

## **Havertape, Harris help Wash sink Jeff**

Written by Metro Sports Report  
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Lauren Havertape and Alyssa Harris were triple-winners Tuesday night as the Washington Warriors dunked Jefferson, 125-61, in a Mississippi Valley Conference swim meet at Washington.

Havertape won the 200 IM and swam on two triumphant relays. Harris took the 500 free and swam on two winning relays.

Emily Nelson, Delaney Thoma and Jenny Hughes were double-winners for the Warriors.

Jefferson got victories from Mika McChesney (50 free), Josie Thompson (100 fly) and Taylor Langel (100 free).

WASHINGTON 125, JEFFERSON 61

200 medley relay - Washington (Maddie LaGrange, Jenna Baumler, Hannah Williams, Alyssa Harris) 2:07.15

200 free - Emily Nelson, Washington, 2:06.63

200 IM - Lauren Havertape, Washington, 2:25.92

50 free - Mika McChesney, Jefferson, 25.83

Diving - Amara Taylor, Washington, 198.25

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100 fly - Josie Thompson, Jefferson, 1:02.00

100 free - Taylor Langel, Jefferson, 58.60

500 free - Alyssa Harris, Washington, 5:38.10

200 free relay - Washington (Lauren Havertape, Alanna Adkins, Delaney Thoma, Jenny Hughes) 1:48.76

100 back - Kaitlyn Nemickas, Washington, 1:07.18

100 breast - Jenny Hughes, Washington, 1:11.16

400 free relay - Washington (Lauren Havertape, Alyssa Harris, Delaney Thoma, Emily Nelson) 3:56.92