

Sioux City at Lc 2026 - 9/29/2026  
Results - Lewis Central vs Sioux City West

|                                |                       |                     |                   |                 |             |
|--------------------------------|-----------------------|---------------------|-------------------|-----------------|-------------|
| #1 Girls 200 Yard Medley Relay | Team                  |                     | Relay             | Finals Time     |             |
|                                | 1                     | SCM-IA              | A                 | 2:02.73         |             |
|                                |                       | Harder, Lily        | Freeman, Aria     |                 |             |
|                                |                       | Freeman, Natalie    | Laws, Aaliyah     |                 |             |
|                                |                       | 33.06               | 1:07.08           | 1:36.34 2:02.73 |             |
|                                | 2                     | LC                  | A                 | 2:06.13         |             |
|                                |                       | Schnackel, Anissa   | Lynch, Lucy       |                 |             |
|                                |                       | Stefanic, Danika 14 | Wright, Mia       |                 |             |
|                                |                       | 33.09               | 1:09.72           | 1:38.76 2:06.13 |             |
|                                | 3                     | SCM-IA              | B                 | 2:32.96         |             |
| #2 Girls 200 Yard Free         | Name                  |                     | Age               | Team            | Finals Time |
|                                | 1                     | Freeman, Natalie    |                   | SCM-IA          | 2:07.03     |
|                                |                       | 28.86               | 1:00.33           | 1:33.73         | 2:07.03     |
|                                | 2                     | Rustwick, Rylee     |                   | SCM-IA          | 2:07.76     |
|                                |                       | 28.93               | 1:01.42           | 1:35.18         | 2:07.76     |
|                                | 3                     | Lockey, Ainsley     |                   | LC              | 2:16.71     |
|                                |                       | 29.87               | 1:04.13           | 1:40.27         | 2:16.71     |
|                                | 4                     | Wright, Mia         |                   | LC              | 2:26.59     |
|                                |                       | 34.78               | 1:14.19           | 1:53.00         | 2:26.59     |
|                                | 5                     | Lynch, Lucy         |                   | LC              | 2:34.49     |
| #3 Girls 200 Yard IM           | Name                  |                     | Age               | Team            | Finals Time |
|                                | 1                     | Laws, Aaliyah       |                   | SCM-IA          | 2:27.40     |
|                                |                       | 32.64               | 1:09.44           | 1:55.68         | 2:27.40     |
|                                | 2                     | Stefanic, Danika    | 14                | LC              | 2:29.66     |
|                                |                       | 32.02               | 1:10.61           | 1:56.20         | 2:29.66     |
|                                | 3                     | Schnackel, Anissa   |                   | LC              | 2:36.74     |
|                                |                       | 33.06               | 1:59.35           | 2:36.91         | 2:36.74     |
|                                | 4                     | Feauto, Alex        |                   | SCM-IA          | 2:41.00     |
|                                | 5                     | Murray, Jillian     |                   | LC              | 2:41.13     |
|                                |                       | 34.67               | 1:17.48           | 2:04.43         | 2:41.13     |
| #4 Girls 50 Yard Free          | Name                  |                     | Age               | Team            | Finals Time |
|                                | 1                     | Knispel, Elise      |                   | LC              | 25.67       |
|                                | 2                     | Harder, Lily        |                   | SCM-IA          | 27.74       |
|                                | 3                     | Pyle, Alyssa        | 14                | LC              | 30.46       |
|                                | 4                     | Leighton, Alivia    |                   | SCM-IA          | 31.53       |
|                                | 5                     | Booker, Allison     |                   | LC              | 31.78       |
|                                | 6                     | Miller, Briley      |                   | SCM-IA          | 33.99       |
|                                | ---                   | Riggs, Liviana      | 14                | LC              | X32.39      |
|                                | ---                   | Neal, Bailey        |                   | LC              | X32.97      |
|                                | #5 Girls 100 Yard Fly | Name                |                   | Age             | Team        |
| 1                              |                       | Knispel, Elise      |                   | LC              | 1:00.97     |
|                                |                       | 29.07               | 1:00.97           |                 |             |
| 2                              |                       | Freeman, Aria       |                   | SCM-IA          | 1:07.41     |
|                                |                       | 31.51               | 1:07.41           |                 |             |
| 3                              |                       | Murray, Jillian     |                   | LC              | 1:16.56     |
|                                |                       | 37.31               | 1:16.56           |                 |             |
| 4                              |                       | Laws, Aaliyah       |                   | SCM-IA          | 1:17.38     |
|                                |                       | 35.21               | 1:17.38           |                 |             |
| 5                              |                       | Gruber, Lupita      |                   | LC              | 1:20.29     |
| #6 Girls 100 Yard Free         | Name                  |                     | Age               | Team            | Finals Time |
|                                | 1                     | Knispel, Madeline   |                   | LC              | 56.05       |
|                                |                       | 26.93               | 56.05             |                 |             |
|                                | 2                     | Harder, Lily        |                   | SCM-IA          | 59.93       |
|                                |                       | 29.04               | 59.93             |                 |             |
|                                | 3                     | Delarosa, Natalie   |                   | SCM-IA          | 1:01.79     |
|                                |                       | 29.86               | 1:01.79           |                 |             |
|                                | 4                     | Wright, Mia         |                   | LC              | 1:01.98     |
|                                |                       | 29.63               | 1:01.98           |                 |             |
|                                | 5                     | Carter, Ellie       |                   | LC              | 1:10.85     |
| #7 Girls 500 Yard Free         | Name                  |                     | Age               | Team            | Finals Time |
|                                | 1                     | Lockey, Ainsley     |                   | LC              | 6:00.71     |
|                                |                       | 31.81               | 1:06.97           | 1:43.13         | 2:19.62     |
|                                |                       | 2:56.65             | 3:33.30           | 4:10.23         | 4:47.22     |
|                                |                       | 5:24.45             | 6:00.71           |                 |             |
|                                | 2                     | Gabriel, Carlie     |                   | SCM-IA          | 6:16.12     |
|                                |                       | 33.23               | 1:09.85           | 1:47.47         | 2:25.19     |
|                                |                       | 3:03.33             | 3:41.50           | 4:19.78         | 4:58.85     |
|                                |                       | 5:38.07             | 6:16.12           |                 |             |
|                                | 3                     | Stefanic, Danika    | 14                | LC              | 6:20.56     |
| #8 Girls 200 Yard Free Relay   | Team                  |                     | Relay             | Finals Time     |             |
|                                | 1                     | LC                  | A                 | 1:47.13         |             |
|                                |                       | Wright, Mia         | Lockey, Ainsley   |                 |             |
|                                |                       | Knispel, Elise      | Knispel, Madeline |                 |             |
|                                |                       | 28.40               | 56.37             | 1:21.94 1:47.13 |             |
|                                | 2                     | SCM-IA              | A                 | 1:47.59         |             |
|                                |                       | Freeman, Natalie    | Harder, Lily      |                 |             |
|                                |                       | Laws, Aaliyah       | Freeman, Aria     |                 |             |
|                                |                       | 27.17               | 54.69             | 1:21.18 1:47.59 |             |
|                                | 3                     | SCM-IA              | B                 | 2:01.07         |             |
| #9 Girls 100 Yard Back         | Name                  |                     | Age               | Team            | Finals Time |
|                                | 1                     | Knispel, Madeline   |                   | LC              | 1:02.37     |
|                                |                       | 30.47               | 1:02.37           |                 |             |
|                                | 2                     | Freeman, Aria       |                   | SCM-IA          | 1:03.96     |
|                                |                       | 31.44               | 1:03.96           |                 |             |
|                                | 3                     | Schnackel, Anissa   |                   | LC              | 1:09.04     |
|                                |                       | 33.45               | 1:09.04           |                 |             |
|                                | 4                     | Delarosa, Natalie   |                   | SCM-IA          | 1:11.56     |
|                                |                       | 35.47               | 1:11.56           |                 |             |
|                                | 5                     | Delgadillo, Frida   |                   | SCM-IA          | 1:22.75     |
| #10 Girls 100 Yard Breast      | Name                  |                     | Age               | Team            | Finals Time |
|                                | 1                     | Freeman, Natalie    |                   | SCM-IA          | 1:17.18     |
|                                |                       | 36.72               | 1:17.18           |                 |             |
|                                | 2                     | Lynch, Lucy         |                   | LC              | 1:22.09     |
|                                |                       | 38.44               | 1:22.09           |                 |             |
|                                | 3                     | Rustwick, Rylee     |                   | SCM-IA          | 1:25.61     |
|                                |                       | 39.70               | 1:25.61           |                 |             |
|                                | 4                     | Gabriel, Carlie     |                   | SCM-IA          | 1:31.38     |
|                                |                       | 43.98               | 1:31.38           |                 |             |
|                                | 5                     | Gruber, Lupita      |                   | LC              | 1:31.78     |

Sioux City at Lc 2026 - 9/29/2026  
Results - Lewis Central vs Sioux City West

| #11 Girls 400 Yard Free Relay            |                     |                   |             |         |
|------------------------------------------|---------------------|-------------------|-------------|---------|
| Team                                     |                     | Relay             | Finals Time |         |
| 1                                        | LC                  | A                 | 4:02.52     |         |
|                                          | Stefanic, Danika 14 | Lockey, Ainsley   |             |         |
|                                          | Knispel, Elise      | Murray, Jillian   |             |         |
|                                          | 28.98               | 1:01.40           | 1:29.82     | 2:02.92 |
|                                          | 2:32.41             | 3:05.81           | 3:32.80     | 4:02.52 |
| 2                                        | SCM-IA              | A                 | 4:14.87     |         |
|                                          | Rustwick, Rylee     | Gabriel, Carlie   |             |         |
|                                          | Delarosa, Natalie   | Delgadillo, Frida |             |         |
|                                          | 29.07               | 1:01.18           | 1:33.23     | 2:08.92 |
|                                          | 2:37.83             | 3:09.09           | 3:40.30     | 4:14.87 |
| 3                                        | LC                  | B                 | 4:29.62     |         |
|                                          |                     | Schnackel, Anissa |             |         |
|                                          | Gruber, Lupita      | Lynch, Lucy       |             |         |
|                                          | 34.28               | 1:15.49           | 1:44.94     | 2:24.22 |
|                                          | 2:55.83             | 3:31.91           | 3:59.11     | 4:29.62 |
| 4                                        | SCM-IA              | B                 | 4:55.62     |         |
|                                          |                     | Miller, Briley    |             |         |
|                                          | Leighton, Alivia    | Feauto, Alex      |             |         |
|                                          | 36.58               | 1:16.08           | 1:52.17     | 2:31.52 |
|                                          | 3:06.79             | 3:47.78           | 4:20.69     | 4:55.62 |
| ---                                      | LC                  | C                 | X4:57.79    |         |
|                                          | Booker, Allison     | Carter, Ellie     |             |         |
|                                          | Riggs, Liviana 14   | Pyle, Alyssa 14   |             |         |
|                                          | 37.77               | 1:19.02           | 1:53.71     | 2:35.38 |
|                                          | 3:09.21             | 3:49.15           | 4:21.24     | 4:57.79 |
| Scores - Women                           |                     |                   |             |         |
| Women - Team Rankings - Through Event 11 |                     |                   |             |         |
| 1.                                       | Lewis Central       | 89                |             |         |
| 2.                                       | Sioux City Metro    | 81                |             |         |