

Girls Swimming & Diving

Champions by Event

Event No. 1

200 YARD MEDLEY RELAY CHAMPIONS 1975-2020

<u>Year</u>	<u>Champion</u>	<u>Time</u>	
1975	Irondale	1:54.376	NR
1976	Minnetonka	1:58.05	
1977	Irondale	1:54.03	NR
1978	Hopkins Lindbergh	1:54.74	
1979	Hopkins Lindbergh	1:53.44	
1980	Hopkins Lindbergh	1:52.71	NR
1981	Alexander Ramsey	1:52.46	NR
1982	Burnsville	1:51.88	NR
1983	Burnsville	1:50.58	NR
1984	Edina	1:52.10	
1985	Hastings	1:51.11	
1986	Edina	1:50.22	NR
1987	Edina	1:48.09	NR
1988	Edina	1:49.27	
1989	Hastings	1:51.00	
1990	Roch. John Marshall	1:51.17	
1991	Minnetonka	1:51.28	
1992	Wayzata	1:50.75	
1993	Sartell	1:50.17	
1994	Hopkins	1:49.38	
1995	Eden Prairie	1:47.48	NR
1996	Burnsville	1:47.14	NR
NEW TWO-CLASS FORMAT			
1997 - AA	- Eden Prairie	1:45.82	NR
	A - Sartell	1:50.47	NR
1998 - AA	- Eden Prairie	1:49.45	
	A - Montevideo	1:50.69	
1999 - AA	- Edina	1:49.04	
	A - Sartell-Saint Stephen	1:51.92	
2000 - AA	- Edina	1:48.80	
	A - Blake/Minnehaha Academy	1:52.26	
2001 - AA	- Burnsville	1:48.86	
	A - Northfield	1:51.72	
2002 - AA	- Burnsville	1:49.22	
	A - Blake/Minnehaha Academy	1:51.55	
2003 - AA	- Burnsville	1:47.72	
	A - Hutchinson Tigers	1:49.54	NR
2004 - AA	- Stillwater Area	1:47.34	
	A - Hutchinson Tigers	1:50.93	
2005 - AA	- Stillwater Area	1:46.30	
	A - Breck School	1:50.62	
2006 - AA	- Burnsville	1:46.13	
	A - Breck School	1:51.00	
2007 - AA	- Edina	1:47.50	
	A - Breck School	1:49.96	
2008 - AA	- Edina	1:45.49	NR
	A - Visitation	1:48.12	NR
2009 - AA	- Edina	1:44.90	NR
	A - *Hutchinson Tigers	1:48.25	
2010 - AA	- Eden Prairie	1:44.80	NR
	A - Monticello	1:46.68	NR
2011 - AA	- Edina	1:45.65	
	A - *Hutchinson	1:49.07	
2012 - AA	- Edina	1:43.97	NR
	A - Visitation, Mendota Heights	1:48.10	
2013 - AA	- Chanhassen	1:41.96	NR
	A - Visitation, Mendota Heights	1:46.16	NR
2014 - AA	- Wayzata	1:42.30	
	A - Albert Lea	1:44.73	NR
2015 - AA	- Wayzata	1:41.57	NR
	A - Albert Lea	1:43.61	NR
2016 - AA	- Wayzata	1:21.21	
	A - Orono	1:43.76	

2017 – AA – Minnetonka	1:42.94
A - *Faribault	1:45.69
2018 – AA – Eden Prairie	1:44:15
A – Breck School	1:44.39
2019 – AA – Minnetonka	1:43.27
A – Visitation, Mendota Heights	1:45.64
2020 – No Meet: COVID-19 Pandemic	

EVENT NO. 2

200 YARD FREESTYLE CHAMPIONS 1975-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1975	Katie Lundsten	Minnetonka	2:01.331	NR
1976	Judy Anderson	Osseo	1:53.54	NR
1977	Peggy Kemp	Benilde-St. Margaret's	1:56.18	
1978	Kirsten Wengler	Hopkins Lindbergh	1:57.15	
1979	Kirsten Wengler	Hopkins Lindbergh	1:52.56	NR
1980	Kirsten Wengler	Hopkins Lindbergh	1:52.37	NR
1981	Kirsten Wengler	Hopkins Lindbergh	1:49.41	NR
1982	Jody Schirmers	St. Cloud Tech	1:55.21	
1983	Amy Volna	St. Anthony Village	1:54.03	
1984	Amy Volna	St. Anthony Village	1:52.78	
1985	Lynn Newton	Simley	1:53.51	
1986	Lynn Newton	Simley	1:52.94	
1987	Lynn Newton	Simley	1:53.57	
1988	Tracy Vitols	Richfield	1:53.35	
1989	Heather Rue	Rochester John Marshall	1:56.09	
1990	Cathy Beach	Wayzata	1:52.70	
1991	Emily Peters	Bloomington Kennedy	1:54.22	
1992	Emily Peters	Bloomington Kennedy	1:52.49	
1993	Jenny Hennen	Anoka	1:51.82	
1994	Jenny Hennen	Anoka	1:50.57	
1995	Jenny Hennen	Anoka	1:49.46	
1996	Jennifer Riggs	Apple Valley	1:49.60	

NEW TWO-CLASS FORMAT

1997 - AA - Mara Sveum	Hopkins	1:52.67	NR
A - Jessica Carlson	Hutchinson	1:53.27	NR
1998 - AA - Mara Sveum	Hopkins	1:51.68	NR
A - Jessica Carlson	Hutchinson	1:53.42	
1999 - AA - Sarah Solfelt	Eden Prairie	1:50.64	NR
A - Katie Wind	Trinity at River. Ridge	1:56.28	
2000 - AA - Paige Gilgan	Eagan	1:50.44	NR
A - Nora Ames	Rosemount	1:56.16	
2001 - AA - Becca Slagerman	Park Center, Brooklyn Park	1:54.43	
A - Katie Wind	Trinity at River Ridge	1:53.26	NR
2002 - AA - Roxane Akradi	Eagan	1:50.57	
A - Lauren Bergstrom	Benilde-St. Margaret's	1:55.13	
2003 - AA - Megan Braun	Edina	1:51.36	
A - Lauren Bergstrom	Benilde-St. Margaret's	1:54.36	
2004 - AA - Megan Braun	Edina	1:50.81	
A - Lauren Bergstrom	Benilde-St. Margaret's	1:53.84	
2005 - AA - Megan Braun	Edina	1:49.39	NR
A - Jenny Steege	Visitation	1:55.82	
2006 - AA - Molly Belk	*Minneapolis South	1:51.59	
A - Meghan Weiss	Visitation	1:55.32	
2007 - AA - Lauren Weis	Cretin-Derham Hall	1:49.20	NR
A - Meghan Weiss	Visitation	1:52.33	
2008 - AA - Kiera Janzen	Cretin-Derham Hall	1:47.86	NR
A - Meghan Weiss	Visitation	1:52.04	NR
2009 - AA - Kiera Janzen	Cretin-Derham Hall	1:48.51	
A - Marisa Wood	Sartell-St. Stephen	1:50.88	NR
2010 - AA - Kiera Janzen	Cretin-Derham Hall	1:49.70	
A - Marisa Wood	Sartell-St. Stephen	1:49.69	NR
2011 - AA - Nikki Larson	Edina	1:49.20	
A - Marisa Wood	Sartell-St. Stephen	1:48.86	NR
2012 - AA - Amelia Schilling	Minnetonka	1:48.61	
A - Chantal Nack	Mankato West	1:51.64	
2013 - AA - Isabel Wyer	Minnetonka	1:49.18	
A - Chantal Nack	Mankato West	1:50.08	
2014 - AA - Courtney Evensen	Robbinsdale Armstrong	1:49.22	
A - Chantal Nack	Mankato West	1:50.91	
2015 - AA - Carly Quast	Wayzata	1:47.94	
A - Abbie Dolan	Visitation, Mendota Heights	1:48.10	
2016 - AA - Carly Quast	Wayzata	1:47.33	NR
A - Kasey Milstroh	Foley	1:51.12	
2017 - AA - Kelly McCarthy	Edina	1:48.31	
A - Taylor Williams	Benilde-St. Margaret's	1:50.04	
2018 - AA - Claudia Chang	Edina	1:49.49	
A - Taylor Williams	Benilde-St. Margaret's	1:48.58	
2019 - AA - Sierra Smith	Robbinsdale Armstrong	1:48.28	

Event No. 3

200 YARD INDIVIDUAL MEDLEY CHAMPION 1975-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1975	Sue Heidelberg	Minneapolis Washburn	2:17.95	NR
1976	Karen Anderson	Osseo	2:13.94	
1977	Karen Anderson	Bloomington Jefferson	2:11.70	NR
1978	Karen Anderson	Bloomington Jefferson	2:10.74	
1979	Marie Suppes	Park Center	2:11.00	
1980	Amy Reed	St. Paul Johnson	2:07.30	NR
1981	Nancy Swanum	Burnsville	2:06.78	NR
1982	Nancy Swanum	Burnsville	2:08.06	
1983	Nancy Swanum	Burnsville	2:08.07	
1984	Lisa Anderson	Minneapolis Patrick Henry	2:09.30	
1985	Lisa Anderson	Minneapolis Patrick Henry	2:09.20	
1986	Laura Gandrud	Blake	2:08.43	
1987	Laura Gandrud	Blake	2:04.92	NR
1988	Laura Gandrud	Blake	2:05.49	
1989	Laura Gandrud	Blake	2:05.84	
1990	Becky Gibbs	Wayzata	2:10.41	
1991	Becky Gibbs	Wayzata	2:06.67	
1992	Becky Gibbs	Wayzata	2:05.57	
1993	Gretchen Hegener	Watertown-Mayer/Delano/ Mayer Lutheran/Waconia	2:07.31	
1994	Sara Schlegelmilch	Red Wing	2:06.25	
1995	Katy Christoferson	Burnsville	2:04.33	NR
1996	Katy Christoferson	Burnsville	2:03.30	
NEW TWO-CLASS FORMAT				
1997 - AA	Jennifer Riggs	Apple Valley	2:02.90	NR
	A - Emily Mondloh	Fridley	2:11.48	NR
1998 - AA	Kaela Humphries	Eden Prairie	2:04.91	
	A - Emily Mondloh	Fridley	2:09.29	NR
1999 - AA	Kaela Humphries	Eden Prairie	2:04.26	
	A - Patti Wegner	Rosemount	2:09.09	NR
2000 - AA	Sarah Solfelt	Eden Prairie	2:02.93	
	A - Kristin Ophaug	Northfield	2:10.70	
2001 - AA	Abby Ruess	Edina	2:06.82	
	A - Tara Murnane	Red Wing	2:13.81	
2002 - AA	Jenny Shaughnessy	Rochester John Marshall	2:05.20	
	A - Lindsay Wegner	Hutchinson	2:12.22	
2003 - AA	Jenny Shaughnessy	Rochester John Marshall	2:03.92	
	A - Lindsay Wegner	Hutchinson Tigers	2:08.77	NR
2004 - AA	Jenny Shaughnessy	Rochester John Marshall	2:02.95	
	A - Lindsay Wegner	Hutchinson Tigers	2:08.74	NR
2005 - AA	Kerry Kraemer	Burnsville	2:04.00	
	A - Martha Cutter-Wilson	Visitation	2:12.09	
2006 - AA	Kerry Kraemer	Burnsville	2:04.09	
	A - Sammi Husband	Breck School	2:08.33	NR
2007 - AA	Kaela Anderson	Stillwater Area	2:05.86	
	A - Sammi Husband	Breck School	2:06.18	NR
2008 - AA	Abby Duncan	*Champlin Park	2:03.59	
	A - Audrey Kumm	*Hutchinson Tigers	2:04.14	NR
2009 - AA	Abby Duncan	*Champlin Park	2:03.12	
	A - Taylor Foster	Breck School	2:04.28	
2010 - AA	Abby Duncan	*Champlin Park	2:01.97	
	A - Caley Oquist	Monticello	2:03.65	NR
2011 - AA	Taylor Bass	*Rochester John Marshall	2:05.19	
	A - Ellen Bloom	Sartell-St. Stephen	2:03.86	
2012 - AA	Kasey Roberts	St. Michael-Albertville	2:02.63	
	A - Ellen Bloom	Sartell-St. Stephen	2:04.65	
2013 - AA	Madison Preiss	Wayzata	2:01.91	
	A - Lindsey Horejsi	Albert Lea	2:02.66	NR
2014 - AA	Madison Preiss	Wayzata	2:01.50	
	A - Lindsey Horejsi	Albert Lea	1:59.77	NR
2015 - AA	Madison Preiss	Wayzata	2:01.00	NR
	A - Alyssa Phelps	Breck School, Golden Valley	2:07.13	
2016 - AA	Isabelle Stadden	Blaine	2:02.81	
	A - Madison Potter	*Blake	2:05.28	
2017 - AA	Isabelle Stadden	Blaine	2:00.49	NR
	A - Madison Potter	*Blake	2:03.76	
2018 - AA	Reese Dehen	Anoka	2:02.10	
	A - Yvonne Jia	Breck School, Golden Valley	2:04.01	

2019	AA – Reese Dehen	Anoka	2:01.16
	A – Hailey Farrell	Hutchinson	2:04.10
2020	No Meet: COVID-19 Pandemic		

Event No. 4

50 YARD FREESTYLE CHAMPIONS 1924-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1924	Mae Matt	Gilbert	:37.4	NR
1925	Mae Matt	Gilbert	:33.4	NR
1926	Mae Matt	Gilbert	:34.0	
1927	<i>Not Available</i>			
1928	Fanny Wilson	Biwabik	:32.4	
1929	Fanny Wilson	Biwabik	:32.8	
1930	Jennie Prosen	Gilbert	:30.8	NR
1931	Jennie Prosen	Gilbert	:30.7	NR
1932	Lorraine Solberg	Virginia	:31.1	
1933	Lucille Scholtus	Virginia	:30.8	
1934	Helen Moilan	Virginia	:29.6	NR
1935	Patsy Bailey	Virginia	:32.0	
1936	Patsy Bailey	Virginia	:30.1	
1937	Mary McKenzie	Virginia	:31.3	
1938	<i>Not Available</i>			
1939	Jean Frarey	Virginia	:30.6	
1940	Jean Frarey	Virginia	:30.1	
1941	Jean Juth	Eveleth	:31.0	
1942	Gladys Vaughan	Nashwauk	:30.8	
1975	Debbie Hartin	Irondale	:25.227	NR
1976	Steph Schoening	Minneapolis Southwest	:24.98	NR
1977	Steph Schoening	Minneapolis Southwest	:25.05	
1978	Kelly Flanagan	Prior Lake	:24.96	
1979	Diane Wallner	Alexander Ramsey	:24.44	
1980	Diane Wallner	Alexander Ramsey	:23.77	NR
1981	Diane Wallner	Alexander Ramsey	:23.56	NR
1982	Colleen Griffin	Lakeville	:24.13	
1983	Nancy Knauer	St. Louis Park	:24.40	
1984	Nancy Knauer	St. Louis Park	:23.97	
1985	Nancy Knauer	St. Louis Park	:23.67	
1986	Debbie Lynch	St. Paul Academy	:24.46	
1987	Stacey Niedenfuer	Alexandria	:23.82	
1988	Erika Bass	Wayzata	:23.89	
1989	Erika Bass	Wayzata	:24.03	
1990	Marissa Tieszen	Mankato East/ Immanuel Lutheran	:24.05	
1991	Lori Sibbers	Rochester John Marshall	:24.02	
1992	Lori Sibbers	Rochester John Marshall	:24.13	
1993	Jaina McClure	Minneapolis South	:24.19	
1994	Jaina McClure	Minneapolis South	:24.08	
1995	Jennifer Riggs	Apple Valley	:23.20	NR
1996	Meghan Sonstegaard	Apple Valley	:23.63	
NEW TWO-CLASS FORMAT				
1997 - AA	Andrea Kleven	Eden Prairie	:24.38	NR
	A - Katie Jensen	Hutchinson	:24.19	NR
1998 - AA	Jennifer Riggs	Apple Valley	:23.00	NR
	A - Naomi Gregerson	Albert Lea	:24.33	
1999 - AA	Katy Brentz	Mounds View (tie)	:24.03	
	& - Katie Seleskie	Hastings (tie)	:24.03	
	A - Samantha Dyshaw	Montevideo/YME	:24.22	
2000 - AA	Roxane Akradi	Eagan	:23.77	
	A - Dena Quick	Proctor/Hermantown	:23.85	
2001 - AA	Roxane Akradi	Eagan	:23.41	
	A - Sarah Perrott	Northfield	:24.27	
2002 - AA	Nikki Reed	Duluth East	:24.03	
	A - Beth Kiczula	Red Wing	:24.06	
2003 - AA	Roxane Akradi	Eagan	:23.19	
	A - Stacy Busack	Fergus Falls	:23.59	NR
2004 - AA	Kelsey Hausken	Stillwater Area	:23.59	
	A - Stacy Busack	Fergus Falls	:23.73	
2005 - AA	Kelsey Gergen	Hastings	:23.51	
	A - Megan Geyen	*Watertown-Mayer/Delano	:23.54	NR
2006 - AA	Kelsey Gergen	Hastings	:23.32	
	A - Megan Geyen	*Watertown-Mayer/Delano	:23.57	
2007 - AA	Abbey Staats	*Winona/Winona Cotter	:23.54	
	A - Megan Geyen	*Watertown-Mayer/Delano	:23.43	NR

2008 – AA – Hannah Bowen	Stillwater Area	:22.73	NR
A – Sophie Pilhofer	Visitation	:23.83	
2009 – AA – Hannah Bowen	Stillwater Area	:22.76	
A – Amanda Paulson	Monticello	:23.37	NR
2010 – AA – Hannah Bowen	Stillwater Area	:22.99	
A – Amanda Paulson	Monticello	:22.97	NR
2011 – AA – Kaia Grobe	Chanhassen	:23.15	
A – Danielle Nack	Mankato West	:22.93	NR
2012 – AA – Kaia Grobe	Chanhassen	:23.06	
A – Danielle Nack	Mankato West	:22.82	NR
2013 – AA – Rachel Wittmer	Edina	:22.81	
A – Danielle Nack	Mankato West	:22.87	
2014 – AA – Rachel Wittmer	Edina	:22.62	NR
A – Anna Andersen	Albert Lea	:23.65	
2015 – AA – Rachel Wittmer	Edina	:22.54	NR
A – Lindsay Horejsi	Albert Lea	:22.79	NR
2016 – AA Rachel Wittmer	Edina	:22.65	
A – Makayla Suominen	*Cloquet-Esko-Carlton	:23.46	
2017 – AA Ryenne Hathaway	Lakeville South	:23.20	
A – Grace Hanson	Hutchinson	:23.22	
2018 AA – Lily Gremmels	Edina	:23.66	
A – Grace Hanson	Hutchinson	:22.94	
2019 AA – Abby Kapeller	Minnetonka	:22.60	
A – Grace Hanson	Hutchinson	:22.79	TR
2020	No Meet: COVID-19 Pandemic		

Event No. 5
DIVING CHAMPIONS 1924-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Points</u>	
1924	Harriet Rosenberger	Virginia		
1925	Harriet Rosenberger	Virginia		
1926	Roxey Loney	Eveleth		
1927	<i>Not Available</i>			
1928	Linda Anderson	Aurora		
1929	Katheryn Robinson	Eveleth		
1930	Jessa Pazelli	Virginia		
1931	Jessa Pazelli	Virginia		
1932	Mary Lopp	Gilbert		
1933	Jessa Pazelli	Virginia		
1934	Maxine Larson	Eveleth		
1935	Virginia Farley	Eveleth		
1936	Maxine Larson	Eveleth		
1937	Virginia Farley	Eveleth		
1938	Ruth Martinetti	Ely	66.4	
1939	Mabel Lampi	Ely	199.8	
1940	Natalie Erickson	Virginia	73.3	
1941	Natalie Erickson	Virginia	192.9	
1942	Jean Juth	Virginia	173.7	
1975	Alysa Gould	Bloomington Jefferson	417.42	NR
1976	Crissy Curry	Minneapolis West	417.03	
1977	Ann Larson	Minneapolis Roosevelt	366.73	
1978	Joan Bastien	St. Cloud Apollo	371.30	
1979	Kelly Johnson	Irondale	471.15	NR
1980	Kelly Johnson	Irondale	428.65	
1981	Kelly Johnson	Irondale	444.80	
1982	Shawn Anderson	Rochester John Marshall	404.15	
1983	Amy Aarsen	Mounds View	445.80	
1984	Whitney Stoddard	Breck	397.90	
1985	Whitney Stoddard	Breck	385.10	
1986	Wendy Satterlee	Mounds View	442.15	
1987	Wendy Satterlee	Mounds View	435.75	
1988	Stacy Madura	Mounds View	386.95	
1989	Tina Johnson	Mounds View	419.30	
1990	Tina Johnson	Mounds View	455.15	
1991	Tina Johnson	Mounds View	444.95	
1992	Tammy Christensen	Elk River	424.45	
1993	Samantha Linke	The Blake School, Mpls.	414.90	
1994	Thea Hoeg	Prior Lake	420.85	
1995	Jaime Sanger	Wayzata	425.25	
1996	Jaime Sanger	Wayzata	453.25	
NEW TWO-CLASS FORMAT				
1997 - AA	- Jamie Sanger	Wayzata	507.00	NR
	A - Kim Bahmer	Shakopee	415.15	NR
1998 - AA	- Jaime Sanger	Wayzata	489.85	
	A - Chelsea Haviland	Thief River Falls	422.95	NR
1999 - AA	- Shannon Jackson	Anoka	462.75	
	A - Chelsea Haviland	Thief River Falls	500.85	NR
2000 - AA	- Kirsten Ytterbo	Wayzata	443.30	
	A - Chelsea Haviland	Thief River Falls	479.40	
2001 - AA	- Kirsten Ytterbo	Wayzata	407.45	
	A - Chelsea Haviland	Thief River Falls	440.85	
2002 - AA	- Kirsten Ytterbo	Wayzata	455.70	
	A - Kari Helland	Orono	419.95	
2003 - AA	- Kathryn Lewallen	Rochester Mayo	455.35	
	A - Holly Schlingmann	Mankato East/Loyola	423.95	
2004 - AA	- Erica J. Schiffler	Woodbury	464.05	
	A - Julie Brummond	The Blake School, Minneapolis	418.20	
2005 - AA	- Brittany Jumer	*Andover Huskies	449.25	
	A - Julie Brummond	The Blake School, Minneapolis	390.05	
2006 - AA	- Brittany Jumer	*Andover Huskies	420.70	
	A - Jessica Stanchfield	Orono	391.25	
2007 - AA	- Laura Ryan	*Elk River Area/ACA	452.65	
	A - Jessica Stanchfield	Orono	368.25	
2008 - AA	- Maggie Keefer	Stillwater Area	493.55	
	A - Tori Raihle	Spring Lake Park	350.50	

2009 – AA – Maggie Keefer	Stillwater Area	451.55	
A – Michole Timm	Sauk Rapids-Rice	408.30	
2010 – AA – Jenna Karow	East Ridge, Woodbury	453:10	
A – Michole Timm	Sauk Rapids-Rice	438.75	
2011 – AA – Jessie Ramberg	Forest Lake	472.05	
A – Bailey Dupay	Northfield	405.50	
2012 – AA – Lexi Tenenbaum	Maple Grove	448.35	
A – Bailey DuPay	Northfield	394.25	
2013 – AA – Kiley Kuether	Mounds View	408.05	
A – Bailey DuPay	Northfield	397.55	
2014 – AA – Liz Click	Stillwater Area	463.25	
A – Megan White	The Blake School, Minneapolis	415.70	
2015 – AA – Michelle Schlossmacher-Smith	Roseville Area	442.05	
A – Mallery Dick	Big Lake	406.80	
2016 – AA – Megan Phillip	Edina	480.85	
A – Saylor Hawkins	Breck School, Golden Valley	433.75	
2017 – AA – Megan Phillip	Edina	476.05	
A – Saylor Hawkins	Breck School, Golden Valley	439.60	
2018 – AA – Megan Phillip	Edina	517.00	NR
A – Ellie Gunderson	*Fridley	381.65	
2019 – AA – Megan Phillip	Edina	493.55	
A – Olivia Motter	Rocori, Cold Spring	418.30	
2020 – No Meet: COVID-19 Pandemic			

Event No. 6

100 YARD BUTTERFLY CHAMPIONS 1976-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1976	Sue Heidelberg	Minneapolis Washburn	1:01.27	NR
1977	Marie Suppes	Park Center	:58.47	NR
1978	Marie Suppes	Park Center	:58.52	
1979	Marie Suppes	Park Center	:58.53	
1980	Amy Reed	St. Paul Johnson	:56.17	NR
1981	Amy Reed	St. Paul Johnson	:58.13	
1982	Amy Reed	St. Paul Johnson	:57.08	
1983	Amy Reed	St. Paul Johnson	:56.22	
1984	Kris Rapp	Eden Prairie	:57.87	
1985	Claudia Vieira	Edina	:58.94	
1986	Claudia Vieira	Edina	:58.39	
1987	Claudia Vieira	Edina	:56.37	
1988	Claudia Vieira	Edina	:56.87	
1989	Shelly Ebbighausen	Burnsville	:56.88	
1990	Stacy Bechel	Hastings	:57.45	
1991	Kari Klassen	Northfield/Cannon Falls	:57.57	
1992	Tanya Schuh	Stillwater	:56.71	
1993	Kari Klassen	Northfield	:57.61	
1994	Jenny Hennen	Anoka	:56.77	
1995	Jenny Hennen	Anoka	:56.04	
1996	Amy Bouta	Minneapolis South	:55.21	NR
NEW TWO-CLASS FORMAT				
1997 - AA	Amy Bouta	Minneapolis South	:55.47	NR
	A - Sarah Bohlsen	Sartell	:58.75	NR
1998 - AA	Katie Klamer	Eden Prairie	:57.73	
	A - Sarah Bohlsen	Sartell	:58.75	
1999 - AA	Sarah Solfelt	Eden Prairie	:56.21	
	A - Sarah Bohlsen	Sartell-Saint Stephen	:58.35	NR
2000 - AA	Sarah Solfelt	Eden Prairie	:56.08	
	A - Elizabeth Kiczula	Red Wing	:58.75	
2001 - AA	Alicia Jensen	Eden Prairie	:57.96	
	A - Elizabeth Kiczula	Red Wing	:57.79	NR
2002 - AA	Emily Gregory	Burnsville	:56.40	
	A - Lindsay Wegner	Hutchinson	:57.16	NR
2003 - AA	Emily Gregory	Burnsville	:55.79	
	A - Lindsay Wegner	Hutchinson Tigers	:57.37	
2004 - AA	Rachel Frederickson	Stillwater Area	:55.26	NR
	A - Elizabeth Kiczula	Red Wing	:56.10	NR
2005 - AA	Rachel Frederickson	Stillwater Area	:53.87	NR
	A - Megan Geyen	*Watertown-Mayer/Delano	:58.23	
2006 - AA	Rachel Frederickson	Stillwater Area	:54.34	
	A - Sammi Husband	Breck School	:57.37	
2007 - AA	Annalise Colton	Edina	:55.85	
	A - Sammi Husband	Breck School, Golden Valley	:56.86	
2008 - AA	Rachel Bootsma	Eden Prairie	:55.02	
	A - Audrey Kumm	*Hutchinson Tigers	:55.73	NR
2009 - AA	Meghan Cummings	Eden Prairie	:54.89	
	A - Audrey Kumm	*Hutchinson Tigers	:55.81	
2010 - AA	Rachel Bootsma	Eden Prairie	:52.73	NR
	A - Melissa Paakh	Detroit Lakes	:56.38	
2011 - AA	Nikki Larson	Edina	:55.09	
	A - Danielle Nack	Mankato West	:53.97	NR
2012 - AA	Zoe Avestruz	Chanhassen	:54.30	
	A - Danielle Nack	Mankato West	:52.41	NR
2013 - AA	Zoe Avestruz	Chanhassen	:54.37	
	A - Danielle Nack	Mankato West	:53.41	
2014 - AA	Zoe Avestruz	Chanhassen	:53.36	
	A - Bre Thorne	Breck School, Golden Valley	:55.88	
2015 - AA	Rachel Wittmer	Edina	:53.99	
	A - Bre Thorne	Breck School, Golden Valley	:56.49	
2016 - AA	Rachel Wittmer	Edina	:55.56	
	A - Madison Potter	*Blake	:55.40	
2017 - AA	Molly Meland	Hopkins	:55.36	
	A - Madison Potter	*Blake	:54.63	
2018 - AA	Peyton D'Emanuele	Minneapolis Southwest	:54.45	
	A - Yvonne Jia	Breck School, Golden Valley	:55.41	
2019 - AA	Claire Reinke	Wayzata	:54.79	
	A - Lexi Kucera	Hutchinson	:55.57	

Event No. 7

100 YARD FREESTYLE CHAMPIONS 1924-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1924	Sadie Joula	Eveleth	1:16.9	NR
1925	Sadie Joula	Eveleth	1:18.0	
1926	Fanny Wilson	Biwabik	1:18.5	
1927	Not Available			
1928	Lorraine Paulson	St. Paul Mechanic Arts	1:13.9	NR
1929	Fannie Wilson	Biwabik	1:11.0	NR
1930	Jennie Prosen	Gilbert	1:12.0	
1931	Jennie Prosen	Gilbert	1:10.8	NR
1932	Sivkka Pelto	Virginia	1:08.5	NR
1933	Lorraine Solberg	Virginia	1:10.2	
1934	Ruth Aho	Eveleth	1:10.6	
1935	Patsy Bailey	Virginia	1:09.3	
1936	Patsy Bailey	Virginia	1:07.4	NR
1937	Helen Saari	Biwabik	1:09.9	
1938	Lorraine Bemis	Nashwauk	1:08.3	
1939	Lorraine Bemis	Nashwauk	1:08.9	
1940	Betty Bemis	Nashwauk	1:04.3	NR
1941	Jean Frarey	Virginia	1:11.0	
1942	Jean Frarey	Virginia	1:10.0	
1975	Carla Erdman	Frank B. Kellogg	:55.92	NR
1976	Steph Schoening	Minneapolis Southwest	:54.61	NR
1977	Steph Schoening	Minneapolis Southwest	:54.28	
1978	Kirsten Wengler	Hopkins Lindbergh	:53.97	
1979	Diane Wallner	Alexander Ramsey	:52.84	NR
1980	Diane Wallner	Alexander Ramsey	:51.71	NR
1981	Diane Wallner	Alexander Ramsey	:51.87	
1982	Amy Volna	St. Anthony Village	:52.69	
1983	Amy Volna	St. Anthony Village	:52.01	
1984	Amy Volna	St. Anthony Village	:52.21	
1985	Nancy Knauer	St. Louis Park	:52.49	
1986	Kristen Neuenfeldt	Wayzata	:52.54	
1987	Stacey Niedenfuer	Alexandria	:51.44	NR
1988	Erika Bass	Wayzata	:52.24	
1989	Erika Bass	Wayzata	:52.36	
1990	Lori Sibbers	Rochester John Marshall	:52.88	
1991	Lori Sibbers	Rochester John Marshall	:52.63	
1992	Louisa Offerman	Edina	:52.96	
1993	Jenny Hennen	Anoka	:51.46	
1994	Heather Scholta	Minnnetonka	:52.61	
1995	Jennifer Riggs	Apple Valley	:50.76	NR
1996	Jennifer Riggs	Apple Valley	:50.70	NR
NEW TWO-CLASS FORMAT				
1997	AA – Jennifer Riggs	Apple Valley	:50.23	NR
	A – Erin Endres	Hutchinson	:52.57	NR
1998	AA – Jennifer Riggs	Apple Valley	:49.80	NR
	A – Emily Mondloh	Fridley	:52.84	
1999	AA – Katy Coombe	Wayzata	:51.97	
	A – Emily Mondloh	Fridley	:53.08	
2000	AA – Katie Seleskie	Hastings	:51.87	
	A – Sarah Perrott	Northfield	:53.24	
2001	AA – Sabrina Messmer	Robbinsdale Armstrong	:52.33	
	A – Sarah Perrott	Northfield	:52.89	
2002	AA – Roxane Akradi	Eagan	:50.85	
	A – Kelly Hyatt	Shakopee	:53.38	
2003	AA – Jenny Shaughnessy	Rochester John Marshall	:51.79	
	A – Stacy Busack	Fergus Falls	:51.74	NR
2004	AA – Jenny Shaughnessy	Rochester John Marshall	:50.60	
	A – Stacy Busack	Fergus Falls	:51.92	
2005	AA – Liz Halet	Champlin	:51.41	
	A – Meghan Weiss	Visitation	:52.98	
2006	AA – Maggie Meyer	White Bear Lake Area	:50.34	
	A – Tanya Thomforde	*Northfield High School	:53.16	
2007	AA – Katie Scarsella	Hastings	:51.75	
	A – Meghan Weiss	Visitation	:51.38	
2008	AA – Hannah Bowen	Stillwater Area	:49.78	NR
	A – Meghan Weiss	Visitation	:51.17	NR

2009 – AA – Hannah Bowen	Stillwater Area	:50.26	
A – Heidi Busack	Fergus Falls	:51.56	
2010 – AA – Hannah Bowen	Stillwater Area	:49.94	
A – Heidi Busack	Fergus Falls	:50.56	NR
2011 – AA – Kaia Grobe	Chanhassen	:50.18	
A – Whitney Weisz	Little Falls	:50.57	
2012 – AA – Kaia Grobe	Chanhassen	:49.97	
A – Solveig Viren	Grand Rapids	:51.32	
2013 – AA – Kaia Grobe	Chanhassen	:50:49	
A – Abbie Dolan	Visitation, Mendota Heights	:50.31	
2014 – AA – Rachel Wittmer	Edina	:49.82	
A – Abbie Dolan	Visitation, Mendota Heights	:49.60	NR
2015 – AA – Bella Smits	Andover	:50.40	
A – Abbie Dolan	Visitation, Mendota Heights	:49.62	
2016 – AA – Raime Jones	Edina	:50.58	
A – Kasey Milstroh	Foley	:51.02	
2017 – AA – Pyper Doo	Roseville Area	:49.61	
A – Lexi Kucera	Hutchinson	:51.12	
2018 – AA – Jordan McGinty	Wayzata	:50.54	
A – Taylor Williams	Benilde-St. Margaret's	:50.44	
2019 – AA – Sierra Smith	Robbinsdale Armstrong	:50.29	
A – Grace Hanson	Hutchinson	:49.83	
2020 – No Meet: COVID-19 Pandemic			

Event No. 8

500 YARD FREESTYLE CHAMPIONS 1976-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1976	Judy Anderson	Osseo	5:01.61	NR
1977	Peggy Kemp	Benilde-St. Margaret's	5:09.16	
1978	Roxanne Carlton	Edina East	5:13.71	
1979	Kirsten Wengler	Hopkins Lindbergh	5:00.42	NR
1980	Kirsten Wengler	Hopkins Lindbergh	5:07.67	
1981	Kirsten Wengler	Hopkins Lindbergh	4:56.20	NR
1982	Jody Schirmers	St. Cloud Tech	5:08.05	
1983	Rachael Faehn	Apple Valley	5:06.53	
1984	Lynn Newton	Simley	5:05.96	
1985	Lynn Newton	Simley	4:59.09	
1986	Lynn Newton	Simley	4:57.84	
1987	Lynn Newton	Simley	4:57.57	
1988	Tracy Vitols	Richfield	4:59.69	
1989	Laura Gandrud	Blake	5:00.42	
1990	Cathy Beach	Wayzata	4:59.25	
1991	Emily Peters	Bloomington Kennedy	5:06.23	
1992	Emily Peters	Bloomington Kennedy	5:01.01	
1993	Katie Carlson	Shakopee	5:04.88	
1994	Katie Carlson	Shakopee	5:00.67	
1995	Katie Carlson	Shakopee	4:56.46	
1996	Becky Crissinger	Hastings	5:01.94	
NEW TWO-CLASS FORMAT				
1997	AA - Mara Sveum	Hopkins	4:58.64	NR
	A - Jessica Carlson	Hutchinson	5:07.22	NR
1998	AA - Mara Sveum	Hopkins	4:57.83	NR
	A - Jessica Carlson	Hutchinson	5:08.58	
1999	AA - Jenna Stocker	Bloomington Jefferson	5:02.35	
	A - Katie Wind	Trinity School at River Ridge	5:08.98	
2000	AA - Paige Gilgan	Eagan	4:58.98	
	A - Katie Wind	Trinity School at River Ridge	5:05.02	NR
2001	AA - Becca Slagerman	Park Center, Brooklyn Park	5:02.95	
	A - Katie Wind	Trinity School at River Ridge	5:04.46	NR
2002	AA - Chelsey Walden	Woodbury	5:04.36	
	A - Lauren Bergstrom	Benilde-St. Margaret's	5:09.19	
2003	AA - Tiffany Biddle	Centennial, Circle Pines	5:03.87	
	A - Lauren Bergstrom	Benilde-St. Margaret's	5:07.56	
2004	AA - Alexa O'Brien	Cretin-Derham Hall	5:03.10	
	A - Lauren Bergstrom	Benilde-St. Margaret's	5:08.64	
2005	AA - Megan Braun	Edina	4:58.07	
	A - Jenny Steege	Visitation	5:13.24	
2006	AA - Kaela Anderson	Stillwater Area	4:58.53	
	A - Kelly Grant	The Blake School	5:05.57	
2007	AA - Lauren Weis	Cretin-Derham Hall	4:52.85	NR
	A - Marisa Wood	Sartell-St. Stephen	5:08.95	
2008	AA - Kiera Janzen	Cretin-Derham Hall	4:51.22	NR
	A - Marisa Wood	Sartell-St. Stephen	5:02.05	NR
2009	AA - Kiera Janzen	Cretin-Derham Hall	4:50.73	
	A - Marisa Wood	Sartell-St. Stephen	4:58.92	NR
2010	AA - Kiera Janzen	Cretin-Derham Hall	4:56.71	
	A - Marisa Wood	Sartell-St. Stephen	4:55.44	
2011	AA - Kira Zubar	Eden Prairie	4:52.45	
	A - Marisa Wood	Sartell-St. Stephen	4:49.68	NR
2012	AA - Amelia Schilling	Mnnetonka	4:48.96	NR
	A - Thomasin Lee	Chisago Lakes Area, Lindstrom	5:00.72	
2013	AA - Kira Zubar	Eden Prairie	4:54.78	
	A - Chantal Nack	Mankato West	4:56.43	
2014	AA - Kallyn Barkey	Rochester Mayo	4:55.34	
	A - Jordyn Wentzel	Delano	5:08.78	
2015	AA - Kelli McCarthy	Edina	4:56.91	
	A - Kasey Milstroh	Foley	5:01.00	
2016	AA - Kelli McCarthy	Edina	4:52.03	
	A - Maria Mattaini	Visitation, Mendota Heights	5:01.32	
2017	AA - Kelli McCarthy	Edina	4:52.83	
	A - Jordyn Wentzel	Delano	4:56.74	
2018	AA - Claudia Chang	Edina	4:54.64	
	A - Hailey Farrell	Hutchinson	5:02.04	
2019	AA - Claudia Chang	Edina	4:54.33	
	A - Hailey Farrell	Hutchinson	4:59.54	

Event No. 9
200 YARD FREESTYLE RELAY CHAMPIONS 1990-2020

<u>Year</u>	<u>School/Team</u>	<u>Time</u>	
1990	Spring Lake Park/St. Anthony Village **Record - NEW Event	**1:39.57	
1991	Edina	1:40.11	
1992	Edina	1:39.06	NR
1993	Monticello	1:39.20	
1994	Edina	1:38.88	NR
1995	Hastings	1:38.43	
1996	Apple Valley	1:36.77	NR
NEW TWO-CLASS FORMAT			
1997	AA - Eden Prairie	1:37.63	NR
	A - Hutchinson	1:37.53	NR
1998	AA - Eden Prairie	1:37.00	NR
	A - Montevideo	1:39.66	
1999	AA - Wayzata	1:38.43	
	A - Sartell-Saint Stephen	1:39.81	
2000	AA - Wayzata	1:38.41	
	A - Rosemount	1:40.03	
2001	AA - Edina	1:38.35	
	A - Red Wing	1:39.35	
2002	AA - Edina	1:38.10	
	A - Red Wing	1:39.53	
2003	AA - Edina	1:36.80	NR
	A - Northfield	1:38.84	
2004	AA - Edina	1:35.78	NR
	A - Sauk Rapids-Rice	1:40.79	
2005	AA - Edina	1:36.51	
	A - Visitation	1:39.39	
2006	AA - Wayzata	1:36.68	
	A - Visitation	1:40.06	
2007	AA - Wayzata	1:36.59	
	A - Visitation	1:38.94	
2008	AA - Stillwater Area (tie)	1:34.80	NR
	AA - Lakeville South (tie)	1:34.80	NR
	A - Sartell-St. Stephen	1:37.63	
2009	AA - Stillwater Area	1:34.94	
	A - Sartell-St. Stephen	1:36.14	NR
2010	AA - Wayzata	1:36.07	
	A - Sartell-St. Stephen	1:37.41	
2011	AA - Edina	1:34.40	NR
	A - Sartell-St. Stephen	1:36.62	
2012	AA - Eden Prairie	1:35.65	
	A - Northfield	1:37.06	
2013	AA - Edina	1:34.06	NR
	A - Mankato West	1:36.88	
2014	AA - Edina	1:33.80	NR
	A - Visitation, Mendota Heights	1:35.52	NR
2015	AA - Minnetonka	1:33.84	
	A - Visitation, Mendota Heights	1:34.07	NR
2016	AA - Edina	1:32.89	NR
	A - Visitation, Mendota Heights	1:36.95	
2017	AA - Minnetonka	1:43.10	
	A - Hutchinson	1:35.85	
2018	AA - Edina	1:34.43	
	A - Hutchinson	1:35.59	
2019	AA - Minnetonka	1:34.44	
	A - Hutchinson	1:35.15	
2020	No Meet: COVID-19 Pandemic		

Event No. 10

100 YARD BACKSTROKE CHAMPIONS 1924-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1924	Caroline Shrodes	Eveleth	1:35.6	
1925	Marguerite Kotola	Virginia	N/A	
1926	Rachel Nichols	Eveleth	1:29.5	NR
1927	<i>Not Available</i>			
1928	Rachel Nichols	Eveleth	1:25.6	NR
1929	Rachel Nichols	Eveleth	1:24	NR
1930	Elma Prinkela	Eveleth	1:25.2	
1931	Shirley Morris	Virginia	1:24.4	NR
1932	Marjorie Smith	Biwabik	1:19.6	NR
1933	Olga Matko	Virginia	1:18.1	NR
1934	Margie Smith	Biwabik	1:16.2	NR
1935	Margie Smith	Biwabik	1:14.7	NR
1936	Emily Champa	Chisholm	1:17.7	NR
1937	Betty Bemis	Nashwauk	1:18	
1938	Betty Bemis	Nashwauk	1:12.5	NR
1939	Betty Bemis	Nashwauk	1:08.9	NR
1940	Janet Bymark	Biwabik	1:19.9	
1941	Barbara Roels	Chisholm	1:21.8	
1942	Peggy Sullivan	Coleraine	1:17.8	
1975	Karen Deane	Minnetonka	1:03.119	NR
1976	Beth Peters	Minnetonka	1:01.53	NR
1977	Jane Bissell	Wayzata	1:00.60	
1978	Jane Bissell	Wayzata	1:00.49	NR
1979	Karen Andrews	Edina West	1:01.36	
1980	Shelly Hansen	Richfield	1:00.53	
1981	Nancy Swanum	Burnsville	:59.19	NR
1982	Nancy Swanum	Burnsville	:58.70	NR
1983	Nancy Swanum	Burnsville	:58.35	
1984	Kirsten Schwartz	Burnsville	1:00.84	
1985	Shannon Manikowski	Robbinsdale Armstrong	1:00.45	
1986	Monica Koyama	Park, Cottage Grove	:59.61	
1987	Lisa Anderson	Park Center	:58.21	NR
1988	Monica Koyama	Park, Cottage Grove	:59.79	
1989	Laura Borgelt	Hastings	1:00.02	
1990	Katie Oien	Woodbury	:58.05	NR
1991	Katie Oien	Woodbury	:58.89	
1992	Jenny Carlson	Shakopee	:59.00	
1993	Jaina McClure	Minneapolis South	:58.12	
1994	Beth Shimanski	Hutchinson	:57.77	
1995	Gretchen Weber	Eden Prairie	:57.08	NR
1996	Katie Klammer	Eden Prairie	:56.91	NR
NEW TWO-CLASS FORMAT				
1997 - AA	- Sarah Solfelt	Eden Prairie	:57.25	NR
	A - Anne Knopman	Breck School	:59.18	NR
1998 - AA	- Sarah Solfelt	Eden Prairie	:56.07	NR
	A - Jillian Zebeck	Benilde-Saint Margaret's	:59.03	NR
1999 - AA	- Kaela Humphries	Eden Prairie	:57.22	
	A - Jillian Zebeck	Benilde-Saint Margaret's	:59.44	
2000 - AA	- Roxane Akradi	Eagan	:56.82	
	A - Kristin Ophaug	Northfield	:59.09	
2001 - AA	- Roxane Akradi	Eagan	:56.96	
	A - Rachel Gordon	Grand Rapids	:59.14	
2002 - AA	- Carolyn Barer	Edina	:58.00	
	A - Jami Turner	Prior Lake	:59.74	
2003 - AA	- Roxane Akradi	Eagan	:55.37	NR
	A - Nikki Bakke	Hutchinson Tigers	:58.41	NR
2004 - AA	- Maggie Meyer	White Bear Lake Area	:56.57	
	A - Stephanie Gross	St. Cloud Cathedral	:59.28	
2005 - AA	- Sara Goff	Minnetonka	:57.17	
	A - Kara Fisher	Fergus Falls	:59.73	
2006 - AA	- Maggie Meyer	White Bear Lake Area	:55.30	NR
	A - Taylor Foster	Breck School	1:00.77	
2007 - AA	- Rachel Bootsma	Eden Prairie	:55.94	
	A - Taylor Foster	Breck School	:59.65	
2008 - AA	- Rachel Bootsma	Eden Prairie	:54.07	NR
	A - Taylor Foster	Breck School	:56.72	NR

2009 – AA – Tess Behrens	Maple Grove	:54.47	
A – Caley Oquist	Monticello	:56.62	NR
2010 – AA – Rachel Bootsma	Eden Prairie	:51.53	NR
A – Caley Oquist	Monticello	:55.35	NR
2011 – AA – Emma Paulson	Wayzata	:55.14	
A – Ellen Bloom	Sartell-St. Stephen	:55.88	
2012 – AA – Zoe Avestruz	Chanhassen	:53.50	
A – Ellen Bloom	Sartell-St. Stephen	:56.36	
2013 – AA – Zoe Avestruz	Chanhassen	:52.96	
A – Cecilia Hake	*Faribault	:55.74	
2014 – AA – Zoe Avestruz	Chanhassen	:51.98	
A – Chantal Nack	Mankato West	:55.72	
2015 – AA – Carly Quast	Wayzata	:54.04	
A – Bre Thorne	Breck School, Golden Valley	:56.09	
2016 – AA – Carly Quast	Wayzata	:53.39	
A – Marena Kouba	Sartell-St. Stephen	:56.65	
2017 – AA – Isabelle Stadden	Blaine	:52.78	
A – Gabi Baldwin	Hill-Murray, Maplewood	:56.69	
2018 – AA – Chloe Skogg	Eden Prairie	:54.47	
A – Katelin Phelps	Breck School, Golden Valley	:55.43	
2019 – AA – Abby Kapeller	Minnetonka	:53.72	
A – Emma Kern	Delano	:54.94	NR
2020 – No Meet: COVID-19 Pandemic			

Event No. 11

100 YARD BREASTSTROKE CHAMPIONS 1924-2020

<u>Year</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	
1924	Leona Irwin	Virginia	1:43.0	NR
1925	Ellen Johnson	Virginia	1:38.3/5	NR
1926	Ellen Lewis	Eveleth	1:33.5	NR
1927	<i>Not Available</i>			
1928	Ellen Lewis	Eveleth	1:25.7	NR
1929	Rose Andrik	Virginia	1:28.7	
1930	Margaret Peterson	Eveleth	1:28.9	
1931	Ann Govednik	Chisholm	1:27.9	
1932	Ann Govednik	Chisholm	1:20.2	NR
1933	Ann Govednik	Chisholm	1:18.0	NR
1934	Ann Govednik	Chisholm	1:22.1	
1935	Marie Sarkipato	Ely	1:26.3	
1936	Irene Cieslak	Virginia	1:28.5	
1937	Violet Lappi	Biwabik	1:27.6	
1938	Helen Pollack	Eveleth	1:24.5	
1939	Doris Novotny	Virginia	1:23.8	
1940	Doris Novotny	Virginia	1:21.5	
1941	Doris Novotny	Virginia	1:22.1	
1942	Virginia Sandberg	Nashwauk	1:31.3	
1975	Sue Wasowicz	White Bear Lake	1:10.527	NR
1976	Michelle Schmid	Minnnetonka	1:11.32	
1977	Anne Moser	Minnnetonka	1:10.12	NR
1978	Anne Moser	Minnnetonka	1:08.82	NR
1979	Nancy Touve	Armstrong	1:09.39	
1980	Sue Roell	Burnsville	1:07.44	NR
1981	Sue Roell	Burnsville	1:08.95	
1982	Sue Roell	Burnsville	1:05.81	NR
1983	Lyn Tierney	Edina	1:08.38	
1984	Lyn Tierney	Edina	1:06.80	
1985	Anne Pringle	Monticello	1:05.97	
1986	Laura Gandrud	Blake	1:05.32	
1987	Lori Heisick	Edina	1:03.74	NR
1988	Lori Heisick	Edina	1:02.81	
1989	Kris Zeller	Faribault	1:06.32	
1990	Gretchen Hegener	Watertown-Mayer	1:05.82	
1991	Gretchen Hegener	Watertown-Mayer	1:03.69	
1992	Becky Gibbs	Wayzata	1:04.55	
1993	Sarah Krueger	Sartell	1:04.58	
1994	Amy Bouta	Minneapolis South	1:04.31	
1995	Amy Bouta	Minneapolis South	1:05.43	
1996	Amy Bouta	Minneapolis South	1:05.50	
NEW TWO-CLASS FORMAT				
1997 - AA	- Emily Nayes	Eden Prairie	1:05.11	NR
	A - Megan Broskoff	Albert Lea	1:07.00	NR
1998 - AA	- Kaela Humphries	Eden Prairie	1:05.13	
	A - Hanne Dale	Fergus Falls/Hillcrest	1:05.36	NR
1999 - AA	- Meredith Saylor	Edina	1:05.15	
	A - Erin Seeba	Fergus Falls/Hillcrest	1:07.69	
2000 - AA	- Katie Proell	Hopkins	1:05.19	
	A - Eva Miller	Sartell-Saint Stephen	1:08.76	
2001 - AA	- Abby Ruess	Edina	1:04.72	NR
	A - Bridget McCoy	Henry Sibley, Mendota Heights	1:06.36	
2002 - AA	- Kerry Kraemer	Burnsville	1:04.64	NR
	A - Anneliese Nelson	Roseau	1:08.90	
2003 - AA	- Kerry Kraemer	Burnsville	1:03.32	NR
	A - Elizabeth Kiczula	Red Wing	1:06.61	
2004 - AA	- Kerry Kraemer	Burnsville	1:02.94	NR
	A - Elizabeth Kiczula	Red Wing	1:05.39	
2005 - AA	- Kerry Kraemer	Burnsville	1:01.94	NR
	A - Ann Gusewelle	Sauk Centre	1:07.05	
2006 - AA	- Kerry Kraemer	Burnsville	1:02.63	
	A - Olivia McNeely	Visitation	1:06.92	
2007 - AA	- Abby Duncan	*Champlin Park	1:05.61	
	A - Olivia McNeely	Visitation	1:04.70	NR
2008 - AA	- Abby Duncan	*Champlin Park	1:01.30	NR
	A - Olivia McNeely	Visitation	1:04.31	NR

2009 – AA – Abby Duncan	*Champlin Park	1:01.33	
A – Megan Ostrom	St. Louis Park	1:05.82	
2010 – AA – Abby Duncan	*Champlin Park	1:01.16	
A – Kathryn Ostrom	St. Louis Park	1:05.53	
2011 – AA – Olivia Anderson	Edina	1:02.89	
A – Kathryn Ostrom	St. Louis Park	1:04.65	
2012 – AA – Olivia Anderson	Edina	1:02.96	
A – Lindsey Horejsi	Albert Lea	1:00.16	NR
2013 – AA – Olivia Anderson	Edina	1:01.88	
A – Lindsey Horejsi	Albert Lea	1:00.67	
2014 – AA – Olivia Anderson	Edina	1:01.47	
A – Lindsey Horejsi	Albert Lea	:59.56	NR
2015 – AA – Madison Preiss	Wayzata	1:02.19	
A – Lindsey Horejsi	Albert Lea	58.56	
2016 – AA – Emma Lezer	St. Michael-Albertville	1:01.43	
A – Sophia Nevin	*Northfield	1:03.97	
2017 AA – Emma Lezer	St. Michael-Albertville	1:01.92	
A – Jordyn Wentzel	Delano	1:03.74	
2018 – AA – Emma Lezer	St. Michael-Albertville	1:01.98	
A – Caroline Gardner	Orono	1:03.08	
2018 – AA – Emma Lezer	St. Michael-Albertville	1:01.98	
A – Caroline Gardner	Orono	1:03.08	
2019 – AA – Reese Dehen	Anoka	1:02.07	
A – Hannah Hintermeister	Richfield	1:04.41	
2020 – No Meet: COVID-19 Pandemic			

Event No. 12
400 YARD FREESTYLE RELAY CHAMPIONS 1975-2020

<u>Year</u>	<u>School</u>	<u>Time</u>	
1975	Minnetonka	3:47.4888	NR
1976	Minnetonka	3:44.17	NR
1977	Golden Valley	3:43.39	NR
1978	Bloomington Jefferson	3:43.49	
1979	Richfield	3:40.99	NR
1980	Richfield	3:39.13	NR
1981	Hopkins Lindbergh	3:36.97	NR
1982	St. Anthony Village	3:37.57	
1983	St. Anthony Village	3:36.13	
1984	Blake	3:37.90	
1985	Burnsville	3:36.83	
1986	Wayzata	3:36.94	
1987	Park Center	3:37.18	
1988	Wayzata	3:37.19	
1989	Hastings	3:38.14	
1990	Spring Lake Park/St.Anthony Village	3:38.67	
1991	Woodbury	3:38.49	
1992	Woodbury	3:36.81	
1993	Minnetonka	3:36.78	
1994	Apple Valley	3:36.33	
1995	Hastings	3:33.48	NR
1996	Apple Valley	3:30.44	NR
NEW TWO-CLASS FORMAT			
1997	AA – Eden Prairie	3:32.47	NR
	A – Hutchinson	3:35.27	NR
1998	AA - Apple Valley	3:32.95	
	A – Northfield	3:40.03	
1999	AA – Eden Prairie	3:31.78	NR
	A – Northfield	3:41.32	
2000	AA – Wayzata	3:35.37	
	A – Red Wing	3:37.05	
2001	AA – Eagan	3:36.64	
	A – Red Wing	3:39.99	
2002	AA – Edina	3:34.70	
	A – Red Wing	3:36.77	
2003	AA – Edina	3:31.79	
	A – Hutchinson Tigers	3:38.84	
2004	AA – Edina	3:32.27	
	A - Hutchinson Tigers	3:40.82	
2005	AA – Edina	3:29.93	NR
	A – Visitation	3:37.95	
2006	AA – Stillwater Area	3:30.31	
	A – Hill-Murray	3:40.14	
2007	AA – Cretin-Derham Hall	3:30.38	
	A – Visitation	3:36.13	
2008	AA – Stillwater Area	3:26.09	NR
	A – Visitation	3:34.97	NR
2009	AA – Stillwater Area	3:27.64	
	A - *Hutchinson Tigers	3:32.14	NR
2010	AA – Wayzata	3:26.89	
	A - *Hutchinson	3:30.44	NR
2011	AA – Edina	3:28.60	
	A – Sartell-St. Stephen	3:32.12	
2012	AA – Chanhassen	3:26.23	
	A – Mankato West	3:32.63	
2013	AA – Chanhassen	3:25.69	NR
	A – Visitation, Mendota Heights	3:29.54	NR
2014	AA – Chanhassen	3:22.37	NR
	A – Visitation, Mendota Heights	3:30.82	
2015	AA – Edina	3:23.48	
	A – Visitation, Mendota Heights	3:30.66	
2016	AA – Edina	3:21.89	NR
	A – Hutchinson	3:30.49	
2017	AA – Edina	3:24.72	
	A – Hutchinson	3:29.03	NR
2018	AA – Edina	3:26.73	
	A – Hutchinson	3:27.64	NR
2019	AA – Minnetonka	3:25.09	

