



**2023 GIRLS
STATE
★ STATE ★
SWIM & DIVE
CHAMPIONSHIP**



NDHSAA

BSC Aquatic & Wellness Center - Bismarck
November 10-11



2023 State Champions - West Fargo Sheyenne Mustangs



Farmers Union
INSURANCE

VISION ZERO
Zero fatalities. Zero excuses.



Matthew J. Fetsch
Executive Director



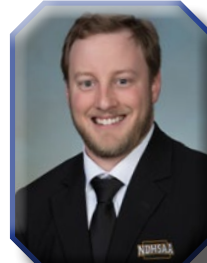
Brian Bubach
Associate Director



Justin Fletschock
Assistant Director



Kevin Morast
Assistant Director



Nick Walton
Technology Director



Tom Mix
Media Specialist



Josh Johnson
President
Valley City



Andrew Jordan
Vice President
Wilton



Guy Fridley
Dickinson



Mitch Lunde
Minot



Larry Derr
Glenburn



Ryan Hanson
Devils Lake



Rick Diegel
Steele



Patti Aanenson
Larimore



Matt Bakke
Grand Forks



Adam Tescher, Bismarck
Dept. of Public Instruction



Alexis Baxley, Bismarck
School Boards Association

TOURNAMENT OFFICIALS

Tournament Manager
 Meet Referee/Diving Judge
 Diving Referee/Stroke Judge
 Starter/Diving Judge
 Stroke/Diving Judge
 Turn/Diving Judge
 Turn/Diving Judge
 Turn/Diving Judge
 Turn/Diving Judge
 Anthem Singer

Dave Zittleman
 Gerry Pfau
 Deb Slack
 Missy Schell
 Lisa Montplaisir
 Ted Alme
 Kathy Apaas
 Dan Heckaman
 Wallace Twist

Friday - November 10th
 Saturday - November 11th

Kaleb Clark, Century High School
 Nevaeh Mock, Legacy High School

MEET SCHEDULE

Friday, November 10, 2023

11:00A.M. Coaches Meeting
 11:00A.M. Diving Warm-Ups Begin
 11:15A.M. Diving Sheets Due
 Officials Meeting
 12:30P.M. Diving Preliminaries
 2:15P.M. * Swim Warm-Ups Begin
 3:15P.M. * Introduction of teams/Anthem
 Swimming prelims

Saturday, November 11, 2023

9:00A.M. Coaches Meeting - Scheduling
 9:45A.M. Diving warm-ups
 10:45A.M. Diving semi-finals
 11:30A.M. Coaches and Officials Meeting
 12:00P.M. Swimming & Diving warm-ups
 1:15P.M. Introduction of teams/Anthem
 Swimming and Diving Finals

* (Depending on diving finishing)

ORDER OF EVENTS

200 Yard Medley Relay
 200 Yard Freestyle
 200 Yard Individual Medley
 50 Yard Freestyle
 Diving
 100 Yard Butterfly
 100 Yard Freestyle
 500 Yard Freestyle
 200 Yard Freestyle Relay
 100 Yard Backstroke
 100 Yard Breaststroke
 400 Yard Freestyle Relay

CHAMPIONSHIP SCORING

Relays
 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
 Individual Events
 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

DIVING COMPETITION

Number of Contestants..... 1-38
 Preliminaries..... 2 Voluntary & 3 optional
 Semi-Finals..... 2 Voluntary & 1 optional
 Finals..... 1 Voluntary & 2 optional

Each contestant shall submit a signed, diving score sheet which includes the number, written description, position, degree of difficulty, and order in which the dives will be performed for all levels of the competition, preliminaries through finals.

Points shall be awarded by judges on a scale of 10 to 0 at ½ increments according to the following:

Excellent	10
Very Good	8½ to 9½
Good	7 to 8
Satisfactory	5 to 6½
Deficient	2½ to 4½
Unsatisfactory.....	½ to 2
Failed.....	0

To determine the score for each dive when using a seven-judge format, the two high and two low scores are cancelled. The remaining three judges' awards are added together and then taken times the Degree of Difficulty to determine the total points for that dive. Each dive total is added in succession to determine the final score for each diver. After the preliminary round, the number of contestants is cut to 20. After the semi-final round, the number of contestants is cut to 16. The order of finish shall be determined by the cumulative score for each diver achieved in all rounds of the diving competition.

NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

<p>1974</p> <ol style="list-style-type: none"> 1. Fargo North 238 2. Bismarck 216 3. Fargo South 168 4. Minot 145 5. Fargo Shanley 78 6. Jamestown 68 7. GF Central 54 8. GF Red River 31 <p>1975</p> <ol style="list-style-type: none"> 1. Fargo North 246 2. Minot 191.5 3. Bismarck 173 4. Jamestown 122 5. Fargo Shanley 121 6. Fargo South 114.5 7. Century 88 8. GF Central 65 9. GF Red River 48 10. Mandan 19 <p>1976</p> <ol style="list-style-type: none"> 1. Fargo North 265 2. Fargo Shanley 190 3. Fargo South 154 4. Minot 123 5. Century 108 6. Jamestown 96 7. Bismarck 88 8. GF Central 69 9. Williston 47 10. Mandan 29 11. GF Red River 14 <p>1977</p> <ol style="list-style-type: none"> 1. Fargo North 215 2. Fargo South 209 3. Minot 168 4. Williston 121 5. Fargo Shanley 106 6. GF Central 95 7. Jamestown 77 8. Century 66 9. GF Red River 61 10. Bismarck 49 11. Mandan 37 <p>1978</p> <ol style="list-style-type: none"> 1. Minot 239 2. Fargo South 214 3. Fargo North 163 4. Williston 143 5. Fargo Shanley 97 6. GF Red River 86 7. Bismarck 81 8. Century 68 9. Jamestown 43 10. GF Central 40 11. Mandan 31 	<p>1979</p> <ol style="list-style-type: none"> 1. Minot 301 2. Fargo North 172 3. Fargo South 158 4. Bismarck 108 5. GF Red River 108 6. Century 83 7. Jamestown 79 8. Fargo Shanley 76 9. Williston 48 10. GF Central 45 11. Mandan 27 12. West Fargo 4 <p>1980</p> <ol style="list-style-type: none"> 1. Minot 227 2. Fargo North 168 3. Fargo South 122 4. GF Red River 116 5. Jamestown 101 6. Bismarck 98 7. Century 90 8. Fargo Shanley 79 9. Williston 71 10. Mandan 67 11. GF Central 56 12. West Fargo 10 <p>1981</p> <ol style="list-style-type: none"> 1. Minot 279 2. Bismarck 137 3. Fargo North 132 4. Century 124 5. Fargo Shanley 107 6. Jamestown 99 7. GF Central 79 8. Williston 65 9. Fargo South 62 10. Mandan 62 11. GF Red River 47 12. West Fargo 16 <p>1982</p> <ol style="list-style-type: none"> 1. Minot 339 2. Bismarck 152 3. Fargo North 144 4. Jamestown 123 5. Mandan 118 6. Century 93 7. GF Central 81 8. Fargo Shanley 61 9. Fargo South 42 10. GF Red River 30 11. West Fargo 17 12. Williston 12 	<p>1983</p> <ol style="list-style-type: none"> 1. Minot 254 2. Jamestown 181 3. Mandan 139 4. GF Central 99 5. Bismarck 95 6. Century 75 7. Fargo North 74 8. Williston 73 9. GF Red River 67 10. Fargo South 54 11. Fargo Shanley 53 12. West Fargo 34 <p>1984</p> <ol style="list-style-type: none"> 1. Minot 258 2. Mandan 228 3. Jamestown 193 4. Fargo South 95 5. Bismarck 85 6. GF Red River 77 7. West Fargo 67 8. Century 66 9. Fargo North 51 10. GF Central 43 11. Williston 29 12. Fargo Shanley 11 <p>1985</p> <ol style="list-style-type: none"> 1. Minot 296 2. Mandan 181 3. Jamestown 126 4. Century 119 5. Fargo South 112 6. Williston 94 7. GF Central 72 8. Fargo North 52 9. GF Red River 48 10. West Fargo 44 11. Bismarck 38 12. Fargo Shanley 25 <p>1986</p> <ol style="list-style-type: none"> 1. Minot 269 2. Mandan 177 3. Jamestown 160 4. Century 153 5. Fargo South 117 6. Fargo Shanley 69 7. West Fargo 58 8. Williston 51 9. GF Central 51 10. GF Red River 40 11. Fargo North 37 12. Bismarck 15 	<p>1987</p> <ol style="list-style-type: none"> 1. Minot 255 2. Mandan 242 3. Williston 135 4. Century 121 5. Jamestown 116 6. Fargo South 89 7. GF Red River 69 8. Fargo North 61 9. Fargo Shanley 44 10. West Fargo 41 11. Bismarck 17 12. GF Central 8 <p>1988</p> <ol style="list-style-type: none"> 1. Minot 281.5 2. Mandan 246.5 3. Century 116 4. Jamestown 106 5. Williston 104 6. Fargo South 87 7. GF Red River 81 8. Fargo Shanley 53 9. Bismarck 42 10. Fargo North 38 11. West Fargo 24 12. GF Central 15 <p>1989</p> <ol style="list-style-type: none"> 1. Mandan 228 2. Minot 212 3. Williston 142 4. Century 125 5. Jamestown 107 6. GF Red River 91 7. West Fargo 79 8. Fargo South 73 9. Fargo North 49 10. Fargo Shanley 44 11. Bismarck 33 12. GF Central 23 <p>1990</p> <ol style="list-style-type: none"> 1. Mandan 265 2. Century 251 3. Fargo North 159 4. Minot 155 5. Fargo South 143 6. Jamestown 107 7. West Fargo 84 8. Bismarck 67 9. Williston 58 10. GF Red River 56 11. GF Central 26 12. Fargo Shanley 21 	<p>1991</p> <ol style="list-style-type: none"> 1. Mandan 269 2. Century 234 3. Minot 181 4. West Fargo 160 5. Fargo South 141.5 6. Fargo North 129 7. Jamestown 94 8. GF Red River 60.5 9. Bismarck 43 10. Williston 41 11. GF Central 24 12. Fargo Shanley 12 <p>1992</p> <ol style="list-style-type: none"> 1. Mandan 294 2. Century 244 3. Minot 222 4. Fargo North 113 5. Williston 105 6. West Fargo 101 7. Jamestown 96 8. Fargo South 89 9. Bismarck 41 10. GF Red River 36 11. Fargo Shanley 23 12. GF Central 16 <p>1993</p> <ol style="list-style-type: none"> 1. Century 282 2. Minot 217 3. Mandan 195 4. West Fargo 152 5. Williston 133 6. Jamestown 105 7. Fargo South 105 8. Fargo North 91 9. Bismarck 70 10. Fargo Shanley 17 11. GF Red River 17 12. GF Central 10 <p>1994</p> <ol style="list-style-type: none"> 1. Minot 475 2. Century 379 3. Mandan 223.5 4. Williston 222 5. Fargo North 190 6. Jamestown 182 7. West Fargo 178 8. Fargo South 167.5 9. Bismarck 141 10. Fargo Shanley 37 11. GF Central 34 12. GF Red River 28
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NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

1995			1999			2003			2007			2011			
1. Minot	538.5		1. Mandan	411.5		1. Minot	424.5		1. Minot	330		1. Century	352		
2. Century	424		2. Minot	406.5		2. Williston	328		2. Fargo North	255		2. Fargo North	338		
3. Mandan	233		3. Jamestown	292		3. Mandan	224.5		3. West Fargo	240		3. Minot	227		
4. Fargo South	201		4. Fargo South	226		4. Fargo North	206		4. Fargo South	206		4. West Fargo	226		
5. Fargo North	181.5		5. Fargo North	192.5		5. GF Central	197.5		5. Williston	192		5. Williston	201		
6. Jamestown	147		6. Century	167		6. GF Red River	177.5		6. GF Central	188		6. GF Central	177		
7. Williston	127		7. GF Central	143		7. West Fargo	171		7. Century	184		7. Jamestown	175		
8. West Fargo	124		8. Williston	122		8. Century	152		8. Wahpeton	157		8. Mandan	137		
9. Bismarck	110		9. GF Red River	113		9. Fargo South	138		9. GF Red River	150		9. Fargo South	115		
10. GF Red River	72		10. Bismarck	78		10. Jamestown	115		10. Shanley	119		10. GF Red River	109		
11. Fargo Shanley	52		11. West Fargo	71.5		11. Bismarck	67		11. Jamestown	91		11. Bismarck	104		
12. GF Central	34 ^{SEP}		12. Fargo Shanley	32		12. Fargo Shanley	40		12. Bismarck	77		12. Fargo Davis	67		
									13. Mandan	74		13. Shanley	47		
												14. Wahpeton	25		
1996			2000			2004			2008			2012			
1. Minot	536.5		1. Mandan	402		1. Minot	351		1. Minot	331		1. Fargo North	386		
2. Century	372		2. Minot	324		2. Williston	292		2. West Fargo	287		2. Century	336		
3. Mandan	211		3. Jamestown	245		3. Fargo North	268.5		3. Century	250		3. Minot	266		
4. Fargo North	205		4. Fargo North	219		4. Mandan	232.5		4. Williston	199		4. West Fargo	220		
5. Fargo South	194		5. Fargo South	219		5. West Fargo	208		5. Fargo South	182		5. Williston	218		
6. Williston	190		6. GF Central	187		6. GF Central	199		6. GF Red River	177		6. GF Central	167		
7. Jamestown	175.5		7. Century	157		7. Jamestown	136		7. Mandan	169		7. Bismarck	157		
8. West Fargo	105		8. Williston	152		8. GF Red River	135		8. GF Central	159		8. Mandan	142		
9. Bismarck	93		9. GF Red River	121		9. Century	133		9. Shanley	147		9. Jamestown	132		
10. GF Red River	67		10. West Fargo	88		10. Fargo South	114		10. Jamestown	117		10. Fargo South	85		
11. Fargo Shanley	61		11. Bismarck	84		11. Bismarck	91		11. Wahpeton	111		11. Fargo Davies	71		
12. GF Central	45		12. Fargo Shanley	20		12. Wahpeton	54		12. Fargo North	94		12. Shanley	58		
						13. Fargo Shanley	49		13. Bismarck	58		13. Wahpeton	33		
												14. GF Red River	30		
1997			2001			2005			2009			2013			
1. Minot	478		1. Mandan	352		1. Minot	362		1. Century	290		1. Minot	337		
2. Mandan	274		2. Minot	342		2. Williston	313		2. Williston	262.5		2. West Fargo	326		
3. Fargo North	266		3. Jamestown	259		3. Fargo North	254		3. Minot	225		3. Fargo North	315		
4. Fargo South	221		4. Fargo South	254		4. West Fargo	212		4. GF Red River	219		4. Century	277		
5. Century	216		5. Williston	220		5. GF Central	198		5. GF Central	210		5. GF Central	192		
6. Jamestown	164		6. Century	204		6. Century	189		6. West Fargo	193		6. Williston	177		
7. Williston	150		7. Fargo North	149		7. Mandan	168		7. Fargo North	183.5		7. Bismarck	177		
8. West Fargo	127		8. GF Central	134		8. Fargo South	147		8. Fargo South	166		8. Mandan	111		
9. GF Red River	110		9. GF Red River	130		9. GF Red River	113		9. Mandan	143		9. Fargo Davies	103		
10. Bismarck	62		10. West Fargo	122		10. Jamestown	98		10. Shanley	121		10. Jamestown	91		
11. Fargo Shanley	50		11. Bismarck	69		11. Bismarck	91		11. Jamestown	120		11. Shanley	72		
12. GF Central	36		12. Fargo Shanley	30		12. Shanley	78		12. Wahpeton	77		12. GF Red River	52		
						13. Wahpeton	58		13. Bismarck	63		13. Fargo South	49		
												14. Wahpeton	8		
1998			2002			2006			2010						
1. Minot	441		1. Mandan	407		1. Minot	351		1. Century	368.5					
2. Mandan	313.5		2. Minot	341		2. Fargo North	258.5		2. GF Red River	300					
3. Jamestown	260		3. Williston	279		3. GF Central	230		3. Fargo North	251.5					
4. Century	252.5		4. Fargo South	220		4. Williston	221		4. West Fargo	243					
5. Fargo North	225		5. GF Central	168		5. West Fargo	212		5. Minot	198					
6. Fargo South	210		6. Century	158		6. Fargo South	171		6. GF Central	181					
7. GF Red River	134		7. GF Red River	153		6. Mandan	171		7. Jamestown	168					
8. West Fargo	103		8. Jamestown	152		8. Century	127		8. Williston	164					
9. Bismarck	95		9. West Fargo	130		9. Wahpeton	126.5		9. Mandan	152					
10. GF Central	88		10. Fargo North	116		10. GF Red River	126		10. Fargo South	131					
11. Fargo Shanley	74		11. Bismarck	73		11. Shanley	107		11. Bismarck	46					
12. Williston	69		12. Fargo Shanley	26		12. Bismarck	100		12. Shanley	37					
						13. Jamestown	69		13. Wahpeton	30					

NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

2014	2017	2020
1. Minot 339	1. Century 400	1. Century 413
2. West Fargo 313	2. Fargo Davies 315	2. WF Sheyenne 349
3. Fargo North 300	3. Minot 243.5	3. Minot 244.5
4. Century 287.5	4. GF Red River 195	4. West Fargo 185
5. Fargo Davies 187	5. West Fargo 174.5	5. Williston 162
6. GF Red River 160	6. WF Sheyenne 156	6. Dickinson 142
7. Bismarck 152	7. GF Central 146	7. Legacy 129
8. Jamestown 127	8. Williston 137	8. GF Central 125
9. GF Central 104	9. Fargo North 114	9. Fargo Davies 117
10. Mandan 99	10. Fargo South 104.5	10. Shanley 109
11. Fargo South 79	11. Legacy 93.5	11. Fargo South 92
12. Williston 64.5	12. Mandan 90	12. Fargo North 84
13. Shanley 49	13. Dickinson 56	13. Jamestown 67
14. WF Sheyenne 44	14. Bismarck 53	14. Mandan 42
15. Wahpeton 9	15. Shanley 25	15. Bismarck 30.5
	16. Jamestown 20	16. Wahpeton 18
		17. GF Red River 14
2015	2018	2021
1. Century 310.5	1. Century 400	1. Century 349.5
2. West Fargo 273	2. Minot 281	2. WF Sheyenne 340
3. Fargo North 249	3. Fargo Davies 236.5	3. Minot 311
4. Minot 231	4. WF Sheyenne 220.5	4. Legacy 155
5. GF Red River 228	5. West Fargo 168	5. West Fargo 151.5
6. Fargo Davies 186	6. GF Red River 167	6. Williston 136
7. GF Central 137	7. Williston 164	7. Dickinson 119
8. Williston 128	8. Dickinson 124.5	8. GF Central 113
9. Bismarck 103	9. GF Central 122.5	9. Jamestown 103
10. Mandan 96	10. Legacy 80.5	9. Fargo North 103
11. Jamestown 77	11. Fargo North 74	11. Mandan 95
12. Fargo South 73	12. Mandan 68	12. Fargo Davies 91
13. Dickinson 68.5	13. Fargo South 58	13. Fargo South 75
14. WF Sheyenne 63	14. Shanley 57	14. Fargo Shanley 65
15. Shanley 53	15. Bismarck 55.5	15. Bismarck 38
16. Legacy 21	16. Jamestown 45	16. GF Red River 34
17. Wahpeton 4		17. WF Horace 22
		17. Wahpeton 22
2016	2019	2022
1. Century 458	1. Century 355.5	1. WF Sheyenne 340
2. Fargo Davies 249	2. WF Sheyenne 329	2. Minot 279.5
3. Minot 175	3. Fargo Davies 292.5	3. Century 273.5
4. Mandan 158.5	4. West Fargo 177	4. Legacy 194
5. WF Sheyenne 151	5. Minot 155	5. Dickinson 163.5
5. GF Red River 151	6. Dickinson 148	6. Fargo Shanley 133
7. Fargo North 149	7. Williston 147	7. West Fargo 124
8. Bismarck 140	8. GF Central 133	7. GF Central 124
9. Jamestown 125	9. GF Red River 118	9. Williston 123
10. West Fargo 124	10. Legacy 98	10. Fargo Davies 118
11. Williston 118	11. Fargo South 90	11. Jamestown 105
12. GF Central 113	12. Mandan 65	12. Fargo North 88
13. Fargo South 80.5	13. Jamestown 57	13. Bismarck 66
14. Dickinson 63	14. Bismarck 53	14. GF Red River 59
15. Legacy 39	15. Shanley 52	15. Mandan 40
16. Shanley 17	16. Fargo North 34	16. Fargo South 34
	17. Wahpeton 8	17. WF Horace 32
		18. Wahpeton 28

SENIOR SWIMMER/DIVER OF THE YEAR

1995	Sara Stevenson	Minot
1996	Holly Skarsgard	Minot
1997	Marie Burckhard	Minot
	Katie Bjerke	Fargo North
1998	Lisa Haunz	Century
1999	Talia Merritt	Fargo North
2000	Katie Garvey	Fargo North
2001	Lauren Mickelson	Jamestown
2002	Heather Harris	Fargo South
2003	Emily Weeks	Minot
2004	Linzey Bachmeier	Mandan
2005	Carissa Gormally	Williston
2006	Kelsey Schoonhoven	West Fargo
2007	Hannah Whitehead	GF Central
2008	Ashley Reiter	West Fargo
2009	Dagny Knutson	Minot
2010	Erin Grabanski	GF Red River
2011	Ali Church	GF Central
2012	Emily Roche	Fargo North
2013	Danica Dutt	West Fargo
2014	Dani Bergeson	Century
2015	Breah Anderson	Fargo North
2016	Olivia Roche	Fargo North
2017	Vanessa Herrmann	Century
2018	Carly Palmer	Century
2019	Mayson Sheldon	Mandan
2020	Demi Peterson	Williston
2021	Erin Palmer	Century
2022	Tierney Howell	WF Sheyenne

COACH OF THE YEAR

1976	Nancy Tidd	Fargo Shanley
1977	Jan Cossette	Fargo South
1978	Kathy Aspaas	Minot
1979	Don Hulbert	Fargo North
1980	Phil Bingenheimer	Century
1981	Marney Shirley	Jamestown
1982	Kathy Aspaas	Minot
	Connie Kirchoffner	Mandan
1983	Marney Shirley	Jamestown
1984	Kathy Aspaas	Minot
	Marney Shirley	Jamestown
1985	Marsha Dahl	Fargo North
1986	Marney Shirley	Jamestown
1987	Kathy Aspaas	Minot
1988	Marney Shirley	Jamestown
1989	Dick Fisher	Fargo North
	Scott Fjeld	Williston
1990	Dick Fisher	Fargo North
1991	Marsha Dahl	West Fargo
1992	Phil Bingenheimer	Century
1993	Kathy Aspaas	Minot
1994	Cathy Kruse	Williston
1995	Janine Roaldson	GF Central/Red River
1996	Kathy Aspaas	Minot
1997	Ralph Manley	Mandan
1998	Marney Shirley	Jamestown
1999	Marney Shirley	Jamestown
2000	Jeff Steele	Fargo North
2001	Cathy Kruse	Williston
2002	Cathy Kruse	Williston
2003	Brock Mitzel	Minot
2004	Jeff Steele	Fargo North
2005	Cathy Kruse	Williston
	Jeff Steele	Fargo North
2006	Anne Retzlaff	Wahpeton
2007	Loic Joseph	Century
2008	Jody Bolinske	Williston
2009	Jody Bolinske	Williston
2010	Loic Joseph	Century
2011	Talia Butery	Fargo North
2012	Talia Butery	Fargo North
2013	Talia Butery	Fargo North
	Bryan Walls	GF Central/Red River
2014	Jeff Steele	Century
2015	Celestine Richardson	West Fargo
2016	Anne Retzlaff	Wahpeton
2017	Skip Fisher	Fargo South
2018	Emily Jensen	Minot
2019	Skip Fisher	Fargo South
2020	Kathy Aspaas	Century
2021	Emily Jensen	Minot
2022	Ben Smith	Jamestown

STATE RECORDS

Event	Present Holder	School	Record	Year
200 Yard Medley Relay	Briana Rittenbach, Vanessa Herrmann Carly Palmer, Lexi Duchsherer	Century	1:44.81	2016
200 Yard Freestyle	Dagny Knutson	Minot	1:42.81 (prelims)	2008
200 Yard Individual Medley	Dagny Knutson	Minot	1:53.82 (prelims)	2009
50 Yard Freestyle	Lexi Duchsherer	Century	:22.54	2020
Diving	Madison Hischer	Fargo Davies	479.95	2020
100 Yard Butterfly	Tierney Howell	WF Sheyenne	:55.44	2020
100 Yard Freestyle	Dagny Knutson	Minot	:48.15 (prelims)	2009
500 Yard Freestyle	Dagny Knutson	Minot	4:34.78 (prelims)	2008
200 Yard Freestyle Relay	Sarah Dorrheim, Paige Keller Carly Palmer, Lexi Duchsherer	Century	1:37.38	2018
100 Yard Backstroke	Briana Rittenbach	Century	:55.67 :55.67 (prelims)	2016 2018
100 Yard Breaststroke	Erin Palmer	Century	1:02.02	2021
400 Yard Freestyle Relay	Lexi Duchscherer, Olivia Schuchard Sarah Dorrheim, Erin Palmer	Century	3:29.58	2020

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

1982 ALL STATE TEAM

Nancy Dahl Minot
Holly Flickinger Minot
Christy Forsberg Minot
Denise Hanna Minot
Carolyn Hanna Minot
Heidi Hill Jamestown
Erin Jilek Fargo North
Vicky Pomaville Minot
Michelyn Rudser Minot
Kim Warren Minot

HONORABLE MENTION

Maulin Adlerborn Century
Heidi Anderson Mandan
Mary Foster Fargo North
Steph Henning Fargo North
Cindy Holden Jamestown
Jenny Kremer Mandan
Michelle Muri Bismarck
Becky Solberg Fargo North
Beth Sornson Shanley
Janet Thorndahl Bismarck

1983 ALL STATE TEAM

Christy Forsberg Minot
Carolyn Hanna GF Central
Jennifer Hunkele Minot
Cindy Marten Minot
Vicky Pomaville Minot
Beth Sornson Shanley
Audrey Swann Minot
Su-Lin Woo Century
Missy Yantzer Minot

HONORABLE MENTION

Heidi Hill Jamestown
Patty Job Bismarck
Kathy Johansen Fargo North
Jenny Kremer Mandan
Michelle Muri Bismarck
Renae Newman Minot
Kari Okerlund Fargo South
Jill Schmidt Fargo North
Julie Teckenburg Jamestown
Kim Warren Williston
Debbie Woo Century

1984 ALL STATE TEAM

Nancy Dahl Minot
Heidi Hill Jamestown
Stacy Hurd Minot
Sonya Iverson Minot
Cindy Marten Minot
Michelle Muri Bismarck
Vicky Pomaville Minot
Jenny Reidinger Mandan
Jenny Romine Minot
Paula Rudser Minot
Paula Triepke Jamestown
Cherle Volk Minot
Tricia Walker GF Red River
Missy Yantzer Minot

HONORABLE MENTION

Michelle Cox Jamestown
Wendy Granum Fargo South
Sue Halvorson Bismarck
Tiffany Hollands GF Red River
Traci Jukkala Jamestown
Kerry Killander Fargo South
Jenny Kremer Mandan
Rhonda Moyer Jamestown
Michelle Shepard West Fargo
Jody Thompson Minot

1985 ALL STATE TEAM

Stacy Burkhart Minot
Dawn Hiller Mandan
Shannon Hiller Mandan
Sonya Iverson Minot
Krina Kabanuk Fargo South
Alisha Peterson Mandan
Vicky Pomaville Minot
Jenny Reidinger Mandan
Jenny Romine Minot
Paula Rudser Minot
Paula Triepke Jamestown
Missy Yantzer Minot

HONORABLE MENTION

Cara Beazley Century
Missy Berglof Jamestown
Kris Ann Erickson Williston
Marianne Helm Mandan
Heidi Hulbert Fargo South
Patty Job Bismarck
Karen Owens GF Central
Shelia Shafer Fargo North
Laurie Smid Century
Kim Spain Fargo North
Julie Teckenburg Jamestown
Tricia Walker GF Red River
Su-Lin Woo Century

1986 ALL STATE TEAM

Cara Beazley Century
Teresa Bertson Minot
Stacy Burkhart Minot
Stephanie Disrud Minot
Heidi Hulbert Fargo South
Angie Johnson Minot
Krina Kabanuk Fargo South
Andrea Rudser Minot
Paula Rudser Minot
Su-Lin Woo Century
Missy Yantzer Century
Tisha Yantzer Century

HONORABLE MENTION

Teri Bartl Minot
Michelle Becker Minot
Missy Berglof Jamestown
Robyn Loveland Jamestown
Karen Owens GF Central
Kara Thon Bismarck
Paula Triepke Jamestown
Tricia Walker GF Red River

1987 ALL STATE TEAM

Stacy Burkhart Minot
Cindy Granum Fargo South
Tonya Hess GF Red River
Krina Kabanuk Fargo South
Jenny Reidinger Mandan
Heidi Roeber Jamestown
Paula Rudser Minot
Andrea Rudser Minot
Royann Wagner Mandan
Missy Yantzer Century
Tisha Yantzer Century

HONORABLE MENTION

Sherl Bjerke GF Red River
Pam Hartleib Mandan
Missy Johnson Jamestown
Susie Resell Fargo South
Kristi Rice GF Red River
Sue Russel Shanley
Lisa Schlieman Minot
Stacy Snider Williston
Jenny Solberg Fargo North
Thora Thomsen Williston
Tonia Timm Minot

1988 ALL STATE TEAM

Tonya Hess GF Red River
Missy Johnson Jamestown
Angie Johnson Minot
Krina Kabanuk Fargo South
Alisha Peterson Mandan
Tami Rhodes Shanley
Paula Rudser Minot
Andrea Rudser Minot
Barb Stork Mandan
Tonia Timm Minot
Tisha Yantzer Century

HONORABLE MENTION

Colleen Barth Shanley
Jonna Gaustad Century
Cindy Goeddertz Century
Shannon Hiller Mandan
Kristi Rice GF Red River
Lisa Rodriguez Williston
Heidi Roeber Jamestown
Tasha Shipman Minot
Mary Storbakken Williston
Sara Wallace Jamestown
Abbie Walter Mandan

1989 ALL STATE TEAM

Julie Bitz Century
Cindy Goeddertz Century
Suzie Helvig Mandan
Tonya Hess GF Red River
Kelley LeRoy Mandan
Tami Rhodes West Fargo
Andrea Rudser Minot
Stacy Snider Williston
Barb Stork Mandan
Amy Vigers Minot
Tisha Yantzer Century

HONORABLE MENTION

Nicole Fiest Mandan
Amy Gormally Williston
Kelley Grant West Fargo
Molly Huber Century
Nicole Orman Jamestown
Melissa Parker Minot
Kristi Rice GF Red River
Heather Roeber Jamestown
Charissa Rohrich Century
Mary Storbakken Williston
Sharlene Wagner Mandan
Sara Wallace Jamestown

1990 ALL STATE TEAM

Julie Bitz Century
Nicole Fiest Mandan
Cindy Goeddertz Century
Suzie Helvig Mandan
Kelley LeRoy Mandan
Melissa Parker Minot
Lisa Rodriguez Williston
Charissa Rohrich Century
Barb Stork Mandan
Kris Wagner Mandan
Tisha Yantzer Century

HONORABLE MENTION

Summer Bourdeau Century
Rachel Gracia Bismarck
Tasha Greer Minot
Janell Harding Mandan
Molly Huber Century
Connie Koski Fargo North
Nicole Orman Jamestown
Dawn Pratt Fargo South
Heather Roeber Jamestown
Cindy Saylor Fargo South
Sara Wallace Jamestown

1991 ALL STATE TEAM

Julie Bitz Century
Nicole Fiest Mandan
Cindy Goeddertz Century
Suzie Helvig Mandan
Molly Huber Century
Kelley LeRoy Mandan
Angie McGuire West Fargo
Charissa Rohrich Century
Cindy Saylor Fargo South
Megan Thiel West Fargo
Missy Utley West Fargo
Sara Wallace Jamestown

HONORABLE MENTION

Carman Adam GF Red River
Summer Bourdeau Century
Tasha Greer Minot
Deborah Koski Fargo North
Nicole Orman Jamestown
Melissa Parker Minot
Dawn Pratt Fargo South
Kelly Raaf Fargo South
Kirsten Renick GF Red River
LaVonne Sletten Mandan
Sara Stevenson Minot
Mara Vorachek Fargo North
Kris Wagner Mandan

1992 ALL STATE TEAM

Summer Bourdeau Century
Nicole Fiest Mandan
Amy Gormally Williston
Kelley Grant West Fargo
Suzie Helvig Mandan
Molly Huber Century
Melissa Parker Minot
Pamela Richmond Mandan
Charissa Rohrich Century
Kara Schmitz Century
Sara Stevenson Minot
Megan Thiel West Fargo

HONORABLE MENTION

Marie Burckhard Minot
Elise Holtan Fargo North
Andi Kindschi Century
Deborah Koski Fargo North
Heather Kuznia Fargo South
Linn Little Mandan
Molly McDonald Century
Nada Phinney Century
Elizabeth Pierce Century
Erin Krueger Fargo North
DeDe Sletten Mandan
Mara Vorachek Fargo North

1993 ALL STATE TEAM

Summer Bourdeau Century
Marie Burckhard Minot
Nicole Fiest Mandan
Amy Gormally Williston
Elise Holtan Fargo North
Molly McDonald Century
Elizabeth Pierce Century
Kelly Raaf Fargo South
Kara Schmitz Century
Holly Skarsgard Minot
Sara Stevenson Minot
Megan Thiel West Fargo

HONORABLE MENTION

Tara Bruels Minot
Crystal Cummins Fargo South
Sarah Doeden Williston
Sara Frysliie Mandan
Lisa Haunz Century
Molly Huber Century
JoEllen Kohlman Williston
Deborah Koski Fargo North
Heather Kuznia Fargo South

Linn Little Mandan
Jocelyn Pogue Jamestown
Missy Utley West Fargo

1994 ALL STATE TEAM

Marie Burckhard Minot
Amy Gormally Williston
Lisa Haunz Century
Elise Holtan Fargo North
Deborah Koski Fargo North
Molly McDonald Century
Elizabeth Pierce Century
Kara Schmitz Century
Holly Skarsgard Minot
Sara Stevenson Minot
Megan Thiel West Fargo
Tiffany White Jamestown

HONORABLE MENTION

Jessie Angell Bismarck
Tara Bruels Minot
Crystal Cummins Fargo South
Sarah Doeden Williston
Kate Giese Century
Kelley Grant West Fargo
Kate Holland Minot
JoEllen Kohlman Williston
Linn Little Mandan
Jennifer Lowe Minot
Emily Russell Bismarck
Heather Skarsgard Minot
Renee Waliser Bismarck

1995 ALL STATE TEAM

Marie Burckhard Minot
Crystal Cummins Fargo South
Kate Giese Century
Amy Gormally Williston
Lisa Haunz Century
Kate Holland Minot
Elise Holtan Fargo North
Linn Little Mandan
Molly McDonald Century
Elizabeth Pierce Century
Holly Skarsgard Minot
Sara Stevenson Minot

HONORABLE MENTION

Jessie Angell Bismarck
Stephanie Bower Jamestown
Tara Bruels Minot
Rachelle Giese Mandan
Nicole Griffin Fargo South
Erin Krueger Fargo North
Lauren Little Mandan
Jennifer Lowe Minot
Jocelyn Pogue Jamestown
Britt Selbo Fargo South
Christina Traen Fargo South
Renee Waliser Bismarck

1996 ALL STATE TEAM

Katie Bjerke Fargo North
Stephanie Bower Jamestown
Marie Burckhard Minot
Crystal Cummins Fargo South
Kate Giese Century
Amy Gormally Williston
Lisa Haunz Century
Kate Holland Minot
Lauren Little Mandan
Jennifer Lowe Minot
Molly McDonald Century
Elizabeth Pierce Century
Jocelyn Pogue Jamestown
Holly Skarsgard Minot
Christina Traen Fargo South

HONORABLE MENTION

Jessie Angell Bismarck
Michelle Boyeff Minot

Tara Bruels Minot
Amber Fiest Mandan
Rachelle Giese Mandan
Keri Hehn Fargo North
Katie Hill GF Red River
Amy Jundt Century
Andi Kindschi Century
Britt Selbo Fargo South
Megan Smith Fargo North

1997 ALL STATE TEAM

Jill Ament Jamestown
Katie Bjerke Fargo North
Stephanie Bower Jamestown
Marie Burckhard Minot
Crystal Cummins Fargo South
Rachelle Giese Mandan
Amy Gormally Williston
Lisa Haunz Century
Keri Hehn Fargo North
Katie Hill GF Red River
Katie Holland Minot
Lauren Little Mandan
Jennifer Lowe Minot
Tallie Merritt Fargo North
Christina Traen Fargo South

HONORABLE MENTION

Amy Jundt Century
Amanda Kelly Shanley
Erin Krueger Fargo North
Amy Loberg West Fargo
Katie Lowe Minot
Sarah Nerland Fargo North
Erika Pawluk Fargo South
Alyssa Severn Fargo South
Megan Smith Fargo North
Jamie Wendt Minot

1998 ALL STATE TEAM

Jill Ament Jamestown
Jenny Bachmeier Mandan
Marie Boyeff Minot
Katie Giese Century
Lisa Grabar Century
Heather Harris Fargo South
Lisa Haunz Century
Keri Hehn Fargo North
Katie Hill GF Red River
Kate Holland Minot
Missy Johnson Jamestown
Amanda Kelly Shanley
Jessie Kindschi Century
Cristi Lindsey Century
Lauren Little Mandan
Katie Lowe Minot
Talia Merritt Fargo North
Lauren Mickelson Jamestown
Nicole Saur Mandan
Christina Traen Fargo South
Jamie Wendt Minot

HONORABLE MENTION

Alecia Aspaas Minot
Jaunita Braun Century
Katie Deutsch Minot
Janet Eklund Fargo North
Tessa Goldade Minot
Randi Keller Mandan
Amy Loberg West Fargo
Kelsi Merritt Fargo North
Maggie Mostad Minot
Sarah Olin Jamestown
Amy Ricker Mandan
Lindsay Schafer Mandan
Jessica Szarkowski GF Central
Jessica Tietz Williston
Emily Weeks Minot
Anne Whitman Shanley

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

1999 ALL STATE TEAM

Emily Ament Jamestown
 Jill Ament Jamestown
 Jenny Bachmeier Mandan
 Linzey Bachmeier Mandan
 Marie Boyeff Minot
 Janet Eklund Fargo North
 Katie Garvey Fargo North
 Tessa Goldade Minot
 Alecia Gooch Minot
 Lisa Grabar Century
 Heather Harris Fargo South
 Kelli Henke Mandan
 Katie Hill GF Red River
 Bethany Hirst Minot
 Missy Johnson Jamestown
 Randi Keller Mandan
 Cristi Lindsey Century
 Katie Lowe Minot
 Talia Merritt Fargo North
 Lauren Mickelson Jamestown
 Maggie Mostad Minot
 Kari Nolz Bismarck
 Holly Ripplinger Minot
 Jodi Rosborough Bismarck
 Nicole Saur Mandan
 Lindsey Schafer Mandan
 Jessica Szarkowski GF Central
 Jessica Tietz Williston
 Laura Watkins Fargo South
 Emily Weeks Minot

HONORABLE MENTION

Mandi Bowman Fargo South
 Santana Dougherty Mandan
 Tiffany Loeb Mandan
 Brittany Reemts Mandan
 Emily Seibel Fargo South
 Kendra Siefken Jamestown
 Abby Szarkowski GF Central
 Danielle Templeton Minot
 Ashley Weigel Jamestown

2000 ALL STATE TEAM

Amy Anderson GF Central
 Jenny Bachmeier Mandan
 Linzey Bachmeier Mandan
 Bridget Bossert Minot
 Lisa Grabar Century
 Heather Harris Fargo South
 Missy Johnson Jamestown
 Cristi Lindsey Century
 Lauren Mickelson Jamestown
 Kari Nolz Bismarck
 Sara Pfau Century
 Brittany Reemts Mandan
 Angela Renner Mandan
 Nicole Saur Mandan
 Emily Seibel Fargo South
 Jessica Szarkowski GF Central
 Dani Visina Minot
 Laura Watkins Fargo North
 Emily Weeks Minot
 Brooke Wehri Mandan
 Sarah Ziegelmann Fargo North

HONORABLE MENTION

Santana Dougherty Mandan
 Kristen Fiest Mandan
 Katie Garvey Fargo North
 Tessa Goldade Minot
 Alecia Gooch Minot
 Mandy Herberholz Mandan
 Bethany Hirst Minot
 Hannah Nohlen Jamestown
 Michelle Omdahl GF Red River
 Lauren Page Fargo North
 Amy Roness Williston
 Jodi Rosborough Bismarck
 Jessica Scherr Jamestown
 Kendra Siefken Jamestown

Abby Szarkowski GF Central
 Kit Wickel Century

2001 ALL STATE TEAM

Amy Anderson GF Central
 Alissa Andrus Jamestown
 Jenny Bachmeier Mandan
 Linzey Bachmeier Mandan
 Bridget Bossert Minot
 Jenna Buskohl Fargo South
 Kristen Fiest Mandan
 Heather Harris Fargo South
 Courtney Haug GF Red River
 Mandy Herberholz Mandan
 Missy Johnson Jamestown
 Jennifer Kelly Minot
 Cristi Lindsey Century
 Lauren Mickelson Jamestown
 Kari Nolz Bismarck
 Michelle Omdahl GF Red River
 Sara Pfau Century
 Amy Roness Williston
 Kelsey Schoonhoven West Fargo
 Dani Visina Minot
 Emily Weeks Minot
 Brooke Wehri Mandan
 Sarah Ziegelmann Fargo North

HONORABLE MENTION

Stephanie Bachmeier Mandan
 Alecia Gooch Minot
 Carissa Gormally Williston
 Ashley Miller Minot
 Angela Nissen Minot
 Lauren Page Fargo North
 Angela Renner Mandan
 Brittany Reemts Mandan
 Jessie Scherr Jamestown
 Abby Szarkowski Century
 Jessica Tietz Williston
 Kelsey Vibeto Minot
 Erin Wessman Fargo South
 Kristy Wood Williston

2002 ALL STATE TEAM

Amy Anderson GF Central
 Alissa Andrus Jamestown
 Jenny Bachmeier Mandan
 Linzey Bachmeier Mandan
 Steffany Bachmeier Mandan
 Kristen Fiest Mandan
 Alecia Gooch Minot
 Carissa Gormally Williston
 Heather Harris Fargo South
 Mandy Herberholz Mandan
 Allison Maxwell Williston
 Ashley Miller Minot
 Angela Nissen Minot
 Kari Nolz Bismarck
 Michelle Omdahl GF Red River
 Sara Pfau Century
 Brittany Reemts Mandan
 Angela Renner Mandan
 Amy Roness Williston
 Jessica Scherr Jamestown
 Kelsey Schoonhoven West Fargo
 Dani Visina Minot
 Laura Watkins Fargo South
 Emily Weeks Minot
 Brooke Wehri Mandan
 Erin Wessman Fargo South
 Hannah Whitehead GF Central
 Kristy Wood Williston
 Sarah Ziegelmann Fargo North

HONORABLE MENTION

Bridget Bossert Minot
 Emma Espel Fargo North
 Brooke Harris Fargo South
 Courtney Haug GF Red River

Brittany Johnston Minot
 Jenna LeDoux Fargo North
 Kaylee Miller Williston
 Kelly O'Leary Bismarck
 Katy Rau GF Central
 Sarah Shortall Williston
 Brie Siefken Jamestown
 Abby Szarkowski Century

2003 ALL STATE TEAM

Amy Anderson GF Central
 Linzey Bachmeier Mandan
 Steffany Bachmeier Mandan
 Kathryn Berg Fargo North
 Bailey Bolinske Williston
 Emma Espel Fargo North
 Alecia Gooch Minot
 Carissa Gormally Williston
 Courtney Haug GF Red River
 Katie Hopfau Mandan
 Brittany Johnston Minot
 Jessica Kelly Minot
 Dana Lair Minot
 Janel Lawonn Fargo South
 Jenna LeDoux Fargo North
 Lindsey Lowe Minot
 Dani Maddock Century
 Allison Maxwell Williston
 Angela Nissen Minot
 Michelle Omdahl GF Red River
 Sara Pfau Century
 Katy Rau GF Central
 Ashley Reiter West Fargo
 Amy Roness Williston
 Kelsey Schoonhoven West Fargo
 Amy Vanlighthouse Fargo North
 Dani Visina Minot
 Emily Weeks Minot
 Erin Wessman Fargo South
 Hannah Whitehead GF Central
 Kristy Wood Minot
 Sara Ziegelman Fargo North

HONORABLE MENTION

Alyssa Anderson Minot
 Melissa Bonzer GF Central
 Carlye Burd Fargo South
 Katie Haunz Century
 Brianna Hirst Minot
 Alyssa Jenkins Minot
 Erin Maetzold Williston
 Morgan Maxwell Williston
 Ashley Miller Minot
 Kaylee Miller Williston
 Lindsey Moe West Fargo
 Erin Pederson GF Red River
 Jessica Scherr Jamestown
 Sarah Shortall Williston

2004 ALL STATE TEAM

Steffany Bachmeier Mandan
 Linzey Bachmeier Mandan
 Maggi Beck Minot
 Kathryn Berg Fargo North
 Bailey Bolinske Williston
 Melissa Bonzer GF Central
 Arenne Clark GF Central
 Emma Espel Fargo North
 Kathryn Fristad GF Central
 Carissa Gormally Williston
 Courtney Haug GF Red River
 Katie Haunz Century
 Mandy Herberholz Mandan
 Kati Hopfau Mandan
 Brittany Johnston Minot
 Amanda Kankelfritz Fargo South
 Dagny Knutson Minot
 Dana Lair Minot
 Jenna LeDoux Fargo North
 Lindsey Lowe Minot
 Dani Maddock Century

Allison Maxwell Williston
 Angela Nissen Minot
 Meri Orseth Fargo South
 Ashley Reiter West Fargo
 Jessi Scherr Jamestown
 Kelsey Schoonhoven West Fargo
 Elsie Stromsvik West Fargo
 Amy Vanlighthouse Fargo North
 Hannah Whitehead GF Central
 Sarah Ziegelmann Fargo North

HONORABLE MENTION

Amber Alexander Minot
 Emily Baasch West Fargo
 Amber Brandenburger Jamestown
 Emily Evanoff Minot
 Joslyn Fellbaum Fargo South
 Andrea Flaten West Fargo
 Lexie Halberstadt Shanley
 Alyssa Jenkins Minot
 Cassie Jensen Jamestown
 Kalee Kemmesat Century
 Andrea Kraft Minot
 Samantha Kramer Bismarck
 Erin Maetzold Williston
 Kaylee Miller Williston
 Tracy Olson West Fargo
 Katy Rau GF Central
 Christine Retzlaff Wahpeton
 Nikkie Reza Fargo North
 Katie Sanner GF Red River
 Katie Sautner Minot
 Brittany Schmidt GF Red River
 Alaina Steele Jamestown
 Sara Weinberg Century
 Aleina Weisz Williston
 Kristy Wood Williston

2005 ALL STATE TEAM

Amber Alexander Minot
 Steffany Bachmeier Mandan
 Maggi Beck Minot
 Bailey Bolinske Williston
 Megan Brennan West Fargo
 Emily Evanoff Minot
 Joslyn Fellbaum Fargo South
 Carissa Gormally Williston
 Lexie Halberstadt Shanley
 Kati Hopfau Mandan
 Dagny Knutson Minot
 Amanda Kankelfritz Fargo South
 Megan Keidel Bismarck
 Kalee Kemmesat Century
 Dana Lair Minot
 Danielle Maddock Century
 Allison Maxwell Williston
 Meri Orseth Fargo South
 Ashley Reiter West Fargo
 Kathryn Sanner GF Red River
 Brittany Schmidt GF Red River
 Kelsey Schoonhoven West Fargo
 Amy Vanlighthouse Fargo North
 Hannah Whitehead GF Central
 Sarah Ziegelman Fargo North

HONORABLE MENTION

Kathryn Berg Fargo North
 Kaitlin Bolinske Williston
 Arienne Clark GF Central
 Kathryn Fristad GF Central
 Katie Haunz Century
 Haley Koehn Fargo South
 Kaylee Miller Williston
 Christine Retzlaff Wahpeton
 Nikkie Reza Fargo North
 Kelsey Richels Wahpeton
 Christina Taylor Mandan
 Sara Weinberg Century

2006 ALL STATE TEAM

Amber Alexander Minot
 Maggi Beck Minot
 Bailey Bolinske Williston
 Emily Evanoff Minot
 Joslyn Fellbaum Fargo South
 Kathryn Fristad GF Central
 Chelsea Gentzkow West Fargo
 Lexie Halberstadt Shanley
 Kati Hopfau Mandan
 Megan Keidel Bismarck
 Kalee Kemmesat Century
 Dagny Knutson Minot
 Ashley Reiter West Fargo
 Kelsey Richels Wahpeton
 Brittany Schmidt GF Red River
 Kelsey Schoonhoven West Fargo
 Allison Tracy Minot
 Amy Vanlighthouse Fargo North
 Hannah Whitehead GF Central

HONORABLE MENTION

Stephanie Bachmeier Mandan
 Kathryn Berg Fargo North
 Alex Eades GF Central
 Katie Haunz Century
 Alexis Klug Williston
 Christine Retzlaff Wahpeton
 Nikkie Reza Fargo North
 Vanessa Stumpf Mandan
 Marta Tacchini GF Red River

2007 ALL STATE TEAM

Amber Alexander Minot
 Maggi Beck Minot
 Kathryn Berg Fargo North
 Bailey Bolinske Williston
 Ali Church GF Central
 Chelsea Gentzkow West Fargo
 Lexie Halberstadt Shanley
 Alexis Hogan Mandan
 Megan Keidel Bismarck
 Kalee Kemmesat Century
 Dagny Knutson Minot
 Kasey Lasch Wahpeton
 Sadie Miller Williston
 Ashley Reiter West Fargo
 Nikkie Reza Fargo North
 Kelsey Richels Wahpeton
 McKenzie Rudolph Minot
 Brittany Schmidt GF Red River
 Jessica Tauber Fargo South
 Allison Tracy Minot
 Amy Vanlighthouse Fargo North
 Sara Weinberg Century
 Rachael Wessman Fargo North
 Hannah Whitehead GF Central

HONORABLE MENTION

Megan Brennan West Fargo
 Carissa Bucholz Wahpeton
 Miah Dabill Jamestown
 Ashley Elsbernd Fargo South
 Alex Eades GF Central
 Emily Evanoff Minot
 Joslyn Fellbaum Fargo South
 Courtney Funk GF Red River
 Jennifer Jacobson Fargo North
 Sara Joers Bismarck
 Alexis Klug Williston
 Haley Koehn Fargo South
 Nicole Koehn Fargo South
 Lauren Lyngstad Fargo North
 Christine Retzlaff Wahpeton
 Vanessa Stumpf Mandan
 Cassie Walth Century

2008 ALL STATE TEAM

Maggi Beck Minot
 Ali Church GF Central
 Ashley Elsbernd Fargo South
 Chelsea Gentzkow West Fargo
 Lexie Halberstadt Shanley
 Erin Hart Jamestown
 Alexis Hogan Mandan
 Kalee Kemmesat Century
 Dagny Knutson Minot
 Mirna Kojic GF Red River
 Madison Porter Williston
 Ashley Reiter West Fargo
 Kelsey Richels Wahpeton
 McKenzie Rudolph Minot
 Kaitlin Walsh Jamestown
 Cassie Walth Century
 Sara Weinberg Century

HONORABLE MENTION

Kaitlin Bolinske Williston
 Miah Dabill Jamestown
 Lydia Engberg Century
 Joslyn Fellbaum Fargo South
 Courtney Fisk GF Red River
 Courtney Funk Minot
 Mairin Jameson Shanley
 Kasey Lasch Wahpeton
 Sadie Miller Williston
 Serena Olsen Minot
 Bridget Riley Bismarck
 Emily Roche Fargo North
 Emily Smallbeck Century
 Kelsey Stenson Williston
 Rachel Svendsen GF Central
 Paige Weisz West Fargo
 Rachael Wessman Fargo North

2009 ALL STATE TEAM

Kaitlin Bolinske Williston
 Ali Church GF Central
 Miah Dabill Jamestown
 Danica Dutt West Fargo
 Courtney Funk Minot
 Chelsea Gentzkow West Fargo
 Erin Grabanski GF Red River
 Alexis Haberstadt Shanley
 Erin Hart Jamestown
 Alexis Hogan Mandan
 Mairin Jameson Shanley
 Kayli Johnson Mandan
 Kalee Kemmesat Century
 Mirna Kojic GF Red River
 Dagny Knutson Minot
 Gabriela Kostelna GF Central
 Sadie Miller Williston
 Madison Porter Williston
 Kelsey Richels Wahpeton
 Bridget Riley Bismarck
 Ellie Roche Fargo North
 Emily Roche Fargo North
 Jamie Skavlem GF Red River
 Emily Smallbeck Century
 Cassie Walth Century

HONORABLE MENTION

Dani Bergeson Century
 Katie Clark Minot
 Addy DiCristina GF Red River
 Alex Eades GF Central
 Lydia Engberg Century
 Rachel Erickson Fargo South
 Jarren Fallgatter Century
 Joslyn Fellbaum Fargo South
 Courtney Fisk GF Red River
 Jericca Kelly Minot
 Alexis Klug Williston
 Haley Koehn Fargo South
 Hannah Mastel Fargo South
 Serena Olson Minot
 Kelsey Stenson Williston

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

Rachel Svendsen..GF Central
Kaitlin Walsh.....Jamestown
Paige Weisz..... West Fargo
Rachael WessmanFargo North

2010 ALL STATE TEAM

Dani Bergeson.....Century
Ali Church.....GF Central
Miah Dabill.....Jamestown
Maddie DerbyFargo North
Addy DiCristinaGF Red River
Danica Dutt West Fargo
Courtney FunkMinot
Erin Grabanski GF Red River
Erin Hart.....Jamestown
Veronica Herrmann ...Century
Mirna Kojic.....GF Red River
Brooke Lukach.....Jamestown
Emily Roche..... Fargo North
Ellie Roche..... Fargo North
Jamie Skavlem GF Red River
Emily Smallbeck.....Century
Madeline Smith..Fargo South
Katie SvendsonGF Central
Cassie Walth.....Century

HONORABLE MENTION

McKenna Brown.....Minot
Katie ClarkMinot
Lydia Engberg.....Century
Bryn EversonWilliston
Courtney Fisk..GF Red River
Dallas Hepper..... Fargo South
Connor HoffFargo North
Kayli Johnson..... Mandan
Ashley KankelfritzFargo South
Rachel Kranda..... West Fargo
Megan Sanford.....Century
Rachel Svendson..GF Central

2011 ALL STATE TEAM

Abby Astrup..... Fargo North
Dani Bergeson.....Century
Sarah BogenriefMinot
Chelsea Brandt..... Davies
Nicole Brellie.....GF Central
Ali Church.....GF Central
Katie ClarkMinot
Sydney Clark.....Minot
Maddie DerbyFargo North
Addy DiCristinaGF Red River
Danica Dutt West Fargo
Lexie Eissinger..... Davies
Bryn Evenson.....Williston
Jarren FallgatterCentury
Courtney FunkMinot
Lauren Gietzen.....Century
Annie Hart.....Jamestown
Erin Hart.....Jamestown
Nicolette Haug Mandan
Veronica Herrmann ...Century
Conner Hoff Fargo North
McKenzie JeskeCentury
Carley LeDoux...Fargo North
Alex LindJamestown
Tori Meyer.....Fargo North
Sam Miller Williston
Kristina Nelson Bismarck
Hallie Peterson West Fargo
Ketti Ringwall Williston
Anna ReinholzShanley
Elizabeth Roche .Fargo North
Emily Roche.....Fargo North
Shaylee Schaf..... Mandan
Emily Smallbeck.....Century
Madeline Smith..Fargo South
Laura Schott..... Fargo South
EmmaLee StachMinot
Katie SvendsonGF Central
Rachel Svendson..GF Central
Shantha Trotter.....Williston

Cassie Walth.....Century
Abbie WanzekJamestown
Paige Weisz..... West Fargo
Mercedes Westereng Jamestown
Ashlee Wiebe..... Fargo North

HONORABLE MENTION

Kate Astrup Fargo North
McKenna Brown.....Minot
Alexis ClarkMinot
Katie ClarkMinot
Kyra EkreCentury
Kristin Engberg Bismarck
Rachel Ford..... Mandan
Emma Hepper Bismarck..
Julissa Johnson... West Fargo
Rachel Kranda..... West Fargo
Alexa Martel Williston
Alyssa Olson..... West Fargo
Paige Peterson.....Jamestown
Breanna Schmidt GF Red River
Katie Tkachyk..... Williston
Aubrey Wentz.....West Fargo

2012 ALL STATE TEAM

Amy AnfinrudShanley
Abby Astrup..... Fargo North
Dani Bergeson.....Century
Sarah BogenriefMinot
Nicole Brellie.....GF Central
McKenna Brown.....Minot
Maddie DerbyFargo North
Danica Dutt West Fargo
Kyra EkreCentury
Bryn Evenson..... Williston
Jarren FallgatterCentury
Lauren Gietzen.....Century
Emily HamelMinot
Annie Hart.....Jamestown
Nicolette Haug Mandan
Emma Hepper Bismarck
Veronica Herrmann ...Century
McKenzie JeskeCentury
Karli Knutson.....Century
Carley LeDoux...Fargo North
Alexis Ljunggren .GF Central
Alex LindJamestown
Tori Meyer.....Fargo North
Sam Miller Williston
Hallie Peterson West Fargo
Anna ReinholzShanley
Ketti Ringwall Williston
Elizabeth Roche .Fargo North
Emily Roche.....Fargo North
Sophi Simonson .Fargo North
Katie SvendsonGF Central
Abbie WanzekJamestown
Ashlee Wiebe..... Fargo North

HONORABLE MENTION

Cassandra Askig.....Minot
Kate Astrup Fargo North
Charlie Borchers Mandan
Emily Bourassa ... West Fargo
Chelsea Brandt .Fargo Davies
Alexis ClarkMinot
Sydney Clark.....Minot
Hailey Dempsey.... Bismarck
Kristen Engberg Bismarck
AK Koebele Bismarck
Leann MengelkochFargo North
Emma Nordin.....Fargo South
Madison RemerGF Central
Shaylee Schaf..... Mandan
Erin Slack..... Fargo North

2013 ALL STATE TEAM

Amy AnfinrudShanley
Dani Bergeson.....Century
Kiara Bock Fargo Davies
Sarah BogenriefMinot

Nicole Brellie.....GF Central
McKenna Brown.....Minot
Sydney Clark.....Minot
Suzie CoxCentury
Maddie DerbyFargo North
Brittany DixonShanley
Danica Dutt West Fargo
Lauren Gietzen.....Century
Mykin Gunning... West Fargo
Emily HamelMinot
Emma Hepper Bismarck
AK Koebele Bismarck..
Alexis Ljunggren .GF Central
Sam MillerWilliston
Jenny Nelson Bismarck
Andie Peterson West Fargo
Hallie Peterson West Fargo
Anna ReinholzShanley
Madi RemerGF Central
Ketti Ringwall..... Williston
Elizabeth Roche .Fargo North
Erin Slack.....Fargo North
Katie SvendsonGF Central
Katie Tkachyk Williston
Francesca Walker-Rozo .. Minot

HONORABLE MENTION

Breah Anderson..Fargo North
Anna Astrup Fargo North
Kate Astrup Fargo North
Emily Bourassa ... West Fargo
Abby Bourgeois.....Century
Chelsea Brandt .Fargo Davies
Kristen Engberg Bismarck
Brianna Faul..... West Fargo
Taylor Holweger .GF Central
Julissa Johnson... West Fargo
Leann MengelkochFargo North
Tess SetherCentury
Devin Scott.....Minot

2014 ALL STATE TEAM

Breah Anderson..Fargo North
Danielle Bergeson.....Century
Brittany DixonShanley
Morgan Gietzen.....Century
Emily HamelMinot
Annie Hart.....Jamestown
Emma Hepper Bismarck
Vanessa Herrmann.....Century
Erin HillerudJamestown
Alexis Ljunggren .GF Central
Andie Peterson West Fargo
Hallie Peterson West Fargo
Madi RemerGF Central
Ellie Roche.....Fargo North

HONORABLE MENTION

Anna Astrup Fargo North
Abby Bourgeois.....Century
McKenna Brown.....Minot
Alexis ClarkMinot
Alexis Doherty GF Red River
Mykin Gunning... West Fargo
AK Koebele Bismarck
Olivia Roche Fargo North
Francesca Walker-RozoMinot

2015 ALL STATE TEAM

Breah Anderson..Fargo North
Brittany DixonShanley
Alexis Doherty GF Red River
Mykin Gunning... West Fargo
Emily HamelMinot
Emma Hepper Bismarck
Vanessa HerrmannCentury
Erin HillerudJamestown
Alexis Ljunggren .GF Central
Chantell Mindt Mandan

Carly PalmerCentury
Andie Peterson West Fargo
Hallie Peterson West Fargo
McKenna Quintus Mandan
Briana Rittenbach.....Century
Sara Zachmeier Mandan

HONORABLE MENTION

Anna Astrup..... Fargo North
Abby BourgeoisCentury
Jordan Danielson GF Red River
Morgan GietzenCentury
Gracie Lingle ... Fargo Davies
Jenny LoganWilliston
Haley Pederson ... West Fargo
Tess SetherCentury

2016 ALL STATE TEAM

Anna Astrup.....Fargo North
Emma Hepper Bismarck
Vanessa Herrmann ...Century
Gracie Lingle ...Fargo Davies
Briana Rittenbach.....Century
Quincee SimonsonFargo South
Addisyn WiddelMinot

HONORABLE MENTION

Abby BourgeoisCentury
Jordan Danielson GF Red River
Lexie DuchsererCentury
Carly PalmerCentury
Mayson Sheldon..... Mandan
Rylie Webb.....Minot

2017 ALL STATE TEAM

Anna Astrup..... Fargo North
Isabelle ChambersFargo Davies
Alexis Duchsherer.....Century
Vanessa Herrmann.....Century
Olivia Hettinger .. West Fargo
Olivia Lacher Mandan
Gracie Lingle ... Fargo Davies
Lexi Ljunggren.....GF Central
Liddy Ohe GF Red River
Carly PalmerCentury
Briana Rittenbach.....Century
Olivia SchoffstallMinot
Rylie WebbMinot
Addisyn WiddelMinot
Mya Winjum Fargo Davies

HONORABLE MENTION

Madison HischerFargo Davies
Johanna Jones..WF Sheyenne
Breanna Lund..WF Sheyenne
Elsa MusselmanGF Red River
Demi Peterson.....Williston
Morgan VarebergFargo Davies

2018 ALL STATE 1ST TEAM

Greta Bellas... WF Sheyenne
Alexis Duchsherer...Century
Liv Hettinger..... West Fargo
Madison HischerFargoDavies
Gracie Lingle...Fargo Davies
Elsa MusselmanGF Red River
Liddy OheGF Red River
Carly Palmer.....Century
Briana Rittenbach ...Century
Riley Webb Minot
Adisynn Widdel Minot

2ND TEAM

Isabelle ChambersFargo Davies
Jordyn DanielsonGF Red River
Sarah Dorrheim..... Century
Tierney Howell WF Sheyenne
Katie IversonFargo South
Isabella Koebele.....Century
Jenny Logan Williston
Avery Meyhoff.....Century
Demi Peterson Williston
Regan WicalFargo Davies
Mya Winjum....Fargo Davies
Hannah Zaderaka..... Minot

2019 ALL STATE 1ST TEAM

Greta Bellas.. WF Sheyenne
Marissa Branham . Williston
Tatum Brooks West Fargo
McKayla Donat Legacy
Alexis Duchsherer...Century
Madeline Elseth. GF Central
Olivia Hettinger West Fargo
Madison Hischer Fargo Davies
Tierney Howell WF Sheyenne
Katie IversonFargo South
Gracie Lingle.. Fargo Davies
Elsa Musselman GF Red River
Liddy Ohe Fargo Davies
Erin Palmer.....Century
Mya Winjum....Fargo Davies

2ND TEAM

Jordyn Danielson GF Red River
Sarah DorrheimCentury
Mara Ellerkamp Dickinson
Zoie FrattinGF Central
Tara Hendrickson ..Fargo Davies
Isabella Koebele..... Century
Breanna Lund. WF Sheyenne
Demi PetersonWilliston
Olivia Schuchard.....Century
Mayson Sheldon..... Mandan
Breanna Triplett ...WF Sheyenne
Regan Wical.... Fargo Davies
Madison Yonke .WF Sheyenne

2020 ALL STATE 1ST TEAM

Lexi Duchsherer.....Century
Paige DavisLegacy
Taylor Lee West Fargo
Liv Hettinger West Fargo
Erin PalmerCentury
Tierney Howell . WF Sheyenne
Greta BellasWF Sheyenne
Sarah DorrheimCentury
Izzy KoebeleCentury
Zoie FrattinGF Central
Madison Hischer Fargo Davies

2ND TEAM

Halle Braaflat ..Fargo Davies
Peyton Coombs..Fargo Davies
Paige Harry.... WF Sheyenne
McKayla Donat Legacy
Marissa Branham.. Williston
Demi Peterson Williston
Bree Triplett .. WF Sheyenne
Olivia Schuchard.....Century

2021 ALL STATE 1ST TEAM

Erin Palmer.....Century
Greta Bellas... WF Sheyenne

Madison Hischer .Fargo Davies
Bella Price Minot
Halley Conklin Minot
Ella Kesler Minot
Halle Braaflat .Fargo Davies
McKayla Lindbo.....Mandan
Sarah Dorrheim.....Century
Marissa Branham.. Williston
Izzy Koebele.....Century
Olivia Hettinger.. West Fargo
Tierney Howell ...WF Sheyenne
Jordn Wolsky Minot
Paige Harry... WF Sheyenne

2ND TEAM

Madeline Elseth.. GF Central
Addison Cerney Fargo North
McKayla Donat Legacy
Tara Hendrickson..Fargo Davies
Taylor Miller..... Dickinson
Katie IversonFargo South
Lauryn Caster.....Century
Olivia Schuchard....Century
Brooklyn Keney..WF Sheyenne

2022 ALL STATE 1ST TEAM

Halle Braaflat .Fargo Davies
Addison Cerney Fargo North
Halley Conklin Minot
Alexa Heckaman Shanley
Tara Hendrickson .Fargo Davies
Tierney Howell WF Sheyenne
Ella Kesler Minot
Lauren McDonagh WF Sheyenne
Sam Vonbokern Minot

2ND TEAM

Lauryn Caster.....Century
Brooklyn HansonShanley
Ava Williamson.....Minot
Abby Erickson.....Legacy
Bree Triplett ... WF Sheyenne
Sienna MrachekCentury
Madeline Elseth ..GF Central
Brooklyn Keney WF Sheyenne
McKayla DonatLegacy
Madeline VerDouw Bismarck
Mady TivisCentury

Bismarck Demons



Head Coaches.....Emily Poppe
Matt Poppe

Assistant Coaches.....Maya Gatz
Jenny Unruh
Bennett Vatnsdal

Athletic Director.....Dave Zittleman

Building AD..... Matt Crane

Superintendent.....Dr. Jeff Fastnacht

Principal David Wisthoff

Trainer..... Sanford Sports Medicine

Team Captains Anna Duckwitz
Addysen Geerdes
Kya Sease
Keelin Traynor

Student Managers.....Sam Eggli

School Colors Maroon & White

School Song BHS Pep Song



FRONT ROW L TO R: Brooklyn Baumgartner; BreAnna Mattern; Aubrey Vatnsdal; Jerni Betsill; Lily Parnell
SECOND ROW L TO R: Addison Koch; Stella Brandt; Olivia Bettenhausen; Jocelyn Jahner; Elizabeth Sikes
THIRD ROW L TO R: Student Manager Sam Eggli; Coach Maya Gatz; Coach Jenny Unruh; Jorja Klaudt; Kallen Hintz;
Olyvia Geerdes; Nora Traynor; Madeline Verdouw
BACK ROW L TO R: Coach Matt Poppe; Coach Bennett Vatnsdal; Coach Emily Poppe; Lizzy Kerzman; Riley Kummer;
Keelin Traynor; Kya Sease; Addysen Geerdes; Anna Duckwitz; Cambree Anderson

Breckenridge/Wahpeton Storm



Head CoachHeather Henn

Athletic Directors. Chad Fredrickson
Mike McCall

SuperintendentsKristie Sullivan
Michael Kaiser

Principals Corinna Erickson
Steve Hockert

Trainer.....Shantell Schutt

Team CaptainPopi Miranowski

School ColorsBlack & Silver

School SongNotre Dame
Victory March



FRONT ROW L TO R: Sydni Roberts, Peyton Bertelson, Natalie Gramm, Maddy Beyer, Ellie Hendrickson, Popi Miranowski, Kenna Remily

Dickinson Midgets



Head CoachJenna Wolf

Assistant Coaches..... Samie Bohl
Brooke Ott

Athletic Director.....Guy Fridley

Superintendent. Dr. Marcus Lewton

PrincipalJeff Brandt

Team Captains Allanah Davis
Mara Ellerkamp
Aryana Twist

Student Manager.....Shain Louw

School ColorsOrange &
Black

School Song Notre Dame Victory
March



FRONT ROW L TO R: Sawyer Wolf, Molly Ellerkamp, Shaylynn Ziman, Lola Kilwein, Anna Bierman, Taylor Miller, Makenna Tippett
 SECOND ROW L TO R: McKenna Mettler, Hailey LaQua, Willow Vohs, Clancy Meyer, Kendra Erickson, Sophia Kruc, Addie Wax
 THIRD ROW L TO R: Allanah Davis, Kayley Paintner, Aryana Twist, Samantha Paintner, Mara Ellerkamp, Emily LaQua
 BACK ROW L TO R: Brenna Jo Wolbaum, Samie Bohl, Brooke Ott, Jenna Wolf, Hannah Meschke

Fargo Davies Eagles



Head Coaches.....Krystle Leidholm
Tyler Hetland

Assistant Coaches..... Morgan Staffne
Gracie Lingle
Pat Anderson
Kiernan Darling

Athletic Director.....Lenny Ohlhauser

Superintendent.... Dr. Rupak Gandhi

PrincipalTroy Cody

Trainer.....Scott Witte

Team CaptainsJane Donat
Hanna Hoff
Mariah Nelson

School Colors Cardinal Red &
Vegas Gold

School Song Davies School Song



FRONT ROW L TO R: Caydence Liddycoat, Alivia Szymanski, Evelyn Meidinger, Jessican Nygord, Carley Hoff, Ione Benedicto, Logan Thorn
 SECOND ROW L TO R: Sadie Brewer, Sophia Myers, Karina Rapina, Avery Hanson, Halle Braaflat, Sophia Getz, Mariah Nelson, Hanna Hoff
 THIRD ROW L TO R: Riley Schroeder, Aubrey Piechowski, Alyssa Anderson, Madeline Sinner, Sabina Goddard, Lydia Potter, Lauren Watson
 FOURTH ROW L TO R: Lauren Schluchter, Leighton Koepplin, Ella LaChance, Hellen Wu, Tayana Nelson
 BACK ROW L TO R: Tayte Thielges, Hadley Hegland, Shelia - Marie Reinert, Alecia Jorud, Amelia Gaddie, Jane Donat

Fargo North Spartans



Head Coach Talia Butery

Assistant Coaches..... Peyton Ekman
Dick Fisher
Sarah Volk

Athletic Director..... Dan Shultis

Superintendent..... Dr. Rupak Gandhi

Principal Travis Christensen

Trainer..... Jordan Wolf

Team Captains Molly Hoffman
Grace Mansour
Harper Meyer
Elena Terrell

Student Trainer..... Merritt Butery

Student Managers..... Haydn Vein
Ben Jorgensen

School Colors Navy & Gold

School Song Go U Northwestern



FRONT ROW L TO R: Josslyn Salinas, Sophia Lattimore, Eleanor Iverson, Bella Bosch, Carmella Salinas, Carly Salinas, Evie Schell, Mia Heinrich
SECOND ROW L TO R: Lucy Czarnowski, Mollie Peterson, Izzy Miller, Avery Fick, Berit Hillmer, Piper Ambuehl, Em-melia Hoff
THIRD ROW L TO R: Cayla Walker, Ellory Boutwell, Lysia Boser, Turi Garvey, Nora Vein, Liv Nordeng, Kerisa Durham, Harper Meyer
BACK ROW L TO R: Talia Butery (Head Coach), Maren Mansour, Addison Cerney, Ali Toay, Molly Hoffman, Grace Zhong, Victoria Bolstad, Willow Schutt, Grace Mansour, Dick Fisher (Assistant Coach)

Fargo South Bruins



Head Coaches Skip Fisher
Jenna Booth

Assistant Coaches... Misty Tomchuk
Austin Schlecht

Athletic Director..... Mike Beaton

Superintendent... Dr. Rupak Gandhi

Principal Dr. Todd Bertsch

Trainers..... Kelly Burns

Team Captains Ava Owens
Nora Becker
Hailey Schmitz

School Colors Brown & Gold

School Song On Wisconsin



FIRST ROW L TO R: Nora Becker, Hailey Schmitz, Abigail Sharbono, Abigail Guttormson, Ava Owen
SECOND ROW L TO R: Ella Bourke, Brooklyn Sauvageau, Samantha Sivers, Lillie Thompson, Vivenne Lee
BACK ROW L TO R: Kadance Munns, Ellen Kees, Kylee Sivers, Elsie Becker, Bethany Mehl, Ava Miller, Hannah Miller

Grand Forks Central Knights



Head CoachBryan Walls

Assistant Coaches.....Sara Walls
Nichole Smithson
Heather Wages

Athletic Director..... Tony Bina

Superintendent..... Dr. Terry Brenner

Principal Jon Strandell

Team Captains Claire Schill
Morgan Uhlir
Gabby Evanson

School Colors Maroon & Grey

School SongCentral Knights



FRONT ROW L TO R: Rainy Bancroft, Gabby Tack, Sydnee Sandberg
SECOND ROW L TO R: Elsie Kyle, Jalinaa Kidd, Sophia Casavant, Miranda Bry
BACK ROW L TO R: Morgan Uhlir, Clair Schill, Gabbie Evnason

Grand Forks Red River Roughriders



Head CoachBryan Walls

Assistant Coaches.....Sara Walls
Nichole Smithson
Heather Wages

Athletic Director..... Tyler Nelson

Superintendent..... Dr. Terry Brenner

PrincipalDr. Kris Arason

Team CaptainsJoely Anderson
Grace Fish
Avery Kostelecky

School ColorsRed, White & Black

School Song Rider Fight Song



FRONT ROW L TO R: R. Abby Behm, Evvie Lunnie, Madeline Bjerke, Oliva Tveter, McKayla Sagini, Aearn Salgado
SECOND ROW L TO R: Sasha Poltavski, Grace Fish, Olivia Whitney, Jolie Anderson, Lauren Peterson, Rorie
Anderson, Rylynn Kostelecky
BACK ROW L TO R: Addison Olson, Ava Wray, Avery Kostelecky, Jenna Post, Kjirsten Oakland, Branwan Loeffler

Jamestown Blue Jays



Head Coach Ben Smith
 Assistant Coaches. Bridget Helmick
 Molly Fritz
 Athletic Director..... Jim Roaldson
 Superintendent..... Dr. Robert Lech
 Principal Darby Heinert
 Trainer..... Jamestown Regional
 Medical Center
 Team Captains Regan Keller
 Allysah Larson
 Cloe Nelson



School Colors Royal Blue & White
 School Song Blue Jay Booster

FRONT ROW L TO R: Alice Sundeen, Grace Roller, Olivia Roller, Allysah Larson, Regan Keller, Cloe Nelson, Faith Roller, Alyiah Tyson, Madison Schmidt
 SECOND ROW L TO R: Coach Fritz, Ella Brown, Julia Skari, Rylee Keith, Larkin Kleven, Tori Nelson, Marley Roach, Mia Berndt, Sophie Gilbertson, Zoe Haisch, Caleb Fabian
 BACK ROW L TO R: Coach Dixon, Emily Trevithick, Jozie Davis, Lydia Stoterau, Mia Kaiser, Georgia Lettenmaier, Jordyn Larson, Becca Lloyd, Sadie Hagar, Coach Smith

Legacy Sabers



Head Coach Thomas Wheeling
 Assistant Coaches..... Amber Donat
 Jenny Unruh
 Bennett Vatnsdal
 Athletic Director..... Dave Zittleman
 Building AD..... Brett Mitchell
 Superintendent..... Dr Jeff Fastnacht
 Principal Tom Schmidt
 Trainer..... Sanford Sports Medicine
 Team Captains Katie Gruman
 Jewel Zimmer
 Avery Brousseau
 Grace Schick



School Colors Black &
 Vegas Gold
 School Song Saber Fight Song

FRONT ROW L TO R: Brinley Dietz Bank, Elizabeth Ellefson, Norah Sears, Emersen Brousseau, Erin Wiedmeier, Piper Bennett
 SECOND ROW L TO R: Julia De Castro, Allyson Huber, Katie Gruman, Brielle Hochhalter, Ellie Lacher, Grace Schick, Morgan Noonan
 THIRD ROW L TO R: Diving Coach Bennett Vatnsdal, Diving Coach Jenny Unruh, Mia Kvas, Grace Uppgren, Belle Fischer, Avery Brousseau, Kadee McKenzie, Jillian Schick, Piper Freborg
 BACK ROW L TO R: Head Coach Thomas Wheeling, Asst Coach Amber Donat, Tova Blikre, Ashlyn Brendel, Abby Erickson, Jewel Zimmer, Brinley Steele, Lilyana Hochhalter
 NOT PICTURED: Gabby Wood, Hailey Dietz Bank

Mandan Braves



Head CoachClaudia Schoellkopf

Assistant Coaches..... Linn Schroeder
Zara Klassen

Athletic Director.....Mark Wiest

Superintendent.....Dr. Mike Bitz

PrincipalMark Andresen

Trainer..... Emma Horan
Will Littlefield

Team CaptainsKate Beckler
Kylie Jasso
Aliya Hilfer
Sophia Koenig

Student Manager.....Jake Thomas

School Colors Black & White

School SongHere's to Mandan



FIRST ROW L TO R: Aliya Hilfer, Sophia Carter, Katelynn Kitzman, Kelby Seefeldt, Grace Goettle, Abigail Ricketts, Kate Beckler, Peyton Kienzle, Bailey Tvedt, Iris Allen
SECOND ROW L TO R: Trystal Hermanson, Sophia Koenig, Cadence Erhardt, Olivia Beck, Julia Graff, Kylie Jasso, Morgan Walz, Emma Masseth, Kylie Brew, Corinne Lindsey, Savannah Powell
BACK ROW L TO R: Jake Thomas, Coach Linn Schroeder, Marabell Seibel, Lynnea Jackson, Monica Gerhardt, Mya Becker, Grace Bugbee, Malayna Gerhardt, Aleyah Satnan, Alora Kroh, Ava Francis, Vanessa Vogel, Coach Claudia Schoellkopf
NOT PICTURED: Coach Zara Klassen

Minot Majettes



Head CoachEmily Jensen

Assistant Coaches.....Jordan Keller
McKenna Brown
Barb McPeak

Athletic Director..... Mitch Lunde

Superintendent.....Dr. Mark Vollmer

PrincipalsDave McQueen
Harlan Johnson

Team Captains Gianna Osborn
Reese Goodman
Ella Kesler

Student Manager.... Gianna Osborn

School Colors Maroon & Gold

School SongLoyal and True



FRONT ROW L TO R: Keira Miller, Madisyn Racine, Danica Zerr, Ella Stewart, Kaiya Tollefson, Olivia Lantz-Gagne, Kassidy King, Lainey Martin
SECOND ROW L OT R: Ave Conje, Haley Conklin, Vianne Strandlien, Hailee Valdez, Sophia VonBokern, Reese Goodman, Ellia Gemar, Sophia Bell, Ava Neumann, Isabelle Aberle
THIRD ROW L OT R: Anna Kerzmann, Vreelyn Fricke, Haili Metzger, Havanna Metzger, Ellie Schaeffer, Sam VonBokern, Ava Williamson, Gabby Osborn, Madison Lyman, Kirby Quam, Greer Schaefer
BACK ROW L TO R: Sydney Lyman, Gianna Osborn, Ella Kesler, Caelin Flaten, Leah Dokken, Emily Dunstan, Bostyn Edwards, Zoe Bahr
NOT PICTURED: Gracyn Bergan, Danica Stolba

West Fargo Horace Hawks



Head CoachAndrea Smith
 Assistant Coaches.....Michael Clark
 Natalie Montplaisir
 Athletic Director.....Logan Midthun
 Building AD.....Aaron La Deaux
 Superintendent.....Beth Slette
 PrincipalDr. Pam Cronin
 Trainer..... Morgan Frey
 Team CaptainsKatie Smith
 Savannah Mauch
 Maddie Novak



School ColorsBlack and Gold
 School SongFight on Hawks

FRONT ROW L TO R: Eva Birst, Abi Wells, Alora Rude, Joley Lerum, Sandra Wyum, Emery Strobl, Cordelia Parker, Gabby Pribula
 SECOND ROW L TO R: Harper Kane, Sara Thomas, Maddie Novak, Quinn Danielson, Emersyn Bulson, Nari Boonroueng, Charlee Hetzler
 THIRD ROW L TO R: Anna Enright, Sophie Hetland, Sophia Domitrovich, Sophie Axtman, Savannah Mauch, Payton Hetland, Becca Smith, Avery Lindemeier
 BACK ROW L TO R: Natalie Montplaisir, Michael Clark, Allie Thorstad, Maiah Fuchs, Jocelyn Wettlaufer, Katie Smith, Colby Mauch, Jami Richter, Andrea Smith

West Fargo Sheyenne Mustangs



Head CoachErich Richardson
 Assistant Coaches..... Hannah Kranz
 Sydney Graf
 Amber Matzen
 Athletic Director.....Logan Midthun
 Building AD.....James Moe
 Superintendent.....Beth Slette
 Principal Ryan Salisbury
 Trainers.....Tessa Martin
 Ali Hoffman
 Team Captains Brooklyn Keney
 Lauren McDonagh
 Myah Lund
 Tyndale Archer



Student Managers.....Dillon Thorstad
 Oliver Sevald
 School Colors ..Royal Blue & Orange
 School Song Mustang Stampede

FRONT ROW L TO R: Piper Volk, Lauren Lopez, Saylor Smith, Maddi Wersinger, Robbie Walter, Amelia Mausolf, Emma Reigel
 SECOND ROW L TO R: Taylor Laudal, Myah Lund, Brooklyn Keney, Ava Hoornaert, Sophia Markell, Maddie Schobinger
 THIRD ROW L TO R: Ella McDonagh, Karlie Lund, Signey Webb, Isabelle Markell, Emma Kern, Claire Nilson, Mariah Clute
 BACK ROW L TO R: Tyndale Archer, Evie Sevald, Merjem Jasarevic, Lauren McDonagh, Danielle Syverson, Kiera Lund, Ella Boyer, Maddie Lugert

Williston Coyotes



Head Coach Krista Pierce

Assistant Coaches..... Sarah Boston
Katrina Teskey
Matt Jorgenson

Athletic Director.....Robert Conley

Superintendent.Dr. Richard Faidley

PrincipalJason Germundson

Trainer.....Jordahn Powell

Team Captains Natalie Pfau
Kearyn Woodward
Myah Tofte

School Colors Orange & Black

School Song ... Williston Fight Song



FRONT ROW L TO R: Asst Coach Sarah Boston, Head Coach Krista Pierce, Asst Coach Katrina Teske, Diving Coach Matt Jorgenson
SECOND ROW L TO R: Susie Shug, Savanna Olsen, Emma McCoy, Braelynn Tofte, Lenora Arnold, Charley Clark, Natalie Pfau, Adelle Cotton, Kloe Billings, Leah Shepherd, Allie Delaney, Ella Richards
THIRD ROW L TO R: Alexis Hanson, Sadie Graupe, Macey Crossland, Paige Nauman, Katelyn Kolness, Norah Grunenwald, Gabbie Johnson, Hailey Snider, Kaia Larson, Bella Carter, Brekyn Haugen
BACK ROW L TO R: Emmie Sorenson, Norah Pierce, Jayden Woodward, Anika Grunenwald, Kaylynn Riely, Myah Tofte, Karyn Woodward, Emma Enriquez, Kara Hansen, Audrey Jafolla, Tyleigh Ramsey
NOT PICTURED: Dru Zander

On the cover:

2022 STATE CHAMPIONS - WEST FARGO SHEYENNE MUSTANGS

FRONT ROW L TO R: Jillian McMahan, Tyndale Archer, Mariah Clute, Lauren McDonagh, Tierney Howell, Brooklyn Keney, Myah Lund, Sophia Markell, Amber Matzen (Coach), Sydney Graf (Coach)

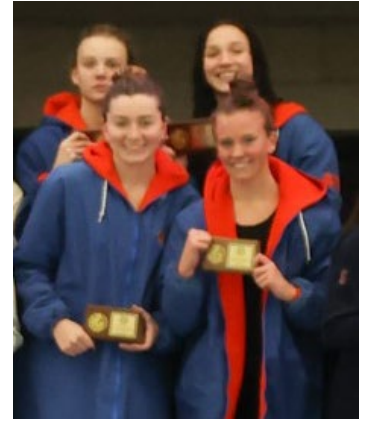
SECOND ROW L TO R: Lauren Lopez, Bree Triplett, Evie Sevald, Caitlyn Bjerke, Maddi Wersinger, Sam May, Taylor Laudal, Isabelle Markell, Hannah Kranz (Coach), Erich Richardson (Coach)

BACK ROW L TO R: Amelia Mausolf, Madi Lugert, Madee Shea, Ella McDonagh, Kiera Lund, Danielle Syverson, Signey Webb, Maddy Walters

200 YARD MEDLEY RELAY

State Record (2016): Briana Rittenbach, Vanessa Herrmann
Carly Palmer, Lexi Duchsherer, Century, 1:44.81

1974	Fargo North.....	D. Johansen, J. Hallee, M. Dahl, K. Malm.....	2:06.90
1975	Fargo North.....	D. Johansen, L. Schilmoeller, K. Malm, L. McDonald.....	2:03.30
1976	Fargo North.....	D. Johansen, L. Geiger, K. Malm, L. McDonald.....	2:00.11
1977	Minot.....	J. Pankow, B. Flickinger, A. Kincheloe, J. Bredahl.....	2:00.98
1978	Minot.....	B. Flickinger, A. Kincheloe, H. Flickinger, M. Rudser.....	1:59.02
1979	Minot.....	T. Guthrie, J. Hubbard, H. Flickinger, A. Kincheloe.....	2:01.63
1980	Minot.....	T. Guthrie, J. Hubbard, H. Flickinger, K. Edwards.....	2:01.06
1981	Minot.....	C. Hanna, J. Hubbard, H. Flickinger, M. Hanson.....	2:01.73
1982	Minot.....	C. Hanna, H. Flickinger, V. Pomaville, S. Iverson.....	2:00.56
1983	Minot.....	M. Yantzer, J. Romine, V. Pomaville, N. Dahl.....	1:59.28
1984	Minot.....	S. Iverson, J. Romine, V. Pomaville, N. Dahl.....	2:00.22
1985	Minot.....	S. Iverson, J. Romine, V. Pomaville, S. Burckhart.....	1:59.14
1986	Century.....	M. Yantzer, T. Yantzer, S. Woo, C. Beazley.....	1:57.60
1987	Century.....	M. Yantzer, T. Yantzer, C. Goeddertz, J. Bitz.....	1:56.76
1988	Century.....	J. Gaustad, T. Yantzer, C. Goeddertz, J. Bitz.....	1:55.35
1989	Minot.....	A. Vigars, A. Rudser, M. Parker, J. Alme.....	1:56.22
1990	Mandan.....	B. Stork, N. Fiest, K. Wagner, S. Helvig.....	1:53.23
1991	Mandan.....	N. Fiest, D. Sletten, K. Wagner, S. Helvig.....	1:54.05
1992	Mandan.....	S. Fryslie, R. Mahutga, P. Richmond, D. Sletten.....	1:54.70
1993	Minot.....	T. Bruels, J. Lowe, H. Skarsgard, S. Stevenson.....	1:52.84
1994	Minot.....	T. Bruels, J. Lowe, M. Burckhard, H. Skarsgard.....	1:50.70
1995	Minot.....	T. Bruels, J. Lowe, M. Burckhard, H. Skarsgard.....	1:50.15
1996	Century.....	L. Haunz, K. Giese, E. Pierce, A. Kindschi.....	1:48.62
1997	Minot.....	J. Wendt, J. Lowe, K. Lowe, T. Goldade.....	1:52.73
1998	Century.....	J. Kindschi, K. Giese, L. Haunz, C. Peterson.....	1:52.09
1999	Mandan.....	J. Bachmeier, K. Henke, T. Loeb, R. Keller.....	1:51.28
2000	Mandan.....	J. Bachmeier, K. Fiest, T. Loeb, N. Saur.....	1:53.06
2001	Fargo South.....	H. Harris, E. Wessman, B. Anderson, L. Watkins.....	1:52.19
2002	Mandan.....	J. Bachmeier, S. Bachmeier, L. Bachmeier, A. Renner.....	1:51.32
2003	Williston.....	K. Wood, C. Gormally, A. Maxwell, E. Maetzold.....	1:52.83
2004	West Fargo.....	K. Schoonhoven, A. Reiter, E. Stromsvik, A. Flaten.....	1:49.75
2005	Minot.....	M. Beck, E. Evanoff, D. Knutson, A. Jenkins.....	1:51.62
2006	Minot.....	M. Beck, A. Alexander, D. Knutson, A. Kraft.....	1:51.40
2007	Minot.....	M. Beck, A. Alexander, D. Knutson, K. Beechie.....	1:49.73
2008	Minot.....	M. Beck, K. Webster, D. Knutson, C. Funk.....	1:48.32
2009	Williston.....	K. Bolinske, S. Miller, M. Porter, K. Stenson.....	1:48.98
2010	GF Red River.....	J. Skavlem, C. Fisk, E. Grabanski, M. Kojic.....	1:50.56
2011	Century.....	D. Bergeson, V.Herrmann, E.Smallbeck, J. Fallgatter.....	1:47.97
2012	Century.....	D. Bergeson, V. Herrmann, M. Jeske, J. Fallgatter.....	1:46.98
2013	Minot.....	M. Brown, S. Bogenrief, F. Walker-Rozo, E. Hamel.....	1:48.43
2014	Century.....	D. Bergeson, V. Herrmann, T. Sether, A. Bourgois.....	1:47.54
2015	Century.....	B. Rittenbach, C. Palmer, T. Sether, A. Bourgois.....	1:47.45
2016	Century.....	B. Rittenbach, V. Herrmann, C. Palmer, L. Duchsherer.....	1:44.81
2017	Century.....	B. Rittenbach, V.Herrmann, C. Palmer, L. Duchsherer.....	1:45.27
2018	Century.....	B. Rittenbach, A. Meyhoff, P. Keller, L. Duchsherer.....	1:46.14
2019	West Fargo.....	L. Hettinger, H. Potter, T. Brooks, A. Doeling.....	1:48.51
2020	Century.....	M. Matt, P. Keller, E. Palmer, L. Duchsherer.....	1:45.95
2021	Century.....	S. Dorrheim, M. Tivis, E. Palmer, L. Caster.....	1:47.15
2022	West Fargo Sheyenne.....	B. Keney, L. McDonagh, T. Howell, M. Shea.....	1:47.93



Brooklyn Keney, Lauren McDonagh,
Tierney Howell, Madee Shea

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
3	Breckenridge Wahpeton	2:05.86	_____
4	Jamestown	2:01.56	_____
5	Bismarck	2:01.88	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
2	Mandan	2:00.82	_____
3	Dickinson	1:58.54	_____
4	Fargo North	1:57.51	_____
5	Fargo Davies	1:58.28	_____
6	WF Horace	1:59.15	_____
7	Fargo South	2:01.22	_____

HEAT 3 Timed Finals

LN	SCHOOL	SEED	TIME
1	Shanley	1:56.94	_____
2	Century	1:55.46	_____
3	Williston	1:54.67	_____
4	West Fargo Sheyenne	1:53.58	_____
5	Minot	1:54.30	_____
6	West Fargo	1:55.20	_____
7	Grand Forks Red River	1:56.34	_____
8	Legacy	1:57.25	_____

200 YARD FREESTYLE

State Record (2008):

Dagny Knutson, Minot, (Prelims) 1:42.81

1974	Linda Soli.....	GF Red River	2:10.60
1975	Linda Soli.....	GF Red River	2:05.40
1976	Ingrid Lawrence.....	GF Red River	2:03.41
1977	Laura Johanson.....	Fargo North	2:10.09
1978	Ingrid Lawrence.....	GF Red River	2:01.33
1979	Michelyn Rudser	Minot	1:56.79
1980	Michelyn Rudser	Minot	2:00.59
1981	Denise Hanna	Minot	2:05.32
1982	Erin Jilek.....	Fargo North	2:01.09
1983	Missy Yantzer	Minot	2:01.23
1984	Jenny Reidinger	Mandan	2:05.56
1985	Paula Rudser	Minot	2:02.08
1986	Krina Kabanuk.....	Fargo South	1:58.09
1987	Paula Rudser	Minot	1:59.03
1988	Paula Rudser	Minot	1:57.71
1989	Andrea Rudser.....	Minot	2:01.12
1990	Suzie Helvig.....	Mandan	1:56.39
1991	Suzie Helvig.....	Mandan	1:55.07
1992	Suzie Helvig.....	Mandan	1:54.48
1993	Kara Schmitz.....	Century	1:58.97
1994	Sara Stevenson	Minot	1:54.45
1995	Sara Stevenson	Minot	1:56.95
1996	Kate Holland.....	Minot	1:57.98
1997	Lauren Little.....	Mandan	1:55.95
1998	Heather Harris.....	Fargo South	1:55.77

1999	Heather Harris.....	Fargo South	1:51.78
2000	Heather Harris.....	Fargo South	1:52.81
2001	Heather Harris.....	Fargo South	1:53.08
2002	Heather Harris.....	Fargo South	1:56.28
2003	Michelle Omdahl.....	GF Red River	1:56.47
2004	Hannah Whitehead.....	GF Central	1:52.86
2005	Hannah Whitehead.....	GF Central	1:50.09
2006	Hannah Whitehead.....	GF Central	1:50.86
2007	Hannah Whitehead.....	GF Central	1:50.12
2008	Dagny Knutson.....	Minot	1:43.00
2009	Ali Church.....	GF Central	1:52.08
2010	Ali Church.....	GF Central	1:52.09
2011	Ali Church.....	GF Central	1:50.28
2012	Dani Bergeson	Century	1:52.37
2013	Ketti Ringwall	Williston	1:54.07
2014	Alexis Ljunggren.....	GF Central	1:51.44
2015	Alexis Ljunggren.....	GF Central	1:51.45
2016	Emma Hepper.....	Bismarck	1:54.97
2017	Alexis Ljunggren.....	GF Central	1:51.74
2018	Elsa Musselman	GF Red River	1:53.93
2019	Elsa Musselman	GF Red River	1:53.12
2020	Sarah Dorrheim.....	Century	1:53.49
2021	Greta Bellas	WF Sheyenne	1:52.78
2022	Lauryn Caster	Century	1:55.69



Lauryn Caster

Qualifying Time:
2:13.03

	LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1	3	Hadley Christianson	11	Shanley	2:13.01	_____
	4	Mariah Nelson	12	Fargo Davies	2:12.85	_____
	5	Ella McDonagh	9	West Fargo Sheyenne	2:13.00	_____
HEAT 2	2	Elizabeth Ellefson	11	Legacy	2:12.12	_____
	3	Caelin Flaten	11	Minot	2:11.83	_____
	4	Sophie Hetland	10	West Fargo Horace	2:11.25	_____
	5	Ali Toay	11	Fargo North	2:11.33	_____
	6	Taylor Laudal	8	West Fargo Sheyenne	2:11.98	_____
	7	Danielle Syverson	10	West Fargo Sheyenne	2:12.14	_____
	HEAT 3	1	Mollie Peterson	8	Fargo North	2:10.31
2		Norah Pierce	7	Williston	2:08.75	_____
3		Rainy Bancroft	9	GrandForks Central	2:03.69	_____
4		Tova Blikre	11	Legacy	2:00.54	_____
5		Brooklyn Keney	12	West Fargo Sheyenne	2:02.71	_____
6		Isla Rogne	8	Shanley	2:06.99	_____
7		Makenna Tippet	8	Dickinson	2:09.50	_____
8		Elsie Becker	10	Fargo South	2:11.08	_____
HEAT 4	1	Corinne Lindsey	10	Mandan	2:09.99	_____
	2	Georgia Lettenmaier	11	Jamestown	2:07.79	_____
	3	Sienna Mrachek	10	Century	2:03.48	_____
	4	Lauryn Caster	12	Century	1:59.26	_____
	5	Brooklyn Hanson	11	Shanley	2:00.82	_____
	6	Becca Smith	11	West Fargo Horace	2:04.82	_____
	7	Kearyn Woodward	12	Williston	2:09.35	_____
	8	Kirby Quam	8	Minot	2:11.02	_____
HEAT 5	1	Gabrielle Evanson	12	Grand Forks Central	2:09.69	_____
	2	Emily Dunstan	9	Minot	2:07.45	_____
	3	Anika Grunenwald	11	Williston	2:03.31	_____
	4	Sam Vonbokern	10	Minot	1:57.65	_____
	5	Lilyana Hochhalter	8	Legacy	2:00.75	_____
	6	Ava Erickson	10	Century	2:04.45	_____
	7	Sady Nelson	12	Century	2:09.31	_____
	8	Natalie Pfau	12	Williston	2:10.87	_____

200 YARD INDIVIDUAL MEDLEY

State Record (2009):
Dagny Knutson, Minot, (Prelims) 1:53.82

1974	Julie Beckman	Fargo North	2:26.80	1999	Jenny Bachmeier	Mandan	2:11.37
1975	Terri Leupp	Bismarck	2:30.60	2000	Jenny Bachmeier	Mandan	2:11.62
1976	Diane Johansen	Fargo North	2:26.60	2001	Jenny Bachmeier	Mandan	2:10.80
1977	Lori Miller	Fargo North	2:19.03	2002	Jenny Bachmeier	Mandan	2:11.69
1978	Trish Cole	Fargo South	2:20.88	2003	Emily Weeks	Minot	2:12.39
1979	Bonnie Flickinger	Minot	2:17.92	2004	Dagny Knutson	Minot	2:10.01
1980	Heidi Hill	Jamestown	2:18.63	2005	Dagny Knutson	Minot	2:08.04
1981	Michelyn Rudser	Minot	2:18.68	2006	Dagny Knutson	Minot	2:03.24
1982	Michelyn Rudser	Minot	2:18.68	2007	Dagny Knutson	Minot	1:58.58
1983	Carolyn Hanna	GF Central	2:15.13	2008	Maggi Beck	Minot	2:08.18
1984	Missy Yantzer	Minot	2:17.64	2009	Dagny Knutson	Minot	1:55.79
1985	Missy Yantzer	Minot	2:12.77	2010	Erin Grabanski	GF Red River	2:08.76
1986	Angie Johnson	Minot	2:17.68	2011	Dani Bergeson	Century	2:07.35
1987	Missy Yantzer	Century	2:15.01	2012	Ellie Roche	Fargo North	2:08.67
1988	Tisha Yantzer	Century	2:12.18	2013	Ellie Roche	Fargo North	2:07.75
1989	Tisha Yantzer	Century	2:13.56	2014	Ellie Roche	Fargo North	2:06.50
1990	Tisha Yantzer	Century	2:12.96	2015	Vanessa Herrmann	Century	2:05.75
1991	Nicole Fiest	Mandan	2:12.85	2016	Vanessa Herrmann	Century	2:02.77
1992	Nicole Fiest	Mandan	2:13.48	2017	Vanessa Herrmann	Century	2:03.49
1993	Amy Gormally	Williston	2:12.56	2018	Gracie Lingle	Fargo Davies	2:08.24
1994	Elizabeth Pierce	Century	2:09.40	2019	Marissa Branham	Williston	2:09.34
1995	Elizabeth Pierce	Century	2:11.73	2020	Erin Palmer	Century	2:05.89
1996	Elizabeth Pierce	Century	2:09.06	2021	Marissa Branham	Williston	2:08.96
1997	Jennifer Lowe	Minot	2:10.15	2022	Ava Williamson	Minot High	2:10.94
1998	Lisa Haunz	Century	2:09.92				



Ava Williamson

Qualifying Time:
2:30.94

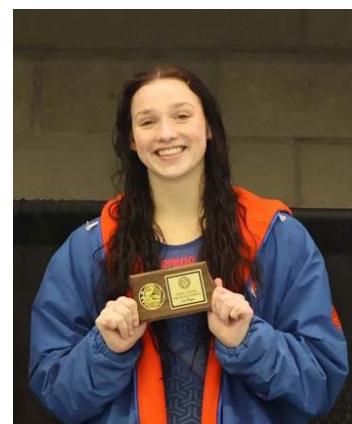
	LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1	1	Morgan Walz	8	Mandan	2:30.58	_____
	2	Madisyn Racine	7	Minot	2:29.59	_____
	3	Juliana Dahl	8	West Fargo	2:29.25	_____
	4	Morgan Uhlir	12	Grand Forks Central	2:29.05	_____
	5	Hanna Hoff	12	Fargo Davies	2:29.06	_____
	6	Lauren Schluchter	12	Fargo Davies	2:29.50	_____
	7	Hannah McEvers	10	Century	2:30.04	_____
	8	Emma Masseth	8	Mandan	2:30.72	_____
HEAT 2	1	Sophia VonBokern	10	Minot	2:27.88	_____
	2	Addison Olson	10	Grand Forks Red River	2:25.83	_____
	3	Jocelyn Wettlaufer	9	WF Horace	2:20.89	_____
	4	Taylor Miller	11	Dickinson	2:17.65	_____
	5	Mara Ellerkamp	12	Dickinson	2:19.51	_____
	6	Linnea Bruns	7	West Fargo	2:23.76	_____
	7	Cadence Cook	12	Century	2:26.79	_____
	8	Grace Fish	11	Grand Forks Red River	2:28.98	_____
HEAT 3	1	Havanna Metzger	11	Minot	2:27.86	_____
	2	Addison Wax	8	Dickinson	2:25.61	_____
	3	Bethany Mehl	9	Fargo South	2:20.30	_____
	4	Lauren McDonagh	11	West Fargo Sheyenne	2:15.65	_____
	5	Madyson Tivis	12	Century	2:18.77	_____
	6	Ella Montplaisir	12	West Fargo	2:21.88	_____
	7	Savannah Mauch	11	WF Horace	2:26.34	_____
	8	Norah Sears	7	Legacy	2:28.71	_____
HEAT 4	1	Ellie Lacher	8	Legacy	2:26.96	_____
	2	Berit Hillmer	10	Fargo North	2:24.14	_____
	3	Abigail Jablonsky	10	Century	2:19.67	_____
	4	Ava Williamson	11	Minot	2:14.95	_____
	5	Alexa Heckaman	10	Shanley	2:18.11	_____
	6	Evie Sevald	9	West Fargo Sheyenne	2:21.72	_____
	7	Payton Hanson	7	Shanley	2:26.03	_____
	8	Gabrielle Tack	9	Grand Forks Central	2:27.94	_____

50 YARD FREESTYLE

State Record (2020): Lexi Duchsherer, :22.54

1974	Carrie Caufield	Fargo South	:27.30
1975	Helen Thorndahl	Bismarck	:27.10
1976	Bonnie Flickinger	Minot	:26.58
1977	Anne Kincheloe	Minot	:25.93
1978	Anne Kincheloe	Minot	:26.26
1979	Kim Edwards	Minot	:25.18
1980	Ingrid Lawrence	GF Red River	:24.17
1981	Janine Owens	GF Central	:25.48
1982	Christy Forsberg	Minot	:25.43
1983	Christy Forsberg	Minot	:25.23
1984	Tricia Wacker	GF Red River	:25.60
1985	Krina Kabanuk	Fargo South	:25.06
1986	Stacy Burckhart	Minot	:25.75
1987	Krina Kabanuk	Fargo South	:25.06
1988	Andrea Rudser	Minot	:24.71
1989	Suzie Helvig	Mandan	:24.92
1990	Cindy Goeddertz	Century	:24.68
1991	Cindy Goeddertz	Century	:24.65
1992	Megan Thiel	West Fargo	:25.38
1993	Megan Thiel	West Fargo	:24.67
1994	Megan Thiel	West Fargo	:24.68
1995	Christina Traen	Fargo South	:25.50
1996	Christina Traen	Fargo South	:25.01
1997	Jill Ament	Jamestown	:25.01
1998	Jill Ament	Jamestown	:25.35

1999	Nicole Saur	Mandan	:25.15
2000	Lauren Mickelson	Jamestown	:25.17
2001	Sarah Ziegelmann	Fargo North	:24.74
2002	Linzey Bachmeier	Mandan	:24.61
2003	Linzey Bachmeier	Mandan	:24.71
2004	Linzey Bachmeier	Mandan	:24.39
2005	Carissa Gormally	Williston	:24.08
2006	Lexie Halberstadt	Shanley	:24.77
2007	Lexie Halberstadt	Shanley	:23.77
2008	Lexie Halberstadt	Shanley	:24.66
2009	Lexie Halberstadt	Shanley	:23:52
2010	Courtney Funk	Minot	:24.18
2011	Courtney Funk	Minot	:23.36
2012	Emily Roche	Fargo North	:24.20
2013	Emily Hamel	Minot	:24.38
2014	Breah Anderson	Fargo North	:23.71
2015	Breah Anderson	Fargo North	:23.48
2016	Gracie Lingle	Fargo Davies	:23.94
2017	Lexi Duchsherer	Century	:23.55
2018	Lexi Duchsherer	Century	:23.31
2019	Lexi Duchsherer	Century	:22.91
2020	Lexi Duchsherer	Century	:22.54
2021	Liv Hettinger	West Fargo	:23.85
2022	Tierney Howell	WF Sheyenne	:23.80



Tierney Howell

Qualifying Time:
:27.28

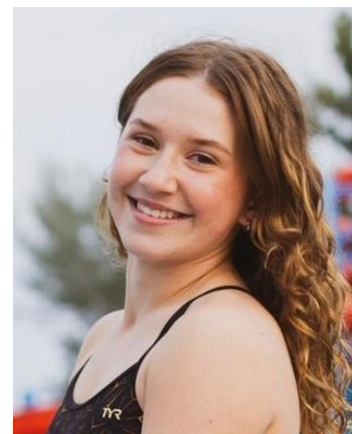
LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1					
1	Tyndale Archer	12	West Fargo Sheyenne	27.27	_____
2	Myah Tofte	12	Williston	27.25	_____
3	Isabelle Markell	12	West Fargo Sheyenne	27.21	_____
4	Anna Duckwitz	12	Bismarck	27.18	_____
5	Hailey Carling	12	West Fargo	27.20	_____
6	Katie Gruman	12	Legacy	27.22	_____
7	Kaelyn Hoffman	11	West Fargo	27.27	_____
HEAT 2					
1	Hannah Meschke	11	Dickinson	27.13	_____
2	Heidi Unser	11	West Fargo	27.07	_____
3	Grace Bugbee	9	Mandan	26.92	_____
4	Sophia Markell	12	West Fargo Sheyenne	26.88	_____
5	Zoe Bahr	10	Minot	26.91	_____
6	Natalie Gramm	8	Breckenridge Wahpeton	27.05	_____
7	Eva Andrist	7	Capstone Classical Academy	27.10	_____
8	Ione Benedicto	9	Fargo Davies	27.16	_____
HEAT 3					
1	Allysah Larson	12	Jamestown	26.71	_____
2	Gabby Osborn	11	Minot	26.48	_____
3	Joely Anderson	11	Grand Forks Red River	26.22	_____
4	Sydni Roberts	11	Breckenridge Wahpeton	25.52	_____
5	Olivia Tveter	10	Grand Forks Red River	25.72	_____
6	Jayda Pudwill	10	Century	26.33	_____
7	Maddie Novak	11	WF Horace	26.61	_____
8	Kya Sease	12	Bismarck	26.84	_____
HEAT 4					
1	Aubrey Caster	9	Century	26.67	_____
2	Molly Ellerkamp	9	Dickinson	26.44	_____
3	Myah Lund	12	West Fargo Sheyenne	26.14	_____
4	Abby Erickson	11	Legacy	25.49	_____
5	Dru Zander	10	Williston	25.59	_____
6	Izzy Miller	12	Fargo North	26.27	_____
7	Sadie Wavrin	11	West Fargo	26.55	_____
8	Lynnea Jackson	10	Mandan	26.81	_____
HEAT 5					
1	Nora Andrist	10	Shanley	26.64	_____
2	Reese Goodman	12	Minot	26.34	_____
3	Aryana Twist	12	Dickinson	26.05	_____
4	Helen Wu	8	Fargo Davies	25.34	_____
5	Braelynn Tofte	10	Williston	25.53	_____
6	Bostyn Edwards	11	Minot	26.23	_____
7	Grace Upgren	8	Legacy	26.48	_____
8	Kate Beckler	12	Mandan	26.77	_____

DIVING

State Record (2020): Madison Hischer, Fargo Davies, 479.95

1974	Karen Hegre	Fargo South	284.80
1975	Laurie Moe	Century	284.30
1976	Mary Ann Gallagher	Mandan	356.50
1977	Mary Ann Gallagher	Mandan	407.70
1978	Julie Pankow	Minot	404.65
1979	Jane Vanyo	Fargo South	394.25
1980	Jane Borman	Fargo South	410.20
1981	Jenny Holm	Fargo North	391.50
1982	Jennifer Hunkele	Bismarck	393.25
1983	Jennifer Hunkele	Minot	440.25
1984	Stacy Hurd	Minot	397.85
1985	Stacy Hurd	Minot	430.60
1986	Heidi Hulberg	Fargo South	359.60
1987	Tonia Timm	Minot	328.50
1988	Tonia Timm	Minot	340.95
1989	Kelley LeRoy	Mandan	393.85
1990	Kelley LeRoy	Mandan	377.65
1991	Kelley LeRoy	Mandan	407.25
1992	Summer Bourdeau	Century	369.95
1993	Summer Bourdeau	Century	393.80
1994	Molly McDonald	Century	424.65
1995	Molly McDonald	Century	451.45
1996	Molly McDonald	Century	479.05
1997	Rachelle Giese	Mandan	438.55
1998	Marie Boyeff	Minot	404.75

1999	Cristi Lindsey	Century	419.95
2000	Kari Nolz	Bismarck	478.45
2001	Cristi Lindsey	Century	419.05
2002	Brooke Wehri	Mandan	398.60
2003	Dani Visina	Minot	430.50
2004	Kati Hopfauf	Mandan	436.80
2005	Meri Orseth	Fargo South	415.90
2006	Kati Hopfauf	Mandan	449.65
2007	Megan Keidel	Bismarck	410.45
2008	McKenzie Rudolph	Minot	418.15
2009	Mairin Jameson	Shanley	435.75
2010	Ashley Kankelfritz	Fargo South	385.70
2011	Alex Lind	Jamestown	430.70
2012	Alex Lind	Jamestown	453.80
2013	Anna Reinholz	Shanley	438.65
2014	Brittany Dixon	Shanley	412.60
2015	Brittany Dixon	Shanley	442.80
2016	Isabelle Chambers	Fargo Davies	391.35
2017	Mya Winjum	Fargo Davies	427.85
2018	Madison Hischer	Fargo Davies	408.80
2019	Mya Winjum	Fargo Davies	412.20
2020	Madison Hischer	Fargo Davies	479.95
2021	Madison Hischer	Fargo Davies	463.60
2022	Ella Kesler	Minot High	457.40



Ella Kesler

Qualifying:
285 Points (11 dives)

	NAME	YEAR	SCHOOL	PRELIMS	SEMIS	FINALS
1	Harper Meyer	11	Fargo North	_____	_____	_____
2	Stella Brandt	9	Bismarck	_____	_____	_____
3	Julia Skari	11	Jamestown	_____	_____	_____
4	Gracyn Bergan	9	Minot	_____	_____	_____
5	Aubrey Piechowski	10	Fargo Davies	_____	_____	_____
6	Haley Conklin	11	Minot	_____	_____	_____
7	Jozie Davis	9	Jamestown	_____	_____	_____
8	Sadie Brewer	9	Fargo Davies	_____	_____	_____
9	Katelyn Kolness	11	Williston	_____	_____	_____
10	Sydnee Sandberg	10	Grand Forks Central	_____	_____	_____
11	Alora Rude	11	West Fargo Horace	_____	_____	_____
12	Samantha Paintner	8	Dickinson	_____	_____	_____
13	Kylie Brew	9	Mandan	_____	_____	_____
14	Sara Thomas	8	West Fargo Horace	_____	_____	_____
15	Lauren Lopez	9	West Fargo Sheyenne	_____	_____	_____
16	Julia Rerick	7	West Fargo	_____	_____	_____
17	Sophia Bell	10	Minot	_____	_____	_____
18	Kylie Stahl	9	Century	_____	_____	_____
19	Lenora Arnold	8	Williston	_____	_____	_____
20	Julia Graff	8	Mandan	_____	_____	_____
21	Lydia Stoterau	11	Jamestown	_____	_____	_____
22	Kylie Jasso	12	Mandan	_____	_____	_____
23	Halle Braaflat	12	Fargo Davies	_____	_____	_____
24	Abi Ricketts	10	Mandan	_____	_____	_____
25	Brielle Hochhalter	11	Legacy	_____	_____	_____
26	Brenna Jo Wolbaum	11	Dickinson	_____	_____	_____
27	Olivia Mischke	11	West Fargo	_____	_____	_____
28	Branwen Loeffler	10	Grand Forks Red River	_____	_____	_____
29	Ella Kesler	12	Minot	_____	_____	_____
30	Kaydence Haider	10	Century	_____	_____	_____

100 YARD BUTTERFLY

State Record (2020): Tierney Howell, WF Sheyenne, :55.44

1974	Sara Bingenheimer.....Bismarck.....	1:06.40
1975	Linda Soli.....GF Red River...1:06.20	
1976	Cathy Traynor.....Shanley.....	1:05.03
1977	Trish Cole.....Fargo South.....	1:01.94
1978	Trish Cole.....Fargo South.....	1:02.24
1979	Janine Owens.....GF Central.....	1:00.28
1980	Janine Owens.....GF Central.....	1:00.44
1981	Janine Owens.....GF Central.....	:58.86
1982	Holly Flickinger.....Minot.....	1:00.93
1983	Vicky Pomaville.....Minot.....	1:04.73
1984	Michelle Muri.....Bismarck.....	1:03.00
1985	Vicky Pomaville.....Minot.....	1:04.37
1986	Andrea Rudser.....Minot.....	1:02.49
1987	Andrea Rudser.....Minot.....	1:00.08
1988	Andrea Rudser.....Minot.....	:58.51
1989	Andrea Rudser.....Minot.....	:57.92
1990	Lisa Rodriguez.....Williston.....	1:00.69
1991	Missy Utley.....West Fargo.....	1:01.26
1992	Pamela Richmond.....Mandan.....	:58.09
1993	Sarah Doeden.....Williston.....	1:00.87
1994	Holly Skarsgard.....Minot.....	:58.58
1995	Holly Skarsgard.....Minot.....	:59.37
1996	Holly Skarsgard.....Minot.....	:58.99
1997	Katie Hill.....GF Red River.....	:58.61
1998	Katie Hill.....GF Red River...1:00.32	

1999	Katie Hill.....GF Red River...1:00.19	
2000	Linzey Bachmeier.....Mandan.....	1:00.02
2001	Mandy Herberholz.....Mandan.....	1:00.72
2002	Linzey Bachmeier.....Mandan.....	:59.03
2003	Linzey Bachmeier.....Mandan.....	:57.88
2004	Linzey Bachmeier.....Mandan.....	:57.75
2005	Allison Maxwell.....Williston.....	:57.50
2006	Dagny Knutson.....Minot.....	:55.60
2007	Lexie Halberstadt.....Shanley.....	:57.51
2008	Lexie Halberstadt.....Shanley.....	:57.50
2009	Lexie Halberstadt.....Shanley.....	:55.99
2010	Danica Dutt.....West Fargo.....	:57.47
2011	Danica Dutt.....West Fargo.....	:57.01
2012	Danica Dutt.....West Fargo.....	:57.09
2013	Danica Dutt.....West Fargo.....	:56.20
2014	Dani Bergeson.....Century.....	:56.13
2015	Hallie Peterson.....West Fargo.....	:57.49
2016	Anna Astrup.....Fargo North.....	:58.46
2017	Anna Astrup.....Fargo North.....	:57.85
2018	Demi Peterson.....Williston.....	:59.33
2019	Elsa Musselman.....GF Red River.....	:57.57
2020	Tierney Howell.....WF Sheyenne ..	:55.44
2021	Erin Palmer.....Century.....	:57.13
2022	Tierney Howell.....WF Sheyenne.....	:56.39



Tierney Howell

Qualifying Time:
1:08.94

	LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1	3	Hailey Schmitz	12	Fargo South	1:08.79	_____
	4	Madison Lyman	12	Minot	1:08.05	_____
	5	Abigail Behm	8	Grand Forks Red River	1:08.72	_____
HEAT 2	2	Willow Vohs	8	Dickinson	1:07.93	_____
	3	Ava Neumann	11	Minot	1:07.58	_____
	4	Maddi Wersinger	10	West Fargo Sheyenne	1:07.47	_____
	5	McKenna Mettler	11	Dickinson	1:07.49	_____
	6	Piper Volk	8	West Fargo Sheyenne	1:07.71	_____
	7	Jane Donat	12	Fargo Davies	1:08.02	_____
	HEAT 3	1	Lainey Martin	10	Minot	1:07.12
2		Kara Hansen	10	Williston	1:05.30	_____
3		Rachel Kunz	9	West Fargo	1:03.51	_____
4		Helen Wu	8	Fargo Davies	1:02.03	_____
5		Abigail Jablonsky	10	Century	1:03.39	_____
6		Addison Olson	10	Grand Forks Red River	1:04.31	_____
7		Cadence Cook	12	Century	1:06.53	_____
8		Brooklyn Sauvageau	7	Fargo South	1:07.46	_____
HEAT 4	1	Sophia VonBokern	10	Minot	1:06.87	_____
	2	Gabrielle Tack	9	Grand Forks Central	1:04.89	_____
	3	Evie Sevald	9	West Fargo Sheyenne	1:03.47	_____
	4	Dru Zander	10	Williston	1:00.65	_____
	5	Brinley Steele	8	Legacy	1:03.26	_____
	6	Kylie Duchsherer	11	Century	1:03.94	_____
	7	Eleanor Iversen	10	Fargo North	1:06.23	_____
	8	Nashatawn Tangpong	7	Shanley	1:07.37	_____
HEAT 5	1	Norah Sears	7	Legacy	1:06.70	_____
	2	Hanna Hoff	12	Fargo Davies	1:04.87	_____
	3	Molly Osadchy	8	Century	1:03.42	_____
	4	Addison Cerney	11	Fargo North	1:00.47	_____
	5	Aryana Twist	12	Dickinson	1:02.71	_____
	6	Becca Smith	11	WF Horace	1:03.59	_____
	7	Hadley Christianson	11	Shanley	1:06.15	_____
	8	Ellie Lacher	8	Legacy	1:07.29	_____

100 YARD FREESTYLE

State Record (2009): Dagny Knutson, Minot, (Prelims) :48.15

1974	Coleen Miller	Fargo North	:59.10
1975	Lori McDonald	Fargo North	:57.90
1976	Lori McDonald	Fargo North	:56.72
1977	Bonnie Flickinger	Minot	:57.79
1978	Ingrid Lawrence	GF Red River	:54.88
1979	Ingrid Lawrence	GF Red River	:54.04
1980	Ingrid Lawrence	GF Red River	:52.58
1981	Christy Forsberg	Minot	:56.28
1982	Christy Forsberg	Minot	:55.32
1983	Christy Forsberg	Minot	:54.66
1984	Missy Yantzer	Minot	:55.82
1985	Krina Kabanuk	Fargo South	:55.16
1986	Krina Kabanuk	Fargo South	:55.20
1987	Krina Kabanuk	Fargo South	:54.96
1988	Krina Kabanuk	Fargo South	:55.00
1989	Cindy Goeddertz	Century	:55.06
1990	Julie Bitz	Century	:54.68
1991	Megan Thiel	West Fargo	:53.69
1992	Suzie Helvig	Mandan	:52.38
1993	Megan Thiel	West Fargo	:53.66
1994	Sara Stevenson	Minot	:53.02
1995	Sara Stevenson	Minot	:54.44
1996	Elizabeth Pierce	Century	:53.87
1997	Christina Traen	Fargo South	:53.77
1998	Lauren Mickelson	Jamestown	:54.70

1999	Heather Harris	Fargo South	:51.75
2000	Heather Harris	Fargo South	:52.45
2001	Lauren Mickelson	Jamestown	:53.53
2002	Emily Weeks	Minot	:53.35
2003	Kelsey Schoonhoven	West Fargo	:53.59
2004	Dani Maddock	Century	:52.91
2005	Kelsey Schoonhoven	West Fargo	:51.52
2006	Hannah Whitehead	GF Central	:52.01
2007	Dagny Knutson	Minot	:48.80
2008	Cassie Walth	Century	:53.20
2009	Dagny Knutson	Minot	:48.30
2010	Courtney Funk	Minot	:52.13
2011	Courtney Funk	Minot	:51.74
2012	Emily Roche	Fargo North	:53.42
2013	Dani Bergeson	Century	:51.07
2014	Breah Anderson	Fargo North	:51.72
2015	Breah Anderson	Fargo North	:51.71
2016	Gracie Lingle	Fargo Davies	:52.12
2017	Gracie Lingle	Fargo Davies	:51.73
2018	Lexi Duchsherer	Century	:51.60
2019	Lexi Duchsherer	Century	:50.36
2020	Lexi Duchsherer	Century	:50.26
2021	Sarah Dorrheim	Century	:52.02
2022	Lauryn Caster	Century	:53.08



Lauryn Caster

Qualifying Time:
1:00.54

	LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1	2	Alyssa Anderson	9	Fargo Davies	1:00.52	_____
	3	Grace Bugbee	9	Mandan	1:00.23	_____
	4	Hannah Meschke	11	Dickinson	1:00.29	_____
	5	Anna Duckwitz	12	Bismarck	1:00.52	_____
HEAT 2	1	Kya Sease	12	Bismarck	1:00.20	_____
	2	Maiah Fuchs	10	WF Horace	59.95	_____
	3	Grace Fish	11	Grand Forks Red River	59.68	_____
	4	Myah Tofte	12	Williston	59.65	_____
	5	Hailee Valdez	10	Minot	59.66	_____
	6	Hallie Schatzke	12	West Fargo	59.72	_____
	7	Hailey Carling	12	West Fargo	1:00.05	_____
	8	Kayley Bischoff	12	Fargo Davies	1:00.20	_____
HEAT 3	1	Lydia Potter	10	Fargo Davies	59.37	_____
	2	Payton Hanson	7	Shanley	58.57	_____
	3	Sady Nelson	12	Century	57.41	_____
	4	Abby Erickson	11	Legacy	55.49	_____
	5	Ava Erickson	10	Century	56.44	_____
	6	Gabby Osborn	11	Minot	58.31	_____
	7	Grace Upgren	8	Legacy	58.94	_____
	8	Kate Beckler	12	Mandan	59.62	_____
HEAT 4	1	Sydni Roberts	11	Breckenridge Wahpeton	59.18	_____
	2	Izzy Miller	12	Fargo North	58.55	_____
	3	Kearyn Woodward	12	Williston	57.29	_____
	4	Lilyana Hochhalter	8	Legacy	55.39	_____
	5	Olivia Tveter	10	Grand Forks Red River	56.32	_____
	6	Emily Dunstan	9	Minot	58.11	_____
	7	Sadie Wavrin	11	West Fargo	58.91	_____
	8	Emmy Sorensen	12	Williston	59.56	_____
HEAT 5	1	Hannah McEvers	10	Century	59.07	_____
	2	Maddie Novak	11	WF Horace	58.32	_____
	3	Ellie Nelson	10	West Fargo	56.63	_____
	4	Lauryn Caster	12	Century	54.21	_____
	5	Myah Lund	12	West Fargo Sheyenne	55.97	_____
	6	Reese Goodman	12	Minot	57.55	_____
	7	Addison Wax	8	Dickinson	58.81	_____
	8	Carley Hoff	12	Fargo Davies	59.40	_____

500 YARD FREESTYLE

State Record (2008): Dagny Knutson, Minot, (Prelims) 4:34.78

1974	Coleen Miller.....	Fargo North...5:50.40
1975	Jean Miller.....	Bismarck.....6:04.50
1976	Marj Laskey.....	Fargo North...5:41.66
1977	Marj Laskey.....	Fargo North...5:39.76
1978	Michelyn Rudser.....	Minot.....5:36.00
1979	Michelyn Rudser.....	Minot.....5:18.70
1980	Michelyn Rudser.....	Minot.....5:25.58
1981	Michelyn Rudser.....	Minot.....5:29.04
1982	Michelyn Rudser.....	Minot.....5:22.42
1983	Beth Sornsins.....	Shanley.....5:31.40
1984	Paula Rudser.....	Minot.....5:38.95
1985	Paula Rudser.....	Minot.....5:28.24
1986	Paula Rudser.....	Minot.....5:23.48
1987	Paula Rudser.....	Minot.....5:18.51
1988	Paula Rudser.....	Minot.....5:18.02
1989	Suzie Helvig.....	Mandan.....5:26.92
1990	Suzie Helvig.....	Mandan.....5:13.70
1991	Suzie Helvig.....	Mandan.....5:11.28
1992	Sara Stevenson.....	Minot.....5:23.65
1993	Marie Burckhard.....	Minot.....5:20.56
1994	Marie Burckhard.....	Minot.....5:13.04
1995	Kate Holland.....	Minot.....5:18.42
1996	Kate Holland.....	Minot.....5:20.08
1997	Kate Holland.....	Minot.....5:19.61
1998	Heather Harris.....	Fargo South...5:11.63

1999	Lauren Mickelson.....	Jamestown.....5:20.71
2000	Lauren Mickelson.....	Jamestown.....5:17.42
2001	Heather Harris.....	Fargo South...5:07.62
2002	Heather Harris.....	Fargo South...5:15.85
2003	Hannah Whitehead...GF Central.....	5:11.45
2004	Hannah Whitehead...GF Central.....	5:00.36
2005	Hannah Whitehead...GF Central.....	4:59.76
2006	Brittany Schmidt.....	GF Red River.5:11.89
2007	Hannah Whitehead...GF Central.....	4:55.78
2008	Dagny Knutson.....	Minot..... 4:40.26
2009	Ali Church.....	GF Central.....5:04.57
2010	Ali Church.....	GF Central.....5:02.46
2011	Ali Church.....	GF Central.....5:01.30
2012	Katie Svendsen.....	GF Central.....5:06.25
2013	Alexis Ljunggren.....	GF Central.....5:04.10
2014	Alexis Ljunggren.....	GF Central.....5:00.61
2015	Alexis Ljunggren.....	GF Central.....4:57.98
2016	Emma Hepper.....	Bismarck.....5:12.82
2017	Alexis Ljunggren.....	GF Central.....5:05.20
2018	Jordyn Danielson.....	GF Red River.5:15.20
2019	Madeline Elseth.....	GF Central.....5:15.62
2020	Greta Bellas.....	WF Sheyenne 5:13.21
2021	Greta Bellas.....	WF Sheyenne 5:07.16
2022	Sam VonBokern.....	Minot.....5:13.26



Sam VonBokern

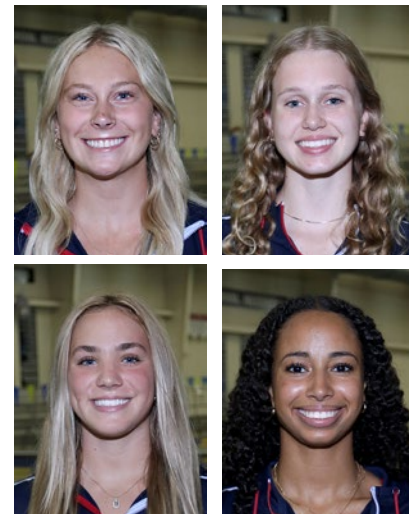
Qualifying Time:
6:02.52

	LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1	3	Abigail Behm	8	Grand Forks Red River	6:00.80	_____
	4	Sophia Domitrovich	9	West Fargo Horace	5:59.92	_____
	5	Corinne Lindsey	10	Mandan	6:00.25	_____
HEAT 2	1	Heidi Unser	11	West Fargo	5:58.36	_____
	2	Norah Pierce	7	Williston	5:58.15	_____
	3	Ella McDonagh	9	West Fargo Sheyenne	5:57.44	_____
	4	Ava Neumann	11	Minot	5:55.47	_____
	5	Madisyn Racine	7	Minot	5:55.81	_____
	6	Keelin Traynor	12	Bismarck	5:57.50	_____
	7	Signey Webb	12	West Fargo Sheyenne	5:58.19	_____
HEAT 3	1	Danielle Syverson	10	West Fargo Sheyenne	5:54.96	_____
	2	Joelle Knudson	8	Century	5:54.50	_____
	3	Jillian Schick	11	Legacy	5:53.44	_____
	4	Morgan Walz	8	Mandan	5:52.35	_____
	5	Abigail Sharbono	12	Fargo South	5:53.36	_____
	6	Jewel Zimmer	12	Legacy	5:54.21	_____
	7	Eleanor Iversen	10	Fargo North	5:54.73	_____
	8	Elsie Becker	10	Fargo South	5:55.33	_____
HEAT 4	1	Makenna Tippett	8	Dickinson	5:49.93	_____
	2	Natalie Pfau	12	Williston	5:43.08	_____
	3	Molly Ellerkamp	9	Dickinson	5:38.99	_____
	4	Brooklyn Hanson	11	Shanley	5:29.79	_____
	5	Anika Grunenwald	11	Williston	5:36.66	_____
	6	Gabrielle Evanson	12	Grand Forks Central	5:41.84	_____
	7	Caelin Flaten	11	Minot	5:44.76	_____
	8	Ali Toay	11	Fargo North	5:51.94	_____
HEAT 5	1	Savannah Mauch	11	West Fargo Horace	5:49.25	_____
	2	Sophie Hetland	10	West Fargo Horace	5:42.30	_____
	3	Brooklyn Keney	12	West Fargo Sheyenne	5:37.41	_____
	4	Madeline VerDouw	9	Bismarck	5:26.53	_____
	5	Taylor Miller	11	Dickinson	5:34.74	_____
	6	Georgia Lettenmaier	11	Jamestown	5:40.84	_____
	7	Morgan Uhler	12	Grand Forks Central	5:43.42	_____
	8	Isla Rogne	8	Shanley	5:51.74	_____
HEAT 6	1	Molly Osadchy	8	Century	5:42.09	_____
	2	Mara Ellerkamp	12	Dickinson	5:36.90	_____
	3	Sam Vonbokern	10	Minot	5:20.00	_____
	4	Sienna Mrachek	10	Century	5:32.24	_____
	5	Rainy Bancroft	9	Grand Forks Central	5:39.31	_____
	6	Mollie Peterson	8	Fargo North	5:43.09	_____
	7	Kiera Kuklok	8	Century	5:50.73	_____

200 YARD FREESTYLE RELAY

State Record (2018): Sarah Dorrheim, Paige Keller, Carly Palmer, Lexi Duchsherer, Century, 1:37.38

1990	Mandan	C. Hohbein, N. Reidinger, K. Wagner, J. Harding	1:53.23
1991	Mandan	L. Sletten, N. Fiest, K. Wagner, S. Helvig	1:40.48
1992	Mandan	M. Braunberger, N. Fiest, S. Fryslie, S. Helvig	1:42.15
1993	West Fargo	M. Thiel, T. Springer, K. Grant, M. Utley	1:41.96
1994	Century	K. Schmitz, A. Kindschi, K. Delvo, E. Pierce	1:40.66
1995	Century	K. Delvo, J. Farnsworth, A. Kindschi, E. Pierce	1:41.51
1996	Minot	T. Bruels, K. Holland, T. Goldade, J. Lowe	1:41.71
1997	Minot	M. Burckhard, K. Holland, J. Lowe, T. Goldade	1:40.60
1998	Jamestown	N. Nygaard, A. Weigel, L. Mickelson, J. Ament	1:41.27
1999	Mandan	L. Bachmeier, N. Saur, K. Fiest, R. Keller	1:39.27
2000	Mandan	L. Bachmeier, A. Renner, S. Dougherty, N. Saur	1:41.68
2001	Mandan	L. Bachmeier, K. Fiest, A. Renner, M. Herberholz	1:41.42
2002	Williston	A. Maxwell, C. Gormally, K. Wood, A. Roness	1:40.30
2003	Minot	B. Johnston, A. Jenkins, A. Gooch, E. Weeks	1:41.23
2004	Fargo North	S. Ziegelmann, N. Reza, A. Vanlighthout, E. Espel	1:40.78
2005	Williston	A. Maxwell, E. Maetzold, C. Gormally, B. Bolinske	1:39.46
2006	Grand Forks Central	K. Fristad, A. Eades, B. Peterson, H. Whitehead	1:41.67
2007	Fargo North	R. Wessman, K. Henze, N. Reza, A. Vanlighthout	1:40.79
2008	Century	S. Weinberg, C. Walth, L. Engberg, K. Kemmesat	1:40.96
2009	Century	C. Walth, L. Engberg, J. Fallgatter, K. Kemmesat	1:39.42
2010	Century	L. Engberg, J. Fallgatter, M. Jeske, C. Walth	1:41.43
2011	Century	C. Walth, N. Johnson, V. Herrmann, K. Ekre	1:40.95
2012	West Fargo	H. Peterson, B. Faul, J. Johnson, D. Dutt	1:39.90
2013	Minot	M. Brown, J. Gillund, F. Walker-Rozo, E. Hamel	1:38.21
2014	Minot	C. Askvig, M. Brown, J. Gillund, E. Hamel	1:38.65
2015	West Fargo	M. Gunning, M. Steinkopf, A. Peterson, H. Peterson	1:38.45
2016	Century	A. Bourgois, L. Duchsherer, A. Warren, C. Palmer	1:39.66
2017	Century	L. Duchsherer, A. Frank, G. Zottnick, P. Keller	1:39.04
2018	Century	S. Dorrheim, P. Keller, C. Palmer, L. Duchsherer	1:37.38
2019	Fargo Davies	G. Lingle, V. Soforenko, R. Wical, L. Ohe	1:38.45
2020	Century	P. Keller, T. Cook, L. Caster, S. Dorrheim	1:39.39
2021	Century	O. Schuchard, T. Cook, M. Tivis, L. Caster	1:39.55
2022	Century	L. Caster, A. Jablonsky, A. Erickson, M. Tivis	1:40.61



Lauryn Caster, Abby Jablonsky, Ava Erickson, Mady Tivis

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
3	Fargo South	1:52.45	_____
4	Fargo North	1:50.75	_____
5	Breckenridge Wahpeton	1:51.91	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
1	Grand Forks Central	1:50.41	_____
2	Bismarck	1:49.07	_____
3	Mandan	1:48.48	_____
4	Fargo Davies	1:48.01	_____
5	Shanley	1:48.04	_____
6	Grand Forks Red River	1:48.66	_____
7	Jamestown	1:50.40	_____

HEAT 3 Timed Finals

LN	SCHOOL	SEED	TIME
1	WF Horace	1:47.58	_____
2	Minot	1:44.29	_____
3	Williston	1:44.04	_____
4	Century	1:42.85	_____
5	West Fargo	1:43.91	_____
6	Dickinson	1:44.11	_____
7	Legacy	1:44.51	_____
8	West Fargo Sheyenne	1:47.73	_____

100 YARD BACKSTROKE

State Record (2016 & 2018(prelims)):
Briana Rittenbach, Bismarck Century, :55.67

1974	Diane Johansen	Fargo North	1:07.40
1975	Diane Johansen	Fargo North	1:06.50
1976	Diane Johansen	Fargo North	1:05.45
1977	Lori Miller.....	Fargo North	1:05.41
1978	Bonnie Flickinger.....	Minot	1:05.08
1979	Bonnie Flickinger.....	Minot	1:04.72
1980	Lori Miller.....	Fargo North	1:06.15
1981	Debbie Dickson.....	Century	1:04.27
1982	Carolyn Hanna.....	Minot	1:05.37
1983	Carolyn Hanna.....	GF Central	1:02.72
1984	Heidi Hill	Jamestown	1:04.70
1985	Missy Yantzer.....	Minot	1:04.47
1986	Missy Yantzer.....	Century	1:04.42
1987	Missy Yantzer.....	Century	1:02.00
1988	Amy Vigars	Minot	1:01.82
1989	Amy Vigars	Minot	1:02.40
1990	Melissa Parker	Minot	1:03.27
1991	Molly Huber	Century	1:01.85
1992	Molly Huber	Century	1:03.13
1993	Kara Schmitz	Century	1:00.70
1994	Kara Schmitz	Century	:59.71
1995	Lisa Haunz	Century	:59.95
1996	Lisa Haunz	Century	:58.07
1997	Lisa Haunz	Century	:58.04
1998	Lisa Haunz	Century	:58.61

1999	Jenny Bachmeier	Mandan	:59.27
2000	Jenny Bachmeier	Mandan	:59.58
2001	Jenny Bachmeier	Mandan	:59.03
2002	Jenny Bachmeier	Mandan	:59.00
2003	Kelsey Schoonhoven....	West Fargo	:59.66
2004	Kelsey Schoonhoven....	West Fargo	:57.32
2005	Kelsey Schoonhoven....	West Fargo	:56.72
2006	Kelsey Schoonhoven....	West Fargo	:57.26
2007	Maggi Beck	Minot	:59.90
2008	Maggi Beck	Minot	:58.73
2009	Kaitlin Bolinske.....	Williston	:59.29
2010	Erin Grabanski	GF Red River	:57.83
2011	Erin Hart	Jamestown	:57.82
2012	Dani Bergeson	Century	:55.68
2013	Dani Bergeson	Century	:56.27
2014	Dani Bergeson	Century	:56.30
2015	Emma Hepper	Bismarck	:57.54
2016	Briana Rittenbach	Century	:55.67
2017	Briana Rittenbach	Century	:57.11
2018	Briana Rittenbach	Century	:55.93
2019	Liv Hettinger.....	West Fargo	:56.93
2020	Liv Hettinger.....	West Fargo	:57.18
2021	Liv Hettinger.....	West Fargo	:56.85
2022	Addison Cerney	Fargo North	:58.03



Addison Cerney

Qualifying Time:
1:09.01

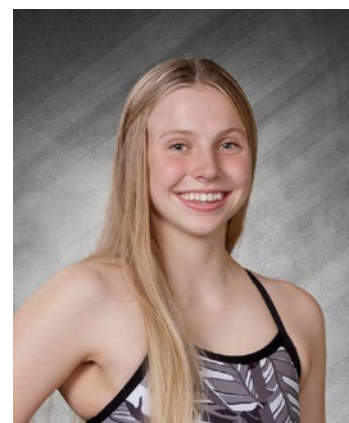
	LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1	3	Willow Vohs	8	Dickinson	1:08.40	_____
	4	Elena Terrell	12	Fargo North	1:08.33	_____
	5	Taylor Laudal	8	West Fargo Sheyenne	1:08.34	_____
	6	Lydia Potter	10	Fargo Davies	1:08.46	_____
HEAT 2	1	Nashatawn Tangpong	7	Shanley	1:07.26	_____
	2	Jayden Woodward	10	Williston	1:06.41	_____
	3	Kara Hansen	10	Williston	1:05.18	_____
	4	Jocelyn Wettlaufer	9	West Fargo Horace	1:02.39	_____
	5	Allysah Larson	12	Jamestown	1:03.71	_____
	6	Rachel Kunz	9	West Fargo	1:05.67	_____
	7	Lakeli Lubale	12	Century	1:07.09	_____
	8	Kirby Quam	8	Minot	1:08.26	_____
HEAT 3	1	Isabelle Markell	12	West Fargo Sheyenne	1:07.16	_____
	2	McKenna Mettler	11	Dickinson	1:06.13	_____
	3	Nora Andrist	10	Shanley	1:04.72	_____
	4	Tova Blikre	11	Legacy	1:01.39	_____
	5	Joely Anderson	11	Grand Forks Red River	1:02.65	_____
	6	Kylie Duchsherer	11	Century	1:05.50	_____
	7	Sophia Markell	12	West Fargo Sheyenne	1:07.01	_____
	8	Brooklyn Sauvageau	7	Fargo South	1:07.75	_____
HEAT 4	1	Lynnea Jackson	10	Mandan	1:07.10	_____
	2	Ellie Nelson	10	West Fargo	1:06.02	_____
	3	Brinley Steele	8	Legacy	1:04.44	_____
	4	Addison Cerney	11	Fargo North	1:00.45	_____
	5	Ava Williamson	11	Minot	1:02.58	_____
	6	Ione Benedicto	9	Fargo Davies	1:05.31	_____
	7	Hallie Schatzke	12	West Fargo	1:06.69	_____
	8	Carley Hoff	12	Fargo Davies	1:07.57	_____

100 YARD BREASTSTROKE

State Record (2021): Erin Palmer, Century, 1:02.02

1974	Cheryl Zitzow	Fargo South	1:18.30
1975	Lori McDonald	Fargo North	1:14.40
1976	Lori McDonald	Fargo North	1:12.56
1977	Anne Kincheloe	Minot	1:13.12
1978	Anne Kincheloe	Minot	1:12.71
1979	Anne Kincheloe	Minot	1:10.92
1980	Heidi Hill	Jamestown	1:13.87
1981	Heidi Hill	Jamestown	1:15.10
1982	Heidi Hill	Jamestown	1:15.00
1983	Su-Lin Woo	Century	1:15.15
1984	Paula Triepke	Jamestown	1:14.57
1985	Paula Triepke	Jamestown	1:12.31
1986	Angie Johnson	Minot	1:10.65
1987	Tisha Yantzer	Century	1:08.92
1988	Tisha Yantzer	Century	1:07.09
1989	Tisha Yantzer	Century	1:07.63
1990	Tisha Yantzer	Century	1:08.71
1991	Nicole Fiest	Mandan	1:08.70
1992	Nicole Fiest	Mandan	1:09.17
1993	Amy Gormally	Williston	1:08.17
1994	Amy Gormally	Williston	1:07.59
1995	Kate Giese	Century	1:06.61
1996	Kate Giese	Century	1:04.81
1997	Keri Hehn	Fargo North	1:05.31
1998	Keri Hehn	Fargo North	1:06.33

1999	Kelli Henke	Mandan	1:06.64
2000	Amy Anderson	GF Central	1:07.54
2001	Amy Anderson	GF Central	1:07.67
2002	Amy Anderson	GF Central	1:07.19
2003	Carissa Gormally	Williston	1:07.86
2004	Carissa Gormally	Williston	1:07.54
2005	Ashley Reiter	West Fargo	1:07.67
2006	Bailey Bolinske	Williston	1:07.39
2007	Ashley Reiter	West Fargo	1:05.87
2008	Ashley Reiter	West Fargo	1:06.42
2009	Sadie Miller	Williston	1:07.16
2010	Ellie Roche	Fargo North	1:07.05
2011	Elizabeth Roche	Fargo North	1:05.59
2012	Veronica Herrmann	Century	1:05.59
2013	Ellie Roche	Fargo North	1:06.28
2014	Vanessa Herrmann	Century	1:04.45
2015	Vanessa Herrmann	Century	1:03.23
2016	Vanessa Herrmann	Century	1:02.96
2017	Vanessa Herrmann	Century	1:02.89
2018	Carly Palmer	Century	1:05.84
2019	Marissa Branham	Williston	1:05.59
2020	Erin Palmer	Century	1:02.95
2021	Erin Palmer	Century	1:02.02
2022	Tara Hendrickson	Fargo Davies	1:05.77



Tara Hendrickson

Qualifying Time:
1:18.60

	LN	NAME	YR	SCHOOL	SEED	TIME
HEAT 1	3	Gabby Wood	7	Legacy	1:18.59	_____
	4	Mia Kvas	8	Legacy	1:18.33	_____
	5	Alecia Jorud	11	Fargo Davies	1:18.43	_____
	2	Jane Donat	12	Fargo Davies	1:18.20	_____
HEAT 2	3	Emma Kern	10	West Fargo Sheyenne	1:17.61	_____
	4	Juliana Dahl	8	West Fargo	1:17.42	_____
	5	Sunisha Tangpong	10	Shanley	1:17.60	_____
	6	Maiah Fuchs	10	West Fargo Horace	1:17.91	_____
	7	Jordyn Larson	11	Jamestown	1:18.32	_____
HEAT 3	1	Keelin Traynor	12	Bismarck	1:16.22	_____
	2	Berit Hillmer	10	Fargo North	1:14.09	_____
	3	Bostyn Edwards	11	Minot	1:11.93	_____
	4	Alexa Heckaman	10	Shanley	1:08.46	_____
	5	Braelynn Tofte	10	Williston	1:09.94	_____
	6	Havanna Metzger	11	Minot	1:12.82	_____
	7	Kiera Kuklok	8	Century	1:15.02	_____
	8	Piper Freborg	10	Legacy	1:17.32	_____
HEAT 4	1	Madeline Bjerke	7	Grand Forks Red River	1:16.12	_____
	2	Katie Gruman	12	Legacy	1:13.96	_____
	3	Linnea Bruns	7	West Fargo	1:11.48	_____
	4	Madeline VerDouw	9	Bismarck	1:08.04	_____
	5	Madysen Tivis	12	Century	1:09.65	_____
	6	Haili Metzger	11	Minot	1:12.66	_____
	7	Eva Andrist	7	Capstone Classical Academy	1:14.94	_____
	8	Madison Lyman	12	Minot	1:17.20	_____
HEAT 5	1	Joelle Knudson	8	Century	1:15.49	_____
	2	Brooklyn Richards	9	Century	1:13.49	_____
	3	Ella Montplaisir	12	West Fargo	1:10.55	_____
	4	Lauren McDonagh	11	West Fargo Sheyenne	1:06.31	_____
	5	Bethany Mehl	9	Fargo South	1:09.18	_____
	6	Tyndale Archer	12	West Fargo Sheyenne	1:12.62	_____
	7	Olivia Whitney	11	Grand Forks Red River	1:14.49	_____
	8	Emma Masseth	8	Mandan	1:16.71	_____

400 YARD FREESTYLE RELAY

State Record (2020): Lexi Duchsherer, Olivia Schuchard, Sarah Dorrheim, Erin Palmer, Century, 3:29.58

1974	Fargo North	L. Geiger, J. Beckman, M. Dahl, C. Miller	4:04.70
1975	Bismarck	J. Miller, T. Leupp, H. Thorndahl, M. Irving	4:09.80
1976	Fargo North	M. Flaagan, L. Ridgeway, L. Geiger, M. Laskey	4:02.41
1977	Fargo North	L. McDonald, L. Johanson, M. Laskey, L. Miller	3:51.65
1978	Williston	C. Hagan, J. Conlin, K. Erickson, B. Birkeland	3:58.08
1979	Minot	M. Rudser, C. Forsberg, K. Edwards, B. Flickinger	3:47.87
1980	Minot	D. Smith, N. Andrews, C. Forsberg, M. Rudser	3:57.32
1981	Minot	D. Hanna, D. Smith, C. Forsberg, M. Rudser	3:54.21
1982	Minot	D. Hanna, K. Warren, C. Forsberg, M. Rudser	3:47.88
1983	Mandan	C. Marten, A. Swann, S. Iverson, C. Forsberg	3:54.51
1984	Minot	C. Marten, P. Rudser, C. Volk, M. Yantzer	3:53.73
1985	Mandan	J. Reidinger, D. Hilfer, A. Peterson, S. Hilfer	3:53.30
1986	Minot	S. Disrud, T. Berntson, P. Rudser, S. Burkhart	3:52.58
1987	Minot	T. Berntson, J. Ostad, S. Burkhart, P. Rudser	3:47.99
1988	Minot	T. Berntson, L. Loeffler, P. Rudser, A. Rudser	3:42.48
1989	Mandan	J. Harding, N. Fiest, B. Stork, S. Helvig	3:48.95
1990	Century	C. Goeddertz, C. Rohrich, T. Yantzer, J. Bitz	3:39.71
1991	Century	C. Goeddertz, K. Schmitz, C. Rohrich, J. Bitz	3:42.46
1992	Mandan	N. Fiest, S. Helvig, L. Little, P. Richmond	3:44.11
1993	West Fargo	M. Thiel, T. Springer, K. Grant, M. Utley	3:43.25
1994	Minot	K. Holland, H. Skarsgard, M. Burckhard, S. Stevenson	3:37.64
1995	Minot	T. Bruels, K. Holland, H. Skarsgard, S. Stevenson	3:41.31
1996	Century	A. Jundt, L. Haunz, A. Kindschi, E. Pierce	3:37.52
1997	Minot	K. Holland, K. Deutsch, J. Wendt, M. Burckhard	3:40.79
1998	Mandan	L. Little, N. Saur, K. Fiest, J. Bachmeier	3:41.85
1999	Jamestown	J. Ament, A. Weigel, M. Johnson, L. Mickelson	3:39.55
2000	Mandan	L. Bachmeier, M. Herberholz, J. Bachmeier, K. Fiest	3:41.10
2001	Fargo South	J. Buskohl, L. Watkins, C. Burd, H. Harris	3:40.01
2002	Mandan	K. Fiest, M. Herberholz, S. Bachmeier, J. Bachmeier	3:41.00
2003	Williston	A. Maxwell, E. Maetzold, K. Wood, A. Roness	3:42.19
2004	West Fargo	E. Stromsvik, A. Flaten, A. Reiter, K. Schoonhoven	3:37.92
2005	West Fargo	T. Olson, M. Brennan, A. Reiter, K. Schoonhoven	3:37.23
2006	Minot	L. Greer, K. Beechie, M. Beck, D. Knuston	3:39.17
2007	Minot	S. Olsen, K. Nelson, M. Beck, D. Knutson	3:37.35
2008	Century	C. Walth, S. Weinberg, L. Engberg, K. Kemmesat	3:37.70
2009	Century	C. Walth, L. Engberg, M. Jeske, K. Kemmesat	3:37.03
2010	Grand Forks Red River	E. Grabanski, B. Schmidt, A. DiCristina, M. Kojic	3:37.20
2011	Century	C. Walth, D. Bergeson, M. Jeske, J. Fallgatter	3:36.47
2012	Fargo North	E. Roche, L. Mengelkoch, E. Roche, M. Derby	3:34.29
2013	West Fargo	H. Peterson, M. Gunning, B. Faul, D. Dutt	3:33.33
2014	Fargo North	B. Anderson, O. Roche, L. Mengelkoch, E. Roche	3:31.81
2015	West Fargo	H. Peterson, E. Bourassa, A. Peterson, M. Gunning	3:33.15
2016	Century	A. Warren, A. Bourgois, V. Herrmann, B. Rittenbach	3:34.83
2017	Century	B. Rittenbach, S. Dorrheim, V. Herrmann, C. Palmer	3:36.48
2018	Century	S. Dorrheim, A. Frank, C. Palmer, B. Rittenbach	3:34.24
2019	Century	O. Schuchard, S. Dorrheim, E. Palmer, L. Duchsherer	3:32.22
2020	Century	L. Duchsherer, O. Schuchard, S. Dorrheim, E. Palmer	3:29.58
2021	Century	S. Dorrheim, T. Cook, O. Schuchard, E. Palmer	3:31.04
2022	West Fargo Sheyenne	M. Shea, B. Keney, L. McDonagh, T. Howell	3:33.33



Madee Shea, Brooklyn Keney, Lauren McDonagh, Tierney Howell

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
3	Breckenridge Wahpeton	4:40.80	_____
4	Fargo South	4:08.45	_____
5	Jamestown	4:27.12	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
1	Fargo Davies	4:06.37	_____
2	Mandan	4:03.22	_____
3	Fargo North	3:57.07	_____
4	Williston	3:55.81	_____
5	West Fargo	3:55.85	_____
6	Bismarck	3:59.47	_____
7	Grand Forks Central	4:03.95	_____

HEAT 3 Timed Finals

LN	SCHOOL	SEED	TIME
1	WF Horace	3:54.37	_____
2	Dickinson	3:49.41	_____
3	Legacy	3:44.65	_____
4	Minot	3:43.21	_____
5	Century	3:43.85	_____
6	West Fargo Sheyenne	3:46.97	_____
7	Shanley	3:52.85	_____
8	Grand Forks Red River	3:55.77	_____

NDHSAA MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POSTSEASON COMPETITIONS:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- Confetti is banned at all NDHSAA tournament venues. Tournament staff is instructed to confiscate such articles at the door.
- Objects shall not be thrown into the stands at any NDHSAA tournament venue.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any persons at NDHSAA tournament venues.

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#1 KILLER OF TEENS.

The ND Association of Counties has teamed up with the "Impact Teen Drivers – What Do You Consider Lethal" Campaign with a free interactive program for students, teachers and law enforcement. "Impact Teen Drivers" will help teens think about the deadly impact of distractions while driving.

To book this program, please contact:

ImpactTeens@ndaco.org

Vision Zero Outreach Program



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Teen Drivers

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Today's youth are the future of North Dakota and healthy activity builds better community involvement and personal character.

That's why Farmers Union Insurance proudly invests in our state's youth with a continuing commitment as the Premiere Partner of the North Dakota High School Activities Association.

SCHOOL	Diving	200 Medley Relay	200 Free	IM 200	50 Free	100 Fly	100 Free	500 Free	200 Free Relay	100 Back	100 Breast	400 Free Relay	TOTAL	PLACE
BISMARCK														
BRECK/WAHPETON														
CAPSTONE														
CENTURY														
DICKINSON														
FARGO DAVIES														
FARGO NORTH														
FARGO SOUTH														
GF CENTRAL														
GF RED RIVER														
JAMESTOWN														
LEGACY														
MANDAN														
MINOT														
SHANLEY														
WEST FARGO														
WEST FARGO HORACE														
WEST FARGO SHEYENNE														
WILLISTON														