

duPont Manual High School Swimming and Diving State Team - 2021

GIRLS

1. **Sophia Altstadt** (500 freestyle, 400 freestyle relay)
2. **Madeline Beckley** (50 freestyle)
3. **Jenna Brown** (200 freestyle, 100 butterfly, 200 freestyle relay, 400 freestyle relay)
4. **Katie Crowley** (1 meter diving)
5. **Anna Emberson** (200 IM, 100 breaststroke, 200 medley relay, 200 freestyle relay)
6. **Elizabeth Frericks** (200 freestyle, 100 freestyle, 200 freestyle relay, 400 freestyle relay)
7. **Lihini Hubert** (1 meter diving)
8. **Audrey Kiefer** (100 backstroke)
9. **Izzy Lassere** (200 medley relay, 200 freestyle relay)
10. **Cleis Newell** (50 freestyle, 100 breaststroke, 200 medley relay, 200 freestyle relay)
11. **Olivia O'Bryan** (200 IM, 100 backstroke, 200 medley relay, 400 freestyle relay)
12. **Anneliese Thomas** (400 freestyle relay)

BOYS

1. **Jacob Day** (200 freestyle, 500 freestyle, 200 freestyle relay, 400 freestyle relay)
2. **Sam Deans** (200 medley relay)
3. **Jan Despaigne** (200 medley relay, 200 freestyle relay)
4. **Dant Parker** (200 freestyle relay, 400 freestyle relay)
5. **Josue Reyes-Garzon** (200 medley relay)
6. **Jackson Shuman** (200 freestyle, 100 butterfly, 200 freestyle relay, 400 freestyle relay)
7. **Grant Stromquist** (200 medley relay, 400 freestyle relay)
8. **Adam Tichy** (500 freestyle, 100 backstroke, 200 freestyle relay, 400 freestyle relay)
9. **Nicholas Zhang** (200 medley relay)

RELAYS (up to 5 names per relay card - swimmer order may change)

- Girls 200 Medley Relay
 - Olivia O'Bryan
 - Anna Emberson
 - Izzy Lassere
 - Cleis Newell
- Girls 200 Freestyle Relay
 - Elizabeth Frericks
 - Jenna Brown
 - Anna Emberson
 - Cleis Newell
 - Izzy Lassere (ALT)
- Girls 400 Freestyle Relay
 - Jenna Brown
 - Elizabeth Frericks
 - Olivia O'Bryan
 - Sophia Altstadt

- Anneliese Thomas (ALT)
- Boys 200 Medley Relay
 - Grant Stromquist
 - Josue Reyes-Garzon
 - Nicholas Zhang
 - Jan Despaigne
 - Sam Deans (ALT)
- Boys 200 Freestyle Relay
 - Jacob Day
 - Adam Tichy
 - Jackson Shuman
 - Jan Despaigne
 - Dant Parker (ALT)
- Boys 400 Freestyle Relay
 - Jacob Day
 - Adam Tichy
 - Jackson Shuman
 - Grant Stromquist
 - Dant Parker (ALT)