

SWIMMING & DIVING ARCHIVES

1995 Girls 3A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Powell	1:58.25
2	-	Lander	1:59.86
3	-	Greybull / Riverside	2:02.52
4	-	Rawlins	2:02.94
5	-	Douglas	2:05.16
6	-	Worland	2:05.44
200 Yard Freestyle			
1	Julie Livingston	Lander	2:00.85
2	Lindsay Johnson	Kemmerer	2:05.87
3	Jennie Parsons	Powell	2:08.77
4	Peggy Massman	Newcastle	2:08.81
5	Maya Studenmund	Lander	2:10.55
6	Jennifer Bellis	Worland	2:12.36
200 Yard IM			
1	Renee Johnson	Powell	2:13.80
2	Cristin Rehard	Rawlins	2:22.09
3	Shawna Muir	Rawlins	2:26.31
4	Kristin Cox	Powell	2:27.33
5	Allison Ellis	Powell	2:29.73
6	Mary Phifer	Lander	2:33.30
50 Yard Freestyle			
1	Kristy Johnson	Powell	25.61
2	Bonnie Armstrong	Newcastle	25.90
3	Julie Bean	Buffalo	26.09
4	Brehen Hartley	Rawlins	26.34
5	Rachael Horton	Douglas	26.57
6	Amy Wilson	Lander	27.01
1 Meter Diving			
1	Lisa Myers	Rawlins	356.30
2	Kasi Kysar	Powell	353.75
3	Tatum Keiser	Lander	343.35
4	Carolyn Hays	Rawlins	328.55
5	Melissa Wolfe	Lander	316.20
6	Becky Laird	Kemmerer	302.60
100 Yard Butterfly			
1	Sara Havens	Lander	1:02.71
2	Cristin Rehard	Rawlins	1:03.69
3	Kristy Johnson	Powell	1:07.96
4	Jennifer Bellis	Worland	1:08.10
5	Mary Phifer	Lander	1:08.31
6	Cate Watsabaugh	Jackson	1:09.82
100 Yard Freestyle			
1	Renee Johnson	Powell	54.57

2	Julie Livingston	Lander	54.99
3	Julie Bean	Buffalo	57.35
4	Christi Nelson	Lyman	59.62
5	M. Schweigert	Powell	1:00.06
6	Brehen Hartley	Rawlins	1:00.31
500 Yard Freestyle			
1	Lindsay Johnson	Kemmerer	5:45.39
2	Jaime Walsh	Jackson	5:46.00
3	Peggy Massman	Newcastle	5:50.53
4	Maya Studenmund	Lander	5:50.97
5	Amy Wilson	Lander	5:52.19
6	Jennie Parsons	Powell	5:53.07
200 Yard Freestyle Relay			
1	-	Lander	1:45.61
2	-	Powell	1:45.93
3	-	Kemmerer	1:49.29
4	-	Newcastle	1:50.36
5	-	Worland	1:50.70
6	-	Pinedale / Big Piney	1:52.59
100 Yard Backstroke			
1	Sara Havens	Lander	59.05
2	Rachael Horton	Douglas	1:05.05
3	Keleen Murdock	Lander	1:06.63
4	Sydney Urbach	Greybull / Riverside	1:07.04
5	Christi Nelson	Lyman	1:07.85
6	Allison Ellis	Powell	1:08.65
100 Yard Breaststroke			
1	Bonnie Armstrong	Newcastle	1:12.53
2	Jaime Walsh	Jackson	1:14.66
3	Kelly Gredvig	Rawlins	1:15.95
4	Melisa Griffith	Greybull / Riverside	1:16.64
5	Brenna Johnson	Kemmerer	1:17.47
6	Amberly Thurman	Douglas	1:17.81
400 Yard Freestyle Relay			
1	-	Powell	3:52.38
2	-	Rawlins	3:55.57
3	-	Newcastle	4:02.18
4	-	Lander	4:02.89
5	-	Douglas	4:04.82
6	-	Jackson	4:08.44

1995 Girls 3A Team Results

Rank	School	Score
1	Lander	253.0
2	Powell	250.0
3	Rawlins	193.0
4	Newcastle	108.0
5	Greybull / Riverside	106.0

6	Douglas	97.0
7	Worland	89.0
8	Kemmerer	86.0
9	Jackson	74.0
10	Lyman	55.0
11	Pinedale / Big Piney	46.0
12	Buffalo	36.0

1995 Girls 4A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Gillette	1:49.58
2	-	Laramie	1:50.48
3	-	Sheridan	1:56.70
4	-	East	1:59.69
5	-	Green River	2:00.82
6	-	Rock Springs	2:01.01
200 Yard Freestyle			
1	Farah McDill	Gillette	1:58.20
2	Tonie Miyamoto	Laramie	1:59.82
3	Dana Robertson	Laramie	2:01.70
4	Tawna Lojek	Gillette	2:03.29
5	Sandi Schmitt	Gillette	2:03.34
6	Sonja Steinbrech	Rock Springs	2:03.63
200 Yard IM			
1	Stephanie Elwonger	Gillette	2:09.53
2	Stefanie Kapinus	Gillette	2:11.76
3	Vanessa Young	Gillette	2:12.11
4	Amber Anderson	Laramie	2:15.17
5	Anna Nowak	Laramie	2:16.86
6	Katie Ford	Sheridan	2:21.44
50 Yard Freestyle			
1	Sarah Norton	Evanston	23.94
2	Carrie Behrens	Cody	24.72
3	Lauren Gaudielle	Gillette	24.83
4	Kara Sutphin	Rock Springs	25.04
5	Sarah Jessen	Gillette	25.09
6	Megan Anderson	Laramie	25.61
1 Meter Diving			
1	Courtney Jensen	Sheridan	422.90
2	Wendy O'Connell	Evanston	401.90
3	Tara Walker	Green River	384.75
4	Elizabeth Beck	Green River	365.85
5	Julie Beppler	Evanston	351.50
6	Kelli Dona	Rock Springs	340.20
100 Yard Butterfly			
1	Stephanie Elwonger	Gillette	57.26
2	Lauren Gaudielle	Gillette	1:00.38
3	Jessica Townsend	Sheridan	1:01.57
4	Dana Robertson	Laramie	1:03.24

5	Megan Anderson	Laramie	1:03.41
6	Tonya Vandermey	Evanston	1:06.68
100 Yard Freestyle			
1	Sarah Norton	Evanston	53.38
2	Kimmie Krog	Gillette	55.03
3	Kara Sutphin	Rock Springs	55.10
4	Amber Anderson	Laramie	55.13
5	Sonja Steinbrech	Rock Springs	55.56
6	Sarah Jessen	Gillette	55.83
500 Yard Freestyle			
1	Tonie Miyamoto	Laramie	5:24.87
2	Farah McDill	Gillette	5:26.42
3	Tawna Lojek	Gillette	5:30.32
4	Kelli Foster	Riverton	5:40.00
5	Katie Ford	Sheridan	5:41.09
6	Stephanie Fuller	Evanston	5:47.86
200 Yard Freestyle Relay			
1	-	Gillette	1:39.77
2	-	Laramie	1:43.51
3	-	Evanston	1:43.65
4	-	Rock Springs	1:43.77
5	-	East	1:44.66
6	-	Cody	1:46.45
100 Yard Backstroke			
1	Vanessa Young	Gillette	59.12
2	Anna Nowak	Laramie	1:01.08
3	Sandi Schmitt	Gillette	1:02.52
4	Jessica Deball	East	1:03.65
5	Lindy Strauss	Green River	1:03.66
6	Andrea Storo	Sheridan	1:05.64
100 Yard Breaststroke			
1	Stefanie Kapinus	Gillette	1:10.40
2	Kimmie Krog	Gillette	1:10.59
3	Elizabeth Nowak	Laramie	1:10.89
4	Lindsey Springer	East	1:13.68
5	Jessica Durfee	Sheridan	1:13.91
6	Nadia Nickerson	Evanston	1:16.40
400 Yard Freestyle Relay			
1	-	Gillette	3:37.83
2	-	Laramie	3:41.25
3	-	Rock Springs	3:48.58
4	-	Evanston	3:50.20
5	-	East	3:52.90
6	-	Cody	3:56.01

1995 Girls 4A Team Results

Rank	School	Score
1	Gillette	352.0
2	Laramie	251.0
3	Evanston	145.0

4	Rock Springs	133.0
5	Sheridan	114.5
6	East	113.5
7	Green River	83.0
8	Riverton	65.0
9	Cody	60.0
10	Kelly Walsh	32.0
10	Natrona	32.0
12	Central	14.0

1996 Boys 3A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Powell	1:44.40
2	-	Lander	1:44.85
3	-	Worland	1:45.47
4	-	Rawlins	1:46.46
5	-	Pinedale / Pine Bluffs	1:48.19
6	-	Newcastle	1:48.36
200 Yard Freestyle			
1	Jake Rehard	Rawlins	1:44.85
2	Jake Cook	Buffalo	1:46.18
3	Mike Peck	Buffalo	1:50.26
4	James Sorenson	Lyman	1:52.88
5	Guy Fulfer	Worland	1:53.15
6	Greg Smith	Lander	1:53.75
200 Yard IM			
1	Phil Rehard	Rawlins	1:55.76
2	David Bellis	Worland	2:03.41
3	Levi Asay	Powell	2:05.01
4	Sam Schimelpfenig	Lander	2:06.33
5	Aaron Erickson	Newcastle	2:08.92
6	Clay Pfrangle	Worland	2:13.64
50 Yard Freestyle			
1	Eric Dufek	Lander	21.99
2	Jason Cox	Powell	22.53
3	Eric Newell	Rawlins	22.72
4	Matt Howe	Worland	22.90
5	Maurits Thayer	Pinedale / Pine Bluffs	23.06
6	Matt White	Worland	23.34
1 Meter Diving			
1	Jason Knopp	Powell	362.95
2	Chris Hart	Lander	341.25
3	Peter Reed	Worland	329.45
4	John Szabo	Worland	329.00
5	Jared Hanson	Powell	328.35
6	Tom Rode	Kemmerer	311.65

100 Yard Butterfly			
1	Phil Rehard	Rawlins	51.02
2	Mike Peck	Buffalo	56.24
3	Joe Dufek	Lander	58.14
4	Clay Pfrangle	Worland	58.85
5	Ernie Fisher	Lander	1:00.07
6	Maurits Thayer	Pinedale / Pine Bluffs	1:00.51
100 Yard Freestyle			
1	Jake Rehard	Rawlins	46.98
2	Eric Dufek	Lander	47.73
3	Jason Cox	Powell	50.49
4	Matt Howe	Worland	50.72
5	James Sorenson	Lyman	50.95
6	Greg Smith	Lander	51.08
500 Yard Freestyle			
1	Jake Cook	Buffalo	4:50.11
2	Sam Schimelpfenig	Lander	5:00.96
3	Guy Fulfer	Worland	5:11.81
4	Adam Erickson	Newcastle	5:16.85
5	Shane Neher	Pinedale / Pine Bluffs	5:26.62
6	Owen Groshart	Rawlins	5:27.71
200 Yard Freestyle Relay			
1	-	Rawlins	1:28.07
2	-	Lander	1:31.19
3	-	Buffalo	1:35.32
4	-	Worland	1:35.70
5	-	Lyman	1:36.13
6	-	Newcastle	1:39.30
100 Yard Backstroke			
1	David Bellis	Worland	54.54
2	Levi Asay	Powell	54.90
3	Tony Jim	Lander	57.09
4	Mark Simondi	Buffalo	57.29
5	Jared Vance	Rawlins	59.63
6	Eric Nelson	Lyman	1:01.84
100 Yard Breaststroke			
1	Eric Newell	Rawlins	1:04.45
2	Aaron Erickson	Newcastle	1:04.59
3	Josh Honstain	Powell	1:05.09
4	Lee Oaks	Jackson	1:05.93
5	Dan Hines	Lander	1:06.04
6	Jeff Maxam	Pinedale / Pine Bluffs	1:06.75
400 Yard Freestyle Relay			
1	-	Rawlins	3:17.83
2	-	Lander	3:19.83
3	-	Worland	3:25.21
4	-	Buffalo	3:28.98

5	-	Powell	3:35.40
6	-	Lyman	3:36.83

1996 Boys 3A Team Results

Rank	School	Score
1	Rawlins	256.0
2	Lander	238.0
3	Worland	220.0
4	Powell	165.0
5	Buffalo	129.0
6	Newcastle	101.0
7	Lyman	100.0
8	Pinedale / Pine Bluffs	72.0
9	Douglas	28.0
9	Jackson	28.0
11	Kemmerer	25.0

1996 Boys 4A Individual Results

Rank	Name	School	Time/Score
200 Yard Medley Relay			
1	-	Laramie	1:38.07
2	-	Gillette	1:40.05
3	-	Green River	1:44.08
4	-	Evanston	1:45.70
5	-	Rock Springs	1:47.21
6	-	Kelly Walsh	1:47.90
200 Yard Freestyle			
1	David Hellevang	Gillette	1:46.71
2	Chris Carter	Kelly Walsh	1:47.66
3	Chris Tenorio	Gillette	1:48.62
4	Nathan Storey	Central	1:50.85
5	Nate LaPointe	Laramie	1:52.25
6	Carl Johnson	Green River	1:52.48
200 Yard IM			
1	Justin Kapinus	Gillette	1:56.66
2	Jason Garman	Laramie	1:58.13
3	Adam Deball	East	2:03.21
4	Dustin Robbins	Green River	2:03.37
5	Pat Tenorio	Gillette	2:05.17
6	KC Cummings	Evanston	2:05.57
50 Yard Freestyle			
1	Jeremy Messinger	Gillette	22.29
2	Buddy Boysen	Laramie	22.35
3	Mike Moody	Green River	22.44
4	Ryan Richmond	Gillette	22.50
5	Aaron Soumokil	Central	22.64
6	Matt Dockter	Green River	23.34
1 Meter Diving			

1	Chris Madsen	Gillette	398.75
2	Jake Sinclair	Gillette	393.45
3	Todd Mulholland	Kelly Walsh	386.05
4	Mike Mayfield	Gillette	385.30
5	Chad Hughes	Evanston	370.65
6	Ryan Deichmueller	Green River	358.75
100 Yard Butterfly			
1	Jason Garman	Laramie	50.85
2	Buddy Boysen	Laramie	51.46
3	Pat Tenorio	Gillette	55.49
4	Lee Hoang	Gillette	55.50
5	Ryan Richmond	Gillette	56.87
6	Zack Campion	Natrona	57.62
100 Yard Freestyle			
1	Justin Kapinus	Gillette	46.68
2	Mike Moody	Green River	49.29
3	Aaron Soumokil	Central	49.46
4	Ryan O'Malley	Laramie	49.53
5	Chris Tenorio	Gillette	50.20
6	Carl Johnson	Green River	50.57
500 Yard Freestyle			
1	Chris Carter	Kelly Walsh	5:00.09
2	Bryan Thompson	Sheridan	5:02.42
3	Garrett Bittner	Laramie	5:03.98
4	Nathan Storey	Central	5:12.01
5	Nate LaPointe	Laramie	5:13.37
6	Dusty Richards	Laramie	5:24.38
200 Yard Freestyle Relay			
1	-	Gillette	1:26.96
2	-	Green River	1:30.49
3	-	Laramie	1:31.58
4	-	Central	1:32.18
5	-	Kelly Walsh	1:34.03
6	-	Sheridan	1:36.73
100 Yard Backstroke			
1	David Hellevang	Gillette	52.92
2	Dustin Robbins	Green River	54.16
3	Larry White	Laramie	57.41
4	Nathan Maclean	Evanston	58.34
5	BJ Horn	Kelly Walsh	59.53
6	Roger Erickson	Laramie	1:00.23
100 Yard Breaststroke			
1	Ryan O'Malley	Laramie	1:00.38
2	Adam Deball	East	1:01.05
3	Tracy Tynsky	Rock Springs	1:02.72
4	KC Cummings	Evanston	1:04.00
5	Jesse Swan	Gillette	1:04.18
6	Noah Dommer	Gillette	1:05.65
400 Yard Freestyle Relay			
1	-	Gillette	3:12.32
2	-	Laramie	3:16.32

3	-	Green River	3:19.85
4	-	Central	3:28.01
5	-	Kelly Walsh	3:31.39
6	-	Sheridan	3:41.37

1996 Boys 4A Team Results

Rank	School	Score
1	Gillette	327.0
2	Laramie	247.0
3	Green River	189.0
4	Kelly Walsh	119.0
5	Central	112.0
6	Evanston	105.0
7	East	76.0
8	Sheridan	75.0
9	Rock Springs	65.0
10	Natrona	42.0
11	Riverton	22.0
12	Cody	14.0