



Women's Swimming & Diving State Champions (by School)



ALBEMARLE

2003	1/2	100 Freestyle	Sarah Beth Schooley	54.37
2003	1/2	100 Backstroke	Sarah Beth Schooley	59.40

ANDREWS

2003	1/2	100 Breaststroke	Katie Holt	1:08.88
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APEX

1991	0	200 Freestyle	Shannon Allison	1:53.52
1991	0	500 Freestyle	Shannon Allison	5:01.26
1991	0	MVP	Shannon Allison	
1992	4A	100 Backstroke	Cara Dunaway	58.52
1992	4A	100 Butterfly	Cara Dunaway	58.29
1993	4A	100 Butterfly	Cara Dunaway	58.96
2005	4A	100 Breaststroke	Kylen Huntwork	1:06.47
2007	4A	200 Freestyle	Mandy Myers	1:51.74
2007	4A	100 Freestyle	Mandy Myers	51.71
2007	4A	MVP	Mandy Myers	
2011	4A	100 Butterfly	Jessica Godlweski	55.47
2011	4A	100 Breaststroke	Hayley Tomlinson	1:05.36
2011	4A	200 Medley Relay		1:45.91
2011	4A	400 Free Relay		3:29.23
2016	4A	500 Freestyle	Ana Pozder	4:50.66
2017	4A	500 Freestyle	Ana Pozder	4:48.48
1989	0	1 Meter Diving	Eileen Duley	344.75
1990	0	1 Meter Diving	Eileen Duley	368.15
1991	0	1 Meter Diving	Eileen Duley	364.35
1992	4A	1 Meter Diving	Eileen Duley	405.95
2008	4A	50 Freestyle	Mandy Myers	24.07

APEX FRIENDSHIP

2018	4A	200 IM	Brooke Zettel	1:58.31
2019	4A	200 IM	Brooke Zettel	1:57.93
2021	4A	200 IM	Brooke Zettel	1:56.71

ARDREY KELL

2012	4A	200 Free Relay		1:38.68
2020	4A	100 Freestyle	Teresa Ivan	50.46
2021	4A	50 Freestyle	Teresa Ivan	22.46
2021	4A	100 Freestyle	Teresa Ivan	49.25
2021	4A	MVP	Teresa Ivan	

ASHBROOK

1991	0	200 IM	Kelly Frazier	2:08.06
1991	0	100 Freestyle	Kelly Frazier	53.03
1992	4A	200 IM	Kelly Frazier	2:05.35
1992	4A	100 Freestyle	Kelly Frazier	52.60
1992	4A	MVP	Kelly Frazier	
1993	4A	200 IM	Kelly Frazier	2:07.41
1993	4A	100 Freestyle	Kelly Frazier	52.77
1993	4A	MVP	Kelly Frazier	

ATHENS DRIVE

1988	0	1 Meter Diving	Heidi Candler	390.45
1997	4A	500 Freestyle	Danley Stone	5:05.64
2002	4A	100 Butterfly	Stephanie Glover	57.65
2002	4A	100 Backstroke	Stephanie Glover	57.44
2002	4A	MVP	Stephanie Glover	
2003	4A	100 Butterfly	Stephanie Glover	57.46
2003	4A	1 Meter Diving	Katherine Schamberg	373.45
2003	4A	100 Backstroke	Kelsy Smith	57.70
2003	4A	200 Medley Relay		1:50.27
2004	4A	50 Freestyle	Stephanie Glover	24.10
2004	4A	100 Backstroke	Stephanie Glover	58.83
2004	4A	200 Medley Relay		1:50.24
2005	4A	200 Freestyle	Kelsy Smith	1:52.96

ATHENS DRIVE (CONTINUED)

2005	4A	100 Backstroke	Kelsy Smith	56.90
2005	4A	200 IM	Kirsten Smith	2:04.55
2005	4A	500 Freestyle	Kirsten Smith	4:55.77
2005	4A	MVP	Kirsten Smith	
2005	4A	200 Medley Relay		1:47.91
2005	4A	400 Free Relay		3:32.39
2006	4A	100 Butterfly	Jessalyn Crawford	57.08
2006	4A	200 IM	Kirsten Smith	2:01.08
2006	4A	500 Freestyle	Kirsten Smith	4:54.47
2006	4A	MVP	Kirsten Smith	
2007	4A	200 IM	Kirsten Smith	2:01.45
2007	4A	500 Freestyle	Kirsten Smith	4:53.09
2007	4A	MVP	Kirsten Smith	
2007	4A	200 Medley Relay		1:49.93
2008	4A	200 IM	Kirsten Smith	2:00.58
2008	4A	500 Freestyle	Kirsten Smith	4:55.87
2008	4A	MVP	Kirsten Smith	

BISHOP MCGUINNESS

2011	1/2	100 Butterfly	Caitlin Casazza	57.52
2012	1/2	100 Butterfly	Caitlin Casazza	55.29
2012	1/2	100 Breaststroke	Caitlin Casazza	1:03.64
2012	1/2A	MVP	Caitlin Casazza	

BREVARD

1997	1/2/3	50 Freestyle	Jennifer Lentz	25.14
1998	1/2/3	50 Freestyle	Jennifer Lentz	24.30
1999	1/2/3	50 Freestyle	Jennifer Lentz	24.14
1999	1/2/3	100 Breaststroke	Jenny Lentz	1:07.07
1999	1/2/3	MVP	Jenny Lentz	
2000	1/2/3	50 Freestyle	Jennifer Lentz	24.97

BROUGHTON

1986	0	100 Breaststroke	Lisa Brown	
1986	0	200 IM	Courtney Searcy	2:11.47
1988	0	200 Freestyle	Emily Cowling	1:53.14
1988	0	500 Freestyle	Emily Cowling	5:01.96
1988	0	MVP	Emily Cowling	
1991	0	100 Butterfly	Julie Peluso	58.56
1993	4A	400 Free Relay		3:39.78
1995	4A	100 Backstroke	Virginia Soderburg	59.76
1996	4A	200 Free Relay		1:41.08
1997	4A	100 Backstroke	Virginia Soderburg	59.76
2010	4A	50 Freestyle	Sabrina Benson	23.39
2010	4A	100 Backstroke	Sabrina Benson	54.40
2011	4A	100 Backstroke	Sabrina Benson	54.76
2021	4A	200 Free Relay		1:34.16
2021	4A	400 Free Relay		3:25.22

BUNN

2005	1/2	100 Breaststroke	Taylor White	1:10.87
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BUTLER

2001	4A	1 Meter Diving	Jessica Thompson	446.20
2002	4A	1 Meter Diving	Jessica Thompson	481.00

CARDINAL GIBBONS

2006	1/2	100 Butterfly	Patrice Dason	55.21
2006	1/2	200 IM	Melanie Roberts	2:02.96
2006	1/2	100 Breaststroke	Melanie Roberts	1:03.02
2006	1/2A	MVP	Melanie Roberts	
2006	1/2	200 Freestyle	Julie Smith	1:52.86
2006	1/2	100 Backstroke	Julie Smith	58.36
2006	1/2	200 Medley Relay		1:46.30
2006	1/2	200 Free Relay		1:37.53

CARDINAL GIBBONS (CONTINUED)

2007	1/2	200 IM	Cameron Figuers	2:12.80
2007	1/2	200 Freestyle	Julie Smith	1:49.68
2007	1/2	100 Backstroke	Julie Smith	57.79
2007	1/2A	MVP	Julie Smith	
2007	1/2	200 Free Relay		1:40.89
2007	1/2	400 Free Relay		3:41.14
2008	1/2	1 Meter Diving	Siobhan Munroe	273.55
2008	1/2	200 Medley Relay		1:54.74
2008	1/2	200 Free Relay		1:42.94
2008	1/2	400 Free Relay		3:41.84
2009	1/2	100 Breaststroke	Kirsten Esplin	1:07.22
2009	1/2	200 Medley Relay		1:50.75
2009	1/2	400 Free Relay		3:36.07
2015	3A	200 Medley Relay		1:48.34
2019	4A	100 Butterfly	Claire Curzan	51.60
2019	4A	100 Backstroke	Claire Curzan	51.88
2019	4A	MVP	Claire Curzan	
2020	4A	100 Butterfly	Claire Curzan	50.35
2020	4A	100 Backstroke	Claire Curzan	51.38
2020	4A	MVP	Claire Curzan	
2021	4A	100 Butterfly	Claire Curzan	50.35
2021	4A	100 Backstroke	Claire Curzan	51.67
2022	4A	100 Butterfly	Claire Curzan	49.24
2022	4A	100 Backstroke	Claire Curzan	49.61
2022	4A	200 Free Relay		1:33.94
2022	4A	400 Free Relay		3:25.61
2009	1/2	200 Free Relay		1:42.93
2022	4A	MVP	Claire Curzan	

CARRBORO

2009	1/2	200 Free Relay		1:42.93
2010	1/2	100 Freestyle	Emily Tysinger	53.42
2010	1/2	200 Free Relay		1:43.16
2011	1/2	100 Freestyle	Katie Furey	53.22
2011	1/2	400 Free Relay		3:46.33
2012	1/2	200 Freestyle	Katie Furey	1:50.66
2017	1/2	1 Meter Diving	Claire McDaniels	475.45
2018	1/2	400 Free Relay		3:37.08
2019	1/2	100 Backstroke	Kate Hegland	56.68
2019	1/2	200 Medley Relay		1:47.24
2019	1/2	200 Free Relay		1:38.01
2019	1/2	400 Free Relay		3:33.65
2020	1/2	50 Freestyle	Lindy Bilden	23.65
2020	1/2	200 Free Relay		1:38.13
2020	1/2	400 Free Relay		3:33.54
2021	1/2A	50 Freestyle	Lindy Bilden	:24.00
2021	1/2A	200 Free Relay		1:38.09
2021	1/2A	400 Free Relay		3:38.46
2022	3A	100 Butterfly	Lindy Bilden	54.58
2022	3A	100 Backstroke	Emily Carpenter	54.97
2022	3A	200 Medley Relay		1:50.60
2022	3A	200 Free Relay		1:36.52
2022	3A	400 Free Relay		3:33.39

CARY

1988	0	100 Butterfly	Suzanne Gardiner	59.39
1989	0	200 IM	Suzanne Gardiner	2:11.16
2007	4A	100 Breaststroke	Torrey Bussey	1:05.87
2008	4A	100 Breaststroke	Torrey Bussey	1:04.74
2009	4A	200 IM	Torrey Bussey	2:03.19
2009	4A	100 Breaststroke	Torrey Bussey	1:02.81
2010	4A	200 IM	Torrey Bussey	2:01.07
2010	4A	100 Breaststroke	Torrey Bussey	1:02.17
2010	4A	200 Medley Relay		1:48.51
2011	4A	200 IM	Victoria Mitchell	2:03.51



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CARY (CONTINUED)

2011	4A	500 Freestyle	Victoria Mitchell	4:51.19
2011	4A	MVP	Victoria Mitchell	
2013	4A	100 Butterfly	Megan Owens	55.59

CEDAR RIDGE

2004	1/2	500 Freestyle	Molly Tesch	5:10.73
2005	1/2	200 IM	Meredith Robinson	2:10.17
2009	1/2	1 Meter Diving	Audrey Timmel	279.35
2010	1/2	1 Meter Diving	Molly Harkary	270.70
2014	3A	100 Breaststroke	Becca Churchill	1:06.32

CENTRAL CABARRUS

1997	1/2/3	100 Freestyle	Lauren Smith	55.58
1999	1/2/3	100 Freestyle	Lauren Smith	53.99

CENTRAL DAVIDSON

2000	1/2/3	100 Butterfly	Nikki Deering	58.16
2001	1/2/3	100 Butterfly	Nikki Deering	57.96
2002	1/2	200 Freestyle	Nikki Deering	1:57.61
2002	1/2	100 Freestyle	Nikki Deering	53.51

CHAPEL HILL

1992	4A	200 Medley Relay		1:51.99
1992	4A	400 Free Relay		3:38.16
1993	4A	200 Medley Relay		1:52.53
1993	4A	200 Free Relay		1:41.60
1997	4A	1 Meter Diving	Renne Paradise	420.60
1998	4A	100 Backstroke	Elizabeth Heatherington	57.67
1998	4A	1 Meter Diving	Renne Paradise	402.80
1999	4A	200 IM	Meredith Greene	2:05.69
1999	4A	100 Backstroke	Elizabeth Heatherington	57.93
1999	4A	200 Medley Relay		1:49.37
2000	4A	MVP	Meredith Green	
2000	4A	200 IM	Meredith Greene	2:03.65
2000	4A	500 Freestyle	Meredith Green	4:49.05
2000	4A	100 Backstroke	Elizabeth Heatherington	57.46
2001	4A	200 IM	Meredith Greene	2:04.81
2001	4A	500 Freestyle	Meredith Green	4:51.79
2001	4A	200 Medley Relay		1:51.07
2004	4A	1 Meter Diving	Chelsea Mock	355.85
2005	4A	1 Meter Diving	Lydia Cardinal	360.95
2006	4A	200 Freestyle	Jing Li	1:50.66
2006	4A	100 Backstroke	Carly Smith	56.47
2006	4A	200 Medley Relay		1:47.74
2006	4A	400 Free Relay		3:33.42
2007	4A	100 Backstroke	Carly Smith	55.73
2008	4A	100 Backstroke	Carly Smith	55.72
2008	4A	200 Medley Relay		1:48.02
2008	4A	400 Free Relay		3:31.40
2009	4A	100 Backstroke	Carly Smith	54.95
2010	3A	1 Meter Diving	Katie Leonard	325.10
2010	3A	500 Freestyle	Lydia Renn	5:09.84
2011	3A	1 Meter Diving	Katie Leonard	346.50
2012	3A	100 Backstroke	Annabelle Durham	57.62
2014	3A	200 IM	Claire DeSelm	2:02.59
2014	3A	100 Butterfly	Claire DeSelm	54.77
2014	3A	MVP	Claire DeSelm	
2014	3A	100 Freestyle	Anabelle Durham	53.47
2014	3A	100 Backstroke	Annabelle Durham	57.65
2014	3A	200 Medley Relay		1:49.37
2015	3A	200 IM	Claire DeSelm	2:04.84
2015	3A	100 Butterfly	Claire DeSelm	55.39
2016	3A	100 Butterfly	Claire DeSelm	56.32
2019	3A	1 Meter Diving	Clara Tate	418.65
2020	3A	1 Meter Diving	Clara Tate	440.10

CHARLOTTE CATHOLIC

1999	1/2/3	100 Backstroke	Jackie Solady	59.52
2000	1/2/3	1 Meter Diving	Page Holloway	409.15
2000	1/2/3	100 Backstroke	Jackie Solady	59.52
2001	1/2/3	1 Meter Diving	Page Holloway	417.55
2001	1/2/3	100 Backstroke	Jackie Solady	58.12
2001	1/2/3	200 Medley Relay		1:55.62
2002	1/2	200 IM	Kelsee Gomes	2:15.20
2002	1/2	100 Backstroke	Jackie Solady	58.04
2002	1/2	200 Medley Relay		1:57.28
2002	1/2	400 Free Relay		3:51.40
2003	1/2	200 IM	Shannon Von Hoy	2:12.82
2003	1/2	200 Medley Relay		2:00.28
2003	1/2	400 Free Relay		3:50.88
2004	1/2	1 Meter Diving	Sarah Knish	252.70
2004	1/2	200 Free Relay		1:47.74
2004	1/2	400 Free Relay		3:43.23
2005	1/2	100 Butterfly	Keri McAfee	1:00.42
2005	1/2	500 Freestyle	Shannon Von Hoy	5:04.27
2005	1/2	500 Freestyle	Shannon Von Hoy	5:04.27
2005	1/2A	MVP	Shannon Van Hoy	
2005	1/2	200 Freestyle	Shannon Von Hoy	1:52.58
2005	1/2	200 Medley Relay		1:56.38
2005	1/2	200 Free Relay		1:47.83
2005	1/2	400 Free Relay		3:40.54
2006	3A	100 Butterfly	Keri McAfee	58.32
2006	3A	500 Freestyle	Shannon Von Hoy	5:08.24
2006	3A	500 Freestyle	Shannon Von Hoy	5:08.24
2006	3A	200 Freestyle	Shannon Von Hoy	1:55.46
2006	3A	200 Medley Relay		1:55.10
2006	3A	200 Free Relay		1:47.111
2006	3A	400 Free Relay		3:41.18
2007	3A	100 Butterfly	Keri McAfee	57.12
2007	3A	200 Medley Relay		1:55.94
2007	3A	400 Free Relay		3:46.55
2008	3A	100 Backstroke	Mary Kate Hetzel	58.67
2008	3A	100 Freestyle	Jordan Koletic	54.91
2008	3A	200 IM	Keri McAfee	2:07.31
2008	3A	100 Butterfly	Keri McAfee	56.39
2008	3A	MVP	Keri McAfee	
2008	3A	100 Breaststroke	Christen McDonough	1:07.81
2008	3A	200 Medley Relay		1:51.32
2008	3A	400 Free Relay		3:38.17
2009	3A	100 Breaststroke	Christen McDonough	1:04.08
2009	3A	MVP	Christine McDonough	
2009	3A	200 Medley Relay		1:47.76
2009	3A	200 Free Relay		1:41.65
2009	3A	400 Free Relay		3:38.16
2010	3A	200 Freestyle	Erin Gaeckle	1:52.67
2010	3A	100 Backstroke	Erin Gaeckle	56.69
2010	3A	MVP	Erin Gaeckle	
2010	3A	50 Freestyle	Ashlyn Koletic	24.48
2010	3A	100 Freestyle	Ashlyn Koletic	53.22
2010	3A	100 Breaststroke	Christen McDonough	1:03.82
2010	3A	200 Medley Relay		1:46.96
2010	3A	200 Free Relay		1:39.71
2010	3A	400 Free Relay		3:35.78
2011	3A	100 Freestyle	Ashlyn Koletic	52.12
2011	3A	50 Freestyle	Lauren Rhodes	23.41
2011	3A	100 Backstroke	Maria Sheridan	1:00.28
2011	3A	200 Medley Relay		1:49.44
2011	3A	200 Free Relay		1:39.13
2011	3A	400 Free Relay		3:31.54
2012	3A	200 IM	Nicole Emery	2:03.63
2012	3A	50 Freestyle	Nora McCullagh	23.85
2012	3A	200 Freestyle	Lauren Rhodes	1:50.22

CHARLOTTE CATHOLIC (CONTINUED)

2012	3A	100 Freestyle	Lauren Rhodes	50.55
2012	3A	MVP	Lauren Rhodes	
2012	3A	100 Butterfly	Elsa Welshofer	56.09
2012	3A	200 Medley Relay		1:46.56
2012	3A	200 Free Relay		1:37.05
2012	3A	400 Free Relay		3:28.68
2013	3A	200 IM	Nicole Emery	2:02.01
2013	3A	50 Freestyle	Nora McCullagh	22.92
2013	3A	100 Backstroke	Nora McCullagh	55.09
2013	3A	MVP	Nora McCullagh	
2013	3A	200 Freestyle	Lauren Rhodes	1:47.98
2013	3A	100 Freestyle	Lauren Rhodes	50.02
2013	3A	100 Breaststroke	Sara Stranick	1:05.00
2013	3A	100 Butterfly	Elsa Welshofer	54.69
2013	3A	200 Medley Relay		1:45.52
2013	3A	200 Free Relay		1:35.00
2013	3A	400 Free Relay		3:24.61
2014	4A	200 IM	Nicole Emery	2:01.42
2014	4A	50 Freestyle	Nora McCullagh	22.88
2014	4A	100 Backstroke	Nora McCullagh	53.59
2014	4A	MVP	Nora McCullagh	
2014	4A	100 Butterfly	Elsa Welshofer	54.47
2014	4A	200 Free Relay		1:33.22
2014	4A	400 Free Relay		3:22.15
2015	4A	50 Freestyle	Nora McCullagh	22.93
2015	4A	100 Backstroke	Nora McCullagh	54.19
2015	4A	MVP	Nora McCullagh	
2015	4A	500 Freestyle	Rebecca Postoll	4:47.02
2015	4A	200 Medley Relay		1:43.70
2015	4A	200 Free Relay		1:33.68
2016	4A	100 Butterfly	Julia Menkhaus	54.12
2016	4A	100 Backstroke	Julia Menkhaus	53.84
2017	4A	100 Butterfly	Julia Menkhaus	53.61
2017	4A	100 Backstroke	Julia Menkhaus	53.74
2017	4A	400 Free Relay		3:28.57
2018	3A	200 Freestyle	Olwyn Bartis	1:48.64
2018	3A	100 Freestyle	Olwyn Bartis	50.69
2018	3A	100 Butterfly	Julia Menkhaus	53.84
2018	3A	100 Backstroke	Julia Menkhaus	53.70
2018	3A	MVP	Julia Menkhaus	
2018	3A	200 Medley Relay		1:45.46
2018	3A	400 Free Relay		3:28.42
2019	3A	200 Medley Relay		1:47.33
2020	3A	100 Butterfly	Madeline Menkhaus	54.42
2020	3A	50 Freestyle	Olivia Rhodes	23.44
2020	3A	200 Free Relay		1:34.30
2020	3A	400 Free Relay		3:27.08
2021	3A	200 IM	Madeline Menkhaus	2:03.05
2021	3A	100 Butterfly	Madeline Menkhaus	:54.15
2021	3A	MVP	Madeline Menkhaus	
2021	3A	50 Freestyle	Olivia Rhodes	:22.99
2021	3A	200 Medley Relay		1:44.69
2021	3A	200 Free Relay		1:36.88

CHASE

1992	1/2/3	200 Freestyle	Wendy Henson	1:53.05
1992	1/2/3	100 Freestyle	Wendy Henson	52.85
1992	1/2/3	MVP	Wendy Henson	
1993	1/2/3	200 Freestyle	Wendy Henson	1:53.05
1993	1/2/3	100 Freestyle	Wendy Henson	52.16
1993	1/2/3	MVP	Wendy Henson	
1994	1/2/3	200 IM	Wendy Henson	2:08.53
1994	1/2/3	500 Freestyle	Wendy Henson	5:01.45
1994	1/2/3	MVP	Wendy Henson	
1995	1/2/3	200 Freestyle	Wendy Henson	1:51.06



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CHASE (CONTINUED)

1995	1/2/3	500 Freestyle	Wendy Henson	4:57.30
1995	1/2/3	MVP	Wendy Henson	
2019	1/2	100 Butterfly	Jenna Bridges	55.84
2020	1/2	100 Butterfly	Jenna Bridges	54.52
2021	1/2A	100 Butterfly	Jenna Bridges	:55.56

CHRIST THE KING

2015	1/2	200 IM	Jane Donahue	2:05.07
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COMMUNITY SCHOOL OF DAVIDSON

2017	1/2	200 IM	Emme Nelson	2:03.98
2017	1/2	100 Breaststroke	Emme Nelson	1:02.94
2017	1/2A	MVP	Emme Nelson	
2018	1/2	200 IM	Emme Nelson	2:02.01
2018	1/2	100 Breaststroke	Emme Nelson	1:02.28
2018	1/2A	MVP	Emme Nelson	
2019	1/2	200 IM	Emme Nelson	2:00.70
2019	1/2	100 Breaststroke	Emme Nelson	1:02.58
2019	1/2A	MVP	Emme Nelson	
2020	1/2	200 IM	Emme Nelson	2:03.49
2020	1/2	100 Breaststroke	Emme Nelson	1:02.81
2020	1/2A	MVP	Emme Nelson	
2020	1/2	200 Medley Relay		1:48.18
2022	1/2A	50 Freestyle	Eliana White	23.87

CONCORD

1994	1/2/3	200 Free Relay		1:45.72
1995	1/2/3	200 Free Relay		1:45.64
2003	3A	100 Butterfly	Katherine Caldwell	58.42
2004	3A	100 Backstroke	Katherine Caldwell	59.49
2005	3A	100 Butterfly	Katherine Caldwell	58.31
2005	3A	100 Backstroke	Katherine Caldwell	57.88
2005	3A	MVP	Katherine Caldwell	

CORINTH HOLDERS

2014	3A	50 Freestyle	Michaela Carter	24.90
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COX MILL

2016	3A	100 Backstroke	Madison Holland	56.61
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CROATAN

2017	1/2	200 Freestyle	Lyndsey Reeve	1:50.99
2019	1/2	200 Freestyle	Lyndsey Reeve	1:50.52

CUTHBERTSON

2020	3A	200 IM	Alison Thome	2:02.64
2020	3A	200 Medley Relay		1:45.30

DURHAM SCHOOL OF THE ARTS

2002	1/2	1 Meter Diving	Laura Filip	342.25
2003	1/2	1 Meter Diving	Laura Filip	457.55
2005	1/2	1 Meter Diving	Rebecca Bentley	338.70
2006	1/2	1 Meter Diving	Rebecca Bentley	352.95
2010	1/2	200 IM	Theresa Meyer	2:11.01
2011	1/2	200 Freestyle	Theresa Meyer	1:52.69
2011	1/2	500 Freestyle	Theresa Meyer	4:56.11
2011	1/2A	MVP	Theresa Meyer	

E.E. SMITH

1988	0	100 Breaststroke	Theresa Kreeel	1:09.33
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EAST CHAPEL HILL

1997	1/2/3	100 Butterfly	Sarah Allen	58.28
1998	1/2/3	200 IM	Sarah Allen	2:12.67
1998	1/2/3	100 Butterfly	Sarah Allen	59.82

EAST CHAPEL HILL (CONTINUED)

1998	1/2/3	200 Freestyle	Kim Campbell	1:54.65
1999	1/2/3	200 Freestyle	Kim Campbell	1:52.39
1999	1/2/3	100 Butterfly	Kim Campbell	59.16
1999	1/2/3	200 IM	Leigh Campbell	2:10.21
1999	1/2/3	500 Freestyle	Leigh Campbell	5:03.16
1999	1/2/3	200 Medley Relay		1:54.07
1999	1/2/3	200 Free Relay		1:43.42
1999	1/2/3	400 Free Relay		3:42.79
2000	1/2/3	200 IM	Leigh Campbell	2:10.01
2000	1/2/3	200 Medley Relay		1:55.33
2000	1/2/3	200 Free Relay		1:42.44
2000	1/2/3	400 Free Relay		3:43.31
2001	1/2/3	200 IM	Leigh Campbell	2:10.48
2001	1/2/3	500 Freestyle	Leigh Campbell	5:06.81
2001	1/2/3	200 Free Relay		1:42.84
2001	1/2/3	400 Free Relay		3:45.05
2002	3A	1 Meter Diving	Melissa Freimark	299.50
2003	3A	1 Meter Diving	Maryssa Lohman	283.90
2003	3A	200 Medley Relay		1:54.76
2003	3A	400 Free Relay		3:44.88
2004	3A	200 Freestyle	Katharine Peggy	1:55.17
2004	3A	200 Medley Relay		1:55.54
2004	3A	200 Free Relay		1:44.26
2004	3A	400 Free Relay		3:45.80
2005	3A	200 Medley Relay		1:54.94
2005	3A	400 Free Relay		3:44.63
2008	4A	100 Freestyle	Dania Marinshaw	52.48
2010	4A	200 Free Relay		1:38.14
2018	3A	1 Meter Diving	Alyssa Wang	473.90

EAST GASTON

1997	4A	50 Freestyle	Meagan Drolet	24.47
1997	4A	100 Freestyle	Megan Drolet	53.70
1997	4A	MVP	Megan Drolet	
1998	4A	50 Freestyle	Meagan Drolet	24.94
1999	4A	50 Freestyle	Meagan Drolet	24.37
1999	4A	100 Freestyle	Meagan Drolet	52.30
2000	4A	100 Butterfly	Hillary Queen	58.69
2018	1/2	1 Meter Diving	Kyndal Knight	490.60

EAST MECKLENBURG

1989	0	500 Freestyle	Trish McHardy	5:08.53
1990	0	100 Backstroke	Jamie Sorrentino	1:00.10
1991	0	100 Breaststroke	Darcy Hathaway	1:06.44
1991	0	100 Backstroke	Jamie Sorrentino	59.65
1991	0	200 Medley Relay		1:52.50
1993	4A	100 Breaststroke	Ilana Kavadlo	1:07.94
1998	4A	200 IM	Katie Hathaway	2:03.35
1998	4A	100 Breaststroke	Katie Hathaway	1:03.82
1998	4A	MVP	Katie Hathaway	

EAST ROWAN

1993	1/2/3	100 Butterfly	Dondrea Elliot	58.86
1993	1/2/3	100 Backstroke	Dondrea Elliot	59.87
1994	1/2/3	100 Butterfly	Dondrea Elliot	59.79
1994	1/2/3	100 Backstroke	Dondrea Elliot	59.56
2005	3A	200 IM	Anna Weaver	2:09.75
2005	3A	500 Freestyle	Anna Weaver	5:02.70

EAST RUTHERFORD

1992	1/2/3	100 Butterfly	Renee Bailey	1:02.23
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EAST SURRY

2002	1/2	100 Breaststroke	Jane Anderson	1:08.29
2002	1/2	200 Free Relay		1:47.64
2004	1/2	50 Freestyle	Brett Gordon	26.23

EAST WAKE

1991	0	50 Freestyle	Lee Anne Britt	25.01
1992	4A	50 Freestyle	Lee Anne Britt	25.50

EASTERN ALAMANCE

2002	1/2	500 Freestyle	Cristina Baric	5:18.00
2003	1/2	500 Freestyle	Cristina Baric	5:08.09
2003	1/2	200 Freestyle	Michelle Baric	1:57.69
2004	1/2	200 Freestyle	Michelle Baric	1:56.71
2004	1/2	200 IM	Michelle Baric	2:10.20
2004	1/2A	MVP	Michelle Baric	
2019	3A	500 Freestyle	Sophia Lange	5:02.02

EASTERN WAYNE

2002	3A	100 Butterfly	Megan Chenier	59.34
2002	3A	100 Backstroke	Megan Chenier	1:00.21

ELKIN

2008	1/2	100 Freestyle	Sarah Neaves	54.56
2009	1/2	50 Freestyle	Lakenn Reynolds	24.25
2009	1/2	100 Freestyle	Lakenn Reynolds	52.12
2010	1/2	50 Freestyle	Lakenn Reynolds	24.70
2021	1/2A	200 Medley Relay		1:49.61
2022	1/2A	200 Medley Relay		1:50.90
2022	1/2A	200 Free Relay		1:41.39
2022	1/2A	400 Free Relay		3:43.34

ENLOE

1993	4A	200 Freestyle	Alexis Kato	1:56.24
1994	4A	200 Freestyle	Alexis Kato	1:54.60
1994	4A	500 Freestyle	Alexis Keto	5:04.01
1994	4A	MVP	Alexis Keto	
1994	4A	1 Meter Diving	Carrie Knoeber	444.05
1994	4A	50 Freestyle	Jenny Mancini	24.71
1994	4A	100 Backstroke	Tori Vander Weyden	59.06
1994	4A	200 Free Relay		1:41.28
1995	4A	200 Freestyle	Alexis Kato	1:52.55
1995	4A	500 Freestyle	Alexis Keto	4:58.43
1995	4A	1 Meter Diving	Carrie Knoeber	456.60
1996	4A	200 Freestyle	Alexis Kato	1:51.29
1996	4A	500 Freestyle	Alexis Keto	4:53.07
1996	4A	1 Meter Diving	Carrie Knoeber	491.35
1996	4A	400 Free Relay		3:39.93
2002	4A	100 Freestyle	Carolina Ackley	51.87
2006	4A	100 Breaststroke	Hannah Facchine	1:05.69

ENO RIVER ACADEMY

2022	1/2A	100 Butterfly	Mary Shanahan	55.22
2022	1/2A	100 Backstroke	Mary Shanahan	55.73
2022	1/2A	MVP	Mary Shanahan	

FIRST FLIGHT

2015	1/2	200 Freestyle	Sarah Mandis	1:55.75
2015	1/2	500 Freestyle	Sarah Mandis	5:12.82

FORESTVIEW

2002	3A	200 Freestyle	Laren Fayssoux	1:55.48
2003	3A	MVP	Lauren Fassoux	
2003	3A	200 IM	Lauren Fayssoux	2:08.80
2003	3A	500 Freestyle	Lauren Fayssoux	5:05.98
2004	3A	MVP	Lauren Fassoux	
2004	3A	200 IM	Lauren Fayssoux	2:07.80
2004	3A	500 Freestyle	Lauren Fayssoux	5:10.42



Women's Swimming & Diving State Champions (by School)



FUQUAY-VARINA

1996	1/2/3	1 Meter Diving	Erin Bailey	437.10
1997	1/2/3	1 Meter Diving	Erin Bailey	403.00
1998	1/2/3	1 Meter Diving	Erin Bailey	426.75
1999	1/2/3	1 Meter Diving	Erin Bailey	471.78

GREEN HOPE

2012	4A	200 IM	Hannah Moore	2:01.56
2012	4A	500 Freestyle	Hannah Moore	4:51.20
2013	4A	500 Freestyle	Hannah Moore	4:47.66
2013	4A	100 Backstroke	Hannah Moore	54.37
2013	4A	200 Medley Relay		1:47.56
2014	4A	500 Freestyle	Hannah Moore	4:40.98
2019	4A	50 Freestyle	Maria Baric	22.99
2020	4A	50 Freestyle	Maria Baric	22.89
2020	4A	200 Free Relay		1:34.30
2021	4A	500 Freestyle	Keelan Cotter	4:47.87
2022	4A	200 Freestyle	Keelan Cotter	1:46.92
2022	4A	500 Freestyle	Keelan Cotter	4:51.78
2022	4A	100 Freestyle	Mere Whelehan	50.62

GRIMSLEY

1988	0	400 Free Relay		3:46.76
1989	0	400 Free Relay		3:43.64
1990	0	100 Breaststroke	Julie Torba	1:08.50
1994	4A	100 Breaststroke	Jamie Link	1:08.46
2002	4A	100 Breaststroke	Mary Elizabeth Miller	1:06.56
2003	4A	200 Free Relay		1:40.44
2004	4A	200 IM	M.E. Miller	2:07.21

HIBRITEN

1998	1/2/3	400 Free Relay		3:53.42
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HICKORY

1987	0	200 IM	Cathy Burgess	2:12.55
1987	0	100 Backstroke	Cathy Burgess	59.11
1987	0	MVP	Cathy Burgess	
1987	0	200 Medley Relay		1:55.56
1988	0	200 IM	Cathy Burgess	2:11.57
1988	0	100 Backstroke	Cathy Burgess	59.96
1992	4A	100 Breaststroke	Elizabeth Myers	1:08.62
1993	4A	50 Freestyle	Elizabeth Myers	24.58
1994	1/2/3	50 Freestyle	Elizabeth Myers	24.61
1994	1/2/3	100 Freestyle	Elizabeth Myers	55.25
1994	1/2/3	400 Free Relay		3:48.49
2001	1/2/3	50 Freestyle	Shannon Brewer	25.10
2001	1/2/3	100 Freestyle	Shannon Brewer	54.44
2002	3A	50 Freestyle	Shannon Brewer	25.00
2002	3A	100 Freestyle	Shannon Brewer	54.02
2002	3A	MVP	Carly Hensel	
2002	3A	500 Freestyle	Eleanor Trefzger	5:16.20
2002	3A	200 Medley Relay		1:56.60
2002	3A	400 Free Relay		3:47.15
2014	3A	500 Freestyle	Emmaline Peterson	4:54.42
2015	3A	100 Freestyle	Anna Durak	51.74
2015	3A	200 Freestyle	Emmaline Peterson	1:52.11
2015	3A	500 Freestyle	Emmaline Peterson	4:50.11
2016	3A	200 Freestyle	Anna Durak	1:52.11
2016	3A	100 Freestyle	Anna Durak	51.76
2016	3A	500 Freestyle	Emmaline Peterson	4:52.80
2017	3A	500 Freestyle	Emmaline Peterson	4:49.84
2017	3A	200 Free Relay		1:38.91
2018	3A	500 Freestyle	Anna Durak	4:52.87

HIGH POINT CENTRAL

1993	1/2/3	400 Free Relay		3:53.58
1995	1/2/3	100 Breaststroke	Lindsay Taylor	1:07.91

HOGGARD

2001	4A	100 Butterfly	Erin Gottschalk	58.53
2001	4A	100 Backstroke	Erin Gottschalk	58.01
2012	4A	100 Breaststroke	Ashley Brem	1:04.21
2022	4A	50 Freestyle	Callie Parks	23.19

HOKE COUNTY

2012	4A	1 Meter Diving	Whitney Timberlake	377.50
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HOLLY SPRINGS

2007	4A	1 Meter Diving	Julie Doran	464.00
2008	4A	1 Meter Diving	Julie Doran	454.25
2009	4A	1 Meter Diving	Julie Doran	429.55
2010	4A	1 Meter Diving	Julie Doran	448.90

HOPEWELL

2006	4A	1 Meter Diving	Michelle Mudge	391.20
2008	4A	200 Freestyle	Amber Leiker	1:51.20
2009	4A	200 Medley Relay		1:48.43

HOUGH

2012	4A	100 Freestyle	Emily Allen	50.29
2012	4A	200 Medley Relay		1:46.05
2012	4A	400 Free Relay		3:25.69
2013	4A	50 Freestyle	Emily Allen	23.02
2013	4A	100 Freestyle	Emily Allen	49.77
2013	4A	MVP	Emily Allen	
2013	4A	200 Freestyle	Jessica Merritt	1:48.84
2013	4A	200 Free Relay		1:35.04
2013	4A	400 Free Relay		3:24.83
2014	4A	100 Freestyle	Emily Allen	49.68
2014	4A	1 Meter Diving	Jennifer Giacalone	414.10
2014	4A	200 Freestyle	Jessica Merritt	1:47.37
2014	4A	100 Breaststroke	Jessica Merritt	1:03.44
2014	4A	200 Medley Relay		1:43.41
2015	4A	100 Freestyle	Emily Allen	49.85
2015	4A	200 Freestyle	Erika Brown	1:46.47
2015	4A	400 Free Relay		3:25.51
2016	4A	200 Freestyle	Erika Brown	1:48.05
2016	4A	100 Freestyle	Jessica Merritt	50.14
2016	4A	1 Meter Diving	Jocelyn Porter	477.65
2016	4A	200 Medley Relay		1:43.21
2016	4A	200 Free Relay		1:35.79
2016	4A	400 Free Relay		3:23.49
2017	4A	1 Meter Diving	Jennifer Giacalone	474.40
2018	4A	100 Breaststroke	Lilly Higgs	1:01.57
2018	4A	400 Free Relay		3:24.43
2019	4A	200 Freestyle	Kensley Merritt	1:47.05
2020	4A	200 Freestyle	Kensley Merritt	1:47.34
2020	4A	100 Breaststroke	Grace Rainey	1:01.31
2020	4A	200 Medley Relay		1:42.58
2020	4A	400 Free Relay		3:23.65
2021	4A	1 Meter Diving	Andra Buchan	433.35
2021	4A	100 Breaststroke	Grace Rainey	1:01.05
2021	4A	200 Freestyle	Morgan Razewski	1:46.74
2021	4A	200 Medley Relay		1:42.98
2022	4A	100 Breaststroke	Grace Rainey	1:00.97

HUNT

2005	3A	100 Breaststroke	Casey Umberger	1:09.08
2006	3A	100 Breaststroke	Casey Umberger	1:07.91

L.H. ROSE

2002	4A	50 Freestyle	Rebecca Perry	23.95
2003	4A	50 Freestyle	Rebecca Perry	24.48
2003	4A	100 Freestyle	Rebecca Perry	52.25

L.H. ROSE (CONTINUED)

2006	4A	50 Freestyle	Lauren Perdue	23.68
2007	4A	50 Freestyle	Lauren Perdue	24.12
2009	4A	50 Freestyle	Lauren Perdue	23.08
2009	4A	100 Freestyle	Lauren Perdue	49.80
2009	4A	MVP	Lauren Perdue	
2019	3A	100 Freestyle	Madeline Smith	50.83
2020	3A	500 Freestyle	Emma Hastings	4:53.14
2020	3A	200 Freestyle	Madeline Smith	1:49.38
2020	3A	100 Freestyle	Madeline Smith	50.15
2020	3A	MVP	Madeline Smith	
2021	3A	500 Freestyle	Emma Hastings	4:49.37
2021	3A	200 Freestyle	Madeline Smith	1:48.90
2021	3A	100 Freestyle	Madeline Smith	:50.16
2022	3A	500 Freestyle	Emma Hastings	4:48.78
2022	3A	200 Freestyle	Madeline Smith	1:48.45
2022	3A	100 Freestyle	Madeline Smith	50.18
2022	3A	MVP	Madeline Smith	

JORDAN

1993	4A	1 Meter Diving	Kelly Badrock	413.30
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JORDAN-MATTHEWS

2021	1/2A	100 Breaststroke	Jennah Fadely	1:02.11
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KINGS MOUNTAIN

1992	1/2/3	1 Meter Diving	Tandra Leftwich	242.65
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LAKE NORMAN

2009	3A	100 Freestyle	Heather Isetts	53.35
2009	3A	50 Freestyle	Haley Powell	24.65
2009	3A	100 Backstroke	Haley Powell	57.89
2011	1/2	1 Meter Diving	Jill Mulveney	367.70

LAKE NORMAN CHARTER

2011	1/2	200 Medley Relay		1:57.72
2012	1/2	1 Meter Diving	Adyson Lowe	411.45
2013	1/2	1 Meter Diving	Adyson Lowe	390.40
2014	1/2	1 Meter Diving	Peyton Freeze	392.45
2015	1/2	1 Meter Diving	Adyson Lowe	466.60
2016	1/2	100 Breaststroke	Riggan Ayscue	1:06.28
2016	1/2	200 Medley Relay		1:50.39
2017	1/2	200 Medley Relay		1:50.00
2018	1/2	200 Medley Relay		1:49.44
2022	3A	1 Meter Diving	Madi Varnum	388.80

LANGTREE CHARTER

2019	1/2	1 Meter Diving	Joslyn Oakley	472.60
2020	1/2	1 Meter Diving	Joslyn Oakley	480.85
2021	1/2A	1 Meter Diving	Joslyn Oakley	492.50
2022	1/2A	1 Meter Diving	Joslyn Oakley	487.35

LEESVILLE ROAD

1994	4A	100 Butterfly	Nicole Campbell	58.09
1994	4A	200 IM	Sherry West	2:09.33
1994	4A	200 Medley Relay		1:52.32
1994	4A	400 Free Relay		3:40.73
1995	4A	100 Breaststroke	Tara Adams	1:06.48
1995	4A	200 IM	Sherry West	2:06.89
1995	4A	100 Butterfly	Sherry West	57.99
1996	4A	50 Freestyle	Sherry West	24.20
1996	4A	100 Freestyle	Sherry West	52.68
1996	4A	MVP	Sherry West	
1996	4A	200 Medley Relay		1:51.77
1997	4A	100 Butterfly	Kelly Weeks	58.44
1998	4A	200 Medley Relay		1:51.98
1999	4A	200 Freestyle	Kelly Weeks	1:50.33



Women's Swimming & Diving State Champions (by School)



LEESVILLE ROAD (CONTINUED)

2000	4A	50 Freestyle	Ruth Nichols	24.11
2000	4A	100 Freestyle	Ruth Nichols	52.95
2000	4A	200 Free Relay		1:40.95
2000	4A	400 Free Relay		3:36.79
2001	4A	50 Freestyle	Ruth Nichols	24.20
2001	4A	100 Freestyle	Ruth Nichols	52.19
2001	4A	MVP	Ruth Nichols	
2001	4A	400 Free Relay		3:34.46
2002	4A	200 Freestyle	Katie Bland	1:49.79
2009	4A	200 Free Relay		1:38.54
2009	4A	400 Free Relay		3:32.11
2012	4A	50 Freestyle	Hannah Lincoln	23.26
2012	4A	100 Butterfly	Hannah Lincoln	54.68
2012	4A	MVP	Hannah Lincoln	
2016	4A	50 Freestyle	Grace County	22.75
2017	4A	50 Freestyle	Grace County	22.60
2017	4A	100 Freestyle	Grace County	49.98
2017	4A	200 Medley Relay		1:43.61
2017	4A	200 Free Relay		1:34.99
2018	4A	50 Freestyle	Grace County	22.54
2018	4A	100 Freestyle	Grace County	49.69
2018	4A	MVP	Grace County	
2018	4A	100 Butterfly	Amanda Ray	54.28
2018	4A	1 Meter Diving	Ashton Zuburg	450.85
2018	4A	200 Medley Relay		1:42.20
2018	4A	200 Free Relay		1:34.75
2019	4A	100 Breaststroke	Ashley McCauley	1:01.53
2019	4A	1 Meter Diving	Ashton Zuburg	440.50
2019	4A	200 Medley Relay		1:42.72
2019	4A	400 Free Relay		3:27.96
2020	4A	500 Freestyle	Amanda Ray	4:50.48
2020	4A	1 Meter Diving	Ashton Zuburg	423.55

LINCOLN CHARTER

2013	1/2	50 Freestyle	Christina Lappin	23.76
2013	1/2	100 Butterfly	Christina Lappin	55.60
2014	1/2	200 Freestyle	Christina Lappin	1:49.31
2014	1/2	50 Freestyle	Christina Lappin	23.46
2014	1/2	200 Medley Relay		1:52.25
2015	1/2	100 Freestyle	Christina Lappin	51.80
2015	1/2	400 Free Relay		3:39.55
2016	1/2	200 IM	Alexandria Baker	2:05.75
2016	1/2	200 Freestyle	Christina Lappin	1:49.95
2016	1/2	100 Freestyle	Christina Lappin	50.64
2017	1/2	100 Butterfly	Alexandria Baker	55.43
2017	1/2	100 Freestyle	Alexandria Baker	51.33
2020	1/2	100 Backstroke	Chloe Harris	55.93
2022	1/2A	200 Freestyle	Grace Wilson	1:57.03

MARVIN RIDGE

2012	3A	1 Meter Diving	Sara Maleski	404.35
2014	3A	200 Freestyle	Lauren Greenberg	1:52.03
2014	3A	200 Free Relay		1:39.42
2014	3A	400 Free Relay		3:34.02
2015	3A	1 Meter Diving	Nikki Canale	511.60
2015	3A	100 Backstroke	Caroline Hauder	56.21
2015	3A	100 Breaststroke	Caroline Hauder	1:03.79
2015	3A	MVP	Caroline Hauder	
2015	3A	200 Free Relay		1:39.50
2015	3A	400 Free Relay		3:32.56
2016	3A	1 Meter Diving	Nikki Canale	530.65
2016	3A	200 IM	Caroline Hauder	1:58.85
2016	3A	100 Breaststroke	Caroline Hauder	1:02.15
2016	3A	MVP	Caroline Hauder	
2016	3A	200 Medley Relay		1:47.11

MARVIN RIDGE (CONTINUED)

2016	3A	200 Free Relay		1:39.65
2016	3A	400 Free Relay		3:33.34
2017	3A	1 Meter Diving	Nikki Canale	492.90
2017	3A	200 Freestyle	Caroline Hauder	1:48.52
2017	3A	200 IM	Caroline Hauder	2:01.52
2017	3A	MVP	Caroline Hauder	
2017	3A	100 Butterfly	Elle VanNote	55.22
2017	3A	200 Medley Relay		1:46.60
2019	3A	200 Freestyle	Elle VanNote	1:48.65
2019	3A	100 Butterfly	Ellie VanNote	53.92
2019	3A	MVP	Elle VanNote	
2021	3A	400 Free Relay		3:30.76

MCDOWELL

1996	4A	100 Breaststroke	Alicia Harris	1:07.01
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MIDDLE CREEK

2015	4A	200 IM	Julia Poole	2:00.75
2016	4A	200 IM	Julia Poole	1:59.76
2016	4A	100 Breaststroke	Julia Poole	1:02.62
2016	4A	MVP	Julia Poole	
2017	4A	200 IM	Julia Poole	1:58.96
2017	4A	100 Breaststroke	Julia Poole	1:01.78
2017	4A	MVP	Julia Poole	

MILLBROOK

1986	0	50 Freestyle	Jill Benda	24.76
1986	0	100 Backstroke	Jill Benda	1:00.22
1987	0	50 Freestyle	Jill Benda	24.65
1995	4A	200 Medley Relay		1:52.71
1996	4A	100 Backstroke	Baker Stocks	1:01.24
1998	4A	100 Freestyle	Katie Scoggins	52.69

MOUNT AIRY

2004	1/2	100 Backstroke	Megan Pirddy	1:00.90
2004	1/2	200 Medley Relay		1:58.35
2005	1/2	100 Backstroke	Jill Refvum	1:00.71

MOUNT TABOR

1985	0	1 Meter Diving	Robbi Dalton	369.45
1986	0	1 Meter Diving	Robbi Dalton	388.85
1986	0	200 Freestyle	Pam Livengood	2:02.40
1996	4A	200 IM	Jen Delong	2:08.11
1997	4A	200 IM	Jen Delong	2:06.98
1997	4A	400 Free Relay		3:40.19
1999	4A	100 Breaststroke	Virginia Pate	1:05.11
2000	4A	100 Breaststroke	Virginia Pate	1:05.29
2011	4A	50 Freestyle	Nancy Larson	23.74

MYERS PARK

1987	0	100 Butterfly	J. Miller	59.32
1987	0	500 Freestyle	J. Miller	5:13.05
2002	4A	200 Free Relay		1:40.44
2019	4A	100 Freestyle	Olwyn Bartis	50.60
2019	4A	200 Free Relay		1:33.87
2020	4A	200 IM	Kiley Wilhelm	1:56.77
2022	4A	200 IM	Kiley Wilhelm	1:55.79
2022	4A	200 Medley Relay		1:42.86

NC SCHOOL OF SCIENCE & MATH-DURHAM

1994	1/2/3	200 Freestyle	Rebecca DeBernard	1:59.05
1995	1/2/3	400 Free Relay		3:53.13
2016	1/2	1 Meter Diving	Lindsey Ruderman	405.45

NEW HANOVER

2008	4A	100 Butterfly	Cari Blalock	55.31
2010	4A	100 Butterfly	Cari Blalock	55.07

NORTH DAVIDSON

1992	1/2/3	100 Breaststroke	Hilary Stokes	1:09.43
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NORTH LINCOLN

2015	3A	50 Freestyle	McKenzie Weed	24.31
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NORTH MECKLENBURG

1990	0	50 Freestyle	Beth Rillema	24.48
1990	0	100 Freestyle	Beth Rillema	54.26
1994	4A	100 Freestyle	Ashley Murray	52.32
1995	4A	50 Freestyle	Ashley Murray	24.31
1995	4A	100 Freestyle	Ashley Murray	52.52
1995	4A	MVP	Ashley Murray	
1995	4A	200 Free Relay		1:38.88
1995	4A	400 Free Relay		3:35.93
1997	4A	200 Freestyle	Mary Mittendorf	1:54.55
2003	4A	100 Breaststroke	Anna Hubbard	1:07.17
2004	4A	100 Butterfly	Sarah Proctor	57.47
2005	4A	50 Freestyle	Sarah Proctor	23.89
2005	4A	200 Free Relay		1:38.62

NORTH STANLY

2000	1/2/3	100 Breaststroke	Mandy Huff	1:06.67
2001	1/2/3	200 Freestyle	Mandy Huff	1:55.51
2001	1/2/3	100 Breaststroke	Mandy Huff	1:07.45
2001	1/2/3	MVP	Mandy Huff	

NORTHERN DURHAM

2001	4A	200 Free Relay		1:41.21
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NORTHERN GUILFORD

2020	3A	100 Backstroke	Maura Schoppa	55.85
2021	3A	1 Meter Diving	Jessica Paul	407.05
2021	3A	100 Backstroke	Maura Schoppa	:55.97

NORTHERN VANCE

1994	1/2/3	1 Meter Diving	Sara Davis	317.55
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NORTHWEST GUILFORD

1992	1/2/3	200 Free Relay		1:46.97
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NORTHWOOD

2002	1/2	50 Freestyle	Sarah Scott	24.94
2002	1/2	100 Butterfly	Sarah Scott	58.38
2003	1/2	50 Freestyle	Sarah Scott	24.17
2003	1/2	100 Butterfly	Sarah Scott	57.35
2003	1/2A	MVP	Sarah Scott	
2010	1/2	100 Breaststroke	Carson Jones	1:08.22

ORANGE

1999	4A	1 Meter Diving	Jennifer Rehm	474.65
2000	4A	1 Meter Diving	Jennifer Rehm	458.60
2022	3A	50 Freestyle	Katie Belle Sikes	23.24

OWEN

2008	1/2	100 Breaststroke	Emily Marett	1:07.94
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1990	0	400 Free Relay		3:44.21
1993	4A	500 Freestyle	Leigh Tysinger	5:06.11



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PANTHER CREEK

2009	4A	200 Freestyle	Henriette Stenkvist	1:49.65
2010	4A	100 Freestyle	Henriette Stenkvist	51.13
2010	4A	400 Free Relay		3:33.67
2011	4A	200 Freestyle	Henriette Stenkvist	1:49.65
2011	4A	100 Freestyle	Henriette Stenkvist	50.69
2011	4A	MVP	Henriette Stenkvist	
2012	4A	200 Freestyle	Henriette Stenkvist	1:48.48
2012	4A	100 Backstroke	Henriette Stenkvist	54.73
2015	4A	1 Meter Diving	Kristen Hayden	507.55

PARKLAND

2007	3A	500 Freestyle	Maddie Fox	5:26.65
2015	1/2	100 Backstroke	Lexi Souther	54.83
2016	1/2	100 Backstroke	Lexi Souther	54.64
2018	3A	100 Breaststroke	Kaylee Hamblin	1:03.08
2019	3A	100 Breaststroke	Kaylee Hamblin	1:02.79
2020	3A	100 Breaststroke	Kaylee Hamblin	1:02.33
2021	3A	100 Breaststroke	Kaylee Hamblin	1:00.35

PARKWOOD

2022	3A	200 IM	Maddie Geyer	2:03.81
2022	3A	100 Breaststroke	Maddie Geyer	1:04.72

PERQUIMANS

2007	1/2	1 Meter Diving	Sarah Wyman	356.05
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PIEDMONT

1989	0	100 Breaststroke	Vicky Odom	1:07.77
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PINE LAKE PREP

2013	1/2	100 Backstroke	Alyssa Marsh	57.11
2014	1/2	100 Butterfly	Alyssa Marsh	53.72
2014	1/2	100 Backstroke	Alyssa Marsh	54.86
2014	1/2A	MVP	Alyssa Marsh	
2015	1/2	100 Butterfly	Alyssa Marsh	54.08
2015	1/2A	MVP	Alyssa Marsh	
2015	1/2	50 Freestyle	Alyssa Marsh	23.05
2016	1/2	50 Freestyle	Alyssa Marsh	22.83
2016	1/2	100 Butterfly	Alyssa Marsh	53.23
2016	1/2A	MVP	Alyssa Marsh	
2016	1/2	200 Free Relay		1:36.84
2016	1/2	400 Free Relay		3:34.51
2017	1/2	50 Freestyle	Allyson Accordino	23.80
2017	1/2	200 Free Relay		1:39.96
2017	1/2	400 Free Relay		3:39.38
2018	1/2	50 Freestyle	Allyson Accordino	23.50
2018	1/2	100 Freestyle	Allyson Accordino	51.18
2018	1/2	200 Free Relay		1:39.65
2019	1/2	50 Freestyle	Allyson Accordino	23.66
2019	1/2	100 Freestyle	Allyson Accordino	51.09

PORTER RIDGE

2007	3A	100 Freestyle	Henni Coetzer	54.21
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PROVIDENCE

1990	0	200 Freestyle	Trish McHardy	1:51.96
1990	0	500 Freestyle	Trish McHardy	4:54.11
1990	0	MVP	Trish McHardy	
1996	4A	100 Butterfly	Cindy Scheuster	59.19
1997	4A	100 Breaststroke	Cody Gelvin	1:06.52
1997	4A	200 Medley Relay		1:52.41
1998	4A	100 Butterfly	Melissa Fiss	57.02
1998	4A	200 Freestyle	Cara Lane	1:51.76
1998	4A	500 Freestyle	Cara Lane	4:50.54
1998	4A	200 Free Relay		1:40.77

PROVIDENCE (CONTINUED)

1998	4A	400 Free Relay		3:33.95
1999	4A	100 Butterfly	Cara Lane	56.51
1999	4A	500 Freestyle	Cara Lane	4:48.23
1999	4A	MVP	Cara Lane	
1999	4A	200 Free Relay		1:41.18
1999	4A	400 Free Relay		3:36.58
2000	4A	200 Freestyle	Magda Dyszkiewicz	1:52.20
2000	4A	200 Medley Relay		1:52.75
2002	4A	500 Freestyle	Kristin Oxford	4:54.22
2002	4A	200 Medley Relay		1:51.20
2002	4A	400 Free Relay		3:37.68
2003	4A	200 Freestyle	Kristin Oxford	1:52.51
2004	4A	100 Freestyle	Kaleigh Gomes	52.33
2004	4A	100 Breaststroke	Kaleigh Gomes	1:06.06
2004	4A	500 Freestyle	Kristin Oxford	4:58.08
2004	4A	200 Freestyle	Kristin Oxford	1:50.07
2004	4A	MVP	Kristen Oxford	
2004	4A	200 Free Relay		1:39.75
2004	4A	400 Free Relay		3:35.19
2005	4A	100 Freestyle	Kaleigh Gomes	53.18
2006	4A	100 Freestyle	Kaleigh Gomes	51.38
2006	4A	200 Free Relay		1:38.03
2007	4A	200 Free Relay		1:37.87
2007	4A	400 Free Relay		3:31.35
2008	4A	200 Free Relay		1:37.57

RAGSDALE

2022	4A	1 Meter Diving	Bayleigh Cranford	431.65
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R-S CENTRAL

2003	3A	100 Breaststroke	Allison Cochran	1:08.48
2004	3A	100 Breaststroke	Allison Cochran	1:07.14
2006	3A	100 Backstroke	Emily Powell	1:00.32

R.J. REYNOLDS

2001	4A	200 Freestyle	Brittany Johnson	1:51.48
2001	4A	100 Breaststroke	Brittany Johnson	1:06.15
2002	4A	200 IM	Brittany Johnson	2:05.48
2003	4A	200 IM	Brittany Johnson	2:04.70
2003	4A	500 Freestyle	Brittany Johnson	4:55.90
2003	4A	MVP	Brittany Johnson	

RAGSDALE

1986	0	100 Freestyle	Annie McCoy	54.85
1987	0	200 Freestyle	Annie McCoy	1:56.76
1987	0	100 Freestyle	Annie McCoy	54.44
2002	3A	200 IM	Carly Hensel	2:09.61
2002	3A	100 Breaststroke	Carly Hensel	1:08.47

RALEIGH CHARTER

2003	1/2	200 Free Relay		1:47.77
2005	1/2	100 Freestyle	Teresa Long	52.76
2006	1/2	50 Freestyle	Teresa Long	23.69
2006	1/2	100 Freestyle	Teresa Long	51.46
2006	1/2A	MVP	Teresa Long	
2006	1/2	400 Free Relay		3:48.65
2007	1/2	50 Freestyle	Teresa Long	23.60
2007	1/2	100 Freestyle	Teresa Long	51.53
2007	1/2A	MVP	Teresa Long	
2011	1/2	50 Freestyle	Rachel Hatt	24.87
2011	1/2	100 Backstroke	Margaret Ireland	58.89
2011	1/2	200 Free Relay		1:42.98
2012	1/2	50 Freestyle	Rachel Hatt	24.36
2012	1/2	100 Backstroke	Margaret Ireland	58.54
2012	1/2	100 Freestyle	Olivia Ontjes	51.56

RALEIGH CHARTER (CONTINUED)

2012	1/2	200 Medley Relay		1:49.83
2012	1/2	200 Free Relay		1:38.29
2012	1/2	400 Free Relay		3:32.16
2013	1/2	200 IM	Margaret Ireland	2:11.21
2013	1/2	100 Freestyle	Olivia Ontjes	50.75
2013	1/2	100 Breaststroke	Olivia Ontjes	1:03.94
2013	1/2A	MVP	Olivia Ontjes	
2013	1/2	200 Medley Relay		1:51.78
2013	1/2	200 Free Relay		1:38.37
2013	1/2	400 Free Relay		3:32.89
2014	1/2	200 IM	Olivia Ontjes	2:02.63
2014	1/2	100 Breaststroke	Olivia Ontjes	1:02.73
2014	1/2	200 Free Relay		1:38.21
2014	1/2	400 Free Relay		3:37.10
2015	1/2	100 Breaststroke	Olivia Ontjes	1:02.64
2015	1/2	200 Medley Relay		1:51.32
2015	1/2	200 Free Relay		1:37.69
2016	1/2	500 Freestyle	Sydney Willis	5:06.99
2017	1/2	500 Freestyle	Sydney Willis	4:58.98
2018	1/2	200 Freestyle	Sydney Willis	1:49.94
2018	1/2	500 Freestyle	Sydney Willis	4:58.27

REAGAN

2007	3A	50 Freestyle	Jamie Stancliff	24.41
2007	3A	200 Freestyle	Rachel Wilson	1:56.15
2007	3A	100 Backstroke	Rachel Wilson	59.54
2007	3A	MVP	Rachel Wilson	
2008	3A	1 Meter Diving	Alison Menzies	335.45
2008	3A	50 Freestyle	Jamie Stancliff	24.78
2008	3A	200 Freestyle	Rachel Wilson	1:57.69
2008	3A	200 Free Relay		1:42.04
2009	3A	1 Meter Diving	Alison Menzies	380.00
2009	3A	200 Freestyle	Rachel Wilson	1:53.07
2009	3A	500 Freestyle	Rachel Wilson	5:07.28
2011	4A	50 Freestyle	Alexandra Marshall	23.74
2011	4A	1 Meter Diving	Alison Menzies	431.35
2011	4A	200 Free Relay		1:37.10

RIVERSIDE-DURHAM

2009	4A	100 Butterfly	Chelsea Howard	54.92
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SALISBURY

1992	1/2/3	500 Freestyle	Tara DeSorbo	5:17.68
1993	1/2/3	500 Freestyle	Tara DeSorbo	5:22.03
2004	1/2	100 Breaststroke	Taylor Sexton	1:09.42
2010	1/2	100 Butterfly	Madi Ralston	59.46
2013	1/2	200 Freestyle	McKenzie Stevens	1:53.51
2014	1/2	500 Freestyle	McKenzie Stevens	5:04.96
2017	1/2	100 Backstroke	Kathryn Morrison	55.26
2018	1/2	100 Butterfly	Kathryn Morrison	55.54
2018	1/2	100 Backstroke	Kathryn Morrison	55.42
2019	1/2	500 Freestyle	Emily Knorr	5:01.64
2020	1/2	200 Freestyle	Emily Knorr	1:50.56
2020	1/2	500 Freestyle	Emily Knorr	4:52.40
2021	1/2A	MVP	Emily Knorr	
2021	1/2A	200 Freestyle	Emily Knorr	1:49.11
2021	1/2A	500 Freestyle	Emily Knorr	4:49.04
2021	1/2A	200 IM	Katie Knorr	2:04.04
2021	1/2A	100 Backstroke	Katie Knorr	:57.96

SANDERSON

1986	0	500 Freestyle	Staci Sawyer	5:03.87
1986	0	200 Medley Relay		1:56.98
1987	0	400 Free Relay		3:48.56
1988	0	50 Freestyle	Jenny Huber	24.47



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SANDERSON (CONTINUED)

1988	0	100 Freestyle	Jenny Huber	53.69
1988	0	200 Medley Relay	Jenny Huber	1:54.20
1989	0	50 Freestyle	Jenny Huber	24.26
1989	0	100 Freestyle	Jenny Huber	53.73
1989	0	MVP	Jenny Huber	
1990	0	200 IM	Julie McKinney	2:07.85
1990	0	100 Butterfly	Julie McKinney	57.91
1990	0	200 Medley Relay	Julie McKinney	1:55.11
1991	0	200 Free Relay		1:41.16
1991	0	400 Free Relay		3:40.88
1992	4A	500 Freestyle	Beth Humphry	5:02.83
1992	4A	200 Freestyle	Jolene Turner	1:55.16
1992	4A	200 Free Relay		1:42.27
2017	4A	200 Freestyle	Kenna Haney	1:47.29
2018	4A	200 Freestyle	Kenna Haney	1:47.90
2018	4A	500 Freestyle	Kenna Haney	4:49.59

SHELBY

1989	0	100 Backstroke	Amy Allen	59.72
1992	1/2/3	200 IM	Christine Bracket	2:14.62
1992	1/2/3	50 Freestyle	Denise Stamey	25.34
1992	1/2/3	200 Medley Relay		1:58.10
1992	1/2/3	400 Free Relay		3:49.21
1993	1/2/3	200 Medley Relay		1:56.65
1993	1/2/3	200 Free Relay		1:43.88
1995	1/2/3	50 Freestyle	Amy Hendrick	24.61
1995	1/2/3	100 Backstroke	Amy Hendrick	58.42
1996	1/2/3	100 Backstroke	Amy Hendrick	59.31
1996	1/2/3	200 Medley Relay		1:59.22
1996	1/2/3	200 Free Relay		1:45.64
1996	1/2/3	400 Free Relay		3:54.16
1997	1/2/3	100 Backstroke	Amy Hendrick	59.00
1997	1/2/3	100 Breaststroke	Amy Hendrick	1:05.71
1997	1/2/3	200 Medley Relay		1:57.48
1998	1/2/3	100 Freestyle	Amy Hendrick	53.58
1998	1/2/3	100 Backstroke	Amy Hendrick	57.77
1998	1/2/3	MVP	Amy Hendrick	
1998	1/2/3	200 Free Relay		1:45.11
2014	1/2	100 Freestyle	Annie Shirk	53.75

SMOKY MOUNTAIN

2004	3A	100 Butterfly	Allie Lewis	57.55
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SOUTH CALDWELL

1998	1/2/3	100 Breaststroke	Redeana Davis	1:10.03
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SOUTH DAVIDSON

2006	1/2	500 Freestyle	Caroline Smith	5:06.24
2008	1/2	200 IM	Caroline Smith	2:10.04
2008	1/2	100 Backstroke	Caroline Smith	57.92
2009	1/2	200 IM	Caroline Smith	2:05.30
2009	1/2	100 Backstroke	Caroline Smith	56.77
2009	1/2A	MVP	Carolina Smith	

SOUTH MECKLENBURG

1986	0	100 Butterfly	Fina Fox	59.63
1987	0	100 Breaststroke	M. Bridgers	1:08.82
1993	4A	100 Backstroke	Sharon Curlee	58.65
2003	4A	400 Free Relay		3:36.05
2013	4A	200 IM	Alexandra Martelle	2:03.32
2013	4A	100 Breaststroke	Alexandra Martelle	1:03.21
2018	4A	100 Backstroke	Sinclair Larson	53.71
2019	4A	500 Freestyle	Ellie Marquardt	4:48.18

SOUTH POINT

2013	3A	1 Meter Diving	Mary Ellen Targonski	401.60
2014	3A	1 Meter Diving	Mary Ellen Targonski	447.30

SOUTHERN GUILFORD

1995	1/2/3	1 Meter Diving	Georgina Crawford	368.55
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SOUTHERN WAKE ACADEMY

2022	1/2A	100 Breaststroke	Skylar Jones	1:09.30
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SOUTHWEST GUILFORD

1994	1/2/3	100 Breaststroke	Lauren Rafferty	1:08.88
1994	1/2/3	200 Medley Relay		1:58.06
1995	1/2/3	200 IM	Lauren Rafferty	2:11.72
1995	1/2/3	200 Medley Relay		1:58.29
1996	1/2/3	200 Freestyle	Lori Hoppensteadt	2:00.20
1996	1/2/3	200 IM	Lauren Rafferty	2:12.63
1996	1/2/3	100 Breaststroke	Lauren Rafferty	1:09.65
1997	1/2/3	200 IM	Lauren Rafferty	2:09.45
1997	1/2/3	MVP	Lauren Rafferty	
1997	1/2/3	200 Freestyle	Lindsey Sauflay	1:57.03
1997	1/2/3	500 Freestyle	Lindsey Sauflay	5:13.64
1997	1/2/3	200 Free Relay		1:45.16
1997	1/2/3	400 Free Relay		3:45.32
1998	1/2/3	500 Freestyle	Lindsey Sauflay	5:09.88
1998	1/2/3	200 Medley Relay		1:54.07
2000	1/2/3	200 Freestyle	Lindsey Sauflay	1:56.28
2000	1/2/3	500 Freestyle	Lindsey Sauflay	5:04.65
2000	1/2/3	MVP	Lindsey Sauflay	
2003	3A	100 Backstroke	Alex Cooke	59.62

ST. STEPHENS

2003	3A	200 Freestyle	Monique Huynh	2:00.23
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STARMOUNT

2007	1/2	100 Butterfly	Julianna Prim	56.94
2008	1/2	50 Freestyle	Julianna Prim	25.05
2008	1/2	100 Butterfly	Julianna Prim	57.28
2009	1/2	100 Butterfly	Julianna Prim	57.51

STATESVILLE

2002	3A	200 Free Relay		1:44.73
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SUN VALLEY

2000	1/2/3	100 Freestyle	Kellie Hill	53.75
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SURRY CENTRAL

2005	1/2	50 Freestyle	Morgan Robertson	25.51
2007	1/2	100 Breaststroke	Morgan Robertson	1:09.45

T.C. ROBERSON

1989	0	100 Butterfly	Amber Ballard	58.59
1996	1/2/3	50 Freestyle	Anabell Kosten	24.02
1996	1/2/3	100 Freestyle	Anabell Kosten	52.68
1996	1/2/3	MVP	Annabelle Kosten	
1996	1/2/3	100 Butterfly	Melissa Orr	1:00.56
2015	4A	100 Breaststroke	Alyssa Arwood	1:02.10
2015	4A	100 Butterfly	Mary-O Soule	55.73
2018	3A	200 IM	Grace Reeder	2:04.51

T.W. ANDREWS

1993	1/2/3	50 Freestyle	Shawn Tatum	24.97
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THOMAS JEFFERSON

2011	1/2	200 IM	Alexandra Martelle	2:06.49
2011	1/2	100 Breaststroke	Alexandra Martelle	1:04.30

THOMAS JEFFERSON (CONTINUED)

2011	1/2A	MVP	Alexandra Martelle	
2012	1/2	200 IM	Alexandra Martelle	2:04.55

TUSCOLA

2005	3A	200 Freestyle	Anna Stringfield	1:55.38
2006	3A	200 IM	Anna Stringfield	2:10.98
2007	3A	200 IM	Anna Stringfield	2:09.23
2007	3A	200 Free Relay		1:44.16
2008	3A	500 Freestyle	Megan McLeod	5:11.28
2009	3A	200 IM	Victoria Oslund	2:08.36
2009	3A	100 Butterfly	Victoria Oslund	57.68
2010	3A	100 Butterfly	Victoria Oslund	56.90
2011	3A	100 Butterfly	Victoria Oslund	55.99
2011	3A	200 Freestyle	Katy Stringfield	1:50.45
2011	3A	500 Freestyle	Katy Stringfield	4:56.87
2011	3A	MVP	Katy Stringfield	
2012	3A	500 Freestyle	Katy Stringfield	4:58.35
2013	3A	500 Freestyle	Katy Stringfield	4:56.08

UNION PINES

2007	3A	100 Breaststroke	Emily Michaels	1:08.05
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UWHARRIE CHARTER ACADEMY

2022	1/2A	200 IM	Leah Sandock	2:08.45
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VOYAGER ACADEMY

2020	1/2	100 Freestyle	Ede Kosik	50.87
2021	1/2A	100 Freestyle	Ede Kosik	:51.30
2022	1/2A	100 Freestyle	Ede Kosik	51.11
2022	1/2A	500 Freestyle	Ede Kosik	5:05.61

WAKE FOREST

1992	1/2/3	100 Backstroke	Leslie Hawley	1:01.25
1995	1/2/3	100 Butterfly	Kristina Harmer	1:00.50
2005	4A	100 Butterfly	Amanda Duncan	55.77

WASHINGTON

2012	3A	100 Breaststroke	Emily Pfeiffer	1:04.29
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WATAUGA

1997	4A	200 Free Relay		1:41.76
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WEDDINGTON

2010	3A	200 IM	Katherine Plevka	2:04.70
2011	3A	200 IM	Katherine Plevka	2:05.43
2011	3A	100 Breaststroke	Katherine Plevka	1:06.81
2016	3A	50 Freestyle	Katie Corbi	24.27
2017	3A	50 Freestyle	Katie Corbi	23.78
2017	3A	100 Freestyle	Katie Corbi	51.21
2017	3A	100 Backstroke	Maddy Flickinger	54.76
2017	3A	400 Free Relay		3:31.37
2018	3A	50 Freestyle	Katie Corbi	23.63
2018	3A	200 Free Relay		1:36.15
2019	3A	50 Freestyle	Katie Corbi	23.56
2019	3A	200 IM	Maddy Flickinger	2:02.23
2019	3A	100 Backstroke	Maddy Flickinger	55.05
2019	3A	200 Free Relay		1:34.39
2019	3A	400 Free Relay		3:27.56

WEST DAVIDSON

2004	1/2	100 Freestyle	Dylan Spake	56.19
2007	1/2	500 Freestyle	Kelly Ann Baird	4:56.72
2007	1/2	200 Medley Relay		1:56.30
2008	1/2	200 Freestyle	Kelly Ann Baird	1:51.86
2008	1/2	500 Freestyle	Kelly Ann Baird	4:54.75



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WEST DAVIDSON (CONTINUED)

2008	1/2A	MVP	Kelly Ann Baird	
2009	1/2	200 Freestyle	Kelly Ann Baird	1:50.86
2009	1/2	500 Freestyle	Kelly Ann Baird	4:51.68
2009	1/2A	MVP	Kelly Ann Baird	
2010	1/2	200 Freestyle	Kelly Ann Baird	1:49.86
2010	1/2	500 Freestyle	Kelly Ann Baird	4:49.20
2010	1/2A	MVP	Kelly Ann Baird	
2010	1/2	100 Backstroke	Jessica Frazelle	1:00.96
2010	1/2	200 Medley Relay		1:55.78
2010	1/2	400 Free Relay		3:42.27
2012	1/2	500 Freestyle	Grace Baird	5:04.18
2013	1/2	500 Freestyle	Grace Baird	5:06.28

WEST JOHNSTON

2007	4A	100 Butterfly	Sarah Henry	56.87
2009	4A	500 Freestyle	Sarah Henry	4:53.53
2010	4A	200 Freestyle	Sarah Henry	1:47.97
2010	4A	500 Freestyle	Sarah Henry	4:46.69
2010	4A	MVP	Sarah Henry	

WEST LINCOLN

1993	1/2/3	1 Meter Diving	Jenny Wren	339.85
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WESTERN ALAMANCE

1993	1/2/3	200 IM	Kristen Kunkle	2:14.65
1993	1/2/3	100 Breaststroke	Kristen Kunkle	1:08.24
1993	1/2/3	MVP	Kristen Kunkle	
2004	1/2	100 Butterfly	Victoria Niemeyer	57.68

WESTERN GUILFORD

1995	1/2/3	100 Freestyle	Olivia Smutney	54.43
1996	1/2/3	500 Freestyle	Mary Smutney	5:14.72
2013	4A	1 Meter Diving	Lily Armstrong	386.95
2017	3A	100 Breaststroke	Virginia Gilliland	1:05.89

WILLIAMS

2003	3A	50 Freestyle	Margaret Bardin	24.48
2003	3A	100 Freestyle	Margaret Bardin	54.51
2003	3A	200 Free Relay		1:43.61
2004	3A	50 Freestyle	Margaret Bardin	24.20
2004	3A	100 Freestyle	Margaret Bardin	53.36
2005	3A	50 Freestyle	Margaret Bardin	24.05
2005	3A	100 Freestyle	Margaret Bardin	52.71
2005	3A	1 Meter Diving	Blythe Hogan	407.80
2005	3A	200 Free Relay		1:41.37
2006	3A	50 Freestyle	Margaret Bardin	24.01
2006	3A	100 Freestyle	Margaret Bardin	52.40
2006	3A	MVP	Margaret Bardin	
2006	3A	1 Meter Diving	Blythe Hogan	360.85
2007	3A	1 Meter Diving	Blythe Hogan	304.45