

WIAC Women's Swimming & Diving Individual & Relay Champions (Since 1971)

50-Yard Freestyle

Year	Name	School	Time
1971	Clark	STP	28.7
1972	Barb Powlowski	OSH	26.2
1973	Peggy Anderson	MSN	25.90
1974	Peggy Anderson	MSN	25.83
1975	Sue Solie	MSN	26.06
1976	Sue Solie	MSN	25.63
1977	M. Irving	CAR	25.66
1978	Julie Bins	EC	25.88
1979	Transition from fall to winter sport		
1980	Karen Janicek	MIL	25.53
1981	Kathy Wagner	LC	25.41
1982	Kathy Wagner	LC	24.966
1983	Tess Hollman	EC	25.250
1984	Mary Burkard	GB	25.23
1985	Lora Belmonte	EC	25.24
1986	Lora Belmonte	EC	25.27
1987	Maggie Peters	LC	25.41
1988	Wendy Heineke	ST	24.59
1989	Wendy Heineke	ST	24.63
1990	Suzette Cornish	EC	25.49
1991	Gwen Sibbers	RF	25.62
1992	Suzette Cornish	EC	25.16
1993	Kelly Wanner	RF	25.31
1994	Sara Shimanski	EC	24.73
1995	Sara Jarnberg	RF	25.12
1996	Lori Oswald	LC	24.79
1997	Sara Shimanski	EC	24.65
1998	Jennifer Hasel	OSH	24.71
1999	Jessy Kent	EC	24.82
2000	Mary Agazzi	STP	23.96
2001	Renee Porter	OSH	24.02
2002	Alissa Bartz	STP	24.24
2003	Anne Melvin	LC	24.48
2004	Anne Melvin	LC	24.46
	Cori Severson	EC	24.46
2005	Renee Porter	OSH	24.09
2006	Caitlin Hake	STP	24.21
2007	Caitlin Hake	STP	24.14
2008	Chelsea Hoff	LC	23.93
2009	Chelsea Hoff	LC	23.10
2010	Chelsea Hoff	LC	23.13
2011	Julia Olson	EC	23.69
2012	Julia Olson	EC	23.79
2013	Erica O'Neill	LC	23.64
2014	Allison Hable	EC	23.66
2015	Mikayla Beuch	LC	23.64
2016	Allison Hable	EC	23.49
2017	Samantha Senczyszyn	EC	23.43
2018	Michaela Matthys	WW	23.87
2019	Samantha Senczyszyn	EC	23.43
2020	Renata Schlomann	WW	23.57
2021	No championship due to COVID-19 pandemic.		
2022	Joy Vandenberg	STP	24.16
2023	Zaria Terry	WW	23.76
2024	Sydney McGuine	EC	23.70
2025	Rose Hansen	STP	24.07

100-Yard Freestyle

1971	Leslie Cowan	LC	62.7
1972	Sue Wise	MSN	58.00
1973	Halmi	MIL	57.59
1974	Sandy Karow	OSH	57.41
1975	Sandy Karow	OSH	56.59
1976	Sue Solie	MSN	55.77
1977	Becky Clark	LC	54.64
1978	Becky Clark	LC	55.29
1979	Transition from fall to winter sport		
1980	Beth Paulson	RF	55.43
1981	Kim Swanson	SP	55.41
1982	Kathy Wagner	LC	54.012
1983	Laura Ladwig	EC	54.869
1984	Mary Burkard	GB	54.81
1985	Pavane Boeson	RF	54.90
1986	Michelle Weyers	EC	54.97
1987	Wendy Heineke	ST	54.28
1988	Wendy Heineke	ST	53.67
1989	Wendy Heineke	ST	53.28
1990	Sara Bradley	EC	55.28
1991	Sara Bradley	EC	55.36
1992	Sara Bradley	EC	54.71
1993	Maureen Kearney	EC	55.17
1994	Sara Shimanski	EC	54.36
1995	Sara Shimanski	EC	53.91
1996	Sara Shimanski	EC	54.21
1997	Sara Shimanski	EC	53.37
1998	Jessy Kent	EC	54.05
1999	Jessy Kent	EC	54.08
2000	Mary Agazzi	STP	53.10
2001	Renee Porter	OSH	52.87
2002	Krista Melvin	LC	54.09
2003	Lexi Fink	LC	53.49
2004	Shara Geurts	LC	52.81
2005	Renee Porter	OSH	52.91
2006	Cori Severson	EC	51.74
2007	Caitlin Hake	STP	52.59
2008	Chelsea Hoff	LC	52.26
2009	Katelyn Hartung	LC	51.98
2010	Katelyn Hartung	LC	52.38
2011	Andrea Wagner	STP	51.56
2012	Grace Fair	EC	52.12
2013	Sara Zemanovic	LC	52.18
2014	Sara Zemanovic	LC	52.26
2015	Sara Zemanovic	LC	51.86
2016	Sara Zemanovic	LC	52.06
2017	Samantha Senczyszyn	EC	50.18
2018	Jessica Short	EC	52.63
2019	Samantha Senczyszyn	EC	50.23
2020	Renata Schlomann	WW	51.90
2021	No championship due to COVID-19 pandemic.		
2022	Sydney McGuine	EC	52.76
2023	Zaria Terry	WW	50.80
2024	Francesca Schiro	OSH	51.37
2025	Francesca Schiro	OSH	51.04

200-Yard Freestyle

1971	Cowan	LC	2:23.72
1972	Sue Momsen	EC	2:17.6
1973	Sue Wise	MSN	2:10.37
1974	Robin Kloke	MSN	2:06.83
1975	Sue Solie	MSN	2:06.22
1976	Bobbi Reif	MSN	1:59.96
1977	Mary Johansson	ST	2:02.67
1978	J Van Astyne	WW	2:04.34
1979	Transition from fall to winter sport		
1980	Beth Peterson	RF	1:59.14
1981	Laura Ladwig	EC	1:58.05
1982	Laura Ladwig	EC	1:56.489
1983	Laura Ladwig	EC	1:57.957
1984	Ann Olin	GB	2:00.30
1985	Pavane Boeson	RF	2:00.97
1986	Michelle Weyers	EC	1:58.10
1987	Janice Buron	EC	1:57.19
1988	Shelley Weyers	LC	1:55.36
1989	Kersti Nelson	EC	1:58.67
1990	Sara Bradley	EC	1:59.88
1991	Tanya Nord	EC	1:57.93
1992	Tanya Nord	EC	1:57.52
1993	Jenny Wilson	LC	2:00.38
1994	Sara Shimanski	EC	1:57.95
1995	Sara Shimanski	EC	1:55.93
1996	Sara Shimanski	EC	1:59.33
1997	Becca Uphoff	STP	1:56.63
1998	Becca Uphoff	STP	1:57.61
1999	Becca Uphoff	STP	1:56.71
2000	Becca Uphoff	STP	1:55.39
2001	Shara Geurts	LC	1:56.98
2002	Krista Melvin	LC	1:56.00
2003	Krista Melvin	LC	1:54.73
2004	Krista Melvin	LC	1:54.71
2005	Carlene Empanger	LC	1:55.99
2006	Carlene Empanger	LC	1:54.39
2007	Jerica Crook	STP	1:57.83
2008	Katelyn Hartung	LC	1:58.33
2009	Lindsay Lukes	STP	1:52.45
2010	Katelyn Hartung	LC	1:53.03
2011	Casey Preissel	EC	1:52.24
2012	Abby Diehl	LC	1:54.04
2013	Sara Zemanovic	LC	1:53.11
2014	Amanda Walker	STP	1:51.37
2015	Amanda Walker	STP	1:51.39
2016	Sara Zemanovic	LC	1:52.32
2017	Anna Landgraf	LC	1:54.27
2018	Victoria Campbell	LC	1:55.88
2019	Bailey Weston	WW	1:55.98
2020	Anna Pilecky	STP	1:55.50
2021	No championship due to COVID-19 pandemic.		
2022	Anna Pilecky	STP	1:53.69
2023	Francesca Schiro	OSH	1:53.44
2024	Francesca Schiro	OSH	1:52.80
2025	Francesca Schiro	OSH	1:51.54

500-Yard Freestyle

1976	Bobbi Reif	MSN	5:20.49
1977	Debbie Luke	ST	5:27.00
1978	Sharon King	EC	5:31.49
1979	Transition from fall to winter sport		
1980	Holly Hanson	EC	5:18.95
1981	Laura Ladwig	EC	5:12.912
1982	Laura Ladwig	EC	5:08.998
1983	Laura Ladwig	EC	5:11.875
1984	Gerri Wachendorf	EC	5:26.72
1985	Cheryl Mueller	LC	5:24.62
1986	Sue Schroeder	WW	5:18.32
1987	Janice Buron	EC	5:11.39
1988	Shelley Weyers	LC	5:07.23
1989	Lauri Meulemans	LC	5:18.34
1990	Kersti Nelson	EC	5:14.84
1991	Tanya Nord	EC	5:17.85
1992	Tanya Nord	EC	5:18.92
1993	Gwen Sibbers	RF	5:18.86
1994	Jenny Wilson	LC	5:18.39
1995	Michele Kusske	RF	5:17.38
1996	Ellen Ross	EC	5:16.96
1997	Laura Waterhouse	LC	5:09.00
1998	Becca Uphoff	STP	5:12.48
1999	Becca Uphoff	STP	5:11.41
2000	Becca Uphoff	STP	5:07.24
2001	Karrin Lick	LC	5:12.84
2002	Karrin Lick	LC	5:19.35
2003	Carlene Empanger	LC	5:06.88
2004	Carlene Empanger	LC	5:01.87
2005	Carlene Empanger	LC	5:07.39
2006	Carlene Empanger	LC	5:06.17
2007	Kari Slawson	STP	5:12.49
2008	Amanda Kroger	EC	5:10.10
2009	Lindsay Lukes	STP	5:01.89
2010	Nicole Dorvinen	EC	5:05.36
2011	Nicole Dorvinen	EC	5:05.19
2012	Angie Bakula	EC	5:06.65
2013	Sara Zemanovic	LC	5:04.09
2014	Amanda Walker	STP	4:58.74
2015	Amanda Walker	STP	4:56.45
2016	Amanda Walker	STP	4:59.42
2017	Margaret Lotzer	WW	5:10.41
2018	Jessica Lenhart	WW	5:09.55
2019	Anna Pilecky	STP	5:01.85
2020	Anna Pilecky	STP	5:00.21
2021	No championship due to COVID-19 pandemic.		
2022	Anna Pilecky	STP	4:57.53
2023	Sydney McCollor	EC	5:05.44
2024	Molly Hosack	EC	4:58.15
2025	Molly Hosack	EC	4:56.51

1,650-Yard Freestyle

1980	Laura Ladwig	EC	18:34.006
1981	Laura Ladwig	EC	17:55.82
1982	Laura Ladwig	EC	17:55.309
1983	Laura Ladwig	EC	17:58.667
1984	Mary Robertson	EC	18:24.99
1985	Sue Schroeder	WW	18:51.96
1986	Sue Schroeder	WW	18:19.60
1987	Kersti Nelson	EC	18:12.44
1988	Kersti Nelson	EC	18:13.08
1989	Kersti Nelson	EC	18:13.59
1990	Kersti Nelson	EC	18:16.44
1991	Tanya Nord	EC	18:22.17
1992	Carolin Guenther	ST	18:17.88
1993	Jenny Gerharz	EC	18:35.49
1994	Kate Bejma	EC	18:06.78
1995	Michelle Kusske	EC	18:08.40
1996	Michelle Kusske	EC	18:07.46
1997	Laura Waterhouse	LC	17:43.97
1998	Laura Waterhouse	LC	17:51.65
1999	Laura Waterhouse	LC	17:59.92
2000	Laura Waterhouse	LC	18:19.09
2001	Melanie Luke	STP	18:15.87
2002	Karrin Lick	LC	18:18.99
2003	Carlene Empanger	LC	17:55.22
2004	Carlene Empanger	LC	17:40.66
2005	Carlene Empanger	LC	18:01.43
2006	Carlene Empanger	LC	17:48.69
2007	Kari Slawson	STP	18:00.09
2008	Amanda Kroger	EC	17:58.83
2009	Angie Bakula	EC	17:13.52
2010	Kirsten Lickel	EC	17:37.88
2011	Lauren Alexander	STP	17:48.04
2012	Nicole Dorvinen	EC	17:16.26
2013	Lisa Reed	EC	17:42.59
2014	Amanda Walker	STP	17:25.64
2015	Kayla Martin	WW	17:24.26
2016	Amanda Walker	STP	17:26.79
2017	Sari Mailey	EC	17:47.79
2018	Sari Mailey	EC	17:48.61
2019	Anna Pilecky	STP	17:09.61
2020	Anna Pilecky	STP	17:07.18
2021	No championship due to COVID-19 pandemic.		
2022	Anna Pilecky	STP	17:01.31
2023	Sydney McCollor	EC	17:39.16
2024	Molly Hosack	EC	17:19.36
2025	Molly Hosack	EC	17:18.08

100-Yard Backstroke

1971	Kowalski	WW	1:14.8
1972	Cheryl Brefka	EC	1:12.1
1973	Robin Kloke	MSN	1:11.34
1974	Robin Kloke	MSN	1:07.73
1975	Laura Crissinger	MSN	1:05.29
1976	Laura Crissinger	MSN	1:03.67
1977	Jennie MacNaughton	LC	1:04.39
1978	Not Swum		
1979	Transition from fall to winter sport		
1980	Sharon King	EC	1:03.81
1981	Joan Kapellas	LC	1:04.93
1982	Connie Spaeth	OSH	1:04.095
1983	Brenda Dahl	EC	1:02.944
1984	Brenda Dahl	EC	1:03.58
1985	Traci Bergo	EC	1:03.52
1986	Wendy Heineke	ST	1:03.37
1987	Traci Bergo	EC	1:00.84
1988	Wendy Heineke	ST	1:00.92
1989	Amy Meisner	EC	1:03.37
1990	Amy Meisner	EC	1:02.30
1991	Amy Lewis	EC	1:04.24
1992	Jessie Marx	EC	1:02.36
1993	Julie Pausch	STP	1:02.17
1994	Tricia Glysch	LC	1:02.51
1995	Tina Berg	RF	1:02.03
1996	Cheri Tiegs	OSH	59.93
1997	Cheri Tiegs	OSH	59.75
1998	Kelly Halleckson	LC	1:00.66
1999	Anna Meyer	LC	59.24
2000	Anna Meyer	LC	58.35
2001	Renee Porter	OSH	59.06
2002	Anna Meyer	LC	56.97
2003	Elizabeth Herder	STP	58.99
2004	Fallon Toomsen	LC	59.68
2005	Renee Porter	OSH	58.76
2006	Liz Herder	STP	59.05
2007	Kristi Parker	LC	59.94
2008	Chelsea Hoff	LC	56.85
2009	Chelsea Hoff	LC	55.94
2010	Chelsea Hoff	LC	55.56
2011	Erica O'Neill	LC	58.16
2012	Brooke Reynolds	LC	57.34
2013	Brooke Reynolds	LC	56.92
2014	Brooke Reynolds	LC	56.67
2015	Brooke Reynolds	LC	57.48
2016	Jessica Short	EC	56.55
2017	Jessica Short	EC	56.93
2018	Jessica Short	EC	57.56
2019	Renata Schlomann	WW	57.06
2020	Renata Schlomann	WW	56.45
2021	No championship due to COVID-19 pandemic.		
2022	Jordy Hahlen	LC	57.14
2023	Sydney McGuine	EC	56.57
2024	Jordy Hahlen	LC	56.16
2025	Jordy Hahlen	LC	55.82

200-Yard Backstroke

1978	Sharon King	EC	2:19.09
1979	Transition from fall to winter sport		
1980	Sharon King	EC	2:18.43
1981	Sharon King	EC	2:19.258
1982	Cindee Schmalz	GB	2:17.812
1983	Brenda Dahl	EC	2:15.801
1984	Brenda Dahl	EC	2:16.80
1985	Traci Bergo	EC	2:17.17
1986	Wendy Heineke	ST	2:19.70
1987	Traci Bergo	EC	2:12.67
1988	Amy Meisner	EC	2:18.32
1989	Danielle Runge	ST	2:19.28
1990	Danielle Runge	ST	2:18.66
1991	Tracy Selvin	EC	2:15.94
1992	Tracy Selvin	EC	2:13.81
1993	Tracy Selvin	EC	2:15.14
1994	Amy Lewis	EC	2:13.62
1995	Cheri Tiegs	OSH	2:11.75
1996	Cheri Tiegs	OSH	2:08.68
1997	Becca Uphoff	STP	2:07.04
1998	Becca Uphoff	STP	2:10.38
1999	Becca Uphoff	STP	2:07.24
2000	Becca Uphoff	STP	2:07.68
2001	Anna Meyer	LC	2:12.01
2002	Fallon Toomsen	LC	2:07.31
2003	Fallon Toomsen	LC	2:06.76
2004	Fallon Toomsen	LC	2:09.42
2005	Jenna Gilbertson	STP	2:11.02
2006	Abby Strobel	STP	2:09.06
2007	Abby Strobel	STP	2:08.16
2008	Abby Strobel	STP	2:05.70
2009	Chelsea Hoff	LC	2:02.46
2010	Chelsea Hoff	LC	2:04.70
2011	Abby Diehl	LC	2:05.33
2012	Sara Eggebrecht	EC	2:04.51
2013	Brooke Reynolds	LC	2:03.86
2014	Brooke Reynolds	LC	2:02.32
2015	Brooke Reynolds	LC	2:03.19
2016	Jessica Short	EC	2:02.90
2017	Jessica Short	EC	2:04.11
2018	Lilly Larsen	LC	2:08.92
2019	Lilly Larsen	LC	2:07.68
2020	Emma Steffel	EC	2:06.67
2021	No championship due to COVID-19 pandemic.		
2022	Autumn Seebach	LC	2:03.86
2023	Kasey Fris	STP	2:04.43
2024	Sydney McGuine	EC	2:04.01
2025	Jordy Hahlen	LC	2:03.48

100-Yard Breaststroke

1971	Sample	MSN	
1972	Marcy Sirotkin	ST	1:19.6
1973	Kathy Mauer	LC	1:12.93
1975	Charlotte Fritsche	ST	1:11.53
1976	Charlotte Fritsche	ST	1:10.59
1977	Charlotte Fritsche	ST	1:10.79
1978	Not Swum		
1979	Transition from fall to winter sport		
1980	Anne Moser	EC	1:09.05
1981	Carol Howard	EC	1:12.63
1982	Julie Bowers	EC	1:12.427
1983	Janice Perry	GB	1:11.704
1984	Janice Perry	GB	1:09.89
1985	Whitney Southerst	EC	1:12.05
1986	Jan Gelwicks	STP	1:11.03
1987	Whitney Southerst	EC	1:09.08
1988	Barb Lietz	WW	1:09.35
1989	Karin Loewenkamp	WW	1:11.30
1990	Karin Loewenkamp	WW	1:10.82
1991	Paula Struwing	LC	1:10.58
1992	Paula Struwing	LC	1:09.38
1993	Lisa Johnson	EC	1:09.52
1994	Lisa Johnson	EC	1:10.12
1995	Carly Anderson	LC	1:07.94
1996	Christel Waldner	WW	1:09.42
1997	Kristi Rufledt	EC	1:08.88
1998	Chrissy Quinlan	RF	1:09.70
1999	Christine Sammons	STP	1:08.53
2000	Christine Sammons	STP	1:08.15
2001	Christine Sammons	STP	1:08.17
2002	Christine Sammons	STP	1:07.05
2003	Megan Broskoff	RF	1:08.42
2004	Jennie Roskopf	STP	1:08.27
2005	Jennie Roskopf	STP	1:07.70
2006	Jennie Roskopf	STP	1:06.40
2007	Kristen Bennett	STP	1:08.28
2008	Jennifer Bussey	STP	1:07.36
2009	Brianna Peyer	LC	1:04.19
2010	Kelly Kading	STP	1:05.19
2011	Kelly Kading	STP	1:03.93
2012	Danielle Ellingson	LC	1:03.04
2013	Amy Spaay	WW	1:00.78
2014	Amy Spaay	WW	1:01.87
2015	Amy Spaay	WW	1:01.93
2016	Samantha Senczyszyn	EC	1:00.91
2017	Sara Hagen	EC	1:05.10
2018	Maria Vaudreuil	LC	1:05.34
2019	Samantha Senczyszyn	EC	1:01.69
2020	Maria Vaudreuil	LC	1:05.52
2021	No championship due to COVID-19 pandemic.		
2022	Ella Weaver	EC	1:03.97
2023	Ella Weaver	EC	1:03.70
2024	Ella Weaver	EC	1:03.71
2025	Callie Klepp	LC	1:04.64

200-Yard Breaststroke

1978	Jeanne Sprotsy	LC	2:41.31
1979	Transition from fall to winter sport		
1980	Anne Moser	EC	2:31.78
1981	Carol Howard	EC	2:38.55
1982	Jenny Cox	LC	2:34.912
1983	Jenny Cox	LC	2:36.591
1984	Janice Perry	GB	2:30.74
1985	Whitney Southerst	EC	2:33.75
1986	Whitney Southerst	EC	2:33.03
1987	Whitney Southerst	EC	2:30.68
1988	Barb Lietz	WW	2:28.72
1989	Karin Loewenkamp	WW	2:33.91
1990	Karin Loewenkamp	WW	2:33.77
1991	Lisa Seyser	EC	2:33.11
1992	Tiffany Hubbard	STP	2:32.74
1993	Tiffany Hubbard	STP	2:32.79
1994	Lisa Johnson	EC	2:31.55
1995	Carly Anderson	LC	2:27.98
1996	Chrissy Quinlan	RF	2:31.86
1997	Amy VandeLaarschot	OSH	2:31.70
1998	Mary Harwood	EC	2:30.81
1999	Christine Sammons	STP	2:27.54
2000	Christine Sammons	STP	2:26.52
2001	Christine Sammons	STP	2:24.42
2002	Christine Sammons	STP	2:24.84
2003	Megan Broskoff	RF	2:26.68
2004	Jennie Roskopf	STP	2:26.53
2005	Jennie Roskopf	STP	2:29.08
2006	Jennie Roskopf	STP	2:24.69
2007	Kristen Bennett	STP	2:24.74
2008	Jennifer Bussey	STP	2:25.38
2009	Annie Houlihan	STP	2:22.82
2010	Danielle Ellingson	LC	2:22.62
2011	Kelly Kading	STP	2:20.58
2012	Danielle Ellingson	LC	2:17.86
2013	Amy Spaay	WW	2:14.86
2014	Amy Spaay	WW	2:16.22
2015	Amy Spaay	WW	2:19.35
2016	Samantha Senczyszyn	EC	2:12.20
2017	Sara Hagen	EC	2:21.15
2018	Maria Vaudreuil	LC	2:21.46
2019	Maria Vaudreuil	LC	2:21.44
2020	Maria Vaudreuil	LC	2:23.67
2021	No championship due to COVID-19 pandemic.		
2022	Ella Weaver	EC	2:21.18
2023	Ella Weaver	EC	2:18.30
2024	Ella Weaver	EC	2:18.70
2025	Kiara Bissen	EC	2:23.98

100-Yard Butterfly

1971	Barb Garrot	STP	1:11.23
1972	Sue Momsen	EC	1:09.00
1973	Halmi	MIL	1:08.68
1974	J. Zimmerman	MSN	1:07.60
1975	Liz Zeck	MSN	1:03.94
1976	Jeanne Usher	MSN	1:01.71
1977	Debbie Luke	ST	1:01.97
1978	Cathy Barrie	MIL	1:01.37
1979	Transition from fall to winter sport		
1980	Cathy Barrie	MIL	59.80
1981	Cathy Barrie	MIL	1:00.271
1982	Cathy Barrie	MIL	59.940
1983	Ann Worm	GB	1:00.607
1984	Ann Worm	GB	1:01.34
1985	Wendy Mostoller	EC	1:02.56
1986	Wendy Heineke	ST	1:02.81
1987	Janice Buron	EC	59.19
1988	Wendy Heineke	ST	58.70
1989	Wendy Heineke	ST	58.56
1990	Gwen Sibbers	RF	1:01.19
1991	Jenny Ersbo	STP	1:01.40
1992	Dana Appleby	EC	1:01.54
1993	Nan Werdin	STP	59.75
1994	Maureen Kearney	EC	1:01.32
1995	Jennifer Hasel	OSH	59.80
1996	Maureen Kearney	EC	1:00.62
1997	Jennifer Hasel	OSH	1:00.36
1998	Laura Waterhouse	LC	59.29
1999	Laura Waterhouse	LC	58.53
2000	Laura Waterhouse	LC	59.14
2001	Mary Thone	STP	58.80
2002	Mary Thone	STP	59.07
2003	Anne Melvin	LC	58.30
2004	Anne Melvin	LC	57.93
2005	Meghan Walsh	STP	58.41
2006	Meghan Walsh	STP	59.20
2007	Meghan Walsh	STP	59.90
2008	Jennifer Bennett	STP	59.67
2009	Kacie O'Brien	LC	59.04
2010	Lisa Clemens	STP	57.95
2011	Lisa Clemens	STP	57.36
2012	Andrea Kolitsch	LC	57.30
2013	Andrea Kolitsch	LC	56.57
2014	Brooke Reynolds	LC	57.66
2015	Michaela Matthys	WW	55.94
2016	Michaela Matthys	WW	57.01
2017	Michaela Matthys	WW	55.80
2018	Jessica Lenhart	WW	56.32
2019	Ellie Szczupakiewicz	LC	57.77
2020	Ellie Szczupakiewicz	LC	58.30
2021	No championship due to COVID-19 pandemic.		
2022	Maddy Albert-Nelson	LC	57.43
2023	Zaria Terry	WW	55.81
2024	Lauren Steien	LC	57.41
2025	Elaina Plonis	EC	56.95

200-Yard Butterfly

1980	Cathy Barrie	MIL	2:15.10
1981	Cathy Barrie	MIL	2:17.51
1982	Mary Robertson	EC	2:11.280
1983	Joan Kapellas	LC	2:15.460
1984	Mary Robertson	EC	2:16.43
1985	Stephanie Strzalka	EC	2:21.07
1986	Laura Richardson	EC	2:15.34
1987	Janice Buron	EC	2:09.61
1988	Janice Buron	EC	2:12.32
1989	Laurie Muelemans	LC	2:13.94
1990	Laurie Meulemans	LC	2:21.99
1991	Nan Werdin	STP	2:14.79
1992	Nan Werdin	STP	2:14.11
1993	Nan Werdin	STP	2:13.11
1994	Nan Werdin	STP	2:15.96
1995	Michelle Kusske	RF	2:16.23
1996	Julie Waterhouse	LC	2:13.53
1997	Laura Waterhouse	LC	2:14.10
1998	Julie Waterhouse	LC	2:16.94
1999	Laura Waterhouse	LC	2:13.74
2000	Mary Thone	STP	2:13.04
2001	Mary Thone	STP	2:10.98
2002	Elizabeth Miles	LC	2:10.47
2003	Elizabeth Miles	LC	2:08.91
2004	Elizabeth Miles	LC	2:11.27
2005	Elizabeth Miles	LC	2:08.24
2006	Meghan Walsh	STP	2:11.70
2007	Amy Bennett	STP	2:11.71
2008	Jennifer Bennett	STP	2:12.15
2009	Anita Talavera	LC	2:08.78
2010	Nicole Dorvinen	EC	2:07.30
2011	Nicole Dorvinen	EC	2:05.41
2012	Nicole Dorvinen	EC	2:06.77
2013	Andrea Kolitsch	LC	2:07.63
2014	Maggie Reilly	EC	2:10.01
2015	Michaela Matthys	WW	2:04.19
2016	Hannah Sisto	EC	2:10.27
2017	Melanie Carlson	WW	2:09.94
2018	Jessica Lenhart	WW	2:04.45
2019	Meredith Gustafson	WW	2:08.79
2020	Meredith Gustafson	WW	2:09.07
2021	No championship due to COVID-19 pandemic.		
2022	Maddy Albert-Nelson	LC	2:08.79
2023	Elaina Plonis	EC	2:06.09
2024	Elaina Plonis	EC	2:07.04
2025	Elaina Plonis	EC	2:05.82

200-Yard Individual Medley

1975	Laura Crissinger	MSN	2:18.49
1976	Laura Crissinger	MSN	2:15.95
1977	Debbie Luke	ST	2:20.35
1978	Beth Schoeneman	GB	2:23.51
1979	Transition from fall to winter sport		
1980	Laura Ladwig	GB	2:20.49
1981	June Ford	MIL	2:16.732
1982	Kathy Weitala	WW	2:15.516
1983	Cindee Schmalz	GB	2:16.43
1984	Traci Bergo	EC	2:16.93
1985	Traci Bergo	EC	2:18.46
1986	Jan Gelwicks	STP	2:16.83
1987	Traci Bergo	EC	2:11.55
1988	Barb Lietz	WW	2:15.88
1989	Kersti Nelson	EC	2:16.82
1990	Tiffany Hubbard	STP	2:13.12
1991	Dana Appleby	EC	2:16.09
1992	Mary Angevine	EC	2:14.23
1993	Tiffany Hubbard	STP	2:13.12
1994	Lisa Johnson	EC	2:18.09
1995	Julie Waterhouse	LC	2:14.35
1996	Julie Waterhouse	LC	2:14.00
1997	Cheri Tiegs	OSH	2:13.21
1998	Julie Waterhouse	LC	2:15.72
1999	Christine Sammons	STP	2:14.84
2000	Christine Sammons	STP	2:13.65
2001	Kristjana Marston	EC	2:13.12
2002	Fallon Toomsen	LC	2:11.60
2003	Fallon Toomsen	LC	2:10.46
2004	Shara Geurts	LC	2:11.57
2005	Fallon Toomsen	LC	2:11.51
2006	Abby Strobel	STP	2:10.09
2007	Abby Strobel	STP	2:12.15
2008	Abby Strobel	STP	2:11.32
2009	Danielle Ellingson	LC	2:06.29
2010	Kirsten Lickel	EC	2:08.53
2011	Beth Ann Abraham	STP	2:08.14
2012	Danielle Ellingson	LC	2:05.41
2013	Allison Yemm	LC	2:09.33
2014	Allie Yemm	LC	2:08.57
2015	Sarah Arteaga	WW	2:08.16
2016	Samantha Senczyszyn	EC	2:01.82
2017	Jessica Short	EC	2:05.89
2018	Erin Hawker	WW	2:06.27
2019	Erin Hawker	WW	2:08.98
2020	Kaylie Svacina	LC	2:11.30
2021	No championship due to COVID-19 pandemic.		
2022	Lauren Steien	LC	2:09.31
2023	Lauren Steien	LC	2:09.36
2024	Kasey Fris	STP	2:07.95
2025	Zoey Rank	LC	2:05.54

400-Yard Individual Medley

1980	Susan Bobbitt	EC	5:03.12
1981	June Ford	MIL	4:48.50
1982	Mary Robertson	EC	4:43.573
1983	Cindy Schmalz	GB	4:48.841
1984	Mary Robertson	EC	4:52.09
1985	Traci Bergo	EC	5:00.22
1986	Mary Robertson	EC	4:49.42
1987	Traci Bergo	EC	4:43.30
1988	Kersti Nelson	EC	4:51.32
1989	Amanda Knutzen	LC	5:00.44
1990	Kersti Nelson	EC	4:52.94
1991	Nan Werdin	STP	4:54.20
1992	Nan Werdin	STP	4:55.25
1993	Nan Werdin	STP	4:50.02
1994	Kate Bejma	EC	4:57.01
1995	Julie Waterhouse	LC	4:49.51
1996	Julie Waterhouse	LC	4:43.65
1997	Nadine Theder	LC	4:49.35
1998	Julie Waterhouse	LC	4:50.52
1999	Brianna Crowley	EC	4:46.36
2000	Brianna Crowley	EC	4:41.71
2001	Brianna Crowley	EC	4:41.07
2002	Fallon Toomsen	LC	4:38.59
2003	Fallon Toomsen	LC	4:38.24
2004	Elizabeth Miles	LC	4:35.56
2005	Kelly Hackbarth	LC	4:41.39
2006	Stephanie Grieger	LC	4:38.05
2007	Abby Strobel	STP	4:40.67
2008	Elizabeth Abraham	STP	4:37.18
2009	Danielle Ellingson	LC	4:28.26
2010	Nicole Dorvinen	EC	4:28.72
2011	Nicole Dorvinen	EC	4:26.85
2012	Nicole Dorvinen	EC	4:27.58
2013	Lauren Lanphere	WW	4:34.46
2014	Noelle Anderson	LC	4:35.77
2015	Sarah Arteaga	WW	4:33.63
2016	Sarah Arteaga	WW	4:33.54
2017	Samantha Senczyszyn	EC	4:23.71
2018	Erin Hawker	WW	4:33.64
2019	Erin Hawker	WW	4:36.95
2020	Meredith Gustafson	WW	4:41.52
2021	No championship due to COVID-19 pandemic.		
2022	Kasey Fris	STP	4:33.82
2023	Abi Schauske	LC	4:37.60
2024	Abi Schauske	LC	4:36.87
2025	Emma Vogen	EC	4:35.28

One-Meter Diving

1971	Diane Godschalx	EC	161.75
1972	Jill Smythe	EC	221.8
1973	Peggy Anderson	MSN	
1974	Peggy Anderson	MSN	460.55
1975	Peggy Anderson	MSN	427.95
1976	Peggy Anderson	MSN	450.42
1977	Linda Rikli	CAR	357.75
1978	Mary Blamer	LC	329.75
1979	Transition from fall to winter sport		
1980	Lisa Roettger	EC	393.75
1981	Karen Luterbach	EC	371.00
1982	Carol Ferch	MIL	368.90
1983	Colleen Hunstad	EC	379.05
1984	Janice Herbert	WW	379.90
1985	Debbie Christensen	RF	443.05
1986	Sara Smith	EC	424.25
1987	Sara Smith	EC	435.45
1988	Jane Marien	LC	407.10
1989	Kimberly Hubbard	EC	401.25
1990	Julie Erickson	EC	376.85
1991	Kari Albers	EC	377.40
1992	Kari Albers	EC	413.90
1993	Keri Buran	LC	375.55
1994	Sara Mulatz	EC	392.35
1995	Sara Mulatz	EC	427.60
1996	Sara Mulatz	EC	440.95
1997	Tammy Krug	OSH	407.55
1998	Nikki Wolf	EC	371.90
1999	Nikki Wolf	EC	401.99
2000	Kaici Burk	EC	393.25
2001	Rachel Heitkamp	OSH	416.35
2002	Erin LeRoy	OSH	416.30
2003	Rachel Heitkamp	OSH	437.60
2004	Rachel Heitkamp	OSH	428.25
2005	Sarah Thayer	LC	416.85
2006	Amanda Medendorp	LC	418.40
2007	Amanda Medendorp	LC	453.75
2008	Amanda Medendorp	LC	435.80
2009	Shannon Doyle	LC	400.80
2010	Rachel LaValley	LC	393.50
2011	Anna Nyland	STP	422.40
2012	Tessa Kahring	LC	427.15
2013	Sierra Becker	WW	436.10
2014	Sierra Becker	WW	443.40
2015	Sierra Becker	WW	444.80
2016	Sierra Becker	WW	460.70
2017	Kayley Alioto	LC	452.00
2018	Kayley Alioto	LC	461.00
2019	Elizabeth Konkel	LC	409.50
2020	Sydney Vian	LC	415.50
2021	No championship due to COVID-19 pandemic.		
2022	Bailey Schroeder	OSH	412.75
2023	Abbi Priestley	OSH	426.85
2024	Abbi Priestley	OSH	424.50
2025	Joanne Banaszak	LC	466.70

Three-Meter Diving

1974	Peggy Anderson	MSN	347.5
1975	Peggy Anderson	MSN	484.35
1976	Vicki Schweiger	MSN	442.84
1977	Linda Bikli	CAR	390.98
1978	Mary Blamer	LC	340.85
1979	Transition from fall to winter sport		
1980	Dru Therrain	OSH	375.60
1981	Barb Gallagher	GB	387.25
1982	Karen Luterbach	EC	398.80
1983	Lisa Roettger	EC	393.30
1984	Jan Herbert	WW	379.70
1985	Debbie Christensen	RF	435.55
1986	Sara Smith	EC	455.80
1987	Sara Smith	EC	480.20
1988	Kimberly Hubbard	EC	433.00
1989	Jane Marien	LC	410.80
1990	Mary Tremmel	EC	411.55
1991	Mary Tremmel	EC	439.80
1992	Kari Albers	EC	466.15
1993	Kari Albers	EC	440.50
1994	Sara Mulatz	EC	449.40
1995	Sara Mulatz	EC	456.25
1996	Sara Mulatz	EC	500.80
1997	Tammy Krug	OSH	418.00
1998	Kaici Burk	EC	415.80
1999	Kaici Burk	EC	436.45
2000	Kaici Burk	EC	445.35
2001	Erin LeRoy	OSH	434.00
2002	Erin LeRoy	OSH	487.55
2003	Rachel Heitkamp	OSH	486.65
2004	Rachel Heitkamp	OSH	495.25
2005	Sarah Thayer	LC	435.60
2006	Amanda Medendorp	LC	453.25
2007	Amanda Medendorp	LC	480.25
2008	Amanda Medendorp	LC	442.30
2009	Rachel LaValley	LC	397.55
2010	Rachel LaValley	LC	403.40
2011	Rachel LaValley	LC	467.50
2012	Anna Nyland	STP	421.25
2013	Jordan Anderson	LC	441.40
2014	Sara Axness	EC	465.30
2015	Jordan Anderson	LC	463.60
2016	Sierra Becker	WW	460.55
2017	Kayley Alioto	LC	485.75
2018	Kayley Alioto	LC	477.65
2019	Sydney Vian	LC	405.60
2020	Sydney Vian	LC	429.55
2021	No championship due to COVID-19 pandemic.		
2022	Sarah Dahlk	EC	459.45
2023	Sarah Dahlk	EC	448.80
2024	Joanne Banaszak	LC	447.70
2025	Joanne Banaszak	LC	458.70

Discontinued Indiv. Events**400-Yard Freestyle**

1972	Sue Momsen	EC	4:43.2
1973	Halmi	MIL	4:37.29
1974	Robin Kloke	MSN	4:34.43
1975	Joann Walsh	MIL	4:27.27

1,000-Yard Freestyle

1978	Bobbi Reif	LC	1:19.06
------	------------	----	---------

50-Yard Breaststroke

1971	Sample	MSN	35.5
1972	Marcy Sirotkin	ST	36.1
1973	Kathy Mauer	LC	33.25
1975	Kathy Mauer	LC	33.15
1976	Charlotte Fritsche	ST	33.03
1977	Charlotte Fritsche	ST	32.24
1978	Kay Burns	ST	33.37
1979	Transition from fall to winter sport		
1980	Anne Moser	EC	31.83
1981	Carol Howard	EC	33.554
1982	Julie Bowers	EC	32.776
1983	Janice Perry	GB	33.064

50-Yard Backstroke

1971	Whitton	MSN	35.2
1972	Cheryl Brefka	EC	32.4
1973	Robin Kloke	MSN	31.66
1974	Sue Olds	MSN	30.65
1975	Laura Crissinger	MSN	29.31
1976	Laura Crissinger	MSN	29.96
1977	Jennie MacNaughton	LC	29.71
1978	Sharon King	EC	29.86
1979	Transition from fall to winter sport		
1980	Sharon King	EC	30.12
1981	Sharon King	EC	30.68
1982	Connie Spaeth	OSH	29.537
1983	Mary Beth Justeson	OSH	29.790

50-Yard Butterfly

1971	Barb Garrot	STP	30.57
1972	Margy Brown	ST	30.20
1973	Mauer	LC	29.63
1974	Sandy Karow	OSH	28.95
1975	Liz Zeck	MSN	28.64
1976	Jeanne Usher	MSN	28.63
1977	Becky Clark	LC	28.09
1978	Cathy Barrie	MIL	26.97
1979	Transition from fall to winter sport		
1980	Cathy Barrie	MIL	26.97
1981	Cathy Barrie	MIL	27.08
1982	Cathy Barrie	MIL	26.831
1983	Marie Haug	MIL	28.492

100-Yard Individual Medley

1971	Ann Dorband	LC	1:07.9
1972	Sue Wise	MSN	1:09.9
1973	Halmi	MIL	1:06.37
1974	Sue Olds	MSN	1:05.11
1975	Not Swum		
1976	Laura Crissinger	MSN	1:04.07
1977	Jennie MacNaughton	LC	1:06.01
1978	Not Swum		
1979	Transition from fall to winter sport		
1980	Susan Bobbitt	EC	1:05.32
1981	June Ford	MIL	1:03.11
1982	Mary Robertson	EC	1:02.373
1983	Traci Bergo	EC	1:03.51

200-Yard Freestyle Relay

Year	School (Names)	Time
1971	MSN (Whitton, Wise, Sample, Chen)	1:57.1
1972	LC (Mary Deuster, Debby Hinchcliffe, Karen Luetzow, Marcy Morgenthaler)	1:52.7
1973	OSH (Mary Stephanski, Eileen Bayer, Laura Pautsch, Barb Pawlowski)	1:48.60
1974	MSN (Peggy Anderson, Carlson, Miller, Sue Olds)	1:45.28
1975	MSN (Peggy Anderson, Carlson, Carol Cooper, Laura Crissinger)	1:44.23
1976	MSN (Laura Crissinger, Karen Deane, Susan Solie, Jeanne Usher)	1:41.80
1977	EC (Patsy Klimek, Sue Rose, Lisa McDougall, Sharon King)	1:44.88
1978	EC (Patricia Wong, Patsy Klimek, Julie Kosikowski, Julianne Bins)	1:43.99
1979	Transition from fall to winter sport	
1980	EC (Julianne Bins, Holly Hanson, Julie Kosikowski, Donna Wong)	1:42.56
1981	EC (Jenny Eberlin, Laura Ladwig, Holly Hanson, Carol Howard)	1:42.546
1982	LC (Sara Sands, Doreen Lemke, Cheryl Mueller, Kathy Wagner)	1:40.930
1983	EC (Laura Ladwig, Kari Nelson, Julie Hodge, Tess Hollman)	1:42.178
1984	GB (Debbie Hinze, Laurie Beckstrom, Ann Olin, Mary Burkard)	1:41.92
1985	EC (Beth Kelliher, Suzanne Klish, Karen Reinke, Lora Belmonte)	1:45.28
1986	STP (Roxanne Fink, Theresa Calchera, Pam Steinbach, Janet Gelwicks)	1:41.88
1987	STP (Roxanne Fink, Elaine Cole, Theresa Calchera, Janet Gelwicks)	1:41.28
1988	EC (Kim Rech, Terri Pearson, Kim Goulet, Kim Thomason)	1:41.68
1989	EC (Terri Pearson, Amy Meisner, Kim Rech, Kim Thomason)	1:42.12
1990	EC (Suzette Cornish, Kersti Nelson, Terri Pearson, Kim Rech)	1:41.24
1991	EC (Dana Appleby, Suzette Cornish, Terri Pearson, Sara Bradley)	1:40.83
1992	EC (Suzette Cornish, Dana Appleby, Sara Bradley, Melissa Baker)	1:39.64
1993	EC (Maureen Kearney, Melissa Baker, Jessie Marx, Dana Appleby)	1:40.14
1994	EC (Suzette Cornish, Maureen Kearney, Kris Forte, Sara Shimanski)	1:39.93
1995	LC (Lori Oswald, Carly Anderson, Julie Waterhouse, Jenny Wilson)	1:39.36
1996	EC (Maureen Kearney, Traci Weber, Ellen Ross, Sara Shimanski)	1:40.35
1997	OSH (Cheri Tieg, Amy VandeLaarschot, Angela Middleton, Jennifer Hasel)	1:39.83
1998	LC (Jessica Pieper, Melissa Hill, Kelly Halleckson, Julie Waterhouse)	1:38.74
1999	EC (Julie Hansen, Jasmine Longhenry, Liz Halbur, Jessy Kent)	1:39.55
2000	EC (Julie Hansen, Liz Halbur, Jasmine Longhenry, Jessy Kent)	1:37.24
2001	STP (Alissa Bartz, Amy Rockwell, Erica Janssen, Jen Randall)	1:37.14
2002	STP (Alissa Bartz, Amy Rockwell, Erica Janssen, Jen Randall)	1:36.80
2003	LC (Anne Melvin, Lexi Fink, Shara Geurts, Krista Melvin)	1:36.45
2004	STP (Alissa Bartz, Jerica Crook, Kelsey Crunstedt, Erica Janssen)	1:38.78
2005	LC (Anne Melvin, Fallon Toomsen, Lexi Fink, Krista Melvin)	1:36.48
2006	STP (Jerica Crook, Beth Bard, Kelsey Crunstedt, Caitlin Hake)	1:36.43
2007	LC (Clare Hathaway, Brianna Peyer, Danielle Rux, Heather Vogts)	1:38.46
2008	LC (Chelsea Hoff, Brianna Peyer, Danielle Rux, Clare Hathaway)	1:37.00
2009	LC (Chelsea Hoff, Brianna Peyer, Katelyn Hartung, Clare Hathaway)	1:33.47
2010	LC (Chelsea Hoff, Brianna Peyer, Abby Diehl, Katelyn Hartung)	1:34.59
2011	STP (Lisa Clemens, Jessica Nordstrom, Kelly Kading, Andrea Wagner)	1:22.52
2012	STP (Ashley Majewski, Amy Boritzke, Kelly Kading, Andrea Wagner)	1:35.22
2013	STP (Ashley Majewski, Amy Boritzke, Colleen Baker, Andrea Wagner)	1:35.17
2014	STP (Emily Nienhaus, Amy Boritzke, Alexa Pronga, Amanda Walker)	1:34.92
2015	LC (Mikayla Beuch, Carrie Schrock, Brooke Reynolds, Sara Zemanovic)	1:34.86
2016	EC (Allison Hable, Ellie Hostetler, Jessica Short, Samantha Senczysyn)	1:33.92
2017	EC (Samantha Senczysyn, Brittany Farr, Sara Hagen, Jessica Short)	1:35.23
2018	WW (Michaela Matthys, Bailey Weston, Erin Hawker, Olivia Theobald)	1:36.77
2019	LC (Maddie Volk, Amanda Wciorka, Aubrey Lonergan, Jaime Kloehn)	1:36.39
2020	WW (Renata Schlomann, Savana Bitz, Olivia Theobald, Bailey Weston)	1:36.75
2021	No championship due to COVID-19 pandemic.	
2022	STP (Joy Vandenberg, Julia De Groot, Kasey Fris, Rose Hansen)	1:36.11
2023	EC (Sydney McGuine, Molly Sheehan, Sydney McCollor, Kiara Bissen)	1:36.79
2024	LC (Kylee Sommer, Brooke Laube, Paige Rundahl, Libby Cleveland)	1:35.92
2025	LC (Callie Klepp, Mikayla Knaffle, Ava Pulvermacher, Libby Cleveland)	1:35.57

400-Yard Freestyle Relay

1974	MSN (Robin Kloke, Wise, Hogan, Zimmerman)	4:07.95
1975	MSN (Ann Senn, Laura Crissinger, Susan Solie, Zeck)	3:52.65
1976	MSN (Laura Crissinger, Karen Nelson, Bobbi Reif, Susan Solie)	3:47.60
1977	LC (Jennie MacNaughton, Julie Steele, Becky Clark, Kathy Jaun)	3:50.71
1978	LC (Betsy Clark, Jennifer MacNaughton, Darlene Johnson, Karen Olson)	3:47.60
1979	Transition from fall to winter sport	
1980	EC (Holly Hanson, Julianne Bins, Donna Wong, Mary Jo Ferris)	3:46.34
1981	EC (Holly Hanson, Jenny Eberlin, Carolyn Sheild, Laura Ladwig)	3:43.96
1982	LC (Sara Sands, Doreen Lemke, Cheryl Mueller, Kathy Wagner)	3:40.303
1983	EC (Tess Hollman, Julie Hodge, Julie Lundgren, Laura Ladwig)	3:44.359
1984	GB (Debbie Hinze, Laurie Beckstrom, Cindee Schmalz, Mary Burkard)	3:42.16
1985	EC (Suzanne Klish, Mary Mezydlo, Wendy Mostoller, Lora Belmonte)	3:46.67
1986	EC (Karen Reinke, Lora Belmonte, Mary Silvis, Michelle Weyers)	3:42.46
1987	EC (Traci Bergo, Janice Buron, Jennifer Iannarelli, Kersti Nelson)	3:38.62
1988	EC (Terri Pearson, Kersti Nelson, Janice Buron, Kim Thomason)	3:40.95
1989	ST (Jacquelyn Gilbert, Wendy Heineke, Stacey Knedler, Mary Salter)	3:41.81
1990	ST (Lara Perkins, Mary Salter, Andy Sawall, Jamie Siler)	3:54.04
1991	EC (Sara Elvekrog, Suzette Cornish, Tanya Nord, Sara Bradley)	3:44.09
1992	EC (Sara Bradley, Suzette Cornish, Melissa Baker, Dana Appleby)	3:39.51
1993	EC (Maureen Kearney, Jessie Marx, Dana Appleby, Melissa Baker)	3:38.82
1994	EC (Suzette Cornish, Maureen Kearney, Kris Forte, Sara Shimanski)	3:39.34
1995	EC (Sara Shimanski, Kris Forte, Katie Nelson, Maureen Kearney)	3:38.80
1996	EC (Sara Shimanski, Katie Nelson, Ellen Ross, Maureen Kearney)	3:38.55
1997	STP (Melissa Awe, Mary Agazzi, Sara Allen, Becca Uphoff)	3:40.02
1998	OSH (Jennifer Hasel, Angie Middleton, Emily Allen, Carrie Heitzler)	3:38.57
1999	EC (Julie Hanson, Jasmine Longhenry, Liz Halbur, Jessy Kent)	3:38.10
2000	STP (Mary Agazzi, Mary Thone, Becca Uphoff, Laura Latt)	3:34.67
2001	STP (Alissa Bartz, Amy Rockwell, Mary Thone, Jen Randall)	3:33.52
2002	STP (Jen Randall, Mary Thone, Jean Hughes, Amy Rockwell)	3:35.69
2003	LC (Lexi Fink, Fallon Toomsen, Anne Melvin, Krista Melvin)	3:32.68
2004	LC (Shara Geurts, Fallon Toomsen, Anne Melvin, Krista Melvin)	3:31.97
2005	LC (Anne Melvin, Fallon Toomsen, Carlene Empanger, Krista Melvin)	3:34.59
2006	STP (Caitlin Hake, Beth Bard, Jerica Crook, Kelsey Crunstedt)	3:33.04
2007	STP (Kelsey Crunstedt, Jerica Crook, Beth Bard, Caitlin Hake)	3:33.70
2008	LC (Chelsea Hoff, Brianna Peyer, Danielle Rux, Clare Hathaway)	3:32.53
2009	LC (Chelsea Hoff, Danielle Ellingson, Katelyn Hartung, Clare Hathaway)	3:26.80
2010	LC (Chelsea Hoff, Danielle Ellingson, Abby Diehl, Katelyn Hartung)	3:28.18
2011	LC (Erica O'Neill, Abby Diehl, Shannon Miller, Katelyn Hartung)	3:28.65
2012	LC (Danielle Ellingson, Andrea Kolitsch, Erica O'Neill, Abby Diehl)	3:29.86
2013	LC (Elise O'Neill, Erica O'Neill, Abby Diehl, Sara Zemanovic)	3:28.79
2014	STP (Amanda Walker, Gemma Pillsbury, Alexa Pronga, Emily Nienhaus)	3:29.08
2015	STP (Amanda Walker, Gemma Pillsbury, Alexa Pronga, Emily Nienhaus)	3:29.24
2016	EC (Allison Hable, Madeline Gray, Jessica Short, Samantha Senczyszyn)	3:27.36
2017	LC (Victoria Campbell, Maddie Volk, Katelyn De Starkey, Anna Landgraf)	3:29.48
2018	EC (Jessica Short, Brittany Farr, Olivia Hanzak, Emily Ries)	3:31.97
2019	EC (Brittany Farr, Katherine O'Connell, Olivia Hanzak, Samantha Senczyszyn)	3:31.94
2020	WW (Savana Bitz, Olivia Theobald, Bailey Weston, Renata Schlomann)	3:32.93
2021	No championship due to COVID-19 pandemic.	
2022	LC (Sydney Guenther, Alexis Hoeben, Reilly Eiyndck, Aubrey Lonergan)	3:32.94
2023	LC (Kylee Sommer, Reilly Eiyndck, Paige Rundahl, Lauren Steien)	3:32.20
2024	EC (Kiara Bissen, Zoe Rylander, Sydney McCollor, Sydney McGuine)	3:29.11
2025	EC (Kiara Bissen, Sydney McGuine, Molly Hosack, Grace Schnabl)	3:30.84

800-Yard Freestyle Relay

1980	EC (Holly Hanson, Donna Wong, Julie Kosikowski, Pat McCann)	8:17.98
1981	EC (Holly Hanson, Carolyn Sheild, Mary Jo Ferris, Laura Ladwig)	8:12.781
1982	EC (Kathy McKenna, Stephanie Thompson, Laura Ladwig, Carolyn Sheild)	8:07.475
1983	EC (Tess Hollman, Traci Bergo, Brenda Dahl, Laura Ladwig)	8:09.431
1984	GB (Laurie Beckstrom, Kathy Reed, Cindee Schmalz, Ann Olin)	8:18.62
1985	EC (Chris Seyser, Wendy Mostoller, Lora Belmonte, Traci Bergo)	8:16.94
1986	EC (Mary Robertson, Mary Silvis, Chris Seyser, Michelle Weyers)	8:14.13
1987	EC (Traci Bergo, Janice Buron, Kersti Nelson, Chris Seyser)	7:55.14
1988	STP (Theresa Calchera, Debbie Hadler, Janet Gelwicks, Karen Petrick)	8:14.12
1989	EC (Janice Buron, Kersti Nelson, Terri Pearson, Kimberly Thomason)	8:04.49
1990	EC (Sara Bradley, Catherine Hollman, Kersti Nelson, Tanya Nord)	8:04.75
1991	EC (Sara Bradley, Mary Angevine, Sara Elvekrog, Tanya Nord)	8:15.44
1992	EC (Tanya Nord, Mary Angevine, Sara Bradley, Dana Appleby)	8:02.68
1993	EC (Jessie Marx, Melissa Baker, Sara Bradley, Dana Appleby)	8:10.08
1994	EC (Sara Bradley, Suzette Cornish, Kate Bejma, Sara Shimanski)	8:08.56
1995	EC (Katie Nelson, Teresa Zimbric, Kate Bejma, Ellen Ross)	8:05.86
1996	EC (Ellen Ross, Katie Nelson, Teresa Zimbric, Michelle Kusske)	8:01.24
1997	EC (Michelle Kusske, Teresa Zimbric, Katie Nelson, Sara Shimanski)	7:57.72
1998	LC (Julie Waterhouse, Laura Waterhouse, Jessica Pieper, Melissa Hill)	8:02.25
1999	STP (Mary Thone, Mary Agazzi, Deb Salzer, Becca Uphoff)	8:01.90
2000	STP (Mary Agazzi, Jen Randall, Mary Thone, Becca Uphoff)	7:51.36
2001	STP (Jen Randall, Erica Janssen, Mary Thone, Amy Rockwell)	7:55.90
2002	LC (Krista Melvin, Lexi Fink, Fallon Toomsen, Karrin Lick)	7:51.32
2003	LC (Krista Melvin, Lexi Fink, Carlene Empanger, Fallon Toomsen)	7:49.90
2004	LC (Krista Melvin, Shara Geurts, Kelly Hackbarth, Carlene Empanger)	7:47.96
2005	LC (Krista Melvin, Kelly Hackbarth, Fallon Toomsen, Carlene Empanger)	7:47.41
2006	LC (Clare Hathaway, Kelly Hackbarth, Sarah Russart, Carlene Empanger)	7:46.66
2007	STP (Jerica Crook, Stephanie Boehme, Bridget Gormley, Alissa Colbert)	7:56.70
2008	STP (Stephanie Boehme, Lindsay Lukes, Beth Ann Abraham, Abby Strobel)	7:51.06
2009	STP (Lindsay Lukes, Whitney Boehme, Beth Ann Abraham, Abby Strobel)	7:37.64
2010	EC (Casey Preissel, Nicole Dorvinen, Hannah Ramquist, Kirsten Lickel)	7:45.04
2011	EC (Casey Preissel, Megan Finley, Kirsten Lickel, Nicole Dorvinen)	7:37.08
2012	LC (Danielle Ellingson, Andrea Teske, Grace Jarzemsky, Abby Diehl)	7:38.34
2013	LC (Abby Diehl, Grace Jarzemsky, Brooke Reynolds, Sara Zemanovic)	7:44.07
2014	LC (Grace Jarzemsky, Anna Landgraf, Katelyn Nadeau, Sara Zemanovic)	7:44.65
2015	WW (Kelsey Kohlbeck, Grace Devine, Kayla Martin, Margaret Lotzer)	7:45.28
2016	LC (Mikayla Beuch, Courtney Boak, Anna Landgraf, Sara Zemanovic)	7:44.41
2017	LC (Victoria Campbell, Courtney Boak, Jaime Kloehn, Anna Landgraf)	7:44.46
2018	LC (Courtney Boak, Jaime Kloehn, Ellie Szczupakiewicz, Victoria Campbell)	7:47.34
2019	WW (Shayna Putney, Bailey Weston, Erin Hawker, Olivia Theobald)	7:51.53
2020	LC (Ellie Szczupakiewicz, Victoria Campbell, Maria Vaudreuil, Emily Boettger)	7:49.86
2021	No championship due to COVID-19 pandemic.	
2022	STP (Kasey Fris, Brooke Buck, Anna Pilecky, Haley Dees)	7:43.98
2023	EC (Sydney McCollor, Grace Schnabl, Molly Hosack, Paige Pelikan)	7:37.76
2024	EC (Sydney McCollor, Grace Pidde, Grace Schnabl, Molly Hosack)	7:36.30
2025	EC (Kiara Bissen, Grace Schnabl, Emma Vogen, Molly Hosack)	7:36.96

200-Yard Medley Relay

1971	MSN (D'Lynne Damron, Jung, Wise, Chen)	2:12.6
1972	OSH (Eileen Bayer, Pam Scott, Jennifer Foss, Barb Pawlowski)	2:07.8
1973	LC (Kathy Mauer, Lori Melmarek, Jodie Novak, Debby Hinchcliffe)	2:05.08
1974	MSN (Peggy Anderson, Jean Beyler, Barbara Garrot, Sue Olds)	2:00.08
1975	MSN (Candy Lengfeld, Jamie Burke, Ann Senn, Peggy Anderson)	1:58.48
1976	ST (Joanne Anderson, Charlotte Fritsche, Debbie Luke, Kaye Chatfield)	2:00.85
1977	ST (Linda Van Grevenhof, Charlotte Fritsche, Debbie Luke, Julie Hass)	1:57.17
1978	EC (Julianne Bins, Marcia Eastham, Patricia Wong, Julie Kosikowski)	1:58.15
1979	Transition from fall to winter sport	
1980	EC (Julianne Bins, Anne Moser, Susan Bobbitt, Sharon King)	1:53.83
1981	EC (Sharon King, Carol Howard, Susan Bobbitt, Jenny Eberlin)	1:57.835
1982	LC (Joan Kapellas, Jenny Cox, Coleen McCurdy, Kathy Wagner)	1:55.978
1983	EC (Brenda Dahl, Ann Broughton, Mary Roberston, Tess Hollman)	1:54.397
1984	GB (Ann Olin, Janice Perry, Ann Worm, Mary Burkard)	1:54.88
1985	EC (Traci Bergo, Whitney Southerst, Karen Reinke, Suzanne Klish)	1:51.56
1986	EC (Sherry Velvikis, Whitney Southerst, Karen Reinke, Lora Belmonte)	1:54.77
1987	EC (Amy Meisner, Whitney Southerst, Jennifer Iannarelli, Kim Rech)	1:53.01
1988	EC (Amy Meisner, Amy Matthews, Jennifer Iannarelli, Kim Rech)	1:55.19
1989	EC (Amy Meisner, Kim Rech, Janice Buron, Jamie Friesen)	1:54.93
1990	EC (Dana Appleby, Suzette Cornish, Amy Meisner, Terri Pearson)	1:52.66
1991	STP (Nan Werdin, Tiffany Hubbard, Jenny Ersbo, Beth Welch)	1:55.14
1992	STP (Julie Pausch, Tiffany Hubbard, Nan Werdin, Amy Hahn)	1:53.38
1993	EC (Jessie Marx, Lisa Johnson, Maureen Kearney, Dana Appleby)	1:52.47
1994	EC (Kristin Forte, Lisa Johnson, Maureen Kearney, Suzette Cornish)	1:53.00
1995	EC (Kristin Forte, Lisa Johnson, Maureen Kearney, Sara Shimanski)	1:50.341
1996	EC (Tina Berg, Joy Zeman, Maureen Kearney, Sara Shimanski)	1:52.04
1997	OSH (Cheri Tiegs, Jennifer Hasel, Amber Clark, Amy VandeLaarschot)	1:51.20
1998	LC (Jessica Pieper, Carly Anderson, Kelly Halleckson, Stephanie Bubolz)	1:49.75
1999	LC (Anna Meyer, Toby Severson, Stephanie Bubolz, Kelly Halleckson)	1:51.54
2000	LC (Anna Meyer, Jodie Bisek, Laura Waterhouse, Kelly Halleckson)	1:49.78
2001	STP (Alissa Bartz, Christine Sammons, Mary Thone, Jen Randall)	1:48.47
2002	STP (Alissa Bartz, Christine Sammons, Lindsay Correll, Jen Randall)	1:47.98
2003	STP (Alissa Bartz, Jacci Menzel, Lindsay Correll, Jen Randall)	1:48.61
2004	LC (Fallon Toomsen, Steph Karis, Anne Melvin, Lexi Fink)	1:48.82
2005	STP (Liz Herder, Jennie Roskopf, Lindsay Correll, Kelsey Crunstedt)	1:47.76
2006	STP (Liz Herder, Jennie Roskopf, Beth Bard, Kelsey Crunstedt)	1:46.85
2007	LC (Kristi Parker, Brianna Peyer, Kelly Hackbarth, Clare Hathaway)	1:48.50
2008	LC (Kristi Parker, Brianna Peyer, Chelsea Hoff, Clare Hathaway)	1:48.02
2009	LC (Chelsea Hoff, Brianna Peyer, Danielle Ellingson, Clare Hathaway)	1:43.43
2010	LC (Chelsea Hoff, Brianna Peyer, Taylor Smith, Katelyn Hartung)	1:45.71
2011	STP (Ashley Majewski, Kelly Kading, Lisa Clemens, Jessica Nordstrom)	1:44.55
2012	LC (Brooke Reynolds, Danielle Ellingson, Andrea Kolitsch, Erica O'Neill)	1:44.20
2013	STP (Ashley Majewski, Cassie Matthys, Alexa Pronga, Amy Boritzke)	1:45.82
2014	LC (Brooke Reynolds, Leanna Schwartzlow, Allie Yemm, Mikayla Beuch)	1:44.76
2015	WW (Kayla Martin, Amy Spaay, Michaela Matthys, Kelsey Kohlbeck)	1:44.32
2016	EC (Madeline Gray, Samantha Senczyszyn, Rachel Treadway, Allison Hable)	1:44.62
2017	EC (Jessica Short, Samantha Senczyszyn, Sara Hagen, Brittany Farr)	1:43.84
2018	WW (Michaela Matthys, Erin Hawker, Jessica Lenhart, Olivia Theobald)	1:46.45
2019	LC (Maddie Volk, Maria Vaudreuil, Samantha Seymour, Jaime Kloehn)	1:46.54
2020	LC (Amanda Wciorka, Maria Vaudreuil, Sarina Le, Mikala Leppla)	1:46.87
2021	No championship due to COVID-19 pandemic.	
2022	LC (Jordy Hahlen, Lauren Steien, Maddy Albert-Nelson, Aubrey Lonergan)	1:45.93
2023	LC (Jordy Hahlen, Lauren Steien, Maddy Albert-Nelson, Kylee Sommer)	1:44.82
2024	LC (Jordy Hahlen, Lauren Steien, Emily Schoenbrodt, Libby Cleveland)	1:44.13
2025	LC (Jordy Hahlen, Zoey Rank, Natalie Austin, Libby Cleveland)	1:43.60

400-Yard Medley Relay

1978	EC (Sharon King, Marcia Eastham, Patricia Wong, Julianne Bins)	4:18.52
1979	Transition from fall to winter sport	
1980	EC (Sharon King, Anne Moser, Susan Bobbitt, Holly Hanson)	4:11.57
1981	EC (Sharon King, Carol Howard, Susan Bobbitt, Holly Hanson)	4:16.40
1982	EC (Laura Ladwig, Mary Jo Ferris, Mary Robertson, Carol Howard)	4:13.405
1983	EC (Brenda Dahl, Julie Bowers, Mary Robertson, Tess Hollman)	4:12.332
1984	GB (Cindee Schmalz, Janice Perry, Ann Worm, Mary Burkard)	4:08.70
1985	EC (Whitney Southerst, Lora Belmonte, Wendy Mostoller, Traci Bergo)	4:15.28
1986	EC (Sherry Velvikis, Whitney Southerst, Mary Robertson, Michelle Weyers)	4:13.63
1987	EC (Traci Bergo, Janice Buron, Whitney Southerst, Amy Meisner)	4:04.85
1988	EC (Amy Meisner, Amy Matthews, Janice Buron, Kim Thomason)	4:09.28
1989	EC (Janice Buron, Mary Hanney, Amy Meisner, Kersti Nelson)	4:11.19
1990	EC (Suzette Cornish, Deanna Linden, Amy Meisner, Kersti Nelson)	4:12.72
1991	EC (Tracy Selvin, Mary Hanney, Dana Appleby, Sara Bradley)	4:14.00
1992	STP (Julie Pausch, Tiffany Hubbard, Nan Werdin, Amy Hahn)	4:07.78
1993	STP (Julie Pausch, Tiffany Hubbard, Nan Werdin, Amy Hahn)	4:05.66
1994	EC (Amy Lewis, Lisa Johnson, Maureen Kearney, Sara Shimanski)	4:07.62
1995	EC (Kristin Forte, Lisa Johnson, Maureen Kearney, Sara Shimanski)	4:02.92
1996	EC (Tina Berg, Joy Zeman, Maureen Kearney, Sara Shimanski)	4:05.14
1997	LC (Erin Witcraft, Janelle Mickley, Ginger Wagner, Teresa Burgraff)	4:02.51
1998	LC (Kelly Halleckson, Melissa Hill, Carly Anderson, Laura Waterhouse)	4:03.87
1999	STP (Becca Uphoff, Christine Sammons, Mary Thone, Mary Agazzi)	4:02.44
2000	STP (Becca Uphoff, Christine Sammons, Mary Thone, Mary Agazzi)	3:57.38
2001	STP (Alissa Bartz, Christine Sammons, Mary Thone, Amy Rockwell)	3:58.09
2002	STP (Alissa Bartz, Christine Sammons, Mary Thone, Amy Rockwell)	3:58.19
2003	LC (Fallon Toomsen, Steph Karis, Anne Melvin, Krista Melvin)	3:59.22
2004	LC (Fallon Toomsen, Steph Karis, Anne Melvin, Krista Melvin)	3:55.14
2005	STP (Liz Herder, Jennie Roskopf, Meghan Walsh, Jerica Crook)	3:56.64
2006	STP (Liz Herder, Jennie Roskopf, Meghan Walsh, Caitlin Hake)	3:55.65
2007	STP (Abby Strobel, Trish Nye, Meghan Walsh, Caitlin Hake)	3:57.97
2008	LC (Kristi Parker, Sarah Russart, Chelsea Hoff, Katelyn Hartung)	3:59.25
2009	LC (Chelsea Hoff, Brianna Peyer, Danielle Ellingson, Katelyn Hartung)	3:48.97
2010	STP (Diandra Nero, Kelly Kading, Lisa Clemens, Lindsay Lukes)	3:53.27
2011	LC (Abby Diehl, Danielle Ellingson, Taylor Smith, Katelyn Hartung)	3:51.99
2012	LC (Brooke Reynolds, Danielle Ellingson, Andrea Kolitsch, Abby Diehl)	3:49.52
2013	LC (Brooke Reynolds, Leanna Schwartzlow, Dayna Johnson, Sara Zemanovic)	3:51.39
2014	WW (Kendall Thompson, Amy Spaay, Kayla Martin, Kelsey Kohlbeck)	3:49.68
2015	STP (Emily Nienhaus, Katelynn Homeyer, Cassie Matthys, Katarina Walker-Daniels)	3:53.99
2016	EC (Jessica Short, Samantha Senczyszyn, Hannah Sisto, Allison Hable)	3:49.14
2017	EC (Jessica Short, Samantha Senczyszyn, Sara Hagen, Brittany Farr)	3:48.18
2018	WW (Michaela Matthys, Erin Hawker, Jessica Lenhart, Olivia Theobald)	3:54.38
2019	EC (Jessica Wilson, Samantha Senczyszyn, Anna Egli, Brittany Farr)	3:53.61
2020	LC (Lilly Larsen, Maria Vaudreuil, Ellie Szczupakiewicz, Mikala Leppla)	3:53.90
2021	No championship due to COVID-19 pandemic.	
2022	LC (Jordy Hahlen, Lauren Steien, Maddy Albert-Nelson, Aubrey Lonergan)	3:54.27
2023	EC (Sydney McGuine, Ella Weaver, Kiara Bissen, Paige Pelikan)	3:50.36
2024	EC (Sydney McGuine, Ella Weaver, Elaine Plonis, Kiara Bissen)	3:48.81
2025	LC (Jordy Hahlen, Zoey Rank, Natalie Austin, Libby Cleveland)	3:47.25