Erik Olson	Lander	1:53.71
3	Ryan Larsen	Rawlins	1:54.20
4	Mike Peck	Buffalo	1:56.55
5	Tim Fehlauer	Douglas	1:58.92
6	Adam Erickson	Newcastle	1:59.97
200 Yard IM			
1	Phil Rehard	Rawlins	2:01.60
2	Stephen Malingriaux	Lyman	2:06.33
3	David Bellis	Worland	2:08.68
4	Andy Bean	Buffalo	2:09.85
5	Jason Reed	Newcastle	2:12.53
6	Brandon Ross	Rawlins	2:16.79
50 Yard Freestyle			
1	Ed Large	Lander	22.00
2	Chris Rhoads	Worland	22.33
3	Ryan Mikesell	Lander	22.61
4	Karl Porter	Pinedale / Big Piney	23.23
5	Brad Rempfer	Powell	23.24
6	Maurits Thayer	Pinedale / Big Piney	23.89
1 Meter Diving			
1	Ben Snyder	Worland	409.65
2	Jeremy Polson	Lander	403.40
3	Jared Vanderkool	Rawlins	357.40
4	Carl Bartlett	Lander	352.55
5	Wade Blackmon	Pinedale / Big Piney	339.10

6	Brent Bartlett	Lander	329.85
100 Yard Butterfly			
1	Phil Rehard	Rawlins	53.79
2	Stephen Malingriaux	Lyman	53.91
3	Brandon Ross	Rawlins	58.17
4	Chris Rhoads	Worland	58.41
4	Jason Reed	Newcastle	58.98
6	Mark Simondi	Buffalo	1:00.75
100 Yard Freestyle			
1	Ryan Mikesell	Lander	49.76
2	Erik Olson	Lander	51.00
3	Ryan Larsen	Rawlins	51.32
4	Josh Erickson	Newcastle	51.66
5	Andy Bean	Buffalo	52.00
6	Daryl Sutherland	Worland	53.06
500 Yard Freestyle			
1	Duke DeClue	Lander	5:10.45
2	Sam Schimelpfenig	Lander	5:15.02
3	Bill Robertson	Lander	5:22.52
4	Mike Peck	Buffalo	5:24.75
5	Adam Erickson	Newcastle	5:27.05
6	Owen Groshart	Rawlins	5:31.83
200 Yard Freestyle Relay			
1	-	Lander	1:34.29
2	-	Worland	1:34.53
3	-	Rawlins	1:35.51
4	-	Powell	1:36.01
5	-	Lyman	1:36.48
6	-	Buffalo	1:37.83
100 Yard Backstroke			
1	Karl Porter	Pinedale / Big Piney	56.88
2	David Bellis	Worland	57.24
3	Ed Large	Lander	57.43
4	Mark Simondi	Buffalo	57.91
5	Ryan Cathcart	Douglas	59.95
6	Paul Bennett	Rawlins	1:00.26
100 Yard Breaststroke			
1	Josh Erickson	Newcastle	1:03.11
2	Cody Lallatin	Lyman	1:03.60
3	Russell Arbuthnot	Lander	1:05.19
4	Andy Kaiser	Worland	1:05.38
5	Eric Newell	Rawlins	1:07.27
6	Aaron Erickson	Newcastle	1:07.29
400 Yard Freestyle Relay			
1	-	Lander	3:22.82
2	-	Rawlins	3:25.44
3	-	Lyman	3:33.89
4	-	Worland	3:35.82
5	-	Buffalo	3:35.90

6	-	Douglas	3:40.47
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1994 Boys 3A Team Results

Rank	School	Score
1	Lander	292.0
2	Rawlins	223.5
3	Worland	191.5
4	Newcastle	144.0
5	Lyman	128.0
6	Buffalo	109.0
7	Powell	90.0
8	Pinedale / Big Piney	88.0
9	Douglas	80.0
10	Kemmerer	31.0

1994 Boys 4A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Gillette	1:39.85
2	-	Green River	1:41.19
3	-	Laramie	1:41.51
4	-	Evanston	1:44.18
5	-	Rock Springs	1:46.02
6	-	Cody	1:46.19
200 Yard Freestyle			
1	Justin Kapinus	Gillette	1:46.25
2	Rob Yovich	Laramie	1:46.26
3	Jason Crompton	Evanston	1:50.02
4	Wes Bay	Gillette	1:51.76
5	Clint Beck	Evanston	1:55.40
6	Greg Martin	Central	1:58.17
200 Yard IM			
1	David Denniston	Gillette	2:02.41
2	Brian Koperski	Cody	2:04.10
3	Eli Walter	Laramie	2:04.31
4	Ryan Meredith	Laramie	2:04.83
5	David Hellevang	Gillette	2:05.90
6	Josh Blaylock	Sheridan	2:06.01
50 Yard Freestyle			
1	Matt Strauss	Green River	21.58
2	Aaron Norton	Evanston	22.01
3	Jeremy Messinger	Gillette	22.91
4	Aaron Jessen	Gillette	22.97
5	Eric Rohr	Laramie	23.00
6	Brian Stearmer	Riverton	23.08
1 Meter Diving			
1	Jason Hughes	Gillette	438.90
2	Sean Rauert	Green River	403.65

3	Chad Neuman	Cody	389.70
4	Wells Hoopes	Laramie	352.10
5	Chad Lemley	Riverton	347.70
6	Kevin Brady	Green River	345.80
100 Yard Butterfly			
1	Aaron Norton	Evanston	55.26
2	Wes Bay	Gillette	55.34
3	Dax Rice	Sheridan	56.49
4	Jason Garman	Laramie	56.88
5	John Deleeuw	Kelly Walsh	57.78
6	Jim Criswell	Rock Springs	58.32
100 Yard Freestyle			
1	Matt Strauss	Green River	47.69
2	Todd Bainter	Kelly Walsh	48.08
3	Chad O'Dell	Evanston	48.87
4	Ben Kim	Laramie	50.03
5	Aaron Jessen	Gillette	51.16
6	Isaac Sutphin	Rock Springs	51.78
500 Yard Freestyle			
1	Clint Beck	Evanston	5:18.58
2	Bryan Thompson	Sheridan	5:19.59
3	Larry White	Laramie	5:20.24
4	Wes Richards	Laramie	5:27.17
5	Chris Carter	Kelly Walsh	5:29.20
6	Wade Morrison	Kelly Walsh	5:37.80
200 Yard Freestyle Relay			
1	-	Laramie	1:29.70
2	-	Gillette	1:30.18
3	-	Green River	1:30.70
4	-	Kelly Walsh	1:30.86
5	-	Central	1:35.28
6	-	Evanston	1:35.54
100 Yard Backstroke			
1	Justin Kapinus	Gillette	55.53
2	Kyle Hill	Green River	56.10
3	Chad O'Dell	Evanston	56.16
4	Josh Blaylock	Sheridan	56.71
5	Ben Kim	Laramie	56.74
6	Eli Walter	Laramie	57.67
100 Yard Breaststroke			
1	Brian Koperski	Cody	1:00.23
2	David Denniston	Gillette	1:01.27
3	Isaac Sutphin	Rock Springs	1:03.04
4	Adam DeBall	east	1:03.50
5	Ryan Meredith	Laramie	1:04.74
6	KC Cummings	Evanston	1:05.55
400 Yard Freestyle Relay			
1	-	Gillette	3:19.17
2	-	Evanston	3:20.39
3	-	Laramie	3:20.47
4	-	Kelly Walsh	3:24.41

5	-	Sheridan	3:30.82
6	-	Green River	3:32.61

1994 Boys 4A Team Results

Rank	School	Score
1	Gillette	258.0
2	Laramie	254.0
3	Green River	182.0
4	Evanston	174.0
5	Kelly Walsh	96.0
6	Sheridan	92.0
7	Rock Springs	82.5
8	Cody	78.5
9	East	62.0
10	Riverton	57.0
11	Central	45.0
12	Natrona	11.0