

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
2017					Lake Norman Charter 1:50.00

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
2017						
				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
				Lyndsey Reeve	Croatan	1:50.99

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 Bracket	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
2017							Emme Nelson	Community School of Davidson	2:03.98

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
2017							Allyson Accordino	Pine Lake Prep	:23.80

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
2017							Claire McDaniels	Carrboro	475.45

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
2017					Alyssa Marsh	Pine Lake Prep :53.23
					Alexandria Baker	Lincoln Charter :55.43

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
2017							Alexandria Baker	Lincoln Charter	:51.33

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
2017						
				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
				Sydney Willis	Raleigh Charter	4:58.98

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
2017					Pine Lake Prep	1:39.96

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
2017						
				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
				Kathryn Morrison	Salisbury	:55.26

Women's 100 Breaststroke									
ALL									
1986	Lisa Brown	Broughton							
1987	M. Bridgers	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
2017							Emme Nelson	Community School of Davidson	1:02.94

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
2017					Pine Lake Prep 3:39.38