

The logo is a shield-shaped emblem with a blue and purple color scheme. At the top, a white star is positioned above the text 'NDHSAA' in a bold, white, sans-serif font with a blue outline. Below this, the words 'GIRLS STATE' are written in a smaller, white, sans-serif font. The main title 'SWIM & DIVE' is rendered in a large, bold, blue, sans-serif font with a white outline. Underneath, the word 'Championship' is written in a purple, cursive script font with a white outline. At the bottom of the shield, the year '2025' is displayed in a white, sans-serif font. A small copyright notice '© NWD.INK' is visible at the very bottom of the shield.

NDHSAA
GIRLS STATE
SWIM & DIVE
Championship
2025
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HULBERT AQUATIC CENTER
NOVEMBER 14-15, 2025



TOURNAMENT COMMITTEE



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Bismarck High	 Shanley	500 Yard Freestyle
Bismarck Legacy	 West Fargo	200 Yard Freestyle Relay
Breckenridge/Wahpeton	 West Fargo Horace	100 Yard Backstroke
Dickinson	 West Fargo Sheyenne	100 Yard Breaststroke
Fargo Davies	 Williston	400 Yard Freestyle Relay



NDHSAA BOARD & STAFF



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Behavior Expectations for Regular & 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 appropriate clothing. 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 discriminatory slur will result in immediate removal from the facility.
- Any attendee ejected from a NDHSAA regular season or tournament contest will incur a minimum two (2) calendar week game/event suspension.
- 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.
- Handheld 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.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited at all contests.

NDHSAA STATE SWIM 2025



WELCOME TO THE 2025 NDHSAA STATE GIRLS' SWIMMING & DIVING MEET

The Metro Area Tournament Committee and the communities of Fargo and West Fargo would like to welcome you to the Hulbert Aquatic Center for the 2025 NDHSAA State Girls' Swimming & Diving Championships. We look forward to providing an exciting and memorable experience for all participants, coaches and fans. The Metro Area Tournament Committee is grateful to the Hulbert Aquatic Center staff and administration for their cooperation in assisting with management of this event. We also express our gratitude to the many volunteers and workers for providing their assistance.

As an extension of the North Dakota High School Activities Association's effort to promote sportsmanship and goodwill among schools and athletes, we hope you will join us in providing positive encouragement and support for all who are here. Best wishes to all the teams and contestants.

Metro Area Tournament Committee
Todd Olson – President MATC
Logan Midthun – VP MATC | Meet Manager

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TOURNAMENT COMMITTEE

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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



VISION ZERO 

MEET INFORMATION



Meet Schedule

Friday November 14, 2025

- 11:00 Coaches Meeting
- 11:00 Diving Warm-Ups
- 11:15 Diving Sheets Due
 Officials Meeting
- 12:30 Diving Preliminaries
- 2:00 Swimming Warm-Ups
- 3:15 Clear Pool
- 3:20 Introduction of Teams/Anthem
- 3:30 Swimming Preliminaries

Saturday November 14, 2025

- 9:00 Coaches Meeting
- 9:45 Diving Warm-Ups
- 10:45 Diving Semi-Finals
- 11:30 Coaches' & Officials Meeting
- 11:45 Swimming & Diving Warm-ups
- 1:00 Clear Pool
- 1:05 Introduction of Teams/Anthem
- 1:15 Swimming & Diving Finals

ORDER OF EVENTS

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

TOURNAMENT OFFICIALS

- Meet Ref/Dive Judge Garry Pfau
- Dive Ref/S&T Deb Slack
- Starter/Dive Judge Missy Schell
- Stroke & Turn/Dive Judge Chris Domitrovich
- Stroke & Turn/Dive Judge Chris Raimo
- Stroke & Turn/Dive Judge Lisa Montplaisir
- Stroke & Turn/Dive Judge Gary Fisher
- Stroke & Turn/Dive Judge Sarah Hertz

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 1-32
Preliminaries Any 2 required & 3 optional
Semi-Finals 2 required & 1 optional
Finals 1 required & 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	8.5-9.5
Good	7-8	Satisfactory	5-6.5
Deficient	2.5-4.5	Unsatisfactory	.5-2
Failed	0		

When seven judges are used, the top two high and low scores are cancelled. The points are then recorded, and the cumulative results are updated. 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.

CHAMPIONS 2024

200 Yard & 100 Yard Freestyle



Arianna Hoff
Shanley

200 IM & 100 Breaststroke



Madeline VerDouw
Bismarck High

Diving



Haley Conklin
Minot

50 Freestyle & 100 Butterfly



[Dru Zander
Williston

500 Yard Freestyle



Brooklyn Hanson
Shanley

100 Yard Backstroke



Addison Cerney
 Fargo North



NOVEMBER 14-15

LIVE FROM THE HULBERT AQUATIC CENTER

Friday, November 14

Diving Preliminaries

12:30 PM

Swimming Preliminaries

3:15 PM

Saturday, November 15

Diving Semifinals

10:45 AM

Swimming + Diving Finals

1:15 PM



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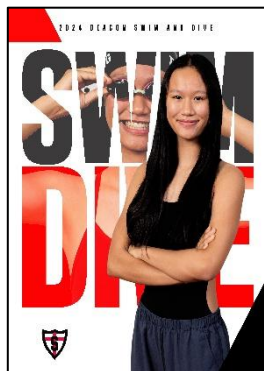
WEBSTREAM:

WDAY+ SUBSCRIPTION REQUIRED

CHAMPIONS 2024



200 Yard Medley Relay | Shanley



Nashatawn Tangpong



Alexa Heckaman



Arianna Hoff



Brooklyn Hason

200 Yard Freestyle Relay | Bismarck Century



Sienna Mrachek



Aubrey Caster



Molly Osadchy



Abigail Jablonsky

400 Yard Freestyle Relay | Bismarck Legacy



Abby Erickson



Brinley Steele



Tova Blikre



Liyana Hochhalter

CHAMPIONS 2024



NDHSA STATE TEAM CHAMPIONS 2024 | BISMARCK CENTURY PATRIOTS

Row 1: Thea Tucalo, Clara Mattern, Kiera Kuklok, Alyssa Schmit, Ella Clark, Maya Clark, Alynna Buck Elk, Norah Walker, Emily Anderson

Row 2: Ella Kuklok, Savannah Turner, Sydney Richards, Abby Jablonsky, Ava Erickson, Hannah McEvers, Rowan Meberg Ewald, Madisyn Lowe, Bree Wilmes, Kylie Stahl, Kaydence Haider, Nora Nairn

Row 3: Assistant Coach Miki Brackin, Assistant Coach Gracie Zotnick, Assistant Coach Allie Elliott, Joelle Knudson, Bailee Buck Elk, Sienna Mrachek, Kylie Duchsherer, Aubrey Caster, Brooklyn Richards, Molly Osadchy, Head Coach Spencer Wheeling, Assistant Coach Jenny Unruh, Assistant Coach Billy Hanson

CHAMPIONSHIP RECORDS



Event	Present Holder	School	Record	Year
200 Yard Medley Relay	Briana Rittenbach Vanessa Herrmann Carly Palmer Lexi Duchsherer	Bismarck Century	1:44.81	2016
200 Yard Freestyle	Dagny Knutson	Minot High	1:42.81 (Prelims)	2008
200 Yard Individual Medley	Dagny Knutson	Minot High	1:53.82 (Prelims)	2009
50 Yard Freestyle	Lexi Duchsherer	Bismarck Century	22.54	2020
Diving	Haley Conklin	Minot High	513.95	2024
100 Yard Butterfly	Tierney Howell	West Fargo Sheyenne	55.44	2020
100 Yard Freestyle	Dagny Knutson	Minot High	48.15 (Prelims)	2009
500 Yard Freestyle	Dagny Knutson	Minot High	4:34.78 (Prelims)	2008
200 Yard Freestyle Relay	Sarah Dorrheim Paige Keller Carly Palmer Lexi Duchsherer	Bismarck Century	1:37.38	2018
100 Yard Backstroke	Briana Rittenbach	Bismarck Century	55.67 (2016 finals & 2018 prelims)	2016 & 2018
100 Yard Breaststroke	Erin Palmer	Bismarck Century	1:02.02	2021
400 Yard Freestyle Relay	Lexi Duchscherer Olivia Schuchard Sarah Dorrheim Erin Palmer	Bismarck Century	3:29.58	2020

TEAM SCORE HISTORY



2000

1. Mandan402
2. Minot High324
3. Jamestown245
4. Fargo North.....219
5. Fargo South219
6. GF Central187
7. Bismarck Century.....15
8. Williston152
9. GF Red River121
10. West Fargo.....88
11. Bismarck High.....84
12. Shanley20

2001

1. Mandan352
2. Minot High342
3. Jamestown259
4. Fargo South254
5. Williston220
6. Bismarck Century.....204
7. Fargo North.....149
8. GF Central134
9. GF Red River130
10. West Fargo.....122
11. Bismarck High.....69
12. Shanley30

2002

1. Mandan407
2. Minot High341
3. Williston279
4. Fargo South220
5. GF Central168
6. Bismarck Century.....157
7. GF Red River153
8. Jamestown152
9. West Fargo.....130
10. Fargo North.....116
11. Bismarck High.....73
12. Shanley26

2003

1. Minot High424
2. Williston328
3. Mandan224.5
4. Fargo North.....206
5. GF Central197.5
6. GF Red River177.5
7. West Fargo.....171
8. Bismarck Century.....152
9. Fargo South138
10. Jamestown115
11. Bismarck High.....67
12. Shanley40

2004

1. Minot High 351
2. Williston 292
3. Fargo North268.5
4. Mandan232.5
5. West Fargo..... 208
6. GF Central 199
7. Jamestown..... 136
8. GF Red River..... 135
9. Bismarck Century..... 133
10. Fargo South..... 114
11. Bismarck High..... 91
12. Wahpeton 54
13. Shanley..... 49

2005

1. Minot High 362
2. Williston 313
3. Fargo North 254
4. West Fargo..... 212
5. GF Central 198
6. Bismarck Century..... 189
7. Mandan 168
8. Fargo South..... 147
9. GF Red River..... 113
10. Jamestown..... 98
11. Bismarck High..... 91
12. Shanley..... 78
13. Wahpeton 58

2006

1. Minot High 351
2. Fargo North258.5
3. GF Central 230
4. Williston 221
5. West Fargo..... 212
6. Fargo South..... 171
6. Mandan 171
8. Bismarck Century..... 127
9. Wahpeton126.5
10. GF Red River..... 126
11. Shanley..... 107
12. Bismarck High..... 100
13. Jamestown..... 69

2007

1. Minot High 330
2. Fargo North 255
3. West Fargo..... 240
4. Fargo South..... 206
5. Williston 192
6. GF Central 188
7. Bismarck Century..... 184
8. Wahpeton 157
9. GF Red River..... 150
10. Shanley..... 119

11. Jamestown 91
12. Bismarck High 77
13. Mandan..... 74

2008

1. Minot High..... 331
2. West Fargo 287
3. Bismarck Century 250
4. Williston..... 199
5. Fargo South 182
6. GF Red River..... 177
7. Mandan..... 169
8. GF Central..... 159
9. Shanley..... 147
10. Jamestown 117
11. Wahpeton 111
12. Fargo North 94
13. Bismarck High 58

2009

1. Bismarck Century 290
2. Williston..... 262.5
3. Minot High..... 225
4. GF Red River..... 219
5. GF Central..... 210
6. West Fargo 193
7. Fargo North 183.5
8. Fargo South 166
9. Mandan..... 143
10. Shanley 121
11. Jamestown 120
12. Wahpeton 77
13. Bismarck High 63

2010

1. Bismarck Century .. 368.5
2. GF Red River..... 300
3. Fargo North 251.5
4. West Fargo 243
5. Minot High..... 198
6. GF Central..... 181
7. Jamestown 168
8. Williston..... 164
9. Mandan..... 152
10. Fargo South 131
11. Bismarck High 46
12. Shanley 37
13. Wahpeton 30

2011

1. Bismarck Century 352
2. Fargo North 338
3. Minot High..... 227
4. West Fargo 226
5. Williston..... 201
6. GF Central..... 177
7. Jamestown 175

8. Mandan 137
9. Fargo South 115
10. GF Red River 109
11. Bismarck High 104
12. Fargo Davies..... 67
13. Shanley 47
14. Wahpeton..... 25

2012

1. Fargo North 386
2. Bismarck Century 336
3. Minot High 266
4. West Fargo 220
5. Williston 218
6. GF Central 167
7. Bismarck High 157
8. Mandan 142
9. Jamestown 132
10. Fargo South 85
11. Fargo Davies..... 71
12. Shanley 58
13. Wahpeton..... 33
14. GF Red River 30

2013

1. Minot High 337
2. West Fargo 326
3. Fargo North 315
4. Bismarck Century 277
5. GF Central 192
6. Williston 177
6. Bismarck High 177
8. Mandan 111
9. Fargo Davies..... 103
10. Jamestown 91
11. Shanley 72
12. GF Red River 52
13. Fargo South 49
14. Wahpeton..... 8

2014

1. Minot High 339
2. West Fargo 313
3. Fargo North 300
4. Bismarck Century .. 287.5
5. Fargo Davies..... 187
6. GF Red River 160
7. Bismarck High 152
8. Jamestown 127
9. GF Central 104
10. Mandan 99
11. Fargo South 79
12. Williston 64.5
13. Shanley 49
14. WF Sheyenne..... 44
15. Wahpeton..... 9

TEAM SCORE HISTORY



2015

1. Bismarck Century...310.5
2. West Fargo.....273
3. Fargo North.....249
4. Minot High231
5. GF Red River228
6. Fargo Davies186
7. GF Central137
8. Williston128
9. Bismarck High.....103
10. Mandan96
11. Jamestown77
12. Fargo South73
13. Dickinson68.5
14. WF Sheyenne63
15. Shanley53
16. Bismarck Legacy.....21
17. Wahpeton.....4

2016

1. Bismarck Century.....458
2. Fargo Davies249
3. Minot High175
4. Mandan158
5. WF Sheyenne151
5. GF Red River151
7. Fargo North.....149
8. Bismarck High.....140
9. Jamestown125
10. West Fargo.....124
11. Williston118
12. GF Central113
13. Fargo South80.5
14. Dickinson63
15. Bismarck Legacy.....39
16. Shanley17

2017

1. Bismarck Century.....400
2. Fargo Davies315
3. Minot High243.5
4. GF Red River195
5. West Fargo.....174.5
6. WF Sheyenne156
7. GF Central146
8. Williston137
9. Fargo North.....114
10. Fargo South104.5
11. Bismarck Legacy.....93.5
12. Mandan90
13. Dickinson56
14. Bismarck High.....53
15. Shanley25
16. Jamestown20

2018

1. Bismarck Century..... 400
2. Minot High 281
3. Fargo Davies236.5
4. WF Sheyenne220.5
5. West Fargo..... 168
6. GF Red River..... 167
7. Williston 164
8. Dickinson.....124.5
9. GF Central122.5
10. Bismarck Legacy 80.5
11. Fargo North 74
12. Mandan 68
13. Fargo South..... 58
14. Shanley..... 57
15. Bismarck High..... 55.5
16. Jamestown..... 45

2019

1. Bismarck Century...355.5
2. WF Sheyenne 329
3. Fargo Davies292.5
4. West Fargo..... 177
5. Minot High 155
6. Dickinson..... 148
7. Williston 147
8. GF Central 133
9. GF Red River..... 118
10. Bismarck Legacy 98
11. Fargo South..... 90
12. Mandan 65
13. Jamestown..... 57
14. Bismarck High..... 53
15. Shanley..... 52
16. Fargo North 34
17. Wahpeton 8

2020

1. Bismarck Century..... 413
2. WF Sheyenne 349
3. Minot High244.5
4. West Fargo..... 185
5. Williston 162
6. Dickinson..... 142
7. Bismarck Legacy 129
8. GF Central 125
9. Fargo Davies 117
10. Shanley..... 109
11. Fargo South..... 92
12. Fargo North 84
13. Jamestown..... 67
14. Mandan 42
15. Bismarck High..... 30.5
16. Wahpeton 18
17. GF Red River..... 14

2021

1. Bismarck Century .. 349.5
2. WF Sheyenne 340
3. Minot High..... 311
4. Bismarck Legacy 155
5. West Fargo 151
6. Williston..... 136
7. Dickinson 119
8. GF Central..... 113
9. Jamestown 103
9. Fargo North 103
11. Mandan..... 95
12. Fargo Davies..... 91
13. Fargo South 75
14. Shanley..... 65
15. Bismarck High 38
16. GF Red River..... 34
17. WF Horace 22
17. Wahpeton 22

2022

1. WF Sheyenne 340
2. Minot High..... 279.5
3. Bismarck Century 273
4. Bismarck Legacy 194
5. Dickinson 163.5
6. Shanley..... 133
7. West Fargo 124
7. GF Central..... 124
9. Williston..... 123
10. Fargo Davies..... 118
11. Jamestown 105
12. Fargo North 88
13. Bismarck High 66
14. GF Red River..... 59
15. Mandan..... 40
16. Fargo South 34
17. WF Horace 32
18. Wahpeton 28

2023

1. Bismarck Century .. 363.5
2. Minot High 271
3. Bismarck Legacy.... 215.5
4. WF Sheyenne..... 205
5. Shanley 178
6. West Fargo 151
7. Dickinson 143
8. GF Red River 132
9. Williston 129
10. Fargo North 110
11. Fargo Davies..... 82.5
12. WF Horace 80
13. Bismarck High 72
14. GF Central 66.5
15. Jamestown 55
16. Fargo South 47
17. Mandan 19
18. Breck/Wahpeton..... 6

2024

1. Bismarck Century 265
2. Minot High 250
3. Bismarck Legacy..... 244
4. Shanley 226
5. WF Horace 169
6. Williston 167
7. WF Sheyenne..... 155
8. West Fargo 124
9. GF Red River 122
10. Dickinson 117
11. Fargo North 114
12. Mandan 80
13. Fargo Davies..... 79
14. Bismarck..... 66
15. GF Central 52
16. Fargo South 45
17. Jamestown 26
18. Breck/Wahpeton..... 13

The last twenty-five years are listed in the tournament program.
 Additional records can be found online:
[NDHSAA Now Girls Swim/Dive Records](#)

CHAMPIONSHIP HISTORY



CHAMPIONSHIPS BY TEAM

Bismarck Century

1993, 2009, 2010, 2011, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2023, 2024

Fargo North

1974, 1975, 1976, 1977, 2012

Mandan

1989, 1990, 1991, 1992, 1999, 2000, 2001, 2002

Minot High

1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1994, 1995, 1996, 1997, 1998, 2003, 2004, 2005, 2006, 2007, 2008, 2013, 2014

West Fargo Sheyenne

2022

GIRLS SWIMMING & DIVING TEAM CHAMPIONS

1974	Fargo North	2000	Mandan
1975	Fargo North	2001	Mandan
1976	Fargo North	2002	Mandan
1977	Fargo North	2003	Minot High
1978	Minot High	2004	Minot High
1979	Minot High	2005	Minot High
1980	Minot High	2006	Minot High
1981	Minot High	2007	Minot High
1982	Minot High	2008	Minot High
1983	Minot High	2009	Bismarck Century
1984	Minot High	2010	Bismarck Century
1985	Minot High	2011	Bismarck Century
1986	Minot High	2012	Fargo North
1987	Minot High	2013	Minot High
1988	Minot High	2014	Minot High
1989	Mandan	2015	Bismarck Century
1990	Mandan	2016	Bismarck Century
1991	Mandan	2017	Bismarck Century
1992	Mandan	2018	Bismarck Century
1993	Bismarck Century	2019	Bismarck Century
1994	Minot High	2020	Bismarck Century
1995	Minot High	2021	Bismarck Century
1996	Minot High	2022	West Fargo Sheyenne
1997	Minot High	2023	Bismarck Century
1998	Minot High	2024	Bismarck Century
1999	Mandan		



CENTURY PATRIOTS



Row 1: Natalie Kurtz, Clara Mattern, Kiera Kuklok, Molly Zeltinger, Ivy Aisenbrey, Brielle Maier, Chloe Chumley, Haley Dockter, Olivia Ziniel, Kaylee Nistler
Row 2: Emily Anderson, Maia Landblom, Ruby Kolles, Christine Cunningham, Aubrie Smith, Madisyn Lowe, Ella Kuklok, Thea Tucalo, Savannah Turner, Sydney Richards, Hannah McEvers, Ava Erickson, Abby Jablonsky, Norah Walker
Row 3: Assistant Coach Emily Vasey, Assistant Coach Billy Hanson, Head Coach Spencer Wheeling, Rowan Meberg Ewald, Aubrey Caster, Sienna Mrachek, Joelle Knudson, Brooklyn Richards, Student Manager Jocelyn Haider, Kaydence Haider, Molly Osadchy, Nora Nairn, Assistant Coach Allie Elliott, Assistant Coach Gracie Sipes, Assistant Coach Miki Brackin

SCHOOL INFORMATION

Head Coach

Spencer Wheeling

Assistant Coaches

Miki Brackin, Gracie Sipes,
Allie Elliott, Billy Hanson,
Emily Vasey

Team Captains

Abby Jablonsky, Hannah
McEvers, Sienna Mrachek,
Norah Walker

Student Managers

Jocelyn Haider

Superintendent

Dr. Jeff Fastnacht

District Activity Director

Dave Zittleman

Principal

Steve Madler

Activity Coordinator

Ben Lervick

Assistant Principals

Mark Murdock, Sharon
Espeland

Athletic Trainers

Shantelle Rule, Ashlynn Dix

BISMARCK HIGH DEMONS



Row 1: Charli Grosz, Aubrey Vatnsdal, Aabree Knudson, Aria Eberle, Elia Goetz, Alivia Ell, Natalie Bullinger, BreAnna Mattern
Row 2: Coach Matthew Poppe, Coach Billy Hanson, Coach Emily Poppe, Coach Maya Eaton, Elyssa Reinicke, Jocelyn Jahner, Ellie DeForest, Maria Cashman, Lily Parnell, Lyric McChesney, Kennedy Ness
Row 3: Coach Emily Vasey, Brooklyn Baumgartner, Madeline VerDouw, Danielle Wescott, Morgan Kerzman, Olyvia Geerdes, Elizabeth Sikes, Nichole Sikes
Not Pictured: Wynn Benson, Mackenzie Retzer, Cambree Anderson (Student Manager)

SCHOOL INFORMATION

Head Coach

Emily Poppe, Matt Poppe

Assistant Coaches

Maya Eaton, Billy Hansen,
Emily Casey

Team Captains

Ellie DeForest, Jocelyn
Jahner, Elizabeth Sikes,
Maddie VerDouw

Superintendent

Dr. Jeff Fastnacht

District Activity Director

Dave Zittleman

Principal

David Wisthoff

Activity Coordinator

Matt Crane

Assistant Principals

Mark Lardy, Ryan Johnson,
Lynette Johnson

Athletic Trainers

Sanford Health

LEGACY SABERS



Row 1: Hadley Mccone, Emersen Brousseau, Riley Schatz, Madelyn Brito
Row 2: McKenzie Fischer, Kallie Lee, Ruby Snider, Kaia Scherr, Zoey Reis, Cambria Bachmeier
Row 3: Asst Coach Billy Hanson, Morgan Noonan, Piper Bennett, Brynlee Lorenz, Kadee McKenzie, Addison Steele, Ally Huber, Morgan Hocker, Norah Sears, Gabby Wood
Row 4: Asst Coach Amber Donat, Head Coach Thomas Wheeling, Asst Coach Emily Vasey, Ellie Lacher, Piper Freborg, Lilyana Hochhalter, Brinley Steele, Ashlyn Brendel, Kambryn Peltz, Belle Fischer, Grace Upgren

SCHOOL INFORMATION

Head Coach

Thomas Wheeling

Assistant Coaches

Amber Donat, Billy Hanson,
Emily Vasey

Team Captains

Piper Freborg, Kadee
Mckenzie

Superintendent

Dr. Jeff Fastnacht

District Activity Director

Dave Zittleman

Principal

Tom Schmidt

Activity Coordinator

Brett Mitchell

Assistant Principals

Ryan Riehl, John Heinrich,
Emily Jacobsen

Athletic Trainers

Matt Ostreich

BRECK/WAHP STORM



Row 1: Olivia Litchfield, Isla Burgr

Row 2: Claire Lathrop, Ellistin Hendrickson, Hayden Hoglund

Row 3: Manager Klara Oswalt, Shaylin Stelton-Keenan, Linnea Burgr, Cameron Riebe, Madelyn Beyer, Head Coach Heather Glines

SCHOOL INFORMATION

Head Coach

Heather Henn

Team Captains

Ellistin Hendrickson

Student Manager

Klara Oswalt

Superintendent(s)

Michael Kaiser (Wahpeton),
Dr. Kristie Sullivan (Breckenridge)

Principal

Steve Hockert (Wahpeton),
Corinna Erickson (Breckenridge)

Activity Director

Dr. David Woods

Athletic Trainer:

Shantell Schutt

DICKINSON MAVERICKS



Row 1: Lola Kilwein, Ashlynn Haag, Eva Lubken, Arianna McElwain, Esmee Helmer, Molly Ellerkamp, Addie Wax
Row 2: Hailey LaQua, Kendra Erickson, Emily LaQua
Row 3: Rae Espinoza, Hannah Bozovsky, Kayley Paintner, Samantha Paintner, Clancy Meyer, Anna Bierman, Makenna Tippet, Sophia Kruc

SCHOOL INFORMATION

Head Coach

Amy Smith

Assistant Coaches

Samie Bohl, Brenna Wolbaum, Lexi Duchsherer

Team Captains

Emily LaQua, Hailey LaQua, Kendra Erickson

Student Managers

Liam Cloutier, Alex Williams

Superintendent

Dr. Marcus Lewton

Principal

Jeff Brandt

Activity Director

Guy Fridley

Assistant Principals

Randy Cranston, Holly Schild

FARGO DAVIES EAGLES



Row 1: Aria Olsonoski, Archana Pasumpadiyar, Abby Hamilton, Anna Zhang, Lauralei Carl, Emmalyn King
Row 2: Nora Szymanski, Leah Erpelding, Alyssa Morgenroth, Jessica Nygord, Violet Sailer, Alivia Szymanski
Row 3: Riley Schroeder, Olivia Tschetter, Aubrey Piechowski, Lauren Watson, Sophia Getz, Lydia Potter
Row 4: Farrah Ellingson, Clara Collins, Tayte Thielges, Helen Wu, Ella Lachance, Avery Hanson, Sabina Goddard

SCHOOL INFORMATION

Head Coach

Krystle Leidholm

Assistant Coaches

Gracie Lingle, Noah Haglund, Kiernan Darling

Team Captains

Lydia Potter, Aubrey Piechowski, Sabina Goddard

Student Manager

Abby Hilliard

Superintendent

Dr. Cory Steiner

District Activity Director

Todd Olson

Principal

Sean Safranski

Activity Coordinator

Lenny Ohlhauser

Assistant Principals

Dr. Dale Miller, Matthew Quintus

Athletic Trainers

Scott Witte, Jered Steen

FARGO NORTH SPARTANS



Row 1: Zoey Kadrmas, Olivia Ehli, Carmella Nelson, Elsie Medders, Emma Oelke, Amber Thompson, Zoey Lawson, Mia Heinrich, Evie Schell
Row 2: Marin Moen, Eleanor Iversen, Bella Bosch, Aunna Maves, Emma Ouradnik, Hattee Powell, Evelyn Yang, Helen Guo, Maren Mansour, Piper Frenzel
Row 3: Mollie Peterson, Nora Vein, Piper Ambuehl, Berit Hillmer, Sofia Lattimore, Anna Lacher, Quinn Buckmiller, Unna Nelson, Riley Fick, Avery Fick, Nora Griffeath
Row 4: Peyton Ekman (Assistant Coach), Talia Butery (Head Coach), Emmelia Hoff, Victoria Bolstad, Lydia Boser, Felicity Batcheller, Liv Nordeng, Merritt Butery, Natalie Gramm, Adair Enz, Sarah Volk (Assistant Coach), Dick Fisher (Assistant Coach)

SCHOOL INFORMATION

Head Coach

Talia Butery

Assistant Coaches

Dick Fisher, Peyton Norberg,
Sarah Volk

Team Captains

Elenaor Iversen, Anna
Lacher

Superintendent

Dr. Cory Steiner

District Activity Director

Todd Olson

Principal

Travis Christensen

Activity Coordinator

Dan Shultis

Assistant Principals

Dr. Amanda Quintus,
Erin Sinner

Athletic Trainers

Jordan Wolf, Chris Grunke

FARGO SOUTH BRUINS



Row 1: Aubree Kane, Vivienne Lee, Ella Bourke, Nico Eagle, Brooklyn Sauvageau, Alana Bourgeois
Row 2: Kylee Sivers, Kadence Munns, Anja Gasevic, Charley Bry, Samantha Sivers
Row 2: Bethany Mehl, Elsie Becker, Adelynne Sharbono, Adrian Boyda

SCHOOL INFORMATION

Head Coach

Skip Fisher, Jenna Dreher

Assistant Coaches

Austin Schlect, Maggie Faren

Team Captains

Elsie Becker, Ella Bourke

Superintendent

Dr. Cory Steiner

District Activity Director

Todd Olson

Principal

Kristi Brandt

Activity Coordinator

Mike Beaton

Assistant Principals

Greta Evenson, Dr. Shannon Mortrud

Athletic Trainers

Kelly Burns, Caitlin Gray



Row 1: I. Kitzes, B. Loffeler, G. Tack, S. Sandberg, R. Bancroft, A. Olson, P. Cokeley

Row 2: S. Casavant, T. Leehan, S. Poltavaski, K. Grimaud, M. Bjerke, Z. Pribula

Row 3: R. Kostelecky, A. Roeflezen, A. Behm, E. Neshiem, B. Bancroft

SCHOOL INFORMATION

Head Coach

Bryan Walls

Assistant Coaches

Nichole Smithson, Sara Walls

Team Captains

Rainy Bancroft, Sydnee Sandberg, Gabby Tack

Superintendent

Dr. Terry Brenner

District Activity Director

Mike Biermaier

Principal

Dr. Kris Arason (RR), Jon Strandell (GFC)

Athletic Director

Tyler Nelson (RR), Tony Bina (GFC)

Assistant Principals

Jay Hepperle, Darin Walters (RR)

Dr. Gabe Dahl, Michael Wilber (GFC)

JAMESTOWN BLUE JAYS



Row 1: Coach Czarnecki, Mai Berndt, Tori Nelson, Maggie Prellwitz-Hodges, Marissa Moltzen, Mia Cramer, Jozie Davis, Larkin Kleven
Row 2: Coach Van Den Berg, Alice Sundeen, Sophie Gilbertson, Aliyah Tyson, Rylee Keith, Madison Schmidt, Zoe Haisch, Coach Smith
Row 3: Kass Messer, Selah Trevithick, Skylar Peterson, Adelina Domkova, Mackenzie Haisch, Kylee Klabo, Sawyer Moser

SCHOOL INFORMATION

Head Coach

Ben Smith

Assistant Coaches

Sulinke Van Den Berg, Becky Czarnecki

Team Captains

Marissa Moltzen

Superintendent

Dr. Robert Lech

Principal

Darby Heinert

Activity Director

Jim Roaldson

Assistant Principals

Brandon Bata

Athletic Trainers

Shawnee Hansen

MANDAN BRAVES



Row 1: Brianna Kitzmann, Abigail Mott, Corinne Lindsey, Trystal Hermanson, Savannah Powell, Grace Opolka, Maddox Larson, Ryleigh Larson, Jayda Starck, Iris Allen
Row 2: Addyson Becker, Kylie Brew, Zoey Kienzle, Katelynn Kitzmann, Carrie Bierman, Grace Hagens, DeLainis Kroh, Olivia Miller, Grace Goettle, Emma Masseth, Peyton Kienzle, Lennie Thomas, Maddie Opolka
Row 3: Leigha Sarvis, Cadence Erhardt, Julia Graff, Olivia Beck, Coach Schroeder, Coach Dukart, Coach Schoellkopf, Coach Graff, Ava Francis, Marabell Seibel, Lynnea Jackson, Malayna Gerhardt, Catherine Lindsey
Not Pictured: Coach Manley, Ellie Graff

SCHOOL INFORMATION

Head Coach

Claudia Schoellkopf

Assistant Coaches

Caitlin Dukart, Rob Graff, Linn Schroeder, Ralph Manley

Team Captains

Malayna Gerhardt, Grace Goettle, Lynnea Jackson, Corinne Lindsey, Marabell Seibel

Superintendent

Dr. Mike Bitz

Principal

Mark Andresen

Activity Director

Mark Wiest

Assistant Principals

Alyssa Caya, Aaron Koenig

Athletic Trainers

William Littlefield, Tayler Feldman

MINOT HIGH MAJETTES



Row 1: Kendall Quam, Sophia Johnshoy, Zoey Jundt, Abigail Thorlaksen, Taylor Lund, Anna Shirley
Row 2: Maggie Fricke, Kirby Quam, Hailee Valdez, Adelynn Schmidt, Adalynn Studaker, Ava Johnson, Madisyn Racine
Row 3: Sam VonBokern, Kyllie Fettig, Tuesday Button, Gracyn Bergan, Vrelyn Fricke, Danica Zerr, Sophia VonBokern
Row 4: Valarosa Bloom, Katy Andersen, Emily Dunstan, Leah Dokken, Greer Schaeffer, Sydney Lyman, Ava Johnson
Not Pictured: Aiyana Butler, Faith Miltenberger, Kacee Makeeff

SCHOOL INFORMATION

Head Coach

Emily Jensen

Assistant Coaches

McKenna Brown, Jordan Keller, Barb McPeak

Team Captains

Hailee Valdez, Sam VonBokern, Sophia VonBokern

Superintendent

Dr. Scott Faul

District Activity Director

Mitch Lunde

Principal

David McQueen

Activity Coordinator

Matt Ruhland

Assistant Principals

Weylin Wahlstrom, Brian Dokken

MINOT NORTH SENTINELS



Row 1: Kaylee Farnsworth, Adelynn Naslund, Sophia Haaland, Londyn Frantsvog, Ada Thomas, Summer Williamson, Adelyn Stewart
Row 2: Danica Stolba, Justyce Baldwin, Fatimzahra Elbouab, Genevieve Meier, Abby Wake, Chloe Kraft
Row 3: Jaina Yoder, Zoe Bahr, Lainey Martin, Claire Fegley, Keira Miller, Ellia Gemar, Olivia Lantz-Gagne
Row 4: Asst. Coach Barb McPeak, Asst. Coach Emma Rouse, Asst. Coach Gianna Osborn, Head Coach Peyton Huss

SCHOOL INFORMATION

Head Coach

Peyton Huss

Assistant Coaches

Barb McPeak, Gianna Osborn, Emma Rouse

Superintendent

Dr. Scott Faul

District Activity Director

Mitch Lunde

Principal

Harlan Johnson

Activity Coordinator

Brent Nelson

Assistant Principals

Bill Cox, Travis Smith

Athletic Trainer

Gene Crabtree, Darren Armstrong

SHANLEY DEACONS



Row 1: Vaira Peterson, Sunisha Tangpong, Katherine Jones, Nashatawn Tangpong, Alexis Appletoft, Alexa Heckman, Emberly Wobbema

Row 2: Lucy Shewey, Eleonor Alstadt, Ava Sjurseth, Ella Erickson, Sayler Smith, Sloan Peterson, Hazel Montgomery

Row 3: Coach Danielle Crawford, Joely Christianson, Isla Rogne, Sophie Swenson, Gretta Kegal, Arianna Hoff, Head Coach Jackie Snyder

Not Pictured: Coach Kiernan Darling

SCHOOL INFORMATION

Head Coach

Jackie Snyder

Assistant Coaches

Danielle Crawford, Brooklyn Hanson,
Kiernan Darling

Team Captains

Arianna Hoff, Alexa Heckaman, Sunisha
Tangpong

President

Mike Hagstrom

Principal

Fr. Kyle Metzger

Activity Director

Mark Hollcraft

Athletic Trainers

Becca Erickson

WEST FARGO PACKERS



Row 1: Makenna Loberg, Kaisa Tompkins, Evy Jacobson, Brelynn Noel, Georgia Trzpuc, Julia Rerick, Lily Amundson, Grace Ayers.
Row 2: Linnea Bruns, Ellie Nelson, Stella Kussatz, Avery Matteson, Lily Norberg, Andie Stewart, Paityn Olson, Edyn Flaten
Row 3: Zoe Hettinger, Peyton Miller, Helena Stanton, Abbie Chesser, Audrina Chamberlin, Ellie Swedberg, Ella Amundson, Ava Dahl, Rachel Kunz
Row 4: Manager Emi Poziembo, Coach Leann Mengelkoch, Coach Matt Stinar, Coach Michael Clark, Coach Sarah Montplaisir-Klueber, Manager Norah Dockter, Juliana Dahl

SCHOOL INFORMATION

Head Coach

Matt Stinar

Assistant Coaches

Leann Mengelkoch, Sarah Montplaisir-Klueber, Michael Clark

Team Captains

Ellie Nelson, Andie Stewart

Student Managers

Emi Poziembo, Norah Dockter

Superintendent

Beth Slette

District Activity Director

Logan Midthun

Principal

Dr. Rachel Bachmeier

Activity Coordinator

Justin Behm

Assistant Principals

Rick Wilson, Wayne Samson, Jon Asprey, Lindsey Metz

Athletic Trainers

Alex Simonitch, Jesse Differding

WF HORACE HAWKS



Row 1: Britton Suko, Tegan Bjur, Lauren Shippy, Sandra Wyum, Gabby Pribula, Kendall Nerby, Emery Strobl, Harper Kane, Kendal Berg, Addi Bachmeie
Row 2: Quinn Danielson, Katelyn Bulson, Eva Birst, Emersyn Bulson, Nari Boonroueng, Sara Thomas, Rhyen Foell, Greer Landry, Ava Bamba, Kya Hendrickson, Leah Ruona, Morgan Kranitz
Row 3: Brady Wolkow, Payton Hetland, Abi Wells, Allie Thorstad, Brooklyn Herrick, Izzy Kalash, Sophia Domitrovich, Avery Lindemeier, Charlee Hetzler, Sophie Hetland, Stella Anderson, Kaytlyn Matos
Row 4: Michael Clark, Maiah Fuchs, Julia Meyer, Ella Beecher, Elizabeth Herrick, Jocelyn Wettlaufer, Scarlett Domitrovich, Julia Richter, Emmyline Fabel, Colby Mauch, Andrea Smith

SCHOOL INFORMATION

Head Coach

Andrea Smith

Assistant Coaches

Michael Clark, Brady Wolkow, Kaytlyn Matos

Team Captains

Jocelyn Wettlaufer, Sophia Domitrovich, Emmyline Fabel, Maiah Fuchs

Superintendent

Beth Slette

District Activity Director

Logan Midthun

Principal

Dr. Pam Cronin

Activity Coordinator

Aaron La Deaux

Assistant Principals

Dr. Aimee Volk, Eric Dick

Athletic Trainers

Morgan Ritter

WF SHEYENNE MUSTANGS



Row 1: Saanvi Arveity, Paula Vincente-Sanchez, Emma Riegel, Piper Volk, Maddi Wersinger, Alanah Brimm, Nina Kern, Madie Enderle
Row 3: Olivia Rasmussen, Taylor Laudal, Isla Wothe, Keira Corcoran, Gabby Nilson, Claire Nilson, Maddie Schobinger, Carleigh Swee, Quinn Nordick
Row 3: Siddhi Dhunna, Emma Kern, Zeah Park, Kiera Lund, Ella Boyer, Danielle Syverson, Ava Hoorneart, Lauren Lopez, Evie Sevald,
Elin Erickson Not Pictured: Julia Hanenberg, Domi Oloba, Abena Asare

SCHOOL INFORMATION

Head Coach

Erich Richardson

Assistant Coaches

Hannah Kranz, Sydney Graf,
Amber Matzen

Team Captains

Kiera Lund, Claire Nilson,
Madi Wersinger, Emma
Reigel

Superintendent

Beth Slette

District Activity Director

Logan Midthun

Principal

Ryan Salisbury

Activity Coordinator

James Moe

Assistant Principals

Jana Oistad, Seth
Lachowitz, Ryan Bodell

Athletic Trainers

Dometrios Hospidales

WILLISTON COYOTES



Row 1: Harper Rydberg, Adelaide Brown, Kayla Guglich, Elizabeth Knecht, Avinell Novak, Abby Layton, Vivenne Wolf, Emmalyn Trodick, Audrey Tofte, Jolee Floyd Coaches: Assistant Coach Winkler, Assitant Coach Jorgenson, Assistant Coach Guglich, Assistant Coach Boston, Head Coach Pierce
Row 2: Charlie Clark, Lenora Arnold, Lillie Farnsworth, Sadie Graupe, Kaia Larsen, Winter Hardcastle, Juno Zimmerman, Jasmine McKenzie, Kyla Clark, Rebecca Rhinehart, Presley Olsen, Maddy Mock, Hailey Snider
Row 3: Braelynn Tofte, Lilian Byers, Emily Kerschion, Jayden Woodward, Airabella Carter, Kaytilane Isom, Norah Grunenwald, Dru Zander, Addison Elsbernd, Norah Pierce, Whitney Purvis, Kara Hansen, Allie Delaney, Alexis Hanson, Kate Winkler, Destiny Ingebritson Rogers

SCHOOL INFORMATION

Head Coach

Krista Pierce

Assistant Coaches

Sarah Boston, Karen Guglich, Matt Jorgenson

Team Captains

Dru Zander, Kara Hansen, Braelyn Tofte, Jayden Woodward

Superintendent

Jason Germundson

Principal

Audrey Larson

Activity Director

Robert Conley

Assistant Principals

Mark Hannig, Duane Noeske, Amanda Palmer

Athletic Trainers

Jordan Powell, Matt Moreau

200 YARD MEDLEY RELAY

STATE RECORD

Briana Rittenbach, Vanessa Herrmann, Carly Palmer, Lexi Duchsherer	Bismarck Century	1:44.81	2016
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2000	Mandan	Jenny Bachmeier, Kristen Fiest, Tiffanie Loeb, Nicole Saur	1:53.06
2001	Fargo South	Heather Harris, Erin Wessman, Becky Anderson, Laura Watkins	1:52.19
2002	Mandan	Jenny Bachmeier, Steffany Bachmeier, Linzey Bachmeier, Angela Renner	1:51.32
2003	Williston	Kristy Wood, Carissa Gormally, Allison Maxwell, Erin Maetzold	1:52.83
2004	West Fargo	Kelsey Schoonhoven, Ashley Reiter, Elise Stromsvik, Andrea Flaten	1:49.75
2005	Minot High	Maggi Beck, Emily Evanoff, Dagny Knutson, Alyssa Jenkins	1:51.62
2006	Minot High	Maggi Beck, Amber Alexander, Dagny Knutson, Andrea Kraft	1:51.40
2007	Minot High	Maggi Beck, Amber Alexander, Dagny Knutson, Kelsey Beechie	1:49.73
2008	Minot High	Maggi Beck, Katelyn Webster, Dagny Knutson, Courtney Funk	1:48.32
2009	Williston	Kaitlin Bolinske, Sadie Miller, Madison Porter, Kelsey Stenson	1:48.98
2010	GF Red River	Jamie Skavlem, Courtney Fisk, Erin Grabanski, Mirna Kojic	1:50.56
2011	Bis. Century	Dani Bergeson, Veronica Herrmann, Emily Smallbeck, Jarren Fallgatter	1:47.97
2012	Bis. Century	Dani Bergeson, Veronica Herrmann, McKenzie Jeske, Jarren Fallgatter	1:46.98
2013	Minot High	McKenna Brown, Sarah Bogenrief, Francesca Walker-Rozo, Emily Hamel	1:48.43
2014	Bis. Century	Dani Bergeson, Vanessa Herrmann, Tess Sether, Abby Bourgois	1:47.54
2015	Bis. Century	Briana Rittenbach, Carly Palmer, Tess Sether, Abby Bourgois	1:47.45
2016	Bis. Century	Briana Rittenbach, Vanessa Herrmann, Carly Palmer, Lexi Duchsherer	1:44.81
2017	Bis. Century	Briana Rittenbach, Vanessa Herrmann, Carly Palmer, Lexi Duchsherer	1:45.27
2018	Bis. Century	Briana Rittenbach, Avery Meyhoff, Paige Keller, Lexi Duchsherer	1:46.14
2019	West Fargo	Liv Hettinger, Hannah Potter, Tatum Brooks, Alexis Doeling	1:48.51
2020	Bis. Century	McKenna Matt, Paige Keller, Erin Palmer, Lexi Duchscherer	1:45.95
2021	Bis. Century	Sarah Dorrheim, Mady Tivis, Erin Palmer, Lauryn Caster	1:47.15
2022	WF Sheyenne	Brooklyn Keney, Lauren McDonagh, Tierney Howell, Madee Shea	1:47.93
2023	Bis. Century	Kylie Duchscherer, Madyson Tivis, Abigail Jablonsky, Aubrey Caster	1:49.82
2024	Shanley	Nashatawn Tangpong, Alexa Heckaman, Arianna Hoff, Brooklyn Hason	1:48.88

The last twenty-five years are listed in the tournament program.

Additional records can be found online: [NDHSAA Now Girls Swim/Dive Records](#)

200 YARD MEDLEY RELAY

Lane	Team	Seed Time	Time
Heat 1 of 3 Timed Finals			
3	Dickinson High School	2:14.37	_____
4	Minot North High School	2:06.23	_____
5	Wahpeton High School	2:06.30	_____
Heat 2 of 3 Timed Finals			
1	Jamestown High School	2:05.26	_____
2	Bismarck High School	1:59.85	_____
3	Fargo Davies High School	1:58.71	_____
4	Minot High School	1:58.44	_____
5	Grand Forks High Schools	1:58.46	_____
6	Williston High School	1:59.83	_____
7	Fargo South High School	2:01.09	_____
Heat 3 of 3 Timed Finals			
1	Mandan High School	1:56.43	_____
2	WF Horace High School	1:55.42	_____
3	West Fargo High School	1:54.05	_____
4	Shanley High School	1:52.29	_____
5	Bismarck Century High School	1:53.82	_____
6	Legacy High School	1:54.32	_____
7	West Fargo Sheyenne	1:56.10	_____
8	Fargo North High School	1:57.08	_____

200 YARD FREESTYLE

Qualifying Time: 2:12.53

STATE RECORD

Dagny Knutson (set in prelims)	Minot	1:42.81	2008
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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	Grand Forks Central	1:52.86
2005	Hannah Whitehead	Grand Forks Central	1:50.09
2006	Hannah Whitehead	Grand Forks Central	1:50.86
2007	Hannah Whitehead	Grand Forks Central	1:50.12
2008	Dagny Knutson	Minot High	1:43.00
2009	Ali Church	Grand Forks Central	1:52.08
2010	Ali Church	Grand Forks Central	1:52.09
2011	Ali Church	Grand Forks Central	1:50.28
2012	Dani Bergeson	Bismarck Century	1:52.37
2013	Ketti Ringwall	Williston	1:54.07
2014	Alexis Ljunggren	Grand Forks Central	1:51.44
2015	Alexis Ljunggren	Grand Forks Central	1:51.45
2016	Emma Hepper	Bismarck High	1:54.97
2017	Lexi Ljunggren	Grand Forks 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	Bismarck Century	1:53.49
2021	Greta Bellas	WF Sheyenne	1:52.78
2022	Lauryn Caster	Bismarck Century	1:55.69
2023	Brooklyn Hanson	Shanley	1:53.41
2024	Arianna Hoff	Shanley	1:52.89

The last twenty-five years are listed in the tournament program.

Additional records can be found online: [NDHSAA Now Girls Swim/Dive Records](#)

200 YARD FREESTYLE

Qualifying Time: 2:12.53

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time
Samantha VonBokern	12	Minot	1:56.19						
Arianna Hoff	12	Shanley	1:56.95						
Lilyana Hochhalter	10	Legacy	1:58.92						
Isla Rogne	10	Shanley	2:00.42						
Molly Osadchy	10	Century	2:01.56						
Gabby Nilson	7	WF Sheyenne	2:02.59						
Rainy Bancroft	11	GF	2:04.24						
Kirby Quam	10	Minot	2:04.92						
Makenna Tippett	10	Dickinson	2:04.96						
Ava Hoornaert	10	WF Sheyenne	2:05.15						
Maggie Fricke	12	Minot	2:06.87						
Lydia Potter	12	Fargo Davies	2:07.08						
Addison Olson	12	GF	2:07.54						
Rae Espinoza	9	Dickinson	2:07.78						
Catherine Lindsey	8	Mandan	2:08.01						
Mollie Peterson	10	Fargo North	2:08.38						
Sophie Hetland	12	Horace	2:08.57						
Grace Ayers	7	West Fargo	2:08.72						
Ella Johnson	10	Minot	2:09.39						
Lynnea Jackson	12	Mandan	2:10.44						
Nora Griffeath	8	Fargo North	2:10.80						
Cambria Bachmeier	8	Legacy	2:11.15						
Corinne Lindsey	12	Mandan	2:11.25						
Maiah Fuchs	12	Horace	2:11.55						
Rowan Meberg Ewald	9	Century	2:11.60						
Ellia Gemar	11	Minot North	2:11.65						
Alivia Szymanski	10	Fargo Davies	2:11.93						
Elsie Becker	12	Fargo South	2:11.97						
Colby Mauch	11	Horace	2:11.98						
Ashlyn Brendel	11	Legacy	2:11.99						
Olivia Tschetter	8	Fargo Davies	2:12.36						
				Heat 1					
				1	Olivia Tschetter	8	Fargo Davies	2:12.36	_____
				2	Colby Mauch	11	WF Horace	2:11.98	_____
				3	Alivia Szymanski	10	Fargo Davies	2:11.93	_____
				4	Rowan Meberg Ewald	9	Bismarck Century	2:11.60	_____
				5	Ellia Gemar	11	Minot North	2:11.65	_____
				6	Elsie Becker	12	Fargo South	2:11.97	_____
				7	Ashlyn Brendel	11	Bismarck Legacy	2:11.99	_____
				Heat 2					
				1	Nora Griffeath	8	Fargo North	2:10.80	_____
				2	Catherine Lindsey	8	Mandan	2:08.01	_____
				3	Makenna Tippett	10	Dickinson	2:04.96	_____
				4	Lilyana Hochhalter	10	Legacy	1:58.92	_____
				5	Gabby Nilson	7	West Fargo Sheyenne	2:02.59	_____
				6	Lydia Potter	12	Fargo Davies	2:07.08	_____
				7	Grace Ayers	7	West Fargo	2:08.72	_____
				8	Maiah Fuchs	12	WF Horace	2:11.55	_____
				Heat 3					
				1	Lynnea Jackson	12	Mandan	2:10.44	_____
				2	Rae Espinoza	9	Dickinson	2:07.78	_____
				3	Kirby Quam	10	Minot	2:04.92	_____
				4	Arianna Hoff	12	Shanley	1:56.95	_____
				5	Molly Osadchy	10	Bismarck Century	2:01.56	_____
				6	Maggie Fricke	12	Minot	2:06.87	_____
				7	Sophie Hetland	12	WF Horace	2:08.57	_____
				8	Corinne Lindsey	12	Mandan	2:11.25	_____
				Heat 4					
				1	Ella Johnson	10	Minot	2:09.39	_____
				2	Addison Olson	12	Grand Forks	2:07.54	_____
				3	Rainy Bancroft	11	Grand Forks	2:04.24	_____
				4	Samantha VonBokern	12	Minot	1:56.19	_____
				5	Isla Rogne	10	Shanley	2:00.42	_____
				6	Ava Hoornaert	10	West Fargo Sheyenne	2:05.15	_____
				7	Mollie Peterson	10	Fargo North	2:08.38	_____
				8	Cambria Bachmeier	8	Legacy	2:11.15	_____

200 YARD INDIVIDUAL MEDLEY

Qualifying Time: 2:30.71

STATE RECORD

Dagny Knutson (set in prelims)	Minot	1:53.82	2009
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2000	Jenny Bachmeier	Mandan	2:11.62
2001	Jenny Bachmeier	Mandan	2:10.80
2002	Jenny Bachmeier	Mandan	2:11.69
2003	Emily Weeks	Minot High	2:12.39
2004	Dagny Knutson	Minot High	2:10.01
2005	Dagny Knutson	Minot High	2:08.04
2006	Dagny Knutson	Minot High	2:03.24
2007	Dagny Knutson	Minot High	1:58.58
2008	Maggi Beck	Minot High	2:08.18
2009	Dagny Knutson	Minot High	1:55.79
2010	Erin Grabanski	GF Red River	2:08.76
2011	Dani Bergeson	Bismarck Century	2:07.35
2012	Ellie Roche	Fargo North	2:08.67
2013	Ellie Roche	Fargo North	2:07.75
2014	Ellie Roche	Fargo North	2:06.50
2015	Vanessa Herrmann	Bismarck Century	2:05.75
2016	Vanessa Herrmann	Bismarck Century	2:02.77
2017	Vanessa Herrmann	Bismarck Century	2:03.49
2018	Gracie Lingle	Fargo Davies	2:08.24
2019	Marissa Branham	Williston	2:09.34
2020	Erin Palmer	Bismarck Century	2:05.89
2021	Marissa Branham	Williston	2:08.96
2022	Ava Williamson	Minot High	2:10.94
2023	Lauren McDonagh	WF Sheyenne	2:10.49
2024	Madeline VerDouw	Bismarck High	2:09.64

The last twenty-five years are listed in the tournament program.

Additional records can be found online: [NDHSAA Now Girls Swim/Dive Records](#)

200 YARD INDIVIDUAL MEDLEY

Qualifying Time: 2:30.71

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time	
Madeline VerDouw	11	Bismarck	2:11.20	Heat 1						
Linnea Bruns	9	West Fargo	2:12.21	1	Jami Richter	10	WF Horace	2:29.88	_____	
Bethany Mehl	11	Fargo South	2:12.84	2	Kennedy Ness	8	Bismarck	2:29.73	_____	
Sienna Mrachek	12	Century	2:17.36	3	Ava Sjurseth	8	Shanley	2:29.13	_____	
Abigail Jablonsky	12	Century	2:17.66	4	Clara Collins	9	Fargo Davies	2:28.40	_____	
Joelle Knudson	10	Century	2:18.05	5	Madisyn Racine	9	Minot	2:28.74	_____	
Brooklyn Herrick	12	Horace	2:19.05	6	Joely Christianson	9	Shanley	2:29.27	_____	
Alexa Heckaman	12	Shanley	2:19.39	7	Zoey Lawson	7	Fargo North	2:29.77	_____	
Norah Sears	9	Legacy	2:19.92	Heat 2						
Unna Nelson	8	Fargo North	2:20.87	1	Kiera Kuklok	10	Bismarck Century	2:25.27	_____	
Elin Erickson	8	WF Sheyenne	2:20.90	2	Madeline Bjerke	9	Grand Forks	2:23.67	_____	
Addison Wax	10	Dickinson	2:22.77	3	Norah Sears	9	Legacy	2:19.92	_____	
Emma Masseth	10	Mandan	2:22.96	4	Bethany Mehl	11	Fargo South	2:12.84	_____	
Norah Pierce	9	Williston	2:23.21	5	Joelle Knudson	10	Bismarck Century	2:18.05	_____	
Madeline Bjerke	9	GF	2:23.67	6	Addison Wax	10	Dickinson	2:22.77	_____	
Juliana Dahl	10	West Fargo	2:24.24	7	Berit Hillmer	12	Fargo North	2:24.45	_____	
Taylor Laudal	10	WF Sheyenne	2:24.25	8	Hailee Valdez	12	Minot	2:27.61	_____	
Berit Hillmer	12	Fargo North	2:24.45	Heat 3						
Ellie Lacher	10	Legacy	2:24.69	1	Kaidence Grimaud	11	Grand Forks	2:24.87	_____	
Kaidence Grimaud	11	GF	2:24.87	2	Norah Pierce	9	Williston	2:23.21	_____	
Kiera Kuklok	10	Century	2:25.27	3	Alexa Heckaman	12	Shanley	2:19.39	_____	
Piper Volk	10	WF Sheyenne	2:26.68	4	Linnea Bruns	9	West Fargo	2:12.21	_____	
Sophia VonBokern	12	Minot	2:27.04	5	Abigail Jablonsky	12	Bismarck Century	2:17.66	_____	
Hailee Valdez	12	Minot	2:27.61	6	Elin Erickson	8	West Fargo Sheyenne	2:20.90	_____	
Clara Collins	9	Fargo Davies	2:28.40	7	Taylor Laudal	10	West Fargo Sheyenne	2:24.25	_____	
Madisyn Racine	9	Minot	2:28.74	8	Sophia VonBokern	12	Minot	2:27.04	_____	
Ava Sjurseth	8	Shanley	2:29.13	Heat 4						
Joely Christianson	9	Shanley	2:29.27	1	Ellie Lacher	10	Legacy	2:24.69	_____	
Kennedy Ness	8	Bismarck	2:29.73	2	Emma Masseth	10	Mandan	2:22.96	_____	
Zoey Lawson	7	Fargo North	2:29.77	3	Brooklyn Herrick	12	WF Horace	2:19.05	_____	
Jami Richter	10	Horace	2:29.88	4	Madeline VerDouw	11	Bismarck	2:11.20	_____	
				5	Sienna Mrachek	12	Bismarck Century	2:17.36	_____	
				6	Unna Nelson	8	Fargo North	2:20.87	_____	
				7	Juliana Dahl	10	West Fargo	2:24.24	_____	
				8	Piper Volk	10	West Fargo Sheyenne	2:26.68	_____	

50 YARD FREESTYLE

Qualifying Time: 27.45

STATE RECORD

Lexi Duchscherer	Bismarck Century	22.54	2020
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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 High	:24.18
2011	Courtney Funk	Minot High	:23.36
2012	Emily Roche	Fargo North	:24.20
2013	Emily Hamel	Minot High	: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	Bismarck Century	:23.55
2018	Lexi Duchsherer	Bismarck Century	:23.31
2019	Lexi Duchsherer	Bismarck Century	:22.91
2020	Lexi Duchscherer	Bismarck Century	:22.54
2021	Liv Hettinger	West Fargo High	:23.85
2022	Tierney Howell	WF Sheyenne	:23.80
2023	Helen Wu (D) & Abby Erickson (B.Leg)	Fargo Davies & Bismarck Legacy (Tie)	:24.57
2024	Dru Zander	Williston	:24.05

The last twenty-five years are listed in the tournament program.

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50 YARD FREESTYLE

Qualifying Time: 27.45

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time
Helen Wu	10	Fargo Davies	24.38		Heat 1				
Dru Zander	12	Williston	24.44	3	Lauren Watson	11	Fargo Davies	27.34	_____
Evie Sevald	11	WF Sheyenne	24.88	4	Katy Andersen	10	Minot	27.33	_____
Jocelyn Wettlaufer	11	Horace	25.13	5	Braelynn Tofte	12	Williston	27.33	_____
Aubrey Caster	11	Century	25.48	6	Clancy Meyer	10	Dickinson	27.38	_____
Emily Dunstan	11	Minot	25.57		Heat 2				
Ellie Nelson	12	West Fargo	25.82	1	Audrey Tofte	8	Williston	27.31	_____
Natalie Gramm	10	Fargo North	26.02	2	Sasha Poltavski	11	Grand Forks	27.22	_____
Grace Upgren	10	Legacy	26.08	3	Alyssa Morgenroth	11	Fargo Davies	27.09	_____
Ava Francis	9	Mandan	26.27	4	Chloe Kraft	10	Minot North	27.02	_____
Peyten Kienzle	10	Mandan	26.28	5	Zoe Bahr	12	Minot North	27.08	_____
Ava Erickson	12	Century	26.29	6	Kacee Makeef	8	Minot	27.09	_____
Marissa Moltzen	12	Jamestown	26.32	7	Saanvi Arveity	7	West Fargo Sheyenne	27.31	_____
Abigail Wake	10	Minot North	26.5	8	Alexis Appletoft	11	Shanley	27.31	_____
Molly Ellerkamp	11	Dickinson	26.54		Heat 3				
Zoey Kienzle	10	Mandan	26.62	1	Paige Eichmann	8	Fargo Davies	26.76	_____
Ivy Aisenbrey	7	Century	26.64	2	Molly Ellerkamp	11	Dickinson	26.54	_____
Ella Amundson	11	West Fargo	26.66	3	Grace Upgren	10	Legacy	26.08	_____
Ella Bourke	12	Fargo South	26.7	4	Evie Sevald	11	West Fargo Sheyenne	24.88	_____
Madisyn Lowe	9	Century	26.75	5	Emily Dunstan	11	Minot	25.57	_____
Paige Eichmann	8	Fargo Davies	26.76	6	Ava Erickson	12	Bismarck Century	26.29	_____
Olivia Rasmussen	7	WF Sheyenne	26.79	7	Ella Amundson	11	West Fargo	26.66	_____
Allyson Huber	9	Legacy	26.95	8	Morgan Kerzman	10	Bismarck	26.99	_____
Morgan Kerzman	10	Bismarck	26.99		Heat 4				
Chloe Kraft	10	Minot North	27.02	1	Madisyn Lowe	9	Bismarck Century	26.75	_____
Zoe Bahr	12	Minot North	27.08	2	Abigail Wake	10	Minot North	26.5	_____
Kacee Makeef	8	Minot	27.09	3	Natalie Gramm	10	Fargo North	26.02	_____
Alyssa Morgenroth	11	Fargo Davies	27.09	4	Dru Zander	12	Williston	24.44	_____
Sasha Poltavski	11	GF	27.22	5	Aubrey Caster	11	Bismarck Century	25.48	_____
Alexis Appletoft	11	Shanley	27.31	6	Peyten Kienzle	10	Mandan	26.28	_____
Saanvi Arveity	7	WF Sheyenne	27.31	7	Ivy Aisenbrey	7	Bismarck Century	26.64	_____
Audrey Tofte	8	Williston	27.31	8	Allyson Huber	9	Legacy	26.95	_____
Katy Andersen	10	Minot	27.33		Heat 5				
Braelynn Tofte	12	Williston	27.33	1	Ella Bourke	12	Fargo South	26.7	_____
Lauren Watson	11	Fargo Davies	27.34	2	Marissa Moltzen	12	Jamestown	26.32	_____
Clancy Meyer	10	Dickinson	27.38	3	Ellie Nelson	12	West Fargo	25.82	_____
				4	Helen Wu	10	Fargo Davies	24.38	_____
				5	Jocelyn Wettlaufer	11	WF Horace	25.13	_____
				6	Ava Francis	9	Mandan	26.27	_____
				7	Zoey Kienzle	10	Mandan	26.62	_____
				8	Olivia Rasmussen	7	West Fargo Sheyenne	26.79	_____

DIVING

STATE RECORD

Haley Conklin	Minot	513.95	2024
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2000	Kari Nolz	Bismarck High	478.45
2001	Cristi Lindsey	Bismarck Century	419.05
2002	Brooke Wehri	Mandan	398.60
2003	Dani Visina	Minot High	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 High	410.45
2008	McKenzie Rudolph	Minot High	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	412.2
2020	Madison Hischer	Fargo Davies	479.95
2021	Madison Hischer	Fargo Davies	463.60
2022	Ella Kesler	Minot High	457.4
2023	Haley Conklin	Minot High	482.35
2024	Haley Conklin	Minot High	513.95

The last twenty-five years are listed in the tournament program.

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DIVING

Name	Year	School	Finals
Branwen Loeffler	12	Grand Forks	_____
Sydnee Sandberg	12	Grand Forks	_____
Larkin Kleven	11	Jamestown	_____
Emelia Cramer	11	Jamestown	_____
Gracyn Bergan	11	Minot	_____
Kylie Brew	11	Mandan	_____
Abi Ricketts	12	Mandan	_____
Julia Graff	10	Mandan	_____
Marabell Seibel	12	Mandan	_____
Victoria Bolstad	12	Fargo North	_____
Maren Mansour	11	Fargo North	_____
Sara Thomas	10	Horace	_____
Rhyen Foell	9	Horace	_____
Kendall Nerby	9	Horace	_____
Kaisa Tompkins	10	West Fargo	_____
Lauren Lopez	11	WF Sheyenne	_____
Quinn Nordick	9	WF Sheyenne	_____
Zoey Reis	8	Legacy	_____
Samantha Paintner	10	Dickinson	_____
Ellie DeForest	12	Bismarck	_____
Danica Stolba	9	Minot North	_____
Macey Blake	11	Minot North	_____
Lenora Arnold	10	Williston	_____
Haley Dockter	10	Century	_____
Kaydence Haider	12	Century	_____
Kylie Stahl	11	Century	_____
Molly Zeltinger	9	Century	_____
Aubrey Piechowski	12	Fargo Davies	_____
Aria Olsonoski	8	Fargo Davies	_____
Nora Szymanski	8	Fargo Davies	_____

100 YARD BUTTERFLY

Qualifying Time: 1:08.36

STATE RECORD

Tierney Howell	WF Sheyenne	55.44	2020
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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 High	: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	Bismarck 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	Bismarck Century	:57.13
2022	Tierney Howell	WF Sheyenne	:56.39
2023	Addison Cerney	Fargo North	:57.78
2024	Dru Zander	Williston	:56.99

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100 YARD BUTTERFLY

Qualifying Time: 1:08.36

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time
Samantha VonBokern	12	Minot	57.47		Heat 1				
Evie Sevald	11	WF Sheyenne	59.61	1	Abigail Behm	10	Grand Forks	1:07.35	_____
Brinley Steele	10	Legacy	1:00.83	2	Ellie Lacher	10	Legacy	1:05.72	_____
Norah Sears	9	Legacy	1:00.92	3	Maddi Wersinger	12	West Fargo Sheyenne	1:03.63	_____
Abigail Jablonsky	12	Century	1:01.82	4	Brinley Steele	10	Legacy	1:00.83	_____
Rachel Kunz	11	West Fargo	1:02.87	5	Rachel Kunz	11	West Fargo	1:02.87	_____
Catherine Lindsey	8	Mandan	1:03.38	6	Gabrielle Tack	11	Grand Forks	1:03.90	_____
Merritt Butery	7	Fargo North	1:03.60	7	Ava Sjurseth	8	Shanley	1:06.28	_____
Maddi Wersinger	12	WF Sheyenne	1:03.63	8	Ella Beecher	8	WF Horace	1:07.95	_____
Nashatawn Tangpong	9	Shanley	1:03.64		Heat 2				
Hannah McEvers	12	Century	1:03.81	1	Brooklyn Sauvageau	9	Fargo South	1:07.05	_____
Gabrielle Tack	11	GF	1:03.90	2	Ella Boyer	11	West Fargo Sheyenne	1:05.63	_____
Piper Volk	10	WF Sheyenne	1:05.00	3	Merritt Butery	7	Fargo North	1:03.60	_____
Ella Boyer	11	WF Sheyenne	1:05.63	4	Evie Sevald	11	West Fargo Sheyenne	59.61	_____
Ellie Lacher	10	Legacy	1:05.72	5	Abigail Jablonsky	12	Bismarck Century	1:01.82	_____
Eleanor Iversen	12	Fargo North	1:05.97	6	Hannah McEvers	12	Bismarck Century	1:03.81	_____
Katy Andersen	10	Minot	1:06.12	7	Katy Andersen	10	Minot	1:06.12	_____
Ava Sjurseth	8	Shanley	1:06.28	8	Ella Erickson	7	Shanley	1:07.59	_____
Marissa Moltzen	12	Jamestown	1:06.80		Heat 3				
Brooklyn Sauvageau	9	Fargo South	1:07.05	1	Marissa Moltzen	12	Jamestown	1:06.80	_____
Abigail Behm	10	GF	1:07.35	2	Piper Volk	10	West Fargo Sheyenne	1:05.00	_____
Madisyn Racine	9	Minot	1:07.39	3	Catherine Lindsey	8	Mandan	1:03.38	_____
Ella Erickson	7	Shanley	1:07.59	4	Samantha VonBokern	12	Minot	57.47	_____
Ella Beecher	8	Horace	1:07.95	5	Norah Sears	9	Legacy	1:00.92	_____
				6	Nashatawn Tangpong	9	Shanley	1:03.64	_____
				7	Eleanor Iversen	12	Fargo North	1:05.97	_____
				8	Madisyn Racine	9	Minot	1:07.39	_____

100 YARD FREESTYLE

Qualifying Time: 1:00.92

STATE RECORD

Dagny Knutson (set in prelims)	Minot	48.15	2009
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2000	Heather Harris	Fargo South	:52.45
2001	Lauren Mickelson	Jamestown	:53.53
2002	Emily Weeks	Minot High	:53.35
2003	Kelsey Schoonhoven	West Fargo	:53.59
2004	Dani Maddock	Bismarck Century	:52.91
2005	Kelsey Schoonhoven	West Fargo	:51.52
2006	Hannah Whitehead	Grand Forks Central	:52.01
2007	Dagny Knutson	Minot High	:48.80
2008	Cassie Walth	Bismarck Century	:53.20
2009	Dagny Knutson	Minot High	:48.30
2010	Courtney Funk	Minot High	:52.13
2011	Courtney Funk	Minot High	:51.74
2012	Emily Roche	Fargo North	:53.42
2013	Dani Bergeson	Bismarck 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	Bismarck Century	:51.60
2019	Lexi Duchsherer	Bismarck Century	:50.36
2020	Lexi Duchsherer	Bismarck Century	:50.26
2021	Sarah Dorrheim	Bismarck Century	:52.02
2022	Lauryn Caster	Bismarck Century	:53.08
2023	Lauryn Caster	Bismarck Century	:52.74
2024	Arianna Hoff	Shanley	:52.21

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100 YARD FREESTYLE

Qualifying Time: 1:00.92

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time
Arianna Hoff	12	Shanley	53.57		Heat 1				
Dru Zander	12	Williston	53.88	3	Jessica Nygord	9	Fargo Davies	1:00.82	_____
Lilyana Hochhalter	10	Legacy	54.12	4	Ella Amundson	11	West Fargo	1:00.52	_____
Linnea Bruns	9	West Fargo	54.51	5	Morgan Kerzman	10	Bismarck	1:00.81	_____
Helen Wu	10	Fargo Davies	54.51		Heat 2				
Molly Osadchy	10	Century	55.24	1	Clancy Meyer	10	Dickinson	1:00.43	_____
Aubrey Caster	11	Century	56.21	2	Allyson Huber	9	Legacy	1:00.31	_____
Ellie Nelson	12	West Fargo	56.31	3	Sasha Poltavski	11	Grand Forks	1:00.13	_____
Rainy Bancroft	11	GF	56.51	4	Sunisha Tangpong	12	Shanley	1:00.00	_____
Ava Erickson	12	Century	56.8	5	Ella Boyer	11	West Fargo Sheyen	1:00.07	_____
Emily Dunstan	11	Minot	57.04	6	Lauren Watson	11	Fargo Davies	1:00.20	_____
Ava Hoornaert	10	WF Sheyenne	57.11	7	Ellia Gemar	11	Minot North	1:00.38	_____
Audrina Chamberlin	7	West Fargo	57.39	8	Alexis Appletoft	11	Shanley	1:00.44	_____
Addison Wax	10	Dickinson	57.39		Heat 3				
Norah Pierce	9	Williston	57.55	1	Saanvi Arveity	7	West Fargo Sheyen	59.93	_____
Lynnea Jackson	12	Mandan	58.16	2	Jayden Woodward	12	Williston	59.82	_____
Peyten Kienzle	10	Mandan	58.34	3	Danielle Wescott	10	Bismarck	59.54	_____
Molly Ellerkamp	11	Dickinson	58.39	4	Zoey Kienzle	10	Mandan	59.25	_____
Sophia VonBokern	12	Minot	58.61	5	Sophie Gilbertson	9	Jamestown	59.43	_____
Alyssa Morgenroth	11	Fargo Davies	58.73	6	Chloe Kraft	10	Minot North	59.56	_____
Hailee Valdez	12	Minot	58.78	7	Mia Heinrich	9	Fargo North	59.91	_____
Abigail Wake	10	Minot North	58.85	8	Maiah Fuchs	12	WF Horace	59.95	_____
Kacee Makeef	8	Minot	59.02		Heat 4				
Ivy Aisenbrey	7	Century	59.2	1	Hailee Valdez	12	Minot	58.78	_____
Zoey Kienzle	10	Mandan	59.25	2	Norah Pierce	9	Williston	57.55	_____
Sophie Gilbertson	9	Jamestown	59.43	3	Rainy Bancroft	11	Grand Forks	56.51	_____
Danielle Wescott	10	Bismarck	59.54	4	Lilyana Hochhalter	10	Legacy	54.12	_____
Chloe Kraft	10	Minot North	59.56	5	Molly Osadchy	10	Bismarck Century	55.24	_____
Jayden Woodward	12	Williston	59.82	6	Ava Hoornaert	10	West Fargo Sheyen	57.11	_____
Mia Heinrich	9	Fargo North	59.91	7	Molly Ellerkamp	11	Dickinson	58.39	_____
Saanvi Arveity	7	WF Sheyenne	59.93	8	Ivy Aisenbrey	7	Bismarck Century	59.2	_____
Maiah Fuchs	12	Horace	59.95		Heat 5				
Sunisha Tangpong	12	Shanley	1:00.00	1	Alyssa Morgenroth	11	Fargo Davies	58.73	_____
Ella Boyer	11	WF Sheyenne	1:00.07	2	Addison Wax	10	Dickinson	57.39	_____
Sasha Poltavski	11	GF	1:00.13	3	Ellie Nelson	12	West Fargo	56.31	_____
Lauren Watson	11	Fargo Davies	1:00.20	4	Dru Zander	12	Williston	53.88	_____
Allyson Huber	9	Legacy	1:00.31	5	Linnea Bruns	9	West Fargo	54.51	_____
Ellia Gemar	11	Minot North	1:00.38	6	Emily Dunstan	11	Minot	57.04	_____
Clancy Meyer	10	Dickinson	1:00.43	7	Peyten Kienzle	10	Mandan	58.34	_____
Alexis Appletoft	11	Shanley	1:00.44	8	Kacee Makeef	8	Minot	59.02	_____
Ella Amundson	11	West Fargo	1:00.52		Heat 6				
Morgan Kerzman	10	Bismarck	1:00.81	1	Sophia VonBokern	12	Minot	58.61	_____
Jessica Nygord	9	Fargo Davies	1:00.82	2	Audrina Chamberlin	7	West Fargo	57.39	_____
				3	Aubrey Caster	11	Bismarck Century	56.21	_____
				4	Arianna Hoff	12	Shanley	53.57	_____
				5	Helen Wu	10	Fargo Davies	54.51	_____
				6	Ava Erickson	12	Bismarck Century	56.8	_____
				7	Lynnea Jackson	12	Mandan	58.16	_____
				8	Abigail Wake	10	Minot North	58.85	_____

500 YARD FREESTYLE

Qualifying Time: 5:59.08

STATE RECORD

Dagny Knutson (set in prelims)	Minot	4:34.78	2008
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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	Grand Forks Central	5:11.45
2004	Hannah Whitehead	Grand Forks Central	5:00.36
2005	Hannah Whitehead	Grand Forks Central	4:59.76
2006	Brittany Schmidt	GF Red River	5:11.89
2007	Hannah Whitehead	Grand Forks Central	4:55.78
2008	Dagny Knutson	Minot	4:40.26
2009	Ali Church	Grand Forks Central	5:04.57
2010	Ali Church	Grand Forks Central	5:02.46
2011	Ali Church	Grand Forks Central	5:01.30
2012	Katie Svenson	Grand Forks Central	5:06.25
2013	Alexis Ljunggren	Grand Forks Central	5:04.10
2014	Alexis Ljunggren	Grand Forks Central	5:00.61
2015	Alexis Ljunggren	Grand Forks Central	4:57.98
2016	Emma Hepper	Bismarck High	5:12.82
2017	Lexi Ljunggren	Grand Forks Central	5:05.20
2018	Jordyn Danielson	GF Red River	5:15.20
2019	Madeline Elseth	Grand Forks Central	5:15.62
2020	Greta Bellas	WF Sheyenne	5:13.21
2021	Greta Bellas	WF Sheyenne	5:07.16
2022	Sam VonBokern	Minot High	5:13.26
2023	Brooklyn Hanson	Shanley	5:13.58
2024	Brooklyn Hanson	Shanley	5:14.40

The last twenty-five years are listed in the tournament program.

Additional records can be found online: [NDHSAA Now Girls Swim/Dive Records](#)

500 YARD FREESTYLE

Qualifying Time: 5:59.08

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time	
Isla Rogne	10	Shanley	5:25.89	Heat 1						
Sienna Mrachek	12	Century	5:28.00	2	Clara Mattern	8	Bismarck Century	5:58.85	_____	
Addison Olson	12	GF	5:34.06	3	Sophia Domitrovich	11	WF Horace	5:58.09	_____	
Makenna Tippett	10	Dickinson	5:35.30	4	Paige Eichmann	8	Fargo Davies	5:56.93	_____	
Merritt Butery	7	Fargo North	5:35.84	5	Teagan Leehan	8	Grand Forks	5:57.60	_____	
Maggie Fricke	12	Minot	5:36.62	6	Olivia Tschetter	8	Fargo Davies	5:58.58	_____	
Mollie Peterson	10	Fargo North	5:36.75	7	Corinne Lindsey	12	Mandan	5:59.04	_____	
Joelle Knudson	10	Century	5:37.54	Heat 2						
Sophie Hetland	12	Horace	5:40.16	1	Rae Espinoza	9	Dickinson	5:55.62	_____	
Kirby Quam	10	Minot	5:41.63	2	Grace Ayers	7	West Fargo	5:46.21	_____	
Kennedy Ness	8	Bismarck	5:42.85	3	Sophie Hetland	12	WF Horace	5:40.16	_____	
Gabby Nilson	7	WF Sheyenne	5:44.99	4	Addison Olson	12	Grand Forks	5:34.06	_____	
Ella Johnson	10	Minot	5:45.60	5	Maggie Fricke	12	Minot	5:36.62	_____	
Kayley Paintner	9	Dickinson	5:45.88	6	Gabby Nilson	7	West Fargo Sheyenne	5:44.99	_____	
Grace Ayers	7	West Fargo	5:46.21	7	Colby Mauch	11	WF Horace	5:52.27	_____	
Brooklyn Richards	11	Century	5:46.41	8	Nora Griffeath	8	Fargo North	5:56.13	_____	
Kya Hendrickson	7	Horace	5:50.04	Heat 3						
Colby Mauch	11	Horace	5:52.27	1	Madie Enderle	7	West Fargo Sheyenne	5:55.06	_____	
Ashlyn Brendel	11	Legacy	5:53.24	2	Kayley Paintner	9	Dickinson	5:45.88	_____	
Madie Enderle	7	WF Sheyenne	5:55.06	3	Joelle Knudson	10	Bismarck Century	5:37.54	_____	
Rae Espinoza	9	Dickinson	5:55.62	4	Sienna Mrachek	12	Bismarck Century	5:28.00	_____	
Danielle Syverson	12	WF Sheyenne	5:55.69	5	Merritt Butery	7	Fargo North	5:35.84	_____	
Cambria Bachmeier	8	Legacy	5:55.92	6	Kennedy Ness	8	Bismarck	5:42.85	_____	
Nora Griffeath	8	Fargo North	5:56.13	7	Kya Hendrickson	7	WF Horace	5:50.04	_____	
Paige Eichmann	8	Fargo Davies	5:56.93	8	Cambria Bachmeier	8	Legacy	5:55.92	_____	
Teagan Leehan	8	GF	5:57.60	Heat 4						
Sophia Domitrovich	11	Horace	5:58.09	1	Ashlyn Brendel	11	Legacy	5:53.24	_____	
Olivia Tschetter	8	Fargo Davies	5:58.58	2	Ella Johnson	10	Minot	5:45.60	_____	
Clara Mattern	8	Century	5:58.85	3	Mollie Peterson	10	Fargo North	5:36.75	_____	
Corinne Lindsey	12	Mandan	5:59.04	4	Isla Rogne	10	Shanley	5:25.89	_____	
				5	Makenna Tippett	10	Dickinson	5:35.30	_____	
				6	Kirby Quam	10	Minot	5:41.63	_____	
				7	Brooklyn Richards	11	Bismarck Century	5:46.41	_____	
				8	Danielle Syverson	12	West Fargo Sheyenne	5:55.69	_____	

200 YARD FREESTYLE RELAY

STATE RECORD

Sarah Dorrheim, Paige Keller, Carly Palmer, Lexi Duchsherer	Bismarck Century	1:37.38	2018
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2000	Mandan	Linzey Bachmeier, Angela Renner, Santana Dougherty, Nicole Saur	1:41.68
2001	Mandan	Linzey Bachmeier, Kristen Fiest, Angela Renner, Mandy Herberholz	1:41.42
2002	Williston	Allison Maxwell, Carissa Gormally, Kristy Wood, Amy Roness	1:40.30
2003	Minot	Brittany Johnston, Alyssa Jenkins, Alecia Gooch, Emily Weeks	1:41.23
2004	Fargo North	Sarah Ziegelmann, Nikkie Reza, Amy Vanlishout, Emma Espel	1:40.78
2005	Williston	Allison Maxwell, Erin Maetzold, Carissa Gormally, Bailey Bolinske	1:39.46
2006	GF Central	Kathryn Fristad, Alex Eades, Brittney Peterson, Hannah Whitehead	1:41.67
2007	Fargo North	Rachael Wessman, Kim Henze, Nikkie Reza, Amy Vanlishout	1:40.79
2008	Bis. Century	Sara Weinberg, Cassie Walth, Lydia Engberg, Kalee Kemmesat	1:40.96
2009	Bis. Century	Cassie Walth, Lydia Engberg, Jarren Fallgatter, Kalee Kemmesat	1:39.42
2010	Bis. Century	Lydia Engberg, Jarren Fallgatter, McKenzie Jeske, Cassie Walth	1:41.43
2011	Bis. Century	Cassie Walth, Nicole Johnson, Veronica Herrmann, Kyra Ekre	1:40.95
2012	West Fargo	Hallie Peterson, Brianna Faul, Julissa Johnson, Danica Dutt	1:39.90
2013	Minot	McKenna Brown, Josie Gillund, Francesca Walker-Rozo, Emily Hamel	1:38.21
2014	Minot	Cassie Askvig, McKenna Brown, Josie Gillund, Emily Hamel	1:38.65
2015	West Fargo	Mykin Gunning, Molly Steinkopf, Andie Peterson, Hallie Peterson	1:38.45
2016	Bis. Century	Abby Bourgois, Lexi Duchsherer, Amy Warren, Carly Palmer	1:39.66
2017	Bis. Century	Lexi Duchsherer, Andrea Frank, Gracie Zotnick, Paige Keller	1:39.04
2018	Bis. Century	Sarah Dorrheim, Paige Keller, Carly Palmer, Lexi Duchsherer	1:37.38
2019	Fargo Davies	Gracie Lingle, Vivianne Soforenko, Regan Wical, Liddy Ohe	1:38.45
2020	Bis. Century	Paige Keller, Taylor Cook, Lauryn Caster, Sarah Dorrheim	1:39.39
2021	Bis. Century	Oliva Schuchard, Taylor Cook, Mady Tivis, Lauryn Caster	1:39.55
2022	Bis. Century	Lauryn Caster, Abby Jablonsky, Ava Erickson, Mady Tivis	1:40.61
2023	Bis. Century	Lauryn Caster, Abby Jablonsky, Ava Erickson, Mady Tivis	1:38.91
2024	Bis. Century	Sienna Mrachek, Aubrey Caster, Molly Osadchy, Abigail Jablonsky	1:40.47

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200 YARD FREESTYLE RELAY



Lane	Team	Seed Time	Time
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Heat 1 of 3 | Timed Finals

3	Jamestown High School	2:02.05	_____
4	Shanley High School	1:52.49	_____
5	Wahpeton High School	1:55.15	_____

Heat 2 of 3 | Timed Finals

1	Fargo South High School	1:51.75	_____
2	Mandan High School	1:48.15	_____
3	Grand Forks	1:47.49	_____
4	Williston High School	1:46.96	_____
5	Fargo North High School	1:47.33	_____
6	Dickinson High School	1:47.83	_____
7	Minot North High School	1:49.20	_____

Heat 3 of 3 | Timed Finals

1	Bismarck High School	1:46.81	_____
2	West Fargo Sheyenne	1:46.20	_____
3	West Fargo High School	1:42.77	_____
4	Legacy High School	1:42.22	_____
5	Bismarck Century High School	1:42.71	_____
6	Minot High School	1:43.69	_____
7	Fargo Davies High School	1:46.62	_____
8	WF Horace High School	1:46.93	_____

100 YARD BACKSTROKE

Qualifying Time: 1:09.25

STATE RECORD

Briana Rittenbach (Finals 2016 and prelims 2018)	Bismarck Century	55.67	2016/18
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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	Bis. Century	:55.68
2013	Dani Bergeson	Bis. Century	:56.27
2014	Dani Bergeson	Bis. Century	:56.30
2015	Emma Hepper	Bismarck High	:57.54
2016	Briana Rittenbach	Bis. Century	:55.67
2017	Briana Rittenbach	Bis. Century	:57.11
2018	Briana Rittenbach	Bis. Century	:55.93
2019	Liv Hettinger	West Fargo High	:56.93
2020	Liv Hettinger	West Fargo High	:57.18
2021	Liv Hettinger	West Fargo High	:56.85
2022	Addison Cerney	Fargo North	:58.03
2023	Addison Cerney	Fargo North	:57.59
2024	Addison Cerney	Fargo North	:57.04

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100 YARD BACKSTROKE

Qualifying Time: 1:09.25

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time	
Jocelyn Wettlaufer	11	Horace	1:00.54	Heat 1						
Brinley Steele	10	Legacy	1:01.11	2	Kara Hansen	12	Williston	1:08.95	_____	
Elizabeth Herrick	9	Horace	1:02.22	3	Joely Christianson	9	Shanley	1:08.56	_____	
Nashatawn Tangpong	9	Shanley	1:03.86	4	Aria Eberle	8	Bismarck	1:08.08	_____	
Rachel Kunz	11	West Fargo	1:03.87	5	Julia Meyer	10	WF Horace	1:08.21	_____	
Hannah McEvers	12	Century	1:04.18	6	Alivia Szymanski	10	Fargo Davies	1:08.87	_____	
Brooklyn Sauvageau	9	Fargo South	1:04.60	7	Amber Thompson	7	Fargo North	1:09.10	_____	
Ava Francis	9	Mandan	1:04.66	Heat 2						
Emma Masseth	10	Mandan	1:04.94	1	Ella Erickson	7	Shanley	1:07.33	_____	
Taylor Laudal	10	WF Sheyenne	1:04.99	2	Jami Richter	10	WF Horace	1:06.30	_____	
Jayden Woodward	12	Williston	1:05.02	3	Emma Masseth	10	Mandan	1:04.94	_____	
Grace Upgren	10	Legacy	1:05.28	4	Elizabeth Herrick	9	WF Horace	1:02.22	_____	
Kaidence Grimaud	11	GF	1:05.55	5	Hannah McEvers	12	Bismarck Century	1:04.18	_____	
Audrina Chamberlin	7	West Fargo	1:06.06	6	Grace Upgren	10	Legacy	1:05.28	_____	
Jami Richter	10	Horace	1:06.30	7	Kiera Kuklok	10	Bismarck Century	1:06.73	_____	
Ellistin Hendrickson	12	BW	1:06.40	8	Braelynn Tofte	12	Williston	1:07.84	_____	
Gabrielle Tack	11	GF	1:06.46	Heat 3						
Kiera Kuklok	10	Century	1:06.73	1	Danielle Wescott	10	Bismarck	1:07.30	_____	
Natalie Gramm	10	Fargo North	1:07.20	2	Audrina Chamberlin	7	West Fargo	1:06.06	_____	
Danielle Wescott	10	Bismarck	1:07.30	3	Ava Francis	9	Mandan	1:04.66	_____	
Sawyer Moser	7	Jamestown	1:07.33	4	Brinley Steele	10	Legacy	1:01.11	_____	
Ella Erickson	7	Shanley	1:07.33	5	Rachel Kunz	11	West Fargo	1:03.87	_____	
Lydia Potter	12	Fargo Davies	1:07.75	6	Jayden Woodward	12	Williston	1:05.02	_____	
Braelynn Tofte	12	Williston	1:07.84	7	Gabrielle Tack	11	Grand Forks	1:06.46	_____	
Aria Eberle	8	Bismarck	1:08.08	8	Lydia Potter	12	Fargo Davies	1:07.75	_____	
Julia Meyer	10	Horace	1:08.21	Heat 4						
Joely Christianson	9	Shanley	1:08.56	1	Natalie Gramm	10	Fargo North	1:07.20	_____	
Alivia Szymanski	10	Fargo Davies	1:08.87	2	Kaidence Grimaud	11	Grand Forks	1:05.55	_____	
Kara Hansen	12	Williston	1:08.95	3	Brooklyn Sauvageau	9	Fargo South	1:04.60	_____	
Amber Thompson	7	Fargo North	1:09.10	4	Jocelyn Wettlaufer	11	WF Horace	1:00.54	_____	
				5	Nashatawn Tangpong	9	Shanley	1:03.86	_____	
				6	Taylor Laudal	10	West Fargo Sheyenne	1:04.99	_____	
				7	Ellistin Hendrickson	12	Wahpeton	1:06.40	_____	
				8	Sawyer Moser	7	Jamestown	1:07.33	_____	

100 YARD BREASTSTROKE

Qualifying Time: 1:17.66

STATE RECORD

Erin Palmer	Bismarck Century	1:02.02	2021
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2000	Amy Anderson	Grand Forks Central	1:07.54
2001	Amy Anderson	Grand Forks Central	1:07.67
2002	Amy Anderson	Grand Forks 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	Bismarck Century	1:05.59
2013	Ellie Roche	Fargo North	1:06.28
2014	Vanessa Herrmann	Bismarck Century	1:04.45
2015	Vanessa Herrmann	Bismarck Century	1:03.23
2016	Vanessa Herrmann	Bismarck Century	1:02.75
2017	Vanessa Herrmann	Bismarck Century	1:02.89
2018	Carly Palmer	Bismarck Century	1:05.84
2019	Marissa Branham	Williston	1:05.59
2020	Erin Palmer	Bismarck Century	1:02.95
2021	Erin Palmer	Bismarck Century	1:02.02
2022	Tara Hendrickson	Fargo Davies	1:05.77
2023	Alexa Hechaman	Shanley	1:04.80
2024	Madelin VerDouw	Bismarck High	1:04.80

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100 YARD BREASTSTROKE

Qualifying Time: 1:17.66

Name	Year	School	Seed Time	Lane	Name	Year	School	Seed Time	Time
Madeline VerDouw	11	Bismarck	1:04.96		Heat 1				
Bethany Mehl	11	Fargo South	1:06.65	1	Olivia Rasmussen	7	West Fargo Sheyenne	1:17.06	_____
Unna Nelson	8	Fargo North	1:07.28	2	Juliana Dahl	10	West Fargo	1:15.46	_____
Brooklyn Herrick	12	Horace	1:07.70	3	Elin Erickson	8	West Fargo Sheyenne	1:11.88	_____
Alexa Heckaman	12	Shanley	1:09.88	4	Unna Nelson	8	Fargo North	1:07.28	_____
Madeline Bjerke	9	GF	1:10.42	5	Madeline Bjerke	9	Grand Forks	1:10.42	_____
Brooklyn Richards	11	Century	1:10.61	6	Berit Hillmer	12	Fargo North	1:14.10	_____
Elizabeth Herrick	9	Horace	1:11.01	7	Zoey Lawson	7	Fargo North	1:15.83	_____
Elin Erickson	8	WF Sheyenne	1:11.88	8	Cadence Erhardt	12	Mandan	1:17.61	_____
Madisyn Lowe	9	Century	1:13.39		Heat 2				
Isla Burgr	8	BW	1:14.04	1	Greer Schaeffer	11	Minot	1:17.01	_____
Berit Hillmer	12	Fargo North	1:14.10	2	Clara Collins	9	Fargo Davies	1:15.45	_____
Zoe Bahr	12	Minot North	1:14.92	3	Elizabeth Herrick	9	WF Horace	1:11.01	_____
Clara Collins	9	Fargo Davies	1:15.45	4	Bethany Mehl	11	Fargo South	1:06.65	_____
Juliana Dahl	10	West Fargo	1:15.46	5	Alexa Heckaman	12	Shanley	1:09.88	_____
Emma Kern	12	WF Sheyenne	1:15.74	6	Isla Burgr	8	Wahpeton	1:14.04	_____
Sunisha Tangpong	12	Shanley	1:15.76	7	Sunisha Tangpong	12	Shanley	1:15.76	_____
Zoey Lawson	7	Fargo North	1:15.83	8	Zoe Hettinger	8	West Fargo	1:17.16	_____
Piper Freborg	12	Legacy	1:16.99		Heat 3				
Greer Schaeffer	11	Minot	1:17.01	1	Piper Freborg	12	Legacy	1:16.99	_____
Olivia Rasmussen	7	WF Sheyenne	1:17.06	2	Zoe Bahr	12	Minot North	1:14.92	_____
Morgan Hocker	8	Legacy	1:17.13	3	Brooklyn Richards	11	Bismarck Century	1:10.61	_____
Zoe Hettinger	8	West Fargo	1:17.16	4	Madeline VerDouw	11	Bismarck	1:04.96	_____
Cadence Erhardt	12	Mandan	1:17.61	5	Brooklyn Herrick	12	WF Horace	1:07.70	_____
				6	Madisyn Lowe	9	Bismarck Century	1:13.39	_____
				7	Emma Kern	12	West Fargo Sheyenne	1:15.74	_____
				8	Morgan Hocker	8	Legacy	1:17.13	_____

400 YARD FREESTYLE RELAY

STATE RECORD

Lexi Duchscherer, Olivia Schuchard, Sarah Dorrheim, Erin Palmer	Bismarck Century	3:29.58	2020
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2000	Mandan	Linzey Bachmeier, Mandy Herberholz, Jenny Bachmeier, Kristen Fiest	3:41.10
2001	Fargo South	Jenna Buskohl, Laura Watkins, Carlyle Burd, Heather Harris	3:40.01
2002	Mandan	Kristen Fiest, Mandy Herberholz, Steffany Bachmeier, Jenny Bachmeier	3:41.00
2003	Williston	Allison Maxwell, Erin Maetzold, Kristy Wood, Amy Roness	3:42.19
2004	West Fargo	Elise Stromsvik, Andrea Flaten, Ashley Reiter, Kelsey Schoonhoven	3:37.92
2005	West Fargo	Tracy Olson, Megan Brennan, Ashley Reiter, Kelsey Schoonhoven	3:37.23
2006	Minot	Laura Greer, Kelsey Beechie, Maggi Beck, Dagny Knuston	3:39.17
2007	Minot	Serena Olsen, Kayla Nelson, Maggi Beck, Dagny Knutson	3:37.35
2008	Bis. Century	Cassie Walth, Sara Weinberg, Lydia Engberg, Kalee Kemmesat	3:37.70
2009	Bis. Century	Cassie Walth, Lydia Engberg, McKenzie Jeske, Kalee Kemmesat	3:37.03
2010	GF Red River	Erin Grabanski, Breanna Schmidt, Addy DiCristina, Mirna Kojic	3:37.20
2011	Bis. Century	Cassie Walth, Dani Bergeson, McKenzie Jeske, Jarren Fallgatter	3:36.47
2012	Fargo North	Emily Roche, Leann Mengelkoch, Ellie Roche, Maddie Derby	3:34.29
2013	West Fargo	Hallie Peterson, Mykin Gunning, Brianna Faul, Danica Dutt	3:33.33
2014	Fargo North	Breah Anderson, Olivia Roche, Leann Mengelkoch, Ellie Roche	3:31.81
2015	West Fargo	Hallie Peterson, Emily Bourassa, Andie Peterson, Mykin Gunning	3:33.15
2016	Bis. Century	Amy Warren, Abby Bourgois, Vanessa Herrmann, Briana Rittenbach	3:34.83
2017	Bis. Century	Briana Rittenbach, Sarah Dorrheim, Vanessa Herrmann, Carly Palmer	3:36.48
2018	Bis. Century	Sarah Dorrheim, Andrea Frank, Carly Palmer, Briana Rittenbach	3:34.24
2019	Bis. Century	Olivia Schuchard, Sarah Dorrheim, Erin Palmer, Lexi Duchsherer	3:32.22
2020	Bis. Century	Lexi Duchscherer, Olivia Schuchard, Sarah Dorrheim, Erin Palmer	3:29.58
2021	Bis. Century	Sarah Dorrheim, Taylor Cook, Olivia Schuchard, Erin Palmer	3:31.04
2022	WF Sheyenne	Madee Shea, Brooklyn Keney, Lauren McDonagh, Tierney Howell	3:33.33
2023	WF Sheyenne	Myah Lund, Brooklyn Keney, Evie Sevald, Lauren McDonagh	3:37.17
2024	Bis. Legacy	Abby Erickson, Brinley Steele, Tova Blikre, Lilyana Hochhalter	3:35.35

The last twenty-five years are listed in the tournament program.

Additional records can be found online: [NDHSAA Now Girls Swim/Dive Records](#)

400 YARD FREESTYLE RELAY

Lane	Team	Seed Time	Time
Heat 1 of 3 Timed Finals			
3	Wahpeton High School	4:31.48	_____
4	Minot North High School	4:08.81	_____
5	Jamestown High School	4:12.14	_____
Heat 2 of 3 Timed Finals			
1	Fargo Davies High School	4:06.05	_____
2	Fargo South High School	4:03.71	_____
3	Bismarck High School	3:58.85	_____
4	Dickinson High School	3:57.40	_____
5	Williston High School	3:58.71	_____
6	Fargo North High School	3:58.91	_____
7	Grand Forks High Schools	4:05.08	_____
Heat 3 of 3 Timed Finals			
1	WF Horace High School	3:52.46	_____
2	Minot High School	3:47.06	_____
3	Shanley High School	3:45.73	_____
4	Bismarck Century High School	3:42.62	_____
5	Legacy High School	3:43.82	_____
6	West Fargo Sheyenne	3:46.24	_____
7	West Fargo High School	3:52.09	_____
8	Mandan High School	3:55.50	_____