

CAPITAL VALLEY CONFERENCE

GIRLS SWIMMING ALL CONFERENCE TEAMS

2023

3 Meter Diving	Claire Sheidenberger – Roseville	Makena Brock - Roseville
200 Medley Relay	Bella Vista	Woodcreek
	Andrea Choi	Sofia Paez
	Sophia Brinzei	Hailey Hensley
	Lauren Palacios	Raegan Chavez
	Morgan Kukral	Lauren Costa
200 Free	Palacios, Lauren – Bella Vista	Lauren Costa - Woodcreek
200 IM	Lillian Wolfinger – Roseville	Raegan Chavez - Woodcreek
50 Free	Mia Verwoest – Antelope	Juna Park - Inderkum
100 Butterfly	Palacios, Lauren – Bella Vista	Mehana Ward - Roseville
100 Free	Tessa Breitbart – Roseville	Hailey Hensley - Woodcreek
500 Free	Lauren Nielsen – Roseville	Mia Verwoest - Antelope
200 Free Relay	Roseville	Inderkum
	Tessa Breitbart	Amber
	Mehana Ward	Juna Park
	Lauren Nielsen	Rachel Thaden
	Lily Wolfinger	Valarie Von
100 Back	Andrea Choi – Bella Vista	Mehana Ward - Roseville
100 Breast	Valerie Vong – Inderkum	Rachael Gagnon – Bella Vista
400 Free Relay	Woodcreek	Bella Vista
	Raegan Chavez	Andrea Choi
	Hailey Hensley	Rachael Gagnon
	Sofia Paez	Sophia Brinzei
	Lauren Costa	Maddie Bui

2022

3 Meter Diving	Brock, Makena - Roseville	Bardasin, Brooklyn - Bella Vista
200 Medley Relay	Inderkum	Woodcreek
	Royer, Ava	Paez, Sofia
	Vong, Valerie	Treadwell, Alliyah
	Zamboanga, Nora	Boudreaux, Ally
	Park, Juna	Costa, Lauren
200 Free	Palacios, Lauren - Bella Vista	Paez, Sofia - Woodcreek
200 IM	Wolfinger, Lillian - Roseville	Vong, Valerie - Inderkum
50 Free	Verwoest, Mia - Antelope	Boudreaux, Ally - Woodcreek
100 Butterfly	Palacios, Lauren - Bella Vista	Choi, Andrea - Bella Vista
100 Free	Park, Juna - Inderkum	Gagnon, Rachael - Bella Vista

500 Free	Treadwell, Aliyah - Woodcreek	Kaufert, Kolby - Bella Vista
200 Free Relay	Inderkum Vong, Valerie Thaden, Rachel Royer, Ave Park, Juna	Roseville Thomas, Lauren Breitbart, Tessa Clouser, Jacquie Wolfinger, Lillian
100 Back	Verwoest, Mia - Antelope	Choi, Andrea - Bella Vista
100 Breast	Wolfinger, Lillian - Roseville	Vong, Valerie - Inderkum
400 Free Relay	Woodcreek Paez, Sofia Treadwell, Aliyah Boudreaux, Ally Chavez, Raegan	Roseville Breitbart, Tessa Clouser, Jacquie Thomas, Lauren Wolfinger, Lillian

[2020 & 2021 Meets canceled due to Covid](#)

2009

3 Meter Diving		
200 Medley Relay	Woodcreek Amanna, Karly Vachuska, Bella Neagu, Diana Bussey, Camryn	Roseville Young, Shannon Papini, Hallie Ang, Katie Papini, Ryann
200 Free	Ansari, Nadia - Woodcreek	Perry, Julia - Inderkum
200 IM	Vachuska, Bella - Woodcreek	Cybulski, Elizabeth - Bella Vista
50 Free	Hensly, Nicole - Bella Vista	Bussey, Camryn - Woodcreek
100 Butterfly	Neagu, Diana - Woodcreek	Verwoest, Tavia - Antelope
100 Free	Bussey, Camryn - Woodcreek	Hensly, Nicole - Bella Vista
500 Free	Neagu, Diana - Woodcreek	Cybulski, Elizabeth - Bella Vista
200 Free Relay	Bella Vista Abner, Mia Hensly, Nicole Williams-Herron, Skyler Cybulski, Elizabeth	Woodcreek Amanna, Karly Grantham, Hope Neilson, Sierra Ansari, Nadia
100 Back	Amanna, Karly - Woodcreek	Treadwell, Aliyah - Woodcreek
100 Breast	Perry, Julia - Inderkum	Papini, Hallie - Bella Vista
400 Free Relay	Woodcreek Neagu, Diana Vachuska, Bella Ansari, Diana Bussey, Camryn	Roseville Young, Shannon Papini, Ryann Ang, Katie Papini, Hallie

2018

3 Meter Diving
200 Medley Relay

Umeda, Sahah - Oakmont
Whitney
Votava, Morgan
Sindlar, Madilyn
Jara, Kate
Parenti, Makenna
Ayala, Mackenzie - Antelope
Votava, Morgan - Whitney
Hensley, Nicole - Bella Vista
Sindlar, Madilyn - Whitney
Ayala, Mackenzie - Antelope
Vogel-Rigler, Verity - Whitney
Whitney

Trageser, Aly - Ponderosa
Bella Vista
Saenz, Elena
Hensley, Nicole
Abner, Mia
Batchelor, Kate
Vos, Kolya - Ponderosa
Cordova, Sydney - Oakmont
Parenti, Makenna - Whitney
Parenti, Makenna - Whitney
Vos, Kolya - Ponderosa
Cordova, Sydney - Oakmont
Bella Vista

200 Free Relay

Parenti, Makenna
Votava, Morgan
Choffin, Morgan
Sindlar, Madilyn
Votava, Morgan - Whitney
Sindlar, Madilyn - Whitney
Ponderosa
Wilmoth, Amy
Kott, Kendall
Lardie, Delaney
Vos, Kolya - Ponderosa

Saenz, Elena
Hensley, Nicole
Abner, Mia
Batchelor, Kate
Saenz, Elena - Bella Vista
Wilmoth, Amy - Ponderosa
Oakmont
LaMadrid, Ellicia
Rowell, Missy
Boatwright, Kyleigh
Reno, Lauryn

100 Back
100 Breast
400 Free Relay

3 Meter Diving
200 Medley Relay

Marriott, Lauren - Ponderosa
Oakmont
Cordova, Alex
Cordova, Sydney
Lawrence, Devyn
Shibata, Emma
Ayala, McKenzie - Antelope
Shibata, Emma - Oakmont
Vos, Kolya - Ponderosa
Sindlar, Madilyn - Whitney
Ayala, McKenzie - Antelope
Vogel-Rigler, Verity - Whitney
Whitney
Choffin, Morgan
Oliveros, Jessica

Umeda, Sarah - Oakmont
Whitney
Jeung, Ava
Parenti, Makenna
Sindlar, Madilyn
Votasva, Morgan
Vos, Kolya - Ponderosa
Votava, Morgan - Whitney
Hensley, Nicole - Bella Vista
Cordova, Alex - Oakmont
Choffin, Morgan - Whitney
Rowell, Melissa - Oakmont Relay
Oakmont
Boatwright, Kyleigh
Lawrence, Devyn

2017

200 Free
200 IM
50 Free
100 Butterfly
100 Free
500 Free
200 Free Relay

	O'Meara, Lauren	Primavera, Rylee
	Parenti, Makenna	Shibata, Emma
100 Back	Votava, Morgan - Whitney	Cordova, Alex - Oakmont
100 Breast	Shibata, Emma - Oakmont	Hensley, Nicole - Bella Vista
400 Free Relay	Whitney	Ponderosa
	Oliveros, Jessica	Kendall, Kott
	Choffin, Morgan	Lardie, Delaney
	Sindelar, Madilyn	Stoddard, Ashlie
	Votava, Morgan	Vos, Kolya

2016

1 Meter Diving	Marriott, Lauren - Ponderosa	Umeda, Sarah - Oakmont
200 Medley Relay	Whitney	Oakmont
	Green, Megan	Shibata, Emma
	Sindelar, Madilyn	Cordova, Alex
	Votava, Morgan	Primavera, Rylee
	Mill, Andreanna	Cordova, Sydney
200 Free	Ayala, Mackenzie - Antelope	Morrison, Kylie - Cosumnes Oaks
200 IM	Votava, Morgan - Whitney	Shibata, Emma - Oakmont
50 Free	Mill, Andreanna - Whitney	Bresnahan, Natalie - Ponderosa
100 Butterfly	Sindelar, Madilyn - Whitney	Parenti, Makenna - Whitney
100 Free	Ayala, Mackenzie - Antelope	Bresnahan, Natalie - Ponderosa
500 Free	Vogel-Rigler, Verity - Whitney	Rowell, Missy - Oakmont
200 Free Relay	Whitney	Ponderosa
	Oliveros, Jessica	Kott, Kendall
	Parenti, Makenna	Vos, Kolya
	Sindelar, Madilyn	Nisson, Alexandra
	Mill, Andreanna	Bresnahan, Natalie
100 Back	Cordova, Alex - Oakmont	Green, Megan - Whitney
100 Breast	Shibata, Emma - Oakmont	Jeung, Ava - Whitney
400 Free Relay	Ponderosa	Whitney
	Stoddard, Ashlie	Choffin, Morgan
	Vos, Kolya	O'Meara, Lauren
	Kott, Kendall	Parenti, Makenna
	Bresnahan, Natalie	Votava, Morgan

2015

1 Meter Diving	Ice, Madison - Bella Vista	Waters, Katrina - Roseville
200 Medley Relay	Whitney	Oakmont
	Green, Megan	Cordova, Alex

	Votava, Loren	Kim, Hanah
	Sindelar, Madilyn	Brandt, Rebecca
	Daley, Christina	Davis, Bella
200 Free	Davis, Bella - Oakmont	Nisson, Jacqueline - Ponderosa
200 IM	Votava, Lauren - Whitney	Shibata, Emma - Oakmont
50 Free	Bresnahan, Natalie - Ponderosa	Daley, Christina - Whitney
100 Butterfly	Sindelar, Madilyn - Whitney	Davis, Bella - Oakmont
100 Free	Bresnahan, Natalie - Ponderosa	Daley, Christina - Whitney
500 Free	Cordova, Alex - Oakmont	Kim, Hanah - Oakmont
200 Free Relay	Bella Vista	Oakmont
	Fulton, Abby	Primavera, Rylee
	Williams, Miranda	Harper, Joslyn
	Batchelor, Kate	Shibata, Emma
	Blevins, Laura	Bustamante, Cate
100 Back	Cordova, Alex - Oakmont	Green, Megan - Whitney
100 Breast	Votava, Lauren - Whitney	Shibata, Emma - Oakmont
400 Free Relay	Oakmont	Whitney
	Brandt, Rebecca	Oliveros, Jessica
	Shibata, Emma	Green, Megan
	Davis, Bella	Votava, Lauren
	Kim, Hanah	Daley, Christina

2014

200 Medley Relay	Oakmont	Del Campo
	Cordova, Alex	Shafer, Alyvia
	Kim, Hannah	Hazewood, Karinah
	Davis, Bella	Warner, Sarah
	Harper, Joslyn	Peterson, Anika
200 Free	Davis, Bella - Oakmont	Warix, Sarah - Bella Vista
200 IM	Shibata, Emma - Oakmont	Brandt, Rebecca - Oakmont
50 Free	Hazewood, Karinah - Del Campo	Harper, Joslyn - Oakmont
100 Butterfly	Cordova, Alex - Oakmont	Brandt, Rebecca - Oakmont
100 Free	Davis, Bella - Oakmont	Madrigal-Geary, Ash Christian Brothers
500 Free	Kim, Hannah - Oakmont	Warix, Sarah - Bella Vista
200 Free Relay	Bella Vista	Oakmont
	Hensley, Catherine	Brandt, Rebecca
	Guy, Ava	Lee, Michelle
	Fulton, Abby	Bustamante, Cate
	Warix, Sarah	Harper, Joslyn
100 Back	Cordova, Alex - Oakmont	Fulton, Abby - Bella Vista
100 Breast	Kim, Hannah - Oakmont	Hazewood, Karinah - Del Campo
400 Free Relay	Oakmont	Bella Vista
	Kim, Hannah	Williams, Miranda

Davis, Bella
Cordova, Alex
Shibata, Emma

Williams, Alexis
Fulton, Abby
Warix, Sarah

2013

200 Medley	Oakmont Woster, Hannah Kim, Hannah Brandt, Rebecca Harper, Joslyn	Bella Vista Cody, Alexandra Emery, Paige Andre, Camille Rodgers, Elizabeth
200 Free	Davis, Bella - Oakmont	Andre, Camille - Bella Vista
200 IM	Twomey, Sarah - Bella Vista	Williams, Alexis - Bella Vista
50 Free	Harper, Joslyn - Oakmont	Hazewood, Karinah - Del Campo
100 Butterfly	Andre, Camille - Bella Vista	Brandt, Rebecca - Oakmont
100 Free	Madrigal-Geary, A Christian Brothers	Davis, Bella - Oakmont
500 Free	Kim, Hannah - Oakmont	Wariz, Sarah - Bella Vista
200 Free	Bella Vista Baryak, Laura Allin, Natalie Wariz, Sarah Fulton, Abby	Del Campo Ewen, Lexi Relay Hazewood, Karinah Warner, Sarah Josephson, Amanda
100 Back	Woster, Hannah - Oakmont	Preston, Cassie - Bella Vista
100 Breast	Kim, Hannah - Oakmont	Emery, Paige - Bella Vista
400 Free Relay	Bella Vista Wariz, Sarah Rodgers, Elizabeth Fulton, Abby Andre, Camille	Oakmont Davis, Bella Harper, Joslyn Kim, Hannah Woster, Hannah

2012

200 Medley Relay	Del Campo Shaffer, Alyvia Deehr, Shandee Johnson, Jenner Ellsworth, Tabatha	Bella Vista Miller, Jenny Andre, Camille Emery, Paige Miner, Natalie
200 Free	Kim, Hannah - Oakmont	Whitall, Elsie - Bella Vista
200 IM	Miller, Jenny - Bella Vista	Bedford, Stephanie - Casa Roble
50 Free	Ellsworth, Tabatha - Del Campo	Sosa-Gausch, Zuley - Bella Vista
100 Butterfly	Andre, Camille - Bella Vista	Brandt, Rebecca - Oakmont
100 Free	Ellsworth, Tabatha - Del Campo	Whitall, Elsie - Bella Vista
500 Free	Davis, Bella - Oakmont	Griffith, Sammy - Casa Roble

200 Free Relay	Bella Vista Miner, Natalie - Whitall, Elsie Rodgers, Elizabeth Sosa-Gausch, Zuley	Del Campo Johnson, Jenner Shaffer, Alyvia Hazelwood, Karinah Ellsworth, Tabatha
100 Back	Woster, Hannah - Oakmont	Bedford, Stephanie - Casa Roble
100 Breast	Kim, Hannah - Oakmont	Emery, Paige - Bella Vista
400 Free Relay	Bella Vista Sosa-Gausch, Zuley Whitall, Elsie Miller, Jenny Andre, Camille	Oakmont Davis, Bella Lee, Michele Brandt, Rebecca Kim, Hannah

2011

1 Meter Dive	Holden, Shelbie - Bella Vista	Strand, Sarah - Oakmont
200 Medley Relay	Bella Vista Miller, Jenny Rodgers, Elizabeth Andre, Camille Miner, Natalie	Del Campo Schaefer, Alyvia Johnson, Jenner Gordon, Heather Ellsworth, Tabitha
200 Free	Struckmeyer, Hailey - Del Campo	Dahlberg, Ally - Del Campo
200 IM	Schiavenza, Kathleen - Christian Bros	Bedford, Stephanie - Casa Roble
50 Free	Ellsworth, Tabitha - Del Campo	Miner, Natalie - Bella Vista
100 Butterfly	Rojo, Brittany - Christian Brothers	Andre, Camille - Bella Vista
100 Free	Rojo, Brittany - Christian Brothers	Ellsworth, Tabitha - Del Campo
500 Free	Struckmeyer, Hailey - Del Campo	Elliot, Summer - Casa Roble
200 Free Relay	Del Campo Gordon, Heather Struckmeyer, Hailey Johnson, Jenner Ellsworth, Tabitha	Bella Vista Whitall, Elise Ellsworth, Amy Miner, Natalie Rodgers, Elizabeth
100 Back	Bedford, Stephanie - Casa Roble	Rodgers, Elizabeth - Bella Vista
100 Breast	Emery, Paige - Bella Vista	Rodgers, Elizabeth - Bella Vista
400 Free Relay	Bella Vista Miller, Jenny Keene, Courtney Emery, Paige Andre, Camille	Casa Roble Elliot, Summer Hanks, Jamie Sell, Sierra Bedford, Stephanie

2010

200 Medley Relay	Dixon Schyler Boone Laura Garcia	River City Elizabeth Oliphint Alicia Andrews
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	Nicole Hagstrom	Brittany Walker
	Devan Bobbit	Rebecca McNeil
200 Free	Rachel Nelson - Dixon	Alyssa Ringor - River City
200 IM	Laura Garcia - Dixon	Hannah Ludwig - West Campus
50 Free	Rebecca McNeil - River City	Elizabeth Oliphint - River City
100 Butterfly	Nicole Hagstrom - Dixon	Hannah Ludwig - West Campus
100 Free	Rebecca McNeil - River City	Devan Bobbit - Dixon
500 Free	Alex Kraminsky - Center	Rachel Nelson - Dixon
200 Free Relay	Dixon	River City
	Laura Garcia	Elizabeth Oliphint
	Devan Bobbit	Sarah Garlinger
	Rachel Nelson	Alyssa Ringor
	Nicole Hagstrom	Rebecca McNeil
100 Back	Laura Garcia - Dixon	Elizabeth Oliphint - River City
100 Breast	Carlee Chapin - Cosumnes Oaks	Nicole Hagstrom - Dixon
400 Free	River City	Dixon
	Amber Reed,	Alyssa Smith
	Morgan Andrews	Danielle Fio
	Brittany Walker	Kacie Barren
	Alyssa Walker	Rachel Nelson