

Innisfail Dolphins

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Event 101 Mixed 11 & Over 1500 SC Meter Freestyle**

	Name	Age	Team	Seed Time
W11-17				
1	Bevans, Samantha	W13	RDR-AS	21:57.95
W18 & Over				
1	Whitbread, Abby	W19	LDOL-AS	22:31.23
M11-17				
1	Driesen, Lucas	M14	RDR-AS	23:54.64
2	Day, Cephas	M14	PNOKA-AS	26:00.00
M18 & Over				
1	Forster, Marty	M52	FRBG-AS	23:00.00

Event 102 Girls 10 & Under 25 SC Meter Butterfly

	Name	Age	Team	Seed Time
Prelims 8 & Under				
1	Wilson, Laura	7	LDOL-AS	25.66
2	Stewart, Tessa	7	INNIS-CA	30.23
3	Day, Gabriella	8	PNOKA-AS	31.92
4	Wallace, Juliette	8	RDR-AS	34.71
5	Rubanga-Brummund, M	8	HANNA-AS	36.63
6	Kaupp, Kara	8	PNOKA-AS	39.53
Prelims 9-10				
1	Sypkes, Elenya	10	RDR-AS	19.79
2	Burns, Birdie	9	PNOKA-AS	23.38
3	Winters, Thea	10	PNOKA-AS	23.58
4	Thompson, Abigail	10	PNOKA-AS	26.97
5	Murphy, Pearl	10	INNIS-CA	28.39
6	Renard, Addison	10	INNIS-CA	29.10
7	Smith, Paige	10	RDR-AS	29.42
8	Russell, Emily	9	LDOL-AS	29.49
9	Pashak, Annabella	9	PNOKA-AS	30.55
10	Day, Eva	9	PNOKA-AS	31.30
11	Bota, Rose	10	RDR-AS	31.55
12	Bowie, Olivia	9	PNOKA-AS	38.06
13	Levitt, Sarah	9	KLLM-AS	40.66
14	May, Isla	9	HANNA-AS	40.92
15	Stebner, Ellie	9	PNOKA-AS	46.79

Event 103 Boys 10 & Under 25 SC Meter Butterfly

	Name	Age	Team	Seed Time
Prelims 8 & Under				
1	Wilson, Seth	8	LDOL-AS	22.85
2	Renard, Bennett	8	INNIS-CA	28.28
3	de Gier, Cole	7	LDOL-AS	32.94
4	Bensmiller, Quinn	8	INNIS-CA	35.84
5	Lutz, Bryn	8	RDR-AS	37.39
6	Ong, Graham	8	RDR-AS	37.51
7	du Toit, Arnoux	7	LDOL-AS	44.58
Prelims 9-10				
1	Lutz, Pierce	10	RDR-AS	18.55
2	Fossen, Maxx	10	RDR-AS	20.83
3	Cavalare, Ben	10	HANNA-AS	23.08

Event 104 Girls 11 & Over 50 SC Meter Butterfly

	Name	Age	Team	Seed Time
Prelims 11-12				
1	Day, Lucy	12	PNOKA-AS	36.71
2	Wilson, Elise	12	LDOL-AS	37.42
3	de Gier, Maria	12	LDOL-AS	39.59
4	Russell, Claire	12	LDOL-AS	39.61
5	Levitt, Hailey	11	KLLM-AS	48.70
6	Bergeron, Bridget	11	PNOKA-AS	49.83
7	Wiancko, Alexis	11	PNOKA-AS	54.06
8	Dennie, Charlotte	11	CAST-AS	55.41
Prelims 13-14				
1	Wilson, Olivia	14	LDOL-AS	33.68
2	Fulton, Billie	13	INNIS-CA	34.04
3	Cavenagh, Elise	13	HANNA-AS	36.52
4	Hallman, Sophie	13	INNIS-CA	36.98
5	Hand, Pascale	13	RDR-AS	37.53
6	Rubanga-Brummund, M	14	HANNA-AS	40.48
7	Thorsen, Emily	13	INNIS-CA	58.09
Prelims 15-17				
1	Frantz, Alice	17	LDOL-AS	31.32
2	Driesen, Kayla	16	RDR-AS	32.52
3	Kroetsch, Ada	15	KLLM-AS	35.96
4	Dennie, Piper	15	CAST-AS	47.84
Prelims 18 & Over				
1	Wright, Emily	19	LDOL-AS	31.25
2	Cavenagh, Julia	19	HANNA-AS	33.06
3	Wilson, Rebecca	18	LDOL-AS	34.34
4	Vasseur, Vanessa	19	PNOKA-AS	35.38

Event 105 Boys 11 & Over 50 SC Meter Butterfly

	Name	Age	Team	Seed Time
Prelims 11-12				
1	Stewart, Weston	12	INNIS-CA	42.97
2	Wilson, Bennett	11	LDOL-AS	45.86
3	Ong, Andrew	11	RDR-AS	49.68
4	Dyck, Isaiah	11	LDOL-AS	52.19
5	Stebner, Finley	11	PNOKA-AS	59.76
6	Raab, Duke	11	HANNA-AS	1:10.53
Prelims 13-14				
1	Zankl, Nate	13	RDR-AS	32.36
2	Dillen, Daniel	14	PNOKA-AS	32.63
3	Regehr, Frankie	13	RDR-AS	34.16
4	Day, Cephas	14	PNOKA-AS	35.22
5	Wilson, Caleb	13	LDOL-AS	57.28
Prelims 15-17				
1	Day, Benjamin	17	PNOKA-AS	28.29
2	Bellmore, James	16	RDR-AS	28.68
3	Cavenagh, Kevin	17	HANNA-AS	30.43
4	Erza, Nate	16	RDR-AS	30.72
5	Nelson, Owen	17	RDR-AS	36.14
6	Day, Russell	16	PNOKA-AS	36.21
7	Richer, Channing	15	RDR-AS	41.05
Prelims 18 & Over				
1	Cho, James	19	LDOL-AS	27.74

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09
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Psych Sheet

Prelims 18 & Over...(#105 Boys 11 & Over 50 SC Meter Butterfly)			
2	Mitchell, Flynn	19 RDR-AS	29.03
3	Wilson, Daniel	45 LDOL-AS	33.89
4	Clews, Andrew	37 RDR-AS	35.79

Event 106 Girls 10 & Under 50 SC Meter Backstroke

Name	Age	Team	Seed Time
Prelims 8 & Under			
1	Buchholz, Hadley	8 FRBG-AS	1:00.94
2	Clews, Tia	7 RDR-AS	1:03.98
3	Day, Gabriella	8 PNOKA-AS	1:05.62
4	Thiessen, Millie	7 RDR-AS	1:06.96
5	Kroetsch, Atley	7 FRBG-AS	1:07.27
6	Mburugu, Elza	7 INNIS-CA	1:11.10
7	Schmutz, Leena	6 KLLM-AS	1:24.79
8	Bowie, Mackenzie	6 PNOKA-AS	1:25.53
9	Merta, Lezlie	6 KLLM-AS	1:28.36
10	Blair, Kendall	7 Otters	1:28.56
11	Day, Alice	6 PNOKA-AS	1:31.65
12	Layden, Scarlett	6 INNIS-CA	1:35.24
13	Loewen, Alice	8 LDOL-AS	1:45.20
14	Seeman, Lynetta	6 RDR-AS	2:00.79

Prelims 9-10

1	Yaremchuk, Pyper	9 PNOKA-AS	45.03
2	de Gier, Eva	10 LDOL-AS	49.28
3	Thiessen, Harlan	10 RDR-AS	53.02
4	Mburugu, Emrika	9 INNIS-CA	53.39
5	Smith, Paige	10 RDR-AS	54.22
6	Winters, Thea	10 PNOKA-AS	54.45
7	Stolee, Navy	9 RDR-AS	54.59
8	Borchowitz, Sawyer	9 FRBG-AS	56.26
9	Zhang, Jennifer	9 RDR-AS	58.11
10	Schonken, Shae	9 PNOKA-AS	58.92
11	Anderson, Alannah	9 KLLM-AS	59.64
12	Day, Eva	9 PNOKA-AS	1:02.81
13	Stebner, Ellie	9 PNOKA-AS	1:08.30
14	Gross, Meredith	10 HANNA-AS	1:11.48

Event 107 Boys 10 & Under 50 SC Meter Backstroke

Name	Age	Team	Seed Time
Prelims 8 & Under			
1	Wilson, Seth	8 LDOL-AS	50.51
2	Harvey, Alexander	8 RDR-AS	56.51
3	Bensmiller, Quinn	8 INNIS-CA	59.91
4	Seeman, Ellis	8 RDR-AS	1:00.79
5	Borchowitz, Noel	7 FRBG-AS	1:03.33
6	Dyck, Elijah	8 LDOL-AS	1:06.34
7	McKean, Harrison	7 LDOL-AS	1:09.92
8	Patteri, Eli	8 INNIS-CA	1:10.00
9	Kuehne, Leon	8 RDR-AS	1:15.05
10	Renard, Spencer	6 INNIS-CA	1:19.44
11	Dickson, Kolby	8 KLLM-AS	1:20.69
12	Yaremchuk, Kiptyn	7 PNOKA-AS	1:21.78
13	Murphy, Leo	7 INNIS-CA	1:34.64
14	McKenna, Marek	7 PNOKA-AS	1:39.11
15	Douglas, Jasper	6 PNOKA-AS	1:43.60
16	Dickson, Levi	5 KLLM-AS	1:51.16
17	Bensmiller, Ace	6 INNIS-CA	2:00.29

18	Clutton, Berkley	6 RDR-AS	2:00.79
Prelims 9-10			
1	Scabar, Ethan	10 RDR-AS	43.79
2	Fossen, Miles	10 RDR-AS	47.64
3	Milne, Magni	10 INNIS-CA	49.60
4	Stewart, Vaughn	10 INNIS-CA	52.81
5	Dickson, Lincoln	10 KLLM-AS	54.82
6	de Gier, Ben	9 LDOL-AS	56.45
7	Clutton, Cullen	9 RDR-AS	57.47
8	Kuehne, Edward	10 RDR-AS	58.67
9	Tams, Charlie	9 INNIS-CA	1:00.52

Event 108 Girls 11 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time
Prelims 11-12			
1	Day, Lucy	12 PNOKA-AS	1:24.48
2	Mathieu, Jenna	11 LDOL-AS	1:32.05
3	Schonken, Calleigh	12 PNOKA-AS	1:32.91
4	Russell, Claire	12 LDOL-AS	1:33.77
5	Day, Eliza	11 PNOKA-AS	1:35.56
6	Gallant, Katie	11 LDOL-AS	1:40.01
7	Murphy, Isla	12 INNIS-CA	1:49.53
8	Wiancko, Alexis	11 PNOKA-AS	1:49.69
9	McGowan, Caitlyn	11 KLLM-AS	2:18.33

Prelims 13-14

1	Raab, Charlotte	13 HANNA-AS	1:41.26
2	Olesen, Camryn	14 HANNA-AS	1:43.22

Prelims 15-17

1	Driesen, Kayla	16 RDR-AS	1:16.75
2	Winters, Alexa	15 PNOKA-AS	1:22.33
3	Wilson, Ashley	16 LDOL-AS	1:25.16
4	Kroetsch, Ada	15 KLLM-AS	1:26.28
5	Mathieu, Taylor	16 LDOL-AS	1:28.49

Event 109 Boys 11 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time
Prelims 11-12			
1	Crampton, Asher	11 RDR-AS	1:32.13
2	Clews, Rohan	12 RDR-AS	1:34.07
3	Wilson, Bennett	11 LDOL-AS	1:42.17
4	Milne, Wylie	11 INNIS-CA	2:12.34
5	Kroetsch, Ambrose	11 KLLM-AS	2:13.52
6	Floyd, Theo	12 PNOKA-AS	2:14.12
7	Pashak, Brandtly	11 PNOKA-AS	2:46.06

Prelims 13-14

1	Zankl, Nate	13 RDR-AS	1:15.53
2	Harvey, Matthew	14 RDR-AS	1:17.72
3	Thompson, Kevan	13 PNOKA-AS	1:23.13
4	du Toit, Ruell	13 LDOL-AS	1:25.24
5	Dillen, Daniel	14 PNOKA-AS	1:26.91
6	Floyd, Luc	14 PNOKA-AS	2:01.99

Prelims 15-17

1	Dewan, Keegan	15 RDR-AS	1:16.57
2	Erza, Nate	16 RDR-AS	1:20.53
3	Bowes, William	16 PNOKA-AS	1:23.03
4	Richer, Channing	15 RDR-AS	1:32.15

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Prelims 15-17...(#109 Boys 11 & Over 100 SC Meter Backstro**

5	Levitt, Keenan	15	KLLM-AS	1:40.40
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Prelims 18 & Over

1	Mitchell, Flynn	19	RDR-AS	1:10.01
2	Clews, Andrew	37	RDR-AS	2:00.00

Event 110 Girls 10 & Under 25 SC Meter Breaststroke

Name	Age	Team	Seed Time
Prelims 8 & Under			
1 Rubanga-Brummund, M	8	HANNA-AS	35.98
2 Kroetsch, Atley	7	FRBG-AS	37.92
3 Blair, Kendall	7	Otters	39.09
4 Buchholz, Hadley	8	FRBG-AS	42.67
5 Kaupp, Kara	8	PNOKA-AS	45.47
6 Ponto, Isla	8	FRBG-AS	52.46
7 Clayholt, Addy	7	HANNA-AS	55.00

Prelims 9-10

1	Sypkes, Blaire	9	RDR-AS	23.58
2	Clews, Viola	10	RDR-AS	25.15
3	Thiessen, Harlan	10	RDR-AS	25.86
4	Thompson, Abigail	10	PNOKA-AS	26.69
5	Wassell, Sloan	10	HANNA-AS	29.51
6	Anderson, Alannah	9	KLLM-AS	30.32
7	Borchowitz, Sawyer	9	FRBG-AS	32.00
8	Buchholz, Ella	10	FRBG-AS	32.79
9	Kuefler, Paige	9	FRBG-AS	33.74
10	Clayholt, Clara	9	HANNA-AS	39.74
11	Stolee, Navy	9	RDR-AS	39.98
12	Levitt, Sarah	9	KLLM-AS	42.57
13	May, Isla	9	HANNA-AS	47.02

Event 111 Boys 10 & Under 25 SC Meter Breaststroke

Name	Age	Team	Seed Time
Prelims 8 & Under			
1 Harvey, Alexander	8	RDR-AS	32.98
2 Clutton, Beckam	8	RDR-AS	33.00
3 Edwards, Henrik	7	RDR-AS	34.22
4 Lutz, Bryn	8	RDR-AS	34.86
5 de Gier, Cole	7	LDOL-AS	35.09
6 Seeman, Ellis	8	RDR-AS	35.20
7 Borchowitz, Noel	7	FRBG-AS	47.24

Prelims 9-10

1	Seeman, Ben	10	RDR-AS	22.95
2	Fossen, Maxx	10	RDR-AS	24.71
3	Stewart, Maverick	10	INNIS-CA	26.63
4	Kroetsch, Hanlen	9	FRBG-AS	28.53
5	Martin, Parker	10	CAST-AS	29.16
6	Clutton, Cullen	9	RDR-AS	31.04
7	Hein, Kuper	9	HANNA-AS	34.21
8	Ponto, Everett	10	FRBG-AS	38.38

Event 112 Girls 11 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
Prelims 11-12			
1 Schonken, Calleigh	12	PNOKA-AS	44.03
2 Harvey, Natalie	11	LDOL-AS	44.15
3 Lydiard Wagner, Millie	12	RDR-AS	47.42

4	Cisco, Sloan	12	LDOL-AS	54.29
5	Ball, Emily	11	HANNA-AS	59.29
6	Steenbergen, Ada	11	RDR-AS	1:02.09
7	Tams, Blakely	11	INNIS-CA	1:06.10
8	Erickson, Tenley	11	FRBG-AS	1:06.21
9	Murphy, Isla	12	INNIS-CA	1:09.36

Prelims 13-14

1	Rubanga-Brummund, M	14	HANNA-AS	41.34
2	Lohnes, Ariyah	13	LDOL-AS	41.81
3	Hallman, Julianna	14	INNIS-CA	45.34
4	McNabb, Hailey	14	FRBG-AS	47.62
5	Steenbergen, Sydney	14	RDR-AS	48.30
6	Raab, Charlotte	13	HANNA-AS	52.03
7	Turner, Sophia	14	RDR-AS	52.48
8	Dennie, Hannah	13	CAST-AS	58.19
9	Logan, Serenity	13	Otters	1:00.77

Prelims 15-17

1	Whitbread, Molly	17	LDOL-AS	39.62
2	Olesen, Lexie	16	HANNA-AS	43.28
3	Winters, Alexa	15	PNOKA-AS	43.59
4	Romaniuk, Brielle	16	Otters	46.27
5	Dennie, Piper	15	CAST-AS	53.33

Prelims 18 & Over

1	Nagel, Ronlyn	19	LDOL-AS	37.13
2	Layden, Ardelle	32	INNIS-CA	37.32
3	Wright, Emily	19	LDOL-AS	38.50
4	Anderson, Sarah	33	KLLM-AS	45.53

Event 113 Boys 11 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
Prelims 11-12			
1 Ong, Andrew	11	RDR-AS	43.98
2 Anderson, Carter	11	KLLM-AS	46.43
3 Johnson, Isaiah	12	FRBG-AS	46.70
4 McNabb, Beckett	11	FRBG-AS	47.91
5 Kroetsch, Ambrose	11	KLLM-AS	55.20
6 Steenbergen, Beckett	11	RDR-AS	1:00.35
7 Blair, Jaxson	11	Otters	1:02.84
8 May, Holden	11	HANNA-AS	1:05.93
9 Raab, Duke	11	HANNA-AS	1:13.06

Prelims 13-14

1	Boyes, Wesley	14	PNOKA-AS	38.68
2	Kohlman, Ethan	13	HANNA-AS	42.84
3	Grabe, Johan	14	RDR-AS	43.41
4	Raab, Cohen	14	HANNA-AS	44.17
5	Nelson, Liam	13	RDR-AS	44.92
6	Stewart, Jackson	14	CAST-AS	50.38
7	Blair, Halen	13	Otters	1:04.22

Prelims 15-17

1	Day, Benjamin	17	PNOKA-AS	33.39
2	Baich, Myles	15	RDR-AS	34.58
3	Cavenagh, Kevin	17	HANNA-AS	34.86
4	Day, Russell	16	PNOKA-AS	38.90
5	Wetaski, Brody	15	RDR-AS	44.14
6	Ruppert, Marshall	15	RDR-AS	57.74

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Prelims 18 & Over...(#113 Boys 11 & Over 50 SC Meter Breas**

1	Schonken, Shawn	43	PNOKA-AS	41.42
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Event 114 Girls 8 & Under 50 SC Meter Freestyle

	Name	Age	Team	Seed Time
Prelims 8 & Under				
1	Wilson, Laura	7	LDOL-AS	47.88
2	Stewart, Tessa	7	INNIS-CA	53.19
3	Mburugu, Elza	7	INNIS-CA	59.31
4	Kroetsch, Atley	7	FRBG-AS	1:10.38
5	Clews, Tia	7	RDR-AS	1:11.04
6	Thiessen, Millie	7	RDR-AS	1:12.89
7	Wallace, Juliette	8	RDR-AS	1:13.13
8	Ponto, Isla	8	FRBG-AS	1:16.60
9	Layden, Scarlett	6	INNIS-CA	1:27.38
10	Seeman, Lynetta	6	RDR-AS	1:28.05
11	Merta, Lezlie	6	KLLM-AS	1:28.36
12	Loewen, Alice	8	LDOL-AS	1:35.47
13	Day, Alice	6	PNOKA-AS	1:39.24
14	Schmutz, Leena	6	KLLM-AS	1:48.76
15	Bowie, Mackenzie	6	PNOKA-AS	1:59.60
16	Clayholt, Addy	7	HANNA-AS	2:27.14

Event 115 Boys 8 & Under 50 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Renard, Bennett	8	INNIS-CA	49.17
2	Harvey, Alexander	8	RDR-AS	49.70
3	Edwards, Henrik	7	RDR-AS	56.23
4	de Gier, Cole	7	LDOL-AS	57.90
5	Dickson, Kolby	8	KLLM-AS	1:03.62
6	Patteri, Eli	8	INNIS-CA	1:05.16
7	Clutton, Beckam	8	RDR-AS	1:05.58
8	Dyck, Elijah	8	LDOL-AS	1:17.27
9	Kuehne, Leon	8	RDR-AS	1:19.69
10	Douglas, Jasper	6	PNOKA-AS	1:23.42
11	Yaremchuk, Kiptyn	7	PNOKA-AS	1:27.58
12	McKean, Harrison	7	LDOL-AS	1:28.38
13	Renard, Spencer	6	INNIS-CA	1:33.10
14	Murphy, Leo	7	INNIS-CA	1:35.31
15	McKenna, Marek	7	PNOKA-AS	1:48.38
16	Clutton, Berkley	6	RDR-AS	1:51.12
17	Bensmiller, Ace	6	INNIS-CA	2:05.29
18	Dickson, Levi	5	KLLM-AS	2:19.82

Event 116 Girls 9 & Over 100 SC Meter Freestyle

	Name	Age	Team	Seed Time
Prelims 9-10				
1	Zhang, Jessica	9	RDR-AS	1:34.17
2	de Gier, Eva	10	LDOL-AS	1:43.31
3	Mburugu, Emrika	9	INNIS-CA	1:43.61
4	Zhang, Jennifer	9	RDR-AS	1:46.15
5	Murphy, Pearl	10	INNIS-CA	2:02.78
6	Bota, Rose	10	RDR-AS	2:07.05
7	Wassell, Sloan	10	HANNA-AS	2:08.12
8	Day, Eva	9	PNOKA-AS	2:23.31

Prelims 11-12

1	Wilson, Elise	12	LDOL-AS	1:11.43
2	Day, Lucy	12	PNOKA-AS	1:16.20
3	Gallant, Katie	11	LDOL-AS	1:20.48
4	Day, Eliza	11	PNOKA-AS	1:24.09
5	Higney, Lucy	12	RDR-AS	1:26.23
6	Lydiard Wagner, Millie	12	RDR-AS	1:34.77
7	Dennie, Charlotte	11	CAST-AS	1:35.54
8	Ball, Emily	11	HANNA-AS	1:44.58
9	McGowan, Caitlyn	11	KLLM-AS	1:54.53

Prelims 13-14

1	Wilson, Olivia	14	LDOL-AS	1:09.53
2	Steenbergen, Sydney	14	RDR-AS	1:13.66
3	Cavenagh, Elise	13	HANNA-AS	1:15.97
4	Olesen, Camryn	14	HANNA-AS	1:18.57
5	Turner, Sophia	14	RDR-AS	1:19.39
6	Hallman, Julianna	14	INNIS-CA	1:23.52
7	Dennie, Hannah	13	CAST-AS	1:31.00
8	Levitt, Olivia	13	KLLM-AS	1:32.68
9	McNabb, Hailey	14	FRBG-AS	1:32.98
10	Thorsen, Emily	13	INNIS-CA	1:38.03
11	Holwerda, PSPI, Eden	13	LDOL-AS	3:33.85

Prelims 15-17

1	Frantz, Alice	17	LDOL-AS	1:03.17
2	Robertson, Kayleigh	16	RDR-AS	1:10.46
3	Romaniuk, Brielle	16	Otters	1:11.95
4	Mathieu, Taylor	16	LDOL-AS	1:15.96

Prelims 18 & Over

1	Wilson, Rebecca	18	LDOL-AS	1:11.28
2	Vasseur, Vanessa	19	PNOKA-AS	1:15.74
3	Anderson, Sarah	33	KLLM-AS	1:16.74
4	David, Emily	24	PNOKA-AS	1:21.30

Event 117 Boys 9 & Over 100 SC Meter Freestyle

	Name	Age	Team	Seed Time
Prelims 9-10				
1	Scabar, Ethan	10	RDR-AS	1:19.30
2	Milne, Magni	10	INNIS-CA	1:35.61
3	Fossen, Miles	10	RDR-AS	1:43.54
4	de Gier, Ben	9	LDOL-AS	1:44.77
5	Stewart, Vaughn	10	INNIS-CA	1:49.96
6	Dickson, Lincoln	10	KLLM-AS	1:50.40
7	Cavalare, Ben	10	HANNA-AS	1:53.03
8	Hein, Kuper	9	HANNA-AS	1:53.14
9	Kroetsch, Hanlen	9	FRBG-AS	1:56.21
10	Tams, Charlie	9	INNIS-CA	2:06.39
11	Martin, Parker	10	CAST-AS	2:08.44
12	Kuehne, Edward	10	RDR-AS	2:12.77

Prelims 11-12

1	Crampton, Asher	11	RDR-AS	1:20.97
2	Stewart, Weston	12	INNIS-CA	1:21.14
3	Johnson, Isaiah	12	FRBG-AS	1:21.98
4	Regehr, Austin	11	RDR-AS	1:33.39
5	Dickson, Kale	12	KLLM-AS	1:34.73
6	Kuefler, Max	11	FRBG-AS	1:35.03
7	Kroetsch, Lawson	11	FRBG-AS	1:45.37

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Prelims 11-12...(#117 Boys 9 & Over 100 SC Meter Freestyle)**

8	Steenbergen, Beckett	11	RDR-AS	1:46.54
9	May, Holden	11	HANNA-AS	1:49.74
10	Floyd, Theo	12	PNOKA-AS	1:58.51
11	Milne, Wylie	11	INNIS-CA	2:00.83
12	Raab, Duke	11	HANNA-AS	2:02.68
13	Pashak, Brandtly	11	PNOKA-AS	2:24.22

Prelims 13-14

1	Renard, Ethan	14	INNIS-CA	1:05.24
2	Regehr, Frankie	13	RDR-AS	1:09.05
3	Day, Cephas	14	PNOKA-AS	1:09.56
4	du Toit, Ruell	13	LDOL-AS	1:20.79
5	Wilson, Caleb	13	LDOL-AS	1:36.05
6	Stewart, Jackson	14	CAST-AS	1:36.87
7	Floyd, Luc	14	PNOKA-AS	1:50.03

Prelims 15-17

1	Bellmore, James	16	RDR-AS	1:00.61
2	Bowes, William	16	PNOKA-AS	1:05.48
3	Nelson, Owen	17	RDR-AS	1:09.96
4	Day, Russell	16	PNOKA-AS	1:11.03
5	Levitt, Keenan	15	KLLM-AS	1:27.46

Prelims 18 & Over

1	Beatty, Kyle	29	INNIS-CA	53.76
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Event 118 Girls 7 & Over 100 SC Meter IM

Name	Age	Team	Seed Time
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Prelims 7-8

1	Wilson, Laura	7	LDOL-AS	2:12.64
2	Rubanga-Brummund, M	8	HANNA-AS	2:16.73
3	Day, Gabriella	8	PNOKA-AS	2:43.52
4	Kaup, Kara	8	PNOKA-AS	3:00.00

Prelims 9-10

1	Yaremchuk, Pyper	9	PNOKA-AS	1:43.97
2	Renard, Addison	10	INNIS-CA	1:49.73
3	Sypkes, Elenya	10	RDR-AS	1:51.43
4	Clews, Viola	10	RDR-AS	1:52.96
5	Burns, Birdie	9	PNOKA-AS	2:00.17
6	Thompson, Abigail	10	PNOKA-AS	2:04.17
7	Schonken, Shae	9	PNOKA-AS	2:14.67
8	Pashak, Annabella	9	PNOKA-AS	2:45.79
9	Bowie, Olivia	9	PNOKA-AS	2:50.07

Prelims 11-12

1	Day, Lucy	12	PNOKA-AS	1:25.92
2	de Gier, Maria	12	LDOL-AS	1:31.90
3	Cisco, Sloan	12	LDOL-AS	1:40.55
4	Higney, Lucy	12	RDR-AS	1:48.30
5	Tams, Blakely	11	INNIS-CA	1:58.14
6	Bergeron, Bridget	11	PNOKA-AS	1:58.23
7	Dennie, Charlotte	11	CAST-AS	1:59.94
8	Steenbergen, Ada	11	RDR-AS	2:07.28
9	Ball, Emily	11	HANNA-AS	2:10.27

Prelims 13-14

1	Dunbar, Josie	14	INNIS-CA	1:19.34
2	Fulton, Billie	13	INNIS-CA	1:20.68
3	Rubanga-Brummund, M	14	HANNA-AS	1:27.06
4	Hallman, Sophie	13	INNIS-CA	1:29.91

5	Levitt, Olivia	13	KLLM-AS	1:50.82
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Prelims 15-17

1	Driesen, Kayla	16	RDR-AS	1:16.61
2	Whitbread, Molly	17	LDOL-AS	1:20.78
3	Robertson, Kayleigh	16	RDR-AS	1:22.88
4	Romaniuk, Brielle	16	Otters	1:31.29
5	Dennie, Piper	15	CAST-AS	1:48.52

Prelims 18 & Over

1	Wright, Emily	19	LDOL-AS	1:14.65
2	Nagel, Ronlyn	19	LDOL-AS	1:18.31
3	Cavenagh, Julia	19	HANNA-AS	1:21.12

Event 119 Boys 7 & Over 100 SC Meter IM

Name	Age	Team	Seed Time
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Prelims 7-8

1	Wilson, Seth	8	LDOL-AS	2:04.14
2	Bensmiller, Quinn	8	INNIS-CA	2:31.80
3	Lutz, Bryn	8	RDR-AS	2:42.03
4	Ong, Graham	8	RDR-AS	2:43.06
5	du Toit, Arnoux	7	LDOL-AS	2:44.51

Prelims 9-10

1	Lutz, Pierce	10	RDR-AS	1:46.80
2	Stewart, Maverick	10	INNIS-CA	1:51.67
3	Seeman, Ben	10	RDR-AS	1:52.75
4	Fossen, Miles	10	RDR-AS	1:54.91
5	de Gier, Ben	9	LDOL-AS	2:07.03

Prelims 11-12

1	Regehr, Austin	11	RDR-AS	1:36.83
2	Johnson, Isaiah	12	FRBG-AS	1:38.73
3	McNabb, Beckett	11	FRBG-AS	1:39.90
4	Anderson, Carter	11	KLLM-AS	1:41.83
5	Wilson, Bennett	11	LDOL-AS	1:43.88
6	May, Holden	11	HANNA-AS	2:14.08

Prelims 13-14

1	Harvey, Matthew	14	RDR-AS	1:18.47
2	Boyes, Wesley	14	PNOKA-AS	1:20.47
3	Grabe, Johan	14	RDR-AS	1:27.52
4	Kohlman, Ethan	13	HANNA-AS	1:30.18
5	Nelson, Liam	13	RDR-AS	1:36.89
6	Raab, Cohen	14	HANNA-AS	1:40.98
7	Wilson, Caleb	13	LDOL-AS	1:58.81

Prelims 15-17

1	Jorgenson, Graysen	17	PNOKA-AS	1:08.51
2	Baich, Myles	15	RDR-AS	1:12.98
3	Erza, Nate	16	RDR-AS	1:15.23
4	Ruppert, Marshall	15	RDR-AS	1:51.96

Prelims 18 & Over

1	Cho, James	19	LDOL-AS	1:06.30
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Event 200 Girls 9 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time
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9-12

1	Harvey, Natalie	11	LDOL-AS	6:00.80
2	de Gier, Maria	12	LDOL-AS	6:26.58
3	Day, Eliza	11	PNOKA-AS	6:39.30

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9-12...(#200 Girls 9 & Over 400 SC Meter Freestyle)

4	Gallant, Katie	11	LDOL-AS	6:48.49
5	Levitt, Hailey	11	KLLM-AS	7:22.06

13-14

1	Dunbar, Josie	14	INNIS-CA	5:23.93
2	Bevans, Samantha	13	RDR-AS	5:28.90

15-17

1	Frantz, Mary	15	LDOL-AS	5:23.05
2	Robertson, Kayleigh	16	RDR-AS	5:28.90

18 & Over

1	Whitbread, Abby	19	LDOL-AS	5:20.53
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Event 201 Boys 9 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time
9-12			
1	Clews, Rohan	12	RDR-AS 5:48.94
2	Stebner, Finley	11	PNOKA-AS 7:10.57
3	Dickson, Kale	12	KLLM-AS 7:20.55
4	Kuefler, Max	11	FRBG-AS 7:26.64
5	Dyck, Isaiah	11	LDOL-AS 8:03.15 Scr

13-14

1	Renard, Ethan	14	INNIS-CA	5:18.79
2	Day, Cephas	14	PNOKA-AS	5:38.62
3	Driesen, Lucas	14	RDR-AS	5:47.49
4	Thompson, Kevan	13	PNOKA-AS	6:02.32
5	du Toit, Ruell	13	LDOL-AS	7:00.66

15-17

1	Jorgenson, Graysen	17	PNOKA-AS	4:59.46
2	Dewan, Keegan	15	RDR-AS	5:10.99
3	Wetaski, Brody	15	RDR-AS	5:28.37
4	Ruppert, Marshall	15	RDR-AS	6:50.72

18 & Over

1	Forster, Marty	52	FRBG-AS	5:33.17
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Event 202 Girls 10 & Under 100 SC Meter Medley Relay

Team	Relay	Seed Time
8 & Under		
1	PNOKA-AS W0 B	2:32.91
	1) Day, Alice 6	2) Bowie, Olivia 9
	3) Day, Eva 9	4) Bowie, Mackenzie 6
2	RDR-AS W8 A	3:01.79
	1) Clews, Tia 7	2) Thiessen, Millie 7
	3) Wallace, Juliette 8	4) Seeman, Lynetta 6
9-10		
1	RDR-AS W10 B	1:31.57
	1) Smith, Paige 10	2) Sypkes, Blaire 9
	3) Sypkes, Elenya 10	4) Thiessen, Harlan 10
2	PNOKA-AS W10 A	1:33.75
	1) Yaremchuk, Pyper 9	2) Thompson, Abigail 10
	3) Burns, Birdie 9	4) Schonken, Shae 9

Event 203 Boys 10 & Under 100 SC Meter Medley Relay

Team	Relay	Seed Time
8 & Under		
1	RDR-AS M8 B	1:55.49
	1) Seeman, Ellis 8	2) Clutton, Beckam 8
	3) Lutz, Bryn 8	4) Harvey, Alexander 8

2	RDR-AS M8 A	2:28.77
	1) Clutton, Berkley 6	2) Edwards, Henrik 7
	3) Ong, Graham 8	4) Kuehne, Leon 8

9-10

1	RDR-AS M10 A	1:23.03
	1) Fossen, Miles 10	2) Seeman, Ben 10
	3) Lutz, Pierce 10	4) Scabar, Ethan 10
2	INNIS-CA M10 A	2:18.63
	1) Tams, Charlie 9	2) Bensmiller, Quinn 8
	3) Renard, Bennett 8	4) Bensmiller, Ace 6

Event 204 Mixed 10 & Under 100 SC Meter Medley Relay

Team	Relay	Seed Time
X8 & Under		
1	KLLM-AS X8 A	2:21.08
	1) Dickson, Levi M5	2) Dickson, Kolby M8
	3) Levitt, Sarah W9	4) Schmutz, Leena W6
2	PNOKA-AS X8 A	2:38.47
	1) Yaremchuk, Kiptyn M7	2) Kaupp, Kara W8
	3) Day, Gabriella W8	4) McKenna, Marek M7
X9-10		
1	RDR-AS X10 A	1:38.57
	1) Clutton, Cullen M9	2) Clews, Viola W10
	3) Zhang, Jessica W9	4) Fossen, Maxx M10
2	LDOL-AS X10 A	1:43.29
	1) de Gier, Eva W10	2) de Gier, Cole M7
	3) Wilson, Seth M8	4) Wilson, Laura W7
3	FRBG-AS X10 A	2:01.65
	1) Borchowitz, Noel M7	2) Borchowitz, Sawyer W9
	3) Kroetsch, Hanlen M9	4) Buchholz, Ella W10
4	HANNA-AS X10 A	2:13.73
	1) Rubanga-Brummund, Mary	2) Cavallare, Ben M10
	3) Hein, Kuper M9	4) May, Isla W9

Event 205 Girls 11-14 200 SC Meter Medley Relay

Team	Relay	Seed Time
11-12		
1	LDOL-AS W12 A	2:42.89
	1) Mathieu, Jenna 11	2) Harvey, Natalie 11
	3) Wilson, Elise 12	4) de Gier, Maria 12
2	PNOKA-AS W12 A	2:46.07
	1) Bergeron, Bridget 11	2) Schonken, Calleigh 12
	3) Day, Lucy 12	4) Day, Eliza 11
3	KLLM-AS W11 A	3:38.12
	1) Anderson, Alannah 9	2) Levitt, Olivia 13
	3) Levitt, Hailey 11	4) McGowan, Caitlyn 11
4	INNIS-CA W12 A	3:40.36
	1) Murphy, Pearl 10	2) Renard, Addison 10
	3) Tams, Blakely 11	4) Murphy, Isla 12
13-14		
1	INNIS-CA W14 A	2:31.70
	1) Dunbar, Josie 14	2) Hallman, Julianna 14
	3) Hallman, Sophie 13	4) Fulton, Billie 13
2	RDR-AS W14 A	2:37.44
	1) Bevans, Samantha 13	2) Steenbergen, Sydney 14
	3) Hand, Pascale 13	4) Turner, Sophia 14

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****13-14...(#205 Girls 11-14 200 SC Meter Medley Relay)**

3	HANNA-AS	W14 A	2:43.49
1)	Raab, Charlotte 13	2)	Rubanga-Brummund, Maya
3)	Cavenagh, Elise 13	4)	Olesen, Camryn 14

Event 206 Boys 11-14 200 SC Meter Medley Relay

Team	Relay	Seed Time
11-12		
1 RDR-AS	M12 A	2:51.01
1) Crampton, Asher 11		2) Ong, Andrew 11
3) Clews, Rohan 12		4) Regehr, Austin 11
2 FRBG-AS	M12 A	3:13.89
1) Kuefler, Max 11		2) McNabb, Beckett 11
3) Johnson, Isaiah 12		4) Kroetsch, Lawson 11
3 KLLM-AS	M12 A	3:35.59
1) Dickson, Kale 12		2) Kroetsch, Ambrose 11
3) Anderson, Carter 11		4) Dickson, Lincoln 10
4 INNIS-CA	M12 A	3:50.20
1) Patteri, Eli 8		2) Stewart, Vaughn 10
3) Stewart, Weston 12		4) Stewart, Maverick 10

13-14

1	PNOKA-AS	M14	A	2:21.42
	1) Thompson, Kevan 13		2) Boyes, Wesley 14	
	3) Dillen, Daniel 14		4) Day, Cephas 14	
2	RDR-AS	M14	B	2:22.02
	1) Zankl, Nate 13		2) Grabe, Johan 14	
	3) Harvey, Matthew 14		4) Regehr, Frankie 13	

Event 207 Mixed 11-14 200 SC Meter Medley Relay

Team	Relay	Seed Time
X11-12		
1 PNOKA-AS	X12 A	3:46.78
1) Wiancko, Alexis W11	2) Stebner, Finley M11	
3) Winters, Thea W10	4) Floyd, Theo M12	
2 HANNA-AS	X11 A	4:18.45
1) May, Holden M11	2) Ball, Emily W11	
3) Raab, Duke M11	4) Wassell, Sloan W10	

X13-14

1	LDOL-AS	X13	A	2:58.98
	1) du Toit, Ruell M13		2) Cisco, Sloan W12	
	3) Wilson, Bennett M11		4) Gallant, Katie W11	

Event 208 Girls 15-17 200 SC Meter Medley Relay

Team	Relay	Seed Time
15-17		
1 LDOL-AS	W17 A	2:20.63
1) Wilson, Ashley 16	2) Whitbread, Molly 17	
3) Frantz, Alice 17	4) Wilson, Olivia 14	

Event 209 Boys 15-17 200 SC Meter Medley Relay

	Team	Relay	Seed Time
1	RDR-AS	M16 A	2:05.10
	1) Dewan, Keegan 15		2) Baich, Myles 15
	3) Bellmore, James 16		4) Erza, Nate 16
2	PNOKA-AS	M17 A	2:07.04
	1) Jorgenson, Graysen 17		2) Day, Russell 16
	3) Day, Benjamin 17		4) Bowes, William 16

Event 210 Mixed 15-17 200 SC Meter Medley Relay

Team	Relay	Seed Time
X15-17		
1 RDR-AS	X17 A	2:26.19
1) Driesen, Kayla W16	2) Nelson, Owen M17	
3) Robertson, Kayleigh W16	4) Wetaski, Brody M15	

Event 211 Women 18 & Over 200 SC Meter Medley Relay

Team	Relay	Seed Time
18 & Over		
1 LDOL-AS	W63 A	2:26.88
1) Mathieu, Taylor 16		2) Nagel, Ronlyn 19
3) Frantz, Mary 15		4) Lohnes, Ariyah 13
2 PNOKA-AS	W57 A	4:09.75
1) Pashak, Annabella 9		2) Winters, Alexa 15
3) David, Emily 24		4) Stebner, Ellie 9

Event 212 Men 18 & Over 200 SC Meter Medley Relay

	Team	Relay	Seed Time
1	PNOKA-AS	M105 A	3:24.34
	1) Floyd, Luc 14	2) Winters, Shawn 37	
	3) Schonken, Shawn 43	4) Pashak, Brandtly 11	

Event 213 Mixed 18 & Over 200 SC Meter Medley Relay

Team	Relay	Seed Time
X18 & Over		
1 LDOL-AS	X101 A	2:12.41
1) Cho, James M19	2) Wright, Emily W19	
3) Wilson, Rebecca W18	4) Wilson, Daniel M45	
2 INNIS-CA	X94 A	2:23.80
1) Beatty, Kyle M29	2) Layden, Ardelle W32	
3) Renard, Ethan M14	4) Thorsen, Emily W13	
3 HANNA-AS	X65 A	2:26.30
1) Cavenagh, Julia W19	2) Kohlman, Ethan M13	
3) Cavenagh, Kevin M17	4) Olesen, Lexie W16	

Event 300 Girls 9 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time
Prelims 9-10			
1 Clews, Viola	10	RDR-AS	3:41.63
2 Zhang, Jessica	9	RDR-AS	3:42.72
3 Zhang, Jennifer	9	RDR-AS	3:54.64
4 Schonken, Shae	9	PNOKA-AS	4:07.52
5 Bota, Rose	10	RDR-AS	4:50.00
Prelims 11-12			
1 Wilson, Elise	12	LDOL-AS	2:49.14
2 Mathieu, Jenna	11	LDOL-AS	2:57.35
3 Gallant, Katie	11	LDOL-AS	3:08.10
4 Cisco, Sloan	12	LDOL-AS	3:09.72
5 Lydiard Wagner, Millie	12	RDR-AS	3:33.53
6 McGowan, Caitlyn	11	KLLM-AS	4:31.59
Prelims 13-14			
1 Bevans, Samantha	13	RDR-AS	2:35.82
2 Hallman, Sophie	13	INNIS-CA	2:49.25
3 Steenbergen, Sydney	14	RDR-AS	2:55.70

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Innisfail Dolphins

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Prelims 13-14...(#300 Girls 9 & Over 200 SC Meter Freestyle)**

4	Dennie, Hannah	13	CAST-AS	3:28.04
5	Thorsen, Emily	13	INNIS-CA	3:33.35

Prelims 15-17

1	Frantz, Alice	17	LDOL-AS	2:22.91
2	Robertson, Kayleigh	16	RDR-AS	2:31.17
3	West, Hannah	16	PNOKA-AS	3:15.00

Prelims 18 & Over

1	Whitbread, Abby	19	LDOL-AS	2:31.29
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Event 301 Boys 9 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time
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Prelims 9-10

1	Scabar, Ethan	10	RDR-AS	2:57.42
2	Milne, Magni	10	INNIS-CA	3:24.05
3	Dickson, Lincoln	10	KLLM-AS	3:58.80

Prelims 11-12

1	Crampton, Asher	11	RDR-AS	2:47.47
2	Stewart, Weston	12	INNIS-CA	2:53.85
3	Stebner, Finley	11	PNOKA-AS	3:31.70
4	Kuefler, Max	11	FRBG-AS	3:34.87
5	Dyck, Isaiah	11	LDOL-AS	3:39.13
6	Steenbergen, Beckett	11	RDR-AS	3:57.03
7	Kroetsch, Ambrose	11	KLLM-AS	4:41.80

Prelims 13-14

1	Renard, Ethan	14	INNIS-CA	2:30.03
2	Harvey, Matthew	14	RDR-AS	2:32.98
3	Thompson, Kevan	13	PNOKA-AS	2:45.04

Prelims 15-17

1	Dewan, Keegan	15	RDR-AS	2:26.44
2	Wetaski, Brody	15	RDR-AS	2:31.06
3	Bowes, William	16	PNOKA-AS	2:38.92
4	Richer, Channing	15	RDR-AS	2:39.17

Prelims 18 & Over

1	Beatty, Kyle	29	INNIS-CA	2:05.59
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Event 302 Girls 9-10 50 SC Meter Butterfly

Name	Age	Team	Seed Time
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1	Sypkes, Elenya	10	RDR-AS	47.47
2	Renard, Addison	10	INNIS-CA	55.95
3	Zhang, Jessica	9	RDR-AS	57.01
4	Burns, Birdie	9	PNOKA-AS	57.65
5	Winters, Thea	10	PNOKA-AS	58.71
6	Pashak, Annabella	9	PNOKA-AS	1:23.82

Event 303 Boys 9-10 50 SC Meter Butterfly

Name	Age	Team	Seed Time
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1	Lutz, Pierce	10	RDR-AS	44.87
2	Fossen, Maxx	10	RDR-AS	54.16
3	Stewart, Maverick	10	INNIS-CA	1:04.03
4	de Gier, Ben	9	LDOL-AS	1:06.96
5	Stewart, Vaughn	10	INNIS-CA	1:12.59

Event 304 Girls 11 & Over 100 SC Meter Butterfly

Name	Age	Team	Seed Time
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Prelims 11-12

1	Higney, Lucy	12	RDR-AS	1:50.42
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2	Wiancko, Alexis	11	PNOKA-AS	2:12.37
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Prelims 13-14

1	Dunbar, Josie	14	INNIS-CA	1:19.42
2	Wilson, Olivia	14	LDOL-AS	1:19.99
3	Hand, Pascale	13	RDR-AS	1:29.93
4	Hallman, Sophie	13	INNIS-CA	1:30.09
5	Cavenagh, Elise	13	HANNA-AS	1:36.94
6	Turner, Sophia	14	RDR-AS	1:50.79

Prelims 15-17

1	Driesen, Kayla	16	RDR-AS	1:13.43
2	Frantz, Mary	15	LDOL-AS	1:18.86

Event 305 Boys 11 & Over 100 SC Meter Butterfly

Name	Age	Team	Seed Time
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Prelims 11-12

1	Clews, Rohan	12	RDR-AS	1:35.35
2	Stebner, Finley	11	PNOKA-AS	2:08.91

Prelims 13-14

1	Zankl, Nate	13	RDR-AS	1:17.55
2	Dillen, Daniel	14	PNOKA-AS	1:21.35
3	Regehr, Frankie	13	RDR-AS	1:21.56
4	Driesen, Lucas	14	RDR-AS	1:44.08

Prelims 15-17

1	Bellmore, James	16	RDR-AS	1:06.75
2	Day, Benjamin	17	PNOKA-AS	1:08.58
3	Erza, Nate	16	RDR-AS	1:10.08
4	Nelson, Owen	17	RDR-AS	1:28.76

Event 306 Girls 10 & Under 25 SC Meter Backstroke

Name	Age	Team	Seed Time
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Prelims 8 & Under

1	Wallace, Juliette	8	RDR-AS	27.63
2	Clews, Tia	7	RDR-AS	27.84
3	Stewart, Tessa	7	INNIS-CA	28.34
4	Thiessen, Millie	7	RDR-AS	28.95
5	Buchholz, Hadley	8	FRBG-AS	29.56
6	Mburugu, Elza	7	INNIS-CA	31.05
7	Layden, Scarlett	6	INNIS-CA	34.35
8	Ponto, Isla	8	FRBG-AS	34.82
9	Schmutz, Leena	6	KLLM-AS	37.60
10	Bowie, Mackenzie	6	PNOKA-AS	39.98
11	Merta, Lezlie	6	KLLM-AS	41.79
12	Seeman, Lynetta	6	RDR-AS	46.46
13	Loewen, Alice	8	LDOL-AS	47.48
14	Blair, Kendall	7	Otters	47.51
15	Clayholt, Addy	7	HANNA-AS	56.13
16	Loewen, Aberdeen	6	LDOL-AS	1:20.68

Prelims 9-10

1	Yaremchuk, Pyper	9	PNOKA-AS	20.30
2	de Gier, Eva	10	LDOL-AS	23.28
3	Smith, Paige	10	RDR-AS	23.53
4	Thiessen, Harlan	10	RDR-AS	23.99
5	Sypkes, Blaire	9	RDR-AS	24.01
6	Borchowitz, Sawyer	9	FRBG-AS	24.81
7	Stolee, Navy	9	RDR-AS	24.95
8	Murphy, Pearl	10	INNIS-CA	25.00

Innisfail Dolphins

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Prelims 9-10...(#306 Girls 10 & Under 25 SC Meter Backstroke)**

9	Schonken, Shae	9	PNOKA-AS	25.43
10	Winters, Thea	10	PNOKA-AS	25.56
11	Russell, Emily	9	LDOL-AS	28.39
12	Stebner, Ellie	9	PNOKA-AS	30.06
13	Gross, Meredith	10	HANNA-AS	30.49
14	Kuefler, Paige	9	FRBG-AS	30.64
15	Pashak, Annabella	9	PNOKA-AS	32.56
16	Buchholz, Ella	10	FRBG-AS	32.76
17	Bowie, Olivia	9	PNOKA-AS	35.52
18	Levitt, Sarah	9	KLLM-AS	36.19
19	Clayholt, Clara	9	HANNA-AS	48.31

Event 307 Boys 10 & Under 25 SC Meter Backstroke

Name	Age	Team	Seed Time
Prelims 8 & Under			
1 Seeman, Ellis	8	RDR-AS	22.78
2 Wilson, Seth	8	LDOL-AS	23.17
3 Renard, Bennett	8	INNIS-CA	27.98
4 du Toit, Arnoux	7	LDOL-AS	28.18
5 Dyck, Elijah	8	LDOL-AS	29.84
6 Ong, Graham	8	RDR-AS	30.17
7 Borchowitz, Noel	7	FRBG-AS	31.55
8 McKean, Harrison	7	LDOL-AS	32.03
9 Kuehne, Leon	8	RDR-AS	33.40
10 Blair, Connor	8	Otters	33.63
11 Dickson, Kolby	8	KLLM-AS	33.74
12 Renard, Spencer	6	INNIS-CA	33.75
13 Yaremchuk, Kiptyn	7	PNOKA-AS	38.26
14 Douglas, Jasper	6	PNOKA-AS	40.24
15 Murphy, Leo	7	INNIS-CA	43.83
16 Clutton, Berkley	6	RDR-AS	44.12
17 McKenna, Marek	7	PNOKA-AS	46.97
18 Anderson, Rhett	4	KLLM-AS	50.34
19 Bensmiller, Ace	6	INNIS-CA	51.13
20 Dickson, Levi	5	KLLM-AS	58.28

Prelims 9-10

1	Lutz, Pierce	10	RDR-AS	22.33
2	Fossen, Miles	10	RDR-AS	22.37
3	Seeman, Ben	10	RDR-AS	23.76
4	Stewart, Vaughn	10	INNIS-CA	24.88
5	Dickson, Lincoln	10	KLLM-AS	25.07
6	Kuehne, Edward	10	RDR-AS	26.95
7	Clutton, Cullen	9	RDR-AS	27.26
8	Ponto, Everett	10	FRBG-AS	28.21
9	Tams, Charlie	9	INNIS-CA	28.80

Event 308 Girls 11 & Over 50 SC Meter Backstroke

Name	Age	Team	Seed Time
Prelims 11-12			
1 Schonken, Calleigh	12	PNOKA-AS	41.37
2 Russell, Claire	12	LDOL-AS	43.42
3 Mathieu, Jenna	11	LDOL-AS	45.30
4 Bergeron, Bridget	11	PNOKA-AS	46.92
5 Levitt, Hailey	11	KLLM-AS	47.90
6 Wiancko, Alexis	11	PNOKA-AS	48.67
7 Murphy, Isla	12	INNIS-CA	49.75
8 Erickson, Tenley	11	FRBG-AS	54.00

9	Tams, Blakely	11	INNIS-CA	55.13
10	McGowan, Caitlyn	11	KLLM-AS	58.60

Prelims 13-14

1	Fulton, Billie	13	INNIS-CA	36.71
2	Lohnes, Ariyah	13	LDOL-AS	40.41
3	Hand, Pascale	13	RDR-AS	41.88
4	Olesen, Camryn	14	HANNA-AS	45.35
5	Levitt, Olivia	13	KLLM-AS	50.03
6	Raab, Charlotte	13	HANNA-AS	50.21
7	Logan, Serenity	13	Otters	50.55
8	Thorsen, Emily	13	INNIS-CA	53.75

Prelims 15-17

1	Winters, Alexa	15	PNOKA-AS	36.98
2	Kroetsch, Ada	15	KLLM-AS	37.58
3	West, Hannah	16	PNOKA-AS	39.06
4	Wilson, Ashley	16	LDOL-AS	39.11
5	Mathieu, Taylor	16	LDOL-AS	41.14
6	Olesen, Lexie	16	HANNA-AS	45.42

Prelims 18 & Over

1	Cavenagh, Julia	19	HANNA-AS	35.36
2	Vasseur, Vanessa	19	PNOKA-AS	38.42

Event 309 Boys 11 & Over 50 SC Meter Backstroke

Name	Age	Team	Seed Time
Prelims 11-12			
1 Crampton, Asher	11	RDR-AS	44.12
2 Anderson, Carter	11	KLLM-AS	45.16
3 Regehr, Austin	11	RDR-AS	45.98
4 McNabb, Beckett	11	FRBG-AS	46.24
5 Wilson, Bennett	11	LDOL-AS	46.77
6 Dickson, Kale	12	KLLM-AS	47.74
7 Kuefler, Max	11	FRBG-AS	51.89
8 Kroetsch, Lawson	11	FRBG-AS	57.20
9 Milne, Wylie	11	INNIS-CA	1:02.08
10 Blair, Jaxson	11	Otters	1:11.44
11 Pashak, Brandtly	11	PNOKA-AS	1:16.25

Prelims 13-14

1	Zankl, Nate	13	RDR-AS	34.07
2	Harvey, Matthew	14	RDR-AS	36.57
3	Thompson, Kevan	13	PNOKA-AS	38.68
4	du Toit, Ruell	13	LDOL-AS	39.51
5	Raab, Cohen	14	HANNA-AS	54.75
6	Floyd, Luc	14	PNOKA-AS	57.15
7	Blair, Halen	13	Otters	1:00.05

Prelims 15-17

1	Jorgenson, Graysen	17	PNOKA-AS	30.87
2	Baich, Myles	15	RDR-AS	36.11
3	Levitt, Keenan	15	KLLM-AS	45.52

Prelims 18 & Over

1	Cho, James	19	LDOL-AS	30.27
2	Mitchell, Flynn	19	RDR-AS	31.09
3	Clews, Andrew	37	RDR-AS	35.34

Innisfail Dolphins

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09

ASSA Region D Regional Championships, Sanction #: 63751

Psych Sheet

Event 310 Girls 7-10 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
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Prelims 7-8...(#310 Girls 7-10 50 SC Meter Breaststroke)

1	Rubanga-Brummund, M	8	HANNA-AS	1:17.39
2	Kroetsch, Atley	7	FRBG-AS	1:23.34

Prelims 9-10

1	Sypkes, Blaire	9	RDR-AS	53.01
2	Thompson, Abigail	10	PNOKA-AS	57.08
3	Clews, Viola	10	RDR-AS	57.28
4	Thiessen, Harlan	10	RDR-AS	58.13
5	Zhang, Jessica	9	RDR-AS	59.14
6	Mburugu, Emrika	9	INNIS-CA	1:02.14
7	Burns, Birdie	9	PNOKA-AS	1:03.17
8	Wassell, Sloan	10	HANNA-AS	1:05.11
9	Anderson, Alannah	9	KLLM-AS	1:05.73
10	Gross, Meredith	10	HANNA-AS	1:09.09
11	Kuefler, Paige	9	FRBG-AS	1:12.18
12	Buchholz, Ella	10	FRBG-AS	1:15.38
13	Russell, Emily	9	LDOL-AS	1:21.07
14	Bowie, Olivia	9	PNOKA-AS	1:22.23
15	May, Isla	9	HANNA-AS	1:25.16
16	Clayholt, Clara	9	HANNA-AS	1:35.29
17	Levitt, Sarah	9	KLLM-AS	1:42.99

Event 311 Boys 7-10 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
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Prelims 7-8

1	Lutz, Bryn	8	RDR-AS	1:23.32
2	Harvey, Alexander	8	RDR-AS	1:24.32
3	du Toit, Arnoux	7	LDOL-AS	1:25.44
4	Seeman, Ellis	8	RDR-AS	1:35.79
5	Clutton, Beckam	8	RDR-AS	1:40.79
6	Patteri, Eli	8	INNIS-CA	1:45.00
7	Edwards, Henrik	7	RDR-AS	1:50.79

Prelims 9-10

1	Cavalare, Ben	10	HANNA-AS	52.63
2	Seeman, Ben	10	RDR-AS	54.12
3	Kroetsch, Hanlen	9	FRBG-AS	1:02.15
4	Martin, Parker	10	CAST-AS	1:03.76
5	Hein, Kuper	9	HANNA-AS	1:04.69
6	Clutton, Cullen	9	RDR-AS	1:10.64
7	Ponto, Everett	10	FRBG-AS	1:28.73

Event 312 Girls 11 & Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time
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Prelims 11-12

1	Harvey, Natalie	11	LDOL-AS	1:38.29
2	Schonken, Calleigh	12	PNOKA-AS	1:38.69
3	Russell, Claire	12	LDOL-AS	1:52.19
4	Cisco, Sloan	12	LDOL-AS	1:54.73
5	Lydiard Wagner, Millie	12	RDR-AS	1:59.85
6	Bergeron, Bridget	11	PNOKA-AS	2:09.16
7	Steenbergen, Ada	11	RDR-AS	2:10.79
8	Erickson, Tenley	11	FRBG-AS	2:35.07

Prelims 13-14

1	Lohnes, Ariyah	13	LDOL-AS	1:30.08
2	Rubanga-Brummund, M	14	HANNA-AS	1:34.06
3	McNabb, Hailey	14	FRBG-AS	1:43.31
4	Hallman, Julianna	14	INNIS-CA	1:47.38
5	Raab, Charlotte	13	HANNA-AS	1:51.02
6	Logan, Serenity	13	Otters	2:19.53

Prelims 15-17

1	Frantz, Mary	15	LDOL-AS	1:30.05
2	Whitbread, Molly	17	LDOL-AS	1:31.67
3	Winters, Alexa	15	PNOKA-AS	1:34.49
4	Olesen, Lexie	16	HANNA-AS	1:40.97

Prelims 18 & Over

1	Nagel, Ronlyn	19	LDOL-AS	1:25.63
2	Anderson, Sarah	33	KLLM-AS	1:39.09

Event 313 Boys 11 & Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time
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Prelims 11-12

1	Ong, Andrew	11	RDR-AS	1:40.26
2	Anderson, Carter	11	KLLM-AS	1:43.59
3	McNabb, Beckett	11	FRBG-AS	1:45.70
4	Johnson, Isaiah	12	FRBG-AS	1:48.51
5	Kroetsch, Ambrose	11	KLLM-AS	2:03.53
6	Blair, Jaxson	11	Otters	2:15.50
7	Raab, Duke	11	HANNA-AS	2:22.79
8	Dyck, Isaiah	11	LDOL-AS	2:26.88
9	Floyd, Theo	12	PNOKA-AS	2:33.49

Prelims 13-14

1	Boyes, Wesley	14	PNOKA-AS	1:25.55
2	Kohlman, Ethan	13	HANNA-AS	1:37.58
3	Raab, Cohen	14	HANNA-AS	1:41.33
4	Nelson, Liam	13	RDR-AS	1:49.52
5	Stewart, Jackson	14	CAST-AS	1:49.79
6	Grabe, Johan	14	RDR-AS	1:49.79

Prelims 15-17

1	Cavenagh, Kevin	17	HANNA-AS	1:18.37
2	Baich, Myles	15	RDR-AS	1:18.84

Event 314 Girls 8 & Under 25 SC Meter Freestyle

Name	Age	Team	Seed Time
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Prelims 8 & Under

1	Wilson, Laura	7	LDOL-AS	22.07
2	Stewart, Tessa	7	INNIS-CA	22.69
3	Mburugu, Elza	7	INNIS-CA	24.60
4	Buchholz, Hadley	8	FRBG-AS	24.62
5	Kaupp, Kara	8	PNOKA-AS	26.43
6	Wallace, Juliette	8	RDR-AS	28.11
7	Thiessen, Millie	7	RDR-AS	29.66
8	Clews, Tia	7	RDR-AS	30.96
9	Ponto, Isla	8	FRBG-AS	31.53
10	Layden, Scarlett	6	INNIS-CA	32.83
11	Loewen, Alice	8	LDOL-AS	37.65
12	Blair, Kendall	7	Otters	39.02
13	Merta, Lezlie	6	KLLM-AS	40.91
14	Schmutz, Leena	6	KLLM-AS	40.92

Innisfail Dolphins

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Prelims 8 & Under...(#314 Girls 8 & Under 25 SC Meter Frees**

15	Bowie, Mackenzie	6	PNOKA-AS	42.32
16	Seeman, Lynetta	6	RDR-AS	46.37
17	Clayholt, Addy	7	HANNA-AS	56.81
18	Ong, Quinn	4	RDR-AS	59.95
19	Loewen, Aberdeen	6	LDOL-AS	1:08.15
20	Clutton, Jayden	4	RDR-AS	1:21.86

Event 315 Boys 8 & Under 25 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Renard, Bennett	8	INNIS-CA	21.17
2 Bensmiller, Quinn	8	INNIS-CA	21.89
3 Edwards, Henrik	7	RDR-AS	24.46
4 Ong, Graham	8	RDR-AS	24.77
5 de Gier, Cole	7	LDOL-AS	25.22
6 Dickson, Kolby	8	KLLM-AS	27.59
7 Patteri, Eli	8	INNIS-CA	27.76
8 Clutton, Beckam	8	RDR-AS	29.66
9 Borchowitz, Noel	7	FRBG-AS	30.06
10 Douglas, Jasper	6	PNOKA-AS	31.80
11 Dyck, Elijah	8	LDOL-AS	32.62
12 Kuehne, Leon	8	RDR-AS	32.92
13 Yaremchuk, Kiptyn	7	PNOKA-AS	33.41
14 Blair, Connor	8	Otters	34.05
15 Renard, Spencer	6	INNIS-CA	40.54
16 McKean, Harrison	7	LDOL-AS	40.63
17 Bensmiller, Ace	6	INNIS-CA	40.81
18 Murphy, Leo	7	INNIS-CA	41.43
19 McKenna, Marek	7	PNOKA-AS	42.82
20 Anderson, Rhett	4	KLLM-AS	54.44
21 Clutton, Berkley	6	RDR-AS	56.57
22 Dickson, Levi	5	KLLM-AS	56.67

Event 316 Girls 9 & Over 50 SC Meter Freestyle

Name	Age	Team	Seed Time
Prelims 9-10			
1 Yaremchuk, Pyper	9	PNOKA-AS	38.93
2 Sykes, Elenya	10	RDR-AS	40.30
3 de Gier, Eva	10	LDOL-AS	44.41
4 Zhang, Jennifer	9	RDR-AS	45.26
5 Renard, Addison	10	INNIS-CA	45.56
6 Mburugu, Emrika	9	INNIS-CA	45.93
7 Sykes, Blaire	9	RDR-AS	47.73
8 Murphy, Pearl	10	INNIS-CA	49.23
9 Stolee, Navy	9	RDR-AS	50.48
10 Buchholz, Ella	10	FRBG-AS	51.02
11 Anderson, Alannah	9	KLLM-AS	51.08
12 Borchowitz, Sawyer	9	FRBG-AS	54.52
13 Russell, Emily	9	LDOL-AS	55.09
14 Wassell, Sloan	10	HANNA-AS	55.39
15 Gross, Meredith	10	HANNA-AS	55.95
16 Smith, Paige	10	RDR-AS	58.19
17 Bota, Rose	10	RDR-AS	58.92
18 Kuefler, Paige	9	FRBG-AS	1:02.91
19 Stebner, Ellie	9	PNOKA-AS	1:13.25
20 May, Isla	9	HANNA-AS	1:17.36
21 Clayholt, Clara	9	HANNA-AS	1:26.80

Prelims 11-12

1 Wilson, Elise	12	LDOL-AS	35.56
2 de Gier, Maria	12	LDOL-AS	36.02
3 Mathieu, Jenna	11	LDOL-AS	37.11
4 Levitt, Hailey	11	KLLM-AS	42.97
5 Dennie, Charlotte	11	CAST-AS	43.52
6 Tams, Blakely	11	INNIS-CA	44.75
7 Ball, Emily	11	HANNA-AS	45.51
8 Murphy, Isla	12	INNIS-CA	45.94
9 Steenbergen, Ada	11	RDR-AS	52.36
10 Erickson, Tenley	11	FRBG-AS	57.22

Prelims 13-14

1 Wilson, Olivia	14	LDOL-AS	30.58
2 Cavenagh, Elise	13	HANNA-AS	32.90
3 Fulton, Billie	13	INNIS-CA	33.39
4 Turner, Sophia	14	RDR-AS	34.12
5 Olesen, Camryn	14	HANNA-AS	35.42
6 Levitt, Olivia	13	KLLM-AS	39.62
7 McNabb, Hailey	14	FRBG-AS	40.59
8 Dennie, Hannah	13	CAST-AS	40.99
9 Logan, Serenity	13	Otters	45.33
10 Holwerda, PSPI, Eden	13	LDOL-AS	1:39.13

Prelims 15-17

1 Frantz, Alice	17	LDOL-AS	29.18
2 Wilson, Ashley	16	LDOL-AS	32.06
3 Kroetsch, Ada	15	KLLM-AS	34.07
4 Mathieu, Taylor	16	LDOL-AS	34.14
5 Romaniuk, Brielle	16	Otters	34.17
6 Olesen, Lexie	16	HANNA-AS	35.27
7 West, Hannah	16	PNOKA-AS	35.34

Prelims 18 & Over

1 Layden, Ardelle	32	INNIS-CA	28.77
2 Cavenagh, Julia	19	HANNA-AS	29.83
3 Wilson, Rebecca	18	LDOL-AS	32.02
4 Vasseur, Vanessa	19	PNOKA-AS	33.15
5 Anderson, Sarah	33	KLLM-AS	33.97

Event 317 Boys 9 & Over 50 SC Meter Freestyle

Name	Age	Team	Seed Time
Prelims 9-10			
1 Scabar, Ethan	10	RDR-AS	35.67
2 Fossen, Maxx	10	RDR-AS	41.87
3 Milne, Magni	10	INNIS-CA	42.66
4 Stewart, Maverick	10	INNIS-CA	43.62
5 Kroetsch, Hanlen	9	FRBG-AS	50.07
6 Kuehne, Edward	10	RDR-AS	51.63
7 Martin, Parker	10	CAST-AS	53.06
8 Hein, Kuper	9	HANNA-AS	56.25
9 Ponto, Everett	10	FRBG-AS	57.87
10 Tams, Charlie	9	INNIS-CA	58.19
11 Cavale, Ben	10	HANNA-AS	1:02.62

Prelims 11-12

1 Stewart, Weston	12	INNIS-CA	36.57
2 Regehr, Austin	11	RDR-AS	38.77
3 Steenbergen, Beckett	11	RDR-AS	45.34
4 Kroetsch, Lawson	11	FRBG-AS	47.09

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****Prelims 11-12...(#317 Boys 9 & Over 50 SC Meter Freestyle)**

5	Milne, Wylie	11	INNIS-CA	49.29
6	Floyd, Theo	12	PNOKA-AS	49.33
7	May, Holden	11	HANNA-AS	49.89
8	Blair, Jaxson	11	Otters	57.14
9	Pashak, Brandtly	11	PNOKA-AS	1:02.01

Prelims 13-14

1	Renard, Ethan	14	INNIS-CA	28.23
2	Regehr, Frankie	13	RDR-AS	30.21
3	Nelson, Liam	13	RDR-AS	32.49
4	Kohlman, Ethan	13	HANNA-AS	34.57
5	Stewart, Jackson	14	CAST-AS	41.73
6	Wilson, Caleb	13	LDOL-AS	43.02
7	Blair, Halen	13	Otters	44.49
8	Floyd, Luc	14	PNOKA-AS	50.56

Prelims 15-17

1	Day, Benjamin	17	PNOKA-AS	26.33
2	Bellmore, James	16	RDR-AS	26.80
3	Cavenagh, Kevin	17	HANNA-AS	28.17
4	Nelson, Owen	17	RDR-AS	31.16
5	Wetaski, Brody	15	RDR-AS	31.67
6	Richer, Channing	15	RDR-AS	31.74
7	Levitt, Keenan	15	KLLM-AS	39.12

Prelims 18 & Over

1	Cho, James	19	LDOL-AS	25.57
2	Mitchell, Flynn	19	RDR-AS	27.94
3	Wilson, Daniel	45	LDOL-AS	29.30
4	Schonken, Shawn	43	PNOKA-AS	30.32
5	Clews, Andrew	37	RDR-AS	31.58

Event 318 Girls 11 & Over 200 SC Meter IM

Name	Age	Team	Seed Time
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Prelims 11-12

1	Harvey, Natalie	11	LDOL-AS	3:16.11
2	Higney, Lucy	12	RDR-AS	3:50.68

Prelims 13-14

1	Dunbar, Josie	14	INNIS-CA	2:52.95
2	Lohnes, Ariyah	13	LDOL-AS	3:07.02
3	Hand, Pascale	13	RDR-AS	3:12.92
4	Steenbergen, Sydney	14	RDR-AS	3:30.46
5	Hallman, Julianna	14	INNIS-CA	3:38.68

Prelims 15-17

1	Whitbread, Molly	17	LDOL-AS	2:57.26
2	Wilson, Ashley	16	LDOL-AS	3:20.88
3	Dennie, Piper	15	CAST-AS	3:53.38

Prelims 18 & Over

1	Wright, Emily	19	LDOL-AS	2:46.99
2	Nagel, Ronlyn	19	LDOL-AS	2:52.03

Event 319 Boys 11 & Over 200 SC Meter IM

Name	Age	Team	Seed Time
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Prelims 11-12

1	Clews, Rohan	12	RDR-AS	3:16.53
2	Ong, Andrew	11	RDR-AS	3:44.10
3	Dickson, Kale	12	KLLM-AS	3:48.36

Prelims 13-14

1	Boyes, Wesley	14	PNOKA-AS	2:57.75
2	Grabe, Johan	14	RDR-AS	3:25.79

Prelims 15-17

1	Jorgenson, Graysen	17	PNOKA-AS	2:33.72
2	Ruppert, Marshall	15	RDR-AS	3:40.79

Event 400 Girls 10 & Under 100 SC Meter Freestyle Relay

Team	Relay	Seed Time
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8 & Under

1	RDR-AS	W8 A	2:15.10
	1) Wallace, Juliette 8	2) Thiessen, Millie 7	
	3) Clews, Tia 7	4) Seeman, Lynetta 6	

9-10

1	PNOKA-AS	W10 A	1:41.79
	1) Yaremchuk, Pyper 9	2) Burns, Birdie 9	
	3) Thompson, Abigail 10	4) Schonken, Shae 9	
2	FRBG-AS	W10 A	1:43.34
	1) Borchowitz, Sawyer 9	2) Buchholz, Hadley 8	
	3) Buchholz, Ella 10	4) Kuefler, Paige 9	
3	RDR-AS	W10 B	1:44.35
	1) Thiessen, Harlan 10	2) Clews, Viola 10	
	3) Zhang, Jennifer 9	4) Sypkes, Blaire 9	
4	HANNA-AS	W10 A	2:13.26
	1) Rubanga-Brummund, Mary	2) May, Isla 9	
	3) Gross, Meredith 10	4) Wassell, Sloan 10	
5	PNOKA-AS	W9 B	2:14.53
	1) Pashak, Annabella 9	2) Kaupp, Kara 8	
	3) Stebner, Ellie 9	4) Bowie, Olivia 9	

Event 401 Boys 10 & Under 100 SC Meter Freestyle Relay

Team	Relay	Seed Time
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1	RDR-AS	M40 A	1:30.41
	1) Fossen, Maxx 10	2) Fossen, Miles 10	
	3) Lutz, Pierce 10	4) Scabar, Ethan 10	
2	RDR-AS	M31 A	1:37.16
	1) Edwards, Henrik 7	2) Ong, Graham 8	
	3) Lutz, Bryn 8	4) Harvey, Alexander 8	
3	INNIS-CA	M31 A	2:04.06
	1) Renard, Bennett 8	2) Bensmiller, Ace 6	
	3) Tams, Charlie 9	4) Bensmiller, Quinn 8	
4	RDR-AS	M30 B	2:25.97
	1) Clutton, Beckam 8	2) Kuehne, Leon 8	
	3) Clutton, Berkley 6	4) Seeman, Ellis 8	
5	PNOKA-AS	M28 A	2:27.95
	1) Yaremchuk, Kiptyn 7	2) Bergeron, Enda 8	
	3) McKenna, Marek 7	4) Douglas, Jasper 6	

Event 402 Mixed 10 & Under 100 SC Meter Freestyle Relay

Team	Relay	Seed Time
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1	RDR-AS	X38 A	1:19.70
	1) Sypkes, Elenya W10	2) Zhang, Jessica W9	
	3) Clutton, Cullen M9	4) Seeman, Ben M10	
2	LDOL-AS	X32 A	1:37.99
	1) de Gier, Eva W10	2) de Gier, Cole M7	
	3) Wilson, Laura W7	4) Wilson, Seth M8	

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****...(#402 Mixed 10 & Under 100 SC Meter Freestyle Relay)**

3	INNIS-CA	X30 A	2:14.66
	1) Murphy, Pearl W10	2) Murphy, Leo M7	
	3) Stewart, Tessa W7	4) Renard, Spencer M6	
4	KLLM-AS	X25 A	2:46.09
	1) Dickson, Kolby M8	2) Dickson, Levi M5	
	3) Schmutz, Leena W6	4) Merta, Lezlie W6	

Event 403 Girls 11-14 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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11-12

1	LDOL-AS	W12 A	2:26.58
	1) Harvey, Natalie 11	2) Mathieu, Jenna 11	
	3) de Gier, Maria 12	4) Wilson, Elise 12	

13-14

1	INNIS-CA	W14 A	2:17.16
	1) Dunbar, Josie 14	2) Hallman, Sophie 13	
	3) Hallman, Julianna 14	4) Fulton, Billie 13	
2	INNIS-CA	W13 B	3:04.67
	1) Murphy, Isla 12	2) Renard, Addison 10	
	3) Tams, Blakely 11	4) Thorsen, Emily 13	

Event 404 Boys 11-14 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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1	RDR-AS	M54 A	2:04.23
	1) Grabe, Johan 14	2) Regehr, Frankie 13	
	3) Zankl, Nate 13	4) Harvey, Matthew 14	
2	RDR-AS	M45 A	2:33.18
	1) Crampton, Asher 11	2) Clews, Rohan 12	
	3) Ong, Andrew 11	4) Regehr, Austin 11	
3	FRBG-AS	M45 A	2:48.14
	1) Johnson, Isaiah 12	2) McNabb, Beckett 11	
	3) Kuefler, Max 11	4) Kroetsch, Lawson 11	
4	INNIS-CA	M40 A	3:16.27
	1) Patteri, Eli 8	2) Stewart, Weston 12	
	3) Stewart, Vaughn 10	4) Stewart, Maverick 10	
5	HANNA-AS	M41 A	3:47.61
	1) Hein, Kuper 9	2) Raab, Duke 11	
	3) Cavallare, Ben 10	4) May, Holden 11	

Event 405 Mixed 11-14 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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1	RDR-AS	X54 A	2:12.72
	1) Bevens, Samantha W13	2) Nelson, Liam M13	
	3) Turner, Sophia W14	4) Driesen, Lucas M14	
2	PNOKA-AS	X50 A	2:28.53
	1) Schonken, Calleigh W12	2) Bergeron, Bridget W11	
	3) Thompson, Kevan M13	4) Boyes, Wesley M14	
3	HANNA-AS	X54 A	2:29.34
	1) Rubanga-Brummund, Maya	2) Raab, Charlotte W13	
	3) Raab, Cohen M14	4) Kohlman, Ethan M13	
4	LDOL-AS	X47 A	2:36.54
	1) Wilson, Bennett M11	2) Gallant, Katie W11	
	3) Cisco, Sloan W12	4) du Toit, Ruell M13	
5	KLLM-AS	X42 A	3:00.83
	1) Levitt, Hailey W11	2) Anderson, Alannah W9	
	3) Dickson, Lincoln M10	4) Dickson, Kale M12	

6	PNOKA-AS	X44 A	3:09.50
	1) Winters, Thea W10	2) Floyd, Theo M12	
	3) Wiancko, Alexis W11	4) Stebner, Finley M11	

Event 406 Girls 15-17 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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1	LDOL-AS	W59 A	2:06.53
	1) Frantz, Mary 15	2) Lohnes, Ariyah 13	
	3) Wilson, Olivia 14	4) Frantz, Alice 17	

Event 407 Boys 15-17 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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1	PNOKA-AS	M64 A	1:54.64
	1) Day, Benjamin 17	2) Dillen, Daniel 14	
	3) Bowes, William 16	4) Jorgenson, Graysen 17	
2	RDR-AS	M60 A	2:02.98
	1) Baich, Myles 15	2) Dewan, Keegan 15	
	3) Richer, Channing 15	4) Wetaski, Brody 15	

Event 408 Mixed 15-17 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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1	RDR-AS	X64 A	1:58.28
	1) Erza, Nate M16	2) Driesen, Kayla W16	
	3) Robertson, Kayleigh W16	4) Bellmore, James M16	

Event 409 Women 18 & Over 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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18 & Over

1	LDOL-AS	W68 A	2:13.39
	1) Whitbread, Molly 17	2) Mathieu, Taylor 16	
	3) Nagel, Ronlyn 19	4) Wilson, Ashley 16	
2	HANNA-AS	W62 A	2:13.42
	1) Cavenagh, Julia 19	2) Olesen, Lexie 16	
	3) Olesen, Camryn 14	4) Cavenagh, Elise 13	

Event 410 Men 18 & Over 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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--- No entries for event

Event 411 Mixed 18 & Over 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
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X18 & Over

1	INNIS-CA	X75 A	1:53.26
	1) Beatty, Kyle M29	2) Layden, Ardelle W32	
	3) Haldorson, Aubry W19	4) Renard, Ethan M14	
2	LDOL-AS	X102 A	1:55.42
	1) Wilson, Daniel M45	2) Wright, Emily W19	
	3) Whitbread, Abby W19	4) Cho, James M19	
3	PNOKA-AS	X115 B	2:13.80
	1) Winters, Shawn M37	2) West, Hannah W16	
	3) Vasseur, Vanessa W19	4) Schonken, Shawn M43	

Innisfail Dolphins

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2026 ASSA Reg D Regional Championship Meet - 2026-08-07 to 2026-08-09**ASSA Region D Regional Championships, Sanction #: 63751****Psych Sheet****X18 & Over...(#411 Mixed 18 & Over 200 SC Meter Freestyle R**

4	KLLM-AS	X74	A	2:25.28
	1) Anderson, Carter M11		2) Levitt, Keenan M15	
	3) Kroetsch, Ada W15		4) Anderson, Sarah W33	
5	PNOKA-AS	X64	A	3:04.80
	1) Floyd, Luc M14		2) Pashak, Brandtly M11	
	3) Winters, Alexa W15		4) David, Emily W24	

Event 412 Mixed 11 & Over 800 SC Meter Freestyle

	Name	Age	Team	Seed Time
W11-14				
1	Bevans, Samantha	W13	RDR-AS	11:40.84
W15-17				
1	Frantz, Mary	W15	LDOL-AS	11:18.20
W18 & Over				
1	Whitbread, Abby	W19	LDOL-AS	11:17.25
M11-14				
1	Driesen, Lucas	M14	RDR-AS	12:30.90
2	Dillen, Daniel	M14	PNOKA-AS	12:47.13
M15-17				
1	Dewan, Keegan	M15	RDR-AS	10:35.86
2	Bowes, William	M16	PNOKA-AS	12:20.60
M18 & Over				
1	Forster, Marty	M52	FRBG-AS	11:24.36