

## Women's Swimming & Diving Individual Champions

| Women's 200 Medley Relay |                    |         |                    |         |                             |
|--------------------------|--------------------|---------|--------------------|---------|-----------------------------|
| ALL                      |                    |         |                    |         |                             |
| 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 |                    |         |                             |
| 4A                       |                    |         | 1A/2A/3A           |         |                             |
| 1992                     | Chapel Hill        | 1:51.99 | Shelby             | 1:58.10 |                             |
| 1993                     | Chapel Hill        | 1:52.53 | Shelby             | 1:56.65 |                             |
| 1994                     | Leesville Road     | 1:52.32 | Southwest Guilford | 1:58.06 |                             |
| 1995                     | Millbrook          | 1:52.71 | Southwest Guilford | 1:58.29 |                             |
| 1996                     | Leesville Road     | 1:51.77 | Shelby             | 1:59.22 |                             |
| 1997                     | Providence         | 1:52.41 | Shelby             | 1:57.48 |                             |
| 1998                     | Leesville Road     | 1:51.98 | Southwest Guilford | 1:54.07 |                             |
| 1999                     | Chapel Hill        | 1:49.37 | East Chapel Hill   | 1:54.07 |                             |
| 2000                     | Providence         | 1:52.75 | East Chapel Hill   | 1:55.33 |                             |
| 2001                     | Chapel Hill        | 1:51.07 | Charlotte Catholic | 1:55.62 |                             |
| 4A                       |                    |         | 3A                 |         | 1A/2A                       |
| 2002                     | Providence         | 1:51.20 | Hickory            | 1:56.60 | Charlotte Catholic 1:57.28  |
| 2003                     | Athens Drive       | 1:50.27 | East Chapel Hill   | 1:54.76 | Charlotte Catholic 2:00.28  |
| 2004                     | Athens Drive       | 1:50.24 | East Chapel Hill   | 1:55.54 | Mount Airy 1:58.35          |
| 2005                     | Athens Drive       | 1:47.91 | East Chapel Hill   | 1:54.94 | Charlotte Catholic 1:56.38  |
| 2006                     | Chapel Hill        | 1:47.74 | Charlotte Catholic | 1:55.10 | Cardinal Gibbons 1:46.30    |
| 2007                     | Athens Drive       | 1:49.93 | Charlotte Catholic | 1:55.94 | West Davidson 1:56.30       |
| 2008                     | Chapel Hill        | 1:48.02 | Charlotte Catholic | 1:51.32 | Cardinal Gibbons 1:54.74    |
| 2009                     | Hopewell           | 1:48.43 | Charlotte Catholic | 1:47.76 | Cardinal Gibbons 1:50.75    |
| 2010                     | Cary               | 1:48.51 | Charlotte Catholic | 1:46.96 | West Davidson 1:55.78       |
| 2011                     | Apex               | 1:45.91 | Charlotte Catholic | 1:49.44 | Lake Norman Charter 1:57.72 |
| 2012                     | Hough              | 1:46.05 | Charlotte Catholic | 1:46.56 | Raleigh Charter 1:49.83     |
| 2013                     | Green Hope         | 1:47.56 | Charlotte Catholic | 1:45.52 | Raleigh Charter 1:51.78     |
| 2014                     | Hough              | 1:43.41 | Chapel Hill        | 1:49.37 | Lincoln Charter 1:52.25     |
| 2015                     | Charlotte Catholic | 1:43.70 | Cardinal Gibbons   | 1:48.34 | Raleigh Charter 1:51.32     |
| 2016                     | Hough              | 1:43.21 | Marvin Ridge       | 1:47.11 | Lake Norman Charter 1:50.39 |

| Women's 200 Freestyle |                   |                   |         |                   |                           |         |
|-----------------------|-------------------|-------------------|---------|-------------------|---------------------------|---------|
| ALL                   |                   |                   |         |                   |                           |         |
| 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                    |                   |                   |         | 1A/2A/3A          |                           |         |
| 1992                  | Jolene Turner     | Sanderson         | 1:55.16 | Wendy Henson      | Chase                     | 1:53.05 |
| 1993                  | Alexis Kato       | Enloe             | 1:56.24 | Wendy Henson      | Chase                     | 1:53.05 |
| 1994                  | Alexis Kato       | Enloe             | 1:54.60 | Rebecca DeBernard | NCSSM                     | 1:59.05 |
| 1995                  | Alexis Kato       | Enloe             | 1:52.55 | Wendy Henson      | Chase                     | 1:51.06 |
| 1996                  | Alexis Kato       | Enloe             | 1:51.29 | Lori Hoppensteadt | Southwest Guilford        | 2:00.20 |
| 1997                  | Mary Mittendorf   | North Mecklenburg | 1:54.55 | Lindsey Saufley   | Southwest Guilford        | 1:57.03 |
| 1998                  | Cara Lane         | Providence        | 1:51.76 | Kim Campbell      | East Chapel Hill          | 1:54.65 |
| 1999                  | Kelly Weeks       | Leesville Road    | 1:50.33 | Kim Campbell      | East Chapel Hill          | 1:52.39 |
| 2000                  | Magda Dyszkiewicz | Providence        | 1:52.20 | Lindsey Saufley   | Southwest Guilford        | 1:56.28 |
| 2001                  | Brittany Johnson  | R.J. Reynolds     | 1:51.48 | Mandy Huff        | North Stanly              | 1:55.51 |
| 4A                    |                   |                   |         | 3A                |                           | 1A/2A   |
| 2002                  | Katie Bland       | Leesville Road    | 1:49.79 | Laren Faysoux     | Forestview                | 1:55.48 |
| 2003                  | Kristin Oxford    | Providence        | 1:52.51 | Monique Huynh     | St. Stephens              | 2:00.23 |
| 2004                  | Kristin Oxford    | Providence        | 1:50.07 | Katharine Peggy   | East Chapel Hill          | 1:55.17 |
| 2005                  | Kelsy Smith       | Athens Drive      | 1:52.96 | Anna Stringfield  | Tuscola                   | 1:55.38 |
| 2006                  | Jing Li           | Chapel Hill       | 1:50.66 | Shannon Van Hoy   | Charlotte Catholic        | 1:55.46 |
| 2007                  | Mandy Myers       | Apex              | 1:51.74 | Rachel Wilson     | Reagan                    | 1:56.15 |
| 2008                  | Amber Leiker      | Hopewell          | 1:51.20 | Rachel Wilson     | Reagan                    | 1:57.69 |
| 2009                  | Henriet Stenkvis  | Panther Creek     | 1:49.65 | Rachel Wilson     | Reagan                    | 1:53.07 |
| 2010                  | Sarah Henry       | West Johnston     | 1:47.97 | Erin Gaeckle      | Charlotte Catholic        | 1:52.67 |
| 2011                  | Henriet Stenkvis  | Panther Creek     | 1:49.65 | Katy Stringfield  | Tuscola                   | 1:50.45 |
| 2012                  | Henriet Stenkvis  | Panther Creek     | 1:48.48 | Lauren Rhodes     | Charlotte Catholic        | 1:50.22 |
| 2013                  | Jessica Merritt   | Hough             | 1:48.84 | Lauren Rhodes     | Charlotte Catholic        | 1:47.98 |
| 2014                  | Jessica Merritt   | Hough             | 1:47.37 | Lauren Greenberg  | Marvin Ridge              | 1:52.03 |
| 2015                  | Erika Brown       | Hough             | 1:46.47 | Emmaline Peterson | Hickory                   | 1:52.11 |
| 2016                  | Erika Brown       | Hough             | 1:48.05 | Anna Durak        | Hickory                   | 1:50.14 |
|                       |                   |                   |         | 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 the 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 |

| Women's 200 Individual Medley |                    |                    |         |                    |                    |         |                    |                           |         |
|-------------------------------|--------------------|--------------------|---------|--------------------|--------------------|---------|--------------------|---------------------------|---------|
| ALL                           |                    |                    |         |                    |                    |         |                    |                           |         |
| 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                            |                    |                    |         | 1A/2A/3A           |                    |         |                    |                           |         |
| 1992                          | Kelly Frazier      | Ashbrook           | 2:05.35 | Christine Brackett | Shelby             | 2:14.62 |                    |                           |         |
| 1993                          | Kelly Frazier      | Ashbrook           | 2:07.41 | Kristen Kunkle     | Western Alamance   | 2:14.65 |                    |                           |         |
| 1994                          | Sherry West        | Leesville Road     | 2:09.33 | Wendy Henson       | Chase              | 2:08.53 |                    |                           |         |
| 1995                          | Sherry West        | Leesville Road     | 2:06.89 | Lauren Rafferty    | Southwest Guilford | 2:11.72 |                    |                           |         |
| 1996                          | Jen Delong         | Mount Tabor        | 2:08.11 | Lauren Rafferty    | Southwest Guilford | 2:12.63 |                    |                           |         |
| 1997                          | Jen Delong         | Mount Tabor        | 2:06.98 | Lauren Rafferty    | Southwest Guilford | 2:09.45 |                    |                           |         |
| 1998                          | Katie Hathaway     | East Mecklenburg   | 2:03.35 | Sarah Allen        | East Chapel Hill   | 2:12.67 |                    |                           |         |
| 1999                          | Meredith Green     | Chapel Hill        | 2:05.69 | Leigh Campbell     | East Chapel Hill   | 2:10.21 |                    |                           |         |
| 2000                          | Meredith Green     | Chapel Hill        | 2:03.65 | Leigh Campbell     | East Chapel Hill   | 2:10.01 |                    |                           |         |
| 2001                          | Meredith Green     | Chapel Hill        | 2:04.81 | Leigh Campbell     | East Chapel Hill   | 2:10.48 |                    |                           |         |
| 4A                            |                    |                    |         | 3A                 |                    |         | 1A/2A              |                           |         |
| 2002                          | Brittany Johnson   | R.J. Reynolds      | 2:05.48 | Carly Hensel       | Ragsdale           | 2:09.61 | Kelsee Gomes       | Charlotte Catholic        | 2:15.20 |
| 2003                          | Brittany Johnson   | R.J. Reynolds      | 2:04.70 | Lauren Fayssoux    | Forestview         | 2:08.80 | Shannon Van Hoy    | Charlotte Catholic        | 2:12.82 |
| 2004                          | M.E. Miller        | Grimsley           | 2:07.21 | Lauren Fayssoux    | Forestview         | 2:07.80 | Michelle Baric     | Eastern Alamance          | 2:10.20 |
| 2005                          | Kirsten Smith      | Athens Drive       | 2:04.55 | Anna Weaver        | East Rowan         | 2:09.75 | Meredith Robinson  | Cedar Ridge               | 2:10.17 |
| 2006                          | Kirsten Smith      | Athens Drive       | 2:01.08 | Anna Stringfield   | Tuscola            | 2:10.98 | Melanie Roberts    | Cardinal Gibbons          | 2:02.96 |
| 2007                          | Kirsten Smith      | Athens Drive       | 2:01.45 | Anna Stringfield   | Tuscola            | 2:09.23 | Cameron Figuers    | Cardinal Gibbons          | 2:12.80 |
| 2008                          | Kirsten Smith      | Athens Drive       | 2:00.58 | Keri McAfee        | Charlotte Catholic | 2:07.31 | Caroline Smith     | South Davidson            | 2:10.04 |
| 2009                          | Torrey Bussey      | Cary               | 2:03.19 | Victoria Oslund    | Tuscola            | 2:08.36 | Caroline Smith     | South Davidson            | 2:05.30 |
| 2010                          | Torrey Bussey      | Cary               | 2:01.07 | Katherine Plevka   | Weddington         | 2:04.70 | Theresa Meyer      | Durham School of the Arts | 2:11.01 |
| 2011                          | Victoria Mitchell  | Cary               | 2:03.51 | Katherine Plevka   | Weddington         | 2:05.43 | Alexandra Martelle | Thomas Jefferson          | 2:06.49 |
| 2012                          | Hannah Moore       | Green Hope         | 2:01.56 | Nicole Emery       | Charlotte Catholic | 2:03.63 | Alexandra Martelle | Thomas Jefferson          | 2:04.55 |
| 2013                          | Alexandra Martelle | South Mecklenburg  | 2:03.32 | Nicole Emery       | Charlotte Catholic | 2:02.01 | Margaret Ireland   | Raleigh Charter           | 2:11.21 |
| 2014                          | Nicole Emery       | Charlotte Catholic | 2:01.42 | Claire DeSelm      | Chapel Hill        | 2:02.59 | Olivia Ontjes      | Raleigh Charter           | 2:02.63 |
| 2015                          | Julia Poole        | Middle Creek       | 2:00.75 | Claire DeSelm      | Chapel Hill        | 2:04.84 | Jane Donahue       | Christ the King           | 2:05.07 |
| 2016                          | Julia Poole        | Middle Creek       | 1:59.76 | Caroline Hauder    | Marvin Ridge       | 1:58.85 | Alexandria Baker   | Lincoln Charter           | 2:05.75 |

| Women's 50 Freestyle |                    |                    |        |                 |                    |        |                  |                 |        |
|----------------------|--------------------|--------------------|--------|-----------------|--------------------|--------|------------------|-----------------|--------|
| ALL                  |                    |                    |        |                 |                    |        |                  |                 |        |
| 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                   |                    |                    |        | 1A/2A/3A        |                    |        |                  |                 |        |
| 1992                 | Lee Anne Britt     | East Wake          | :25.50 | Denise Stamey   | Shelby             | :25.34 |                  |                 |        |
| 1993                 | Elizabeth Myers    | Hickory            | :24.58 | Shawn Tatum     | T.W. Andrews       | :24.97 |                  |                 |        |
| 1994                 | Jenny Mancini      | Enloe              | :24.71 | Elizabeth Myers | Hickory            | :24.61 |                  |                 |        |
| 1995                 | Ashley Murray      | North Mecklenburg  | :24.31 | Amy Hendrick    | Shelby             | :24.61 |                  |                 |        |
| 1996                 | Sherry West        | Leesville Road     | :24.20 | Anabell Kosten  | T.C. Roberson      | :24.02 |                  |                 |        |
| 1997                 | Meagan Drolet      | East Gaston        | :24.47 | Jennifer Lentz  | Brevard            | :25.14 |                  |                 |        |
| 1998                 | Meagan Drolet      | East Gaston        | :24.94 | Jennifer Lentz  | Brevard            | :24.30 |                  |                 |        |
| 1999                 | Meagan Drolet      | East Gaston        | :24.37 | Jennifer Lentz  | Brevard            | :24.14 |                  |                 |        |
| 2000                 | Ruth Nichols       | Leesville Road     | :24.11 | Jennifer Lentz  | Brevard            | :24.97 |                  |                 |        |
| 2001                 | Ruth Nichols       | Leesville Road     | :24.20 | Shannon Brewer  | Hickory            | :25.10 |                  |                 |        |
| 4A                   |                    |                    |        | 3A              |                    |        | 1A/2A            |                 |        |
| 2002                 | Rebecca Perry      | J.H. Rose          | :23.95 | Shannon Brewer  | Hickory            | :25.00 | Sarah Scott      | Northwood       | :24.94 |
| 2003                 | Rebecca Perry      | J.H. Rose          | :24.48 | Margaret Bardin | Williams           | :24.48 | Sarah Scott      | Northwood       | :24.17 |
| 2004                 | Stephanie Glover   | Athens Drive       | :24.10 | Margaret Bardin | Williams           | :24.20 | Brett Gordon     | East Surry      | :26.23 |
| 2005                 | Sarah Proctor      | North Mecklenburg  | :23.89 | Margaret Bardin | Williams           | :24.05 | Morgan Robertson | Surry Central   | :25.51 |
| 2006                 | Lauren Perdue      | J.H. Rose          | :23.68 | Margaret Bardin | Williams           | :24.01 | Teresa Long      | Raleigh Charter | :23.69 |
| 2007                 | Lauren Perdue      | J.H. Rose          | :24.12 | Jamie Stancliff | Reagan             | :24.41 | Teresa Long      | Raleigh Charter | :23.60 |
| 2008                 | Mandy Myers        | Apex               | :24.07 | Jamie Stancliff | Reagan             | :24.78 | Julianna Prim    | Starmount       | :25.05 |
| 2009                 | Lauren Perdue      | J.H. Rose          | :23.08 | Haley Powell    | Lake Norman        | :24.65 | Lakenn Reynolds  | Elkin           | :24.25 |
| 2010                 | Sabrina Benson     | Broughton          | :23.39 | Ashlyn Koletic  | Charlotte Catholic | :24.48 | Lakenn Reynolds  | Elkin           | :24.70 |
| 2011                 | Alexandra Marshall | Reagan             | :23.74 | Lauren Rhodes   | Charlotte Catholic | :23.41 | Rachel Hatt      | Raleigh Charter | :24.87 |
|                      | Nancy Larson       | Mount Tabor        | :23.74 |                 |                    |        |                  |                 |        |
| 2012                 | Hannah Lincoln     | Leesville Road     | :23.26 | Nora McCullagh  | Charlotte Catholic | :23.85 | Rachel Hatt      | Raleigh Charter | :24.36 |
| 2013                 | Emily Allen        | Hough              | :23.02 | Nora McCullagh  | Charlotte Catholic | :22.92 | Christina Lappin | Lincoln Charter | :23.76 |
| 2014                 | Nora McCullagh     | Charlotte Catholic | :22.88 | Michaela Carter | Corinth-Holders    | :24.90 | Christina Lappin | Lincoln Charter | :23.46 |
| 2015                 | Nora McCullagh     | Charlotte Catholic | :22.93 | McKenzie Weed   | North Lincoln      | :24.31 | Alyssa Marsh     | Pine Lake Prep  | :23.05 |
| 2016                 | Grace Countie      | Leesville Road     | :22.75 | Katie Corbi     | Weddington         | :24.27 | Alyssa Marsh     | Pine Lake Prep  | :22.83 |

| Women's 1 mtr Diving |                     |                  |        |                      |                    |        |                  |                             |        |
|----------------------|---------------------|------------------|--------|----------------------|--------------------|--------|------------------|-----------------------------|--------|
| ALL                  |                     |                  |        |                      |                    |        |                  |                             |        |
| 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                   |                     |                  |        | 1A/2A/3A             |                    |        |                  |                             |        |
| 1992                 | Eileen Duley        | Apex             | 405.95 | Tandra Leftwich      | Kings Mountain     | 242.65 |                  |                             |        |
| 1993                 | Kelly Badrock       | Jordan           | 413.30 | Jenny Wren           | West Lincoln       | 339.85 |                  |                             |        |
| 1994                 | Carrie Knoeber      | Enloe            | 444.05 | Sara Davis           | Northern Vance     | 317.55 |                  |                             |        |
| 1995                 | Carrie Knoeber      | Enloe            | 456.60 | Georgina Crawford    | Southern Guilford  | 368.55 |                  |                             |        |
| 1996                 | Carrie Knoeber      | Enloe            | 491.35 | Erin Bailey          | Fuquay-Varina      | 437.10 |                  |                             |        |
| 1997                 | Renee Paradise      | Chapel Hill      | 420.60 | Erin Bailey          | Fuquay-Varina      | 403.00 |                  |                             |        |
| 1998                 | Renee Paradise      | Chapel Hill      | 402.80 | Erin Bailey          | Fuquay-Varina      | 426.75 |                  |                             |        |
| 1999                 | Jennifer Rehm       | Orange           | 474.65 | Erin Bailey          | Fuquay-Varina      | 471.78 |                  |                             |        |
| 2000                 | Jennifer Rehm       | Orange           | 458.60 | Page Holloway        | Charlotte Catholic | 409.15 |                  |                             |        |
| 2001                 | Jessica Thompson    | Butler           | 446.20 | Page Holloway        | Charlotte Catholic | 417.55 |                  |                             |        |
| 4A                   |                     |                  |        | 3A                   |                    |        | 1A/2A            |                             |        |
| 2002                 | Jessica Thompson    | Butler           | 481.00 | Melissa Freimark     | East Chapel Hill   | 299.50 | Laura Filip      | Durham School of the Arts   | 342.25 |
| 2003                 | Katherine Schamberg | Athens Drive     | 373.45 | Maryssa Lohman       | East Chapel Hill   | 283.90 | Laura Filip      | Durham School of the Arts   | 457.55 |
| 2004                 | Chelsea Mock        | Chapel Hill      | 355.85 |                      |                    |        | Sarah Knish      | Charlotte Catholic          | 252.70 |
| 2005                 | Lydia Cardinal      | Chapel Hill      | 360.95 | Blythe Hogan         | Williams           | 407.80 | Rebecca Bentley  | Durham School of the Arts   | 338.70 |
| 2006                 | Michelle Mudge      | Hopewell         | 391.20 | Blythe Hogan         | Williams           | 360.85 | Rebecca Bentley  | Durham School of the Arts   | 352.95 |
| 2007                 | Julie Doran         | Holly Springs    | 464.00 | Blythe Hogan         | Williams           | 304.45 | Sarah Wyman      | Perquimans                  | 356.05 |
| 2008                 | Julie Doran         | Holly Springs    | 454.25 | Alison Menzies       | Reagan             | 335.45 | Siobhan Munroe   | Cardinal Gibbons            | 273.55 |
| 2009                 | Julie Doran         | Holly Springs    | 429.55 | Alison Menzies       | Reagan             | 380.00 | Audrey Timmel    | Cedar Ridge                 | 279.35 |
| 2010                 | Julie Doran         | Holly Springs    | 448.90 | Katie Leonard        | Chapel Hill        | 325.10 | Molly Harkary    | Cedar Ridge                 | 270.70 |
| 2011                 | Alison Menzies      | Reagan           | 431.35 | Katie Leonard        | Chapel Hill        | 346.50 | Jill Mulveney    | Lake Norman                 | 367.70 |
| 2012                 | Whitney Timberlake  | Hoke             | 377.50 | Sara Maleski         | Marvin Ridge       | 404.35 | Adyson Lowe      | Lake Norman Charter         | 411.45 |
| 2013                 | Lily Armstrong      | Western Guilford | 386.95 | Mary Ellen Targonski | South Point        | 401.60 | Adyson Lowe      | Lake Norman Charter         | 390.40 |
| 2014                 | Jennifer Giacalone  | Hough            | 414.10 | Mary Ellen Targonski | South Point        | 447.30 | Peyton Freeze    | Lake Norman Charter         | 392.45 |
| 2015                 | Kristen Hayden      | Panther Creek    | 507.55 | Nikki Canale         | Marvin Ridge       | 511.60 | Adyson Lowe      | Lake Norman Charter         | 466.60 |
| 2016                 | Jocelyn Porter      | Hough            | 477.65 | Nikki Canale         | Marvin Ridge       | 530.65 | Lindsey Ruderman | NC School of Science & Math | 405.45 |

| Women's 100 Butterfly |                   |                    |        |                    |                        |         |
|-----------------------|-------------------|--------------------|--------|--------------------|------------------------|---------|
| ALL                   |                   |                    |        |                    |                        |         |
| 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                    |                   |                    |        | 1A/2A/3A           |                        |         |
| 1992                  | Cara Dunnaway     | Apex               | :58.29 | Renee Bailey       | East Rutherford        | 1:02.23 |
| 1993                  | Cara Dunnaway     | Apex               | :58.96 | Dondrea Elliot     | East Rowan             | :58.86  |
| 1994                  | Nicole Campbell   | Leesville Road     | :58.09 | Dondrea Elliot     | East Rowan             | :59.79  |
| 1995                  | Sherry West       | Leesville Road     | :57.99 | Kristina Harmer    | Wake Forest-Rolesville | 1:00.50 |
| 1996                  | Cindy Scheuster   | Providence         | :59.19 | Melissa Orr        | T.C. Roberson          | 1:00.56 |
| 1997                  | Kelly Weeks       | Leesville Road     | :58.44 | Sarah Allen        | East Chapel Hill       | :58.28  |
| 1998                  | Melissa Fiss      | Providence         | :57.02 | Sarah Allen        | East Chapel Hill       | :59.82  |
| 1999                  | Cara Lane         | Providence         | :56.51 | Kim Campbell       | East Chapel Hill       | :59.16  |
| 2000                  | Hillary Queen     | East Gaston        | :58.69 | Nikki Deering      | Central Davidson       | :58.16  |
| 2001                  | Erin Gottschalk   | Hoggard            | :58.53 | Nikki Deering      | Central Davidson       | :57.96  |
| 4A                    |                   |                    |        | 3A                 |                        | 1A/2A   |
| 2002                  | Stephanie Glover  | Athens Drive       | :57.65 | Megan Chenier      | Eastern Wayne          | :59.34  |
| 2003                  | Stephanie Glover  | Athens Drive       | :57.46 | Katherine Caldwell | Concord                | :58.42  |
| 2004                  | Sarah Proctor     | North Mecklenburg  | :57.47 | Allie Lewis        | Smoky Mountain         | :57.55  |
| 2005                  | Amanda Duncan     | Wake Forest        | :55.77 | Katherine Caldwell | Concord                | :58.31  |
| 2006                  | Jessalyn Crawford | Athens Drive       | :57.08 | Keri McAfee        | Charlotte Catholic     | :58.32  |
| 2007                  | Sarah Henry       | West Johnston      | :56.87 | Keri McAfee        | Charlotte Catholic     | :57.12  |
| 2008                  | Cari Blalock      | New Hanover        | :55.31 | Keri McAfee        | Charlotte Catholic     | :56.39  |
| 2009                  | Chelsea Howard    | Riverside-Durham   | :54.92 | Victoria Oslund    | Tuscola                | :57.68  |
| 2010                  | Cari Blalock      | New Hanover        | :55.07 | Victoria Oslund    | Tuscola                | :56.90  |
| 2011                  | Jessica Godlweski | Apex               | :55.47 | Victoria Oslund    | Tuscola                | :55.99  |
| 2012                  | Hannah Lincoln    | Leesville Road     | :54.68 | Elsa Welshofer     | Charlotte Catholic     | :56.09  |
| 2013                  | Megan Owens       | Cary               | :55.59 | Elsa Welshofer     | Charlotte Catholic     | :54.69  |
| 2014                  | Elsa Welshofer    | Charlotte Catholic | :54.47 | Claire DeSelm      | Chapel Hill            | :54.77  |
| 2015                  | Mary-O Soule      | T.C. Roberson      | :55.73 | Claire DeSelm      | Chapel Hill            | :55.39  |
| 2016                  | Julia Menkhaus    | Charlotte Catholic | :54.12 | Claire DeSelm      | Chapel Hill            | :56.32  |
|                       |                   |                    |        | 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  |

| Women's 100 Freestyle |                     |                   |        |                 |                    |        |                     |                  |        |
|-----------------------|---------------------|-------------------|--------|-----------------|--------------------|--------|---------------------|------------------|--------|
| ALL                   |                     |                   |        |                 |                    |        |                     |                  |        |
| 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                    |                     |                   |        | 1A/2A/3A        |                    |        |                     |                  |        |
| 1992                  | Kelly Frazier       | Ashbrook          | :52.60 | Wendy Henson    | Chase              | :52.85 |                     |                  |        |
| 1993                  | Kelly Frazier       | Ashbrook          | :52.77 | Wendy Henson    | Chase              | :52.16 |                     |                  |        |
| 1994                  | Ashley Murray       | North Mecklenburg | :52.32 | Elizabeth Myers | Hickory            | :55.25 |                     |                  |        |
| 1995                  | Ashley Murray       | North Mecklenburg | :52.52 | Olivia Smutney  | Western Guilford   | :54.43 |                     |                  |        |
| 1996                  | Sherry West         | Leesville Road    | :52.68 | Anabell Kosten  | T.C. Roberson      | :52.68 |                     |                  |        |
| 1997                  | Megan Drolet        | East Gaston       | :53.70 | Lauren Smith    | Central Cabarrus   | :55.58 |                     |                  |        |
| 1998                  | Katie Scoggins      | Millbrook         | :52.69 | Amy Hendrick    | Shelby             | :53.58 |                     |                  |        |
| 1999                  | Meagan Drolet       | East Gaston       | :52.30 | Lauren Smith    | Central Cabarrus   | :53.99 |                     |                  |        |
| 2000                  | Ruth Nichols        | Leesville Road    | :52.95 | Kellie Hill     | Sun Valley         | :53.75 |                     |                  |        |
| 2001                  | Ruth Nichols        | Leesville Road    | :52.19 | Shannon Brewer  | Hickory            | :54.44 |                     |                  |        |
| 4A                    |                     |                   |        | 3A              |                    | 1A/2A  |                     |                  |        |
| 2002                  | Carolina Ackley     | Enloe             | :51.87 | Shannon Brewer  | Hickory            | :54.02 | Nikki Deering       | Central Davidson | :53.51 |
| 2003                  | Rebecca Perry       | J.H. Rose         | :52.24 | Margaret Bardin | Williams           | :54.51 | Sarah Beth Schooley | Albemarle        | :54.37 |
| 2004                  | Kaleigh Gomes       | Providence        | :52.33 | Margaret Bardin | Williams           | :53.36 | Dylan Spake         | West Davidson    | :56.19 |
| 2005                  | Kaleigh Gomes       | Providence        | :53.18 | Margaret Bardin | Williams           | :52.71 | Teresa Long         | Raleigh Charter  | :52.76 |
| 2006                  | Kaleigh Gomes       | Providence        | :51.38 | Margaret Bardin | Williams           | :52.40 | Teresa Long         | Raleigh Charter  | :51.46 |
| 2007                  | Mandy Myers         | Apex              | :51.71 | Henni Coetzer   | Porter Ridge       | :54.21 | Teresa Long         | Raleigh Charter  | :51.53 |
| 2008                  | Dania Marinshaw     | East Chapel Hill  | :52.48 | Jordan Koletic  | Charlotte Catholic | :54.91 | Sarah Neaves        | Elkin            | :54.56 |
| 2009                  | Lauren Perdue       | J.H. Rose         | :49.80 | Heather Isetts  | Lake Norman        | :53.35 | Lakenn Reynolds     | Elkin            | :52.12 |
| 2010                  | Henriette Stenkvist | Panther Creek     | :51.13 | Ashlyn Koletic  | Charlotte Catholic | :53.22 | Emily Tysinger      | Carrboro         | :53.42 |
| 2011                  | Henriette Stenkvist | Panther Creek     | :50.69 | Ashlyn Koletic  | Charlotte Catholic | :52.12 | Katie Furey         | Carrboro         | :53.22 |
| 2012                  | Emily Allen         | Hough             | :50.29 | Lauren Rhodes   | Charlotte Catholic | :50.55 | Olivia Ontjes       | Raleigh Charter  | :51.56 |
| 2013                  | Emily Allen         | Hough             | :49.77 | Lauren Rhodes   | Charlotte Catholic | :50.02 | Olivia Ontjes       | Raleigh Charter  | :50.75 |
| 2014                  | Emily Allen         | Hough             | :49.68 | Anabelle Durham | Chapel Hill        | :53.47 | Annie Shirk         | Shelby           | :53.75 |
| 2015                  | Emily Allen         | Hough             | :49.85 | Anna Durak      | Hickory            | :51.74 | Christina Lappin    | Lincoln Charter  | :51.80 |
| 2016                  | Jessica Merritt     | Hough             | :50.14 | Anna Durak      | Hickory            | :51.76 | Christina Lappin    | Lincoln Charter  | :50.64 |

| Women's 500 Freestyle |                   |                    |         |                   |                           |         |
|-----------------------|-------------------|--------------------|---------|-------------------|---------------------------|---------|
| ALL                   |                   |                    |         |                   |                           |         |
| 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                    |                   |                    |         | 1A/2A/3A          |                           |         |
| 1992                  | Beth Humphry      | Sanderson          | 5:02.83 | Tara DeSorbo      | Salisbury                 | 5:17.68 |
| 1993                  | Leigh Tysinger    | Page               | 5:06.11 | Tara DeSorbo      | Salisbury                 | 5:22.03 |
| 1994                  | Alexis Keto       | Enloe              | 5:04.01 | Wendy Henson      | Chase                     | 5:01.45 |
| 1995                  | Alexis Keto       | Enloe              | 4:58.43 | Wendy Henson      | Chase                     | 4:57.30 |
| 1996                  | Alexis Keto       | enloe              | 4:53.07 | Mary Smutney      | Western Guilford          | 5:14.72 |
| 1997                  | Danley Stone      | Athens Drive       | 5:05.64 | Lindsey Saufley   | Southwest Guilford        | 5:13.64 |
| 1998                  | Cara Lane         | Providence         | 4:50.54 | Lindsey Saufley   | Southwest Guilford        | 5:09.88 |
| 1999                  | Cara Lane         | Providence         | 4:48.23 | Leigh Campbell    | East Chapel Hill          | 5:03.16 |
| 2000                  | Meredith Green    | Chapel Hill        | 4:49.05 | Lindsey Saufley   | Southwest Guilford        | 5:04.65 |
| 2001                  | Meredith Green    | Chapel Hill        | 4:51.79 | Leigh Campbell    | East Chapel Hill          | 5:06.81 |
| 4A                    |                   |                    |         | 3A                |                           | 1A/2A   |
| 2002                  | Kristin Oxford    | Providence         | 4:54.22 | Eleanor Trefzger  | Hickory                   | 5:16.20 |
| 2003                  | Brittany Johnson  | R.J. Reynolds      | 4:55.90 | Lauren Fayssoux   | Forestview                | 5:05.98 |
| 2004                  | Kristin Oxford    | Providence         | 4:58.08 | Lauren Fayssoux   | Forestview                | 5:10.42 |
| 2005                  | Kirsten Smith     | Athens Drive       | 4:55.77 | Anna Weaver       | East Rowan                | 5:02.70 |
| 2006                  | Kirsten Smith     | Athens Drive       | 4:54.47 | Shannon Van Hoy   | Charlotte Catholic        | 5:08.24 |
| 2007                  | Kirsten Smith     | Athens Drive       | 4:53.09 | Maddie Fox        | Parkland                  | 5:26.65 |
| 2008                  | Kirsten Smith     | Athens Drive       | 4:55.87 | Megan McLeod      | Tuscola                   | 5:11.28 |
| 2009                  | Sarah Henry       | West Johnston      | 4:53.53 | Rachel Wilson     | Reagan                    | 5:07.28 |
| 2010                  | Sarah Henry       | West Johnston      | 4:46.69 | Lydia Renn        | Chapel Hill               | 5:09.84 |
| 2011                  | Victoria Mitchell | Cary               | 4:51.19 | Katy Stringfield  | Tuscola                   | 4:56.87 |
| 2012                  | Hannah Moore      | Green Hope         | 4:51.20 | Katy Stringfield  | Tuscola                   | 4:58.35 |
| 2013                  | Hannah Moore      | Green Hope         | 4:47.66 | Katy Stringfield  | Tuscola                   | 4:56.08 |
| 2014                  | Hannah Moore      | Green Hope         | 4:40.98 | Emmaline Peterson | Hickory                   | 4:54.42 |
| 2015                  | Rebecca Postoll   | Charlotte Catholic | 4:47.02 | Emmaline Peterson | Hickory                   | 4:50.11 |
| 2016                  | Ana Pozder        | Apex               | 4:50.66 | Emmaline Peterson | Hickory                   | 4:52.80 |
|                       |                   |                    |         | 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 the 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 |

| Women's 200 Freestyle Relay |                    |         |                     |         |                            |
|-----------------------------|--------------------|---------|---------------------|---------|----------------------------|
| ALL                         |                    |         | Event began in 1991 |         |                            |
| 1991                        | Sanderson 1:41.16  |         |                     |         |                            |
| 4A                          |                    |         | 1A/2A/3A            |         |                            |
| 1992                        | Sanderson          | 1:42.27 | Northwest Guilford  | 1:46.97 |                            |
| 1993                        | Chapel Hill        | 1:41.60 | Shelby              | 1:43.88 |                            |
| 1994                        | Enloe              | 1:41.28 | Concord             | 1:45.72 |                            |
| 1995                        | North Mecklenburg  | 1:38.88 | Concord             | 1:45.64 |                            |
| 1996                        | Broughton          | 1:41.08 | Shelby              | 1:45.64 |                            |
| 1997                        | Watauga            | 1:41.76 | Southwest Guilford  | 1:45.16 |                            |
| 1998                        | Providence         | 1:40.77 | Shelby              | 1:45.11 |                            |
| 1999                        | Providence         | 1:41.18 | East Chapel Hill    | 1:43.42 |                            |
| 2000                        | Leesville Road     | 1:40.95 | East Chapel Hill    | 1:42.44 |                            |
| 2001                        | Northern Durham    | 1:41.21 | East Chapel Hill    | 1:42.84 |                            |
| 4A                          |                    |         | 3A                  |         | 1A/2A                      |
| 2002                        | Myers Park         | 1:40.44 | Statesville         | 1:44.73 | East Surry 1:47.64         |
| 2003                        | Grimsley           | 1:40.44 | Williams            | 1:43.61 | Raleigh Charter 1:47.77    |
| 2004                        | Providence         | 1:39.75 | East Chapel Hill    | 1:44.26 | Charlotte Catholic 1:47.74 |
| 2005                        | North Mecklenburg  | 1:38.62 | Williams            | 1:41.37 | Charlotte Catholic 1:47.83 |
| 2006                        | Providence         | 1:38.03 | Charlotte Catholic  | 1:47.11 | Cardinal Gibbons 1:37.53   |
| 2007                        | Providence         | 1:37.87 | Tuscola             | 1:44.16 | Cardinal Gibbons 1:40.89   |
| 2008                        | Providence         | 1:37.57 | Reagan              | 1:42.04 | Cardinal Gibbons 1:42.94   |
| 2009                        | Leesville Road     | 1:38.54 | Charlotte Catholic  | 1:41.65 | Carrboro 1:42.93           |
| 2010                        | East Chapel Hill   | 1:38.14 | Charlotte Catholic  | 1:39.71 | Carrboro 1:43.16           |
| 2011                        | Reagan             | 1:37.10 | Charlotte Catholic  | 1:39.13 | Raleigh Charter 1:42.98    |
| 2012                        | Ardrey Kell        | 1:38.68 | Charlotte Catholic  | 1:37.05 | Raleigh Charter 1:38.29    |
| 2013                        | Hough              | 1:35.04 | Charlotte Catholic  | 1:35.00 | Raleigh Charter 1:38.37    |
| 2014                        | Charlotte Catholic | 1:33.22 | Marvin Ridge        | 1:39.42 | Raleigh Charter 1:38.21    |
| 2015                        | Charlotte Catholic | 1:33.68 | Marvin Ridge        | 1:39.50 | Raleigh Charter 1:37.69    |
| 2016                        | Hough              | 1:35.79 | Marvin Ridge        | 1:39.65 | Pine Lake Prep 1:36.84     |

| Women's 100 Backstroke |                         |                    |         |                     |                        |         |
|------------------------|-------------------------|--------------------|---------|---------------------|------------------------|---------|
| ALL                    |                         |                    |         |                     |                        |         |
| 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                     |                         |                    |         | 1A/2A/3A            |                        |         |
| 1992                   | Cara Dunaway            | Apex               | :58.52  | Leslie Hawley       | Wake Forest-Rolesville | 1:01.25 |
| 1993                   | Sharon Curlee           | South Mecklenburg  | :58.65  | Dondrea Elliot      | East Rowan             | :59.87  |
| 1994                   | Tori Vander Weyden      | Enloe              | :59.06  | Dondrea Elliot      | East Rowan             | :59.56  |
| 1995                   | Virginia Soderberg      | Broughton          | :57.76  | Amy Hendrick        | Shelby                 | :58.42  |
| 1996                   | Baker Stocks            | Millbrook          | 1:01.24 | Amy Hendrick        | Shelby                 | :59.31  |
| 1997                   | Virginia Soderberg      | Broughton          | :59.76  | Amy Hendrick        | Shelby                 | :59.00  |
| 1998                   | Elizabeth Heatherington | Chapel Hill        | :57.67  | Amy Hendrick        | Shelby                 | :57.77  |
| 1999                   | Elizabeth Heatherington | Chapel Hill        | :57.93  | Jackie Solady       | Charlotte Catholic     | :59.52  |
| 2000                   | Elizabeth Heatherington | Chapel Hill        | :57.46  | Jackie Solady       | Charlotte Catholic     | :59.52  |
| 2001                   | Erin Gottschalk         | Hoggard            | :58.01  | Jackie Solady       | Charlotte Catholic     | :58.12  |
| 4A                     |                         |                    |         | 3A                  |                        | 1A/2A   |
| 2002                   | Stephanie Glover        | Athens Drive       | :57.44  | Megan Chenier       | Eastern Wayne          | 1:00.21 |
| 2003                   | Kelsy Smith             | Athens Drive       | :57.70  | Alex Cooke          | Southwest Guilford     | :59.62  |
| 2004                   | Stephanie Glover        | Athens Drive       | :58.83  | Katherine Caldwell  | Concord                | :59.49  |
| 2005                   | Kelsy Smith             | Athens Drive       | :56.90  | Katherine Caldwell  | Concord                | :57.88  |
| 2006                   | Carly Smith             | Chapel Hill        | :56.47  | Emily Powell        | R.S. Central           | 1:00.32 |
| 2007                   | Carly Smith             | Chapel Hill        | :55.73  | Rachel Wilson       | Reagan                 | :59.54  |
| 2008                   | Carly Smith             | Chapel Hill        | :55.72  | Mary Kate Hetzel    | Charlotte Catholic     | :58.67  |
| 2009                   | Carly Smith             | Chapel Hill        | :54.95  | Haley Powell        | Lake Norman            | :57.89  |
| 2010                   | Sabrina Benson          | Broughton          | :54.40  | Erin Gaeckle        | Charlotte Catholic     | :56.69  |
| 2011                   | Sabrina Benson          | Broughton          | :54.76  | Maria Sheridan      | Charlotte Catholic     | 1:00.28 |
| 2012                   | Henriette Stenkvist     | Panther Creek      | :54.73  | Annabelle Durham    | Chapel Hill            | :57.62  |
| 2013                   | Hannah Moore            | Green Hope         | :54.37  | Nora McCullagh      | Charlotte Catholic     | :55.09  |
| 2014                   | Nora McCullagh          | Charlotte Catholic | :53.59  | Anabelle Durham     | Chapel Hill            | :57.65  |
| 2015                   | Nora McCullagh          | Charlotte Catholic | :54.19  | Caroline Hauder     | Marvin Ridge           | :56.21  |
| 2016                   | Julia Menkhaus          | Charlotte Catholic | :53.84  | Madison Holland     | Cox Mill               | :56.61  |
|                        |                         |                    |         | Jackie Soloday      | Charlotte Cathoic      | :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  |

| Women's 100 Breaststroke |                       |                   |         |                    |                    |         |                    |                     |         |
|--------------------------|-----------------------|-------------------|---------|--------------------|--------------------|---------|--------------------|---------------------|---------|
| ALL                      |                       |                   |         |                    |                    |         |                    |                     |         |
| 1986                     | Lisa Brown            | Broughton         |         |                    |                    |         |                    |                     |         |
| 1987                     | M. Bridges            | South Mecklenburg | 1:08.82 |                    |                    |         |                    |                     |         |
| 1988                     | Theresa Kreeel        | 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                       |                       |                   |         | 1A/2A/3A           |                    |         |                    |                     |         |
| 1992                     | Elizabeth Myers       | Hickory           | 1:08.62 | Hilary Stokes      | North Davidson     | 1:09.43 |                    |                     |         |
| 1993                     | Ilana Kavadlo         | East Mecklenburg  | 1:07.94 | Kristen Kunkle     | Western Alamance   | 1:08.24 |                    |                     |         |
| 1994                     | Jamie Link            | Grimsley          | 1:08.46 | Lauren Rafferty    | Southwest Guilford | 1:08.88 |                    |                     |         |
| 1995                     | Tara Adams            | Leesville Road    | 1:06.48 | Lindsay Taylor     | High Point Central | 1:07.91 |                    |                     |         |
| 1996                     | Alicia Harris         | McDowell          | 1:07.01 | Lauren Rafferty    | Southwest Guilford | 1:09.65 |                    |                     |         |
| 1997                     | Cody Gelvin           | Providence        | 1:06.52 | Amy Hendrick       | Shelby             | 1:05.71 |                    |                     |         |
| 1998                     | Katie Hathaway        | East Mecklenburg  | 1:03.82 | Redeana Davis      | South Caldwell     | 1:10.03 |                    |                     |         |
| 1999                     | Virginia Pate         | Mount Tabor       | 1:05.11 | Jenny Lentz        | Brevard            | 1:07.07 |                    |                     |         |
| 2000                     | Virginia Pate         | Mount Tabor       | 1:05.29 | Mandy Huff         | North Stanly       | 1:06.67 |                    |                     |         |
| 2001                     | Brittany Johnson      | R.J. Reynolds     | 1:06.15 | Mandy Huff         | North Stanly       | 1:07.45 |                    |                     |         |
| 4A                       |                       |                   |         | 3A                 |                    |         | 1A/2A              |                     |         |
| 2002                     | Mary Elizabeth Miller | Grimsley          | 1:06.56 | Carly Hensel       | Ragsdale           | 1:08.47 | Jane Anderson      | East Surry          | 1:08.29 |
| 2003                     | Anna Hubbard          | North Mecklenburg | 1:07.17 | Allison Cochran    | R-S Central        | 1:08.48 | Katie Holt         | Andrews             | 1:08.88 |
| 2004                     | Kaleigh Gomes         | Providence        | 1:06.06 | Allison Cochran    | R-S Central        | 1:07.14 | Taylor Sexton      | Salisbury           | 1:09.42 |
| 2005                     | Kylen Huntwork        | Apex              | 1:06.47 | Casey Umberger     | Hunt               | 1:09.08 | Taylor White       | Bunn                | 1:10.87 |
| 2006                     | Hannah Facchine       | Enloe             | 1:05.69 | Casey Umberger     | Hunt               | 1:07.91 | Melanie Roberts    | Cardinal Gibbons    | 1:03.02 |
| 2007                     | Torrey Bussey         | Cary              | 1:05.87 | Emily Michaels     | Union Pines        | 1:08.05 | Morgan Robertson   | Surry Central       | 1:09.45 |
| 2008                     | Torrey Bussey         | Cary              | 1:04.74 | Christen McDonough | Charlotte Catholic | 1:07.81 | Emily Maret        | Owen                | 1:07.94 |
| 2009                     | Torrey Bussey         | Cary              | 1:02.81 | Christen McDonough | Charlotte Catholic | 1:04.08 | Kirsten Esplin     | Cardinal Gibbons    | 1:07.22 |
| 2010                     | Torrey Bussey         | Cary              | 1:02.17 | Christen McDonough | Charlotte Catholic | 1:03.82 | Carson Jones       | Northwood           | 1:08.22 |
| 2011                     | Hayley Tomlinson      | Apex              | 1:05.36 | Katherine Plevka   | Weddington         | 1:06.81 | Alexandra Martelle | Thomas Jefferson    | 1:04.30 |
| 2012                     | Ashley Brem           | Hoggard           | 1:04.21 | Emily Pfeiffer     | Washington         | 1:04.29 | Caitlin Casazza    | Bishop McGuinness   | 1:03.64 |
| 2013                     | Alexandra Martelle    | South Mecklenburg | 1:03.21 | Sara Stranick      | Charlotte Catholic | 1:05.00 | Olivia Ontjes      | Raleigh Charter     | 1:03.94 |
| 2014                     | Jessica Merritt       | Hough             | 1:03.44 | Becca Churchill    | Cedar Ridge        | 1:06.32 | Olivia Ontjes      | Raleigh Charter     | 1:02.73 |
| 2015                     | Alyssa Arwood         | T.C. Roberson     | 1:02.10 | Caroline Hauder    | Marvin Ridge       | 1:03.79 | Olivia Ontjes      | Raleigh Charter     | 1:02.64 |
| 2016                     | Julia Poole           | Middle Creek      | 1:02.62 | Caroline Hauder    | Marvin Ridge       | 1:02.15 | Riggan Ayscue      | Lake Norman Charter | 1:06.28 |

| Women's 400 Freestyle Relay |                    |         |                             |         |                            |
|-----------------------------|--------------------|---------|-----------------------------|---------|----------------------------|
| ALL                         |                    |         |                             |         |                            |
| 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 |                             |         |                            |
| 4A                          |                    |         | 1A/2A/3A                    |         |                            |
| 1992                        | Chapel Hill        | 3:38.16 | Shelby                      | 3:49.21 |                            |
| 1993                        | Broughton          | 3:39.78 | High Point Central          | 3:53.58 |                            |
| 1994                        | Leesville Road     | 3:40.73 | Hickory                     | 3:48.49 |                            |
| 1995                        | North Mecklenburg  | 3:35.93 | NC School of Science & Math | 3:53.13 |                            |
| 1996                        | Enloe              | 3:39.93 | Shelby                      | 3:54.16 |                            |
| 1997                        | Mount Tabor        | 3:40.19 | Southwest Guilford          | 3:45.32 |                            |
| 1998                        | Providence         | 3:33.95 | Hibriten                    | 3:53.42 |                            |
| 1999                        | Providence         | 3:36.58 | East Chapel Hill            | 3:42.79 |                            |
| 2000                        | Leesville Road     | 3:36.79 | East Chapel Hill            | 3:43.31 |                            |
| 2001                        | Leesville Road     | 3:34.46 | East Chapel Hill            | 3:45.05 |                            |
| 4A                          |                    |         | 3A                          |         | 1A/2A                      |
| 2002                        | Providence         | 3:37.68 | Hickory                     | 3:47.15 | Charlotte Catholic 3:51.40 |
| 2003                        | South Mecklenburg  | 3:36.05 | East Chapel Hill            | 3:44.88 | Charlotte Catholic 3:50.88 |
| 2004                        | Providence         | 3:35.19 | East Chapel Hill            | 3:45.80 | Charlotte Catholic 3:43.23 |
| 2005                        | Athens Drive       | 3:32.39 | East Chapel Hill            | 3:44.63 | Charlotte Catholic 3:40.54 |
| 2006                        | Chapel Hill        | 3:33.42 | Charlotte Catholic          | 3:41.18 | Raleigh Charter 3:48.65    |
| 2007                        | Providence         | 3:31.35 | Charlotte Catholic          | 3:46.55 | Cardinal Gibbons 3:41.14   |
| 2008                        | Chapel Hill        | 3:31.40 | Charlotte Catholic          | 3:38.17 | Cardinal Gibbons 3:41.84   |
| 2009                        | Leesville Road     | 3:32.11 | Charlotte Catholic          | 3:38.16 | Cardinal Gibbons 3:36.07   |
| 2010                        | Panther Creek      | 3:33.67 | Charlotte Catholic          | 3:35.78 | West Davidson 3:42.27      |
| 2011                        | Apex               | 3:29.23 | Charlotte Catholic          | 3:31.54 | Carrboro 3:46.33           |
| 2012                        | Hough              | 3:25.69 | Charlotte Catholic          | 3:28.68 | Raleigh Charter 3:32.16    |
| 2013                        | Hough              | 3:24.83 | Charlotte Catholic          | 3:24.61 | Raleigh Charter 3:32.89    |
| 2014                        | Charlotte Catholic | 3:22.15 | Marvin Ridge                | 3:34.02 | Raleigh Charter 3:37.10    |
| 2015                        | Hough              | 3:25.51 | Marvin Ridge                | 3:32.56 | Lincoln Charter 3:39.55    |
| 2016                        | Hough              | 3:23.49 | Marvin Ridge                | 3:33.34 | Pine Lake Prep 3:34.51     |