



NORTHWEST CONFERENCE WOMEN'S SWIMMING HISTORY

Women's Swimming Champions and Award Winners

Year	Champion	Outstanding Swimmer	Coach of the Year
2025	Whitworth	Sarah Arpag (Linfield) / Kirsti Keppo (Linfield) / Isabella Hoopes (Whitworth)	Jennifer Blomme (Whitman) / Steve Schadt (Whitworth)
2024	Whitman	Kirsti Keppo (Linfield) / Shaye Agnew (Whitman)	Andrew Lum (PLU)
2023	Linfield	Carly Hoff, (Whitworth)	Kyle Kimball (Linfield)
2022	Whitman	Jessica Ordaz (Pacific Lutheran)	Jennifer Blomme (Whitman)
2021	No Championship		
2020	Whitman	Kelli Callahan (Puget Sound)	Jennifer Blomme (Whitman)
2019	Whitman	Kelli Callahan (Puget Sound)	Jennifer Blomme (Whitman)
2018	Whitman	Kelli Callahan (PS)/ Evette Dow (LIN)	Jennifer Blomme (Whitman)
2017	Whitman	Kaedi Fry (LIN)/ Evette Dow (Linfield)	Jennifer Blomme (Whitman)
2016	Pacific Lutheran	Jacqueline Beal (Whitworth)	Matt Sellman (PLU)
2015	Pacific Lutheran	Jacqueline Beal (Whitworth)	
2014	Pacific Lutheran		
2013	Whitworth	Kate Duvall (Whitworth)	Matt Sellman (PLU)
2012	Puget Sound	Amanda Clark (Pacific)	Alex Webster (Pacific)
2011	Whitworth	Katie Chapman (Whitman)	Chris Fantz (L&C) / Jennifer Blomme (WHM)
2010	Whitworth	Natalie Turner (WHW)/Ashley Lecoq (WHW)	Chris Fantz (L&C)
2009	Puget Sound	Natalie Turner (Whitworth)	Chris Myhre (UPS)
2008	Whitworth	Natalie Turner (Whitworth)	Steve Schadt (Whitworth)
2007	Puget Sound	Natalie Turner (Whitworth)	Steve Schadt (Whitworth)
2006	Puget Sound	Samantha Kephart (Whtw)	Matt Sellman (L&C)
2005	Puget Sound	Samantha Kephart (Whtw)	Jennifer Blomme (Whitman)
2004	Puget Sound	Alex Borgen (UPS)	Jennifer Blomme (Whitman)
2003	Puget Sound	Breanna Trygg (UPS)/ Kristen Satterfield (WHW)	Matt Sellman (L&C); Chris Myhre (UPS)
2002	Puget Sound	Carla Fellezs (UPS)	Gary Gutierrez (Linfield)
2001	Puget Sound	Katie King (Whitworth)	Tom Dodd (Whitworth)
2000	Puget Sound	Carla Fellezs (UPS)	Chris Myhre (UPS)
1999	Puget Sound	Erin Kay (Whitworth)	Tom Dodd (Whitworth)
1998	Puget Sound	Angela Butler (UPS)	Al Stephenson (Willamette)
1997	Puget Sound	Shannon Braun (WHW)/ Beth Slaughter (LIN)	Skip Kenitzer (Willamette)
1996	Pacific Lutheran	Jan Okada (Whitworth)	Jim Johnson (PLU)
1995	Whitworth	Beth Slaughter (Linfield)	Tom Dodd (Whitworth)
1994	Willamette	Alicia Potter (Willamette)	Skip Kenitzer (Willamette)
1993	Linfield	Nani Blake (Whitworth)	Cindy Anderson (Linfield)
1992	Pacific Lutheran		Cindy Anderson (Linfield)
1991	Pacific Lutheran		Jim Brik (Willamette)

Past Team Champions

1978 - Willamette	1983 - Pacific Lutheran	1987 - Pacific Lutheran
1979 - Lewis & Clark	1984 - Pacific Lutheran	1988 - Pacific Lutheran
1980 - Willamette	1985 - Pacific Lutheran	1989 - Pacific Lutheran
1981 - Willamette	1986 - Pacific Lutheran	1990 - Pacific Lutheran
1982 - Pacific Lutheran		

Team Scoring

1978 – Feb. 17-18 NWC in Salem – Willamette 252, Whitworth 991/2, Lewis & Clark 931/2, Whitman 59, Linfield 52, Pacific 43.

1979 – Feb. 16-17 NWC at L&C – Lewis & Clark 538, Willamette 501, Pacific Lutheran 471, Whitman 223, Pacific 177, Linfield 150, Whitworth 61.

1980 – Feb. 21-23 NCWSA small-college in Ashland – WILLAMETTE 469, Simon Fraser 460, LEWIS & CLARK 312, Southern Oregon 248, Central Washington 225, Portland State 217, PACIFIC LUTHERAN 213, Eastern Washington 186, Alaska-Anchorage 79, PACIFIC 41, Oregon College 37.

1981 – Feb. 19-21 WCIC at Tacoma – Willamette 620, Pacific Lutheran 572, Lewis & Clark 550, Whitman 297, Linfield 121, Pacific 59.

1982 – Feb. 26-27 WCIC at NCWSA Division III in Salem – Pacific Lutheran 187, Willamette 180, Lewis & Clark 176, Whitman 66, Pacific 1.

1983 – Feb. 17-19 WCIC at Portland – Pacific Lutheran 183, Willamette 182, Lewis & Clark 174, Whitman 68.

1984 – Feb. 16-18 WCIC at Olympia (Evergreen State) – Pacific Lutheran 101, Lewis & Clark 70, Willamette 66, Whitman 52, Pacific 18, Linfield 10.

1985 – Feb. 14-16 WCIC at Tacoma – Pacific Lutheran 241, Lewis & Clark 90, Whitman 83, Willamette 74, Linfield 18, Pacific 10.

1986 – Feb. 20-22 at Olympia, Wash. (Evergreen State pool) – Pacific Lutheran 214, Lewis & Clark 121, Willamette 102, Whitman 68, Linfield 27, Pacific 12.

1987 – Feb. 19-21 at Lewis & Clark – Pacific Lutheran 214, Willamette 95, Lewis & Clark 94, Whitman 69, Linfield 16, Pacific 11.

1988 – Feb. 5-6 at Willamette – Pacific Lutheran 536, Lewis & Clark 405, Whitman 339, Willamette 332, Linfield 171, Pacific 0.

1989 – Feb. 3-4 at PLU – Pacific Lutheran 632, Lewis & Clark 481, Whitman 291, Whitworth 260; Willamette did not compete.

1990 – Feb. 9-10 at Whitworth – Pacific Lutheran 666, Willamette 384, Whitman 2701/2, Lewis & Clark 2611/2, Whitworth 190, Linfield 135.

1991 – Feb. 8-9 in McMinnville, Ore. – Pacific Lutheran 8481/2, Willamette 449, Linfield 417, Whitworth 4161/2, Lewis & Clark 391, Whitman 350.

1992 – Feb. 14-15 at L&C – Pacific Lutheran 697, Linfield 5471/2, Willamette 527, Whitworth 444, Whitman 416, Lewis & Clark 1161/2.

1993 – Feb. 12-13 at Whitman – Linfield 6151/2, Willamette 517, Pacific Lutheran 2521/2, Whitworth 247, Whitman 172, Lewis & Clark 1.

1994 – Feb. 4-5 at Willamette – Willamette 452, Linfield 451, Pacific Lutheran 371, Whitworth 305, Whitman 173.

1995 – Feb. 17-18 at PLU – Whitworth 447, Pacific Lutheran 399, Linfield 359, Willamette 359, Whitman 275, Lewis & Clark 83.

1996 – Feb. 22-24 at Whitworth – Pacific Lutheran 471, Whitworth 424, Willamette 413, Linfield 343, Whitman 170, Lewis & Clark 97.

1997 – Feb. 20-22 at Linfield – Puget Sound 684, Willamette 619, Whitworth 476, Linfield 444, Pacific Lutheran 375, Whitman 257, Lewis & Clark 215.

1998 – Feb. 19-21 at L&C – Puget Sound 8541/2, Willamette 488, Pacific Lutheran 429, Linfield 3931/2, Whitworth 378, Whitman 237, Lewis & Clark 201, Seattle Univ. 152.

1999 – Feb. 18-20 at Ellensburg (Central Washington) – Puget Sound 808, Whitworth 5891/2, Willamette 4191/2, Linfield 342, Pacific Lutheran 3071/2, Seattle Univ. 264, Lewis & Clark 236, Whitman 202.

2000 – Feb. 17-19 at Linfield – Puget Sound 920, Whitworth 596, Linfield 523, Whitman 2791/2, Pacific Lutheran 2591/2, Willamette 244, Lewis & Clark 144.

2001 – Feb. 15-17 at Evergreen St. – Puget Sound 797.5, Whitworth 680.5, Linfield 444, Willamette 344.5, Pacific Lutheran 332.5, Whitman 320, Lewis & Clark 165.

2002 – Feb. 15-17 at Whitworth – Puget Sound 1,171, Whitworth 806, Linfield 763, Pacific Lutheran 4801/2, Willamette 4141/2, Whitman 324, Lewis & Clark 267.

2003 – Feb. 15-16 at Linfield – Puget Sound 785, Linfield 562, Whitworth 516, Willamette 328, Whitman 310, Lewis & Clark 295, Pacific Lutheran 265.

2004 – Feb. 13-15 at KCAC, Federal Way – Puget Sound 805, Whitworth 437, Willamette 409, Whitman 388, Pacific Lutheran 378, Linfield 349, Lewis & Clark 263, Pacific 122.

2005 – Feb. 11-13 at Whitworth - UPS 1041, Whitworth 803, Whitman 586.5, Willamette 505.5, PLU 430, Linfield 429, Lewis & Clark 248, Pacific (Ore.) 208

2006 – Feb. 10-12 at Federal Way (KCAC) - Puget Sound 719, Lewis & Clark 528, Whitworth 501.5, Whitman 470, Linfield 381, Pacific Lutheran 254, Willamette 201, Pacific 140

2007 – Feb. 9-11 at Whitman – Puget Sound 703, Whitworth 654, Whitman 407, Lewis & Clark 400, Linfield 393, Pacific Lutheran 239, Willamette 201, Pacific 130.

2008 – Feb. 8-10 at Federal Way (King County Aquatic Center) – Whitworth 793, Puget Sound 692, Whitman 411, Lewis & Clark 392, Willamette 258, Linfield 249, Pacific Lutheran 247, Pacific 130.

2009 – Feb. 13-15 at Federal Way (King County Aquatic Center) - Puget Sound 777, Whitworth 765, Lewis & Clark 456, Whitman 320.5, Pacific Lutheran 244, Linfield 241, Pacific 229.5, Willamette 162

2010 – Feb. 12-14 at Federal Way (King County Aquatic Center) - Whitworth 793, Puget Sound 753, Lewis & Clark 356, Whitman 355, Linfield 261, Pacific (Ore.) 241, Willamette 223, Pacific Lutheran 191.

2011 – Feb. 25-27 at Gresham, Ore. (Mt. Hood CC) - Whitworth 817, Puget Sound 679, Lewis & Clark 449, Whitman 448, Pacific (Ore.) 242, Pacific Lutheran 236, Linfield 174, Willamette 128

2012 – Feb. 10-12 at Federal Way, Wash. (King County Aquatic Center) - Puget Sound 623, Whitworth 606, Whitman 506, Pacific 375, Pacific Lutheran 327, Lewis & Clark 303, Linfield 206, Willamette 150.

2013 – Feb. 8-10 at Federal Way, Wash. (King County Aquatic Center) Whitworth 651, Puget Sound 457, Whitman 453, Pacific Lutheran 431.5, Pacific (Ore.) 384.5, Lewis & Clark 335, Linfield 307, Willamette 165.

2014 – Feb. 14-16 at Federal Way, Wash. (King County Aquatic Center) Pacific Lutheran 618.5, Whitworth 616.5, Whitman 559, Pacific (Ore.) 366.5, Puget Sound 348.5, Lewis & Clark 300, Linfield 219, Willamette 166

2015 – Feb. 13-15 at Federal Way, Wash. (King County Aquatic Center) Pacific Lutheran 779, Whitman 524, Whitworth 486, Puget Sound 410, Pacific (Ore.) 319, Linfield 266, Willamette 253, Lewis & Clark 158.

2016 – Feb. 12-14 at Federal Way, Wash. (King County Aquatic Center) Pacific Lutheran 796, Whitman 478, Whitworth 475, Puget Sound 371, Linfield 363, Willamette 300, Lewis & Clark 234, Pacific (Ore.) 155.

2017 – Feb. 10-12 at Federal Way, Wash. (King County Aquatic Center) Whitman 622.5, Pacific Lutheran 576, Puget Sound 458, Linfield 444.5, Whitworth 378, Lewis & Clark 297, Willamette 239, Pacific (Ore.) 180

2018 – Feb. 9-11 at Federal Way, Wash. (King County Aquatic Center) Whitman 414, Pacific Lutheran 367.5, Puget Sound 319, Linfield 294, Whitworth 268.5, Lewis & Clark 218, Willamette 204, Pacific (Ore.) 99.

2019 – Feb. 7-10 at Federal Way, Wash. (King County Aquatic Center) Whitman 559, Linfield 521, Whitworth 494, Pacific Lutheran 444, Puget Sound 371, Lewis & Clark 344, Willamette 239, George Fox 208, Pacific 105.

2020 – Feb. 14-17 at Federal Way, Wash. (King County Aquatic Center) Whitman 718, Whitworth 549, Pacific Lutheran 502, Puget Sound 401, Linfield 345, George Fox 256, Lewis & Clark 220, Willamette 174, Pacific (Ore.) 102.

2021- No Championship due to Covid-19

2022- Feb. 10-13 at Federal Way, Wash (King County Aquatic Center) Whitman 618, Pacific Lutheran 506, Whitworth 485, Linfield 441, Puget Sound 374, George Fox 239, Willamette 201, Lewis & Clark 185, Pacific 177

2023- Feb. 9-12 at Federal Way, Wash. (King County Aquatic Center) Linfield 693, Whitman 638, Puget Sound 417, Pacific Lutheran 368, Whitworth 341, Willamette 277, Lewis & Clark 202, George Fox 180, Pacific (Ore.) 133

2024- Feb 8-11 at Federal Way, Wash. (King County Aquatic Center) Whitman 620.5, Linfield 460, Whitworth 419, Pacific Lutheran 409, Puget Sound 401, Willamette 334, George Fox 302, Lewis & Clark 193, Pacific (Ore.) 128.5

2025 – Feb 13-16 at Federal Way, Wash. (King County Aquatic Center) Whitworth 636, Whitman 591, Puget Sound 411, Linfield 382, Willamette 344, Pacific Lutheran 281, George Fox 229, Lewis & Clark 208, Pacific (Ore.) 145

WOMEN'S SWIMMING -- Conference Champions by Event

50 Freestyle

1978 – Janet Stamper, Willamette	26.15	2002 – Carla Fellezs, Puget Sound	24.14
1979 – Janet Stamper, Willamette	25.80	2003 – Breanna Trygg, Puget Sound	25.41
1980 – Kristi Bosch, PLU	25.87	2004 – Rachel Fuller, PLU	24.68
1981 – Kristi Bosch, PLU	25.75	2005 – Amy Polansky, Puget Sound	25.25
1982 – Kristi Bosch, PLU	25.46	2006 – Brittany Gresset, Whitworth	24.27
1983 – Gayle Roth, Willamette	24.93	2007 – Brittany Gresset, Whitworth	24.62
1984 – Gayle Roth, Willamette	24.54	2008 – Brittany Gresset, Whitworth	24.08
1985 – Kerri Butcher, PLU	25.82	2009 – Brittany Gresset, Whitworth	23.96
1986 – Kerri Butcher, PLU	24.98	2010 – Ashley Lecoq, Whitworth	24.36
1987 – Maurna Jamieson, PLU	25.74	2011 – Brenda Foster, Whitworth	24.00
1988 – Carol Davis, L&C	25.89	2012 – Katherine Porter, Pacific	23.73
1989 – Karen Hanson, PLU	26.10	2013 – Katherine Porter, Pacific	23.84
1990 – Nancy Maxwell, Willamette	25.85	2014 – Katie Porter, Pacific	24:03
1991 – Chantel Cronin, Linfield	25.62	2015 – Katie Porter, Pacific	23:76
1992 – Sue Johnson, Linfield	24.87	2016 – Alex Weeks, PLU	24:05
1993 – Wendy Hocker, Linfield	25.61	2017 – Tai Hallstein, Whitman	23:31
1994 – Danika Williams, Willamette	25.52	2018 – Zoe Hill, Whitman	23:98
1995 – Bethany Graham, PLU	25.47	2019 – Aspen Monkhouse, George Fox	23.71
1996 – Gerianne Mikasa, Willamette	24.96	2020 – Aspen Monkhouse, George Fox	23.34
1997 – Gerianne Mikasa, Willamette	25.0	2021- No Championship	
1998 – Jenny Peterson, Puget Sound	25.15	2022- Aspen Monkhouse, George Fox	23.86
1999 – Mari Gantner, Puget Sound	25.06	2023- Carly Hoff, Whitworth	23.87
2000 – Mari Gantner, Puget Sound	24.87	2024- Shaye Agnew, Whitman	23.81
2001 – Mari Gantner, Puget Sound	25.36	2025 – Shaye Agnew, Whitman	23.93

100 Freestyle

1978- Janet Stamper, Willamette	58.02	2002 – Carla Fellezs, UPS	53.00
1979 – Tami Bennett, PLU	56.71	2003 – Kristin Satterfield, Whitworth	54.46
1980 – Cindy Pemberton, Willamette	56.00	2004 – Rachel Fuller, PLU	54.01
1981 – Kristi Bosch, PLU	56.25	2005 – Amy Polanski, Puget Sound	54.56
1982 – Mary Roberge, L&C	55.61	2006 – Amy Polanski, Puget Sound	53.28
1983 – Gayle Roth, Willamette	54.87	2007 – Brittany Gresset, Whitworth	53.84
1984 – Gayle Roth, Willamette	54.21	2008 – Brittany Gresset, Whitworth	54.10
1985 – Zoe Iltis, L&C	56.62	2009 – Brittany Gresset, Whitworth	52.20
1986 – Kerri Butcher, PLU	54.55	2010 – Jennifer Benson, Whitworth	53.55
1987 – Maurna Jamieson, PLU	56.26	2011 – Rachel Cazden, Lewis & Clark	52.25
1988 – Nancy Maxwell, Willamette	56.06	2012 – Katherine Porter, Pacific	52.06
1989 – Cheryl Longfellow, L&C	57.59	2013 – Rachel Cazden, Lewis & Clark	52.75
1990 – Nancy Maxwell, Willamette	54.79	2014 – Alisa Stang, Whitworth	52.36
1991 – Shawn Sumner, PLU	56.19	2015 – Tai Hallstein, Whitman	51.73
1992 – Karen Hanson, PLU	53.94	2016 – Alex Weeks, PLU	52.10
1993 – Wendy Hocker, Linfield	54.81	2017 – Tai Hallstein, Whitman	51.28
1994 – Danika Williams, Willamette	55.60	2018 – Zoe Hill, Whitman	52.84
1995 – Shannon Braun, Whitworth	55.49	2019 – Kassi Kometani, Lewis & Clark	52.90
1996 – Gerianne Mikasa, Willamette	54.50	2020 – Aspen Monkhouse, George Fox	52.53
1997 – Lea Stenerson, Whitworth	55.71	2021- No Championship	
1998 – Kari Bland, PLU	54.45	2022- Carly Hoff, Whitworth	52.87
1999 – Gerianne Mikasa, Willamette	54.38	2023- Carly Hoff, Whitworth	52.48
2000- Carla Fellezs, UPS	53.71	2024 – Shaye Agnew, Whitman	52.42
2001 – Mari Gantner, UPS	54.18	2025 – Trinity Link, Puget Sound	52.57

200 Freestyle

1978 – Nancy Lewis, Willamette	2:06.80	2006 – Jane Kestner, Puget Sound	1:56.35
1979 – Beth Neufeld, PLU	2:07.22	2007 – Natalie Turner, Whitworth	1:53.70
1980 – Kristi Bosch, PLU	2:05.98	2008 – Natalie Turner, Whitworth	1:53.19
1981 – Kendra Wheeler, Willamette	2:02.42	2009 – Natalie Turner, Whitworth	1:50.58
1982 – Barb Hefte, PLU	1:58.74	2010 – Natalie Turner, Whitworth	1:51.48
1983 – Barb Hefte, PLU	2:00.46	2011 – Christine DeHaven, Whitworth	1:56.38
1984 – Barb Hefte, PLU	1:59.16	2012 – Amanda Clark, Pacific	1:53.76
1985 – Zoe Iltis, L&C	2:00.59	2013 – Kori Carpenter, Whitworth	1:54.53
1986 – Zoe Iltis, L&C	2:02.39	2014- Alisa Stang, Whitworth	1:53.60
1987 – Zoe Iltis, L&C	2:03.25	2015- Alisa Stang, Whitworth	1:54.18
1988 – Zoe Iltis, L&C	2:03.25	2016- Hanna Armstrong, PLU	1:53.94
1989 – Karen Hanson, PLU	2:01.25	2017- Evette Dow, Linfield	1:53.64
1990 – Karen Hanson, PLU	1:58.86	2018- Evette Dow, Linfield	1:54.67
1991 – Karen Hanson, PLU	1:56.79	2019- Kelli Callahan, Puget Sound	1:52.33
1992 – Michell Zinanti, Whitman	1:54.73	2020- Kelli Callahan, Puget Sound	1:52.10
1993 – Wendy Hocker, Linfield	1:58.41	2021- No Championship	
1994 – Robyn Prueitt, PLU	1:59.92	2022- Malia Wisham, PLU	1:53.62
1995 – Carley Bush, Whitworth	1:58.80	2023- Carly Hoff, Whitworth	1:54.94
1996 – Aurora Bray, PLU	1:56.58	2024- Makhaela Parrish, Whitworth	1:54.55
1997 – Shannon Braun, Whitworth	1:57.48	2025 – Anneliese Hanson, Whitman	1:54.68
1998 – Mindy Galbraith, Whitworth	1:57.93		
1999 – Melissa Clark, Puget Sound	1:58.56		
2000 – Katie King, Whitworth	1:56.52		
2001 – Katie King, Whitworth	1:57.75		
2002 – Melissa Clark, Puget Sound	1:57.43		
2003 – Kristin Satterfield, Whitworth	1:56.86		
2004 – Alex Borgen, Puget Sound	1:57.40		
2005 – Kate Kuhn, PLU	1:58.72		

500 Freestyle

1978 – Nancy Lewis, Willamette	5:33.95	2002 – Marta Holsinger, Whitworth	5:21.11
1979 – Beth Neufeld, PLU	5:30.56	2003 – Kristin Satterfield, Whitworth	5:16.59
1980 Young, Willamette	5:42.24	2004 – Alex Borgen, Puget Sound	5:09.14
1981 – Cynthia Ruckman, Willamette	5:21.4	2005 – Samantha Kephart, Whitworth	5:04.21
1982 – Kendra Wheeler, Willamette	5:18.28	2006 – Samantha Kephart, Whitworth	5:01.17
1983 – Karin Deck, L&C	5:21.0	2007 – Natalie Turner, Whitworth	5:03.20
1984 – Barb Hefte, PLU	5:23.75	2008 – Natalie Turner, Whitworth	5:05.26
1985 – Nina Young, L&C	5:28.00	2009 – Natalie Turner, Whitworth	4:57.57
1986 – Mecia Muter, L&C	5:22.23	2010 – Natalie Turner, Whitworth	4:55.97
1987 – Carol Quarterman, PLU	5:24.39	2011 – Kate Duvall, Whitworth	5:04.30
1988 – Carol Quarterman, PLU	5:24.39	2012 – Amanda Clark, Pacific	5:03.22
1989 – Karen Hanson, PLU	5:19.25	2013 – Kate Duvall, Whitworth	5:05.37
1990 – Jenny Hustad, PLU	5:28.72	2014 – Melissa Norrish, Puget Sound	5:00.34
1991 – Karen Hanson, PLU	5:10.77	2015 – Erica Muller, PLU	5:02.19
1992 – Alicia Potter, Willamette	5:10.31	2016 – Evette Dow, Linfield	5:01.65
1993 – Alicia Potter, Willamette	5:17.37	2017 – Evette Dow, Linfield	5:03.43
1994 – Alicia Potter, Willamette	5:15.37	2018 – Evette Dow, Linfield	5:03.43
1995 – Shauna Banks, Whitman	5:16.09	2019 – Evette Dow, Linfield	5:01.00
1996 – Aurora Bray, PLU	5:14.97	2020 – Cameron Lyon, Whitworth	5:07.28
1997 – Aurora Bray, PLU	5:18.70	2021- No Championship	
1998 – Mindy Galbraith, Whitworth	5:07.39	2022- Emily Nolan, Puget Sound	5:03.23
1999 – Mindy Galbraith, Whitworth	5:13.48	2023- Sara Guillen, Puget Sound	5:08.94
2000 – Mindy Galbraith, Whitworth	5:10.24	2024 – Kirsti Keppo, Linfield	5:03.69
2001 – Katie King, Whitworth	5:13.65	2025 – Kirsti Keppo, Linfield	5:02.53

1650 Freestyle

1978 – Nancy Lewis, L&C	18:52.49	2002 – Nadia Markovchick, Willamette	18:44.43
1979 – Beth Neufeld, PLU	19:02.55	2003 – Megan Williams, Puget Sound	18:34.33
1980 – Tracy Griffin, Whitman	18:40.64	2004 – Alex Borgen, Puget Sound	17:37.28
1981 – Brenda Jamsgard, L&C	18:11.07	2005 – Sarah Mirick, Puget Sound	18:08.25
1982 – Kendra Wheeler, Willamette	18:27.53	2006 – Jan Kestner, Puget Sound	17:35.03
1983 – Kendra Wheeler, Willamette	18:23.12	2007 – Natalie Turner, Whitworth	17:37.63
1984 – Nina Young, L&C	18:36.87	2008 – Natalie Turner, Whitworth	17:28.98
1985 – Nina Young, L&C	18:53.39	2009 – Natalie Turner, Whitworth	17:11.88
1986 – Mecia Muter, L&C	18:44.97	2010 – Natalie Turner, Whitworth	17:05.80
1987 – Kersten Larson, PLU	18:59.71	2011 – Abby Pavelko, Whitworth	17:36.08
1988 – Kersten Larson, PLU	18:42.96	2012 – Amanda Clark, Pacific	17:16.72
1989 – Carol Quarterman, PLU	18:33.71	2013 – Bridget Louis, Whitworth	17:33.13
1990 – Karen Hanson, PLU	18:35.32	2014 – Amanda Clark, Pacific	17:23.15
1991 – Nani Blake, Whitworth	18:15.54	2015 – Amanda Clark, Pacific	17:16:03
1992 – Alicia Potter, Willamette	17:48.10	2016 – Erica Muller, PLU	17:26.22
1993 – Nani Blake, Whitworth	17:47.98	2017 – Erica Muller, PLU	17:27.11
1994 – Alicia Potter, Willamette	17:50.68	2018 – Abbey Felley, Whitman	18:35.58
1995 – Shauna Banks, Whitman	18:05.35	2019 – Evette Dow, Linfield	17:33.70
1996 – Jan Okada, Whitworth	18:03.63	2020 – Cameron Lyon, Whitworth	17:51.79
1997 – Aurora Bray, PLU	17:53.88	2021- No Championship	
1998 – Kristen Veal, Puget Sound	17:35.73	2022- Emily Nolan, Puget Sound	17:32.45
1999 – Mindy Galbraith, Whitworth	17:54.99	2023-Kirsti Keppo- Linfield	17:49.10
2000 – Mindy Galbraith, Whitworth	17:43.93	2024 – Makhaela Parrish, Whitworth	17:27.28
2001 – Cate Reynolds, Puget Sound	18:31.36	2025 – Kirsti Keppo, Linfield	17:32.53

50 Backstroke

1978 – Cindy Pemberton, Willamette	30.06	1981 – Chris Odell, Willamette	29:52
------------------------------------	-------	--------------------------------	-------

100 Backstroke

1978 – Cindy Pemberton, Willamette	1:05.16	2002 – Carla Fellezs, Puget Sound	1:01.15
1979 – Cindy Pemberton, Willamette	1:03.31	2003 – Breanna Trygg, Puget Sound	57.77
1980 – Cindy Pemberton, Willamette	1:02.69	2004 – Breanna Trygg, Puget Sound	57.89
1981 – Chris Odell, Willamette	1:03.94	2005 – Breanna Trygg, Puget Sound	59.93
1982 – Chris Odell, Willamette	1:03.02	2006 – Ashlyn Owen, Pacific Lutheran	59.29
1983 – Barb Hefte, PLU	1:04.58	2007 – Rose Hollingsworth, Linfield	58.88
1984 – Barb Hefte, PLU	1:03.62	2008 – Rose Hollingsworth, Linfield	58.65
1985 – Barb Hefte, PLU	1:04.49	2009 – Rose Hollingsworth, Linfield	56.70
1986 – Carol Quarterman, PLU	1:03.84	2010 – Rachel Cazden, Lewis & Clark	58.64
1987 – Sherry Neumeister, Willamette	1:03.30	2011 – Mackenzie Kitson, Puget Sound	58.21
1988 – Sherry Neumeister, Willamette	1:02.42	2012 – Kate Duvall, Whitworth	58.69
1989 – Carol Quarterman, PLU	1:04.51	2013 – Kate Duvall, Whitworth	58.43
1990 – Sherry Neumeister, Willamette	1:04.71	2014 – Jackie Beal, Whitworth	57:25
1991 – Tammy Lambert, PLU	1:05.83	2015 – Jackie Beal, Whitworth	58:31
1992 – Bethany Graham, PLU	1:00.55	2016 – Jackie Beal, Whitworth	57:07
1993 – Laura Juckeland, Willamette	1:01.64	2017 – Mara Selznick, Whitman	55:94
1994 – Desire DeSoto, Whitworth	1:00.51	2018 – Mara Selznick, Whitman	56:31
1995 – Desire DeSoto, Whitworth	59.45	2019 – Hannah Galbraith, Whitworth	56.60
1996 – Beth Slaughter, Linfield	1:00.60	2020 – Hannah Galbraith, Whitworth	56.32
1997 – Beth Slaughter, Linfield	1:00.74	2021- No Championship	
1998 – Alison Eckenroad, Whitworth	1:01.79	2022- Emma Thompson, Whitworth	56.34
1999- Alison Eckenroad, Whitworth	1:01.18	2023- Avery Campbell, Linfield	57.36
2000 – Carla Fellezs, Puget Sound	1:00.80	2024 – Avery Campbell, Linfield	58.16
2001 – Carla Fellezs, Puget Sound	1:00.96	2025 – Sarah Arpag, Linfield	58.45

200 Backstroke

1978 – Cindy Pemberton, Willamette	2:27.32	2002 – Katie Becklin, Puget Sound	2:13.30
1979 – Cindy Pemberton, Willamette	2:18.09	2003 – Breanna Trygg, Puget Sound	2:06.28
1980 – Cindy Pemberton, Willamette	2:17.34	2004 – Breanna Trygg, Puget Sound	2:05.92
1981 – Carolyn Brown, L&C	2:20.15	2005 – Katelyn Erickson, Whitworth	2:08.82
1982 – Chris Odell, Willamette	2:19.71	2006 – Nancy Alexander, Whitman	2:08.60
1983 – Kathy Gotshall, PLU	2:25.36	2007 – Nancy Alexander, Whitman	2:09.31
1984 – Barb Hefte, PLU	2:19.54	2008 – Nancy Alexander, Whitman	2:09.99
1985 – Barb Hefte, PLU	2:22.01	2009 – Rose Hollingsworth, Linfield	2:05.03
1986 – Ann Weber, Willamette	2:19.95	2010 – Kat Menkel-Lawrence, Lewis & Clark	2:07.77
1987 – Carol Quarterman, PLU	2:17.34	2011 – Kate Duvall, Whitworth	2:03.79
1988 – Kathy Thompson, PLU	2:16.49	2012 – Kate Duvall, Whitworth	2:03.50
1989 – Carol Quarterman, PLU	2:18.20	2013 – Kate Duvall, Whitworth	2:04.35
1990 – Kathy Thompson, PLU	2:18.26	2014 – Jackie Beal, Whitworth	2:02.93
1991 – Karen Hanson, PLU	2:13.02	2015 – Jackie Beal, Whitworth	2:03.92
1992 – Laura Juckeland, Willamette	2:10.51	2016 – Jackie Beal, Whitworth	2:02.19
1993 – Laura Juckeland, Willamette	2:11.67	2017 – Mara Selznick, Whitman	2:02.10
1994 – Beth Slaughter, Linfield	2:10.72	2018 – Hannah Galbraith, Whitworth	2:02.89
1995 – Beth Slaughter, Linfield	2:10.06	2019 – Molli Hartzell, Linfield	2:04.62
1996 – Beth Slaughter, Linfield	2:11.03	2020 – Hannah Galbraith, Whitworth	2:04.14
1997 – Stacey Snowden, PLU	2:18.84	2021- No Championship	
1998 – Alison Eckenroad, Whitworth	2:10.89	2022- Emma Thompson, Whitworth	2:03.15
1999 – Alison Eckenroad, Whitworth	2:10.61	2023- Kate Walkup, Linfield	2:04.11
2000 – Kristen Booth, Puget Sound	2:13.04	2024 – Frances Lenz, Whitman	2:05.38
2001 – Megan Haley, Whitworth	2:10.06	2025 – Frances Lenz, Whitman	2:07.20

100 Yard Breaststroke

1978- Kim Clarkson, Willamette	1:14.08	2002- Michelle Rennie, Puget Sound	1:08.30
1979- Jenny Millo, PLU	1:12.73	2003- Michelle Rennie, Puget Sound	1:07.49
1980- Lori Willimont, L&C	1:11.90	2004- Michelle Rennie, Puget Sound	1:05.04
1981- Elizabeth Green, PLU	1:12.10	2005- Michelle Rennie, Puget Sound	1:07.41
1982- Elizabeth Green, PLU	1:11.88	2006- Amy Polansky, Puget Sound	1:06.84
1983- Leslie Wilday, Willamette	1:11.44	2007- Amy Polansky, Puget Sound	1:06.83
1984- Leslie Wilday, Willamette	1:11.02	2008- Amy Polansky, Puget Sound	1:07.59
1985- Leslie Wilday, Willamette	1:11.93	2009- Sierra Phillips, Puget Sound	1:06.10
1986- Leslie Wilday, Willamette	1:11.95	2010- Tracy Wormwood, Puget Sound	1:06.31
1987- Mary Meyer, PLU	1:12.31	2011- Tracy Wormwood, Puget Sound	1:05.25
1988- Melinda MacKinnon, PLU	1:13.67	2012- Tracy Wormwood, Puget Sound	1:04.35
1989- Tareena Joubert, PLU	1:10.56	2013- Tracy Wormwood, Puget Sound	1:04.43
1990- Tareena Joubert, PLU	1:09.07	2014- Claire Collins, Whitman	1:04.20
1991- Laura Wackwitz, L&C	1:10.15	2015- Shanell Sullenberger, PLU	1:05.23
1992- Mary Carr, PLU	1:09.07	2016- Shanell Sullenberger, PLU	1:04.88
1993- Staci Malin, Linfield	1:07.24	2017- Danielle Booth, PLU	1:05.09
1994- Staci Malin, Linfield	1:10.38	2018- Kelli Callahan, Puget Sound	1:05.05
1995- Staci Malin, Linfield	1:08.70	2019- Jamie Siegler, Whitworth	1:03.62
1996- Staci Malin, Linfield	1:07.82	2020- Jamie Siegler, Whitworth	1:03.29
1997- Anna Dernbach, Linfield	1:08.23	2021- No Championship	
1998- Nicole McKenney, PLU	1:11.47	2022- Anna Hornbeck, Willamette	1:05.11
1999- Shannon Koszarek, Puget Sound	1:10.60	2023- Erin McKinney, Whitman	1:05.44
2000- Amanda Didier, Linfield	1:07.72	2024 – Elinor Glass, Puget Sound	1:05.16
2001- Aven Pendleton, Linfield	1:08.55	2025 – Josephine Piel, Whitman	1:05.43

200 Yard Breaststroke

1978 – Kim Clarkson, Willamette		2002 – Michelle Rennie, Puget Sound	2:26.46
1979 – Lynn Peters, PLU	2:46.48	2003 – Michelle Rennie, Puget Sound	2:24.72
1980 – Kim Clarkson, Willamette	2:41.32	2004 – Michelle Rennie, Puget Sound	2:18.43
1981 – Elizabeth Green, PLU	2:35.78	2005 – Michelle Rennie, Puget Sound	2:23.18
1982 – Elizabeth Green, PLU	2:33.64	2006 – Alexis Jinbo-Doran, Whitman	2:28.02
1983 – Elizabeth Green, PLU	2:33.58	2007 – Amy Polansky, Puget Sound	2:25.52
1984 – Elizabeth Green, PLU	2:35.37	2008 – Amy Polansky, Puget Sound	2:27.65
1985 – Bev Barton, PLU	2:38.84	2009 – Sierra Phillips, Puget Sound	2:25.08
1986 – Leslie Wilday, Willamette	2:39.95	2010 – Tracy Wormwood, Puget Sound	2:23.12
1987 – Melinda MacKinnon, PLU	2:39.14	2011 – Tracy Wormwood, Puget Sound	2:22.82
1988 – Debbie Heim, L&C	2:37.84	2012 – Tracy Wormwood, Puget Sound	2:18.24
1989 – Tareena Joubert, PLU	2:34.80	2013 – Tracy Wormwood, Puget Sound	2:19.42
1990 – Tasha Werkhoven, PLU	2:34.09	2014 – Claire Collins, Whitman	2:21.14
1991 – Laura Wackwitz, L&C	2:31.90	2015 – Elise Tinseth, Whitman	2:25.46
1992 – Mary Carr, PLU	2:32.50	2016 – Shanell Sullenberger, PLU	2:25.10
1993 – Staci Malin, Linfield	2:30.23	2017 – Victoria Nguyenle, PLU	2:23.15
1994 – Anna Dernbach, Linfield	2:31.44	2018 – Miranda Williams, Whitman	2:22.48
1995 – Anna Dernbach, Linfield	2:27.77	2019 – Miranda Williams, Whitman	2:20.94
1996 – Staci Malin, Linfield	2:28.19	2020 – Jamie Siegler, Whitworth	2:21.58
1997 – Kari Borgen, L&C	2:38.85	2021- No Championship	
1998 – Nicole McKenney, PLU	2:32.78	2022-Erin McKinney, Whitman	2:21.27
1999 – Erin Kay, Whitworth	2:30.50	2023- Anna Hornbeck, Willamette	2:20.08
2000 – Amanda Didier, UPS	2:25.88	2024 – Josephine Piel, Whitman	2:22.08
2001 – Aven Pendleton, Linfield	2:27.51	2025 – Josephine Piel, Whitman	2:21.30

50 Butterfly

1978 – Debbie Dunlap, Willamette	28.26	1981 – Dawn Lien, Willamette	28.40
1979 – Tami Bennett, PLU	28.33	1982 – Mary Roberge, L&C	27.84
1980 – Dawn Lien, Willamette	29.12		

100 Butterfly

1978- Dawn Lien, Willamette	1:02.60	2002 – Susanne Olson, Puget Sound	1:00.66
1979 – Tami Bennett, PLU	1:00.54	2003 – Desiree Didier, Puget Sound	1:00.58
1980 – Dawn Lien, Willamette	1:03.56	2004 – Emily Wold, Whitworth	59.15
1981 – Dawn Lien, Willamette	1:01.95	2005 – Samantha Kephart, Whitworth	57.71
1982 – Kristi Soderman, PLU	1:01.03	2006 – Samantha Kephart, Whitworth	56.23
1983 – Mary Roberge, L&C	1:00.13	2007 – Samantha Kephart, Whitworth	56.24
1984 – Kerri Butcher, PLU	1:00.16	2008 – Samantha Kephart, Whitworth	56.74
1985 – Kerri Butcher, PLU	1:00.77	2009 – Ashley Lecoq, Whitworth	57.39
1986 – Kerri Butcher, PLU	59.93	2010 – Ashley Lecoq, Whitworth	56.55
1987 – Kersten Larson, PLU	1:02.57	2011 – Katie Chapman, Whitman	57.44
1988 – Kersten Larson, PLU	1:01.12	2012 – Toni Castillo, PLU	57.75
1989 – Tareena Joubert, PLU	1:00.52	2013 – Katie Porter, Pacific (Ore.)	57.11
1990 – Tareena Joubert, PLU	1:00.63	2014 – Samantha Smith, Whitworth	56.83
1991 – Cheryl Longfellow, L&C	1:02.18	2015 – Katie Porter, Pacific	56:76
1992 – Robyn Prueitt, PLU	1:01.94	2016 – Therese Ackman, PLU	57:32
1993 – Korene Cellars, Linfield	1:01.99	2017 – Therese Ackman, PLU	57:24
1994 – Masaka Watanabe, PLU	1:00.73	2018 – Kaycee Simpson, PLU	56:57
1995 – Masako Watanabe, PLU	59.97	2019 – Kaycee Simpson, PLU	56.05
1996 – Masako Watanabe, PLU	59.93	2020 - Bailey Hamilton, PLU	57.27
1997 – Angela Butler, Puget Sound	59.62	2021- No Championships	
1998 – Angela Butler, Puget Sound	59.29	2022-Jessica Ordaz, PLU	55.58
1999 – Marta Holsinger, Whitworth	1:00.29	2023- Madeleine Brennan, Puget Sound	56.83
2000- Susanne Olson, Puget Sound	1:00.94	2024 – Jessica Ordaz, Pacific Lutheran	55.83
2001 – Donella Adrian, Puget Sound	1:00.60	2025 – Sarah Arpag, Linfield	56.99

200 Butterfly

1978 – Dawn Lien, Willamette	2:16.04	2002 – Susanne Olson, Puget Sound	2:17.32
1979 – Tami Bennett, PLU	2:12.18	2003 – Roseanne Cartwright, UPS	2:20.91
1980 – Dawn Lien, Willamette	2:17.43	2004 – Jess Martin, Puget Sound	2:10.03
1981 – Kristi Soderman, PLU	2:16.77	2005 – Samantha Kephart, Whitworth	2:06.69
1982 – Karin Deck, L&C	2:12.74	2006 – Samantha Kephart, Whitworth	2:01.45
1983 – Karin Deck, L&C	2:12.78	2007 – Samantha Kephart, Whitworth	2:07.10
1984 – Karin Deck, L&C	2:13.04	2008 – Samantha Kephart, Whitworth	2:05.14
1985 – Kirsten Olson, PLU	2:17.27	2009 – Ashley Lecoq, Whitworth	2:07.29
1986 – Kirsten Olson, PLU	2:13.94	2010 – Ashley Lecoq, Whitworth	2:05.98
1987 – Zoe Iltis, L&C	2:12.12	2011 – Katie Chapman, Whitman	2:07.95
1988 – Zoe Iltis, L&C	2:15.25	2012 – Melissa Norrish, Puget Sound	2:08.11
1989 – Kersten Larson, PLU	2:16.01	2013 – Melissa Norrish, Puget Sound	2:09.40
1990 – Kersten Larson, PLU	2:14.56	2014 – Melissa Norrish, Puget Sound	2:06.08
1991 – Nani Blake, Whitworth	2:13.26	2015 – Bridget Louis, Whitworth	2:06.19
1992 – Alicia Potter, Willamette	2:13.65	2016 – Auri Clark, PLU	2:10.00
1993 – Nani Blake, Whitworth	2:12.74	2017 – Alexis Murphy, Linfield	2:10.17
1994 – Alicia Potter, Willamette	2:14.97	2018 – Kaycee Simpson, PLU	2:05.02
1995 – Masako Watanabe, PLU	2:12.69	2019 – Kaycee Simpson, PLU	2:04.31
1996 – Dorian Reese, Whitworth	2:12.58	2020 – Bella White, Whitman	2:05.91
1997 – Erin Elliott, Linfield	2:22.16	2021- No Championships	
1998 – Angela Butler, Puget Sound	2:09.30	2022-Jessica Ordaz, PLU	2:03.95
1999 – Cammy Farstvedt, Willamette	2:16.92	2023- Sarah Arpag, Linfield	2:05.07
2000 – Susanne Olson, Puget Sound	2:11.53	2024 – Madeleine Brennan, Puget Sound	2:07.68
2001 – Katie King, Whitworth	2:11.45	2025 – Avery Riley, Whitman	2:04.74

100 Individual Medley			
1978 – Kim Clarkson, Willamette	1:07.76	1982 – Elizabeth Green, PLU	1:04.44
1979 – Jenny Millo, PLU	1:03.92	1983 – Elizabeth Green, PLU	1:03.03
1980 – Kristi Bosch, PLU	1:06.56	1984 – Gayle Roth, Willamette	1:03.87
1981 – Elizabeth Green, PLU	1:04.3		

200 Individual Medley			
1978 – Cindy Pemberton, Willamette	2:23.15	2002 – Serena Fadel, Whitworth	2:11.53
1979 – Jenny Millo, PLU	2:20.96	2003 – Serena Fadel, Whitworth	2:10.16
1980 – Cindy Pemberton, Willamette	2:17.34	2004 – Serena Fadel, Whitworth	2:09.50
1981 – Elizabeth Green, PLU	2:17.06	2005 – Serena Fadel, Whitworth	2:11.85
1982 – Karin Deck, L&C	2:12.74	2006 – Lindsay Nixon, L&C	2:11.92
1983 – Elizabeth Green, PLU	2:13.62	2007 – Katelyn Erickson, Whitworth	2:12.06
1984 – Elizabeth Green, PLU	2:15.99	2008 – Leesa Cotton, Puget Sound	2:10.82
1985 – Zoe Iltis, L&C	2:20.37	2009 – Lindsay Nixon, L&C	2:10.03
1986 – Zoe Iltis, L&C	2:18.97	2010 – Allison Clark, Pacific	2:11.91
1987 – Kathy Thompson, PLU	2:16.01	2011 – Katie Chapman, Whitman	2:09.79
1988 – Kathy Thompson, PLU	2:18.37	2012 – Allison Clark, Pacific	2:08.97
1989 – Kathy Thompson, PLU	2:16.90	2013 – Claire Collins, Whitman	2:09.32
1990 – Kathy Thompson, PLU	2:18.66	2014 – Kina Ackerman, PLU	2:07.12
1991 – Mary Carr, PLU	2:18.12	2015 – Jackie Beal, Whitworth	2:07.68
1992 – Laura Juckeland, Willamette	2:16.26	2016 – Jackie Beal, Whitworth	2:07.35
1993 – Nani Blake, Whitworth	2:17.04	2017 – Kaedi Fry, Linfield	2:08.35
1994 – Pamela Richmond, Linfield	2:16.56	2018 – Kelli Callahan, Puget Sound	2:04.41
1995 – Jan Okada, Whitworth	2:14.83	2019 – Kelli Callahan, Puget Sound	2:05.25
1996 – Jan Okada, Whitworth	2:15.11	2020 – Kelli Callahan, Puget Sound	2:05.04
1997 – Danika Williams, Willamette	2:15.20	2021- No Championships	
1998 – Angela Butler, Puget Sound	2:13.35	2022- Jessica Ordaz, PLU	2:04.38
1999 – Erin Kay, Whitworth	2:12.33	2023-Malia Wisham, PLU	2:08.45
2000 – Erin Kay, Whitworth	2:10.32	2024 – Isabella Hoopes, Whitworth	2:07.26
2001 – Erin Kay, Whitworth	2:10.53	2025 – Isabella Hoopes, Whitworth	2:05.77

400 Individual Medley			
1978 – Liz Sitar, Pacific	5:23.98	2002 – Serena Fadel, Whitworth	4:35.24
1979 – Diane Carr, Whitman	4:58.63	2003 – Serena Fadel, Whitworth	4:34.31
1980 – Tracy Griffin, Whitman	4:55.70	2004 – Serena Fadel, Whitworth	4:35.14
1981 – Elizabeth Green, PLU	4:52.75	2005 – Serena Fadel, Whitworth	4:39.08
1982 – Elizabeth Green, PLU	4:47.01	2006 – Lindsay Nixon, L&C	4:39.77
1983 – Elizabeth Green, PLU	4:45.50	2007 – Lindsay Nixon, L&C	4:43.79
1984 – Elizabeth Green, PLU	4:48.24	2008 – Sarah Mirick, Puget Sound	4:39.40
1985 – Kirsten Olson, PLU	5:01.04	2009 – Yasmeen Khesghi, Whitworth	4:37.09
1986 – Kirsten Olson, PLU	4:55.90	2010 – Abby Pavelko, Whitworth	4:40.24
1987 – Kathy Thompson, PLU	4:48.24	2011 – Abby Pavelko, Whitworth	4:34.64
1988 – Kathy Thompson, PLU	4:48.74	2012 – Abby Pavelko, Whitworth	4:33.05
1989 – Kathy Thompson, PLU	4:51.99	2013 – Bridget Louis, Whitworth	4:33.69
1990 – Kathy Thompson, PLU	4:55.47	2014 – Melissa Norrish, Puget Sound	4:30.91
1991 – Mary Carr, PLU	4:47.67	2015 – Melissa Norrish, Puget Sound	4:31.28
1992 – Mary Carr, PLU	4:48.83	2016 – Kaedi Fry, Linfield	4:31.10
1993 – Laura Juckeland, Willamette	4:47.47	2017 – Kaedi Fry, Linfield	4:30.30
1994 – Beth Slaughter, Linfield	4:45.71	2018 – Kelli Callahan, Puget Sound	4:25.51
1995 – Beth Slaughter, Linfield	4:41.03	2019 – Kelli Callahan, Puget Sound	4:26.70
1996 – Jan Okada, Whitworth	4:46.02	2020 – Kelli Callahan, Puget Sound	4:26.45
1997 – Kristen Booth, Puget Sound	4:41.85	2021- No Championship	
1998 – Kristin Veal, Puget Sound	4:40.18	2022- Kate Walkup, Linfield	4:30.70
1999- Erin Kay, Whitworth	4:42.35	2023- Kate Walkup, Linfield	4:31.61
2000- Erin Kay, Whitworth	4:41.33	2024 – Kirsti Keppo, Linfield	4:32.31
2001 – Erin Kay, Whitworth	4:39.35	2025 – Isabella Hoopes, Linfield	4:29.83

1-Meter Diving	
1978- Jeannie Pfeiffer, Lewis & Clark	406.35
1979- Laura McNaught, Lewis & Clark	380.55
1980- Jeannie Pfeiffer, Lewis & Clark	380.00
1981- Carol Harvey, Lewis & Clark	322.55
1982- Diana FitzGerald, Willamette	395.45
1983- Darci Piper, Willamette	396.05
1984- Diana FitzGerald, Willamette	395.45
1985- Julie Conrad, Willamette	469.8
1986- Roetman, Whitman	383.45
1987- Sara Mates, Whitman	218.65

3-Meter Diving	
1978- Jeannie Pfeiffer, Lewis & Clark	424.65
1979- Jeannie Pfeiffer, Lewis & Clark	398.10
1980- Jeannie Pfeiffer, Lewis & Clark	398.50
1981- Diana FitzGerald, Willamette	333.30
1982- Diana FitzGerald, Willamette	385.05
1983- Diana FitzGerald, Willamette	405.05
1984- Julie Conrad, Willamette	435.40
1987- Sara Mates, Whitman	

200 Medley Relay

1978- Willamette	2:07.85
1979- Willamette	1:58.74
1980 – Lewis & Clark (Lori Wells, Lori Willimont, Laura Baumhofer, Sharon Spencer)	2:04.03
1981 – Lewis & Clark (Brenda Jamsgard, Lori Willimont, Carolyn Brown, Christi Hiner)	1:58.61
1982 – Lewis & Clark (Carolyn Brown, Lori Willimont, Karin Deck, Mary Roberge)	1:59.05
1983 – Willamette (Chris Odell, Leslie Wilday, Gayle Roth, Kendra Wheeler)	1:55.84
1984 – Willamette ()	1:55.14
1985 – PLU (Cathy Miller, Bev Barton, Denise Latimer, Murna Jamieson)	1:59.50
1986 – PLU (Kerri Butcher, Murna Jamieson, Carol Quarterman, Mary Meyer)	1:53.89
1987 – PLU (Carol Quarterman, Mary Meyer, Kathy Thompson, Murna Jamieson)	1:54.48
1988 – PLU (Carol Quarterman, Melinda MacKinnon, Kersten Larson, Kathy Thompson)	1:56.93
1989 – PLU (Carol Quarterman, Tareena Joubert, Kersten Larson, Karen Hanson)	1:57.60
1990 – PLU (Kathy Thompson, Tareena Joubert, Kersten Larson, Karen Hanson)	1:55.72
1991 – PLU (Karen Hanson, Mary Carr, Gretchen Muhlhauser, Shawn Sumner)	1:55.43
1992 – PLU (Bethany Graham, Mary Carr, Robyn Prueitt, Karen Hanson)	1:54.15
1993 – Linfield (Jennifer Snook, Staci Malin, Korene Cellers, Tammy Lambert)	1:52.79
1994 – Linfield (Jennifer Snook, Staci Malin, Korene Cellers, Wendy Hocker)	1:53.13
1995 – Whitworth (Desire DeSoto, Liza Rachetto, Dorian Reese, Shannon Braun)	1:51.40
1996 – Linfield (Beth Slaughter, Staci Malin, Erin Elliott, Melinda Gage)	1:52.39
1997 – Linfield (Jami Richmond, Anna Dernbach, Erin Elliott, Melinda Gage)	1:52.98
1998 – UPS (Katie Holmes, Nicole McKenney, Angela Butler, Jenny Peterson)	1:54.25
1999 – Whitworth (Alison Eckenroad, Erin Kay, Beth Kear, Marta Holsinger)	1:53.06
2000 – UPS (Carla Fellezs, Amanda Didier, Susanne Olson, Mari Gantner)	1:50.30
2001 – Whitworth (Megan Haley, Megan Lambuth, Marta Holsinger, Erin Kay)	1:50.81
2002 – Puget Sound (Carla Fellezs, Amanda Didier, Susanne Olson, Mari Gantner)	1:51.15
2003 – Whitworth (Jillian Harbuz, Megan Lambuth, Serena Fadel, Kristin Satterfield)	1:50.52
2004 – Puget Sound (Breanna Trygg, Michelle Rennie, Katie Becklin, Shelley Cook)	1:49.70
2005 – Whitworth (Lindsey Gresset, Serena Fadel, Samantha Kephart, Katelyn Erickson)	1:51.16
2006 – Whitworth (Lindsey Gresset, Katelyn Erickson, Samantha Kephart, Brittany Gresset)	1:50.86
2007 – Puget Sound (Leesa Cotton, Amy Polansky, Beth Demander, Katie Barton)	1:51.05
2008 – Puget Sound (Jessie Kuwada, Amy Polansky, Mac MacAfee, Katie Barton)	1:50.49
2009 – Puget Sound (Kenzie Kitson, Sierra Phillips, Mac MacAfee, Katie Barton)	1:46.93
2010 – Puget Sound (Kenzie Kitson, Sierra Phillips, MacKenzie Giusti, Katie Barton)	1:49.77
2011 – Puget Sound (Kenzie Kitson, Tracy Wormwood, Rachel Mendelsohn, Maggie O'Rourke)	1:48.12
2012 – Whitworth (Jennifer Benson, Melissa Barringer, Samantha Smith, Alisa Stang)	1:47.76
2013 – Whitworth (Kate Duvall, Melissa Barringer, Alisa Stang, Marit Borth)	1:48.62
2014 – Whitworth (Jackie Beal, Jerusha Dressel, Samantha Smith, Alisa Stang)	1:45.77
2015 – PLU (Therese Ackman, Shanell Sullenberger, Michelle Hogan, Kiana Sullenberger)	1:47.12
2016 – PLU (Luna Kim, Kiana Sullenberger, Shanell Sullenberger, Alex Weeks)	1:46.13
2017 – Whitman (Mara Selznick, Nina Dipboye, Katie Davidson, Tai Hallstein)	1:45.12
2018 – Whitman (Mara Selznick, Becca Hoffman, Katie Davidson, Zoe Hill)	1:46.06
2019 – Linfield (Molli Hartzell, Kaedi Fry, Vianka Hoyer, Tahni Kakazu)	1:45.47
2020 – Whitworth (Hannah Galbraith, Jamie Siegler, Kaitlyn Wornath, Carly Hoff)	1:46.00
2021- No Championships	
2022- Pacific Lutheran (Annika Eisele, Isabella Valles, Bailey Hamilton, Jessica Ordaz)	1:45.90
2023- Linfield (Avery Campbell, Whitney Averill, Kate Walkup, Lauren Bobo-Shisler)	1:46.72
2024 – Linfield (Avery Campbell, Whitney Averill, Sarah Arpag, Kalea Mullins)	1:47.92
2025 – Whitman (Frances Lenz, Rachel Sapper, Avery Riley, Shaye Agnew)	1:48.04

400 Medley Relay

1978 – Willamette ()	4:22.44
1979 – Lewis & Clark ()	4:34.33
1980 – Willamette ()	4:18.75
1981 – PLU (Elizabeth Green, Kristi Bosch, Kristi Soderman, Kathy Gotshall)	4:18.68
1982 – PLU (Barb Hefte, Elizabeth Green, Kristi Soderman, Kristi Bosch)	4:14.63
1983 – Willamette (Chris Odell, Leslie Wilday, Gigi Hunt, Gayle Roth)	4:14.87
1984 – Willamette ()	4:17.51
1985 – PLU (Cathy Miller, Mary Meyer, Kirsten Olson, Rosemary Johnson)	4:22.16
1986 – PLU (Carol Quarterman, Mary Meyer, Kerri Butcher, Maurina Jamieson)	4:10.36
1987 – PLU (Carol Quarterman, Mary Meyer, Kersten Larson, Maurina Jamieson)	4:13.83
1988 – PLU (Carol Quarterman, Melinda MacKinnon, Kersten Larson, Kathy Thompson)	4:14.56
1989 – PLU (Carol Quarterman, Tareena Joubert, Kersten Larson, Karen Hanson)	4:17.01
1990 – PLU (Kathy Thompson, Tareena Joubert, Kersten Larson, Karen Hanson)	4:11.54
1991 – Lewis & Clark (Penny Foos, Laura Wackwitz, Cody Jacobsen, Cheryl Longfellow)	4:22.87
1992 – PLU (Bethany Graham, Mary Carr, Robyn Prueitt, Karen Hanson)	4:07.19
1993 – Linfield (Jennifer Snook, Staci Malin, Korene Cellers, Wendy Hocker)	4:07.60
1994 – Linfield (Beth Slaughter, Staci Malin, Pamela Richmond, Wendy Hocker)	4:06.51
1995 – Whitworth (Desire DeSoto, Mary Ryan, Dorian Reese, Shannon Braun)	4:02.66
1996 -- Whitworth (Shannon Braun, Liz Rachetto, Dorian Reese, Carley Bush)	4:05.09
1997 – Linfield (Beth Slaughter, Erin Elliott, Melinda Gage, Heather Chang)	4:04.50
1998 – Puget Sound (Kristen Booth, Nicole McKenney, Angela Butler, Jenny Peterson)	4:06.94
1999 – Whitworth (Alison Eckenroad, Erin Kay, Marta Holsinger, Mindy Galbraith)	4:05.96
2000 – Whitworth (Erin Kay, Lyndsey Downs, Marta Holsinger, Kate King)	4:06.97
2001 – Whitworth (Megan Haley, Megan Lambuth, Katie King, Kristin Satterfield)	4:02.35
2002 – Puget Sound (Carla Fellezs, Michelle Rennie, Susanne Olson, Melissa Clark)	4:01.82
2003 – Puget Sound (Breanna Trygg, Michelle Rennie, Desiree Didier, Emily Cares)	3:59.37
2004 – Puget Sound (Breanna Trygg, Michelle Rennie, Beth Demander, Alex Borgen)	3:58.37
2005 – Puget Sound (Breanna Trygg, Michalle Rennie, Jess Martin, Beth Demander)	4:01.93
2006 – Whitworth (Lindsey Gresset, Katelyn Erickson, Samantha Kephart, Brittany Gresset)	4:00.90
2007 – Whitworth (Brittany Gresset, Katelyn Erickson, Samantha Kephart, Natalie Turner)	4:00.15
2008 – Puget Sound (Leesa Cotton, Amy Polansky, Mac McAfee, Katie Barton)	4:00.55
2009 – Puget Sound (Kenzie Kitson, Sierra Phillips, Kelsey Elizondo, Hally Roberts)	3:56.67
2010 – Puget Sound (Kenzie Kitson, Tracy Wormwood, Mac McAfee, Ava Williams)	3:59.64
2011 – Whitworth (Kate Duvall, Melissa Barringer, Ashley Lecoq, Jennifer Benson)	3:55.95
2012 – Puget Sound (Mackenzie Kitson, Tracy Wormwood, Melissa Norrish, Ava Williams)	3:52.54
2013 – Whitworth (Kate Duvall, Melissa Barringer, Kori Carpenter, Alisa Stang)	3:52.55
2014 – Whitworth	3:52.05
2015 – PLU (Therese Ackman, Shanell Sullenberger, Michelle Hogan, Melissa Dean)	3:53.53
2016 – PLU (Luna Kim, Kiaan Sullenberger, Melissa Dean, Shanell Sullenberger)	3:54.53
2017 – Whitman (Mara Selznick, Nina Dipboye, Katie Davidson, Tai Hallstein)	3:52.02
2018 – Whitman (Mara Selznick, Becca Hoffman, Katie Davidson, Tara Stahlecker)	3:54.65
2019 – Linfield (Molli Hartzell, Kaedi Fry, Vianka Hoyer, Evette Dow)	3:51.71
2020 – Whitworth (Hannah Galbraith, Jamie Siegler, Kaitlyn Wornath, Carly Hoff)	3:51.62
2021- No Championship	
2022- Pacific Lutheran (Annika Eisele, Malia Wisham, Bailey Hamilton, Jessica Ordaz)	3:54.13
2023- Linfield (Avery Campbell, Whitney Averill, Kate Walkup, Sarah Arpag)	3:53.60
2024 – Pacific Lutheran (Annika Eisele, Makenzie Chan-Orcutt, Jessica Ordaz, Emma Gassman)	3:53.24
2025 – Whitman (Frances Lenz, Josephine Piel, Avery Riley, Shaye Agnew)	3:55.01

200 Freestyle Relay

1978- Willamette	1:45.75
1979- Willamette	1:44.83
1980- Willamette	1:45.15
1981- PLU (Kristi Bosch, Christi Mixson, Kathy Gotshall, Kirsti Soderman)	1:44.55
1982- PLU	1:47.79
1983- PLU (Kristi Bosch, Kerri Butcher, Karen Foster, Nancy Goshall)	1:46.26
1984- Lewis & Clark (Nina Young, Joyce Harcourt, Tisha Stiemle, Marybeth Lipscomb)	1:46.74
1985- PLU (Kerri Butcher, Maurna Jamieson, Mary Meyer, Barb Hefte)	1:42.82
1986- PLU (Caron Quarterman, Kerri Butcher, Mary Meyer, Maurna Jamieson)	1:41.99
1987- PLU (Carol Quarterman, Maurna Jamieson, Kathy Thompson, Mary Meyer)	1:41.78
1988- L&C (Carol Davis, Zoe Iltis, Noel Johnson, Cheryl Longfellow)	1:45.05
1989- PLU (Carol Quarterman, Karen Hanson, Amy Lindlief, Kathy Thompson)	1:44.29
1990- PLU (Karen Hanson, Kari Olson, Tareena Joubert, Kathy Thompson)	1:43.82
1991- PLU (Karen Hanson, Sue Boonstra, Robyn Prueitt, Shawn Sumner)	1:42.19
1992- PLU (Robyn Prueitt, Sue Boonstra, Bethany Graham, Karen Hanson)	1:41.86
1993- Linfield (Wendy Hocker, Korene Cellers, Tammy Lambert, Amber Such)	1:42.74
1994- Willamette (Bonnie Bauer, Danika Williams, Jen Hodges, Alicia Potter)	1:42.97
1995- Willamette (Bonnie Bauer, Laura Juckeland, Jen Hodges, Danika Williams)	1:42.04
1996- Whitworth (Sarah Ewan, Lea Stenerson, Carley Bush, Shannon Braun)	1:41.30
1997- Willamette (Bonnie Bauer, Danika Williams, Rachel Chen, Gerianne Mikasa)	1:39.84
1998- Puget Sound (Denel Yamigihara, Angela Butler, Kristin Veal, Jenny Peterson)	1:43.12
1999- Puget Sound (Carla Fellezs, Mari Gantner, Sharon Wong, Krista Prescott)	1:39.62
2000- Puget Sound (Carla Fellezs, Mari Gantner, Susanne Olson, Krista Prescott)	1:38.02
2001- Whitworth (Marta Holsinger, Jennifer Brandler, Kristin Satterfield, Erin Kay)	1:40.15
2002- Puget Sound (Krista Prescott, Carla Fellezs, Mari Gantner, Susanne Olson)	1:39.43
2003- Puget Sound (Amanda Didier, Breanna Trygg, Desiree Didier, Shelley Cook)	1:40.84
2004- Puget Sound (Shelley Cook, Breanna Trygg, Helen McDonald, Beth Demander)	1:41.15
2005- Puget Sound (Amy Polansky, Breanna Trygg, Leesa Cotton, Shelly Cook)	1:40.49
2006- Puget Sound (Amy Polansky, Leesa Cotton, Beth Demander, Katie Wilson)	1:39.80
2007- Whitworth (Brittany Gresset, Natalie Turner, Katelyn Erickson, Samantha Kephart)	1:37.67
2008- Whitworth (Samantha Kephart, Ashley Lecoq, Natalie Turner, Brittany Gresset)	1:38.28
2009- Whitworth (Brittany Gresset, Ashley Lecoq, Jennifer Benson, Natalie Turner)	1:36.84
2010- Whitworth (Jennifer Benson, Ashley Lecoq, Renae Jennings, Natalie Turner)	1:38.28
2011- Whitworth (Jennifer Benson, Brenda Foster, Renae Jennings, Ashley Lecoq)	1:36.95
2012- Whitworth (Jennifer Benson, Melissa Barringer, Marit Borth, Alisa Stang)	1:37.74
2013- Whitworth (Hannah Norris, Nicole Lecoq, Kori Carpenter, Marit Borth)	1:38.13
2014- Whitman (Tai Hallstein, Cameo Hlebasko, Ellen Banks, Anna Hawkins)	1:37.66
2015- PLU (Shanell Sullenberger, Michelle Hogan, Melissa Dean, Kiana Sullenberger)	1:37.11
2016- PLU (Alex Weeks, Shanell Sullenberger, Kiana Sullenberger, Melissa Dean)	1:36.20
2017- Whitman (Josie Furbershaw, Nina Dipboye, Gaby Thomas, Tai Hallstein)	1:35.93
2018- Whitman (Zoe Hill, Melia Matthews, Gaby Thomas, Tara Stahlecker)	1:36.81
2019- Linfield (Tahni Kakazu, Evette Dow, Molli Hartzell, Vianka Hoyer)	1:36.95
2020- Whitman (Shea Tsuha, Melia Matthews, Zoe Hill, Ashley Joe)	1:37.04
2021- No Championships	
2022- PLU (Jessica Ordaz, Bailey Hamilton, Sidney Chan-Orcutt, Malia Wisham)	1:36.86
2023- Linfield (Avery Campbell, Sarah Arpag, Maggie Kelley, Lauren Bobo-Shisler)	1:37.05
2024 – Puget Sound (Amy Madsen, Elinor Glass, Madeleine Brennan, Sara Guillen)	1:37.54
2025 – Whitworth (Ella Schoenfelder, Julia Schoenfelder, Grace Esteban, Jillian Larrabee)	1:37.13

400 Freestyle Relay

1978- Willamette	3:53.04
1979- Willamette	3:53.15
1980-Willamette	3:51.48
1981- Willamette	3:51.32
1982- PLU (Barb Hefte, Kristi Bosch, Kristi Soderman, Danielle Dogson)	3:45.52
1983- Willamette (Gayle Roth, Kendra Wheeler, Chris Odell, Gigi Hunt)	3:39.99
1984- PLU (Kerri Butcher, Kristi Soderman, Mary Meyer, Barb Hefte)	3:45.84
1985- PLU (Rosemary Johnson, Maurna Jamieson, Barb Hefte, Kerri Butcher)	3:47.74
1986-PLU (Maurna Jamieson, Carol Quarterman, Amy Lindlief, Kerri Butcher)	3:42.70
1987- PLU (Kathy Thompson, Carol Quarterman, Maurna Jamieson, Mary Meyer)	3:44.75
1988- Lewis & Clark (Carol Davis, Zoe Iltis, Noel Johnson, Cheryl Longfellow)	3:46.18
1989- PLU (Carol Quarterman, Kathy Thompson, Jacqueline Keeler, Karen Hanson)	-----
1990- PLU (Kari Olson, Tareena Joubert, Kathy Thompson, Karen Hanson)	3:46.66
1991- PLU (Karen Hanson, Mary Carr, Kari Olson, Shawn Sumner)	3:44.69
1992- PLU (Mary Carr, Robyn Prueitt, Bethany Graham, Karen Hanson)	3:40.84
1993- Linfield (Wendy Hocker, Korene Cellers, Tammy Lambert, Shelley Nigh)	3:46.32
1994- Willamette (Bonnie Bauer, Danika Willaims, Jen Hodges, Alicia Potter)	3:42.62
1995- Whitworth (Desire DeSoto, Dorian Reese, Carley Bush, Shannon Braun)	3:40.43
1996- Whitworth (Dorian Reese, Carley Bush, Sarah Ewan, Shannon Braun)	3:39.39
1997- Puget Sound (Sharon Wong, Angela Butler, Jen Lane, Jenny Peterson)	3:43.42
1998- Puget Sound (Jenny Peterson, Angela Butler, Kristin Veal, Marne McDonald)	3:40.46
1999- Puget Sound (Carla Fellezs, Mari Gantner, Sharon Wong, Jenni Jamieson)	3:39.77
2000- Puget Sound (Carla Fellezs, Mari Gantner, Emily Cares, Krista Prescott)	3:34.97
2001- Puget Sound (Carla Fellzs, Mari Gantner, Melissa Clark, Emily Cares)	3:36.34
2002- Puget Sound (Carla Fellezs, Mari Gantner, Emily Cares, Melissa Clark)	3:35.43
2003- Whitworth (Kristin Satterfield, Megan Lambuth, Jillian Harbuz, Serena Fadel)	3:39.79
2004- Puget Sound (Shelley Cook, Beth Demander, Helen McDonald, Alex Borgen)	3:43.01
2005- Puget Sound (Leesa Cotton, Beeth Demander, Amy Polansky, Shelly Cook)	3:39.04
2006- Puget Sound (Amy Polansky, Katie Wilson, Kelley O'Dell, Leesa Cotton)	3:36.18
2007- Whitworth (Samantha Kephart, Brittany Gresset, Katelyn Erickson, Natalie Turner)	3:34.25
2008- Whitworth (Brittany Gresset, Samantha Kephart, Ashley Lecoq, Natalie Turner)	3:33.97
2009- Whitworth (Natalie Turner, Brenda Foster, Ashley Lecoq, Brittany Gresset)	3:32.37
2010- Whitworth (Christin DeHaven, Jennifer Benson, Ashley Lecoq, Natalie Turner)	3:32.59
2011- Whitworth (Jennifer Benson, Brenda Foster, Renae Jennings, Ashley Lecoq)	3:33.54
2012- Whitworth (Jennifer Anna Case, Kate Duvall, Nicole Lecoq)	3:35.20
2013- Whitworth (Kori Carpenter, Nicole Lecoq, Hannah Norris, Alisa Stang)	3:34.01
2014- Whitworth (Samantha Smith, Hannah Norris, Katherine Duvall, Alisa Stang)	3:32.27
2015- PLU (Melissa Dean, Michelle Hogan, Hanna Armstrong, Shanell Sullenberger)	3:30.86
2016- PLU (Alex Weeks, Hanna Armstrong, Shanell Sullenberger, Melissa Dean)	3:32.11
2017- Whitman (Mara Selznick, Tara Stahlecker, Josie Furbershaw, Tai Hallstein)	3:29.65
2018- Whitman (Mara Selznick, Gaby Thomas, Zoe Hill, Tara Stahlecker)	3:31.77
2019- Whitman (Mara Selznick, Gaby Thomas, Ashley Joe, Zoe Hill)	3:32.43
2020- Whitman (Abbey Felley, Shea Tsuha, Zoe Hill, Mara Selznick)	3:31.04
2021- No Championship	
2022- PLU (Jessica Ordaz, Bailey Hamilton, Sidney Chan-Orcutt, Malia Wisham)	3:33.09
2023- Linfield (Lauren Bobo-Shisler, Sarah Arpag, Maggie Kelley, Kate Walkup)	3:33.98
2024 – Pacific Lutheran (Jessica Ordaz, Sidney Chan-Orcutt, Riley Maher, Emma Gassman)	3:34.66
2025 – Whitman (Anneliese Hansen, Josephine Piel, Avery Riley, Shaye Agnew)	3:31.23

800 freestyle relay

1978 – Willamette ()	8:26.51
1979 – Willamette ()	8:26.44
1980 – Pacific Lutheran (Kristi Bosch, Marty Upton, Kristi. Mixson, Debra Hunt)	8:50.03
1981 – Willamette ()	8:26.15
1982 – PLU ()	8:19.14
1983 – Lewis & Clark (Ruth Ann Lorys, Karin Deck, Mary Roberge, Sandy Gascoigne)	8:15.53
1984 – Willamette ()	8:16.94
1985 – PLU (Kerri Butcher, Barb Hefte, Kirsten Olson, Rosemary Johnson)	8:16.78
1986 – PLU (Kerri Butcher, Maurina Jamieson, Carol Quarterman, Rosemary Johnson)	8:11.60
1987 – PLU (Kathy Thompson, Maurina Jamieson, Amy Lindlief, Carol Quarterman)	8:18.82
1988 – PLU (Kathy Thompson, Carol Quarterman, Kersten Larson, Jerry Hustad)	8:19.34
1989 – PLU (Kathy Thompson, Carol Quarterman, Karen Hanson, Kersten Larson)	8:07.16
1990 – PLU (Kathy Thompson, Tareena Joubert, Jenny Hustad, Karen Hanson)	8:18.74
1991 -- PLU (Mary Carr, Jennifer Hustad, Kari Olson, Karen Hanson)	8:08.99
1992 – PLU (Robyn Prueitt, Mary Carr, Bethany Graham, Karen Hanson)	8:03.25
1993 – Willamette (Jennifer Hodges, Kristi Erskine, Laura Juckeland, Alicia Potter)	8:07.46
1994 – Willamette (Kristi Erskine, Alicia Potter, Danika Williams, Jen Hodges)	8:09.82
1995 – Whitworth (Carley Bush, Jan Okada, Dorian Reese, Shannon Braun)	8:00.28
1996 – Whitworth (Dorian Reese, Carley Bush, Jan Okada, Shannon Braun)	7:58.86
1997 – Whitworth (Mindy Galbraith, Jan Okada, Sarah Ewan, Shannon Braun)	7:59.14
1998 – Puget Sound (Kristin Veal, Marne McDonald, Angela Butler, Jenny Peterson)	7:59.75
1999 – Whitworth (Mindy Galbraith, Marta Holsinger, Alison Eckenroad, Erin Kay)	8:00.74
2000 – Whitworth (Kate King, Mindy Galbraith, Marta Holsinger, Erin Kay)	7:55.02
2001 – Puget Sound (Carla Fellezs, Emily Cares, Melissa Clark, Donella Adrian)	7:55.01
2002 – Puget Sound (Emily Cares, Melissa Clark, Marianne Tweedie, Mari Gantner)	8:03.19
2003 – Whitworth (Kristin Satterfield, Megan Lambuth, Annie Grayson, Serena Fadel)	8:00.07
2004 – Puget Sound (Beth Demander, Alex Borgen, Shelley Cook, Breanna Trygg)	7:58.51
2005 – Whitworth (Samantha Kephart, Katelyn Erickson, Annie Grayson, Serena Fadel)	7:56.27
2006 – Whitworth (Brittany Gresset, Katelyn Erickson, Annie Grayson, Samantha Kephart)	7:53.05
2007 – Whitworth (Natalie Turner, Brittany Gresset, Katelyn Erickson, Samantha Kephart)	7:51.55
2008 – Whitworth (Ashley Lecoq, Christine DeHaven, Natalie Turner, Samantha Kephart)	7:45.45
2009 – Whitworth (Kara Fisher, Christine DeHaven, Ashley Lecoq, Natalie Turner)	7:38.59
2010 – Whitworth (Ashley Lecoq, Christine DeHaven, Devon Tursick, Natalie Turner)	7:42.49
2011 – Whitworth (Ashley Lecoq, Christine DeHaven, Makayla Palmer, Jennifer Benson)	7:45.64
2012 – Whitworth (Nicole Lecoq, Jennifer Benson, Kate Duvall, Alisa Stang)	7:45.39
2013 – Whitworth (Nicole Lecoq, Kori Carpenter, Kate Duvall, Alisa Stang)	7:44.51
2014 – Whitworth (Bridget Louis, Kori Carpenter, Katherine Duvall, Alisa Stang)	7:45.79
2015 – PLU (Erica Muller, Darcie Booth, Hanna Armstrong, Melissa Dean)	7:45.58
2016 – PLU (Erica Muller, Alex Weeks, Hanna Armstrong, Melissa Dean)	7:45.70
2017 – Linfield (Evette Dow, Tahni Kakazu, Erin Nelson, Kaedi Fry)	7:45.97
2018 – Whitman College (Mara Selznick, Sarah Davidson, Abbey Felley, Tara Stahlecker)	7:44.65
2019 – Whitman (Mara Selznick, Sarah Davidson, Abbey Felley, Gaby Thomas)	7:45.51
2020 – Whitman (Mara Selznick, Sarah Davidson, Abbey Felley, Ashley Joe)	7:48.01
2021- No Championships	
2022- Whitworth (Emma Thompson, Isabella Hackney, Ryann Reid, Carly Hoff)	7:45.77
2023- Linfield (Kate Walkup, Sarah Arpag, Lauren Bobo-Shisler, Claudia Velie)	7:46.41
2024 – Linfield (Sarah Arpag, Avery Campbell, Kirsti Keppo, Kalea Mullins)	7:50.83
2025 – Whitworth (Jillian Larrabee, Makhaela Parrish, Isabella Hoopes, Megan Bonikowsky)	7:44.50

Women's NWC Championship Meet Records

Event	Time	Swimmer	Year
50 Freestyle	23.31	Tai Hallstein (Whitman)	2017
100 Freestyle	51.29	Tai Hallstein (Whitman)	2017
200 Freestyle	1:50.58	Natalie Turner (Whitworth)	2009
500 Freestyle	4:55.97	Natalie Turner (Whitworth)	2010
1,650 Freestyle	17:05.80	Natalie Turner (Whitworth)	2010
100 Backstroke	55.94	Mara Selznick (Whitman)	2017
200 Backstroke	2:02.10	Mara Selznick (Whitman)	2017
100 Butterfly	55.58	Jessica Ordaz (PLU)	2022
200 Butterfly	2:01.45	Samantha Kephart (Whitworth)	2006
100 Breaststroke	1:03.29	Jamie Siegler (Whitworth)	2020
200 Breaststroke	2:18.24	Tracy Wormwood (Puget Sound)	2012
200 I.M.	2:04.41	Kelli Callahan (Puget Sound)	2018
400 I.M.	4:25.51	Kelli Callahan (Puget Sound)	2018
200 Fr. Rel.	1:35.93	Whitman College	2017
400 Fr. Rel.	3:29.65	Whitman College	2017
800 Fr. Rel.	7:32.54	Whitworth University	2010
200 Med. Rel.	1:44.98	Whitman College	2017
400 Med. Rel.	3:51.62	Whitworth University	2020

Women's NWC All-Time Records

Event	Time	Swimmer	Year
50 Free	23.31	Tai Hallstein (Whitman)	2/10/17
100 Free	51.02	Tai Hallstein (Whitman)	3/18/17
200 Free	1:50.37	Natalie Turner (Whitworth)	3/18/10
500 Free	4:55.97	Natalie Turner (Whitworth)	2/12/10
1,650 Free	16:54.73	Natalie Turner (Whitworth)	3/20/10
100 Back	55.94	Mara Selznick (Whitman)	2/11/17
200 Back	2:02.10	Mara Selznick (Whitman)	2/12/17
100 Fly	55.45	Samantha Kephart (Whitworth)	3/10/06
200 Fly	2:00.15	Samantha Kephart (Whitworth)	3/11/06
100 Brst	1:03.29	Jamie Siegler (Whitworth)	2/15/20
200 Brst	2:18.24	Tracy Wormwood (Puget Sound)	2/12/12
200 I.M.	2:04.38	Jessica Ordaz (Pacific Lutheran)	2/11/22
400 I.M.	4:25.51	Kelli Callahan (Puget Sound)	2/10/18
200 Fr. Rel.	1:35.93	Whitman College	2/10/17
400 Fr. Rel.	3:29.65	Whitman College	2/12/17
800 Fr. Rel.	7:32.54	Whitworth University	3/19/10
200 Med. Rel.	1:44.98	Whitman College	2/12/17
400 Med. Rel.	3:51.62	Whitworth University	2/14/20