



WELLNESS

SPORTSMANSHIP

COACHES' EDUCATION

LEADERSHIP

COMMUNITY SERVICE

#OneTeamOneMIAA

Winter North & South Girls Swimming & Diving Tournament

Diving – 2/5 at Anthony Mucciaccio Dedham Pool

Swimming – 2/6 at *Boston Sports Institute*

Growing Courageous Leaders™

Time Line for the MIAA 2026 Winter South Girls Sectional Swim & Dive Championships

Boston Sports Institute Swimming Pool - Wellesley

MIAA Sportsmanship guidelines and behavioral expectations will be strictly enforced throughout the meet. These guidelines specifically prohibit all noisemakers and signs. Shirts must be worn in the spectator gallery at all times and body painting is not allowed. Only school or team banners are allowed and these must be hung by meet staff. Only participants and team staff listed on the roster may be on deck during the meet.

12:00	Swimmers & Coaches check-in at Entrance Hall Lobby to the left of the Balcony Stairs
12:15	Warm-ups begin in the Competition Pool and the 3 lane Frog Pond Pool. Feet first entries only.
TBA	Sprint Lanes (One Length). Time and lanes will be announced by the meet referee.
12:20 – 12:40	Coaches' Meeting - in the long hallway behind the teaching pool Meet Information, medley relay declarations, scratches, declared false starts, etc.
12:30	Balcony open for Spectators
12:50	Timers meeting, in the small hallway adjacent to the teaching pool.. Timers report with watches
1:00	Warm-up Ends. Frog Pond at the Far end of the competition pool open throughout meet.
1:05	Senior introductions (gather at awards area near lane 1), followed by the National Anthem.
1:15	Winter South Sectional Championship in Swimming & Diving begin - 8 Lane Swimming
-----	15 minute Swim Break in lieu of Diving. (Championship pool open for warm –up)
-----	Five minute Swim Break prior to 400 F.S. Relay. (Championship pool closed

Swim Referee: Marian Nihan	Officials: Bill Carline, Peter Chamberlain, Steve McAlarney, Kelly Pierce
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Meet Director: Peter Foley	Swim Announcer: Bryan King
Chief Swim Clerk: Kimberly Whitworth	Athletic Trainer: Rob Buffis

Girls South Sectional Teams 2025 - 26

<u>School</u>	<u>Athletic Director</u>	<u>Coaching Staff</u>
Apponequet Middleboro	James Cabucio	Tracy Owen, Sean Sicilliano
Archbishop Williams	Sean McDonough	Brian Kowalsky, Patti Curran
Ashland	Pete Connery	Mike Kotch, John Barrett
Attleboro	Mark Houle	Darbie Sawyer, Sarah Butler, Rachel Priestly
Bishop Feehan	Christian Schatz	Kathy White, Ben Goho, Jackson Perry, Matt Suarez
Bishop Stang	Nate Greene	Dave Ponte, Ben Carusi, Nicole Saulnier, Mary Ellen Clark
Bridgewater Raynham	William O'Connell	Shannon George, Lisa Szumita
Brockton	Kevin Karo	Kelly Ortendahl, Gina Poliseno, Gavin Rocha, Dodhy Saint – Amand
Canton	Danny Erickson	Cheryl Cavanaugh, Chris Murttaugh
Cardinal Spellman	Mike Gerish	Kara McInnis
Dedham	Steve Traister	Kathleen Megan, Juliette Byrnes, Maura O'Brien
Dedham	Steve Traister	Kathleen Megan, Juliette Byrnes, Maura O'Brien
Dover Sherborn	Emily Sullivan	Carly Eckles, Kyle Browning, Maura O'Brien
Durfee	Brad Bustin	Chris Poliseno, Adam Katz, Emma Jacinto
Duxbury	Jeff Maidment	Krysten Davis, Doug Backlund , Chris Benisch
Franklin	Karrah Ellis	Carl Cedarquist, Colleen Gordon, Maria Napoli
Hingham Cohasset	Jim Quatromoni	Kaitlyn McDonough, George Stamides. Kara McInnis, Jessica Hanssons
Hopkinton	Ricardo Andrade	Blake Briner, Mary Lauren Burke
King Philip	Gary Brown	Susan Antonellis, Nicole Cleasby

Mansfield	Timothy Selmon	Brian Schwartz, Austin McGowan, Abbie Grant, Steve Dubois
Marshfield Hanover	William Battis	Lily Courtney, Matt Nugent, Nikki Sheehan, Barb Toohey, Chris Benisch
Medfield Norwood	Eric Scott	Paul Ferraro, Izabella Inzodda, Blake Leshnick. Ana Santa Alcantra, Maura O'Brien,
Milford	Pete Boucher	Kate Lemire, Dave Chaplin, Oliver Michalewski
Nantucket	Travis Lombardi	Dylan Jones, Doreen Allen, Andrew Trott-Kielawa
Nauset Regional	John Mattson	Justin Bohannon, Hannah Brunnelle, Cole Hogg, Kaitlin Bohannon
New Bedford	Thomas Tarpey	Koby Verran, Tim Curry, Michael Gryss, Maya Ciccarone, Geraldine Fortes
Norton	Aaron Sumner	Ruston Eastman, Kendra Cerce, Kathryn Nugent
Norwell So. Shore Tech	J.J. Niamkey	Julie Fox, Jen Schad,, Bridget Lawson, Chris Benisch
Old Rochester (Coop)	Chris Carrig	Sarah Robertson, Christina Bonney
Oliver Ames	Merry MacDonald	Morgan O'Hara, Ben Turner, Anthony Carragi, Barrett Roberts
Plymouth (Coop)	Justin Domingos	Bob Bell
Quincy North Quincy	Kevin Mahoney	Thomas Whittico, Delia Delorie, Kate Daversa, Theresa Kerrigan
Sandwich	Sean Donavan	Wendy Pierce, John Cahill, Melanie Denbow, Tony Compton
Scituate	Scott Paine	Eric Fagerlund, Jessica Whittier
Seekonk (Coop)	Kasey Squires	Emily O'Connor, Matt Wills
Sharon	Mike Vitelli	Sara Barbera, Ryan Stringfellow
Silver Lake Whitman Hanson	Richard Swanson	Jonathan Munro
Stoughton	Robin Ireland	Wyatt Callander
Westwood	Richkaard Verrier	Mary Holt Wilson, Allie Hannon, Maureen Erickson

2026 MIAA Winter Girl's South Sectional - 2/6/2026
Meet Program

Event 1 Women 200 Yard Medley Relay

Meet Record:	1:46.66	2/10/2018	Duxbury
J Ali, M Buckley, G Ali, A Jamieson			
State Record:	1:44.80	2/17/2018	Duxbury High School
J Ali, M Buckley, G Ali, A Jamieson			
State QualD1:	2:06.46		
State QualD2:	2:04.40		
AA Automatic:	1:44.15		
AA Consider:	1:46.22		

Meet Qualifying: 2:06.73

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Finals

2		
3	NAUS	2:06.05
4	SAND	2:05.82
5	Nsst	2:04.52
6	WWOO	2:05.60
7	MANS	2:06.02
8	SHAR	2:08.79
9		

Heat 2 of 3 Finals

2	ATTL	2:03.48
3	ASHL	2:03.17
4	Feehan	2:02.97
5	Qnq	2:01.85
6	DEDH	2:02.48
7	Apponequet	2:03.06
8	HING	2:03.26
9	FRAN	2:04.17

Heat 3 of 3 Finals

2	MEDF	2:00.87
3	Marshfield	2:00.41
4	NB	1:59.67
5	SEEK	1:56.98
6	NANT	1:58.50
7	DUXB	1:59.82
8	DOVE	2:00.66
9	SCIT	2:01.28

Event 2 Women 200 Yard Freestyle

Meet Record:	1:49.94	2/10/2018	Ashley Loomis
State Record:	1:48.32	11/17/2019	Malia Amuan
State QualD1:	2:10.09		
State QualD2:	2:09.51		
AA Automatic:	1:48.81		
AA Consider:	1:50.65		

Meet Qualifying: 2:12.57

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Finals

2				
3				
4	McKenzie Gezotis	27	MAHA	2:12.38
5	Katie Capobianco	29	MAHA	2:11.40
6	Casey Mulcahy		BRID	2:11.85
7				
8				
9				

Heat 2 of 2 Finals

2	Kate dos Santos	29	BFEE	2:08.57
3	Jordan Iovino	26	MEDF	2:04.11
4	Dakota Callahan	28	DOVE	2:03.09
5	Lydia Craft	27	SEEK	1:58.98
6	Ava Pecora	27	FRAN	2:02.46
7	Bella Trevaskis	29	SCIT	2:03.83
8	Penny Ryan	28	PLYM	2:06.70
9	Evie Lassonde	28	ASHL	2:10.63

Event 3 Women 200 Yard IM

Meet Record:	2:04.16	2/8/2020	Megan Kramer
State Record:	1:59.96	11/9/2025	Vivian Moulson
State QualD1:	2:28.19		
State QualD2:	2:27.17		
AA Automatic:	2:01.47		
AA Consider:	2:03.99		

Meet Qualifying: 2:30.13

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

2				
3				
4	Murron McGillicuddy	27	NORL	2:30.04
5	Emma Cogswell	29	DOVE	2:29.69
6	Ryen Jablonski	29	MEDF	2:29.94
7				
8				
9				

Heat 2 of 4 Finals

2				
3	Destiny Coleman	28	NEWB	2:28.61
4	Zoli Day	30	NANT	2:27.31
5	Alexa Lopez Vergara '26/C	26	BSTA	2:27.08
6	Maeve Gleeson	27	CARD	2:27.09
7	Cait Gallant	29	OLIV	2:27.47
8	Clara Schreiber	26	MANS	2:28.80
9				

2026 MIAA Winter Girl's South Sectional - 2/6/2026

Meet Program

Heat 3 Finals (#3 Women 200 Yard IM)

2	Georgia Pearson	26	MAHA	2:26.18
3	Avery Abreu	30	SEEK	2:25.44
4	Bonnie Arrigo	28	SEEK	2:24.28
5	Sara Dussault	26	NANT	2:23.99
6	Molly McKinnon	28	FRAN	2:24.16
7	Amelia Byrne	28	HING	2:25.01
8	Brooke Carline	26	NORT	2:26.16
9	Rose Lindblom	28	SCIT	2:26.24

Heat 4 of 4 Finals

2	Norah Yang	28	DOVE	2:23.11
3	Emily Tonino	27	SEEK	2:20.74
4	Sarah Pescod	26	NORT	2:19.15
5	Cora Shea	27	SHAR	2:12.76
6	Anna Szafran		DUXB	2:16.33
7	Ava Dougherty	26	ATTL	2:19.63
8	Molly Connors	26	ASHL	2:21.82
9	Brigid Steele	30	SAND	2:23.87

Event 4 Women 50 Yard Freestyle

Meet Record:	23.63	2/8/2015	Dorian McMenemy
State Record:	23.18	11/17/2019	Michaela Chokureva
State QualD1:	26.84		
State QualD2:	26.84		
AA Automatic:	23.06		
AA Consider:	23.48		

Meet Qualifying: 27.14

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

2	Caroline Huston	26	NEWB	27.12
3	Samantha Buhlman	27	DEDH	27.06
4	Nola Burr	28	BSTA	27.01
5	Charlotte Leonard	29	Wwoo	26.75
6	Daniela Vernot	26	STOU	26.90
7	Trinity Coleman	26	NEWB	27.06
8	Hannah Le	27	OLIV	27.07
9				

Heat 2 of 3 Finals

2	Lillian Dwyer	26	APQT	26.59
3	Avery Antunes	26	DURF	26.41
4	Sasha Baghdasaryan	27	FRAN	26.32
5	Wilma Zeng	28	SHAR	26.29
6	Melanie Hawkins	29	QUIN	26.31
7	Mary Lea	29	BFEE	26.34
8	Kayla Ngo	28	QUIN	26.56
9	Paige Stewart	27	NORL	26.63

Heat 3 of 3 Finals

2	Nora Olson	26	DOVE	26.09
3	Ashley Wagner	28	HING	25.98
4	Myah Johnson	26	NANT	25.53
5	Samantha Lee	29	MEDF	24.97
6	Serenity Coleman	27	NEWB	25.29
7	Michelle Asriyan	28	Wwoo	25.75
8	Ryan Colleran	28	Wwoo	25.99
9	McKenzie Gilmore	27	SCIT	26.15

Event 5 Women 1 mtr Diving

Meet Record:	539.55	2/17/2005	Tess Waresmit
State Record:	579.30	2/14/2015	Meghan O'Brien
State QualD1:	185.00		
State QualD2:	190.00		

Meet Qualifying: 175.00

Lane	Name	Yr	School
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Flight 1 of 1 Prelims

1	Brooke Kudrle	27	SAND	398.60
2	Marlyss Wagner	26	BROC	252.10
3	Izzy DeMederos	26	BFEE	266.30
4	Hannah Slotnick	29	Wwoo	181.70
5	Chloe Francis	29	MAHA	204.23
6	Brooklyn Hairston	30	SAND	385.50
7	Peighton Sousa	27	NEWB	195.65
8	Piper Reis	26	NEWB	195.65
9	Jacqui Bank	26	NEWB	219.45
10	Jacqueline McGowan	26	Wwoo	182.05
11	Claire Bjerre	26	DURF	213.65
12	Serena DaRosa	27	BFEE	199.10
13	Maddie Reif	26	NORL	311.10
14	Keira Smid	27	DEDH	238.00
15	Abigail Kube	27	DOVE	237.25

Event 6 Women 100 Yard Butterfly

Meet Record:	54.69	2/8/2014	Taylor Strachan
State Record:	53.31	11/21/2021	Anna Boemer
State QualD1:	1:06.85		
State QualD2:	1:06.42		
AA Automatic:	54.29		
AA Consider:	55.44		

Meet Qualifying: 1:07.12

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

2	Oneli Weeraratne	28	HOPK	1:07.06
3	Avery Antunes	26	DURF	1:06.83
4	Iris Tessier	29	KING	1:06.56
5	Leann Ruan	27	QUIN	1:06.18
6	Sophia Forni	29	ASHL	1:06.26
7	Melanie Hawkins	29	QUIN	1:06.77
8	Sophie Fracassa	27	FRAN	1:06.95
9				

Heat 2 of 3 Finals

2	Alison Sham	26	DOVE	1:06.15
3	Rose Lindblom	28	SCIT	1:05.70
4	Mackenzie Roy	27	MILF	1:05.13
5	Destiny Coleman	28	NEWB	1:04.53
6	Brooke Carline	26	NORT	1:05.08
7	Katherine Zhang	29	DOVE	1:05.22
8	Paige Stewart	27	NORL	1:05.95
9	Clara Schreiber	26	MANS	1:06.15

2026 MIAA Winter Girl's South Sectional - 2/6/2026

Meet Program

Heat 3 Finals (#6 Women 100 Yard Butterfly)

2	Jordan Iovino	26	MEDF	1:03.63
3	Molly McKinnon	28	FRAN	1:03.02
4	Olivia Erwin	27	BFEE	1:02.47
5	Feining Huang	26	SHAR	56.55
6	Samantha Provost	27	ATTTL	58.97
7	Lillian Dwyer	26	APQT	1:02.73
8	Laura Kaser	26	NAUS	1:03.22
9	Cait Gallant	29	OLIV	1:04.19

Event 7 Women 100 Yard Freestyle

Meet Record:	51.68	2/8/2014	Marie Chamberlain
State Record:	49.73	11/12/2021	Malia Amuan
State QualD1:	59.35		
State QualD2:	59.35		
AA Automatic:	50.13		
AA Consider:	50.99		

Meet Qualifying: 1:00.46

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

2				
3				
4	Brielle DeAngelis		DUXB	1:00.10
5	Nola Burr	28	BSTA	59.89
6	Samantha Buhlman	27	DEDH	1:00.02
7				
8				
9				

Heat 2 of 4 Finals

2	Darcy Pollender	27	KING	59.85
3	Emma Izmirlic	26	HING	59.81
4	Casey Mulcahy		BRID	59.74
5	Elyse Ferreira	28	FRAN	59.69
6	Audrey Tartaglia	28	DEDH	59.71
7	Iryna Prukhnitska	28	MANS	59.75
8	Anna Burke	26	HOPK	59.81
9	McKenzie Gezotis	27	MAHA	59.88

Heat 3 of 4 Finals

2	Caroline Huston	26	NEWB	59.10
3	Avery Abreu	30	SEEK	58.72
4	Kayla Ngo	28	QUIN	58.22
5	Mary Lea	29	BFEE	57.77
6	Brigid Steele	30	SAND	57.92
7	Ryan Colleran	28	WVVO	58.22
8	Trinity Coleman	26	NEWB	58.83
9	Iris Tessier	29	KING	59.41

Heat 4 of 4 Finals

2	Myah Johnson	26	NANT	57.39
3	Michelle Asriyan	28	WVVO	56.79
4	Ashley Wagner	28	HING	56.25
5	Samantha Lee	29	MEDF	54.92
6	Raina Wu	28	DOVE	55.89
7	Anna Tocchio	29	MAHA	56.51
8	Serenity Coleman	27	NEWB	57.07
9	McKenzie Gilmore	27	SCIT	57.73

Event 8 Women 500 Yard Freestyle

Meet Record:	4:52.38	1999	Samantha Arsenault
State Record:	4:50.79	2/17/2018	Ashley Loomis
State QualD1:	5:47.47		
State QualD2:	5:48.37		
AA Automatic:	4:53.01		
AA Consider:	4:58.10		

Meet Qualifying: 5:58.37

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

2				
3				
4	Laura Kaser	26	NAUS	5:58.14
5	Katie Capobianco	29	MAHA	5:52.69
6	Bridget Travers	28	FRAN	5:57.58
7				
8				
9				

Heat 2 of 3 Finals

2	Ryen Jablonski	29	MEDF	5:51.13
3	Amelia Byrne	28	HING	5:44.43
4	Liv Berte	27	SLWH	5:42.63
5	Maeve Gleeson	27	CARD	5:41.61
6	Georgia Pearson	26	MAHA	5:42.43
7	Alexa Lopez Vergara '26/C	26	BSTA	5:44.31
8	Emma Cogswell	29	DOVE	5:44.93
9	Ella Cignetti	26	HING	5:51.33

Heat 3 of 3 Finals

2	Samantha Provost	27	ATTTL	5:32.43
3	Bella Trevaskis	29	SCIT	5:30.48
4	Cora Shea	27	SHAR	5:29.87
5	Lydia Craft	27	SEEK	5:15.26
6	Sarah Pescod	26	NORT	5:27.22
7	Dakota Callahan	28	DOVE	5:29.90
8	Ava Pecora	27	FRAN	5:30.53
9	Penny Ryan	28	PLYM	5:40.20

2026 MIAA Winter Girl's South Sectional - 2/6/2026

Meet Program

Event 9 Women 200 Yard Freestyle Relay

Meet Record:	1:40.75	2/10/2018	Nantucket
C Hofford, J Jordin, S Gerardi, K Pittman			
State Record:	1:35.64	2/15/2012	Weston High School
J Avila, V Bryson, M Pierce, B Tocci			
State QualD1:	1:51.83		
State QualD2:	1:51.83		
AA Automatic:	1:35.48		
AA Consider:	1:37.13		

Meet Qualifying: 1:53.83

Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
2	Nsst		1:53.69
3	Apponequet		1:53.43
4	SAND		1:52.62
5	HING		1:51.84
6	PLYM		1:52.41
7	ARCH		1:53.13
8	HOPK		1:53.59
9	ASHL		1:53.83
Heat 2 of 3 Finals			
2	SCIT		1:51.62
3	DEDH		1:50.64
4	Marshfield		1:50.44
5	MEDF		1:49.57
6	Feehan		1:49.80
7	FRAN		1:50.51
8	DURF		1:51.33
9	ATTTL		1:51.82
Heat 3 of 3 Finals			
2	BSTA		1:49.11
3	NANT		1:48.52
4	DUXB		1:47.64
5	DOVE		1:45.40
6	WVVO		1:46.64
7	SHAR		1:48.24
8	Qnq		1:48.95
9	NB		1:49.57

Event 10 Women 100 Yard Backstroke

Meet Record:	57.07	2/10/2018	Julia Ali
State Record:	52.78	2/21/2016	Kaitlin Harty
State QualD1:	1:07.18		
State QualD2:	1:07.18		
AA Automatic:	54.71		
AA Consider:	55.91		

Meet Qualifying: 1:08.98

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals				
2	Iryna Prukhnitska	28	MANS	1:07.59
3	Katherine Zhang	29	DOVE	1:07.12
4	Emma Izmirlis	26	HING	1:06.41
5	Kate dos Santos	29	BFEE	1:05.38
6	Edie Spiegel	27	NAUS	1:05.61
7	Sam Jesson	28	HING	1:06.52
8	Bree LaFavor	FR	OLDR	1:07.54
9	Daniela Vernot	26	STOU	1:07.60
Heat 2 of 2 Finals				
2	Anna Burke	26	HOPK	1:05.24
3	Bonnie Arrigo	28	SEEK	1:04.01
4	Anna Tocchio	29	MAHA	1:02.37
5	Raina Wu	28	DOVE	1:00.26
6	Feining Huang	26	SHAR	1:01.72
7	Olivia Erwin	27	BFEE	1:02.72
8	Sasha Baghdasaryan	27	FRAN	1:04.58
9	Emma Brown	26	ARCH	1:05.31

Event 11 Women 100 Yard Breaststroke

Meet Record:	1:02.67	2/10/2018	Mary Buckley
State Record:	1:01.24	2/17/2018	Mary Buckley
State QualD1:	1:17.48		
State QualD2:	1:17.16		
AA Automatic:	1:02.52		
AA Consider:	1:03.75		

Meet Qualifying: 1:19.12

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Finals				
2				
3	Cara McDonough	27	MAHA	1:18.54
4	Evie Lassonde	28	ASHL	1:17.65
5	Vivian Ma	26	DOVE	1:17.54
6	Liv Berte	27	SLWH	1:17.60
7	Elizabeth Chubb	26	OLDR	1:17.72
8	Isabella Bugaoan	29	NORL	1:18.61
9				
Heat 2 of 3 Finals				
2	Murron McGillicuddy	27	NORL	1:16.95
3	Sophia Unger	28	DEDH	1:16.39
4	Chloe Blette	29	APQT	1:16.01
5	Christina Guan	26	QUIN	1:14.54
6	Emily Tonino	27	SEEK	1:14.70
7	Sara Dussault	26	NANT	1:16.28
8	Anna Lamme	29	CANT	1:16.50
9	Ella Cignetti	26	HING	1:17.04

2026 MIAA Winter Girl's South Sectional - 2/6/2026**Meet Program****Heat 3 Finals (#11 Women 100 Yard Breaststroke)**

2	Ava Dougherty	26	ATTL	1:12.47
3	Wilma Zeng	28	SHAR	1:11.58
4	Anna Szafran		DUXB	1:10.54
5	Molly Connors	26	ASHL	1:10.44
6	Norah Yang	28	DOVE	1:10.50
7	Evie Phelps	27	NANT	1:11.31
8	Zoli Day	30	NANT	1:11.68
9	Brielle DeAngelis		DUXB	1:13.07

Event 12 Women 400 Yard Freestyle Relay

Meet Record: 3:34.04 2/10/2018 Duxbury

M Buckley, A Jamieson, J Ali, G Ali

State Record: 3:27.71 2010 Andover High School

A Korsberg, M Patterson, M D'Innocenzo, R Moore

State QualD1: 4:06.60

State QualD2: 4:05.35

AA Automatic: 3:27.78

AA Consider: 3:31.16

Meet Qualifying: 4:13.24

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Finals

2			
3	Apponequet		4:12.76
4	PLYM		4:12.14
5	NORT		4:11.87
6	HOPK		4:11.89
7	DUXB		4:12.25
8	ASHL		4:13.18
9			

Heat 2 of 3 Finals

2	MANS		4:10.28
3	BSTA		4:09.81
4	DEDH		4:02.07
5	HING		3:59.56
6	Feehan		4:00.25
7	NB		4:04.02
8	Qnq		4:09.94
9	OLIV		4:10.32

Heat 3 of 3 Finals

2	WWOO		3:58.74
3	Marshfield		3:55.96
4	DOVE		3:51.21
5	SEEK		3:48.54
6	FRAN		3:51.19
7	SHAR		3:52.40
8	MEDF		3:56.52
9	SCIT		3:59.45

**"University
Orthopedics has
cared for my mom
and I have peace
of mind knowing
they're there for
me and my family
whenever we need
them."**

– Elizabeth Beisel,
3X Olympic Swimmer

Official Orthopedic Provider



Same-day and next-day
appointments at **OrthoDIRECT**



Mansfield: 508.618.7111
East Greenwich: 401.443.4100
Kettle Point: 401.330.1400

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Middletown | North Providence | Portsmouth | Providence | Westerly

Time Line for the MIAA 2026 Winter Girls North Sectional Swim & Dive Championships

Boston Sports Institute Swimming Pool - Wellesley

MIAA Sportsmanship guidelines and behavioral expectations will be strictly enforced throughout the meet. These guidelines specifically prohibit all noisemakers and signs. Shirts must be worn in the spectator gallery at all times and body painting is not allowed. Only school or team banners are allowed and these must be hung by meet staff. Only participants and team staff listed on the roster may be on deck during the meet.

7:00	Swimmers & Coaches check-in at Entrance Lobby to the right of the Balcony Stairs
7:15	Warm-ups begin in the Competition Pool and the 3 lane Frog Pond Pool. Feet first entries only.
TBA	Sprint Lanes (One Length). Time and lanes will be announced by the meet referee.
7:25 – 7:40	Coaches' Meeting - in the long hallway behind the Teaching Pool Meet Information, medley relay declarations, scratches, declared false starts, etc.
7:30	Balcony open for Spectators
7:50	Timers meeting. in the small hallway adjacent to the teaching pool. Timers report with watches
8:00	Warm-up Ends - Frog Pond at the far end of competition pool is open throughout the meet.
8:10	Senior introductions (meet in small hallway by teaching pool). followed by the National Anthem.
8:15	Winter North Sectional Championship in Swimming & Diving begin - 8 Lane Swimming
-----	15 minute Swim Break in lieu of Diving. (Championship pool open for warm –up)
-----	Five minute Swim Break prior to 400 F.S. Relay. (Championship pool closed

Swim Referee: Marian Nihan	Officials: Bill Carline, Peter Chamberlain Steve McAlarney, Kelly Pierce,
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Meet Director: Peter Foley	Swim Announcer: Bryan King
Chief Swim Clerk: Kimberly Whitworth	Athletic Trainer Rob Buffis

Girls North Sectional Teams 2025 - 26

<u>School</u>	<u>Athletic Director</u>	<u>Coaching Staff</u>
Bedford	Keith Mangan	Julia Doucette, Brooke O'Connor, Kim Donovan
Bishop Fenwick	Scott Connolly	Gaby Trahant, Gabi Marchese, Brendon Graffum, Stephanie Forte
Cambridge R&L	Tom Arria	Georgia Kostopoulous, Harry Delgado, Zack Teffahi, Jackie Bussgang
Concord Carlisle	Aaron Joncas	Matt Goldberg, Jerry Moss, Jenny Wolf, Shane Conroy, Amie Hesbach, Jon Grayzel, Simon Li, Kristi Pucillo, Kim Donovan,
Gloucester Beverly	Bryan Lafatta	Laura Dale, Mercedes Lane, Brandon Graffum
Greater Lowell Tech	Mark White	Kate Garcia, Ryan Hughes, Peter Fortunato, Marin Clarke
Hamilton Wen. Man. Essex	Craig Genualdo	Angela Ceriello, Cindy Lee
Ipswich	Tom Gallagher	Barbara Machaiek, Garrethy Parsons, Brendon Graffum
Lincoln Sudbury	Dan Lee	Julie Nocka, Caroline Singler, Catherine Oppenheim, Shawn Powers
Lowell Catholic (Coop)	Matt Stone	Angela Reagan, Olivia Machado, Mark Tracy
Lynn Tech	Adolph Graciale	John Hogan, Rich Bucko, Nicole O'Neil, Donald McKenney
Lynnfield	Mia Muzio	Jeff Boyd, Antonio Anastasiodes , Stephanie Forte
Malden	Charlie Conefrey	Jessica Bisson, Julie Grillan, Amy Federici
Marblehead	Kent Wheeler	Susan Guertin, Jennifer Brehob, Drew Martin-Ryan, Brendon Graffum
Masconomet	John Daileanes	Heather Rousseau, Carol Yunker, Sarah Guido, Stephanie Curley, Stephanie Forte
Mystic Valley Charter	Eric Martin	Andrew DiGiacomo, Hallie Campbell
Newton South	Keith Davie	lyse Herman, Sam Herman, Michael Kennedy
Salem	Reilly Christie	Alexis Dwyer, O'Malley Barton

Swampscott	Kelly Wolff	Ashley Viera, Brandon O'Donnell
Triton	Joel McKenna	Rebecca Burrell, Kelly Binder, Becky Driscoll
Waltham	Steve LaForest	Skip Farkas, Jason Ciccariello, Mary Ellen Clark
Wayland	Heath Rollins	Mike Foley, Keith Meliones, Ben Downs, Shawn O'Leary, Becca Wuerfl, Melissa Rappaport, Drew Foley, Richard Davies
Westford Academy	Jeff Bunyon	Caitlin Klick McHugh, Harriet Kinnett, Shauna Klick McHugh, Christin Monaghan, Lindsay Gillies, Katherine O'Shea, Kim Donovan
Weston	Mike McGrath	Jim McLaughlin, Mike Gavin, Cary Monz, Kelly Gilmore
Wilmington North Reading	Dennis Ingram	Jim Boyle

2026 MIAA Winter Girl's North Sectional - 2/6/2026 to 2/7/2026

Meet Program

Event 1 Women 200 Yard Medley Relay

Meet Record:	1:46.52	2/8/2014	Weston High School
B Tocci, M Pierce, J Avila, V Bryson			
State Record:	1:44.80	2/17/2018	Duxbury High School
J Ali, M Buckley, G Ali, A Jamieson			
State QualD1:	2:06.46		
State QualD2:	2:04.40		
AA Automatic:	1:44.15		
AA Consider:	1:46.22		

Meet Qualifying: 2:15.35

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Finals

2			
3			
4	IPSW		2:11.98
5	Crls-MA		2:10.22
6	GLOU		2:11.73
7	Malden		2:12.02
8			
9			

Heat 2 of 3 Finals

2	BEDF		2:06.70
3	MASC		2:04.08
4	LYNF		2:03.55
5	GRLT		2:02.06
6	NEWS		2:02.17
7	HAWE		2:04.00
8	WALT		2:05.73
9	Wnr		2:08.07

Heat 3 of 3 Finals

2	TRIT		1:59.53
3	CCHS		1:56.75
4	MYST		1:55.24
5	MARB		1:52.17
6	WSTN		1:54.70
7	WAYL		1:55.35
8	WACA		1:57.82
9	LINC		1:59.86

Event 2 Women 200 Yard Freestyle

Meet Record:	1:51.04	2/10/2018	Jacey Hinton
State Record:	1:48.32	11/17/2019	Malia Amuan
State QualD1:	2:10.09		
State QualD2:	2:09.51		
AA Automatic:	1:48.81		
AA Consider:	1:50.65		

Meet Qualifying: 2:11.48

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

2				
3				
4	Defne Russo	28	LINC	2:10.72
5	Rowan Kean	27	CCHS	2:10.41
6	Catherine Finn	29	LINC	2:10.58
7	Aubrey Dwyer	29	SALE	2:11.35
8				
9				

Heat 2 of 3 Finals

2	Chloe Cieslewicz	26	LYNF	2:09.75
3	Caitlin Kazarnowicz	29	LINC	2:07.97
4	Claire Slomski	26	SWAM	2:05.71
5	Olivia Panseri	29	BEDF	2:05.30
6	Maayan Levari	26	NEWS	2:05.51
7	Isabelle Serou	29	NEWS	2:07.66
8	Miriam Qureshi	26	WAYL	2:08.17
9	Morgan Shaberly	29	WAYL	2:10.33

Heat 3 of 3 Finals

2	Bess Stermann	27	CRL-MA	2:04.57
3	Hana Baldini	26	CCHS	2:03.64
4	Zoey Ceriello-Sachetta	28	HAWE	2:00.94
5	Hazell Wright	29	MARB	1:58.10
6	Bea Turrettini	26	CCHS	1:58.17
7	Caroline Blatchford	26	BFEN	2:02.68
8	Madeline Young	28	WSTN	2:03.87
9	Sarah Nadzo	26	CCHS	2:04.97

Event 3 Women 200 Yard IM

Meet Record:	2:02.79	2/8/2014	Jen Marrkand
State Record:	1:59.96	11/9/2025	Jen Marrkand
State QualD1:	2:28.19		
State QualD2:	2:26.17		
AA Automatic:	2:01.47		
AA Consider:	2:03.99		

Meet Qualifying: 2:29.73

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Finals

2	Maddy Marini	26	IPSW	2:28.69
3	Audrey Larson	26	WAYL	2:28.49
4	Julia Jin	29	NEWS	2:27.51
5	Evelyn Hale	27	WACA	2:27.08
6	Sarah Fortier	26	CCHS	2:27.08
7	Catherine Sperry	26	WACA	2:27.94
8	Giuliana Cogliani	27	TRIT	2:28.49
9				

2026 MIAA Winter Girl's North Sectional - 2/6/2026 to 2/7/2026
Meet Program

Heat 2 Finals (#3 Women 200 Yard IM)

2	Lucia Antonucci	26	MYST	2:25.42
3	Audrey Heath	27	SWAM	2:22.58
4	Isabella Cirame	26	MYST	2:19.36
5	Kate Krueger	26	WSTN	2:09.32
6	Grace Ladouceur	28	MARB	2:14.26
7	Sophia Tramontozzi	27	LYNF	2:20.29
8	Makayden Nadeau		GRLT	2:24.47
9	Isabelle Pennachio	26	MYST	2:25.81

Event 4 Women 50 Yard Freestyle

Meet Record:	23.53	2/8/2019	Maggie Summit
State Record:	23.18	11/17/2019	Michaela Chokureva
State QualD1:	26.84		
State QualD2:	26.84		
AA Automatic:	23.06		
AA Consider:	23.48		

Meet Qualifying: 26.98

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

2	Defne Russo	28	LINC	26.97
3	Lyla Palmer	26	LINC	26.90
4	Catherine Finn	29	LINC	26.87
5	Nina Fragale	27	LINC	26.78
6	Marie Turrettini	29	CCHS	26.79
7	Benitah Mwebaza	30	MYST	26.89
8	Ashley Turner-Pennell	27	TRIT	26.92
9				

Heat 2 of 3 Finals

2	Sophia Novak	28	HAWA	26.64
3	Kira Smith	29	MASC	26.58
4	Ella Ortiz Mason	29	NEWS	26.39
5	Bree Gouldson	27	WACA	26.08
6	Caroline Hollywood	27	CCHS	26.19
7	Emily Deeks	28	WACA	26.42
8	Katie Shrewsbury	27	LYNF	26.63
9	Olivia Fountain	27	WAYL	26.67

Heat 3 of 3 Finals

2	Cara Hill	26	WAYL	25.54
3	Rinnah Shulman	29	WAYL	25.38
4	Winnie Waddington	29	MARB	24.83
5	Maya Pereira	28	WAYL	24.51
6	Elisabeth Reiling	27	CCHS	24.76
7	Allie Anderson	28	TRIT	24.97
8	Margaret Liu	26	WSTN	25.50
9	Britney Nayiga	26	MYST	25.60

Event 5 Women 1 mtr Diving

Meet Record:	569.35	2/8/2014	Meghan O'Brien
State Record:	579.30	2/14/2015	Meghan O'Brien
State QualD1:	185.00		
State QualD2:	190.00		

Meet Qualifying: 180.00

Lane	Name	Yr	School
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Flight 1 of 1 Prelims

1	Lucy Riquier	26	LINC	NP
2	Holden Taunton-Rigby	27	CCHS	222.61
3	Sarah Shann	27	BFEN	261.45
4	Violet Moon	27	WSTN	208.00
5	Isla Kerekes	27	LINC	NP
6	Gwenyth Ely	28	CCHS	242.49
7	Katherine Tan	26	WAYL	234.07
8	Rebecca Chugkowski	28	WALT	185.00
9	Maya Jaffe	27	CCHS	238.25
10	Claire Callander	26	LINC	NP
11	Savanna Ferrucci	26	WSTN	245.85
12	Audrey Herz	29	CCHS	327.70
13	Ava Connolly	26	TRIT	240.45
14	Izzy Irwin	28	WAYL	249.23
15	Georgia Cinti	29	WAYL	190.75
16	Bailey Paisner	27	NEWS	185.78
17	Jazmine Green	26	NEWS	267.80
18	Addisyn Brown	26	LYNV	193.20
19	Sonia Kapasi	28	WACA	200.20
20	Taelor Nichols	26	BEDF	265.25
21	Maddie Hartford	28	WAYL	187.43
22	Myra Walsh	29	MASC	228.95
23	Caroline Janis	27	WSTN	229.15
24	Kaleigh O'Brien	26	MASC	243.00

Event 6 Women 100 Yard Butterfly

Meet Record:	54.46	2/8/2014	Jen Marrkand
State Record:	53.31	11/21/2021	Anna Boemer
State QualD1:	1:06.85		
State QualD2:	1:06.42		
AA Automatic:	54.29		
AA Consider:	55.44		

Meet Qualifying: 1:07.32

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

2				
3	Isabella Ramirez	26	CCHS	1:07.29
4	Grace Oppenheim	27	WAYL	1:06.95
5	Khloe Co	26	MYST	1:06.43
6	Rebecca Gonzalez	26	NEWS	1:06.59
7	Rachel Goldman	26	LINC	1:07.25
8				
9				

2026 MIAA Winter Girl's North Sectional - 2/6/2026 to 2/7/2026

Meet Program

Heat 2 Finals (#6 Women 100 Yard Butterfly)

2	Zichen Zhang	27	WSTN	1:05.81
3	Maria Reuther	27	WACA	1:05.59
4	Laura Park	29	CRL-MA	1:05.20
5	Jenna Whitaker	27	TRIT	1:04.48
6	Mena Sheth	26	CCHS	1:05.10
7	Giuliana Coglian	27	TRIT	1:05.56
8	Lila Nguyen	28	CRL-MA	1:05.67
9	Ailish Donahue	26	WACA	1:05.85

Heat 3 of 3 Finals

2	Emily Falk	29	NRWI	1:03.87
3	Isabelle Pennachio	26	MYST	1:03.45
4	Brynne Curley	26	MASC	1:01.65
5	Olivia Panseri	29	BEDF	58.38
6	Winnie Waddington	29	MARB	1:00.44
7	Macy Ladouceur	29	MARB	1:02.27
8	Sherry Ye	27	WACA	1:03.50
9	Sophie Tran	28	MALD	1:04.06

Event 7 Women 100 Yard Freestyle

Meet Record:	51.20	2/8/2019	Maggie Summit
State Record:	49.73	11/12/2021	Malia Amuan
State QualD1:	59.35		
State QualD2:	59.35		
AA Automatic:	50.13		
AA Consider:	50.99		

Meet Qualifying: 59.85

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

2				
3				
4	Katie Shrewsbury	27	LYNF	59.84
5	Audrey Fricano	26	NEWS	59.74
6	Violet Moriera	29	LYNF	59.76
7				
8				
9				

Heat 2 of 4 Finals

2	Sona Abrahamyan	26	WAYL	59.64
3	Claire Slomski	26	SWAM	59.43
4	MJ Phelps	27	LINC	59.20
5	Olivia Fountain	27	WAYL	59.02
6	Ariel Wang	26	WSTN	59.14
7	Katie Rice	29	MALD	59.24
8	Catherine Sperry	26	WACA	59.45
9	Kendall Kulesza	28	WACA	59.64

Heat 3 of 4 Finals

2	Benitah Mwebaza	30	MYST	58.70
3	Kira Smith	29	MASC	58.51
4	Bree Gouldson	27	WACA	57.80
5	Hana Baldini	26	CCHS	57.26
6	Maayan Levary	26	NEWS	57.77
7	Isabelle Serou	29	NEWS	58.18
8	Charlie Santoro	28	CCHS	58.70
9	Phoebe Renyi	26	CCHS	58.78

Heat 4 of 4 Finals

2	Philina Zhou	29	WSTN	56.41
3	Margaret Liu	26	WSTN	56.25
4	Rinnah Shulman	29	WAYL	55.56
5	Grace Ladouceur	28	MARB	54.16
6	Maya Pereira	28	WAYL	55.55
7	Isabella Cirame	26	MYST	56.00
8	Caroline Blatchford	26	BFEN	56.40
9	Aela Bruno	29	CCHS	56.80

Event 8 Women 500 Yard Freestyle

Meet Record:	4:57.31	2/8/2014	Megan Alexander
State Record:	4:50.79	2/17/2018	Ashley Loomis
State QualD1:	5:47.47		
State QualD2:	5:48.37		
AA Automatic:	4:53.01		
AA Consider:	4:58.10		

Meet Qualifying: 6:02.47

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

2	Addison Scott	29	CCHS	6:00.25
3	Chloe Cieslewicz	26	LYNF	5:58.01
4	Francesca Gamelli		HAWA	5:55.31
5	Natalie Greenaway	27	WAYL	5:54.74
6	Karis Tam	28	WAYL	5:55.10
7	Rhianna Barrett	26	WACA	5:56.52
8	Lyla Palmer	26	LINC	6:00.23
9	Elisaveta Katlinskaya	29	WAYL	6:02.00

Heat 2 of 3 Finals

2	Maddy Marini	26	IPSW	5:48.98
3	Macy Ladouceur	29	MARB	5:47.23
4	Sophia Tramontozzi	27	LYNF	5:38.31
5	Sarah Nadzo	26	CCHS	5:35.68
6	Madeline Young	28	WSTN	5:36.52
7	Polly Curran	29	CCHS	5:39.35
8	Miriam Qureshi	26	WAYL	5:47.94
9	Emily Deeks	28	WACA	5:49.71

Heat 3 of 3 Finals

2	Caitlin Kazarnowicz	29	LINC	5:34.75
3	Bess Sterman	27	CRL-MA	5:28.87
4	Kate Krueger	26	WSTN	5:13.67
5	Bea Turrettini	26	CCHS	5:08.04
6	Avarie Nadeau		GRLT	5:10.56
7	Jenna Whitaker	27	TRIT	5:16.68
8	Brynne Curley	26	MASC	5:31.52
9	Shaelyn Callahan	28	MARB	5:35.57

2026 MIAA Winter Girl's North Sectional - 2/6/2026 to 2/7/2026

Meet Program

Event 9 Women 200 Yard Freestyle Relay

Meet Record:	1:35.64	2/8/2014	Weston High School
J Avila, V Bryson, M Pierce, B Tocci			
State Record:	1:35.64	2/15/2012	Weston High School
J Avila, V Bryson, M Pierce, B Tocci			
State QualD1:	1:51.83		
State QualD2:	1:51.83		
AA Automatic:	1:35.48		
AA Consider:	1:37.13		

Meet Qualifying: 1:58.71

Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
2			
3	MASC		1:58.28
4	GRLT		1:57.28
5	SWAM		1:56.21
6	BEDF		1:56.56
7	Malden		1:57.47
8			
9			
Heat 2 of 3 Finals			
2	GLOU		1:54.98
3	IPSW		1:53.25
4	NEWS		1:50.84
5	LYNF		1:49.60
6	TRIT		1:50.72
7	WALT		1:52.05
8	HAWE		1:54.65
9	Wnr		1:56.15
Heat 3 of 3 Finals			
2	LINC		1:48.05
3	CCHS		1:46.51
4	WSTN		1:44.40
5	WAYL		1:42.55
6	MARB		1:42.69
7	MYST		1:45.60
8	WACA		1:46.57
9	CrIs-MA		1:48.32

Event 10 Women 100 Yard Backstroke

Meet Record:	53.79	2/13/2016	Kaitlin Harty
State Record:	52.78	2/21/2016	Kaitlin Harty
State QualD1:	1:07.18		
State QualD2:	1:07.48		
AA Automatic:	54.71		
AA Consider:	55.91		

Meet Qualifying: 1:08.26

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Finals				
2				
3	Khloe Co	26	MYST	1:07.91
4	Elle West	29	WAYL	1:07.83
5	Kara McCormick	27	LINC	1:06.87
6	Sophie Riesenburger	29	WSTN	1:07.43
7	Katie Rice	29	MALD	1:07.85
8	Charlie Santoro	28	CCHS	1:08.01
9				
Heat 2 of 3 Finals				
2	Phoebe Renyi	26	CCHS	1:06.39
3	Aubrey Dwyer	29	SALE	1:06.13
4	Audrey Fricano	26	NEWS	1:05.49
5	Allie Anderson	28	TRIT	1:04.31
6	Rhianna Barrett	26	WACA	1:05.20
7	Ariel Wang	26	WSTN	1:06.03
8	Mena Sheth	26	CCHS	1:06.19
9	Sophie Tran	28	MALD	1:06.81
Heat 3 of 3 Finals				
2	Makayden Nadeau		GRLT	1:04.22
3	Laura Park	29	CRL-MA	1:02.55
4	Hazell Wright	29	MARB	1:00.65
5	Philina Zhou	29	WSTN	58.70
6	Cara Hill	26	WAYL	1:00.45
7	Zoey Ceriello-Sachetta	28	HAWE	1:01.45
8	Audrey Heath	27	SWAM	1:03.77
9	Evelyn Hale	27	WACA	1:04.31

Event 11 Women 100 Yard Breaststroke

Meet Record:	1:05.10	2/8/2019	Amanda Wager
State Record:	1:01.74	2/17/2018	Mary Buckley
State QualD1:	1:17.48		
State QualD2:	1:17.16		
AA Automatic:	1:02.52		
AA Consider:	1:03.75		

Meet Qualifying: 1:18.13

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Finals				
2				
3				
4	Alyson Bernstein	27	WACA	1:17.83
5	Audrey Larson	26	WAYL	1:17.35
6	Melina Catic	28	MYST	1:17.78
7				
8				
9				

2026 MIAA Winter Girl's North Sectional - 2/6/2026 to 2/7/2026
Meet Program

Heat 2 Finals (#11 Women 100 Yard Breaststroke)			
2	Ella Ortiz Mason	29 NEWS	1:17.24
3	Annabel Cargill	LCHS-NE	1:16.85
4	Shawnie Loveless	27 WAYL	1:16.62
5	Julia Jin	29 NEWS	1:16.47
6	Monica Pechhold	26 MARB	1:16.52
7	Belinda Mwebaza	28 MYST	1:16.77
8	Anjali Misra	27 WSTN	1:16.95
9			

Heat 3 of 3 Finals		
2	NEWS	3:56.77
3	MYST	3:53.53
4	CCHS	3:49.74
5	MARB	3:43.42
6	WSTN	3:49.49
7	WAYL	3:52.68
8	WACA	3:55.77
9	LINC	3:58.24

Heat 3 of 4 Finals			
2	Izzy Irwin	28 WAYL	1:14.78
3	Sydney Hemme	26 HAWE	1:14.40
4	Polly Curran	29 CCHS	1:13.61
5	Sherry Ye	27 WACA	1:13.01
6	Violet Moriera	29 LYNF	1:13.15
7	Shaelyn Callahan	28 MARB	1:14.14
8	Kendall Kulesza	28 WACA	1:14.66
9	Karis Tam	28 WAYL	1:15.19

Heat 4 of 4 Finals			
2	MJ Phelps	27 LINC	1:12.01
3	Zichen Zhang	27 WSTN	1:10.64
4	Sarah Fortier	26 CCHS	1:10.09
5	Britney Nayiga	26 MYST	1:09.42
6	Avarie Nadeau	GRLT	1:09.54
7	Aela Bruno	29 CCHS	1:10.59
8	Lucia Antonucci	26 MYST	1:11.23
9	Lila Nguyen	28 CRL-MA	1:12.62

Event 12 Women 400 Yard Freestyle Relay			
Meet Record:	3:30.37	2/8/2014	Weston High School
J Avila, V Bryson, M Pierce, B Tocci			
State Record:	3:27.71	11/13/2010	Andover High School
A Korsberg, M Patterson, M D'Innocenzo, R Moore			
State QualD1:	4:06.06		
State QualD2:	4:05.35		
AA Automatic:	3:27.78		
AA Consider:	3:31.16		

Meet Qualifying: 4:26.48			
Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
2			
3			
4	Wnr		4:19.15
5	GLOU		4:16.15
6	BEDF		4:19.02
7			
8			
9			
Heat 2 of 3 Finals			
2			
3	IPSW		4:12.25
4	MASC		4:01.15
5	TRIT		3:58.93
6	GRLT		3:59.98
7	Crls-MA		4:01.30
8	HAWE		4:12.56
9			

OFFICIAL EVENT MERCHANDISE



Northwest Designs is proud to be the
Official Event Merchandiser for the
**Massachusetts Interscholastic Athletic Association
Winter Season Championships**
Be sure to grab event merch onsite or shop online!



2025 - 26 EAST. MASSACHUSETT' S LEAGUE CHAMPIONS

BOYS' LEAGUES

	<u>Dual Meet</u>	<u>Champ Meet</u>
Bay State	Natick	Natick
Big 3	New Bedford	New Bedford
Cape Ann	Lynnfield-Wakefield	Lynnfield - Wakefield
Cape & Islands	Martha's Vineyard	Martha's Vineyard
Catholic Conf.	St. John's PREP	St. John's PREP
Dual County – Thorpe	Westford Academy	Acton Boxboro
Foley	Weston	Weston
Hockomock – Kelly Rex	Milford	Canton
Davenport	Canton	
Merrimack Valley	Chelmsford	Chelmsford
Middlesex	Lexington	Belmont
Mid Wach	Algonquin	Grafton
Patriot	Duxbury	Duxbury
Tri Valley	Westwood	Westwood

GIRLS' LEAGUES

	<u>Dual Meet</u>	<u>Champ Meet</u>
Big 3	New Bedford	New Bedford
Cape Ann	Triton	Triton
Cape & Islands	Nantucket	Nantucket
Dual County Thorpe	Concord Carlisle	Concord Carlisle
Foley	Weston	Wayland
Hockomock – Kelly Rex	Franklin	Franklin
Davenport	Oliver Ames	
Mid Wach	Algonquin	Algonquin
Patriot	Dux- Hing Co-MarHan	
Tri Valley	Dover Sherborn	Dover Sherborn

CO-ED LEAGUES

	<u>Dual Meet</u>	<u>Champ Meet</u>
Boston City	Boston Latin Academy	Boston Latin Academy
Catholic Central – North South	Bishop Fenwick Bishop Feehan	Bishop Feehan (G) Bishop Stang (B)
Commonwealth	Mystic Valley	Mystic Valley
Greater Boston League	Medford	
Northeast	Marblehead	Marblehead

GIRLS SWIMMING

Winter Sectional Champions and Runners – Up

Year	North			South	
	<u>Champion</u>	<u>Runner- Up</u>		<u>Champion</u>	<u>Runner - Up</u>
2025	Concord Carlisle	Weston		Franklin	Dover Sherb.
2024	Concord Carlisle	Weston		Duxbury	Seekonk
2023	Concord Carlisle	Lincoln Sudbury		Franklin	Duxbury
2022	Westford Acad	Marblehead		Duxbury	Dover Sherborn
2021	No	Sectional		Meets	COVID 19
2020	Westford Acad	Conc Carlisle		Duxbury	Cohasset
2019	Westford Acad	Wayland		Duxbury	Oliver Ames
2018	Westford Acad	Weston		Duxbury	Hopkinton
2017	Westford Acad	Marblehead		Duxbury	Tyngs – Gr.Dun.
2016	Westford Acad	Marblehead		Duxbury	Hopkinton
2015	Weston	Wayland		Duxbury	Tyngs – Gr.Dun.
2014	Wayland	Westford Ac.		Nauset	Tyngs – Gr.Dun.
2013	All Sectional	Meets		Postponed	Weather
2012	Wayland	Marblehead			King Philip
2011	Wayland	Marblehead		Gard.Oak.Murd.	Duxbury
2010	Wayland	Linc.Sudbury		Gard.Oak.Murd.	Duxbury
2009	Wayland	Linc.Sudbury		Westborough	Barnstable
2008	Wayland	Marblehead		Gardner	Barnstable
2007	Linc.Sudbury	Wayland		Gardner	Barnstable
2006	Weston	Beverly		Gardner	Westborough
2005	Weston	Beverly		Gardner	Dov.Sherb.Med
2004	Weston	Wayland		Dov.Sherb.Med	Gardner

2003	Weston	Wayland		Gardner	Dov.Sherb.Med
2002	Linc.Sudbury	Weston		Gardner	Dov.Sherb.Med
2001	Weston	Linc.Sudbury		Gardner	Dov.Sherb.Med
2000	Weston	Bish.Fenwick		Gardner	Dov.Sherb.Med
1999	Weston	Bish.Fenwick		Gardner	Taunton
		<u>EMASS</u>	<u>SECT.</u>	<u>Meet</u>	
1998	Weston	Marblehead			
1997	Gardner	Bish.Fenwick			
1996	Gardner	Marblehead			
1995	Gardner	Linc.Sudbury			
1994	Linc.Sudbury	Con. Carlise			
1993	Ham.Wenham	Linc.Sudbury			
1992	Weston	Linc.Sudbury			

Scoring the Meet

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
Rel	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
Ind	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

CONGRATULATIONS!

2024 - 2025

Swim & Dive Coaches and Officials of the Year

Coaches of the Year:

Jim McLaughlin
Weston High School
Boys Swimming & Diving

Gretchen Turner
Acton Boxboro Regional High School
Girls Swimming & Diving

Officials of the Year:

Kelly Pierce
Swimming & Diving Fall Season

Chuck Nugent
Swimming & Diving Winter Season



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Nominate Outstanding Individuals from Your School



Submit Your Nominations!

Coach of the Year Award

MIAA Coach of the Year Award

recognizes and honors “teacher coaches” who have had an impact on the lives of student-athletes by encouraging them to succeed.



Submit Your Nominations!

Official of the Year Award

MIAA Official of the Year Award

recognizes and honors officials who have displayed character, integrity and dignity, while displaying the highest standards of ethical conduct.



Submit Your Nominations!

Student-Athlete of the Month Award

Deadline: Last Day of Each Month

Student-Athlete of the Month Award

is presented on a monthly basis to two student-athletes who display excellence in the areas of academics, athletics and community service.

Respect and Civility



The mission is to foster respect and civility among member schools, athletic administrators, coaches and student-athletes by promoting awareness and acceptance. The focus is to celebrate all differences by creating associations that are welcoming and engaging for all.

Appreciation of Service Certificate



The MIAA and MSAA extend sincere gratitude and appreciation to senior students who have committed to joining the Armed Forces of the United States of America after their graduation. In the 2024-25 year of this program, school leadership recognized 120 students. We commend their dedication and service!

2025 MIAA Sportsmanship Essay Contest

Essay Contest Winners

First Place

Avery Sicco

St. Mary's High School

Runner Up

Zahra Yeznasni

Pioneer Charter School of Science I

Student Advisory Committee

STUDENT ADVISORY COMMITTEE (SAC)

is comprised of student leaders from MIAA member schools across the state. These students attend seasonal meetings and help facilitate student leadership workshops throughout the school year. They participate in various association activities and provide continual feedback from the perspective of students on how to improve the Educational Athletic offerings of the MIAA.



WELLNESS

to empower students to make healthy life choices

SPORTSMANSHIP

to teach respect for self, team, opponents, officials, rules, and the game itself

COACHES' EDUCATION

to provide resources for teacher-coaches who serve as curriculum instructors of educational athletics

LEADERSHIP

to promote the power of positive influence that student athletes and teacher-coaches share as role models

COMMUNITY SERVICE

to recognize the privilege of athletic participation and the responsibility of giving back to the community



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MIAA