

All-Region Girls Swimming

First team

200 medley relay -- BOULDER (Sophie Allen, Jr.; Mackenzie Cooke, Sr.; Ellie Shetter, Sr.; Alex Scrimgeour, Sr.). Won the 5A state title in Automatic All-American time of 1:48.92.

200 freestyle -- MIKELLA ZGLICZYNSKA, So., Fairview. Knights' distance ace took sixth at state in this race but was also third in the 500 free.

200 IM -- KIA DOBIE, Jr., Broomfield. Eagles' star took seventh at 4A state meet and placed second at Boulder County Invite.

50 free -- SOPHIE LUCAS, Sr., Fairview. The Boulder County champ in the event went on to place fifth at state in a time of 24.79 seconds.

Diving -- ERIN LIONBERGER, Sr., Longmont. Took state runner-up honors in Class 4A.

100 fly -- LAUREN RIGG, So., Fairview. See related story.

100 free -- ELLIE SHETTER, Sr., Boulder. Placed 10th at state in 5A in 53.88 and was one of Boulder's 200 medley relay speedsters.

500 free -- JACLYN BEST, So., Boulder. Won the Boulder County title in the event and then overcame sickness to place ninth at state.

200 free relay -- FAIRVIEW (Tasia DeMuth, Jr.; Shirin Sedaghat, Jr.; Rachael Cazden, Jr.; Lauren Rigg, So.). Took third at state with a Consideration All-American time of 1:39.00.

100 back -- SOPHIE ALLEN, Jr., Boulder. Was 5A state runner-up with an All-American time of 57.41 seconds and tied for seventh in the 100 freestyle.

100 breast -- WHITNEY DOUGHERTY, So., Monarch. The Boulder County champion took eighth in the event at 5A state meet.

400 free relay -- FAIRVIEW (Lauren Rigg, So.; Lindsay Braun, Sr.; Tasia DeMuth, Jr.; Sophie Lucas, Sr.). Took third at 5A state meet in time of 3:35.02.

Second team

200 medley relay -- Fairview (Taylor Kitayama, So.; Tara DeMuth, Jr.; Sophie Lucas, Sr.; Rachael Cazden, Jr.).

200 free -- Emily Scraggs, So., Fairview.

200 IM -- Angie Wolfrum, Jr., Skyline.

50 free -- Lindsay Banning, Jr., Silver Creek.

Diving -- Allie Meisner, Sr., Broomfield.

100 fly -- Jillian Smith, Sr., Fairview.

100 free -- Tasia DeMuth, Jr., Fairview.

500 free -- Sydney Pair, Fr., Fairview.

200 free relay -- Boulder (Meghan Varner, So.; Ailey Ruger, So.; Siobhan Hengemuhle; Alex Kahn, Jr.).

100 back -- Taylor Kitayama, So., Fairview.

100 breast -- Tara DeMuth, Jr., Fairview.

400 free relay -- Boulder (Alex Kahn, Jr.; Ellie Shetter, Sr.; Meghan Varner, So.; Sophie Allen, Jr.).



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