

CAPITAL VALLEY CONFERENCE

GIRLS SWIMMING ALL CONFERENCE TEAMS

2025

Diving	Lilly Frei – Rio Americano	Piper Miller – Rio Americano
200 Medley Relay	Vista del Lago Jessica Johnson Audrey Jiang Adeline Enquist Morgan Humphrey	Christian Brothers Olivia Esperas Illiana Forth Sidney Reyes Anna Porter
200 Free	Dylan Tiska – Rio Americano	Jordyn Kendler – Vista del Lago
200 IM	Aria Tupe – Vista del Lago	Claire McGrath – Rio Americano
50 Free	Jordyn Kendler – Vista del Lago	Anna Potter – Christian Brothers
100 Butterfly	Adeline Enquist – Vista del Lago	Kikayla Yamada – Vista del Lago
100 Free	Dylan Tiska – Rio Americano	Audrey Jiand – Vista del Lago
500 Free	Illiana Foth – Christian Brothers	Jessica Johnson – Vista del Lago
200 Free Relay	Christian Brothers Anna Potter Sydney Reyes Olivia Esperas Illiana Foth	Vista del Lago Audrey Jiang Audrey Little Aria Tupe Jordyn Kendler
100 Back	Aria Tupe – Vista del Lago	Jessica Johnson – Vista del Lago
100 Breast	Illiana Foth – Christian Brothers	Audrey Jiang – Vista del Lago
400 Free Relay	Vista del Lago Adeline Enquist Atia Tupe Jessica Johnson Jordyn Kendler	Ponderosa Catherine Cambridge Hanna Hauck Savy McDonough Tatalie Szegedy

2024

3 Meter Diving	Claire Scheidenberger – Roseville	Makenna Brock - Roseville
200 Medley Relay	Bella Vista Colby Weaver-Sandeen Sophia Brinzei Lauren Palacios Morgan Kukral	Roseville Jacquie Clouser Lily Wolfinger Mehana Ward Lauren Nielsen
200 Free	Lauren Palacios – Bella Vista	Rachel Thaden - Inderkum
200 IM	Morgan Kukral – Bella Vista	Lily Wolfinger - Roseville
50 Free	Amber Inderkum - Inderkum	Arama Kahurangi - Inderkum
100 Butterfly	Lauren Palacios – Bella Vista	Mehana Ward - Roseville

100 Free
500 Free
200 Free Relay

Lauren Nielsen – Roseville
Lauren Nielsen - Roseville
Bella Vista
Charlotte Soltesz
Aubrey Menne
Andrea Choi
Sophie Brinzei
Colby Weaver-Sandeen – Bella Vista
Colby Weaver-Sandeen - Roseville
Bella Vista
Andrea Choi
Morgan Kukral
Colby Weaver-Sandeen
Lauren Palacios

Raegan Chavez - Woodcreek
Isabella Zanni -Woodcreek
Woodcreek
Isabella Zanni
Lauryn Hoffman
Callie Costa
Hayden Crews
Arama Kahurangi - Inderkum
Amber Inderkum - Inderkum
Woodcreek
Isabella Zanni
Sophie Ang
Adelyn Carano
Raegan Chavez

2023

3 Meter Diving
200 Medley Relay

Claire Sheidenberger – Roseville
Bella Vista
Andrea Choi
Sophia Brinzei
Lauren Palacios
Morgan Kukral

Makena Brock - Roseville
Woodcreek
Sofia Paez
Hailey Hensley
Raegan Chavez
Lauren Costa

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

Palacios, Lauren – Bella Vista
Lillian Wolfinger – Roseville
Mia Verwoest – Antelope
Palacios, Lauren – Bella Vista
Tessa Breitbart – Roseville
Lauren Nielsen – Roseville
Roseville
Tessa Breitbart
Mehana Ward
Lauren Nielsen
Lily Wolfinger

Lauren Costa - Woodcreek
Raegan Chavez - Woodcreek
Juna Park - Inderkum
Mehana Ward - Roseville
Hailey Hensley - Woodcreek
Mia Verwoest - Antelope
Inderkum
Amber
Juna Park
Rachel Thaden
Valarie Von

100 Back
100 Breast
400 Free Relay

Andrea Choi – Bella Vista
Valerie Vong – Inderkum
Woodcreek
Raegan Chavez
Hailey Hensley
Sofia Paez
Lauren Costa

Mehana Ward - Roseville
Rachael Gagnon – Bella Vista
Bella Vista
Andrea Choi
Rachael Gagnon
Sophia Brinzei
Maddie Bui

2022

3 Meter Diving	Brock, Makena - Roseville	Bardasin, Brooklyn - Bella Vista
200 Medley Relay	Inderkum Royer, Ava Vong, Valerie Zamboanga, Nora Park, Juna	Woodcreek Paez, Sofia Treadwell, Alliyah Boudreaux, Ally 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	Woodcreek	Roseville
200 Medley Relay	Amanna, Karly Vachuska, Bella Neagu, Diana Bussey, Camryn	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	Woodcreek

	Abner, Mia	Amanna, Karly
	Hensly, Nicole	Grantham, Hope
	Williams-Herron, Skyler	Neilson, Sierra
	Cybulski, Elizabeth	Ansari, Nadia
100 Back	Amanna, Karly - Woodcreek	Treadwell, Aliyah - Woodcreek
100 Breast	Perry, Julia - Inderkum	Papini, Hallie - Bella Vista
400 Free Relay	Woodcreek	Roseville
	Neagu, Diana	Young, Shannon
	Vachuska, Bella	Papini, Ryann
	Ansari, Diana	Ang, Katie
	Bussey, Camryn	Papini, Hallie

2018

3 Meter Diving	Umeda, Sahah - Oakmont	Trageser, Aly - Ponderosa
200 Medley Relay	Whitney	Bella Vista
	Votava, Morgan	Saenz, Elena
	Sindlar, Madilyn	Hensley, Nicole
	Jara, Kate	Abner, Mia
	Parenti, Makenna	Batchelor, Kate
200 Free	Ayala, Mackenzie - Antelope	Vos, Kolya - Ponderosa
200 IM	Votava, Morgan - Whitney	Cordova, Sydney - Oakmont
50 Free	Hensley, Nicole - Bella Vista	Parenti, Makenna - Whitney
100 Butterfly	Sindlar, Madilyn - Whitney	Parenti, Makenna - Whitney
100 Free	Ayala, Mackenzie - Antelope	Vos, Kolya - Ponderosa
500 Free	Vogel-Rigler, Verity - Whitney	Cordova, Sydney - Oakmont
200 Free Relay	Whitney	Bella Vista
	Parenti, Makenna	Saenz, Elena
	Votava, Morgan	Hensley, Nicole
	Choffin, Morgan	Abner, Mia
	Sindlar, Madilyn	Batchelor, Kate
100 Back	Votava, Morgan - Whitney	Saenz, Elena - Bella Vista
100 Breast	Sindlar, Madilyn - Whitney	Wilmoth, Amy - Ponderosa
400 Free Relay	Ponderosa	Oakmont
	Wilmoth, Amy	LaMadrid, Ellicia
	Kott, Kendall	Rowell, Missy
	Lardie, Delaney	Boatwright, Kyleigh
	Vos, Kolya - Ponderosa	Reno, Lauryn

2017

3 Meter Diving	Marriott, Lauren - Ponderosa	Umeda, Sarah - Oakmont
200 Medley Relay	Oakmont	Whitney
	Cordova, Alex	Jeung, Ava
	Cordova, Sydney	Parenti, Makenna

	Lawrence, Devyn	Sindelar, Madilyn
	Shibata, Emma	Votasva, Morgan
200 Free	Ayala, McKenzie - Antelope	Vos, Kolya - Ponderosa
200 IM	Shibata, Emma - Oakmont	Votava, Morgan - Whitney
50 Free	Vos, Kolya - Ponderosa	Hensley, Nicole - Bella Vista
100 Butterfly	Sindelar, Madilyn - Whitney	Cordova, Alex - Oakmont
100 Free	Ayala, McKenzie - Antelope	Choffin, Morgan - Whitney
500 Free	Vogel-Rigler, Verity - Whitney	Rowell, Melissa - Oakmont Relay
200 Free Relay	Whitney	Oakmont
	Choffin, Morgan	Boatwright, Kyleigh
	Oliveros, Jessica	Lawrence, Devyn
	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
Vos, Koyla
Kott, Kendall
Bresnahan, Natalie

Choffin, Morgan
O'Meara, Lauren
Parenti, Makenna
Votava, Morgan

2015

1 Meter Diving
200 Medley Relay

Ice, Madison - Bella Vista
Whitney
Green, Megan
Votava, Loren
Sindelar, Madilyn
Daley, Christina

Waters, Katrina - Roseville
Oakmont
Cordova, Alex
Kim, Hanah
Brandt, Rebecca
Davis, Bella

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

Davis, Bella - Oakmont
Votava, Lauren - Whitney
Bresnahan, Natalie - Ponderosa
Sindelar, Madilyn - Whitney
Bresnahan, Natalie - Ponderosa
Cordova, Alex - Oakmont
Bella Vista
Fulton, Abby
Williams, Miranda
Batchelor, Kate
Blevins, Laura

Nisson, Jacqueline - Ponderosa
Shibata, Emma - Oakmont
Daley, Christina - Whitney
Davis, Bella - Oakmont
Daley, Christina - Whitney
Kim, Hanah - Oakmont
Oakmont
Primavera, Rylee
Harper, Joslyn
Shibata, Emma
Bustamante, Cate

100 Back
100 Breast
400 Free Relay

Cordova, Alex - Oakmont
Votava, Lauren - Whitney
Oakmont
Brandt, Rebecca
Shibata, Emma
Davis, Bella
Kim, Hanah

Green, Megan - Whitney
Shibata, Emma - Oakmont
Whitney
Oliveros, Jessica
Green, Megan
Votava, Lauren
Daley, Christina

2014

200 Medley Relay

Oakmont
Cordova, Alex
Kim, Hannah
Davis, Bella
Harper, Joslyn

Del Campo
Shafer, Alyvia
Hazewood, Karinah
Warner, Sarah
Peterson, Anika

200 Free
200 IM
50 Free
100 Butterfly

Davis, Bella - Oakmont
Shibata, Emma - Oakmont
Hazewood, Karinah - Del Campo
Cordova, Alex - Oakmont

Warix, Sarah - Bella Vista
Brandt, Rebecca - Oakmont
Harper, Joslyn - 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	Bustamonte, 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	Williams, Alexis
	Cordova, Alex	Fulton, Abby
	Shibata, Emma	Warix, Sarah

2013

200 Medley	Oakmont	Bella Vista
	Woster, Hannah	Cody, Alexandra
	Kim, Hannah	Emery, Paige
	Brandt, Rebecca	Andre, Camille
	Harper, Joslyn	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	Del Campo
	Baryak, Laura	Ewen, Lexi Relay
	Allin, Natalie	Hazewood, Karinah
	Wariz, Sarah	Warner, Sarah
	Fulton, Abby	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	Oakmont
	Wariz, Sarah	Davis, Bella
	Rodgers, Elizabeth	Harper, Joslyn
	Fulton, Abby	Kim, Hannah
	Andre, Camille	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
Nicole Hagstrom
Devan Bobbit

River City

Elizabeth Oliphint
Alicia Andrews
Brittany Walker
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
Devan Bobbit
Rachel Nelson
Nicole Hagstrom

Elizabeth Oliphint
Sarah Garlinger
Alyssa Ringor
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,
Morgan Andrews
Brittany Walker
Alyssa Walker

Alyssa Smith
Danielle Fio
Kacie Barren
Rachel Nelson