

CAPITAL VALLEY CONFERENCE

GIRLS SWIMMING ALL CONFERENCE TEAMS

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	Lauren Nielsen – Roseville	Raegan Chavez - Woodcreek
500 Free	Lauren Nielsen - Roseville	Isabella Zanni -Woodcreek
200 Free Relay	Bella Vista Charlotte Soltesz Aubrey Menne Andrea Choi Sophie Brinzei	Woodcreek Isabella Zanni Lauryn Hoffman Callie Costa Hayden Crews
100 Back	Colby Weaver-Sandeen – Bella Vists	Arama Kahurangi - Inderkum
100 Breast	Colby Weaver-Sandeen - Roseville	Amber Inderkum - Inderkum
400 Free Relay	Bella Vista Andrea Choi Morgan Kukral Colby Weaver-Sandeen Lauren Palacios	Woodcreek Isabella Zanni Sophie Ang Adelyn Carano Raegan Chavez

2023

3 Meter Diving	Claire Sheidenberger – Roseville	Makena Brock - Roseville
200 Medley Relay	Bella Vista Andrea Choi Sophia Brinzei Lauren Palacios Morgan Kukral	Woodcreek Sofia Paez Hailey Hensley Raegan Chavez 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	Roseville
	Vong, Valerie	Thomas, Lauren
	Thaden, Rachel	Breitbart, Tessa
	Royer, Ave	Clouser, Jacquie
	Park, Juna	Wolfinger, Lillian
100 Back	Verwoest, Mia - Antelope	Choi, Andrea - Bella Vista
100 Breast	Wolfinger, Lillian - Roseville	Vong, Valerie - Inderkum
400 Free Relay	Woodcreek	Roseville
	Paez, Sofia	Breitbart, Tessa
	Treadwell, Aliyah	Clouser, Jacquie
	Boudreaux, Ally	Thomas, Lauren
	Chavez, Raegan	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	Umeda, Sahah - Oakmont	Trageser, Aly - Ponderosa
200 Medley Relay	Whitney Votava, Morgan Sindlar, Madilyn Jara, Kate Parenti, Makenna	Bella Vista Saenz, Elena Hensley, Nicole Abner, Mia 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 Parenti, Makenna	Bella Vista Saenz, Elena

100 Back
 100 Breast
 400 Free Relay
 Votava, Morgan
 Choffin, Morgan
 Sindlar, Madilyn
 Votava, Morgan - Whitney
 Sindlar, Madilyn - Whitney
 Ponderosa
 Wilmoth, Amy
 Kott, Kendall
 Lardie, Delaney
 Vos, Kolya - Ponderosa

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

2017

3 Meter Diving
 200 Medley Relay
 200 Free
 200 IM
 50 Free
 100 Butterfly
 100 Free
 500 Free
 200 Free Relay
 100 Back
 100 Breast
 400 Free Relay
 Marriott, Lauren - Ponderosa
 Oakmont
 Cordova, Alex
 Cordova, Sydney
 Lawrence, Devyn
 Shibata, Emma
 Ayala, McKenzie - Antelope
 Shibata, Emma - Oakmont
 Vos, Kolya - Ponderosa
 Sindelar, Madilyn - Whitney
 Ayala, McKenzie - Antelope
 Vogel-Rigler, Verity - Whitney
 Whitney
 Choffin, Morgan
 Oliveros, Jessica
 O'Meara, Lauren
 Parenti, Makenna
 Votava, Morgan - Whitney
 Shibata, Emma - Oakmont
 Whitney
 Oliveros, Jessica
 Choffin, Morgan
 Sindelar, Madilyn
 Votava, Morgan

Umeda, Sarah - Oakmont
 Whitney
 Jeung, Ava
 Parenti, Makenna
 Sindelar, 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
 Primavera, Rylee
 Shibata, Emma
 Cordova, Alex - Oakmont
 Hensley, Nicole - Bella Vista
 Ponderosa
 Kendall, Kott
 Lardie, Delaney
 Stoddard, Ashlie
 Vos, Kolya

2016

1 Meter Diving
 200 Medley Relay
 Marriott, Lauren - Ponderosa
 Whitney
 Green, Megan
 Sindelar, Madilyn

Umeda, Sarah - Oakmont
 Oakmont
 Shibata, Emma
 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, Koyla
	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, Koyla	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
Davis, Bella
Kim, Hanah

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	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 Hensley, Catherine Guy, Ava Fulton, Abby Warix, Sarah	Oakmont Brandt, Rebecca Lee, Michelle Bustamonte, Cate Harper, Joslyn
100 Back	Cordova, Alex - Oakmont	Fulton, Abby - Bella Vista
100 Breast	Kim, Hannah - Oakmont	Hazewood, Karinah - Del Campo
400 Free Relay	Oakmont Kim, Hannah Davis, Bella Cordova, Alex Shibata, Emma	Bella Vista Williams, Miranda 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	Del Campo Schaefer, Alyvia

	Rodgers, Elizabeth	Johnson, Jenner
	Andre, Camille	Gordon, Heather
	Miner, Natalie	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	Bella Vista
	Gordon, Heather	Whitall, Elise
	Struckmeyer, Hailey	Ellsworth, Amy
	Johnson, Jenner	Miner, Natalie
	Ellsworth, Tabitha	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	Casa Roble
	Miller, Jenny	Elliot, Summer
	Keene, Courtney	Hanks, Jamie
	Emery, Paige	Sell, Sierra
	Andre, Camille	Bedford, Stephanie

2010

200 Medley Relay	Dixon	River City
	Schylar Boone	Elizabeth Oliphint
	Laura Garcia	Alicia Andrews
	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
Alyssa Walker

Kacie Barren
Rachel Nelson