



Women's Swimming & Diving Event State Championships



200 Medley Relay

Year	Name	OPEN School	Time
1986		Sanderson	1:56.98
1987		Hickory	1:55.56
1988		Sanderson	1:54.20
1989			
1990		Sanderson	1:55.11
1991		East Mecklenburg	1:52.50
Year	Name	4A School	Time
1992		Chapel Hill	1:51.99
1993		Chapel Hill	1:52.53
1994		Leesville Road	1:52.32
1995		Millbrook	1:52.71
1996		Leesville Road	1:51.77
1997		Providence	1:52.41
1998		Leesville Road	1:51.98
1999		Chapel Hill	1:49.37
2000		Providence	1:52.75
2001		Chapel Hill	1:51.07
Year	Name	4A School	Time
2002		Providence	1:51.20
2003		Athens Drive	1:50.27
2004		Athens Drive	1:50.24
2005		Athens Drive	1:47.91
2006		Chapel Hill	1:47.74
2007		Athens Drive	1:49.93
2008		Chapel Hill	1:48.02
2009		Hopewell	1:48.43
2010		Cary	1:48.51
2011		Apex	1:45.91
2012		Hough	1:46.05
2013		Green Hope	1:47.56
2014		Hough	1:43.41
2015		Charlotte Catholic	1:43.70
2016		Hough	1:43.21
2017		Leesville Road	1:43.61
2018	Anna Carrigan	Leesville Road	1:42.20
	Ashley McCauley		
	Amanda Ray		
	Grace Countie		
2019	Mia Nordstrom	Leesville Road	1:42.72
	Ashley McCauley		
	Amanda Ray		
	Samantha Muma		
2020	Amaya Hanley	Hough	1:42.58
	Grace Rainey		
	Elizabeth Sowards		
	Martha Tripsa		
2021	Amaya Hanley	Hough	1:42.98
	Grace Rainey		
	Elizabeth Sowards		
	Kyra Tonsil		

Name	1A/2A/3A School	Time
	Shelby	1:58.10
	Shelby	1:56.65
	Southwest Guilford	1:58.06
	Southwest Guilford	1:58.29
	Shelby	1:59.22
	Shelby	1:57.48
	Southwest Guilford	1:54.07
	East Chapel Hill	1:54.07
	East Chapel Hill	1:55.33
	Charlotte Catholic	1:55.62
Name	3A School	Time
	Hickory	1:56.60
	East Chapel Hill	1:54.76
	East Chapel Hill	1:55.54
	East Chapel Hill	1:54.94
	Charlotte Catholic	1:55.10
	Charlotte Catholic	1:55.94
	Charlotte Catholic	1:51.32
	Charlotte Catholic	1:47.76
	Charlotte Catholic	1:46.96
	Charlotte Catholic	1:49.44
	Charlotte Catholic	1:46.56
	Charlotte Catholic	1:45.52
	Chapel Hill	1:49.37
	Cardinal Gibbons	1:48.34
	Marvin Ridge	1:47.11
	Marvin Ridge	1:46.60
	Charlotte Catholic	1:45.46
Julia Menkhaus		
Juliet Miechkowski		
Madeline Menkhaus		
Alina Stout		
Madeline Menkhaus	Charlotte Catholic	1:47.33
Mattie McFee		
Victoria Dichak		
Olivia Rhodes		
Jordan Browning	Cuthbertson	1:45.30
Alison Thome		
Avery Murray		
Leah Sandock		
Madeline Menkhaus	Charlotte Catholic	1:44.69
Sydney Sanders		
Kendra Johnson		
Olivia Rhodes		

Name	1A/2A School	Time
	Charlotte Catholic	1:57.28
	Charlotte Catholic	2:00.28
	Mount Airy	1:58.35
	Charlotte Catholic	1:56.38
	Cardinal Gibbons	1:46.30
	West Davidson	1:56.30
	Cardinal Gibbons	1:54.74
	Cardinal Gibbons	1:50.75
	West Davidson	1:55.78
	Lake Norman Charter	1:57.72
	Raleigh Charter	1:49.83
	Raleigh Charter	1:51.78
	Lincoln Charter	1:52.25
	Raleigh Charter	1:51.32
	Lake Norman Charter	1:50.39
	Lake Norman Charter	1:50.00
	Lake Norman Charter	1:49.44
Ariel Hopper		
Riggan Ayscue		
Mattie Luther		
Anna Rubel		
Kate Hegland	Carrboro	1:47.24
Audrey Costley		
Lindy Bilden		
Anneliese Merry		
Katie Tolone	C.S. of Davidson	1:48.18
Emme Nelson		
Eliana White		
Meredith Tucker		
Amelia Presley	Elkin	1:49.61
Mattie Wells		
Morgan Wiles		
Sophie Wellborn		



Women's Swimming & Diving Event State Championships



200 Freestyle

OPEN

Year	Name	School	Time
1986	Pam Livengood	Mount Tabor	2:02.40
1987	Annie McCoy	Ragsdale	1:56.76
1988	Emily Cowling	Broughton	1:53.14
1989			
1990	Trish McHardy	Providence	1:51.96
1991	Shannon Allison	Apex	1:53.52

4A

Year	Name	School	Time
1992	Jolene Turner	Sanderson	1:55.16
1993	Alexis Kato	Enloe	1:56.24
1994	Alexis Kato	Enloe	1:54.60
1995	Alexis Kato	Enloe	1:52.55
1996	Alexis Kato	Enloe	1:51.29
1997	Mary Mittendorf	North Mecklenburg	1:54.55
1998	Cara Lane	Providence	1:51.76
1999	Kelly Weeks	Leesville Road	1:50.33
2000	Magda Dyszkiewicz	Providence	1:52.20
2001	Brittany Johnson	R.J. Reynolds	1:51.48

4A

Year	Name	School	Time
2002	Katie Bland	Leesville Road	1:49.79
2003	Kristin Oxford	Providence	1:52.51
2004	Kristin Oxford	Providence	1:50.07
2005	Kelsy Smith	Athens Drive	1:52.96
2006	Jing Li	Chapel Hill	1:50.66
2007	Mandy Myers	Apex	1:51.74
2008	Amber Leiker	Hopewell	1:51.20
2009	Henriet Stenkvist	Panther Creek	1:49.65
2010	Sarah Henry	West Johnston	1:47.97
2011	Henriet Stenkvist	Panther Creek	1:49.65
2012	Henriet Stenkvist	Panther Creek	1:48.48
2013	Jessica Merritt	Hough	1:48.84
2014	Jessica Merritt	Hough	1:47.37
2015	Erika Brown	Hough	1:46.47
2016	Erika Brown	Hough	1:48.05
2017	Kenna Haney	Sanderson	1:47.29
2018	Kenna Haney	Sanderson	1:47.90
2019	Kensley Merritt	Hough	1:47.05
2020	Kensley Merritt	Hough	1:47.34
2021	Morgan Razewski	Hough	1:46.74

1A/2A/3A

Name	School	Time
Wendy Henson	Chase	1:53.05
Wendy Henson	Chase	1:53.05
Rebecca DeBernard	NCSSM	1:59.05
Wendy Henson	Chase	1:51.06
Lori Hoppensteadt	Southwest Guilford	2:00.20
Lindsey Saufley	Southwest Guilford	1:57.03
Kim Campbell	East Chapel Hill	1:54.65
Kim Campbell	East Chapel Hill	1:52.39
Lindsey Saufley	Southwest Guilford	1:56.28
Mandy Huff	North Stanly	1:55.51

3A

Name	School	Time
Laren Faysoux	Forestview	1:55.48
Monique Huynh	St. Stephens	2:00.23
Katharine Peggy	East Chapel Hill	1:55.17
Anna Stringfield	Tuscola	1:55.38
Shannon Van Hoy	Charlotte Catholic	1:55.46
Rachel Wilson	Reagan	1:56.15
Rachel Wilson	Reagan	1:57.69
Rachel Wilson	Reagan	1:53.07
Erin Gaeckle	Charlotte Catholic	1:52.67
Katy Stringfield	Tuscola	1:50.45
Lauren Rhodes	Charlotte Catholic	1:50.22
Lauren Rhodes	Charlotte Catholic	1:47.98
Lauren Greenberg	Marvin Ridge	1:52.03
Emmaline Peterson	Hickory	1:52.11
Anna Durak	Hickory	1:50.14
Caroline Hauder	Marvin Ridge	1:48.52
Olwyn Bartis	Charlotte Catholic	1:48.64
Elle VanNote	Marvin Ridge	1:48.65
Madeline Smith	J.H. Rose	1:49.38
Madeline Smith	J.H. Rose	1:48.90

1A/2A

Name	School	Time
Nikki Deering	Central Davidson	1:57.61
Michelle Baric	Eastern Alamance	1:57.69
Michelle Baric	Eastern Alamance	1:56.71
Shannon VanHoy	Charlotte Catholic	1:52.58
Julie Smith	Cardinal Gibbons	1:52.86
Julie Smith	Cardinal Gibbons	1:49.68
Kelly Ann Baird	West Davidson	1:51.86
Kelly Ann Baird	West Davidson	1:50.86
Kelly Ann Baird	West Davidson	1:49.86
Theresa Meyer	Durham School of Arts	1:52.69
Katie Furey	Carrboro	1:50.66
McKenzie Stevens	Salisbury	1:53.51
Christina Lappin	Lincoln Charter	1:49.31
Sarah Mandis	First Flight	1:55.75
Christina Lappin	Lincoln Charter	1:49.95
Lyndsey Reeve	Croatan	1:50.99
Sydney Willis	Raleigh Charter	1:49.94
Lyndsey Reeve	Croatan	1:50.52
Emily Knorr	Salisbury	1:50.56
Emily Knorr	Salisbury	1:49.11



Women's Swimming & Diving Event State Championships



200 Individual Medley

OPEN

Year	Name	School	Time
1986	Courtney Searcy	Broughton	2:11.47
1987	Cathy Burgess	Hickory	2:12.55
1988	Cathy Burgess	Hickory	2:11.57
1989	Suzanne Gardiner	Cary	2:11.16
1990	Julie McKinney	Sanderson	2:07.85
1991	Kelly Frazier	Ashbrook	2:08.06

4A

Year	Name	School	Time
1992	Kelly Frazier	Ashbrook	2:05.35
1993	Kelly Frazier	Ashbrook	2:07.41
1994	Sherry West	Leesville Road	2:09.33
1995	Sherry West	Leesville Road	2:06.89
1996	Jen Delong	Mount Tabor	2:08.11
1997	Jen Delong	Mount Tabor	2:06.98
1998	Katie Hathaway	East Mecklenburg	2:03.35
1999	Meredith Green	Chapel Hill	2:05.69
2000	Meredith Green	Chapel Hill	2:03.65
2001	Meredith Green	Chapel Hill	2:04.81

4A

Year	Name	School	Time
2002	Brittany Johnson	R.J. Reynolds	2:05.48
2003	Brittany Johnson	R.J. Reynolds	2:04.70
2004	M.E. Miller	Grimsley	2:07.21
2005	Kirsten Smith	Athens Drive	2:04.55
2006	Kirsten Smith	Athens Drive	2:01.08
2007	Kirsten Smith	Athens Drive	2:01.45
2008	Kirsten Smith	Athens Drive	2:00.58
2009	Torrey Bussey	Cary	2:03.19
2010	Torrey Bussey	Cary	2:01.07
2011	Victoria Mitchell	Cary	2:03.51
2012	Hannah Moore	Green Hope	2:01.56
2013	Alexandra Martelle	South Mecklenburg	2:03.32
2014	Nicole Emery	Charlotte Catholic	2:01.42
2015	Julia Poole	Middle Creek	2:00.75
2016	Julia Poole	Middle Creek	1:59.76
2017	Julia Poole	Middle Creek	1:58.96
2018	Brooke Zettel	Apex Friendship	1:58.31
2019	Brooke Zettel	Apex Friendship	1:57.93
2020	Kiley Wilhelm	Myers Park	1:56.77
2021	Brooke Zettel	Apex Friendship	1:56.71

1A/2A/3A

Name	School	Time
Christine Bracket	Shelby	2:14.62
Kristen Kunkle	Western Alamance	2:14.65
Wendy Henson	Chase	2:08.53
Lauren Rafferty	Southwest Guilford	2:11.72
Lauren Rafferty	Southwest Guilford	2:12.63
Lauren Rafferty	Southwest Guilford	2:09.45
Sarah Allen	East Chapel Hill	2:12.67
Leigh Campbell	East Chapel Hill	2:10.21
Leigh Campbell	East Chapel Hill	2:10.01
Leigh Campbell	East Chapel Hill	2:10.48

3A

Name	School	Time
Carly Hensel	Ragsdale	2:09.61
Lauren Fayssoux	Forestview	2:08.80
Lauren Fayssoux	Forestview	2:07.80
Anna Weaver	East Rowan	2:09.75
Anna Stringfield	Tuscola	2:10.98
Anna Stringfield	Tuscola	2:09.23
Keri McAfee	Charlotte Catholic	2:07.31
Victoria Oslund	Tuscola	2:08.36
Katherine Plevka	Weddington	2:04.70
Katherine Plevka	Weddington	2:05.43
Nicole Emery	Charlotte Catholic	2:03.63
Nicole Emery	Charlotte Catholic	2:02.01
Claire DeSelm	Chapel Hill	2:02.59
Claire DeSelm	Chapel Hill	2:04.84
Caroline Hauder	Marvin Ridge	1:58.85
Caroline Hauder	Marvin Ridge	2:01.52
Grace Reeder	T.C. Roberson	2:04.51
Maddy Flickinger	Weddington	2:02.23
Alison Thome	Cuthbertson	2:02.64
Madeline Menkhaus	Charlotte Catholic	2:03.05

1A/2A

Name	School	Time
Kelsee Gomes	Charlotte Catholic	2:15.20
Shannon Van Hoy	Charlotte Catholic	2:12.82
Michelle Baric	Eastern Alamance	2:10.20
Meredith Robinson	Cedar Ridge	2:10.17
Melanie Roberts	Cardinal Gibbons	2:02.96
Cameron Figuers	Cardinal Gibbons	2:12.80
Caroline Smith	South Davidson	2:10.04
Caroline Smith	South Davidson	2:05.30
Theresa Meyer	Durham School of Arts	2:11.01
Alexandra Martelle	Thomas Jefferson	2:06.49
Alexandra Martelle	Thomas Jefferson	2:04.55
Margaret Ireland	Raleigh Charter	2:11.21
Olivia Ontjes	Raleigh Charter	2:02.63
Jane Donahue	Christ the King	2:05.07
Alexandria Baker	Lincoln Charter	2:05.75
Emme Nelson	C.S. of Davidson	2:03.98
Emme Nelson	C.S. of Davidson	2:02.01
Emme Nelson	C.S. of Davidson	2:00.70
Emme Nelson	C.S. of Davidson	2:03.49
Katie Knorr	Salisbury	2:04.04



Women's Swimming & Diving Event State Championships



50 Freestyle

OPEN

Year	Name	School	Time
1986	Jill Benda	Millbrook	:24.76
1987	Jill Benda	Millbrook	:24.65
1988	Jenny Huber	Sanderson	:24.47
1989	Jenny Huber	Sanderson	:24.26
1990	Beth Rillema	North Mecklenburg	:24.48
1991	Lee Anne Britt	East Wake	:25.01

4A

Year	Name	School	Time
1992	Lee Anne Britt	East Wake	:25.50
1993	Elizabeth Myers	Hickory	:24.58
1994	Jenny Mancini	Enloe	:24.71
1995	Ashley Murray	North Mecklenburg	:24.31
1996	Sherry West	Leesville Road	:24.20
1997	Meagan Drolet	East Gaston	:24.47
1998	Meagan Drolet	East Gaston	:24.94
1999	Meagan Drolet	East Gaston	:24.37
2000	Ruth Nichols	Leesville Road	:24.11
2001	Ruth Nichols	Leesville Road	:24.20

4A

Year	Name	School	Time
2002	Rebecca Perry	J.H. Rose	:23.95
2003	Rebecca Perry	J.H. Rose	:24.48
2004	Stephanie Glover	Athens Drive	:24.10
2005	Sarah Proctor	North Mecklenburg	:23.89
2006	Lauren Perdue	J.H. Rose	:23.68
2007	Lauren Perdue	J.H. Rose	:24.12
2008	Mandy Myers	Apex	:24.07
2009	Lauren Perdue	J.H. Rose	:23.08
2010	Sabrina Benson	Broughton	:23.39
2011	Alexandra Marshall	Reagan	:23.74
	Nancy Larson	Mount Tabor	:23.74
2012	Hannah Lincoln	Leesville Road	:23.26
2013	Emily Allen	Hough	:23.02
2014	Nora McCullagh	Charlotte Catholic	:22.88
2015	Nora McCullagh	Charlotte Catholic	:22.93
2016	Grace Countie	Leesville Road	:22.75
2017	Grace Countie	Leesville Road	:22.60
2018	Grace Countie	Leesville Road	:22.54
2019	Maria Baric	Green Hope	:22.99
2020	Maria Baric	Green Hope	:22.89
2021	Teresa Ivan	Ardrey Kell	:22.46

1A/2A/3A

Name	School	Time
Denise Stamey	Shelby	:25.34
Shawn Tatum	T.W. Andrews	:24.97
Elizabeth Myers	Hickory	:24.61
Amy Hendrick	Shelby	:24.61
Anabell Kosten	T.C. Roberson	:24.02
Jennifer Lentz	Brevard	:25.14
Jennifer Lentz	Brevard	:24.30
Jennifer Lentz	Brevard	:24.14
Jennifer Lentz	Brevard	:24.97
Shannon Brewer	Hickory	:25.10

3A

Name	School	Time
Shannon Brewer	Hickory	:25.00
Margaret Bardin	Williams	:24.48
Margaret Bardin	Williams	:24.20
Margaret Bardin	Williams	:24.05
Margaret Bardin	Williams	:24.01
Jamie Stancliff	Reagan	:24.41
Jamie Stancliff	Reagan	:24.78
Haley Powell	Lake Norman	:24.65
Ashlyn Koletic	Charlotte Catholic	:24.48
Lauren Rhodes	Charlotte Catholic	:23.41

Nora McCullagh	Charlotte Catholic	:23.85
Nora McCullagh	Charlotte Catholic	:22.92
Michaela Carter	Corinth-Holders	:24.90
McKenzie Weed	North Lincoln	:24.31
Katie Corbi	Weddington	:24.27
Katie Corbi	Weddington	:23.78
Katie Corbi	Weddington	:23.63
Katie Corbi	Weddington	:23.56
Olivia Rhodes	Charlotte Catholic	:23.44
Olivia Rhodes	Charlotte Catholic	:22.99

1A/2A

Name	School	Time
Sarah Scott	Northwood	:24.94
Sarah Scott	Northwood	:24.17
Brett Gordon	East Surry	:26.23
Morgan Robertson	Surry Central	:25.51
Teresa Long	Raleigh Charter	:23.69
Teresa Long	Raleigh Charter	:23.60
Julianna Prim	Starmount	:25.05
Lakenn Reynolds	Elkin	:24.25
Lakenn Reynolds	Elkin	:24.70
Rachel Hatt	Raleigh Charter	:24.87

Rachel Hatt	Raleigh Charter	:24.36
Christina Lappin	Lincoln Charter	:23.76
Christina Lappin	Lincoln Charter	:23.46
Alyssa Marsh	Pine Lake Prep	:23.05
Alyssa Marsh	Pine Lake Prep	:22.83
Allyson Accordino	Pine Lake Prep	:23.80
Allyson Accordino	Pine Lake Prep	:23.50
Allyson Accordino	Pine Lake Prep	:23.66
Lindy Bilden	Carrboro	:23.65
Lindy Bilden	Carrboro	:24.00



Women's Swimming & Diving Event State Championships



1 Meter Diving

OPEN

Year	Name	School	Score
1985	Robbi Dalton	Mount Tabor	369.45
1986	Robbi Dalton	Mount Tabor	388.85
1987			
1988	Heidi Candler	Athens Drive	390.45
1989	Eileen Duley	Apex	344.75
1990	Eileen Duley	Apex	368.15
1991	Eileen Duley	Apex	364.35

4A

Year	Name	School	Score
1992	Eileen Duley	Apex	405.95
1993	Kelly Badrock	Jordan	413.30
1994	Carrie Knoeber	Enloe	444.05
1995	Carrie Knoeber	Enloe	456.60
1996	Carrie Knoeber	Enloe	491.35
1997	Renee Paradise	Chapel Hill	420.60
1998	Renee Paradise	Chapel Hill	402.80
1999	Jennifer Rehm	Orange	474.65
2000	Jennifer Rehm	Orange	458.60
2001	Jessica Thompson	Butler	446.20

4A

Year	Name	School	Score
2002	Jessica Thompson	Butler	481.00
2003	Katherine Schamberg	Athens Drive	373.45
2004	Chelsea Mock	Chapel Hill	355.85
2005	Lydia Cardinal	Chapel Hill	360.95
2006	Michelle Mudge	Hopewell	391.20
2007	Julie Doran	Holly Springs	464.00
2008	Julie Doran	Holly Springs	454.25
2009	Julie Doran	Holly Springs	429.55
2010	Julie Doran	Holly Springs	448.90
2011	Alison Menzies	Reagan	431.35
2012	Whitney Timberlake	Hoke	377.50
2013	Lily Armstrong	Western Guilford	386.95
2014	Jennifer Giacalone	Hough	414.10
2015	Kristen Hayden	Panther Creek	507.55
2016	Jocelyn Porter	Hough	477.65
2017	Jennifer Giacalone	Hough	474.40
2018	Ashton Zuburg	Leesville Road	450.85
2019	Ashton Zuburg	Leesville Road	440.50
2020	Ashton Zuburg	Leesville Road	423.55
2021	Andra Buchan	Hough	433.35

1A/2A/3A

Name	School	Score
Tandra Leftwich	Kings Mountain	242.65
Jenny Wren	West Lincoln	339.85
Sara Davis	Northern Vance	317.55
Georgina Crawford	Southern Guilford	368.55
Erin Bailey	Fuquay-Varina	437.10
Erin Bailey	Fuquay-Varina	403.00
Erin Bailey	Fuquay-Varina	426.75
Erin Bailey	Fuquay-Varina	471.78
Page Holloway	Charlotte Catholic	409.15
Page Holloway	Charlotte Catholic	417.55

3A

Name	School	Score
Melissa Freimark	East Chapel Hill	299.50
Maryssa Lohman	East Chapel Hill	283.90
Blythe Hogan	Williams	407.80
Blythe Hogan	Williams	360.85
Blythe Hogan	Williams	304.45
Alison Menzies	Reagan	335.45
Alison Menzies	Reagan	380.00
Katie Leonard	Chapel Hill	325.10
Katie Leonard	Chapel Hill	346.50
Sara Maleski	Marvin Ridge	404.35
Mary Ellen Targonski	South Point	401.60
Mary Ellen Targonski	South Point	447.30
Nikki Canale	Marvin Ridge	511.60
Nikki Canale	Marvin Ridge	530.65
Nikki Canale	Marvin Ridge	492.90
Alyssa Wang	East Chapel Hill	473.90
Clara Tate	Chapel Hill	418.65
Clara Tate	Chapel Hill	440.10
Jessica Paul	Northern Guilford	407.05

1A/2A

Name	School	Score
Laura Filip	Durham School of Arts	342.25
Laura Filip	Durham School of Arts	457.55
Sarah Knish	Charlotte Catholic	252.70
Rebecca Bentley	Durham School of Arts	338.70
Rebecca Bentley	Durham School of Arts	352.95
Sarah Wyman	Perquimans	356.05
Siobhan Munroe	Cardinal Gibbons	273.55
Audrey Timmel	Cedar Ridge	279.35
Molly Harkary	Cedar Ridge	270.70
Jill Mulveney	Lake Norman	367.70
Adyson Lowe	Lake Norman Charter	411.45
Adyson Lowe	Lake Norman Charter	390.40
Peyton Freeze	Lake Norman Charter	392.45
Adyson Lowe	Lake Norman Charter	466.60
Lindsey Ruderman	NCSSM	405.45
Claire McDaniels	Carrboro	475.45
Kyndal Knight	East Gaston	490.60
Joslyn Oakley	Langtree Charter	472.60
Joslyn Oakley	Langtree Charter	480.85
Joslyn Oakley	Langtree Charter	492.50



Women's Swimming & Diving Event State Championships



100 Butterfly

OPEN

Year	Name	School	Time
1986	Flna Fox	South Mecklenburg	59.63
1987	J. Miller	Myers Park	:59.32
1988	Suzanne Gardiner	Cary	:59.39
1989			
1990	Julie McKinney	Sanderson	:57.91
1991	Julie Peluso	Broughton	:58.56

4A

Year	Name	School	Time
1992	Cara Dunnaway	Apex	:58.29
1993	Cara Dunnaway	Apex	:58.96
1994	Nicole Campbell	Leesville Road	:58.09
1995	Sherry West	Leesville Road	:57.99
1996	Cindy Scheuster	Providence	:59.19
1997	Kelly Weeks	Leesville Road	:58.44
1998	Melissa Fiss	Providence	:57.02
1999	Cara Lane	Providence	:56.51
2000	Hillary Queen	East Gaston	:58.69
2001	Erin Gottschalk	Hoggard	:58.53

4A

Year	Name	School	Time
2002	Stephanie Glover	Athens Drive	:57.65
2003	Stephanie Glover	Athens Drive	:57.46
2004	Sarah Proctor	North Mecklenburg	:57.47
2005	Amanda Duncan	Wake Forest	:55.77
2006	Jessalyn Crawford	Athens Drive	:57.08
2007	Sarah Henry	West Johnston	:56.87
2008	Cari Blalock	New Hanover	:55.31
2009	Chelsea Howard	Riverside-Durham	:54.92
2010	Cari Blalock	New Hanover	:55.07
2011	Jessica Godlweski	Apex	:55.47
2012	Hannah Lincoln	Leesville Road	:54.68
2013	Megan Owens	Cary	:55.59
2014	Elsa Welshofer	Charlotte Catholic	:54.47
2015	Mary-O Soule	T.C. Roberson	:55.73
2016	Julia Menkhaus	Charlotte Catholic	:54.12
2017	Julia Menkhaus	Charlotte Catholic	:53.61
2018	Amanda Ray	Leesville Road	:54.28
2019	Claire Curzan	Cardinal Gibbons	:51.60
2020	Claire Curzan	Cardinal Gibbons	:50.35
2021	Claire Curzan	Cardinal Gibbons	:50.35

1A/2A/3A

Name	School	Time
Renee Bailey	East Rutherford	1:02.23
Dondrea Elliot	East Rowan	:58.86
Dondrea Elliot	East Rowan	:59.79
Kristina Harmer	Wake Forest-Rolesville	1:00.50
Melissa Orr	T.C. Roberson	1:00.56
Sarah Allen	East Chapel Hill	:58.28
Sarah Allen	East Chapel Hill	:59.82
Kim Campbell	East Chapel Hill	:59.16
Nikki Deering	Central Davidson	:58.16
Nikki Deering	Central Davidson	:57.96

3A

Name	School	Time
Megan Chenier	Eastern Wayne	:59.34
Katherine Caldwell	Concord	:58.42
Allie Lewis	Smoky Mountain	:57.55
Katherine Caldwell	Concord	:58.31
Keri McAfee	Charlotte Catholic	:58.32
Keri McAfee	Charlotte Catholic	:57.12
Keri McAfee	Charlotte Catholic	:56.39
Victoria Oslund	Tuscola	:57.68
Victoria Oslund	Tuscola	:56.90
Victoria Oslund	Tuscola	:55.99
Elsa Welshofer	Charlotte Catholic	:56.09
Elsa Welshofer	Charlotte Catholic	:54.69
Claire DeSelm	Chapel Hill	:54.77
Claire DeSelm	Chapel Hill	:55.39
Claire DeSelm	Chapel Hill	:56.32
Elle VanNote	Marvin Ridge	:55.22
Julia Menkhaus	Charlotte Catholic	:53.84
Ellie VanNote	Marvin Ridge	:53.92
Madeline Menkhaus	Charlotte Catholic	:54.42
Madeline Menkhaus	Charlotte Catholic	:54.15

1A/2A

Name	School	Time
Sarah Scott	Northwood	:58.38
Sarah Scott	Northwood	:57.35
Victoria Niemeyer	Western Alamance	:57.68
Keri McAfee	Charlotte Catholic	1:00.42
Patrice Dason	Cardinal Gibbons	:55.21
Julianna Prim	Starmount	:56.94
Julianna Prim	Starmount	:57.28
Julianna Prim	Starmount	:57.51
Madi Ralston	Salisbury	:59.46
Caitlin Casazza	Bishop McGuinness	:57.52
Caitlin Casazza	Bishop McGuinness	:55.29
Christina Lappin	Lincoln Charter	:55.60
Alyssa Marsh	Pine Lake Prep	:53.72
Alyssa Marsh	Pine Lake Prep	:54.08
Alyssa Marsh	Pine Lake Prep	:53.23
Alexandria Baker	Lincoln Charter	:55.43
Kathryn Morrison	Salisbury	:55.54
Jenna Bridges	Chase	:55.84
Jenna Bridges	Chase	:54.52
Jenna Bridges	Chase	:55.56



Women's Swimming & Diving Event State Championships



100 Freestyle

OPEN

Year	Name	School	Time
1986	Annie McCoy	Ragsdale	:54.85
1987	Annie McCoy	Ragsdale	:54.44
1988	Jenny Huber	Sanderson	:53.69
1989	Jenny Huber	Sanderson	:53.73
1990	Beth Rillema	North Mecklenburg	:54.26
1991	Kelly Frazier	Ashbrook	:53.03

4A

Year	Name	School	Time
1992	Kelly Frazier	Ashbrook	:52.60
1993	Kelly Frazier	Ashbrook	:52.77
1994	Ashley Murray	North Mecklenburg	:52.32
1995	Ashley Murray	North Mecklenburg	:52.52
1996	Sherry West	Leesville Road	:52.68
1997	Megan Drolet	East Gaston	:53.70
1998	Katie Scoggins	Millbrook	:52.69
1999	Meagan Drolet	East Gaston	:52.30
2000	Ruth Nichols	Leesville Road	:52.95
2001	Ruth Nichols	Leesville Road	:52.19

4A

Year	Name	School	Time
2002	Carolina Ackley	Enloe	:51.87
2003	Rebecca Perry	J.H. Rose	:52.24
2004	Kaleigh Gomes	Providence	:52.33
2005	Kaleigh Gomes	Providence	:53.18
2006	Kaleigh Gomes	Providence	:51.38
2007	Mandy Myers	Apex	:51.71
2008	Dania Marinshaw	East Chapel Hill	:52.48
2009	Lauren Perdue	J.H. Rose	:49.80
2010	Henriette Stenkvis	Panther Creek	:51.13
2011	Henriette Stenkvis	Panther Creek	:50.69
2012	Emily Allen	Hough	:50.29
2013	Emily Allen	Hough	:49.77
2014	Emily Allen	Hough	:49.68
2015	Emily Allen	Hough	:49.85
2016	Jessica Merritt	Hough	:50.14
2017	Grace Countie	Leesville Road	:49.98
2018	Grace Countie	Leesville Road	:49.69
2019	Olwyn Bartis	Myers Park	:50.60
2020	Teresa Ivan	Ardey Kell	:50.46
2021	Teresa Ivan	Ardey Kell	:49.25

1A/2A/3A

Name	School	Time
Wendy Henson	Chase	:52.85
Wendy Henson	Chase	:52.16
Elizabeth Myers	Hickory	:55.25
Olivia Smutney	Western Guilford	:54.43
Anabell Kosten	T.C. Roberson	:52.68
Lauren Smith	Central Cabarrus	:55.58
Amy Hendrick	Shelby	:53.58
Lauren Smith	Central Cabarrus	:53.99
Kellie Hill	Sun Valley	:53.75
Shannon Brewer	Hickory	:54.44

3A

Name	School	Time
Shannon Brewer	Hickory	:54.02
Margaret Bardin	Williams	:54.51
Margaret Bardin	Williams	:53.36
Margaret Bardin	Williams	:52.71
Margaret Bardin	Williams	:52.40
Henni Coetzer	Porter Ridge	:54.21
Jordan Koletic	Charlotte Catholic	:54.91
Heather Isetts	Lake Norman	:53.35
Ashlyn Koletic	Charlotte Catholic	:53.22
Ashlyn Koletic	Charlotte Catholic	:52.12
Lauren Rhodes	Charlotte Catholic	:50.55
Lauren Rhodes	Charlotte Catholic	:50.02
Anabelle Durham	Chapel Hill	:53.47
Anna Durak	Hickory	:51.74
Anna Durak	Hickory	:51.76
Katie Corbi	Weddington	:51.21
Olwyn Bartis	Charlotte Catholic	:50.69
Madeline Smith	J.H. Rose	:50.83
Madeline Smith	J.H. Rose	:50.15
Madeline Smith	J.H. Rose	:50.16

1A/2A

Name	School	Time
Nikki Deering	Central Davidson	:53.51
Sarah Beth Schooley	Albemarle	:54.37
Dylan Spake	West Davidson	:56.19
Teresa Long	Raleigh Charter	:52.76
Teresa Long	Raleigh Charter	:51.46
Teresa Long	Raleigh Charter	:51.53
Sarah Neaves	Elkin	:54.56
Lakenn Reynolds	Elkin	:52.12
Emily Tysinger	Carrboro	:53.42
Katie Furey	Carrboro	:53.22
Olivia Ontjes	Raleigh Charter	:51.56
Olivia Ontjes	Raleigh Charter	:50.75
Annie Shirk	Shelby	:53.75
Christina Lappin	Lincoln Charter	:51.80
Christina Lappin	Lincoln Charter	:50.64
Alexandria Baker	Lincoln Charter	:51.33
Allyson Accordino	Pine Lake Prep	:51.18
Allyson Accordino	Pine Lake Prep	:51.09
Ede Kosik	Voyager Academy	:50.87
Ede Kosik	Voyager Academy	:51.30



Women's Swimming & Diving Event State Championships



500 Freestyle

OPEN

Year	Name	School	Time
1986	Staci Sawyer	Sanderson	5:03.87
1987	J. Miller	Myers Park	5:13.05
1988	Emily Cowling	Broughton	5:01.96
1989	Trish McHardy	East Mecklenburg	5:08.53
1990	Trish McHardy	Providence	4:54.11
1991	Shannon Allison	Apex	5:01.26

4A

Year	Name	School	Time
1992	Beth Humphry	Sanderson	5:02.83
1993	Leigh Tysinger	Page	5:06.11
1994	Alexis Keto	Enloe	5:04.01
1995	Alexis Keto	Enloe	4:58.43
1996	Alexis Keto	Enloe	4:53.07
1997	Danley Stone	Athens Drive	5:05.64
1998	Cara Lane	Providence	4:50.54
1999	Cara Lane	Providence	4:48.23
2000	Meredith Green	Chapel Hill	4:49.05
2001	Meredith Green	Chapel Hill	4:51.79

4A

Year	Name	School	Time
2002	Kristin Oxford	Providence	4:54.22
2003	Brittany Johnson	R.J. Reynolds	4:55.90
2004	Kristin Oxford	Providence	4:58.08
2005	Kirsten Smith	Athens Drive	4:55.77
2006	Kirsten Smith	Athens Drive	4:54.47
2007	Kirsten Smith	Athens Drive	4:53.09
2008	Kirsten Smith	Athens Drive	4:55.87
2009	Sarah Henry	West Johnston	4:53.53
2010	Sarah Henry	West Johnston	4:46.69
2011	Victoria Mitchell	Cary	4:51.19
2012	Hannah Moore	Green Hope	4:51.20
2013	Hannah Moore	Green Hope	4:47.66
2014	Hannah Moore	Green Hope	4:40.98
2015	Rebecca Postoll	Charlotte Catholic	4:47.02
2016	Ana Pozder	Apex	4:50.66
2017	Ana Pozder	Apex	4:48.48
2018	Kenna Haney	Sanderson	4:49.59
2019	Ellie Marquardt	South Mecklenburg	4:48.18
2020	Amanda Ray	Leesville Road	4:50.48
2021	Keelan Cotter	Green Hope	4:47.87

1A/2A/3A

Name	School	Time
Tara DeSorbo	Salisbury	5:17.68
Tara DeSorbo	Salisbury	5:22.03
Wendy Henson	Chase	5:01.45
Wendy Henson	Chase	4:57.30
Mary Smutney	Western Guilford	5:14.72
Lindsey Saufley	Southwest Guilford	5:13.64
Lindsey Saufley	Southwest Guilford	5:09.88
Leigh Campbell	East Chapel Hill	5:03.16
Lindsey Saufley	Southwest Guilford	5:04.65
Leigh Campbell	East Chapel Hill	5:06.81

3A

Name	School	Time
Eleanor Trefzger	Hickory	5:16.20
Lauren Fayssoux	Forestview	5:05.98
Lauren Fayssoux	Forestview	5:10.42
Anna Weaver	East Rowan	5:02.70
Shannon Van Hoy	Charlotte Catholic	5:08.24
Maddie Fox	Parkland	5:26.65
Megan McLeod	Tuscola	5:11.28
Rachel Wilson	Reagan	5:07.28
Lydia Renn	Chapel Hill	5:09.84
Katy Stringfield	Tuscola	4:56.87
Katy Stringfield	Tuscola	4:58.35
Katy Stringfield	Tuscola	4:56.08
Emmaline Peterson	Hickory	4:54.42
Emmaline Peterson	Hickory	4:50.11
Emmaline Peterson	Hickory	4:52.80
Emmaline Peterson	Hickory	4:49.84
Anna Durak	Hickory	4:52.87
Sophia Lange	Eastern Alamance	5:02.02
Emma Hastings	J.H. Rose	4:53.14
Emma Hastings	J.H. Rose	4:49.37

1A/2A

Name	School	Time
Cristina Baric	Eastern Alamance	5:18.00
Cristina Baric	Eastern Alamance	5:08.09
Molly Tesch	Cedar Ridge	5:10.73
Shannon VanHoy	Charlotte Catholic	5:04.27
Caroline Smith	South Davidson	5:06.24
Kelly Ann Baird	West Davidson	4:56.72
Kelly Ann Baird	West Davidson	4:54.75
Kelly Ann Baird	West Davidson	4:51.68
Kelly Ann Baird	West Davidson	4:49.20
Theresa Meyer	Durham School of Arts	4:56.11
Grace Baird	West Davidson	5:04.18
Grace Baird	West Davidson	5:06.28
McKenzie Stevens	Salisbury	5:04.96
Sarah Mandis	First Flight	5:12.82
Sydney Willis	Raleigh Charter	5:06.99
Sydney Willis	Raleigh Charter	4:58.98
Sydney Willis	Raleigh Charter	4:58.27
Emily Knorr	Salisbury	5:01.64
Emily Knorr	Salisbury	4:52.40
Emily Knorr	Salisbury	4:49.04



Women's Swimming & Diving Event State Championships



200 Freestyle Relay

Year	Name	OPEN School	Time
1991		Sanderson	1:41.16
Year	Name	4A School	Time
1992		Sanderson	1:42.27
1993		Chapel Hill	1:41.60
1994		Enloe	1:41.28
1995		North Mecklenburg	1:38.88
1996		Broughton	1:41.08
1997		Watauga	1:41.76
1998		Providence	1:40.77
1999		Providence	1:41.18
2000		Leesville Road	1:40.95
2001		Northern Durham	1:41.21
Year	Name	4A School	Time
2002		Myers Park	1:40.44
2003		Grimsley	1:40.44
2004		Providence	1:39.75
2005		North Mecklenburg	1:38.62
2006		Providence	1:38.03
2007		Providence	1:37.87
2008		Providence	1:37.57
2009		Leesville Road	1:38.54
2010		East Chapel Hill	1:38.14
2011		Reagan	1:37.10
2012		Ardrey Kell	1:38.68
2013		Hough	1:35.04
2014		Charlotte Catholic	1:33.22
2015		Charlotte Catholic	1:33.68
2016		Hough	1:35.79
2017		Leesville Road	1:34.99
2018	Grace Newton Caroline Keever Brooke Morgan Grace Countie	Leesville Road	1:34.75
2019	Janie Smith Liza Whitmire Maya Gendzel Olwyn Bartis	Myers Park	1:33.87
2020	Elizabeth Baric Anna Long Katherine Carson Maria Baric	Green Hope	1:34.30
2021	Elena Dry Taylor Morris Lily Welsh Olivia Gschwind	Broughton	1:34.16

Name	1A/2A/3A School	Time
	Northwest Guilford	1:46.97
	Shelby	1:43.88
	Concord	1:45.72
	Concord	1:45.64
	Shelby	1:45.64
	Southwest Guilford	1:45.16
	Shelby	1:45.11
	East Chapel Hill	1:43.42
	East Chapel Hill	1:42.44
	East Chapel Hill	1:42.84
Name	3A School	Time
	Statesville	1:44.73
	Williams	1:43.61
	East Chapel Hill	1:44.26
	Williams	1:41.37
	Charlotte Catholic	1:47.11
	Tuscola	1:44.16
	Reagan	1:42.04
	Charlotte Catholic	1:41.65
	Charlotte Catholic	1:39.71
	Charlotte Catholic	1:39.13
	Charlotte Catholic	1:37.05
	Charlotte Catholic	1:35.00
	Marvin Ridge	1:39.42
	Marvin Ridge	1:39.50
	Marvin Ridge	1:39.65
	Hickory	1:38.91
	Weddington	1:36.15
Maddy Flickinger Amelia Kudela Kelsey Tolchin Katie Corbi		
Maddy Flickinger Kylie Yoder Kelsey Tolchin Katie Corbi	Weddington	1:34.39
Olivia Rhodes Hope Borders Abigail Parks Alina Stout	Charlotte Catholic	1:34.30
Olivia Rhodes Kendra Johnson Hope Borders Abby Druhan	Charlotte Catholic	1:36.88

Name	1A/2A School	Time
	East Surry	1:47.64
	Raleigh Charter	1:47.77
	Charlotte Catholic	1:47.74
	Charlotte Catholic	1:47.83
	Cardinal Gibbons	1:37.53
	Cardinal Gibbons	1:40.89
	Cardinal Gibbons	1:42.94
	Carrboro	1:42.93
	Carrboro	1:43.16
	Raleigh Charter	1:42.98
	Raleigh Charter	1:38.29
	Raleigh Charter	1:38.37
	Raleigh Charter	1:38.21
	Raleigh Charter	1:37.69
	Pine Lake Prep	1:36.84
	Pine Lake Prep	1:39.96
	Pine Lake Prep	1:39.65
Allyson Accordino Rose Auten Kensley Rasbornik Rachel Daly		
Kate Hegland Lindy Bilden Paloma Baca	Carrboro	1:38.01
Emily Carpenter Emily Carpenter Lucy Carroll Lindy Bilden	Carrboro	1:38.13
Kate Hegland Kate Hegland Emily Carpenter Maya Lambert Lindy Bilden	Carrboro	1:38.09



Women's Swimming & Diving Event State Championships



100 Backstroke

OPEN

Year	Name	School	Time
1986	Jill Benda	Millbrook	1:00.22
1987	Cathy Burgess	Hickory	:59.11
1988	Cathy Burgess	Hickory	:59.96
1989	Amy Allen	Shelby	:59.72
1990	Jamie Sorrentino	East Mecklenburg	1:00.10
1991	Jamie Sorrentino	East Mecklenburg	:59.65

4A

Year	Name	School	Time
1992	Cara Dunaway	Apex	:58.52
1993	Sharon Curlee	South Mecklenburg	:58.65
1994	Tori Vander Weyden	Enloe	:59.06
1995	Virginia Soderberg	Broughton	:57.76
1996	Baker Stocks	Millbrook	1:01.24
1997	Virginia Soderberg	Broughton	:59.76
1998	Elizabeth Heatherington	Chapel Hill	:57.67
1999	Elizabeth Heatherington	Chapel Hill	:57.93
2000	Elizabeth Heatherington	Chapel Hill	:57.46
2001	Erin Gottschalk	Hoggard	:58.01

4A

Year	Name	School	Time
2002	Stephanie Glover	Athens Drive	:57.44
2003	Kelsy Smith	Athens Drive	:57.70
2004	Stephanie Glover	Athens Drive	:58.83
2005	Kelsy Smith	Athens Drive	:56.90
2006	Carly Smith	Chapel Hill	:56.47
2007	Carly Smith	Chapel Hill	:55.73
2008	Carly Smith	Chapel Hill	:55.72
2009	Carly Smith	Chapel Hill	:54.95
2010	Sabrina Benson	Broughton	:54.40
2011	Sabrina Benson	Broughton	:54.76
2012	Henriette Stenkvis	Panther Creek	:54.73
2013	Hannah Moore	Green Hope	:54.37
2014	Nora McCullagh	Charlotte Catholic	:53.59
2015	Nora McCullagh	Charlotte Catholic	:54.19
2016	Julia Menkhaus	Charlotte Catholic	:53.84
2017	Julia Menkhaus	Charlotte Catholic	:53.74
2018	Sinclair Larson	South Mecklenburg	:53.71
2019	Claire Curzan	Cardinal Gibbons	:51.88
2020	Claire Curzan	Cardinal Gibbons	:51.38
2021	Claire Curzan	Cardinal Gibbons	:51.67

1A/2A/3A

Name	School	Time
Leslie Hawley	Wake Forest-Rolesville	1:01.25
Dondrea Elliot	East Rowan	:59.87
Dondrea Elliot	East Rowan	:59.56
Amy Hendrick	Shelby	:58.42
Amy Hendrick	Shelby	:59.31
Amy Hendrick	Shelby	:59.00
Amy Hendrick	Shelby	:57.77
Jackie Solady	Charlotte Catholic	:59.52
Jackie Solady	Charlotte Catholic	:59.52
Jackie Solady	Charlotte Catholic	:58.12

3A

Name	School	Time
Megan Chenier	Eastern Wayne	1:00.21
Alex Cooke	Southwest Guilford	:59.62
Katherine Caldwell	Concord	:59.49
Katherine Caldwell	Concord	:57.88
Emily Powell	R.S. Central	1:00.32
Rachel Wilson	Reagan	:59.54
Mary Kate Hetzel	Charlotte Catholic	:58.67
Haley Powell	Lake Norman	:57.89
Erin Gaeckle	Charlotte Catholic	:56.69
Maria Sheridan	Charlotte Catholic	1:00.28
Annabelle Durham	Chapel Hill	:57.62
Nora McCullagh	Charlotte Catholic	:55.09
Anabelle Durham	Chapel Hill	:57.65
Caroline Hauder	Marvin Ridge	:56.21
Madison Holland	Cox Mill	:56.61
Maddy Flickinger	Weddington	:54.76
Julia Menkhaus	Charlotte Catholic	:53.70
Maddy Flickinger	Weddington	:55.05
Maura Schoppa	Northern Guilford	:55.85
Maura Schoppa	Northern Guilford	:55.97

1A/2A

Name	School	Time
Jackie Soloday	Charlotte Cathoile	:58.04
Sarah Beth Schooley	Albemarle	:59.40
Megan Pirdy	Mount Airy	1:00.90
Jill Refvum	Mount Airy	1:00.71
Julie Smith	Cardinal Gibbons	:58.36
Julie Smith	Cardinal Gibbons	:57.79
Caroline Smith	South Davidson	:57.92
Caroline Smith	South Davidson	:56.77
Jessica Frazelle	West Davidson	1:00.96
Margaret Ireland	Raleigh Charter	:58.89
Margaret Ireland	Raleigh Charter	:58.54
Alyssa Marsh	Pine Lake Prep	:57.11
Alyssa Marsh	Pine Lake Prep	:54.86
Lexi Souther	Parkwood	:54.83
Lexi Souther	Parkwood	:54.64
Kathryn Morrison	Salisbury	:55.26
Kathryn Morrison	Salisbury	:55.42
Kate Hegland	Carrboro	:56.68
Chloe Harris	Lincoln Charter	:55.93
Katie Knorr	Salisbury	:57.96



Women's Swimming & Diving Event State Championships



100 Breaststroke

OPEN

Year	Name	School	Time
1986	Lisa Brown	Broughton	
1987	M. Bridgers	South Mecklenburg	1:08.82
1988	Theresa Kreel	E.E. Smith	1:09.33
1989	Vicky Odom	Piedmont	1:07.77
1990	Julie Torba	Grimsley	1:08.50
1991	Darcy Hathaway	East Mecklenburg	1:06.44

4A

Year	Name	School	Time
1992	Elizabeth Myers	Hickory	1:08.62
1993	Ilana Kavadlo	East Mecklenburg	1:07.94
1994	Jamie Link	Grimsley	1:08.46
1995	Tara Adams	Leesville Road	1:06.48
1996	Alicia Harris	McDowell	1:07.01
1997	Cody Gelvin	Providence	1:06.52
1998	Katie Hathaway	East Mecklenburg	1:03.82
1999	Virginia Pate	Mount Tabor	1:05.11
2000	Virginia Pate	Mount Tabor	1:05.29
2001	Brittany Johnson	R.J. Reynolds	1:06.15

4A

Year	Name	School	Time
2002	Mary Elizabeth Miller	Grimsley	1:06.56
2003	Anna Hubbard	North Mecklenburg	1:07.17
2004	Kaleigh Gomes	Providence	1:06.06
2005	Kylen Huntwork	Apex	1:06.47
2006	Hannah Facchine	Enloe	1:05.69
2007	Torrey Bussey	Cary	1:05.87
2008	Torrey Bussey	Cary	1:04.74
2009	Torrey Bussey	Cary	1:02.81
2010	Torrey Bussey	Cary	1:02.17
2011	Hayley Tomlinson	Apex	1:05.36
2012	Ashley Brem	Hoggard	1:04.21
2013	Alexandra Martelle	South Mecklenburg	1:03.21
2014	Jessica Merritt	Hough	1:03.44
2015	Alyssa Arwood	T.C. Roberson	1:02.10
2016	Julia Poole	Middle Creek	1:02.62
2017	Julia Poole	Middle Creek	1:01.78
2018	Lilly Higgs	Hough	1:01.57
2019	Ashley McCauley	Leesville Road	1:01.53
2020	Grace Rainey	Hough	1:01.31
2021	Grace Rainey	Hough	1:01.05

1A/2A/3A

Name	School	Time
Hilary Stokes	North Davidson	1:09.43
Kristen Kunkle	Western Alamance	1:08.24
Lauren Rafferty	Southwest Guilford	1:08.88
Lindsay Taylor	High Point Central	1:07.91
Lauren Rafferty	Southwest Guilford	1:09.65
Amy Hendrick	Shelby	1:05.71
Redeana Davis	South Caldwell	1:10.03
Jenny Lentz	Brevard	1:07.07
Mandy Huff	North Stanly	1:06.67
Mandy Huff	North Stanly	1:07.45

3A

Name	School	Time
Carly Hensel	Ragsdale	1:08.47
Allison Cochran	R-S Central	1:08.48
Allison Cochran	R-S Central	1:07.14
Casey Umberger	Hunt	1:09.08
Casey Umberger	Hunt	1:07.91
Emily Michaels	Union Pines	1:08.05
Christen McDonough	Charlotte Catholic	1:07.81
Christen McDonough	Charlotte Catholic	1:04.08
Christen McDonough	Charlotte Catholic	1:03.82
Katherine Plevka	Weddington	1:06.81
Emily Pfeiffer	Washington	1:04.29
Sara Stranick	Charlotte Catholic	1:05.00
Becca Churchill	Cedar Ridge	1:06.32
Caroline Hauder	Marvin Ridge	1:03.79
Caroline Hauder	Marvin Ridge	1:02.15
Virginia Gilliland	Western Guilford	1:05.89
Kaylee Hamblin	Parkwood	1:03.08
Kaylee Hamblin	Parkwood	1:02.79
Kaylee Hamblin	Parkwood	1:02.33
Kaylee Hamblin	Parkwood	1:00.35

1A/2A

Name	School	Time
Jane Anderson	East Surry	1:08.29
Katie Holt	Andrews	1:08.88
Taylor Sexton	Salisbury	1:09.42
Taylor White	Bunn	1:10.87
Melanie Roberts	Cardinal Gibbons	1:03.02
Morgan Robertson	Surry Central	1:09.45
Emily Marett	Owen	1:07.94
Kirsten Esplin	Cardinal Gibbons	1:07.22
Carson Jones	Northwood	1:08.22
Alexandra Martelle	Thomas Jefferson	1:04.30
Caitlin Casazza	Bishop McGuinness	1:03.64
Olivia Ontjes	Raleigh Charter	1:03.94
Olivia Ontjes	Raleigh Charter	1:02.73
Olivia Ontjes	Raleigh Charter	1:02.64
Riggan Ayscue	Lake Norman Charter	1:06.28
Emme Nelson	C.S. of Davidson	1:02.94
Emme Nelson	C.S. of Davidson	1:02.28
Emme Nelson	C.S. of Davidson	1:02.58
Emme Nelson	C.S. of Davidson	1:02.81
Jennah Fadely	Jordan-Matthews	1:02.11



Women's Swimming & Diving Event State Championships



400 Freestyle Relay

Year	Name	OPEN School	Time
1987		Sanderson	3:48.56
1988		Grimsley	3:46.76
1989		Grimsley	3:43.64
1990		Page	3:44.21
1991		Sanderson	3:40.88

Year	Name	4A School	Time
1992		Chapel Hill	3:38.16
1993		Broughton	3:39.78
1994		Leesville Road	3:40.73
1995		North Mecklenburg	3:35.93
1996		Enloe	3:39.93
1997		Mount Tabor	3:40.19
1998		Providence	3:33.95
1999		Providence	3:36.58
2000		Leesville Road	3:36.79
2001		Leesville Road	3:34.46

Year	Name	4A School	Time
2002		Providence	3:37.68
2003		South Mecklenburg	3:36.05
2004		Providence	3:35.19
2005		Athens Drive	3:32.39
2006		Chapel Hill	3:33.42
2007		Providence	3:31.35
2008		Chapel Hill	3:31.40
2009		Leesville Road	3:32.11
2010		Panther Creek	3:33.67
2011		Apex	3:29.23
2012		Hough	3:25.69
2013		Hough	3:24.83
2014		Charlotte Catholic	3:22.15
2015		Hough	3:25.51
2016		Hough	3:23.49
2017		Charlotte Catholic	3:28.57
2018	Heidi Lowe Amaya Hanley Kensley Merritt Lilly Higgs	Hough	3:24.43

2019	Jessica Frank Mia Nordstrom Brooke Morgan Amanda Ray	Leesville Road	3:27.96
2020	Elizabeth Sowards Amaya Hanley Grace Rainey Kensley Merritt	Hough	3:23.65
2021	Elena Dry Taylor Morris Lilly Welsh Olivia Gschwind	Broughton	3:25.22

Name	1A/2A/3A School	Time
	Shelby	3:49.21
	High Point Central	3:53.58
	Hickory	3:48.49
	NCSSM	3:53.13
	Shelby	3:54.16
	Southwest Guilford	3:45.32
	Hibriten	3:53.42
	East Chapel Hill	3:42.79
	East Chapel Hill	3:43.31
	East Chapel Hill	3:45.05

Name	3A School	Time
	Hickory	3:47.15
	East Chapel Hill	3:44.88
	East Chapel Hill	3:45.80
	East Chapel Hill	3:44.63
	Charlotte Catholic	3:41.18
	Charlotte Catholic	3:46.55
	Charlotte Catholic	3:38.17
	Charlotte Catholic	3:38.16
	Charlotte Catholic	3:35.78
	Charlotte Catholic	3:31.54
	Charlotte Catholic	3:28.68
	Charlotte Catholic	3:24.61
	Marvin Ridge	3:34.02
	Marvin Ridge	3:32.56
	Marvin Ridge	3:33.34
	Weddington	3:31.37
	Charlotte Catholic	3:28.42

Julia Menkhaus Victoria Dichak Madeline Menkhaus Olwyn Bartis Maddy Flickinger Ashley Martinson Kylie Yoder Katie Corbi Alina Stout	Weddington	3:27.56
Victoria Dichak Madeline Menkhaus Abigail Parks Kaylee McDonald Caroline Duhamel Emma Lee Grace Wagner	Charlotte Catholic	3:27.08
	Marvin Ridge	3:30.76

Name	1A/2A School	Time
	Charlotte Catholic	3:51.40
	Charlotte Catholic	3:50.88
	Charlotte Catholic	3:43.23
	Charlotte Catholic	3:40.54
	Raleigh Charter	3:48.65
	Cardinal Gibbons	3:41.14
	Cardinal Gibbons	3:41.84
	Cardinal Gibbons	3:36.07
	West Davidson	3:42.27
	Carrboro	3:46.33
	Raleigh Charter	3:32.16
	Raleigh Charter	3:32.89
	Raleigh Charter	3:37.10
	Lincoln Charter	3:39.55
	Pine Lake Prep	3:34.51
	Pine Lake Prep	3:39.38
	Carrboro	3:37.08

Paloma Baca Eliot Hunsberger Audrey Costley Anneliese Merry Emily Carpenter Audrey Costley Paloma Baca Anneliese Merry Emily Carpenter Lucy Carroll Lindy Bilden Kate Hegland Emily Carpenter Lindy Bilden Eliot Hunsberger Kate Hegland	Carrboro	3:33.65
	Carrboro	3:33.54
	Carrboro	3:38.46