



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



2009	4A	100 Breaststroke	Torrey Bussey	1:02.81	2014	3A	100 Backstroke	Annabelle Durham	57.65	2011	3A	100 Backstroke	Maria Sheridan	1:00.28
2010	4A	200 IM	Torrey Bussey	2:01.07	2014	3A	200 Medley Relay		1:49.37	2011	3A	200 Medley Relay		1:49.44
2010	4A	100 Breaststroke	Torrey Bussey	1:02.17	2015	3A	200 IM	Claire DeSelm	2:04.84	2011	3A	200 Free Relay		1:39.13
2010	4A	200 Medley Relay		1:48.51	2015	3A	100 Butterfly	Claire DeSelm	55.39	2011	3A	400 Free Relay		3:31.54
2011	4A	200 IM	Victoria Mitchell	2:03.51	2016	3A	100 Butterfly	Claire DeSelm	56.32	2012	3A	200 IM	Nicole Emery	2:03.63
2011	4A	500 Freestyle	Victoria Mitchell	4:51.19	2019	3A	1 Meter Diving	Clara Tate	418.65	2012	3A	50 Freestyle	Nora McCullagh	23.85
2011	4A	MVP	Victoria Mitchell		2020	3A	1 Meter Diving	Clara Tate	440.10	2012	3A	200 Freestyle	Lauren Rhodes	1:50.22
2013	4A	100 Butterfly	Megan Owens	55.59						2012	3A	100 Freestyle	Lauren Rhodes	50.55
CHARLOTTE CATHOLIC														
					1999	1/2/3	100 Backstroke	Jackie Solady	59.52	2012	3A	MVP	Lauren Rhodes	
					2000	1/2/3	1 Meter Diving	Page Holloway	409.15	2012	3A	100 Butterfly	Elsa Welshofer	56.09
					2000	1/2/3	100 Backstroke	Jackie Solady	59.52	2012	3A	200 Medley Relay		1:46.56
					2001	1/2/3	1 Meter Diving	Page Holloway	417.55	2012	3A	200 Free Relay		1:37.05
					2001	1/2/3	100 Backstroke	Jackie Solady	58.12	2012	3A	400 Free Relay		3:28.68
					2001	1/2/3	200 Medley Relay		1:55.62	2013	3A	200 IM	Nicole Emery	2:02.01
					2002	1/2	200 IM	Kelsee Gomes	2:15.20	2013	3A	50 Freestyle	Nora McCullagh	22.92
					2002	1/2	100 Backstroke	Jackie Solady	58.04	2013	3A	100 Backstroke	Nora McCullagh	55.09
					2002	1/2	200 Medley Relay		1:57.28	2013	3A	MVP	Nora McCullagh	
					2002	1/2	400 Free Relay		3:51.40	2013	3A	200 Freestyle	Lauren Rhodes	1:47.98
					2003	1/2	200 IM	Shannon Von Hoy	2:12.82	2013	3A	100 Freestyle	Lauren Rhodes	50.02
					2003	1/2	200 Medley Relay		2:00.28	2013	3A	100 Breaststroke	Sara Stranick	1:05.00
					2003	1/2	400 Free Relay		3:50.88	2013	3A	100 Butterfly	Elsa Welshofer	54.69
					2004	1/2	1 Meter Diving	Sarah Knish	252.70	2013	3A	200 Medley Relay		1:45.52
					2004	1/2	200 Free Relay		1:47.74	2013	3A	200 Free Relay		1:35.00
					2004	1/2	400 Free Relay		3:43.23	2013	3A	400 Free Relay		3:24.61
					2005	1/2	100 Butterfly	Keri McAfee	1:00.42	2014	4A	200 IM	Nicole Emery	2:01.42
					2005	1/2	500 Freestyle	Shannon Von Hoy	5:04.27	2014	4A	50 Freestyle	Nora McCullagh	22.88
					2005	1/2	500 Freestyle	Shannon Von Hoy	5:04.27	2014	4A	100 Backstroke	Nora McCullagh	53.59
					2005	1/2A	MVP	Shannon Van Hoy		2014	4A	MVP	Nora McCullagh	
					2005	1/2	200 Freestyle	Shannon Von Hoy	1:52.58	2014	4A	100 Butterfly	Elsa Welshofer	54.47
					2005	1/2	200 Medley Relay		1:56.38	2014	4A	200 Free Relay		1:33.22
					2005	1/2	200 Free Relay		1:47.83	2014	4A	400 Free Relay		3:22.15
					2005	1/2	400 Free Relay		3:40.54	2015	4A	50 Freestyle	Nora McCullagh	22.93
					2006	3A	100 Butterfly	Keri McAfee	58.32	2015	4A	100 Backstroke	Nora McCullagh	54.19
					2006	3A	500 Freestyle	Shannon Von Hoy	5:08.24	2015	4A	MVP	Nora McCullagh	
					2006	3A	500 Freestyle	Shannon Von Hoy	5:08.24	2015	4A	500 Freestyle	Rebecca Postoll	4:47.02
					2006	3A	200 Freestyle	Shannon Von Hoy	1:55.46	2015	4A	200 Medley Relay		1:43.70
					2006	3A	200 Medley Relay		1:55.10	2015	4A	200 Free Relay		1:33.68
					2006	3A	200 Free Relay		1:47.111	2016	4A	100 Butterfly	Julia Menkhaus	54.12
					2006	3A	400 Free Relay		3:41.18	2016	4A	100 Backstroke	Julia Menkhaus	53.84
					2007	3A	100 Butterfly	Keri McAfee	57.12	2017	4A	100 Butterfly	Julia Menkhaus	53.61
					2007	3A	200 Medley Relay		1:55.94	2017	4A	100 Backstroke	Julia Menkhaus	53.74
					2007	3A	400 Free Relay		3:46.55	2017	4A	400 Free Relay		3:28.57
					2008	3A	100 Backstroke	Mary Kate Hetzel	58.67	2018	3A	200 Freestyle	Olwyn Bartis	1:48.64
					2008	3A	100 Freestyle	Jordan Koletic	54.91	2018	3A	100 Freestyle	Olwyn Bartis	50.69
					2008	3A	200 IM	Keri McAfee	2:07.31	2018	3A	100 Butterfly	Julia Menkhaus	53.84
					2008	3A	100 Butterfly	Keri McAfee	56.39	2018	3A	100 Backstroke	Julia Menkhaus	53.70
					2008	3A	MVP	Keri McAfee		2018	3A	MVP	Julia Menkhaus	
					2008	3A	100 Breaststroke	Christen McDonough	1:07.81	2018	3A	200 Medley Relay		1:45.46
					2008	3A	200 Medley Relay		1:51.32	2018	3A	400 Free Relay		3:28.42
					2008	3A	400 Free Relay		3:38.17	2019	3A	200 Medley Relay		1:47.33
					2009	3A	100 Breaststroke	Christen McDonough	1:04.08	2020	3A	100 Butterfly	Madeline Menkhaus	54.42
					2009	3A	MVP	Christine McDonough		2020	3A	50 Freestyle	Olivia Rhodes	23.44
					2009	3A	200 Medley Relay		1:47.76	2020	3A	200 Free Relay		1:34.30
					2009	3A	200 Free Relay		1:41.65	2020	3A	400 Free Relay		3:27.08
					2009	3A	400 Free Relay		3:38.16	2021	3A	200 IM	Madeline Menkhaus	2:03.05
					2010	3A	200 Freestyle	Erin Gaeckle	1:52.67	2021	3A	100 Butterfly	Madeline Menkhaus	54.15
					2010	3A	100 Backstroke	Erin Gaeckle	56.69	2021	3A	MVP	Madeline Menkhaus	
					2010	3A	MVP	Erin Gaeckle		2021	3A	50 Freestyle	Olivia Rhodes	22.99
					2010	3A	50 Freestyle	Ashlyn Koletic	24.48	2021	3A	200 Medley Relay		1:44.69
					2010	3A	100 Freestyle	Ashlyn Koletic	53.22	2021	3A	200 Free Relay		1:36.88
					2010	3A	100 Breaststroke	Christen McDonough	1:03.82					
					2010	3A	200 Medley Relay		1:46.96					
					2010	3A	200 Free Relay		1:39.71					
					2010	3A	400 Free Relay		3:35.78					
					2011	3A	100 Freestyle	Ashlyn Koletic	52.12					
					2011	3A	50 Freestyle	Lauren Rhodes	23.41					
CHASE														
					1992	1/2/3	200 Freestyle	Wendy Henson	1:53.05					
					1992	1/2/3	100 Freestyle	Wendy Henson	52.85					
					1992	1/2/3	MVP	Wendy Henson						
					1993	1/2/3	200 Freestyle	Wendy Henson	1:53.05					



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



1993	1/2/3	100 Freestyle	Wendy Henson	52.16
1993	1/2/3	MVP	Wendy Henson	
1994	1/2/3	200 IM	Wendy Henson	2:08.53
1994	1/2/3	500 Freestyle	Wendy Henson	5:01.45
1994	1/2/3	MVP	Wendy Henson	
1995	1/2/3	200 Freestyle	Wendy Henson	1:51.06
1995	1/2/3	500 Freestyle	Wendy Henson	4:57.30
1995	1/2/3	MVP	Wendy Henson	
2019	1/2	100 Butterfly	Jenna Bridges	55.84
2020	1/2	100 Butterfly	Jenna Bridges	54.52
2021	1/2A	100 Butterfly	Jenna Bridges	:55.56

CHRIST THE KING

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

2017	1/2	200 IM	Emme Nelson	2:03.98
2017	1/2	100 Breaststroke	Emme Nelson	1:02.94
2017	1/2A	MVP	Emme Nelson	
2018	1/2	200 IM	Emme Nelson	2:02.01
2018	1/2	100 Breaststroke	Emme Nelson	1:02.28
2018	1/2A	MVP	Emme Nelson	
2019	1/2	200 IM	Emme Nelson	2:00.70
2019	1/2	100 Breaststroke	Emme Nelson	1:02.58
2019	1/2A	MVP	Emme Nelson	
2020	1/2	200 IM	Emme Nelson	2:03.49
2020	1/2	100 Breaststroke	Emme Nelson	1:02.81
2020	1/2A	MVP	Emme Nelson	
2020	1/2	200 Medley Relay		1:48.18
2022	1/2A	50 Freestyle	Eliana White	23.87
2023	1/2A	100 Freestyle	Eliana White	52.71

CONCORD

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

CORINTH HOLDERS

2014	3A	50 Freestyle	Michaela Carter	24.90
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COX MILL

2016	3A	100 Backstroke	Madison Holland	56.61
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CROATAN

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

CUTHBERTSON

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

DURHAM SCHOOL OF THE ARTS

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

E.E. SMITH

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

1997	1/2/3	100 Butterfly	Sarah Allen	58.28
1998	1/2/3	200 IM	Sarah Allen	2:12.67
1998	1/2/3	100 Butterfly	Sarah Allen	59.82
1998	1/2/3	200 Freestyle	Kim Campbell	1:54.65
1999	1/2/3	200 Freestyle	Kim Campbell	1:52.39
1999	1/2/3	100 Butterfly	Kim Campbell	59.16
1999	1/2/3	200 IM	Leigh Campbell	2:10.21
1999	1/2/3	500 Freestyle	Leigh Campbell	5:03.16
1999	1/2/3	200 Medley Relay		1:54.07
1999	1/2/3	200 Free Relay		1:43.42
1999	1/2/3	400 Free Relay		3:42.79
2000	1/2/3	200 IM	Leigh Campbell	2:10.01
2000	1/2/3	200 Medley Relay		1:55.33
2000	1/2/3	200 Free Relay		1:42.44
2000	1/2/3	400 Free Relay		3:43.31
2001	1/2/3	200 IM	Leigh Campbell	2:10.48
2001	1/2/3	500 Freestyle	Leigh Campbell	5:06.81
2001	1/2/3	200 Free Relay		1:42.84
2001	1/2/3	400 Free Relay		3:45.05
2002	3A	1 Meter Diving	Melissa Freimark	299.50
2003	3A	1 Meter Diving	Maryssa Lohman	283.90
2003	3A	200 Medley Relay		1:54.76
2003	3A	400 Free Relay		3:44.88
2004	3A	200 Freestyle	Katharine Peggy	1:55.17
2004	3A	200 Medley Relay		1:55.54
2004	3A	200 Free Relay		1:44.26
2004	3A	400 Free Relay		3:45.80
2005	3A	200 Medley Relay		1:54.94
2005	3A	400 Free Relay		3:44.63
2008	4A	100 Freestyle	Dania Marinshaw	52.48
2010	4A	200 Free Relay		1:38.14
2018	3A	1 Meter Diving	Alyssa Wang	473.90

EAST GASTON

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

EAST MECKLENBURG

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

EAST ROWAN

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

EAST RUTHERFORD

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

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

EAST WAKE

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

EASTERN ALAMANCE

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

EASTERN WAYNE

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

ELKIN

2008	1/2	100 Freestyle	Sarah Neaves	54.56
2009	1/2	50 Freestyle	Lakenn Reynolds	24.25
2009	1/2	100 Freestyle	Lakenn Reynolds	52.12
2010	1/2	50 Freestyle	Lakenn Reynolds	24.70
2021	1/2A	200 Medley Relay		1:49.61
2022	1/2A	200 Medley Relay		1:50.90
2022	1/2A	200 Free Relay		1:41.39
2022	1/2A	400 Free Relay		3:43.34
2023	1/2A	200 Medley Relay		1:48.92
2023	1/2A	200 Free Relay		1:40.39
2023	1/2A	400 Free Relay		3:39.72

ENLOE

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

ENO RIVER ACADEMY

2022	1/2A	100 Butterfly	Mary Shanahan	55.22
2022	1/2A	100 Backstroke	Mary Shanahan	55.73
2022	1/2A	MVP	Mary Shanahan	
2023	1/2A	100 Butterfly	Mary Shanahan	54.67
2023	1/2A	100 Backstroke	Mary Shanahan	55.89
2023	1/2A	MVP	Mary Shanahan	

FIRST FLIGHT

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



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



2023	1/2A	1 Meter Diving	Sydney Soto	432.60	2020	1/2	100 Backstroke	Chloe Harris	55.93	2000	4A	100 Breaststroke	Virginia Pate	1:05.29
					2022	1/2A	200 Freestyle	Grace Wilson	1:57.03	2011	4A	50 Freestyle	Nancy Larson	23.74
LEDFORD														
2023	3A	100 Breaststroke	Jenna Koh	1:07.25						MYERS PARK				
LEESVILLE ROAD														
1994	4A	100 Butterfly	Nicole Campbell	58.09	2012	3A	1 Meter Diving	Sara Maleski	404.35	1987	0	100 Butterfly	J. Miller	59.32
1994	4A	200 IM	Sherry West	2:09.33	2014	3A	200 Freestyle	Lauren Greenberg	1:52.03	1987	0	500 Freestyle	J. Miller	5:13.05
1994	4A	200 Medley Relay		1:52.32	2014	3A	200 Free Relay		1:39.42	2002	4A	200 Free Relay		1:40.44
1994	4A	400 Free Relay		3:40.73	2014	3A	400 Free Relay		3:34.02	2019	4A	100 Freestyle	Olwyn Bartis	50.60
1995	4A	100 Breaststroke	Tara Adams	1:06.48	2015	3A	1 Meter Diving	Nikki Canale	511.60	2019	4A	200 Free Relay		1:33.87
1995	4A	200 IM	Sherry West	2:06.89	2015	3A	100 Backstroke	Caroline Hauder	56.21	2020	4A	200 IM	Kiley Wilhelm	1:56.77
1995	4A	100 Butterfly	Sherry West	57.99	2015	3A	100 Breaststroke	Caroline Hauder	1:03.79	2022	4A	200 IM	Kiley Wilhelm	1:55.79
1996	4A	50 Freestyle	Sherry West	24.20	2015	3A	MVP	Caroline Hauder		2022	4A	200 Medley Relay		1:42.86
1996	4A	100 Freestyle	Sherry West	52.68	2015	3A	200 Free Relay		1:39.50	2023	4A	200 Medley Relay		1:42.10
1996	4A	MVP	Sherry West		2015	3A	400 Free Relay		3:32.56	2023	4A	200 IM	Avery Klamfoth	1:58.01
1996	4A	200 Medley Relay		1:51.77	2016	3A	1 Meter Diving	Nikki Canale	530.65	2023	4A	100 Butterfly	Kiley Wilhelm	51.20
1997	4A	100 Butterfly	Kelly Weeks	58.44	2016	3A	200 IM	Caroline Hauder	1:58.85	2023	4A	200 Free Relay		1:35.05
1998	4A	200 Medley Relay		1:51.98	2016	3A	100 Breaststroke	Caroline Hauder	1:02.15	2023	4A	100 Backstroke	Kiley Wilhelm	53.27
1999	4A	200 Freestyle	Kelly Weeks	1:50.33	2016	3A	MVP	Caroline Hauder		2023	4A	400 Free Relay		3:24.60
2000	4A	50 Freestyle	Ruth Nichols	24.11	2016	3A	200 Medley Relay		1:47.11	NC SCHOOL OF SCIENCE & MATH (DURHAM)				
2000	4A	100 Freestyle	Ruth Nichols	52.95	2016	3A	200 Free Relay		1:39.65	1994	1/2/3	200 Freestyle	Rebecca DeBernard	1:59.05
2000	4A	200 Free Relay		1:40.95	2016	3A	400 Free Relay		3:33.34	1995	1/2/3	400 Free Relay		3:53.13
2000	4A	400 Free Relay		3:36.79	2017	3A	1 Meter Diving	Nikki Canale	492.90	2016	1/2	1 Meter Diving	Lindsey Ruderman	405.45
2001	4A	50 Freestyle	Ruth Nichols	24.20	2017	3A	200 Freestyle	Caroline Hauder	1:48.52					
2001	4A	100 Freestyle	Ruth Nichols	52.19	2017	3A	200 IM	Caroline Hauder	2:01.52					
2001	4A	MVP	Ruth Nichols		2017	3A	MVP	Caroline Hauder						
2001	4A	400 Free Relay		3:34.46	2017	3A	100 Butterfly	Elle VanNote	55.22	2008	4A	100 Butterfly	Cari Blalock	55.31
2002	4A	200 Freestyle	Katie Bland	1:49.79	2017	3A	200 Medley Relay		1:46.60	2010	4A	100 Butterfly	Cari Blalock	55.07
2009	4A	200 Free Relay		1:38.54	2019	3A	200 Freestyle	Elle VanNote	1:48.65					
2009	4A	400 Free Relay		3:32.11	2019	3A	100 Butterfly	Elle VanNote	53.92					
2012	4A	50 Freestyle	Hannah Lincoln	23.26	2019	3A	MVP	Elle VanNote		1992	1/2/3	100 Breaststroke	Hilary Stokes	1:09.43
2012	4A	100 Butterfly	Hannah Lincoln	54.68	2021	3A	400 Free Relay		3:30.76					
2012	4A	MVP	Hannah Lincoln							MCDOWELL				
2016	4A	50 Freestyle	Grace Countie	22.75	1996	4A	100 Breaststroke	Alicia Harris	1:07.01	2015	3A	50 Freestyle	McKenzie Weed	24.31
2017	4A	50 Freestyle	Grace Countie	22.60						NORTH MECKLENBURG				
2017	4A	100 Freestyle	Grace Countie	49.98	2015	4A	200 IM	Julia Poole	2:00.75	1990	0	50 Freestyle	Beth Rillema	24.48
2017	4A	200 Medley Relay		1:43.61	2016	4A	200 IM	Julia Poole	1:59.76	1990	0	100 Freestyle	Beth Rillema	54.26
2017	4A	200 Free Relay		1:34.99	2016	4A	100 Breaststroke	Julia Poole	1:02.62	1994	4A	100 Freestyle	Ashley Murray	52.32
2018	4A	50 Freestyle	Grace Countie	22.54	2016	4A	MVP	Julia Poole		1995	4A	50 Freestyle	Ashley Murray	24.31
2018	4A	100 Freestyle	Grace Countie	49.69	2017	4A	200 IM	Julia Poole	1:58.96	1995	4A	100 Freestyle	Ashley Murray	52.52
2018	4A	MVP	Grace Countie		2017	4A	100 Breaststroke	Julia Poole	1:01.78	1995	4A	MVP	Ashley Murray	
2018	4A	100 Butterfly	Amanda Ray	54.28	2017	4A	MVP	Julia Poole		1995	4A	200 Free Relay		1:38.88
2018	4A	1 Meter Diving	Ashton Zuburg	450.85						MILLBROOK				
2018	4A	200 Medley Relay		1:42.20	1986	0	50 Freestyle	Jill Benda	24.76	1997	4A	200 Freestyle	Mary Mittendorf	1:54.55
2018	4A	200 Free Relay		1:34.75	1986	0	100 Backstroke	Jill Benda	1:00.22	2003	4A	100 Breaststroke	Anna Hubbard	1:07.17
2019	4A	100 Breaststroke	Ashley McCauley	1:01.53	1987	0	50 Freestyle	Jill Benda	24.65	2004	4A	100 Butterfly	Sarah Proctor	57.47
2019	4A	1 Meter Diving	Ashton Zuburg	440.50	1987	0	200 Medley Relay		1:52.71	2005	4A	50 Freestyle	Sarah Proctor	23.89
2019	4A	200 Medley Relay		1:42.72	1995	4A	100 Backstroke	Baker Stocks	1:01.24	2005	4A	200 Free Relay		1:38.62
2019	4A	400 Free Relay		3:27.96	1996	4A	100 Freestyle	Katie Scoggins	52.69					
2020	4A	50 Freestyle	Amanda Ray	4:50.48	1998	4A	100 Freestyle			NORTH STANLY				
2020	4A	1 Meter Diving	Ashton Zuburg	423.55										
LINCOLN CHARTER														
2013	1/2	50 Freestyle	Christina Lappin	23.76	2004	1/2	100 Backstroke	Megan Pirddy	1:00.90	2000	1/2/3	100 Breaststroke	Mandy Huff	1:06.67
2013	1/2	100 Butterfly	Christina Lappin	55.60	2004	1/2	200 Medley Relay		1:58.35	2001	1/2/3	200 Freestyle	Mandy Huff	1:55.51
2014	1/2	200 Freestyle	Christina Lappin	1:49.31	2005	1/2	100 Backstroke	Jill Refvum	1:00.71	2001	1/2/3	100 Breaststroke	Mandy Huff	1:07.45
2014	1/2	50 Freestyle	Christina Lappin	23.46						NORTHERN DURHAM				
2014	1/2	200 Medley Relay		1:52.25	1985	0	1 Meter Diving	Robbi Dalton	369.45	2001	4A	200 Free Relay		1:41.21
2015	1/2	100 Freestyle	Christina Lappin	51.80	1986	0	1 Meter Diving	Robbi Dalton	388.85	NORTHERN GUILFORD				
2015	1/2	400 Free Relay		3:39.55	1986	0	200 Freestyle	Pam Livengood	2:02.40	2020	3A	100 Backstroke	Maura Schoppa	55.85
2016	1/2	200 IM	Alexandria Baker	2:05.75	1996	4A	200 IM	Jen Delong	2:08.11	2021	3A	1 Meter Diving	Jessica Paul	407.05
2016	1/2	200 Freestyle	Christina Lappin	1:49.95	1997	4A	200 IM	Jen Delong	2:06.98	2021	3A	100 Backstroke	Maura Schoppa	:55.97
2016	1/2	100 Freestyle	Christina Lappin	50.64	1997	4A	400 Free Relay		3:40.19					
2017	1/2	100 Butterfly	Alexandria Baker	55.43	1999	4A	100 Breaststroke	Virginia Pate	1:05.11	NORTHERN VANCE				
2017	1/2	100 Freestyle	Alexandria Baker	51.33										



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



1994	1/2/3	1 Meter Diving	Sara Davis	317.55	2015	1/2	50 Freestyle	Alyssa Marsh	23.05	2001	4A	100 Breaststroke	Brittany Johnson	1:06.15
		NORTHWEST GUILFORD			2016	1/2	50 Freestyle	Alyssa Marsh	22.83	2002	4A	200 IM	Brittany Johnson	2:05.48
					2016	1/2	100 Butterfly	Alyssa Marsh	53.23	2003	4A	200 IM	Brittany Johnson	2:04.70
1992	1/2/3	200 Free Relay		1:46.97	2016	1/2A	MVP	Alyssa Marsh		2003	4A	500 Freestyle	Brittany Johnson	4:55.90
		NORTHWOOD			2016	1/2	200 Free Relay		1:36.84	2003	4A	MVP	Brittany Johnson	
					2016	1/2	400 Free Relay		3:34.51					
2002	1/2	50 Freestyle	Sarah Scott	24.94	2017	1/2	50 Freestyle	Allyson Accordino	23.80			RAGSDALE		
2002	1/2	100 Butterfly	Sarah Scott	58.38	2017	1/2	200 Free Relay		1:39.96	1986	0	100 Freestyle	Annie McCoy	54.85
2003	1/2	50 Freestyle	Sarah Scott	24.17	2017	1/2	400 Free Relay		3:39.38	1987	0	200 Freestyle	Annie McCoy	1:56.76
2003	1/2	100 Butterfly	Sarah Scott	57.35	2018	1/2	50 Freestyle	Allyson Accordino	23.50	1987	0	100 Freestyle	Annie McCoy	54.44
2003	1/2A	MVP	Sarah Scott		2018	1/2	100 Freestyle	Allyson Accordino	51.18	2002	3A	200 IM	Carly Hensel	2:09.61
2010	1/2	100 Breaststroke	Carson Jones	1:08.22	2018	1/2	200 Free Relay		1:39.65	2002	3A	100 Breaststroke	Carly Hensel	1:08.47
2023	3A	200 Freestyle	Abigail Emrich	1:51.97	2019	1/2	50 Freestyle	Allyson Accordino	23.66					
		ORANGE			2019	1/2	100 Freestyle	Allyson Accordino	51.09					
1999	4A	1 Meter Diving	Jennifer Rehm	474.65			PORTER RIDGE			2003	1/2	200 Free Relay		1:47.77
2000	4A	1 Meter Diving	Jennifer Rehm	458.60	2007	3A	100 Freestyle	Henni Coetzer	54.21	2005	1/2	100 Freestyle	Teresa Long	52.76
2022	3A	50 Freestyle	Katie Belle Sikes	23.24						2006	1/2	50 Freestyle	Teresa Long	23.69
2023	3A	50 Freestyle	Katie Belle Sikes	22.17			PROVIDENCE			2006	1/2	100 Freestyle	Teresa Long	51.46
2023	3A	100 Freestyle	Katie Belle Sikes	49.45	1990	0	200 Freestyle	Trish McHardy	1:51.96	2006	1/2A	MVP	Teresa Long	
2023	3A	200 Free Relay		1:41.04	1990	0	500 Freestyle	Trish McHardy	4:54.11	2006	1/2	400 Free Relay		3:48.65
		OWEN			1990	0	MVP	Trish McHardy		2007	1/2	50 Freestyle	Teresa Long	23.60
					1990	0	MVP	Trish McHardy		2007	1/2	100 Freestyle	Teresa Long	51.53
2008	1/2	100 Breaststroke	Emily Maret	1:07.94	1996	4A	100 Butterfly	Cindy Scheuster	59.19	2007	1/2A	MVP	Teresa Long	
		PAGE			1997	4A	100 Breaststroke	Cody Gelvin	1:06.52	2007	1/2	50 Freestyle	Rachel Hatt	24.87
					1997	4A	200 Medley Relay		1:52.41	2011	1/2	100 Backstroke	Margaret Ireland	58.89
1990	0	400 Free Relay		3:44.21	1998	4A	100 Butterfly	Melissa Fiss	57.02	2011	1/2	200 Free Relay		1:42.98
1993	4A	500 Freestyle	Leigh Tysinger	5:06.11	1998	4A	200 Freestyle	Cara Lane	1:51.76	2012	1/2	50 Freestyle	Rachel Hatt	24.36
		PANTHER CREEK			1998	4A	500 Freestyle	Cara Lane	4:50.54	2012	1/2	100 Backstroke	Margaret Ireland	58.54
					1998	4A	200 Free Relay		1:40.77	2012	1/2	100 Freestyle	Olivia Ontjes	51.56
2009	4A	200 Freestyle	Henriet Stenkvis	1:49.65	1998	4A	400 Free Relay		3:33.95	2012	1/2	200 Medley Relay		1:49.83
2010	4A	100 Freestyle	Henriette Stenkvis	51.13	1999	4A	100 Butterfly	Cara Lane	56.51	2012	1/2	200 Free Relay		1:38.29
2010	4A	400 Free Relay		3:33.67	1999	4A	500 Freestyle	Cara Lane	4:48.23	2012	1/2	400 Free Relay		3:32.16
2011	4A	200 Freestyle	Henriet Stenkvis	1:49.65	1999	4A	MVP	Cara Lane		2013	1/2	200 IM	Margaret Ireland	2:11.21
2011	4A	100 Freestyle	Henriette Stenkvis	50.69	1999	4A	200 Free Relay		1:41.18	2013	1/2	100 Freestyle	Olivia Ontjes	50.75
2011	4A	MVP	Henriette Stenkvis		1999	4A	400 Free Relay		3:36.58	2013	1/2	100 Breaststroke	Olivia Ontjes	1:03.94
2012	4A	200 Freestyle	Henriet Stenkvis	1:48.48	2000	4A	200 Freestyle	Magda Dyszkiewicz	1:52.20	2013	1/2A	MVP	Olivia Ontjes	
2012	4A	100 Backstroke	Henriette Stenkvis	54.73	2000	4A	200 Medley Relay		1:52.75	2013	1/2	200 Medley Relay		1:51.78
2015	4A	1 Meter Diving	Kristen Hayden	507.55	2002	4A	500 Freestyle	Kristin Oxford	4:54.22	2013	1/2	200 Free Relay		1:38.37
		PARKLAND			2002	4A	200 Medley Relay		1:51.20	2013	1/2	400 Free Relay		3:32.89
					2002	4A	400 Free Relay		3:37.68	2014	1/2	200 IM	Olivia Ontjes	2:02.63
2007	3A	500 Freestyle	Maddie Fox	5:26.65	2003	4A	200 Freestyle	Kristin Oxford	1:52.51	2014	1/2	100 Breaststroke	Olivia Ontjes	1:02.73
2015	1/2	100 Backstroke	Lexi Souther	54.83	2004	4A	100 Freestyle	Kaleigh Gomes	52.33	2014	1/2	200 Free Relay		1:38.21
2016	1/2	100 Backstroke	Lexi Souther	54.64	2004	4A	100 Breaststroke	Kaleigh Gomes	1:06.06	2014	1/2	400 Free Relay		3:37.10
2018	3A	100 Breaststroke	Kaylee Hamblin	1:03.08	2004	4A	500 Freestyle	Kristin Oxford	4:58.08	2015	1/2	100 Breaststroke	Olivia Ontjes	1:02.64
2019	3A	100 Breaststroke	Kaylee Hamblin	1:02.79	2004	4A	200 Freestyle	Kristin Oxford	1:50.07	2015	1/2	200 Medley Relay		1:51.32
2020	3A	100 Breaststroke	Kaylee Hamblin	1:02.33	2004	4A	MVP	Kristen Oxford		2015	1/2	200 Free Relay		1:37.69
2021	3A	100 Breaststroke	Kaylee Hamblin	1:00.35	2004	4A	200 Free Relay		1:39.75	2016	1/2	500 Freestyle	Sydney Willis	5:06.99
		PARKWOOD			2004	4A	400 Free Relay		3:35.19	2017	1/2	500 Freestyle	Sydney Willis	4:58.98
					2005	4A	100 Freestyle	Kaleigh Gomes	53.18	2018	1/2	200 Freestyle	Sydney Willis	1:49.94
2022	3A	200 IM	Maddie Geyer	2:03.81	2006	4A	100 Freestyle	Kaleigh Gomes	51.38	2018	1/2	500 Freestyle	Sydney Willis	4:58.27
2022	3A	100 Breaststroke	Maddie Geyer	1:04.72	2006	4A	200 Free Relay		1:38.03					
		PERQUIMANS			2007	4A	200 Free Relay		1:37.87					
					2007	4A	400 Free Relay		3:31.35					
2007	1/2	1 Meter Diving	Sarah Wyman	356.05	2008	4A	200 Free Relay		1:37.57	2007	3A	50 Freestyle	Jamie Stancliff	24.41
		PIEDMONT								2007	3A	200 Freestyle	Rachel Wilson	1:56.15
					2022	4A	1 Meter Diving	Bayleigh Cranford	431.65	2007	3A	100 Backstroke	Rachel Wilson	59.54
1989	0	100 Breaststroke	Vicky Odom	1:07.77	2023	4A	1 Meter Diving	Bayleigh Cranford	497.05	2007	3A	MVP	Rachel Wilson	
		PINE LAKE PREP								2008	3A	1 Meter Diving	Alison Menzies	335.45
										2008	3A	50 Freestyle	Jamie Stancliff	24.78
2013	1/2	100 Backstroke	Alyssa Marsh	57.11	2003	3A	100 Breaststroke	Allison Cochran	1:08.48	2008	3A	200 Freestyle	Rachel Wilson	1:57.69
2014	1/2	100 Butterfly	Alyssa Marsh	53.72	2004	3A	100 Breaststroke	Allison Cochran	1:07.14	2008	3A	200 Free Relay		1:42.04
2014	1/2	100 Backstroke	Alyssa Marsh	54.86	2006	3A	100 Backstroke	Emily Powell	1:00.32	2009	3A	1 Meter Diving	Alison Menzies	380.00
2014	1/2A	MVP	Alyssa Marsh							2009	3A	200 Freestyle	Rachel Wilson	1:53.07
2015	1/2	100 Butterfly	Alyssa Marsh	54.08						2009	3A	500 Freestyle	Rachel Wilson	5:07.28
2015	1/2A	MVP	Alyssa Marsh							2011	4A	50 Freestyle	Alexandra Marshall	23.74
		R.S.CENTRAL								2011	4A	1 Meter Diving	Alison Menzies	431.35
										2011	4A	200 Free Relay		1:37.10
		R.J.REYNOLDS												
					2001	4A	200 Freestyle	Brittany Johnson	1:51.48					



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



RIVERSIDE-DURHAM
 2009 4A 100 Butterfly Chelsea Howard 54.92

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

SANDERSON
 1986 0 500 Freestyle Staci Sawyer 5:03.87
 1986 0 200 Medley Relay 1:56.98
 1987 0 400 Free Relay 3:48.56
 1988 0 50 Freestyle Jenny Huber 24.47
 1988 0 100 Freestyle Jenny Huber 53.69
 1988 0 200 Medley Relay 1:54.20
 1989 0 50 Freestyle Jenny Huber 24.26
 1989 0 100 Freestyle Jenny Huber 53.73
 1989 0 MVP Jenny Huber
 1990 0 200 IM Julie McKinney 2:07.85
 1990 0 100 Butterfly Julie McKinney 57.91
 1990 0 200 Medley Relay 1:55.11
 1991 0 200 Free Relay 1:41.16
 1991 0 400 Free Relay 3:40.88
 1992 4A 500 Freestyle Beth Humphry 5:02.83
 1992 4A 200 Freestyle Jolene Turner 1:55.16
 1992 4A 200 Free Relay 1:42.27
 2017 4A 200 Freestyle Kenna Haney 1:47.29
 2018 4A 200 Freestyle Kenna Haney 1:47.90
 2018 4A 500 Freestyle Kenna Haney 4:49.59

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

1998 1/2/3 200 Free Relay 1:45.11
 2014 1/2 100 Freestyle Annie Shirk 53.75

SMOKY MOUNTAIN
 2004 3A 100 Butterfly Allie Lewis 57.55

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

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

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

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

SOUTHERN GUILFORD
 1995 1/2/3 1 Meter Diving Georgina Crawford 368.55

SOUTHERN WAKE ACADEMY
 2022 1/2A 100 Breaststroke Skylar Jones 1:09.30

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

ST. STEPHENS
 2003 3A 200 Freestyle Monique Huynh 2:00.23

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

STATESVILLE
 2002 3A 200 Free Relay 1:44.73

SUN VALLEY
 2000 1/2/3 100 Freestyle Kellie Hill 53.75

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

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

T.W. ANDREWS
 1993 1/2/3 50 Freestyle Shawn Tatum 24.97

THOMAS JEFFERSON
 2011 1/2A 200 IM Alexandra Martelle 2:06.49
 2011 1/2A 100 Breaststroke Alexandra Martelle 1:04.30
 2011 1/2A MVP Alexandra Martelle
 2012 1/2A 200 IM Alexandra Martelle 2:04.55
 2023 1/2A 200 Freestyle Taia Schneider 1:56.29

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

UNION ACADEMY
 2023 1/2A 200 IM Maddilyn Geyer 2:06.39
 2023 1/2A 500 Freestyle Maddilyn Geyer 5:04.76
 2023 1/2A 100 Breaststroke Kayda Geyer 1:05.18

UNION PINES
 2007 3A 100 Breaststroke Emily Michaels 1:08.05

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

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

WAKE FOREST
 1992 1/2/3 100 Backstroke Leslie Hawley 1:01.25



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



1995 1/2/3 100 Butterfly Kristina Harmer 1:00.50
 2005 4A 100 Butterfly Amanda Duncan 55.77

WASHINGTON

2012 3A 100 Breaststroke Emily Pfeiffer 1:04.29

WATAUGA

1997 4A 200 Free Relay 1:41.76

WEDDINGTON

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

WEST DAVIDSON

2004 1/2 100 Freestyle Dylan Spake 56.19
 2007 1/2 500 Freestyle Kelly Ann Baird 4:56.72
 2007 1/2 200 Medley Relay Kelly Ann Baird 1:56.30
 2008 1/2 200 Freestyle Kelly Ann Baird 1:51.86
 2008 1/2 500 Freestyle Kelly Ann Baird 4:54.75
 2008 1/2A MVP Kelly Ann Baird
 2009 1/2 200 Freestyle Kelly Ann Baird 1:50.86
 2009 1/2 500 Freestyle Kelly Ann Baird 4:51.68
 2009 1/2A MVP Kelly Ann Baird
 2010 1/2 200 Freestyle Kelly Ann Baird 1:49.86
 2010 1/2 500 Freestyle Kelly Ann Baird 4:49.20
 2010 1/2A MVP Kelly Ann Baird
 2010 1/2 100 Backstroke Jessica Frazelle 1:00.96
 2010 1/2 200 Medley Relay Jessica Frazelle 1:55.78
 2010 1/2 400 Free Relay Jessica Frazelle 3:42.27
 2012 1/2 500 Freestyle Grace Baird 5:04.18
 2013 1/2 500 Freestyle Grace Baird 5:06.28

WEST JOHNSTON

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

WEST LINCOLN

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

WESTERN ALAMANCE

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

WESTERN GUILFORD

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

WILLIAMS

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