



# Women's Swimming & Diving Multi-Event State Champions



<b>T1)</b>	<b>Margaret Bardin Williams</b>	<b>8</b>	<b>T5)</b>	<b>Christina Lappin Lincoln Charter</b>	<b>7</b>	<b>T11)</b>	<b>Julia Menkhaus Charlotte Catholic</b>	<b>6</b>
	2003 3A 50 Freestyle 24.48			2014 1/2A 200 Freestyle 1:49.31			2016 4A 100 Butterfly 54.12	
	2004 3A 50 Freestyle 24.20			2016 1/2A 200 Freestyle 1:49.95			2017 4A 100 Butterfly 53.61	
	2005 3A 50 Freestyle 24.05			2013 1/2A 50 Freestyle 23.76			2018 3A 100 Butterfly 53.84	
	2006 3A 50 Freestyle 24.01			2014 1/2A 50 Freestyle 23.46			2016 4A 100 Backstroke 53.84	
	2003 3A 100 Freestyle 54.51			2013 1/2A 100 Butterfly 55.60			2017 4A 100 Backstroke 53.74	
	2004 3A 100 Freestyle 53.36			2015 1/2A 100 Freestyle 51.80			2018 3A 100 Backstroke 53.70	
	2005 3A 100 Freestyle 52.71			2016 1/2A 100 Freestyle 50.64				
	2006 3A 100 Freestyle 52.40					<b>T11)</b>	<b>Olivia Ontjes Raleigh Charter</b>	<b>6</b>
<b>T1)</b>	<b>Wendy Henson Chase</b>	<b>8</b>	<b>T5)</b>	<b>Alyssa Marsh Pine Lake Prep</b>	<b>7</b>		2014 1/2A 200 IM 2:02.63	
	1992 1/2/3A 200 Freestyle 1:53.05			2016 1/2A 50 Freestyle 22.83			2012 1/2A 100 Freestyle 51.56	
	1993 1/2/3A 200 Freestyle 1:53.05			2014 1/2A 100 Butterfly 53.72			2013 1/2A 100 Freestyle 50.75	
	1995 1/2/3A 200 Freestyle 1:51.06			2015 1/2A 100 Butterfly 54.08			2013 1/2A 100 Breaststroke 1:03.94	
	1994 1/2/3A 200 IM 2:08.53			2016 1/2A 100 Butterfly 53.23			2014 1/2A 100 Breaststroke 1:02.73	
	1992 1/2/3A 100 Freestyle 52.85			2013 1/2A 100 Backstroke 57.11			2015 1/2A 100 Breaststroke 1:02.64	
	1993 1/2/3A 100 Freestyle 52.16			2014 1/2A 100 Backstroke 54.86				
	1994 1/2/3A 500 Freestyle 5:01.45			2015 1/2A 50 Freestyle 23.05		<b>T11)</b>	<b>Henriette Stenkvis Panther Creek</b>	<b>6</b>
	1995 1/2/3A 500 Freestyle 4:57.30		<b>T5)</b>	<b>Nora McCullagh Charlotte Catholic</b>	<b>7</b>		2009 4A 200 Freestyle 1:49.65	
<b>T1)</b>	<b>Emme Nelson C.S. of Davidson</b>	<b>8</b>		2014 4A 50 Freestyle 22.88			2011 4A 200 Freestyle 1:49.65	
	2017 1/2A 200 IM 2:03.98			2015 4A 50 Freestyle 22.93			2012 4A 200 Freestyle 1:48.48	
	2018 1/2A 200 IM 2:02.01			2012 3A 50 Freestyle 23.85			2010 4A 100 Freestyle 51.13	
	2019 1/2A 200 IM 2:00.70			2013 3A 50 Freestyle 22.92			2011 4A 100 Freestyle 50.69	
	2020 1/2A 200 IM 2:03.49			2014 4A 100 Backstroke 53.59		<b>T19)</b>	<b>Allyson Accordino Pine Lake Prep</b>	<b>5</b>
	2017 1/2A 100 Breaststroke 1:02.94			2015 4A 100 Backstroke 54.19			2017 1/2A 50 Freestyle 23.80	
	2018 1/2A 100 Breaststroke 1:02.28			2013 3A 100 Backstroke 55.09			2018 1/2A 50 Freestyle 23.50	
	2019 1/2A 100 Breaststroke 1:02.58		<b>T11)</b>	<b>Torrey Bussey Cary</b>	<b>6</b>		2019 1/2A 50 Freestyle 23.66	
	2020 1/2A 100 Breaststroke 1:02.81			2009 4A 200 IM 2:03.19			2018 1/2A 100 Freestyle 51.18	
<b>T1)</b>	<b>Kirsten Smith Athens Drive</b>	<b>8</b>		2010 4A 200 IM 2:01.07		<b>T19)</b>	<b>Emily Allen Hough</b>	<b>5</b>
	2005 4A 200 IM 2:04.55			2007 4A 100 Breaststroke 1:05.87			2013 4A 50 Freestyle 23.02	
	2006 4A 200 IM 2:01.08			2008 4A 100 Breaststroke 1:04.74			2012 4A 100 Freestyle 50.29	
	2007 4A 200 IM 2:01.45			2009 4A 100 Breaststroke 1:02.81			2013 4A 100 Freestyle 49.77	
	2008 4A 200 IM 2:00.58			2010 4A 100 Breaststroke 1:02.17			2014 4A 100 Freestyle 49.68	
	2005 4A 500 Freestyle 4:55.77		<b>T11)</b>	<b>Claire Curzan Cardinal Gibbons</b>	<b>6</b>		2015 4A 100 Freestyle 49.85	
	2006 4A 500 Freestyle 4:54.47			2019 4A 100 Butterfly 51.60		<b>T19)</b>	<b>Leigh Campbell East Chapel Hill</b>	<b>5</b>
	2007 4A 500 Freestyle 4:53.09			2020 4A 100 Butterfly 50.35			1999 1/2/3A 200 IM 2:10.21	
	2008 4A 500 Freestyle 4:55.87			2019 4A 100 Backstroke 51.88			2000 1/2/3A 200 IM 2:10.01	
<b>T5)</b>	<b>Kelly Ann Baird West Davidson</b>	<b>7</b>		2020 4A 100 Backstroke 51.38			2001 1/2/3A 200 IM 2:10.48	
	2008 1/2A 200 Freestyle 1:51.86			2021 4A 100 Butterfly 50.35			1999 1/2/3A 500 Freestyle 5:03.16	
	2009 1/2A 200 Freestyle 1:50.86			2021 4A 100 Backstroke 51.67			2001 1/2/3A 500 Freestyle 5:06.81	
	2010 1/2A 200 Freestyle 1:49.86		<b>T11)</b>	<b>Kelly Frazier Ashbrook</b>	<b>6</b>	<b>T19)</b>	<b>Katie Corbi Weddington</b>	<b>5</b>
	2007 1/2A 500 Freestyle 4:56.72			1991 0 200 IM 2:08.06			2016 3A 50 Freestyle 24.27	
	2008 1/2A 500 Freestyle 4:54.75			1992 4A 200 IM 2:05.35			2017 3A 50 Freestyle 23.78	
	2009 1/2A 500 Freestyle 4:51.68			1993 4A 200 IM 2:07.41			2018 3A 50 Freestyle 23.63	
	2010 1/2A 500 Freestyle 4:49.20			1991 0 100 Freestyle 53.03			2019 3A 50 Freestyle 23.56	
<b>T5)</b>	<b>Amy Hendrick Shelby</b>	<b>7</b>		1992 4A 100 Freestyle 52.60			2017 3A 100 Freestyle 51.21	
	1995 1/2/3A 50 Freestyle 24.61			1993 4A 100 Freestyle 52.77		<b>T19)</b>	<b>Grace Countie Leesville Road</b>	<b>5</b>
	1998 1/2/3A 100 Freestyle 53.58		<b>T11)</b>	<b>Caroline Hauder Marvin Ridge</b>	<b>6</b>		2016 4A 50 Freestyle 22.75	
	1995 1/2/3A 100 Backstroke 58.42			2017 3A 200 Freestyle 1:48.52			2017 4A 50 Freestyle 22.60	
	1996 1/2/3A 100 Backstroke 59.31			2016 3A 200 IM 1:58.85			2018 4A 50 Freestyle 22.54	
	1997 1/2/3A 100 Backstroke 59.00			2017 3A 200 IM 2:01.52			2017 4A 100 Freestyle 49.98	
	1998 1/2/3A 100 Backstroke 57.77			2015 3A 100 Backstroke 56.21			2018 4A 100 Freestyle 49.69	
	1997 1/2/3A 100 Breaststroke 1:05.71			2015 3A 100 Breaststroke 1:03.79				
				2016 3A 100 Breaststroke 1:02.15				
<b>T5)</b>	<b>Alexis Kato Enloe</b>	<b>7</b>	<b>T11)</b>	<b>Alexandra Martelle S. Mecklenburg/T. Jefferson</b>	<b>6</b>	<b>T19)</b>	<b>Claire DeSelm Chapel Hill</b>	<b>5</b>
	1993 4A 200 Freestyle 1:56.24			2011 4A 50 Freestyle 23.74			2014 3A 200 IM 2:02.59	
	1994 4A 200 Freestyle 1:54.60			2013 4A 200 IM 2:03.32			2015 3A 200 IM 2:04.84	
	1995 4A 200 Freestyle 1:52.55			2011 1/2A 200 IM 2:06.49			2014 3A 100 Butterfly 54.77	
	1996 4A 200 Freestyle 1:51.29			2012 1/2A 200 IM 2:04.55			2015 3A 100 Butterfly 55.39	
	1994 4A 500 Freestyle 5:04.01			2013 4A 100 Breaststroke 1:03.21			2016 3A 100 Butterfly 56.32	
	1995 4A 500 Freestyle 4:58.43			2011 1/2A 100 Breaststroke 1:04.30				
	1996 4A 500 Freestyle 4:53.07							



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<b>T19)</b>	<b>Meagan Drolet</b>	<b>East Gaston</b>	<b>5</b>	<b>T19)</b>	<b>Hannah Moore</b>	<b>Green Hope</b>	<b>5</b>	<b>T19)</b>	<b>Sherry West</b>	<b>Leesville Road</b>	<b>5</b>	
	1997 4A	50 Freestyle	24.47		2012 4A	200 IM	2:01.56		1994 4A	200 IM	2:09.33	
	1998 4A	50 Freestyle	24.94		2012 4A	500 Freestyle	4:51.20		1995 4A	200 IM	2:06.89	
	1999 4A	50 Freestyle	24.37		2013 4A	500 Freestyle	4:47.66		1996 4A	50 Freestyle	24.20	
	1999 4A	100 Freestyle	52.30		2014 4A	500 Freestyle	4:40.98		1995 4A	100 Butterfly	57.99	
	1997 4A	100 Freestyle	53.70		2013 4A	100 Backstroke	54.37		1996 4A	100 Freestyle	52.68	
<b>T19)</b>	<b>Lauren Faysoux</b>	<b>Forestview</b>	<b>5</b>	<b>T19)</b>	<b>Emmaline Peterson</b>	<b>Hickory</b>	<b>5</b>	<b>T19)</b>	<b>Rachel Wilson</b>	<b>Reagan</b>	<b>5</b>	
	2002 3A	200 Freestyle	1:55.48		2015 3A	200 Freestyle	1:52.11		2007 3A	200 Freestyle	1:56.15	
	2003 3A	200 IM	2:08.80		2014 3A	500 Freestyle	4:54.42		2008 3A	200 Freestyle	1:57.69	
	2004 3A	200 IM	2:07.80		2015 3A	500 Freestyle	4:50.11		2009 3A	200 Freestyle	1:53.07	
	2003 3A	500 Freestyle	5:05.98		2016 3A	500 Freestyle	4:52.80		2009 3A	500 Freestyle	5:07.28	
	2004 3A	500 Freestyle	5:10.42		2017 3A	500 Freestyle	4:49.84		2007 3A	100 Backstroke	59.54	
<b>T19)</b>	<b>Stephanie Glover</b>	<b>Athens Drive</b>	<b>5</b>	<b>T19)</b>	<b>Julia Poole</b>	<b>Middle Creek</b>	<b>5</b>	<b>T45)</b>	<b>Erin Bailey</b>	<b>Fuquay-Varina</b>	<b>4</b>	
	2004 4A	50 Freestyle	24.10		2015 4A	200 IM	2:00.75		1996 1/2/3A	1 Meter Diving	437.10	
	2002 4A	100 Butterfly	57.65		2016 4A	200 IM	1:59.76		1997 1/2/3A	1 Meter Diving	403.00	
	2003 4A	100 Butterfly	57.46		2017 4A	200 IM	1:58.96		1998 1/2/3A	1 Meter Diving	426.75	
	2002 4A	100 Backstroke	57.44		2016 4A	100 Breaststroke	1:02.62		1999 1/2/3A	1 Meter Diving	471.78	
	2004 4A	100 Backstroke	58.83		2017 4A	100 Breaststroke	1:01.78		<b>T45)</b>	<b>Shannon Brewer</b>	<b>Hickory</b>	<b>4</b>
<b>T19)</b>	<b>Meredith Greene</b>	<b>Chapel Hill</b>	<b>5</b>	<b>T19)</b>	<b>Lauren Rafferty</b>	<b>Southwest Guilford</b>	<b>5</b>		2001 1/2/3A	50 Freestyle	25.10	
	1999 4A	200 IM	2:05.69		1995 1/2/3A	200 IM	2:11.72		2002 3A	50 Freestyle	25.00	
	2000 4A	200 IM	2:03.65		1996 1/2/3A	200 IM	2:12.63		2001 1/2/3A	100 Freestyle	54.44	
	2001 4A	200 IM	2:04.81		1997 1/2/3A	200 IM	2:09.45		2002 3A	100 Freestyle	54.02	
	2000 4A	500 Freestyle	4:49.05		1994 1/2/3A	100 Breaststroke	1:08.88		<b>T45)</b>	<b>Cathy Burgess</b>	<b>Hickory</b>	<b>4</b>
	2001 4A	500 Freestyle	4:51.79		1996 1/2/3A	100 Breaststroke	1:09.65		1987 0	200 IM	2:12.55	
<b>T19)</b>	<b>Brittany Johnson</b>	<b>R.J. Reynolds</b>	<b>5</b>	<b>T19)</b>	<b>Lauren Rhodes</b>	<b>Charlotte Catholic</b>	<b>5</b>		1988 0	200 IM	2:11.57	
	2001 4A	200 Freestyle	1:51.48		2012 3A	200 Freestyle	1:50.22		1987 0	100 Backstroke	59.11	
	2002 4A	200 IM	2:05.48		2013 3A	200 Freestyle	1:47.98		1988 0	100 Backstroke	59.96	
	2003 4A	200 IM	2:04.70		2011 3A	50 Freestyle	23.41		<b>T45)</b>	<b>Katherine Caldwell</b>	<b>Concord</b>	<b>4</b>
	2003 4A	500 Freestyle	4:55.90		2012 3A	100 Freestyle	50.55		2003 3A	100 Butterfly	58.42	
	2001 4A	100 Breaststroke	1:06.15		2013 3A	100 Freestyle	50.02		2005 3A	100 Butterfly	58.31	
<b>T19)</b>	<b>Emily Knorr</b>	<b>Salisbury</b>	<b>5</b>	<b>T19)</b>	<b>Lindsey Saufley</b>	<b>Southwest Guilford</b>	<b>5</b>		2004 3A	100 Backstroke	59.49	
	2020 1/2A	200 Freestyle	1:50.56		1997 1/2/3A	200 Freestyle	1:57.03		2005 3A	100 Backstroke	57.88	
	2019 1/2A	500 Freestyle	5:01.64		2000 1/2/3A	200 Freestyle	1:56.28		<b>T45)</b>	<b>Nikki Deering</b>	<b>Central Davidson</b>	<b>4</b>
	2020 1/2A	500 Freestyle	4:52.40		1997 1/2/3A	500 Freestyle	5:13.64		2002 1/2A	200 Freestyle	1:57.61	
	2021 1/2A	200 Freestyle	1:49.11		1998 1/2/3A	500 Freestyle	5:09.88		2000 1/2/3A	100 Butterfly	58.16	
	2021 1/2A	500 Freestyle	4:49.04		2000 1/2/3A	500 Freestyle	5:04.65		2001 1/2/3A	100 Butterfly	57.96	
<b>T19)</b>	<b>Jennifer Lentz</b>	<b>Brevard</b>	<b>5</b>	<b>T19)</b>	<b>Caroline Smith</b>	<b>South Davidson</b>	<b>5</b>		2002 1/2A	100 Freestyle	53.51	
	1997 1/2/3A	50 Freestyle	25.14		2008 1/2A	200 IM	2:10.04		<b>T45)</b>	<b>Julie Doran</b>	<b>Holly Springs</b>	<b>4</b>
	1998 1/2/3A	50 Freestyle	24.30		2009 1/2A	200 IM	2:05.30		2007 4A	1 Meter Diving	464.00	
	1999 1/2/3A	50 Freestyle	24.14		2006 1/2A	500 Freestyle	5:06.24		2008 4A	1 Meter Diving	454.25	
	2000 1/2/3A	50 Freestyle	24.97		2008 1/2A	100 Backstroke	57.92		2009 4A	1 Meter Diving	429.55	
	1999 1/2/3A	100 Breaststroke	1:07.07		2009 1/2A	100 Backstroke	56.77		2010 4A	1 Meter Diving	448.90	
<b>T19)</b>	<b>Teresa Long</b>	<b>Raleigh Charter</b>	<b>5</b>	<b>T19)</b>	<b>Madeline Smith</b>	<b>J.H. Rose</b>	<b>5</b>		<b>T45)</b>	<b>Eileen Duley</b>	<b>Apex</b>	<b>4</b>
	2006 1/2A	50 Freestyle	23.69		2020 3A	200 Freestyle	1:49.38		1989 0	1 Meter Diving	344.75	
	2007 1/2A	50 Freestyle	23.60		2019 3A	100 Freestyle	50.83		1990 0	1 Meter Diving	368.15	
	2005 1/2A	100 Freestyle	52.76		2020 3A	100 Freestyle	50.15		1991 0	1 Meter Diving	364.35	
	2006 1/2A	100 Freestyle	51.46		2021 3A	200 Freestyle	1:48.90		1992 4A	1 Meter Diving	405.95	
	2007 1/2A	100 Freestyle	51.53		2021 3A	100 Freestyle	:50.16		<b>T45)</b>	<b>Anna Durak</b>	<b>Hickory</b>	<b>4</b>
<b>T19)</b>	<b>Keri McAfee</b>	<b>Charlotte Catholic</b>	<b>5</b>	<b>T19)</b>	<b>Shannon Van Hoy</b>	<b>Charlotte Catholic</b>	<b>5</b>		2016 3A	200 Freestyle	1:52.11	
	2008 3A	200 IM	2:07.31		2006 3A	500 Freestyle	5:08.24		2015 3A	100 Freestyle	51.74	
	2006 3A	100 Butterfly	58.32		2005 1/2A	500 Freestyle	5:04.27		2016 3A	100 Freestyle	51.76	
	2007 3A	100 Butterfly	57.12		2006 3A	200 Freestyle	1:55.46		2018 3A	500 Freestyle	4:52.87	
	2008 3A	100 Butterfly	56.39		2005 1/2A	200 Freestyle	1:52.58		<b>T45)</b>	<b>Dondrea Elliot</b>	<b>East Rowan</b>	<b>4</b>
	2005 1/2A	100 Butterfly	1:00.42		2003 1/2A	200 IM	2:12.82		1993 1/2/3A	100 Butterfly	58.86	
									1994 1/2/3A	100 Butterfly	59.79	
									1993 1/2/3A	100 Backstroke	59.87	
									1994 1/2/3A	100 Backstroke	59.56	

