

INDIVIDUAL STATE CHAMPIONS BY EVENT

No. 1 - MEDLEY RELAY CHAMPIONS 1926-2020

YEAR	CHAMPION	TIME/RECORD	
1926 (300 Yds.)	Virginia	3:39.7	NR
1927	N/A		
1928	Chisholm	3:27.8	NR
1929	Chisholm	3:21.7	NR
1930	Chisholm	3:18.2	NR
1931	Ely	3:25.1	
1932 (180)	Virginia	1:51.5	Nat'l R.
1933 (150)	Virginia	1:31.8	NR
1934 (180)	Hibbing	1:50.2	NR
1935 (150)	Hibbing	1:29.2	Nat'l R.
1936	Hibbing	1:30.9	
1937	Virginia	1:25.2	NR
1938	Hibbing	1:28.2	
1939	Virginia	1:27	
1940	Austin	1:25.7	
1941	Virginia	1:24.7	NR
1942	Virginia	1:24.7	TR
1943	Hibbing	1:30.2	
1944	Hibbing	1:28	
1945	Hibbing	1:25.7	
1946	Virginia	1:28.1	
1947	Hibbing	1:25.3	
1948	Austin	1:26.1	
1949	Ely	1:26.1	
1950	Duluth Central	1:24.7	TR
1951	Austin	1:27.5	
1952	Minneapolis Roosevelt	1:28.1	
1953	Rochester	1:23.8	NR
1954	Rochester	1:23.9	
1955	Duluth Central	1:26.2	
200 Yards - New Distance			
1956	Minneapolis Washburn	1:58.3	NR
1957	Rochester	1:53.8	NR
1958	St. Paul Wilson	1:54.6	
1959	Rochester	1:51.3	NR
1960	Biwabik	1:48.7	NR
1961	Biwabik	1:48.3	NR
1962	Rochester	1:45.9	NR
1963	Rochester	1:45.9	NR
1964	St. Louis Park	1:44.6	NR
1965	St. Louis Park	1:44.4	NR
1966	Rochester	1:45.0	
1967	Edina	1:44.0	NR
1968	Edina	1:42.2	NR
1969	Robbinsdale	1:44.1	
1970	Hopkins	1:44.8	
1971	Winona	1:43.7	
1972	Winona	1:41.84	NR
1973	Winona	1:42.0	
1974	Mounds View	1:40.569	NR
1975	Hopkins Eisenhower	1:40.621	
1976	Cooper	1:39.100	NR
1977	Hopkins Eisenhower	1:41.03	
1978	Albert Lea	1:39.81	
1979	De La Salle, Mpls.	1:40.40	
1980	Minnetonka	1:38.61	NR
1981	Bloomington Jefferson	1:40.22	
1982	Lakeville	1:40.52	
1983	Northfield	1:39.51	
1984	Edina	1:38.52	NR
1985	Burnsville	1:38.99	

1986	Edina	1:38.05	NR
1987	Edina	1:37.89	NR
1988	Edina	1:38.30	
1989	Coon Rapids	1:38.38	
1990	Robbinsdale Armstrong	1:38.57	
1991	Minnnetonka	1:33.31	NR
1992	Minnnetonka	1:34.97	
1993	Minnnetonka	1:36.82	
1994	Edina	1:35.11	
1995	St. Thomas Academy	1:37.60	
1996	Minnnetonka	1:37.34	
1997	Mounds View	1:36.55	
1998	AA - Minnetonka	1:34.27	
	A - *Blake / Breck	1:37.98	
1999	AA - Hutchinson	1:37.16	
	A - Rosemount	1:38.48	
2000	AA – Apple Valley	1:37.11	
	A – Red Wing	1:37.68	
2001	AA – Maple Grove	1:36.72	
	A – St. Thomas Academy	1:38.37	
2002	AA – Eden Prairie	1:37.54	
	A – St. Thomas Academy	1:38.99	
2003	AA – Eden Prairie	1:36.56	
	A – St. Thomas Academy	1:37.43	
2004	AA – Edina	1:37.11	
	A – Hutchinson	1:38.71	
2005	AA – Eden Prairie	1:35.91	
	A – St. Thomas Academy	1:39.39	
2006	AA – Eden Prairie	1:36.41	
	A – St. Thomas Academy	1:37.21	
2007	AA – Mounds View	1:36.11	
	A – St. Thomas Academy	1:38.22	
2008	(tie) AA – Minnetonka	1:35.42	
	(tie) AA – Stillwater Area	1:35.42	
	A – Fergus Falls	1:39.12	
2009	AA – Rosemount	1:34.26	
	A - *Breck/Blake	1:38.67	
2010	AA – Cretin-Derham Hall	1:35.76	
	A - *Breck/Blake	1:37.57	
2011	AA – Eden Prairie	1:36.44	
	A - *Breck/Blake	1:36.45	
2012	AA – Rosemount	1:33.37	NR
	A – *Breck/Blake	1:34.83	NR
2013	AA – Eden Prairie	1:32.64	NR
	A - *Breck/Blake	1:36.15	
2014	AA – East Ridge, Woodbury	1:35.60	
	A – St. Thomas Academy	1:36.03	
2015	AA – Eden Prairie	1:33.48	
	A – St. Thomas Academy	1:34.09	NR
2016	AA – Eden Prairie	1:30.70	NR
	A – St. Thomas Academy	1:34.99	
2017	AA – Minnetonka	1:29.20	NR
	A – Orono	1:33.95	NR
2018	AA – Chanhassen	1:31.63	
	A - *Breck/Blake	1:33.60	NR
2019	AA – Wayzata	1:30.03	
	A - *Breck/Blake	1:31.26	NR
2020	AA – Wayzata	1:32.22	
	A - *Breck/Blake	1:32.66	

No. 2 - 220 YARD FREESTYLE CHAMPIONS 1924-2020

YEAR	CHAMPION	SCHOOL/TEAM	TIME/RECORD	
1924	Max Moody	St. Paul		
		Mechanic Arts	2:39	NR
1925	G. Hobart	Minneapolis West	2:36	NR
1926	G. Hobart	Minneapolis West	2:31.8	NR
1927	E. Lahti	Hibbing	2:36.1	
1928	Erickson	Chisholm	2:29.5	NR
1929	Erickson	Chisholm	2:26	NR
1930	Erickson	Chisholm	2:33.1	
1931	C. Larson	Eveleth	2:31.7	
1932	Knight	Chisholm	2:31.5	
1933	Kekoni	Chisholm	2:31.6	
1934	M. Ostrander	Minneapolis West	2:28.1	
1935	M. Ostrander	Minneapolis West	2:28.7	
1936	J. Gillis	Hibbing	2:32.8	
1937	David Robinson	Virginia	2:26.6	
1938	Theron Mann	Hibbing	2:24.1	NR
1939	Theron Mann	Hibbing	2:20.6	NR
1940	A. Harris	Virginia	2:32.7	
1941	Archie Harris	Virginia	2:25.6	
1942	Thorpe	Minneapolis Marshall	2:26.6	
1943	Mullens	Coleraine	2:27.7	
1944	Elmer Luke	Hibbing	2:26.6	
1945	Elias Seira	Austin	2:18.6	NR
1946	Maynard Maijala	Ely	2:26.9	
1947	G. Rue	Hibbing	2:23.5	
1948	Elias Seira	Austin	2:27.1	
1949	Dave Anderson	Marshall	2:21.5	

200 Yard - New Distance

1950	Bob Gawboy	Ely	2:09.8	NR
1951	Conway	Winona	2:11.9	
1952	Don Flyckt	Duluth Denfeld	2:09.6	NR
1953	D. Bowers	Minneapolis Southwest	2:11.7	
1954	Mike Fitzgerald	Rochester	2:10.6	
1955	Wilton Berger	Winona	2:07.6	NR
	tied w/ M. Fitzgerald	Rochester		
1956	W. Berger	Winona	2:09.7	
1957	Steve Jackman	Rochester	2:06.4	NR
1958	John Bergman	St. Paul Johnson	2:03.5	NR
1959	Steve Quade	St. Louis Park	2:00.1	NR
1960	Bruce Rasmussen	Hopkins	2:01.1	
1961	Darrell Anderson	Edina	1:56.8	NR
1962	Jim Dragon	Hopkins	1:54.8	NR
1963	John Salassa	Rochester	1:51.8	NR
1964	John Ziegenhagen	Hopkins	1:56.2	
1965	Ralph Peterson	St. Paul Murray	1:56.8	
1966	Ralph Peterson	St. Paul Murray	1:52.5	
1967	Scott Hallam	Edina	1:52.1	
1968	Scott Hallam	Edina	1:49.5	NR
1969	Bob Garnass	Hopkins	1:50.5	
1970	Bob Garnass	Hopkins	1:49.4	NR
1971	Dave Lee	Golden Valley	1:47.5	NR
1972	T. R. Lundquist	Golden Valley	1:47.02	NR
1973	T. R. Lundquist	Golden Valley	1:46.343	NR
1974	Mark Schonhardt	Irondale	1:50.94	
1975	Terry Alexander	Golden Valley	1:46.237	NR
1976	Tim Daly	Bloomington Lincoln	1:46.084	NR
1977	Gary Muschow	Austin	1:46.310	
1978	Eric Sandberg	DeLaSalle	1:43.54	NR
1979	Dave Beckman	Robbinsdale	1:44.56	
1980	Scott Ruppert	Bloomington Jefferson	1:43.18	NR
1981	Jim Brezinski	Burnsville	1:43.87	
1982	Scott Ruppert	Bloomington Jefferson	1:39.67	NR
1983	Jeff Lee	Richfield	1:41.65	

1984	Jeff Lee	Richfield	1:40.88	
1985	Kevin Casson	Northfield	1:42.84	
1986	Otto Voettiner	Edina	1:41.94	
1987	Tom Guillou	Winona	1:44.84	
1988	Anthony Browne	Lakeville	1:44.83	
1989	Jason Hansen	Apple Valley	1:42.94	
1990	Jason Hansen	Apple Valley	1:42.87	
1991	Alan Boelk	Mesabi East, Aurora	1:40.38	
1992	Scott Gagner	Minnetonka	1:39.36	NR
1993	Tom Malchow	St. Thomas Academy	1:41.83	
1994	Erik Lind	Bloomington Kennedy	1:41.42	
1995	Tom Malchow	St. Thomas Academy	1:38.51	NR
1996	Jon Wright	Robbinsdale Armstrong	1:41.29	
1997	Mike Cervenka	Robbinsdale Armstrong	1:41.02	
1998	AA - Matt Taylor	Minnetonka	1:42.16	
	A - Nick Early	*Red Wing/Woodland	1:44.48	
1999	AA - Matt Taylor	Minnetonka	1:39.78	
	A - Eric Ertl	Rosemount	1:43.48	
2000	AA – Erik Esbjornsson	Alexandria	1:42.07	
	A – Eric Ertl	Rosemount	1:43.54	
2001	AA – Michael Belting	*Owatonna/Medford	1:43.87	
	A – Kip Winden	St. Thomas Academy	1:44.78	
2002	AA – Jeff Schneider	Moorhead	1:43.26	
	A – Jason Timmer	Sauk Rapids-Rice	1:42.44	
2003	AA – Mike Seleskie	Hastings	1:43.08	
	A – Scott Lang	Simley, Inver Grove Heights	1:44.06	
2004	AA – Adam Weis	Cretin-Derham Hall	1:40.71	
	A – Scott Lang	Simley, Inver Grove Heights	1:43.40	
2005	AA – Adam Weis	Cretin-Derham Hall	1:39.78	
	A – Tyler Wakefield	Hutchinson	1:44.66	
2006	AA – Curt Carlson	Maple Grove	1:39.46	
	A – Luke Strumbell	Eveleth-Gilbert	1:42.88	
2007	AA – Curt Carlson	Maple Grove	1:38.35	NR
	A – Luke Strumbell	Eveleth-Gilbert	1:42.21	
2008	AA – Paul Tierney	Burnsville	1:40.68	
	A – Zack Strumbell	Eveleth-Gilbert	1:40.85	
2009	AA – Drew Johnson	Edina	1:38.95	
	A – Nathan Yueh	*Breck/Blake	1:41.86	
2010	AA – Drew Johnson	Edina	1:40.34	
	A – Nathan Yueh	*Breck/Blake	1:41.50	
2011	AA – Mike Gratz	Edina	1:38.98	
	A – Paul Fair	Monticello	1:42.28	
2012	AA – Noah Lucas	Mounds View	1:39.89	
	A – Paul Fair	Monticello	1:40.75	NR
2013	AA – Noah Lucas	Mounds View	1:37.30	NR
	A – Paul Fair	Monticello	1:40.84	
2014	AA – Mitch Herrera	Lakeville South	1:40.85	
	A – Tanner Alms	Red Wing	1:41.28	
2015	AA – Sam Schilling	Minnetonka	1:38.33	
	A – Tommy Weiss	St. Thomas Academy	1:41.13	
2016	AA – Sam Schilling	Minnetonka	1:37.74	
	A – Warren Sexson	St. Thomas Academy	1:39.79	NR
2017	AA – Sam Schilling	Minnetonka	1:36.92	NR
	A – Griffin Wolner	*Winona	1:41.63	
2018	AA – Jack Dahlgren	Chanhassen	1:35.39	NR
	A – Griffin Wolner	*Winona	1:40.57	
2019	AA – Andrew Gray	Edina	1:37.68	
	A – Spencer Pruett	*Breck/Blake	1:42.40	
2020	AA – Jackson Kehler	Eagan	1:38.89	
	A – Jack Herczeg	*Winona	1:40.29	

No. 3 - INDIVIDUAL MEDLEY CHAMPIONS 1950-2020

YEAR	CHAMPION	SCHOOL	TIME/RECORD	
		150 YARD DISTANCE		
1950	Bob Gawboy	Ely	1:38	NR
1951	Bruce Aune	Minneapolis South	1:44.5	
1952	Murtue Johnson	Hibbing	1:47.5	
1953	J. Frankovich	Chisholm	1:46.3	
1954	Wilton Berger	Winona	1:42.1	
1955	Wilton Berger	Winona	1:44.3	
1956	Wilton Berger	Winona	1:36.2	NR
1957	Mike MacLean	Rochester	1:34.5	NR
1958	Mike MacLean	Rochester	1:34.	NR
1959	John Bergman	St. Paul Johnson	1:32.5	NR
		200 YARDS - NEW DISTANCE		
1960	John Bergman	St. Paul Johnson	2:16.4	NR
1961	Don Grant	Robbinsdale	2:15.8	NR
1962	Don Grant	Robbinsdale	2:11.8	NR
1963	Don Grant	Robbinsdale	2:10.3	NR
1964	John Salassa	Rochester	2:09.5	NR
1965	Bill Schulte	St. Cloud Tech	2:12.8	
1966	Bill Schulte	St. Cloud Tech	2:11.7	
1967	Tom Hodgson	Rochester Mayo	2:07.	NR
1968	Tom Hodgson	Rochester Mayo	2:06.6	NR
1969	Mark Willes	Edina	2:08.8	
1970	Dan Striebel	Marshall-University	2:04.3	NR
1971	Dan Striebel	Marshall-University	2:04.4	
1972	Dan Meyers	Golden Valley	2:03.66	NR
1973	Paul Meyers	Golden Valley	2:03.105	NR
1974	John Prins	Bloomington Jefferson	2:01.305	NR
1975	Bruce Smith	The Blake School	2:00.445	NR
1976	Jeff Swanum	Burnsville	1:59.841	NR
1977	Bruce Smith	The Blake School	1:57.63	NR
1978	Bruce Smith	The Blake School	1:57.41	NR
1979	Mark Salchert	De La Salle, Mpls.	1:57.40	NR
1980	Butch Henrichs	Lakeville	1:58.43	
1981	Glenn Dixon	Minnetonka	1:57.90	
1982	Bob Hauck	Northfield	1:55.59	NR
1983	Bob Hauck	Northfield	1:55.74	
1984	Mike Zechmeister	Park Center	1:55.62	
1985	Mike Zechmeister	Park Center	1:54.37	NR
1986	Tim Niznik	Park Center	1:55.79	
1987	Jeff Ganley	Park Center	1:56.52	
1988	Jeff Ganley	Park Center	1:53.88	NR
1989	Andy Kurtz	Coon Rapids	1:53.71	NR
1990	Tim Sjobeck	Rosemount	1:57.36	
1991	Jim Zenk	Robbinsdale Armstrong	1:54.39	
1992	Kenji Sudoh	Woodbury	1:52.81	NR
1993	Jeff Dragsten	Minnetonka	1:51.60	NR
1994	Tom Malchow	St. Thomas Academy	1:52.89	
1995	Jordan Watland	Minnetonka	1:55.53	
1996	Jordan Watland	Minnetonka	1:53.93	
1997	Aaron Wood	Woodbury	1:54.14	
1998	AA - Aaron Wood	Woodbury	1:52.41	
	A - Ryan Lussenden	*Morris Area/Chokio-Alberta	1:57.99	
1999	AA - Tony Swanson	Coon Rapids	1:51.69	
	A - Arick Severson	*Red Wing/Winger Academy	1:59.03	
2000	AA - Tony Swanson	Coon Rapids	1:51.13	NR
	A - Jon Granberg	St. Louis Park	1:56.93	
2001	AA - Adam Gangl	Burnsville	1:52.71	
	A - Jason Timmer	Sauk Rapids-Rice	1:56.16	
2002	AA - Mike Zee	Apple Valley	1:52.06	
	A - Luke Prokop	Grand Rapids	1:59.27	
2003	AA - Michael Zee	Apple Valley	1:49.79	NR
	A - Andy French	Richfield	1:56.76	
2004	AA - Mark Solfelt	Eden Prairie	1:49.76	NR
	A - Sarwat Omar	Spring Lake Park	1:56.81	

2005	AA – Mark Solfelt	Eden Prairie	1:48.95	NR
	A – Sarwat Omar	Spring Lake Park	1:56.29	
2006	AA – Mark Solfelt	Eden Prairie	1:47.71	NR
	A – Peter Goeman	Grand Rapids	1:57.58	
2007	AA – Philip Seleskie	Hastings	1:49.53	
	A – Matt Hoyland	St. Thomas Academy	1:57.48	
2008	AA – Andy Knaak	Stillwater Area	1:51.95	
	A – Mike Hurley	Fergus Falls	1:56.15	
2009	AA – Brian Kiel	Rochester Century	1:48.36	
	A – Mike Hurley	Fergus Falls	1:49.58	
2010	AA – Thomas Elling	Burnsville	1:52.45	
	A – Mike Hurley	Fergus Falls	1:50.86	
2011	AA – Gregory Norsten	Woodbury	1:51.87	
	A – Mike Hurley	Fergus Falls	1:49.20	
2012	AA – Gregory Norsten	Woodbury	1:49.76	
	A – Mitchell Foster	*Breck/Blake	1:53.27	
2013	AA – Jackson Lindell	Edina	1:51.43	
	A – Mitchell Foster	*Breck/Blake	1:51.90	
2014	AA – Griffin Back	Eden Prairie	1:52.63	
	A – Colter Allen	Fridley	1:52.95	
2015	AA – Griffin Back	Eden Prairie	1:49.79	
	A – Will Grassle	*Breck/Blake	1:55.50	
2016	AA – Griffin Back	Eden Prairie	1:47.79	
	A – Will Grassle	*Breck/Blake	1:54.58	
2017	AA – JohnThomas Larson	Minnesota Online, St. Paul	1:46.30	NR
	A – Will Grassle	*Breck/Blake	1:54.27	
2018	AA – John Shelstad	Minnetonka	1:48.92	
	A – Andrew Karpenko	Minnehaha Academy	1:53.22	
2019	AA – Hayden Zheng	St. Louis Park	1:48.25	
	A – Andrew Karpenko	Minnehaha Academy	1:48.05	
2020	AA – Hayden Zheng	St. Louis Park	1:48.04	
	A – Andrew Karpenko	Minnehaha Academy	1:48.92	

No. 4 - 50 YARD FREESTYLE CHAMPIONS 1924-2020

YEAR	CHAMPION	SCHOOL	TIME/RECORD		
1924	Sam Hill	Minneapolis Central	:25.8	NR	
1925 (40)		N. Crocker	Minneapolis West	:20.1	NR
1926 (50)		Huhtala	Hibbing	:26.7	
1927 (40)		A. Huhtala	Hibbing	:20.1	TR
1928	C. Keotla	Virginia	:20.4		
1929	C. Ketola	Virginia	:19.8	NR	
1930	C. Ketola	Virginia	:19.8	TR	
1931 (50)		P. Viitanen	Chisholm	:25.4	NR
1932 (40)		Ed Haapaniemi	Virginia	:20.2	
1933 (50)		D. Hudson	Duluth Central	:25.7	
1934 (40)		Bloom	Hibbing	:20.3	
1935 (50)		Bloom	Hibbing	:25.4	NR
1936	Kohlema	Virginia	:26.6		
1937	John Gillis	Hibbing	:25.	NR	
1938	Anderson	Hibbing	:24.9	NR	
1939	Alan MacDonell	Hibbing	:25.5		
1940	McDonnell	Hibbing	:24.8	NR	
1941	Alan McDonnell	Hibbing	:25.	NR	
1942	Whitmore	University, Mpls.	:25.5		
1943	D. Benson	St. Paul Johnson	:25.4		
1944	Lundquist	St. Paul Johnson	:24.7	NR	
1945	Miller	Virginia	:25.0		
1946	Paul W. Lukens	Hibbing	:24.6	NR	
1947	J. Anderson	Austin	:24.1	NR	
1948	M. Mahan	Hibbing	:24.3		
1949	M. Mahan	Hibbing	:24.3		
1950	R. Olson	Ely	:25.3		
1951	Paul Mackie	Ely	:25.2		
1952	D. Wiehl	Hibbing	:24.8		
1953	Jack Ferrazzi	Eveleth	:24.3		
1954	Jack Ferrazzi	Eveleth	:24.4		
1955	Jack Ferrazzi	Eveleth	:24.7		
1956	Jack Ferrazzi	Eveleth	:24.	NR	
1957	J. Hauser	Winona	:24.5		
1958	Don Debeltz	Ely	:24.2		
1959	S. Jackman	Rochester	:23.3	NR	
1960	Bob Smith	Edina	:23.8		
1961	Pat MacLean	Rochester	:23.9		
1962	Ronald Onsgard	Duluth Denfeld	:22.9	NR	
1963	Alan Mueller	Hopkins	:22.8	NR	
1964	Patrick MacLean	Rochester	:22.4	NR	
1965	Bob Harmony	Edina	:22.7		
1966	Bob Harmony	Edina	:22.	NR	
1967	Steve Lewers	Edina	:22.	NR	
1968	Paul Stearns	Hutchinson	:22.7		
1969	Tom Jenkins	Marshall-University, Mpls	:22.6		
	tie w/ Mike Prins	Bloomington Kennedy	:22.6		
1970	Ed Eyden	Edina	:22.8		
1971	Riff Yeager	Golden Valley	:21.7	NR	
1972	Joel Johnson	Hopkins Lindbergh	:22.12		
1973	Paul Anderson	Edina East	:22.006		
1974	Bryon Fraser	St. Louis Park	:22.222		
1975	Dave Borning	Thief River Falls	:22.029		
1976	Leif Helling	Osseo	:22.056		
1977	Randy Schultz	Cooper	:21.82		
1978	Brian Mortenson	Park Center	:21.54	NR	
1979	Eric Sandberg	DeLaSalle	:21.14	NR	
1980	Jay Peterson	Bloomington Jefferson	:21.67		
1981	Dave Miskiewicz	Minnetonka	:21.39		
1982	Jeff Brown	St. Cloud Tech	:21.49		
1983	Jeff Brown	St. Cloud Tech	:21.59		
1984	Chris Baker	Prior Lake	:21.64		
1985	Bill Asmus	Lakeville	:21.34		
1986	Bill Asmus	Lakeville	:21.37		

1987	Jay Fischer	Hutchinson	:21.80	
1988	Del Cerney	Staples	:21.40	
1989	Jason Rogers	Edina	:21.21	
1990	Eric Jorgensen	Rochester John Marshall	:21.03	
1991	Scott Gagner	Minnetonka	:21.07	
1992	David Griffore	Burnsville	:21.12	
1993	Shae McCowen	Spring Lake Park/ St. Anthony Village	:21.08	
1994	Jeremy Rients	Apple Valley	:21.02	
1995	Paul Belden	Bloomington Jefferson	:21.15	
1996	Shane Erickson	Burnsville	:20.94	NR
1997	Jordan Watland	Minnetonka	:20.82	NR
1998	AA - Jordan Watland	Minnetonka	:20.80	NR
	A - Nick Brase	*Red Wing/Woodland	:21.83	
1999	AA - Kyle Weimer	Alexandria	:21.20	
	A - Chris Anderson	Princeton	:21.39	
2000	AA - Luke Schuster	Cretin-Derham Hall	:21.21	
	A - Chris Anderson	Princeton	:21.25	
2001	AA - Greg Riggs	Eden Prairie	:21.68	
	A - Mike Hagen	*Montevideo/Yellow Medicine East	:20.62	NR
2002	AA - Dan Buhr	*Faribault	:21.57	
	A - Mike Block	Grand Rapids	:21.40	
2003	AA - Scott Hagemeyer	Willmar	:21.09	
	A - Jeremy Harris	St. Thomas Academy	:20.80	
2004	AA - Colin Lee-To	Minnetonka	:20.76	
	A - Jason Timmer	Sauk Rapids-Rice	:20.67	
2005	AA - Colin Lee-To	Minnetonka	:20.42	NR
	A - Matt Gallagher (tie)	Northfield	:21.76	
	A - Robo Ibler (tie)	Orono	:21.76	
2006	AA - Michael Richards	Roseville Area	:20.51	
	A - Robo Ibler	Orono	:21.51	
2007	AA - Michael Richards	Roseville Area	:20.22	NR
	A - Zack Strumbell	Eveleth-Gilbert	:21.57	
2008	AA - Luke Pechmann	Moorhead	:20.65	
	A - Luke Strumbell	Eveleth-Gilbert	:21.02	
2009	AA - Devon Meeks	Rosemount	:20.73	
	A - Tim Walker	*Dassel-Cokato/Litchfield	:21.39	
2010	AA - Devon Meeks	Rosemount	:20.84	
	A - Tony Challeen	Simley	:20.83	
2011	AA - Tim Satterthwaite	Edina	:21.02	
	A - Cameron Hyde	Sartell-St. Stephen	:20.61	
2012	AA - Aaron Greenberg	Eden Prairie	:20.93	
	A - Luke Johanns	St. Thomas Academy	:20.75	
2013	AA - Aaron Greenberg	Eden Prairie	:20.65	
	A - Cole Bateman	*Hutchinson	:21.12	
2014	AA - James Tidd	East Ridge, Woodbury	:20.77	
	A - Isaac Erickson	Virginia	:21.27	
2015	AA - James Tidd	East Ridge, Woodbury	:20.28	
	A - Sean Donnelly	Chaska	:20.84	
2016	AA - Jordan Greenberg	Eden Prairie	:20.42	
	A - Matt Allison	Grand Rapids	:20.91	
2017	AA - Jordan Greenberg	Eden Prairie	:20.33	
	A - Paul Sadergaski	*Faribault	:21.00	
2018	AA - Andrew Trepanier	Lakeville North	:20.46	
	A - Sam Iozzo	*Hibbing	:21.04	
2019	AA - Peter Larson	Edina	:20.06	NR
	A - Jack Herczeg	*Winona	:21.02	
2020	AA - Soren Dunn	Eden Prairie	:20.67	
	A - Charlie Crosby	*Breck/Blake	:20.41	

No. 5 - ONE METER DIVING CHAMPIONS 1924-2020

YEAR	CHAMPION	SCHOOL	POINTS
1924	S. Larson	Eveleth	
1925	F. Fortun	Virginia	
1926	F. Fortun	Virginia	
1927	Walter Nappa	Ely	
1928	Rajacich	Chisholm	
1929	W. Johnson	Chisholm	
1930	Preodor	Eveleth	
1931	Preodor	Eveleth	
1932	Sisel	Virginia	
1933	Len Klun	Ely	
1934	Len Klun	Ely	
1935	Len Klun	Ely	
1936	Joe Grahek	Ely	
1937	Joe Grahek	Ely	
1938	Joe Grahek	Ely	76.5
1939	Jack Carlson	Virginia	241.5
1940	Jack Carlson	Virginia	232.2
1941	Jack Carlson	Virginia	268.7
1942	C. Wedmer	Hibbing	394.2
1943	C. Wedmer	Hibbing	276.9
1944	Evert Tornfelt	Ely	245.3
1945	Evert Tornfelt	Ely	431.8
1946	L. Rions	Minneapolis Roosevelt	305.5
1947	G. Lalonde	Minneapolis Marshall	
1948	Earl Hallum	Austin	
1949	Earl Hallum	Austin	227.9
1950	Earl Hallum	Austin	186.2
1951	Dick Kimball	Rochester	222.3
1952	Dick Kimball	Rochester	224.0
1953	Dick Kimball	Rochester	219.2
1954	Dick Kimball	Rochester	240.5
1955	Roger Dahnert	Rochester	199.1
1956	Roger Dahnert	Rochester	210.6
1957	J. Konkol	Minneapolis North	209.7
1958	Bruce Brown	Rochester	221.
1959	Bruce Brown	Rochester	286.35
1960	Bruce Brown	Rochester	316.1
1961	Bruce Brown	Rochester	300.1
1962	Bruce Brown	Rochester	369.
1963	Mike Hamlin	St. Louis Park	288.95
1964	Jim Kirklin	Rochester	370.2
1965	Jim Kirklin	Rochester	400.60
1966	Dave Walonick	Hopkins	342.70
1967	Todd Smith	Edina	398.20
1968	Todd Smith	Edina	428.90
1969	Craig Rettmer	Hopkins	350.25
1970	Brian Kise	Mounds View	405.75
1971	Steve Silver	Mounds View	390.60
1972	Brian Bungum	Bloomington Jefferson	462.63
1973	Rusty Eckstrom	Marshall	485.76
1974	Mark Anton	Rochester Mayo	465.15
1975	Steve Otto	Mounds View	504.54
1976	Mark Anton	Rochester Mayo	511.77
1977	Mark Anton	Rochester Mayo	471.27
1978	Craig Skunberg	Bloomington Jefferson	497.91
1979	Doug Connours	Mounds View	477.80
1980	Craig Skunberg	Bloomington Jefferson	504.55
1981	Ron Oman	Rochester Mayo	476.20
1982	Mitch Johnson	Bloomington Lincoln	443.90
1983	Mike Paul Yasis	St. Paul Johnson	422.70
1984	Tom Rosencrantz	Hopkins	363.50
1985	Mike Paul Yasis	St. Paul Johnson	421.95
1986	Steve Hamerski	Stillwater	463.55
1987	Alan Thomas	Columbia Heights	441.85

NR

1988	Mike Noonan	St. Cloud Apollo	425.35
1989	Mike Noonan	St. Cloud Apollo	503.55
1990	Andy Otterstrom	Mounds View	438.85
1991	Steve Smith	Mankato East	484.90
1992	Steve Smith	Mankato East	467.90
1993	Isaac Bjorklund	Irondale, New Brighton	423.15
1994	John Karpe	Coon Rapids	427.30
1995	John Karpe	Coon Rapids	447.95
1996	Gary Dusbabek	Red Wing	443.00
1997	Dan Croaston	Champlin Park	532.70
1998	AA - Justin Erickson	Lakeville	413.00
	A - Evan Plumley	Chisago Lakes Area	372.45
1999	AA - Nate Brisley	Minnetonka	479.10
	A - Mike Finnegan	Chisago Lakes Area	425.15
2000	AA - Garrett Ewers	St. Cloud Tech	414.75
	A - Doug Klein	Red Wing	425.25
2001	AA - John Schmidt	Stillwater Area	417.70
	A - Doug Klein	Red Wing	439.35
2002	AA - John Schmidt	Stillwater Area	480.60
	A - Doug Klein	Red Wing	474.30
2003	AA - Shaun Kennedy	*Brainerd/Pillager	526.20
	A - Beau Webber	Austin	427.10
2004	AA - Nathan Kim	St. Paul Central	499.70
	A - R. J. Rappe	Farmington	443.80
2005	AA - Sam Dalsin	Lakeville	376.75
	A - Jake Salmon	Simley, Inver Grove Heights	424.35
2006	AA - PJ Rongitsch	Eastview, Apple Valley	374.40
	A - Jake Salmon	Simley, Inver Grove Heights	447.30
2007	AA - Bryan Gentz	Hopkins	400.00
	A - Kirby Mattocks	*Mankato West	451.80
2008	AA - Alex Stern	Chaska	490.40
	A - Turner Eckstrom	Red Wing	460.75
2009	AA - Dwight Baker	*Elk River Area/ACA	433.85
	A - Turner Eckstrom	Red Wing	430.40
2010	AA - Andres Hansen	Minnetonka	447.55
	A - Turner Eckstrom	Red Wing	532.70
2011	AA - Tyler Magalis	Farmington	461.35
	A - Jon Melgaard	Detroit Lakes	423.05
2012	AA - Sean Leverton	Blaine	431.80
	A - Tanner Nordland	Sartell-St. Stephen	359.35
2013	AA - Daniel Monaghan	Rosemount	413.10
	A - Joe McGrath	Hill-Murray, Maplewood	397.25
2014	AA - Daniel Monaghan	Rosemount	439.25
	A - Brandon Pearson	*Breck/Blake	410.00
2015	AA - Andy Pfau	Bloomington Jefferson	466.00
	A - Mitch Raihle	Spring Lake Park	493.55
2016	AA - Mitch Raihle	Spring Lake Park	496.30
	A - Nathan Stone	Simley, Inver Grove Heights	462.65
2017	AA - Vova Tipler	Hastings	494.40
	A - Ebenezer Ojo	Simley, Inver Grove Heights	436.45
2018	AA - P.J. Lenz	*Prior Lake	467.05
	A - Jack Grabinski	Sauk Rapids-Rice	406.80
2019	AA - Josiah Fick	Stillwater Area	389.35
	A - Spencer Fritze	Park Rapids Area	395.10
2019	AA - Josiah Fick	Stillwater Area	389.35
	A - Spencer Fritze	Park Rapids Area	395.10
2020	AA - Josiah Fick	Stillwater Area	462.95
	A - Storm Opdahl	Chisago Lakes, Lindstrom	470.15

NR

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No. 6 - 100 YARD BUTTERFLY CHAMPIONS 1958-2020

YEAR	CHAMPION	SCHOOL	TIME/RECORD	
1958	Bob Price	Edina	1:01.9	NR
1959	John Bergman	St. Paul Johnson	:56.9	NR
1960	John Bergman	St. Paul Johnson	:56.1	NR
1961	Rick Giertson	Edina	:59.5	
1962	Rick Giertson	Edina	:56.9	
1963	Allen Lunemann	Rochester	:55.0	NR
1964	Rick Giertson	Edina	:55.3	
1965	Gary Horton	Hopkins	:55.0	
1966	Keith Anderson	Edina	:55.7	
1967	Tom Hodgson	Rochester Mayo	:56.	
1968	Scott Hallam	Edina	:54.3	NR
1969	Jon Yaeger	Golden Valley	:55.7	
1970	Howie Lee	St. Paul Harding	:53.2	NR
1971	Dave Lee and Keith Peddycoart	Golden Valley Edina	:54.0 Tie	
1972	Dave Lee	Golden Valley	:53.92	
1973	John Sheehan	Winona	:54.205	
1974	Bill Carstens	Eisenhower	:54.513	
1975	Larry Spiczka	Mounds View	:54.352	
1976	Skip Grantham	Rosemount	:53.1	NR
1977	Skip Grantham	Apple Valley	:52.62	NR
1978	Skip Grantham	Apple Valley	:51.96	NR
1979	John Schmitz	Albert Lea	:53.40	
1980	Mike Colon	F. B. Kellogg	:53.14	
1981	Glenn Dixon	Minnetonka	:52.01	
1982	Scott Muenchow	Lakeville	:51.53	NR
1983	Curt Jenkins	Staples	:50.86	NR
1984	Mike Zechmeister	Park Center	:51.36	
1985	Cam Olk	St. Cloud Tech	:49.21	NR
1986	Otto Voettiner	Edina	:51.42	
1987	Tom Prince	Anoka	:51.80	
1988	Sean Quackenbush	Rochester Mayo	:49.60	
1989	(tie) Carsten Amme (tie) Jason Kindseth	Coon Rapids Faribault	:52.93 :52.93	
1990	Andy Kurtz	Coon Rapids	:50.09	
1991	Brad Grabham	Minnetonka	:52.24	
1992	Tom Malchow	St. Thomas Academy	:49.88	
1993	Tom Malchow	St. Thomas Academy	:49.89	
1994	Martin Zielinski	Bloomington Jefferson	:48.99	
1995	Martin Zielinski	Bloomington Jefferson	:48.20	NR
1996	Chad Krastins	Apple Valley	:51.72	
1997	Chad Krastins	Apple Valley	:50.22	
1998	AA - Chad Krastins A - Drew Hauge	Apple Valley *Blake / Breck	:49.17 :51.54	
1999	AA - Aaron Wood A - Justin Hake	Woodbury *Red Wing/Winger Acad.	:50.96 :52.15	
2000	AA - Adam Gangl A - Eric Ertl	Burnsville Rosemount	:51.40 :51.78	
2001	AA - Adam Gangl A - Justin Hake	Burnsville Red Wing	:50.92 :51.40	
2002	AA - Griffin Moodie A - Justin Hake	Edina Red Wing	:51.32 :50.13	
2003	AA - Adam Weis A - Tyler Anderson	Cretin-Derham Hall Monticello	:51.60 :53.42	
2004	AA - Adam Weis A - Sarwat Omar	Cretin-Derham Hall Spring Lake Park	:51.26 :52.10	
2005	AA - Adam Weis A - Sarwat Omar	Cretin-Derham Hall Spring Lake Park	:50.70 :51.50	
2006	AA - Mark Wetzel A - Matt Gallagher	Lakeville North Northfield	:50.05 :51.22	
2007	AA - Brandon Adair A - Matt Gallagher	Stillwater Area *Northfield	:50.46 :52.51	
2008	AA - Brandon Adair A - Zack Strumbell	Stillwater Area Eveleth-Gilbert	:50.29 :50.37	

2009	AA – Kendrick Bachman	*Rochester John Marshall	:49.55	
	A – Ethan McMahon	Perham	:52.27	
2010	AA – Brian Dailey-Armdt	Cretin-Derham Hall	:49.79	
	A – Kyle Engen	Red Wing	:51.52	
2011	AA – Maverick Hovey	Eden Prairie	:49.60	
	A – Paul Fair	Monticello	:51.07	
2012	AA – Maverick Hovey	Eden Prairie	:49.52	
	A – Paul Fair	Monticello	:49.35	NR
2013	AA – Bryce Boston	Eden Prairie	:49.86	
	A – Paul Fair	Monticello	:49.63	
2014	AA – Marshall Heskin	Prior Lake	:50.09	
	A – Colter Allen	Fridley	:49.74	
2015	AA – Joshua Withers	Eden Prairie	:48.88	
	A – Sean Donnelly	Chaska	:50.22	
2016	AA – Joshua Withers	Eden Prairie	:48.56	
	A – Paul Sadergaski	*Faribault	:50.04	
2017	AA – Joshua Withers	Eden Prairie	:48.25	
	A – Paul Sadergaski	*Faribault	:49.45	
2018	AA – Erik Gessner	Minnetonka	:48.75	
	A – William Meacham	Red Wing	:49.76	
2019	AA – Andrew Trepanier	Lakeville North	:48.49	
	A – Grant Wolner	*Winona	:50.44	
2020	AA – Evan Bock	*Chaska/Chanhassen	:48.86	
	A – Grant Wolner	*Winona	:49.28	NR

No. 7 - 100 YARD FREESTYLE CHAMPIONS 1924-2020

YEAR	CHAMPION	SCHOOL	TIME/RECORD	
1924	Max Moody	St. Paul Mechanic Arts	:58.4	NR
1925	L. Russell	St. Paul Mechanic Arts	N/A	
1926	Huhtala	Hibbing	1:00	
1927	A. Huhtala	Hibbing	:59.1	
1928	C. Ketola	Virginia	:57.8	NR
1929	C. Ketola	Virginia	:56.2	NR
1930	C. Ketola	Virginia	:56.2	TR
1931	McLaughlin	Hibbing	:58.1	
1932	Ed Haapenniemi	Virginia	1:00.3	
1933	Rudzinski	Virginia	:57.3	
1934	Lindwall	Chisholm	:57.6	
1935	M. Ostrander	Minneapolis West	:57.9	
1936	Kohlema	Virginia	1:00.3	
1937	John Gillis	Hibbing	:54.4	NR
1938	Hendrickson	Minneapolis West	:56.3	
1939	A. McDonnell	Hibbing	:56.3	
1940	A. McDonnell	Hibbing	:56.3	
1941	A. McDonnell	Hibbing	:56.3	
1942	D. Benson	St. Paul Johnson	:56.9	
1943	D. Benson	St. Paul Johnson	:57.	
1944	Lundquist	St. Paul Johnson	:55.5	
1945	Elias Seira	Austin	:56.8	
1946	Elias Seira	Austin	:54.2	NR
1947	Jim Anderson	Austin	:56.1	
1948	M. Mahan	Hibbing	:55.6	
1949	Dave Anderson	Marshall	:54.6	
1950	Bob Olson	Ely	:55.7	
1951	T. Been	Chisholm	:57.9	
1952	Mancuso	Hibbing	:57.4	
1953	M. Ashpole	Rochester	:56.3	
1954	M. Ashpole	Rochester	:55.	
1955	J. Quirk	Minneapolis North	:57.3	
1956	J. Hauser	Winona	:55.4	
1957	J. Hauser	Winona	:54.2	TR
1958	Steve Jackman	Rochester	:52.9	NR
1959	Don Debeltz	Ely	:53.1	
1960	Ron Seme	Biwabik	:54.4	
1961	Jim Smith	Edina	:53.3	
1962	John Salassa	Rochester	:51.8	NR
1963	John Little	Rochester	:51.3	NR
1964	David Lundberg	Hopkins	:50.1	NR
1965	David Lundberg	Hopkins	:49.8	NR
1966	Bob Harmony	Edina	:49.1	NR
1967	Ralph Peterson	St. Paul Murray	:49.7	
1968	Tom Hodgson	Rochester Mayo	:49.7	
1969	Jeff Latz	Rochester Mayo	:50.2	
1970	Jeff Latz	Rochester Mayo	:49.3	
1971	Jeff Latz	Rochester Mayo	:48.9	NR
1972	Joel Johnson	Hopkins Lindbergh	:47.84	NR
1973	Mike Waldorf	Bloomington Jefferson	:49.211	
1974	Brian McCarron	Irondale	:48.671	
1975	Dave Borning	Thief River Falls	:48.650	
1976	Randy Schultz	Cooper	:48.758	
1977	Ron Schirmers	St. Cloud Tech.	:47.81	NR
1978	Eric Sandberg	De La Salle, Mpls.	:46.79	NR
1979	Eric Sandberg	De La Salle, Mpls.	:46.52	NR
1980	Scott Hayes	Burnsville	:46.74	
1981	Chris Tahti	Mounds View	:46.57	
1982	Scott Ruppert	Bloomington Jefferson	:45.63	NR
1983	Jeff Brown	St. Cloud Tech.	:47.15	
1984	Bill Asmus	Lakeville	:47.29	
1985	Bill Asmus	Lakeville	:46.37	
1986	Bill Asmus	Lakeville	:46.32	
1987	Ken Krull	Blaine	:47.30	

1988	Mark LeLwica	Staples	:47.18	
1989	Mark LeLwica	Staples-Motley	:46.69	
1990	Eric Jorgensen	Rochester John Marshall	:46.88	
1991	Scott Gagner	Minnetonka	:45:87	
1992	Scott Gagner	Minnetonka	:45.28	NR
1993	Shae McCowen	Spring Lake Park/ St. Anthony Village	:45.27	NR
1994	Erik Lind	Bloomington Kennedy	:46.41	
1995	Jeremy Witikko	Hastings	:46.44	
1996	Jordan Watland	Minnetonka	:45.58	
1997	Jordan Watland	Minnetonka	:45.39	
1998	AA - Jordan Watland	Minnetonka	:44.96	NR
	A - Jon Mahan	St. Thomas Academy	:48.35	
1999	AA - Tony Swanson	Coon Rapids	:45:70	
	A - Eric Ertl	Rosemount	:46.42	
2000	AA - Luke Schuster	Cretin-Derham Hall	:45.98	
	A - Chris Anderson	Princeton	:46.55	
2001	AA - Neil Reiersen	Chaska	:47.90	
	A - Eric Ertl	Rosemount	:46.50	
2002	AA - Greg Riggs	Eden Prairie	:47.66	
	A - Jason Timmer	Sauk Rapids-Rice	:45.78	
2003	AA - Scott Hagemeyer	Willmar	:46.82	
	A - Jeremy Harris	St. Thomas Academy	:45.52	
2004	AA - Colin Lee-To	Minnetonka	:46.22	
	A - Jason Timmer	Sauk Rapids-Rice	:45.08	NR
2005	AA - Cameron Seebeck	Eden Prairie	:46.14	
	A - Tyler Wakefield	Hutchinson	:47.48	
2006	AA - Curt Carlson	Maple Grove	:45.52	
	A - Robo Ibler	Orono	:47.06	
2007	AA - Curt Carlson	Maple Grove	:45.19	
	A - Zack Strumbell	Eveleth-Gilbert	:46.96	
2008	AA - Paul Tierney	Burnsville	:45.56	
	A - Luke Strumbell	Eveleth-Gilbert	:46.71	
2009	AA - Drew Johnson	Edina	:45.15	
	A - Tim Walker	*Dassel-Cokato/Litchfield	:47.42	
2010	AA - Drew Johnson	Edina	:45.44	
	A - Matt Wilcox	Bemidji	:45.96	
2011	AA - Mike Gratz	Edina	:45.13	
	A - Mike Hurley	Fergus Falls	:45.34	
2012	AA - Aaron Greenberg	Eden Prairie	:45.65	
	A - Luke Johanns	St. Thomas Academy	:46.34	
2013	AA - Aaron Greenberg	Eden Prairie	:45.10	
	A - Luke Schneeman	St. Thomas Academy	:46.21	
2014	AA - Greg Arnold	Wayzata	:45.48	
	A - Cal Mouritsen	Fergus Falls	:46.15	
2015	AA - James Tidd	East Ridge, Woodbury	:45.00	
	A - Craig Heimark	*Austin	:45.54	
2016	AA - Griffin Back	Eden Prairie	:44.80	
	A - Michael Modica	Simley, Inver Grove Heights	:45.77	
2017	AA - Sam Schilling	Minnetonka	:44.20	NR
	A - Tyler Metz	Benilde-St. Margaret's	:46.23	
2018	AA - Andrew Trepanier	Lakeville North	:44.52	
	A - Jack Herczeg	*Winona	:46.58	
2019	AA - Peter Larson	Edina	:43.77	NR
	A - Jack Herczeg	*Winona	:45.38	
2020	AA - Soren Dunn	Eden Prairie	:45.10	
	A - Jack Herczeg	*Winona	:44.63	

No. 8 - 500 YARD FREESTYLE CHAMPIONS 1958-2020

YEAR	CHAMPION	SCHOOL	TIME/RECORD	
1958	J. Bergman	St. Paul Johnson	4:35.6	NR
1959	J. Johnson	Biwabik	4:28.4	NR
1960	Bruce Rasmussen	Hopkins	4:22.7	NR
1961	Don Dealing	Biwabik	4:15.2	NR
1962	John Salassa	Rochester	4:14.5	NR
1963	John Salassa	Rochester	4:11.3	NR
1964	John Ziegenhagen	Hopkins	4:12.7	
1965	Ralph Peterson	St. Paul Murray	4:15.7	
1966	Ralph Peterson	St. Paul Murray	4:11.6	
1967	Scott Hallam	Edina	4:03.5	NR
1968	Bob Garnass	Hopkins	4:06.9	
1969	Bob Garnass	Hopkins	4:02.5	NR
1970	Bob Garnass	Hopkins	3:59.3	NR
1971	T. R. Lundquist	Golden Valley	3:53.3	NR
1972	T. R. Lundquist	Golden Valley	3:52.24	NR
1973	T. R. Lundquist	Golden Valley	3:48.650	NR
500 YARD - NEW DISTANCE				
1974	Herb Schoening	Minneapolis Southwest	5:01.102	NR
1975	Terry Alexander	Golden Valley	4:44.710	NR
1976	Terry Alexander	Golden Valley	4:45.726	
1977	Paul Cording	Golden Valley	4:49.90	
1978	Paul Cording	Golden Valley	4:44.91	
1979	Rick Hoover	Burnsville	4:47.25	
1980	Scott Ruppert	Bloomington Jefferson	4:44.79	
1981	Scott Muenchow	Lakeville	4:46.95	
1982	Jeff Lee	Richfield	4:41.10	NR
1983	Jeff Lee	Richfield	4:37.23	NR
1984	Jeff Lee	Richfield	4:34.19	NR
1985	Kevin Casson	Northfield	4:40.08	
1986	Rob Marshall	Burnsville	4:44.78	
1987	Evan Francen	Minnetonka	4:46.74	
1988	Scott Hart	Rochester Mayo	4:32.92	NR
1989	Jason Hansen	Apple Valley	4:44.64	
1990	Jason Hanson	Apple Valley	4:39.66	
1991	Jeff Dragsten	Minnetonka	4:31.37	NR
1992	Jeff Dragsten	Minnetonka	4:29.98	NR
1993	Brian Stroshane	Richfield	4:36.18	
1994	Tom Malchow	St. Thomas Academy	4:30.98	
1995	Tom Malchow	St. Thomas Academy	4:28.00	NR
1996	Jon Wright	Robbinsdale Armstrong	4:39.99	
1997	Mike Cervenk	Robbinsdale Armstrong	4:39.52	
1998	AA - Matt Taylor	Minnetonka	4:37.44	
	A - Kip Winden	Minneapolis Washburn	4:50.96	
1999	AA - Matt Taylor	Minnetonka	4:34.40	
	A - Kip Winden	St. Thomas Academy	4:43.52	
2000	AA - Tony Swanson	Coon Rapids	4:33.70	
	A - Kip Winden	St. Thomas Academy	4:45.36	
2001	AA - Jon Kleinman	Mounds View	4:38.83	
	A - Kip Winden	St. Thomas Academy	4:44.41	
2002	AA - Mike Seleskie	Hastings	4:40.67	
	A - Kip Winden	St. Thomas Academy	4:39.53	
2003	AA - Mike Seleski	Hastings	4:40.22	
	A - Scott Lang	Simley, Inver Grove Heights	4:50.85	
2004	AA - Zach Shimota	Eden Prairie	4:37.58	
	A - Scott Lang	Simley, Inver Grove Heights	4:39.48	
2005	AA - Zach Shimota	Eden Prairie	4:33.46	
	A - Nick Vandam	St. Thomas Academy	4:44.73	
2006	AA - Pete Stacy	Mounds View	4:31.69	
	A - Henrik Bewarder	Detroit Lakes	4:47.47	
2007	AA - Pete Stacy	Mounds View	4:32.91	
	A - Luke Strumbell	Eveleth-Gilbert	4:46.75	
2008	AA - Roman Becicka	Mounds View	4:40.81	
	A - Nathan Yueh	*Breck/Blake	4:51.45	
2009	AA - Alex Cox	Rochester Century	4:34.41	

	A – Nathan Yueh	*Breck/Blake	4:49.26	
2010	AA – Alex Cox	Rochester Century	4:36.56	
	A – Nathan Yueh	*Breck/Blake	4:42.49	
2011	AA – Chris Freeman	Rochester Century	4:32.24	
	A – Tanner Alms	Red Wing	4:39.02	
2012	AA – Noah Lucas	Mounds View	4:33.14	
	A – Tanner Alms	Red Wing	4:41.10	
2013	AA – Noah Lucas	Mounds View	4:26.47	NR
	A – Tanner Alms	Red Wing	4:36.73	NR
2014	AA – Mitch Herrera	Lakeville South	4:33.55	
	A – Tanner Alms	Red Wing	4:37.26	
2015	AA – Sam Schilling	Minnetonka	4:28.69	
	A – Warren Sexson	St. Thomas Academy	4:36.97	NR
2016	AA – Sam Schilling	Minnetonka	4:29.55	
	A – Warren Sexson	St. Thomas Academy	4:35.36	NR
2017	AA – JohnThomas Larson	Minnesota Online, St. Paul	4:16.92	NR
	A – Griffin Wolner	*Winona	4:39.62	
2018	AA – Sean Dwyer	*Prior Lake	4:29.75	
	A – Spencer Pruett	*Breck/Blake	4:36.66	
2019	AA – Sean Dwyer	*Prior Lake	4:32.00	
	A – Niels Wu	*Breck/Blake	4:43.31	
2020	AA – Jackson Kehler	Eagan	4:33.49	
	A – Nico Losinski	Simley, Inver Grove Heights	4:43.61	

No. 9 - 200 YARD FREESTYLE RELAY 1924-2020

YEAR	SCHOOL	TIME/RECORD	
1924 (200)	Minneapolis Central	1:53.4	NR
1925 (160)	Minneapolis West	1:24.6	NR
1926 (200)	Hibbing	1:50.	NR
1927 (160)	Hibbing	1:20.7	NR
1928 (160)	Virginia	1:22.7	
1929 (160)	Chisholm	1:22.	
1930	Chisholm	1:19.6	NR
1931 (200)	Chisholm	1:44.7	
1932 (160)	Virginia	1:21.5	
1933 (200)	Chisholm	1:45.	
1934 (160)	Ely	1:22.1	
1935 (200)	Hibbing	1:43.6	NR
1936 (200)	Hibbing	1:46.3	
1937	Virginia	1:42.3	NR
1938	Ely	1:44.	
1939	Hibbing	1:43.8	
1940	Hibbing	1:44.2	
1941	Virginia	1:42.5	
1942	Virginia	1:42.5	
1943	Austin	1:44.7	
1944	Minneapolis Washburn	1:46.1	
1945	Austin	1:42.8	
1946	Hibbing	1:43.	
1947	Austin	1:44.	
1948	Hibbing	1:43.6	
1949	Hibbing	1:43.4	
1950	Hibbing	1:41.5	NR
1951	Hibbing	1:42.8	
1952	Hibbing	1:41.1	NR
1953	Hibbing	1:42.1	
1954	Hibbing	1:42.2	
1955	Minneapolis Roosevelt	1:41.1	TR
1956	Hibbing	1:40.6	NR
1957	Ely	1:37.6	NR
1958	Rochester	1:38.5	
1959	Ely	1:35.7	NR
1960	Edina	1:36.1	
1961	Hopkins	1:36.3	
1962	Hopkins	1:33.1	NR
1963	Hopkins	1:34.2	
1964	Edina	1:32.2	NR
1965	St. Cloud Tech.	1:31.8	NR
<i>Event Discontinued - Changed to 400 Yard Freestyle Relay</i>			
<i>New - Resumed Event in 1991</i>			
1991	Apple Valley	1:26.15	NR
1992	Minnnetonka	1:26.18	
1993	Apple Valley	1:26.20	
1994	Apple Valley	1:26.55	
1995	Apple Valley	1:26.94	
1996 (tie)	Rosemount & Lakeville	1:28.75	
1997 (tie)	Red Wing & Alexandria	1:26.89	
1998	AA - Hutchinson	1:25.38	NR
	A - *Red Wing/Woodland	1:26.47	
1999	AA - Alexandria	1:24.68	NR
	A - *Red Wing/Winger Acad.	1:26.41	
2000	AA - Alexandria	1:25.04	
	A - Princeton	1:27.44	
2001	AA - *Faribault/Bethlehem/ MN Academy for Deaf	1:27.59	
	A - St. Thomas Academy	1:27.30	
2002	AA - Lakeville	1:27.03	
	A - St. Thomas Academy	1:27.48	
2003	AA - Lakeville	1:26.85	
	A - St. Thomas Academy	1:28.34	

2004	AA – Maple Grove	1:25.90	
	A – Sauk Rapids-Rice	1:28.06	
2005	AA – Lakeville	1:26.98	
	A – Hutchinson	1:29.89	
2006	AA – Lakeville North	1:25.60	
	A – St. Thomas Academy	1:28.83	
2007	AA – Maple Grove	1:25.87	
	A – St. Thomas Academy	1:28.55	
2008	AA – Minnetonka	1:25.71	
	A - *Dassel-Cokato/Litchfield	1:29.15	
2009	AA – Rosemount	1:25.39	
	A - *Breck/Blake	1:27.40	
2010	AA – Edina	1:24.94	
	A – Simley	1:27.03	
2011	AA – Edina	1:25.28	
	A – Monticello	1:27.39	
2012	AA – Eden Prairie	1:23.90	NR
	A – Monticello	1:26.11	NR
2013	AA – Eden Prairie	1:24.67	
	A – Monticello	1:24.87	NR
2014	AA – Hastings	1:25.53	
	A – St. Thomas Academy	1:27.23	
2015	AA – Eden Prairie	1:24.51	
	A - *Breck/Blake	1:24.99	
2016	AA – Eden Prairie	1:24.37	
	A – St. Thomas Academy	1:25.04	
2017	AA – Eden Prairie	1:23.49	NR
	A – St. Thomas Academy	1:25.33	
2018	AA – Minnetonka	1:24.65	
	A – Winona	1:25.82	
2019	AA – Edina	1:23.67	
	A - *Breck/Blake	1:25.93	
2020	AA – *Chaska/Chanhassen	1:24.14	
	A - *Winona	1:23.84	NR

No. 10 - 100 YARD BACKSTROKE CHAMPIONS 1924-2020

YEAR	CHAMPION	SCHOOL	TIME/RECORD	
1924	Sam Hill	Minneapolis Central	1:08.3	NR
1925	C. Johnson	Eveleth	N/A	
	tie w/ A. Johnson	Virginia		
1926	H. Johnson	Virginia	1:17.8	
1927	L. Marsh	St. Paul Central	1:07.4	(Nat'l) R
1928	Lindgren	Chisholm	1:11.9	
1929	Paavata	Hibbing	1:06.8	NR
1930	Paavata	Hibbing	1:06.2	NR
1931	O. Olson	Chisholm	1:11.1	
1932	Hirvola	Duluth Central	1:10.	
1933	Bill Lessar	Aurora	1:12.5	
1934	Stake	Hibbing	1:06.9	
1935	Stake	Hibbing	1:08.9	
1936	Wiren	Hibbing	1:10.1	
1937	Wiren	Hibbing	1:06.1	NR
1938	Roger Ahlman	St. Paul Johnson	1:07.6	
1939	Roger Ahlman	St. Paul Johnson	1:04.6	
1940	Tenney	Minneapolis Washburn	1:06.6	
1941	Jay Scholtus	Virginia	1:05.6	
1942	Jay Scholtus	Virginia	1:04.1	
1943	Hazelroth	Eveleth	1:07.4	
1944	Jocko McKenzie	Rochester	1:07.3	
1945	Jocko McKenzie	Rochester	1:04.9	
1946	J. Hoilin	Austin	1:08.6	
1947	W. Carlson	Hibbing	1:06.1	
1948	C. Lees	Austin	1:03.5	
1949	Spock	Rochester	1:05.8	
1950	D. Otto	Duluth Central	1:04.8	
1951	Lien	Minneapolis Roosevelt	1:10.4	
1952	Sween	Minneapolis Roosevelt	1:08.	
1953	O. Sween	Minneapolis Roosevelt	1:05.5	
1954	Carl Allison	Hibbing	1:04.2	
1955	Dave Ewert	Rochester	1:04.	
1956	Mike MacLean	Rochester	1:04.	
1957	Mike MacLean	Rochester	1:01.7	NR
1958	Clark Bergman	St. Paul Johnson	1:00.5	NR
1959	Mike MacLean	Rochester	1:01.1	
1960	Ed Oberg	Biwabik	1:01.3	
1961	Ed Oberg	Biwabik	1:01.4	
1962	Pat MacLean	Rochester	:59.5	NR
1963	Jerry Erickson	St. Paul Central	:59.4	NR
1964	Pat MacLean	Rochester	:55.2	NR
1965	Jim Lundquist	Robbinsdale	:59.	
1966	Greg Zarth	Bloomington Lincoln	:59.9	
1967	Todd Smith	Edina	:57.2	
1968	Dan Devine	Rochester Mayo	:57.1	
1969	Bill Ballard	Hopkins	:58.1	
	tie w/ Dan Devine	Rochester Mayo	:58.1	
1970	Randy Stoike	Austin	:56.8	
1971	Bill Ballard	Hopkins Eisenhower	:57.3	
1972	John Prins	Bloomington Jefferson	:55.15	NR
1973	John Prins	Bloomington Jefferson	:54.509	NR
1974	John Prins	Bloomington Jefferson	:52.511	NR
1975	Paul Meyers	Golden Valley	:54.532	
1976	Bruce Smith	Blake	:55.015	
1977	Bruce Smith	Blake	:53.80	
1978	Gary DeRoos	Albert Lea	:53.59	
1979	Gerry Rupp	Hastings	:53.18	
1980	Gerry Rupp	Hastings	:54.47	
1981	John Rydberg	Mounds View	:55.02	
1982	Bob Hauck	Northfield	:53.97	
1983	Bob Hauck	Northfield	:53.27	
1984	Sigfrid Muller	Rochester Mayo	:54.15	
1985	Guy Williams	St. Paul Highland Park	:53.37	

1986	Paul Kaump	Rochester Mayo	:53.92	
1987	Jeff Ganley	Park Center	:53.60	
1988	Jeff Ganley	Park Center	:51.75	NR
1989	Andy Kurtz	Coon Rapids	:52.30	
1990	Andy Kurtz	Coon Rapids	:51.30	NR
1991	Jim Zenk	Robbinsdale Armstrong	:52.59	
1992	Jeff Dragsten	Minnetonka	:50.77	
1993	Jeff Dragsten	Minnetonka	:49.81	
1994	Eriek Hulseman	Edina	:50.71	
1995	Martin Zielinski	Bloomington Jefferson	:50.35	
1996	Shane Erickson	Burnsville	:53.03	
1997	Randy Boelk	Mesabi East, Aurora	:51.40	
1998	AA - Michael Mahoney	Edina	:50.85	
	A - Keanan Faruq	*Blake/Breck	:52.16	
1999	AA - Dave Batulis	Burnsville	:50.82	
	A - Keanan Faruq	*Blake/Breck	:52.97	
2000	AA - Michael Zee	Apple Valley	:51.99	
	A - Matt Sanders	Rosemount	:54.24	
2001	AA - Michael Zee	Apple Valley	:51.05	
	A - Patrick Vandam	St. Thomas Academy	:53.61	
2002	AA - Michael Zee	Apple Valley	:50.19	
	A - Patrick Vandam	St. Thomas Academy	:52.42	
2003	AA - Michael Zee	Apple Valley	:49.52	NR
	A - Ben Marzolf	St. Thomas Academy	:54.37	
2004	AA - Phil Seleskie	Hastings	:51.64	
	A - Colin McCarthy	*Breck/Blake	:53.67	
2005	AA - Phil Seleskie	Hastings	:51.08	
	A - Colin McCarthy	*Breck/Blake	:51.73	
2006	AA - Phil Seleskie	Hastings	:50.07	
	A - Colin McCarthy	*Breck/Blake	:52.20	
2007	AA - Philip Seleskie	Hastings	:49.43	NR
	A - Kyle Winiecki	Spring Lake Park	:54.45	
2008	AA - Paul Young	Lakeville North	:51.05	
	A - Ben Swanson	Sauk Rapids-Rice	:53.74	
2009	AA - Brian Dailey-Arndt	Cretin-Derham Hall	:49.28	NR
	A - Mitchell Foster	*Breck/Blake	:52.15	
2010	AA - Brian Dailey-Arndt	Cretin-Derham Hall	:49.49	
	A - Mike Hurley	Fergus Falls	:50.90	
2011	AA - Jim Rafter	Mounds View	:50.20	
	A - Mitchell Foster	*Breck/Blake	:49.35	
2012	AA - Noah Busch	Minnetonka	:50.44	
	A - Mitchell Foster	*Breck/Blake	:49.34	NR
2013	AA - Noah Busch	Minnetonka	:49.14	
	A - Cole Bateman	*Hutchinson	:49.32	NR
2014	AA - Sam Hansen	Eden Prairie	:51.22	
	A - Sam Johanns	St. Thomas Academy	:51.42	
2015	AA - Jon Busse	Stillwater Area	:51.08	
	A - Hunter Connelly	Red Wing	:50.53	
2016	AA - Mitchell Whyte	North, North St. Paul	:49.24	
	A - Hunter Connelly	Red Wing	:48.87	NR
2017	AA - Jack Dahlgren	Chanhassen	:48.28	
	A - Will Brenton	Orono	:50.09	
2018	AA - Jack Dahlgren	Chanhassen	:47.52	NR
	A - Anderson Breazeale	*Breck/Blake	:50.45	
2019	AA - Casey Stowe	Wayzata	:48.45	
	A - Anderson Breazeale	*Breck/Blake	:49.05	NR
2020	AA - Casey Stowe	Wayzata	:48.54	
	A - Charlie Crosby	*Breck/Blake	:48.51	

No. 11 - 100 YARD BREASTSTROKE CHAMPIONS 1924-2020

YEAR	CHAMPION	SCHOOL	TIME/RECORD	
1924	Eugene Aygarn	Minneapolis West	1:24.4	NR
1925	A. Skoog	Eveleth	1:33.	
1926	Lofback	Virginia	1:19.3	NR
1927	Barrett	Gilbert	1:16.7	NR
1928	Person	Virginia	1:12.6	NR
1929	Vittanen	Chisholm	1:11.3	NR
1930	Vittanen	Chisholm	1:10.2	(Nat'l) R
1931	T. Kriez	Eveleth	1:15.6	
1932	Andrick	Virginia	1:13.4	
1933	Andrick	Virginia	1:11.3	
1934	Andrick	Virginia	1:09.6	NR
1935	Coder	Hibbing	1:11.9	
1936	Coder	Hibbing	1:10.7	
1937	Coder	Hibbing	1:08.4	NR
1938	V. Ojampaa	Eveleth	1:10.3	
1939	Robert Gabardy	Hibbing	1:12.9	
1940	Thorpe	Minneapolis Marshall	1:08.8	
1941	Lewis Anderson	Austin	1:08.	NR
1942	Melvin Ivonon	Ely	1:06.1	NR
1943	Melvin Ivonon	Ely	1:04.5	NR
1944	J. Kalin	Hibbing	1:09.8	
1945	J. Kalin	Hibbing	1:06.5	
1946	J. Kalin	Hibbing	1:06.1	
1947	G. Hammer	Hibbing	1:08.6	
1948	Thatcher	Austin	1:06.7	
1949	Bob Gawboy	Ely	1:08.3	
1950	Bruce Aune	Minneapolis South	1:04.8	
1951	Bruce Aune	Minneapolis South	1:04.8	
1952	Wangen	Austin	1:09.8	
1953	Mike Chopp	Virginia	1:04.5	NR
1954	Mike Chopp	Virginia	1:02.5	NR
1955	Tim Birman	Duluth Central	1:07.	
1956	T. Stillman	Minneapolis Southwest	1:07.4	
1957	Gary Anderson	St. Paul Central	1:04.6	
NEW STROKE				
1958	Don Imbertson	Hibbing	1:11.	NR
1959	Virgil Luken	Minneapolis Roosevelt	1:09.2	NR
1960	Dave Colvin	Biwabik	1:07.5	NR
1961	Don Grant	Robbinsdale	1:07.6	
1962	Don Grant	Robbinsdale	1:05.1	NR
1963	Don Grant	Robbinsdale	1:06.2	
1964	Tom Zanna	St. Louis Park	1:03.8	NR
1965	Mike Fisher	Rochester	1:05.	
1966	Mike Fisher	Rochester	1:03.2	NR
1967	Mike Fisher	Rochester Mayo	1:03.1	NR
1968	Gordy Alexander	Edina	1:02.9	NR
1969	Chuck Swanson	Rochester Mayo	1:04.1	
1970	Richard Grant	Robbinsdale	1:02.7	NR
1971	Terry Reding	Austin	1:04.2	
1972	Tom Spicer	Rochester John Marshall	1:02.29	NR
1973	Bill Skurle	Chisholm	1:03.807	
1974	Kent Peterson	Mounds View	1:02.570	
1975	Chuck Beckmann	Robbinsdale	1:01.981	
1976	Todd Siegfried	Irondale	1:01.054	NR
1977	Tom Bigley	Cooper	1:01.37	
1978	Steve Dixon	Minnetonka	1:00.13	NR
1979	John Fox	Winona	:59.64	NR
1980	Mike Kubes	Henry Sibley	1:01.36	
1981	Mike Kubes	Henry Sibley	:58.70	NR
1982	Mark Vininski	Faribault	1:01.08	
1983	Mark Sebesta	Rochester John Marshall	:59.90	
1984	Chris Baker	Prior Lake	:59.43	
1985	Cam Oik	St. Cloud Tech.	:58.65	NR
1986	Tom Radke	Hastings	1:00.38	

1987	Tom Prince	Anoka	:57.48	NR
1988	Mike Spencer	Rochester Mayo	:59.95	
1989	Eric Seanger	Melrose	:59.01	
1990	Aaron Shapley	Hutchinson	:58.01	
1991	Aaron Shapley	Minnetonka	:57.01	NR
1992	Aaron Shapley	Minnetonka	:55.83	NR
1993	Aaron Shapley	Minnetonka	:56.57	
1994	Jay Schindler	Moorhead	:57.18	
1995	Scott Welle	Bemidji	:59.00	
1996	Jeremy Schiller	Osseo	:59.70	
1997	Adam Shapley	Minnetonka	:57.85	
1998	AA - Adam Shapley	Minnetonka	:57.20	
	A - Ryan Lussenden	*Morris Area/Chokio-Alberta	:59.37	
1999	AA - Matt Schoen	Chaska	:58.10	
	A - Arick Severson	*Red Wing/Winger Acad.	1:00.61	
2000	AA - Ryan Peddycoart	Lakeville	:58.39	
	A - Kirk Olson	Rosemount	1:01.23	
2001	AA - Ryan Peddycoart	Lakeville	:58.96	
	A - Jason Timmer	Sauk Rapids Rice	:59.99	
2002	AA - Jeff Schneider	Moorhead	:58.69	
	A - Jon Pocock	Orono	:58.38	
2003	AA - Ronnie Hehn	Moorhead	:58.04	
	A - Marcus Christianson	Hutchinson	:59.12	
2004	AA - Mark Solfelt	Eden Prairie	:57.27	
	A - Marcus Christianson	Hutchinson	:58.10	
2005	AA - Colin Lee-To	Minnetonka	:55.94	
	A - Peter Goeman	Grand Rapids	:57.88	
2006	AA - Mark Solfelt	Eden Prairie	:56.08	
	A - Peter Goeman	Grand Rapids	:56.47	
2007	AA - Jared Anderson	*Brainerd	:57.01	
	A - Matt Hoyland	St. Thomas Academy	:57.05	
2008	AA - Doug Eden	Edina	:56.82	
	A - Matt Hoyland	St. Thomas Academy	:57.42	
2009	AA - Kendrick Bachman	*Rochester John Marshall	:55.84	
	A - Mike Hurley	Fergus Falls	:57.49	
2010	AA - Thomas Elling	Burnsville	:57.40	
	A - Sam Nields	St. Thomas Academy	:59.31	
2011	AA - Max Cartwright	Edina	:55.56	
	A - Max Hamilton	Richfield	:58.50	
2012	AA - Jacob Stern	Rosemount	:57.46	
	A - Quillan Oak	Detroit Lakes	:56.73	
2013	AA - Ben Albert	Burnsville	:57.12	
	A - Alec Kandt	Simley, Inver Grove Heights	:56.52	
2014	AA - Brenner Hohenstein	Maple Grove	:57.08	
	A - Humphrey Pruett	*Breck/Blake	:56.90	
2015	AA - Brenner Hohenstein	Maple Grove	:56.08	
	A - Humphrey Pruett	*Breck/Blake	:55.61	NR
2016	AA - Corey Lau	Minnetonka	:54.90	
	A - Colin Glass	St. Thomas Academy	:56.86	
2017	AA - Corey Lau	Minnetonka	:55.04	NR
	A - Nic Chromey	Alexandria Area	:57.34	
2018	AA - Hayden Zheng	St. Louis Park	:56.43	
	A - Nic Chromey	Alexandria Area	:55.54	
2019	AA - Hayden Zheng	St. Louis Park	:53.86	NR
	A - Andrew Karpenko	Minnehaha Academy	:54.51	NR
2020	AA - Hayden Zheng	St. Louis Park	:54.52	
	A - A - Andrew Karpenko	Minnehaha Academy	:54.22	NR

No. 12 - 400 YARD FREESTYLE RELAY 1966-2020

YEAR	SCHOOL	TIME/RECORD (New Distance - 400 Yards)	
1966	Robbinsdale	3:30.3	NR
1967	Edina	3:29.4	NR
1968	Edina	3:25.8	NR
1969	Edina	3:24.5	NR
1970	Hopkins	3:23.8	NR
1971	Golden Valley	3:23.4	NR
1972	Hopkins Eisenhower	3:22.01	NR
1973	Cooper	3:19.577	NR
1974	Irondale	3:19.672	
1975	Blake	3:17.902	NR
1976	Cooper	3:17.537	NR
1977	Hopkins Eisenhower	3:15.73	NR
1978	Austin	3:16.72	
1979	Minnnetonka	3:14.46	NR
1980	Bloomington Jefferson	3:15.22	
1981	Mounds View	3:11.41	NR
1982	Bloomington Jefferson	3:13.66	
1983	Mounds View	3:16.16	
1984	Edina	3:13.68	
1985	Park Center	3:10.61	NR
1986	Edina	3:11.04	
1987	Edina	3:16.64	
1988	Minnnetonka	3:12.28	
1989	Apple Valley	3:14.17	
1990	Minnnetonka	3:12.58	
1991	Minnnetonka	3:07.12	NR
1992	Minnnetonka	3:08.46	
1993	Minnnetonka	3:07.93	
1994	Edina	3:10.52	
1995	St. Thomas Academy	3:10.20	
1996	Minnnetonka	3:10.26	
1997	Red Wing	3:12.86	
1998	AA - Minnetonka	3:07.86	
	A - *Red Wing/Woodland	3:11.45	
1999	AA - Alexandria	3:09.27	
	A - Rosemount	3:11.73	
2000	AA - Hutchinson	3:12.67	
	A - Rosemount	3:12.77	
2001	AA - Maple Grove	3:12.88	
	A - St. Thomas Academy	3:13.34	
2002	AA - Apple Valley	3:10.85	
	A - St. Thomas Academy	3:08.62	
2003	AA - Eden Prairie	3:11.23	
	A - St. Thomas Academy	3:12.38	
2004	AA - Eden Prairie	3:08.86	
	A - Sauk Rapids-Rice	3:14.29	
2005	AA - Eden Prairie	3:05.38	NR
	A - St. Thomas Academy	3:17.80	
2006	AA - Lakeville North	3:09.74	
	A - St. Thomas Academy	3:16.87	
2007	AA - Maple Grove	3:11.73	
	A - *Northfield	3:16.14	
2008	AA - Moorhead	3:08.46	
	A - Fergus Falls	3:16.11	
2009	AA - Edina	3:06.13	
	A - *Breck/Blake	3:14.18	
2010	AA - Edina	3:04.68	NR
	A - *Breck/Blake	3:11.42	
2011	AA - Edina	3:07.74	
	A - Monticello	3:13.95	
2012	AA - Eden Prairie	3:06.01	
	A - Monticello	3:09.79	
2013	AA - Edina	3:06.00	

	A – Monticello	3:08.66	
2014	AA – East Ridge, Woodbury	3:07.69	
	A – St. Thomas Academy	3:10.19	
2015	AA – Minnetonka	3:05.47	
	A – St. Thomas Academy	3:07.23	NR
2016	AA – Eagan	3:05.64	
	A – St. Thomas Academy	3:06.11	NR
2017	AA – Minnetonka	3:01.59	NR
	A – *Breck/Blake	3:09.22	
2018	AA – Chanhassen	3:05.15	
	A – *Winona	3:08.68	
2019	AA – Edina	3:01.76	
	A – *Breck/Blake	3:06.46	
2020	AA – *Chaska/Chanhassen	3:04.92	
	A – *Winona	3:05.61	NR