

# RECORD BOOK



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## Girls' Swimming-Diving Year-by-Year Postseason Results

**1976**  
**WDA champion:** Minot/351 points  
**WDA order of finish:** Minot, Century, Bismarck High, Williston, Mandan  
**WDA individual champions**  
50 Freestyle – Bonnie Flickinger, Min., :26.70  
100 Backstroke – B. Flickinger, Min., 1:07.70  
100 Breaststroke – Anne Kincheloe, Min., 1:16.40  
100 Freestyle – A. Kincheloe, Min., 1:00.50  
100 Butterfly – Bette Birkeland, Will., 1:07.50  
200 Individual Medley – Bette Birkeland, Will., 2:28.60  
200 Freestyle – Julie McMahon, Cent., 2:20.80  
500 Freestyle – J. McMahon, Cent., Time NA  
1M Diving – Mary Ann Gallagher, Man., 303.20  
200 Medley Relay – Minot, 2:15.00 (Julie Pankow, Jodi Bredahl, Mary Iverson, Pam Walker)  
400 Freestyle Relay – Minot, 4:17.70 (Nancy Fogel, Jane Western, Jill Schorregge, Tena Thorndal)  
**WDA state champions**  
50 Freestyle – B. Flickinger, Min., :36.58  
1M Diving – M. Gallagher, Man., 356.5  
Notes: First year of a WDA

**1977**  
**WDA champion:** Minot/331 points  
**WDA order of finish:** Minot, Williston, Century, Bismarck High, Mandan  
**WDA individual champions**  
50 Freestyle – Anne Kincheloe, Minot, :26.35  
100 Backstroke – Bonnie Flickinger, Min., 1:07.49  
100 Breaststroke – Jodie Bredahl, Min., 1:17.99  
100 Freestyle – A. Kincheloe, Min., 1:00.08  
100 Butterfly – Julie McMahon, Cent., 1:06.78  
200 Individual Medley – Bonnie Flickinger, Min., 2:25.86  
200 Freestyle – Kay Erickson, Will., 2:11.00  
500 Freestyle – K. Erickson, Will., 5:52.21  
1M Diving – Julie Pankow, Min., 427.70  
200 Medley Relay – Minot, 2:06.52 (Julie Pankow, Jodi Bredahl, Kay Ryan, Anne Kincheloe)  
400 Freestyle Relay – Minot, 4:08.49 (Michely Rudser, Pam Walker, Jane Malcliver, Bonnie Flickinger)  
**WDA state champions**  
50 Freestyle – Anne Kincheloe, Min., :25.93  
100 Freestyle – B. Flickinger, Min., :57.79  
100 Breaststroke – A. Kincheloe, Min., 1:13.12  
1M Diving – Mary Ann Gallagher, Man., 407.7  
200 Medley Relay – Minot, 2:00.98 (J. Pankow, H. Flickinger, A. Kincheloe, J. Bredahl)

**1978**  
**WDA champion:** Minot/331 points  
**State champion:** Minot/239 points  
**WDA order of finish:** Minot, Century, Williston, Mandan, Bismarck High  
**WDA individual champions**  
50 Freestyle – Anne Kincheloe, Min., :26.18  
100 Backstroke – Bonnie Flickinger, Min., 1:05.40  
100 Breaststroke – A. Kincheloe, Min., 1:13.23  
100 Freestyle – B. Flickinger, Min., :51.33  
100 Butterfly – Holly Flickinger, Min., 1:05.31  
200 Individual Medley – Terri Leupp, BHS, 2:28.82  
200 Freestyle – Michelyn Rudser, Min.,

2:08.35  
500 Freestyle – M. Rudser, Min., 5:39.69; 1M Diving – Julie Pankow, Min., 355.45  
200 Medley Relay – Minot, 2:02.19 (B. Flickinger, A. Kincheloe, H. Flickinger, M. Rudser)  
400 Freestyle Relay – Williston, 4:05.11 (Colleen Hagan, Kay Erickson, Susan Reep, Bette Birkeland)  
**WDA state champions**  
50 Freestyle – A. Kincheloe, Min., :26.26  
100 Breaststroke – A. Kincheloe, Min., 1:12.71  
100 Backstroke – B. Flickinger, Min., 1:05.08  
500 Freestyle – M. Rudser, Min., 5:36.00  
1M Diving – J. Pankow, Min., 404.65  
200 Medley Relay – Minot, 1:59.02 (B. Flickinger, A. Kincheloe, H. Flickinger, M. Rudser)  
400 Freestyle Relay – Williston, 3:58.08 (C. Hagen, Jan Conlin, K. Erickson, B. Birkeland)

**1979**  
**WDA champion:** Minot/427 points  
**State champion:** Minot/243 points  
**WDA order of finish:** Minot, Bismarck High, Williston, Century, Mandan  
**WDA individual champions**  
50 Freestyle – Kim Edwards, Min., :25.95  
100 Backstroke – Bonnie Flickinger, Min., 1:04.79  
100 Breast stroke – Anne Kincheloe, Min., 1:11.30;  
100 Freestyle – K. Edwards, Min., :56.84;  
100 Butterfly – Michelle Muri, BHS, 1:03.55  
200 Individual Medley – B. Flickinger, Min., 2:18.88  
200 Freestyle – Michelyn Rudser, Min., 1:59.96  
500 Freestyle – M. Rudser, Min., 5:18.66  
1M Diving – Shelly Beauclair, Cent., 377.85  
200 Medley Relay – Minot, 2:04.75 (A. Kincheloe, Holly Flickinger, Tori Guthrie, Julie Hubbard)  
400 Freestyle Relay – Minot, 3:51.10 (K. Edwards, M. Rudser, B. Flickinger, Christy Forsberg)  
**WDA state champions**  
50 Freestyle – K. Edwards, Min., :25.31  
100 Breaststroke – A. Kincheloe, Min., 1:11.21  
100 Backstroke – B. Flickinger, Min., 1:04.72  
200 Individual Medley – B. Flickinger, Min., 2:17.92  
200 Freestyle – M. Rudser, Min., 1:56.79  
200 Medley Relay – Minot, 2:01.63 (K. Edwards, R. Rudser, B. Flickinger, C. Forsberg)  
400 Freestyle Relay – Minot, 3:47.87 (M. Rudser, C. Forsberg, K. Edwards, B. Flickinger)

**1980**  
**WDA champion:** Minot/361 points  
**State champion:** Minot/227 points  
**WDA order of finish:** Minot, Bismarck High, Williston, Mandan, Century  
**WDA individual champions**  
50 Freestyle – Kim Edwards, Min., :26.03  
100 Backstroke – Heidi Anderson, Man., 1:08.86  
100 Breast stroke – Deb Dickson, Cent., 1:15.14  
100 Freestyle – K. Edwards, Min., :57.78  
100 Butterfly – Holly Flickinger, Min., 1:03.60  
200 Individual Medley – H. Flickinger, Min., 2:21.89  
200 Freestyle – Michelyn Rudser, Min., 2:01.13  
500 Freestyle – M. Rudser, Min., 5:26.59  
1M Diving – Barb Edwards, Min., 345.55  
200 Medley Relay – Minot, 2:04.35 (H. Flickinger, Julie Hubbard, K. Edwards, Kathy Minette)

400 Freestyle Relay – Minot, 4:01.11 (Denes Smith, Nancy Andrews, Christy Forsberg, M. Rudser)  
**WDA state champions**  
100 Breaststroke – Heidi Hill, Jam., 1:13.87  
200 Individual Medley – H. Hill, Jam., 2:18.63  
500 Freestyle – M. Rudser, Min., 2:00.59  
500 Freestyle – M. Rudser, Min., 5:25.58  
200 Medley Relay – Minot, 2:01.66 (Tori Guthrie, J. Hubbard, H. Flickinger, K. Edwards)  
400 Freestyle Relay – Minot, 3:57.22 (D. Smith, N. Andrews, C. Forsberg, M. Rudser)  
**Note:** Jamestown competed in the EDC

**1981**  
**WDA champion:** Minot/418 points  
**State champion:** Minot/279 points  
**WDA order of finish:** Minot, Century, Bismarck High, Mandan, Williston  
**WDA individual champions**  
50 Freestyle – Christy Forsberg, Min., :26.02  
100 Backstroke – Holly Flickinger, Min., 1:05.95  
100 Breaststroke – Jenny Kremer, Man., 1:16.99  
100 Freestyle – C. Forsberg, Min., :57.24  
100 Butterfly – H. Flickinger, Min., 1:02.62  
200 Individual Medley – Michelyn Rudser, Min., 2:20.22; 200 Freestyle – Denise Hanna, Min., 2:07.97  
500 Freestyle – M. Rudser, Min., 5:38.16  
1M Diving – Barb Edwards, Min., 320.85  
200 Medley Relay – Minot, 2:03.08 (Carolyn Hana, Julie Hubbard, H. Flickinger, Mette Hansen)  
400 Freestyle Relay – Minot, 3:50.00 (D. Hanna, Nancy Andrews, C. Forsberg, M. Rudser)

**WDA state champions**  
100 Breaststroke – H. Hill, Jam., 1:15.10  
100 Backstroke – Debbie Dickson, Cent., 1:04.27  
100 Freestyle – C. Forsberg, Min., :56.28  
200 Individual Medley – M. Rudser, Min., 2:18.68  
200 Freestyle – D. Hanna, Min., 2:05.32  
500 Freestyle – M. Rudser, Min., 5:27.04; 200 Medley Relay – Minot, 2:01.73 (C. Hanna, J. Hubbard, H. Flickinger, M. Hansen)  
400 Freestyle Relay – Minot, 3:54.21 (D. Hanna, D. Smith, C. Forsberg, M. Rudser)  
**Notes:** Minot became first team to win 10 individual events at the WDA meet...Jamestown competed in the EDC

**1982**  
**WDA champion:** Minot/432 points  
**State champion:** Minot/339 points  
**WDA order of finish:** Minot, Bismarck High, Mandan, Century, Williston  
**WDA individual champions**  
50 Freestyle – Holly Flickinger, Min., :25.50  
100 Backstroke – Carolyn Hanna, Min., 1:05.45  
100 Breaststroke – Jenny Kremer, Man., 1:16.79  
100 Freestyle – Christy Forsberg, Min., :56.60  
100 Butterfly – H. Flickinger, Min., 1:01.63  
200 Individual Medley – Michelyn Rudser, Min., 2:15.50  
200 Freestyle – Denise Hanna, Min., 2:05.42  
500 Freestyle – M. Rudser, Min., 5:23.54  
1M Diving – Jennifer Hunkele, BHS, 443.70  
200 Medley Relay – Min., 2:04.06 (Carolyn Hanna, Jenny Romine, Holly Flickinger, Vicky Pomaville)

400 Freestyle Relay – Minot, 3:54.05 (D. Hanna, Kim Warren, M. Rudser, C. Forsberg)  
**WDA state champions**  
50 Freestyle – C. Forsberg, Min., :25.43  
100 Freestyle – C. Forsberg, Min., :55.32  
100 Breaststroke – H. Hill, Jam., 1:15.00  
100 Backstroke – C. Hanna, 1:05.37  
100 Butterfly – H. Flickinger, Min., 1:00.93  
200 Individual Medley – M. Rudser, Min., 2:14.54  
500 Freestyle – M. Rudser, Min., 5:22.42  
1M Diving – J. Hunkele, BHS, 393.25  
200 Medley Relay – Minot, 2:00.56 (C. Hanna, H. Flickinger, V. Pomaville, S. Iverson)  
400 Freestyle Relay – Minot, 3:47.88 (D. Hanna, K. Warren, C. Forsberg, M. Rudser).  
**Notes:** Minot's Michelyn Rudser (1978-82) first swimmer to win same WDA event five consecutive times (500 freestyle)...Jamestown competed in the EDC.

**1983**  
**WDA champion:** Minot/322 points  
**State champion:** Minot/254 points  
**WDA order of finish:** Minot, Mandan, Bismarck High, Century, Williston  
**WDA individual champions**  
50 Freestyle – Christy Forsberg, Min., :25.52  
100 Backstroke – Jenny Kremer, Man., 1:07.84  
100 Breaststroke – Su-Lin Woo, Cent., 1:16.68  
100 Freestyle – C. Forsberg, Min., :55.86  
100 Butterfly – Michelle Muri, BHS, 1:04.53  
200 Individual Medley – Sonya Iverson, Min., 2:24.85  
200 Freestyle – Missy Yantzer, Min., 1:59.82  
500 Freestyle – M. Yantzer, Min., 5:19.50  
1M Diving – Jennifer Hunkele, Min., 411.10  
200 Medley Relay – Minot, 1:59.68 (M. Yantzer, S. Iverson, Vicky Romaville, C. Forsberg);  
400 Freestyle Relay – Bismarck, 4:04.13 (Patty Job, Jenelle Muri, Sue Halvorson, M. Muri)

**WDA state champions**  
50 Freestyle – C. Forsberg, Min., :25.23  
100 Freestyle – C. Forsberg, Min., :54.66  
100 Breaststroke – Su-Lin Woo, Cent., 1:15.15  
100 Butterfly – V. Pomaville, Min., 1:04.73  
200 Freestyle – M. Yantzer, Min., 2:01.23  
1M Diving – J. Hunkele, Min., 440.25  
200 Medley Relay – Minot, 1:59.28 (M. Yantzer, J. Romine, V. Pomaville, N. Dahl)  
400 Freestyle Relay – Minot, 3:54.51 (C. Marten, A. Swann, S. Iverson, C. Forsberg)

**1984**  
**WDA champion:** Minot/364 points  
**State champion:** Minot/258 points  
**WDA order of finish:** Minot, Mandan, Bismarck High, Century, Williston  
**WDA individual champions**  
50 Freestyle – Alisha Peterson, Man., 26.63  
100 Backstroke – Missy Yantzer, Min., 1:05.01  
100 Breast stroke – Su-Lin Woo, Cent., 1:15.95  
100 Freestyle – M. Yantzer, Min., :56.80;  
100 Butterfly – Michelle Muri, BHS, 1:04.30  
200 Individual Medley – Sonya Iverson, Min., 2:23.56  
200 Freestyle – Jenny Riedinger, Man., 2:05.76  
500 Freestyle – J. Riedinger, Man.,

5:10.48  
1M Diving – Jody Thompson, Min., 312.15  
200 Medley Relay – Min. 2:01.86 (S. Iverson, Jenny Romine, Vicky Pomaville, Nancy Dahl)  
400 Freestyle Relay – Man., 3:55.17 (Shannon Hilfer, Abbie Walter, J. Riedinger, A. Peterson)  
**WDA state champions**  
100 Freestyle – M. Yantzer, Min., :55.82  
100 Backstroke – H. Hill, Jam., 1:04.70  
100 Breast stroke – P. Triepke, Jam., 1:14.57  
200 Butterfly – M. Muri, BHS, 1:03.00  
200 Freestyle – J. Riedinger, Man., 2:05.56  
200 Individual Medley – M. Yantzer, Min., 2:17.64  
500 Freestyle – P. Rudser, Min., 5:38.95  
1M Diving – S. Hurd, Min., 397.85  
200 Medley Relay – Minot, 2:00.22 (S. Iverson, J. Romine, V. Pomaville, N. Dahl)  
400 Freestyle Relay – Minot, 3:53.74 (C. Marten, P. Rudser, C. Volk, M. Yantzer)

**1985**  
**WDA champion:** Minot/389 points  
**State champion:** Minot/296 points  
**WDA order of finish:** Minot, Mandan, Williston  
Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Stacy Burkhart, Min., :26.01  
100 Backstroke – Missy Yantzer, Min., 1:04.56  
100 Breaststroke – Su-Lin Woo, Cent., 1:15.61  
100 Freestyle – Cara Beazley, Cent., :58.04  
100 Butterfly – Vicky Pomaville, Min., 1:05.73  
200 Individual Medley – M. Yantzer, Min., 2:17.07  
200 Freestyle – Paula Rudser, Min., 2:02.68  
500 Freestyle – P. Rudser, Min., 5:27.29  
1M Diving – Stacy Hurd, Min., 341.90  
200 Medley Relay – Minot, 2:00.68 (Sonya Iverson, Jenny Romine, V. Pomaville, S. Burkhart)  
400 Freestyle Relay – Minot, 3:53.70 (Nancy Dehl, P. Rudser, Tasha Shipman, M. Yantzer)  
**WDA state champions**  
100 Backstroke – M. Yantzer, Min., 1:04.47  
100 Breaststroke – Paula Triepke, Jam., 1:12.31  
200 Butterfly – P. Rudser, Min., 2:02.08  
200 Individual Medley – M. Yantzer, Min., 2:12.77  
500 Freestyle – P. Rudser, Min., 5:28.24  
200 Medley Relay – Minot, 1:59.14 (S. Iverson, J. Romine, V. Pomaville, S. Burkhart)  
400 Freestyle Relay – Mandan, 3:53.30 (J. Riedinger, D. Hiller, A. Peterson, S. Hiller)  
**Notes:** Minot's Missy Yantzer first swimmer to win five different individual WDA events (100 Backstroke, 100 Freestyle, 200 Medley, 200 freestyle, 500 freestyle)...Jamestown competed in the EDC.

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## Girls' Swimming-Diving Year-by-Year Postseason Results

**1986**  
**WDA champion:** Minot/387 points  
**State champion:** Minot/269 points  
**WDA order of finish:** Minot, Mandan, Williston, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Stacy Burkhart, Minot, :25.94  
100 Backstroke – Lisa Schlieman, Min., 1:07.88  
100 Breaststroke – Angie Johnson, Min., 1:11.23  
100 Freestyle – S. Burkhart, Min., :56.41  
100 Butterfly – Andrea Rudser, Min., 1:04.10  
200 Individual Medley – A. Johnson, Min., 2:20.77  
200 Freestyle – Paula Rudser, Min., 2:02.58  
500 Freestyle – P. Rudser, Minot, 5:34.46  
1M Diving – Kathy Bumb, Man., 352.85  
200 Medley Relay – Minot, 2:01.33 (NA)  
400 Freestyle Relay – Minot, 3:54.63 (NA)  
**WDA state champions**  
50 Freestyle – S. Burkhart, Min., :25.75  
100 Backstroke – M. Yantzer, Cent., 1:04.42  
100 Breaststroke – A. Johnson, Min., 1:10.65  
100 Butterfly – A. Rudser, Min., 1:02.49  
200 Individual Medley – A. Johnson, Min., 2:17.68  
500 Freestyle – P. Rudser, Min., 5:23.48  
200 Medley Relay – Century, 1:57.64 (T. Yantzer, Su-Lin Woo, C. Beazley, M. Yantzer)  
400 Freestyle Relay – Minot, 3:52.58 (S. Disrud, P. Rudser, T. Berntsen, S. Burkhart)

**1987**  
**WDA champion:** Minot/353 points  
**State champion:** Minot/255 points  
**WDA order of finish:** Minot, Mandan, Williston, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Andrea Rudser, Min., :25.00;  
100 Backstroke – Missy Yantzer, Cent., 1:02.90  
100 Breaststroke – Tisha Yantzer, Cent. 1:10.39  
100 Freestyle – S. Burkhart, Min., :56.45  
100 Butterfly – A. Rudser, Min., :59.95  
200 Individual Medley – M. Yantzer, Century, 2:14.77  
200 Freestyle – Paula Rudser, Min., 1:59.64  
500 Freestyle – P. Rudser, Min., 5:23.51  
1M Diving – Tonia Timm, Min., 364.85  
200 Medley Relay – Minot, 1:57.10 (Tisha Shipman, Lisa Schlieman, A. Rudser, S. Burkhart)  
400 Freestyle Relay – Mandan, 3:52.30 (Shannon Hilfer, Alisha Peterson, Janell Harding, Suzie Helvig)  
**WDA state champions**  
100 Backstroke – M. Yantzer, Cent., 1:02.00  
100 Breaststroke – T. Yantzer, Cent., 1:08.92  
100 Butterfly – A. Rudser, Min., 1:00.08  
200 Individual Medley – M. Yantzer, Cent., 2:15.01  
200 Freestyle – P. Rudser, Min., 1:59.03  
500 Freestyle – P. Rudser, Min., 5:25.52  
1M Diving – T. Timm, Min., 328.50  
200 Medley Relay – Century, 1:56.76 (M. Yantzer, T. Yantzer, J. Bitz, J. Goeddertz)  
400 Freestyle Relay – Minot, 3:47.99 (P. Rudser, S. Burkhart, T. Berntson, J. Olstad)  
**Note:** Minot wins its 10th consecutive state title.

**1988**  
**WDA champion:** Minot/388 points  
**State champion:** Minot/281.5 points  
**WDA order of finish:** Minot, Mandan, Century, Williston, Bismarck High  
**WDA individual champions**

50 Freestyle – Andrea Rudser, Min., :24.93  
100 Backstroke – Amy Vigers, Min. 1:03.71  
100 Breaststroke – Tisha Yantzer, Cent., 1:07.63  
100 Freestyle – Barb Stork, Man., :56.05  
100 Butterfly – A. Rudser, Min., :58.43  
200 Individual Medley – T. Yantzer, Cent., 2:12.66  
200 Freestyle – Paula Rudser, Min., 1:59.73  
500 Freestyle – P. Rudser, Min. 5:21.36  
1M Diving – Tonia Timm, Min., 350.80  
200 Medley Relay – Century, 1:56.44 (Jonna Gaustad, T. Yantzer, Cindy Goeddertz, Julie Bitz)  
400 Freestyle Relay – Mandan, 3:42.11 (Teresa Bernston, Lisa Loeffler, P. Rudser, A. Rudser)  
**WDA state champions**  
50 Freestyle – A. Rudser, Min., :24.71  
100 Backstroke – T. Yantzer, Cent., 1:07.09  
100 Breaststroke – A. Vigers, Min., 1:01.94  
100 Butterfly – A. Rudser, Min., :58.51  
200 Individual Medley – T. Yantzer, Cent., 2:12.18  
200 Freestyle – P. Rudser, Min., 1:57.71  
500 Freestyle – P. Rudser, Min., 5:19.91  
1M Diving – T. Timm, Min., 340.95  
200 Medley Relay – Century, 1:55.35 (J. Gaustad, C. Goeddertz, T. Yantzer, J. Bitz)  
400 Freestyle Relay – Minot, 3:42.48 (T. Bernston, P. Rudser, L. Loeffler, A. Rudser)

**1989**  
**WDA champion:** Minot/330 points  
**State champion:** Mandan/228 points  
**WDA order of finish:** Minot, Mandan, Williston, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Suzie Helvig, Man., :24.78  
100 Backstroke – Amy Vigers, Min., 1:03.01  
100 Breaststroke – Tisha Yantzer, Cent., 1:07.46  
100 Freestyle – Cindy Goeddertz, Cent., :56.32  
100 Butterfly – A. Rudser, Min., :58.39  
200 Individual Medley – T. Yantzer, Cent., 2:14.04  
200 Freestyle – A. Rudser, Min. 2:00.29  
500 Freestyle – S. Helvig, Man., 5:25.05  
1M Diving – Kelly LeRoy, Man., 382.05  
200 Medley Relay – Century, 1:57.48 (Cynthia Miller, T. Yantzer, Julie Bitz, C. Goeddertz);  
400 Freestyle Relay – Mandan, 3:49.77 (Nicole Fiest, Janell Harding, S. Helvig, Barb Stork)  
**WDA state champions**  
50 Freestyle – S. Helvig, Man., :24.92  
100 Breaststroke – T. Yantzer, Cent., 1:07.63  
100 Backstroke – A. Vigers, Min., 1:02.40  
100 Freestyle – C. Goeddertz, Cent., :55.06  
100 Butterfly – A. Rudser, Min., :57.92  
200 Freestyle – A. Rudser, Min., 2:01.12  
200 Individual Medley – T. Yantzer, Cent., 2:13.56  
500 Freestyle – S. Helvig, Man., 5:26.92  
1M Diving – K. LeRoy, Man., 393.85  
200 Medley Relay – Minot, 1:56.22 (A. Vigers, A. Rudser, M. Parker, J. Alme)  
400 Freestyle Relay – Mandan, 3:48.95 (J. Harding, N. Fiest, B. Stork, S. Helvig)  
**Note:** Mandan becomes second WDA team to win state title.

**1990**  
**WDA champion:** Mandan/320 points  
**State champion:** Mandan/265 points  
**WDA order of finish:** Mandan, Minot, Century, Bismarck High, Williston  
**WDA individual champions**  
50 Freestyle – Cindy Goeddertz, Cent., :25.88

100 Backstroke – Melissa Parker, Min., 1:03.48  
100 Breaststroke – Tisha Yantzer, Cent., 1:10.81  
100 Freestyle – Julie Bitz, Cent., :56.14  
100 Butterfly – Lisa Rodriguez, Will., 1:02.10  
200 Individual Medley – T. Yantzer, Cent., 2:15.65  
200 Freestyle – Suzie Helvig, Man., 1:58.37  
500 Freestyle – S. Helvig, Man., 5:16.99  
1M Diving – Kelly LeRoy, Man. 368.70  
200 Medley Relay – Mandan, 1:55.70 (Barb Stork, Nicole Fiest, Kris Wagner, S. Helvig);  
200 Freestyle Relay – Mandan, 1:47.68 (Natalie Riedinger, Cody Hohbein, Janell Harding, K. Wangler)  
400 Freestyle Relay – Mandan, 3:46.64 (J. Harding, N. Fiest, B. Stork, S. Helvig)  
**WDA state champions**  
50 Freestyle – C. Goeddertz, Cent., :24.68  
100 Freestyle – J. Bitz, Cent., :54.68  
100 Breaststroke – T. Yantzer, Cent., 1:08.71  
100 Backstroke – M. Parker, Min., 1:03.27  
100 Butterfly – L. Rodriguez, 1:00.69  
200 Freestyle – S. Helvig, Man., 1:56.39  
200 Individual Medley – T. Yantzer, Cent., 2:12.96  
500 Freestyle – S. Helvig, Man., 5:13.70  
1M Diving – K. LeRoy, Man., 377.65  
200 Medley Relay – Mandan, 1:53.23 (B. Stork, N. Fiest, K. Wagner, S. Helvig)  
400 Freestyle Relay – Mandan, 1:43.19 (J. Harding, N. Riedinger, C. Hoebein, K. Wagner)  
**Note:** The 200 freestyle relay event is added.

**1991**  
**WDA champion:** Mandan/379 points  
**State champion:** Mandan/269 points  
**WDA order of finish:** Mandan, Century, Minot, Williston, Bismarck High  
**WDA individual champions**  
50 Freestyle – Cindy Goeddertz, Cent., :25.09  
100 Backstroke – Molly Hubber, Cent. 1:02.68  
100 Breaststroke – Nicole Fiest, Man., 1:09.99  
100 Freestyle – Julie Bitz, Cent. :56.10  
100 Butterfly – Kris Wagner, Man. 1:02.68  
200 Individual Medley – N. Fiest, Man., 2:16.66  
200 Freestyle – Suzie Helvig, Man., 1:55.99  
500 Freestyle – S. Helvig, Man., 5:11.99  
1M Diving – Kelly LeRoy, Man., 413.50;  
200 Medley Relay – Mandan, 1:56.10 (N. Fiest, DeDe Sletten, K. Wagner, S. Helvig);  
200 Freestyle Relay – Mandan, 1:41.73 (LaVonne Sletten, N. Fiest, K. Wagner, S. Helvig)  
400 Freestyle Relay – Century, 3:49.78 (C. Goeddertz, Kara Schmitz, Charissa Rohrich, J. Bitz)  
**WDA state champions**  
50 Freestyle – C. Goeddertz, Cent., :24.65  
100 Breaststroke – N. Fiest, Man., 1:08.70  
100 Backstroke – M. Huber, Cent., 1:01.85  
200 Freestyle – S. Helvig, Man., 1:55.07  
200 Individual Medley – N. Fiest, Man., 2:12.85  
500 Freestyle – S. Helvig, Man., 5:11.28  
1M Diving – K. LeRoy, Man., 407.25  
200 Medley Relay – Mandan, 1:54.05 (N. Fiest, K. Wagner, D. Sletten, S. Helvig)  
200 Freestyle Relay – Mandan, 1:40.48 (L. Sletten, K. Wagner, N. Fiest, S. Helvig)  
400 Freestyle Relay – Century, 3:42.46 (C. Goeddertz, C. Rohrich, K. Schmitz, J. Bitz)

**1992**  
**WDA champion:** Minot/328 points  
**State champion:** Minot/294 points  
**WDA order of finish:** Minot, Century, Mandan, Williston, Bismarck High  
**WDA individual champions**  
50 Freestyle – Melissa Parker, Min., :25.62  
100 Backstroke – M. Parker, Min., 1:02.42  
100 Breaststroke – Nicole Feist, Man., 1:09.32  
100 Freestyle – Kara Bitz, Cent., :56.33  
100 Butterfly – Pamela Richmond, Man., :59.25  
200 Individual Medley – N. Feist, Man., 2:16.12  
200 Freestyle – Suzie Helvig, Man., 1:55.66  
500 Freestyle – S. Helvig, Man., 5:16.11;  
1M Diving – Summer Bourdeau, Cent., 368.75  
200 Medley Relay – Century, 1:56.32 (Elizabeth Pierce, Lynn Olauson, Molly Huber, Kara Schmitz)  
200 Freestyle Relay – Mandan, 1:42.10 (Sara Fryslie, DeDe Sletten, N. Fiest, S. Helvig)  
400 Freestyle Relay – Mandan, 3:45.24 (P. Richmond, N. Fiest, S. Helvig, Linn Little)  
**State champions**  
100 Freestyle – S. Helvig, Man., :52.38  
100 Breaststroke – N. Fiest, Man., 1:09.17  
100 Backstroke – M. Huber, Cent., 1:03.13  
100 Butterfly – P. Richmond, Man., :58.09  
200 Freestyle – S. Helvig, Man., 1:54.48  
200 Individual Medley – N. Fiest, Man., 2:13.48  
500 Freestyle – S. Stevenson, Min., 5:23.65  
1M Diving – S. Budeau, Cent., 369.95  
200 Medley Relay – Mandan, 1:54.70 (S. Fryslie, R. Mahutga, P. Richmond, D. Sletten)  
200 Freestyle Relay – Mandan, 1:42.15 (M. Braunberger, N. Fiest, S. Fryslie, S. Helvig)  
400 Meter Relay – Mandan, 3:44.11 (N. Fiest, L. Little, S. Helvig, P. Richmond)

**1993**  
**WDA champion:** Century/354 points  
**State champion:** Century/232 points  
**WDA order of finish:** Century, Minot, Mandan, Williston, Bismarck High  
**WDA individual champions**  
50 Freestyle – Sara Stevenson, Min., :25.09  
100 Backstroke – Lisa Haunz, Cent. 1:02.30  
100 Breaststroke – Amy Gormally, Will., 1:09.55  
100 Freestyle – S. Stevenson, Min., :54.41  
100 Butterfly – Holly Skarsgaard, Min., 1:01.83  
200 Individual Medley – A. Gormally, Will., 2:14.94  
200 Freestyle – Marie Burckhard, Min. 2:00.46  
500 Freestyle – M. Burckhard, Min., 5:28.48  
1M Diving – Summer Bourdeau, Cent. 406.90  
200 Medley Relay – Minot, 1:53.66 (Tara Bruels, Jennifer Lowe, H. Skarsgaard, S. Stevenson)  
200 Freestyle Relay – Century, 1:43.26 (Andi Kinschi, Nada Phinney, Elizabeth Pierce, Kara Schmitz)  
400 Freestyle Relay – Century, 3:48.03 (Kristy Delvo, A. Kindshi, N. Phinney, K. Schmitz)  
**WDA state champions**  
100 Breaststroke – A. Gormally, Will., 1:08.17  
100 Backstroke – K. Schmitz, Cent., 1:00.70  
100 Butterfly – S. Doeden, Will., 1:00.87  
200 Freestyle – K. Schmitz, Cent., 1:58.97

200 Individual Medley – A. Gormally, Will., 2:12.56  
500 Freestyle – Marie Buckhard, Min., 5:20.56  
1M Diving – S. Bourdeau, Cent., 393.80  
200 Medley Relay – Minot, 1:52.84 (T. Bruels, J. Lowe, H. Skarsgard, S. Stevenson)

**1994**  
**WDA champion:** Minot/390 points  
**State champion:** Minot/475 points  
**WDA order of finish:** Minot, Century, Williston, Mandan, Bismarck High  
**WDA individual champions**  
50 Freestyle – Sarah Doeden, Will., :25.37  
100 Backstroke – Kara Schmitz, Cent., 1:00.04  
100 Breaststroke – Amy Gormally, Will., 1:07.25  
100 Freestyle – S. Stevenson, Min., :54.64  
100 Butterfly – Holly Skarsgaard, Minot, :59.73  
200 Individual Medley – Elizabeth Pierce, Cent., 2:12.56  
200 Freestyle – S. Stevenson, Minot, 1:57.98  
500 Freestyle – Marie Burckhard, Minot, 5:20.94  
1M Diving – Molly McDonald, Century, 465.45  
200 Medley Relay – Minot, 1:52.87 (Tara Bruels, Jennifer Bruels, H. Skarsgaard, M. Burckhard)  
200 Freestyle Relay – Minot, 1:43.38 (T. Bruels, Jennifer Lowe, Kate Holland, S. Stevenson)  
400 Freestyle Relay – Minot, 3:43.78 (K. Holland, H. Skarsgaard, M. Burckhard, S. Stevenson)  
**WDA state champions**  
100 Freestyle – S. Stevenson, Min., :53.02;  
100 Breaststroke – A. Gormally, Will., 1:07.59  
100 Backstroke – K. Schmitz, Cent., :59.71  
100 Butterfly – H. Skarsgaard, Min., :58.58  
200 Freestyle – S. Stevenson, Min., 1:54.45  
200 Individual Medley – E. Pierce, Cent., 2:09.40  
500 Freestyle – M. Buckhard, Min., 5:13.04  
1M Diving – M. McDonald, Cent., 424.65  
200 Medley Relay – Minot, 1:50.70 (T. Bruels, J. Lowe, M. Burckhard, H. Skarsgaard)  
200 Freestyle Relay – Century, 1:40.66 (K. Schmitz, A. Kindschi, K. Delvo, E. Pierce)  
400 Freestyle Relay – Minot, 3:27.64 (K. Holland, H. Skarsgard, M. Burckhard, S. Stevenson)

# RECORD BOOK

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## Girls' Swimming-Diving Year-by-Year Postseason Results

**1995**  
**WDA champion:** Minot/422 points  
**State champion:** Minot/538.5 points  
**WDA order of finish:** Minot, Century, Mandan, Williston, Bismarck High  
**WDA individual champions**  
50 Freestyle – Sara Stevenson, Min., :25.25  
100 Backstroke – Lisa Haunz, Cent., 1:00.61  
100 Breaststroke – Kate Giese, Cent., 1:06.38  
100 Freestyle – S. Stevenson, Min., :54.14  
100 Butterfly – Holly Skarsgaard, Min., :59.77  
200 Individual Medley – Elizabeth Pierce, Cent., 2:09.87  
200 Freestyle – Marie Burckhard, Min., 1:57.98  
500 Freestyle – M. Burckhard, Min., 5:18.22  
1M Diving – Molly McDonald, Century, 431.70  
200 Medley Relay – Century, 1:50.26 (L. Haunz, K. Giese, E. Pierce, Jennifer Farnsworth)  
200 Freestyle Relay – Minot, 1:43.15 (K. Holland, Jennifer Lowe, M. Burckhard, S. Stevenson)  
400 Freestyle Relay – Minot, 3:44.45 (K. Holland, Tara Bruels, H. Skarsgaard, M. Burckhard)  
**WDA state champions**  
100 Freestyle – S. Stevenson, Min., :54.44  
100 Breaststroke – K. Giese, Cent., 1:06.61  
100 Backstroke – L. Haunz, Cent., :59.95  
100 Butterfly – H. Skarsgaard, Min., :59.37  
200 Freestyle – S. Stevenson, Min., 1:56.95  
200 Individual Medley – E. Pierce, Cent., 2:11.73  
500 Freestyle – K. Holland, Min., 5:18.42  
1M Diving – M. McDonald, Cent., 451.45  
200 Medley Relay – Minot, 1:50.15 (T. Bruels, J. Lowe, M. Burckhard, H. Skarsgard)  
200 Freestyle Relay – Century, 1:41.51 (K. Delvo, J. Farnsworth, A. Kindschi, E. Pierce)  
400 Freestyle – Minot, 3:41.31 (T. Bruels, K. Holland, H. Skarsgard, S. Stevenson)

**1996**  
**WDA champion:** Minot/462.5 points  
**State champion:** Minot/536.5 points  
**WDA order of finish:** Minot, Century, Mandan, Williston, Bismarck High  
**WDA individual champions**  
50 Freestyle – Andi Kindschi, Cent., :25.02  
100 Backstroke – Lisa Haunz, Cent., :59.59  
100 Breaststroke – Kate Giese, Cent. 1:05.83  
100 Freestyle – Marie Burckhard, Min., :54.32  
100 Butterfly – Holly Skarsgaard, Min., :58.26  
200 Individual Medley – Elizabeth Pierce, Cent., 2:09.03  
200 Freestyle – Kate Holland, Min., 1:58.31  
500 Freestyle – K. Holland, Min., 5:17.20  
1M Diving – Molly McDonald, Cent., 472.70  
200 Medley Relay – Minot, 1:49.35 (Tara Bruels, Jennifer Lowe, H. Skarsgaard, M. Burckhard)  
200 Freestyle Relay – Minot, 1:41.84 (T. Bruels, K. Holland, Tessa Goldade, J. Lowe)  
400 Freestyle Relay – Century, 3:38.94 (Amy Jundt, L. Haunz, A. Kindschi, E. Pierce)  
**WDA state champions**  
100 Freestyle – E. Pierce, Cent., :53.87  
100 Breaststroke – K. Giese, Cent., 1:04.81

100 Backstroke – L. Haunz, Cent., :58.07  
100 Butterfly – H. Skarsgaard, Min., :58.99  
200 Freestyle – K. Holland, Min., 1:57.98  
200 Individual Medley – E. Pierce, Cent., 2:09.06  
500 Freestyle – K. Holland, Min., 5:20.08  
1M Diving – M. McDonald, Cent., 479.05  
200 Medley Relay – Century, 1:48.62 (L. Haunz, K. Giese, E. Pierce, A. Kindschi)  
200 Freestyle Relay – Minot, 1:41.71 (T. Bruels, K. Holland, T. Goldade, J. Lowe)  
400 Freestyle Relay – Century, 3:37.52 (A. Jundt, L. Haunz, A. Kindschi, E. Pierce)

**1997**  
**WDA champion:** Minot/448 points  
**State champion:** Minot/478 points  
**WDA order of finish:** Minot, Mandan, Williston, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Marie Burckhard, Min., :25.26  
100 Backstroke – Lisa Haunz, Cent., :59.68  
100 Breaststroke – Jennifer Lowe, Min., 1:07.36  
100 Freestyle – M. Burckhard, Min., :54.17  
100 Butterfly – L. Haunz, Cent., 1:00.14  
200 Individual Medley – J. Lowe, Min., 2:11.93  
200 Freestyle – Lauren Little, Man., 1:58.21  
500 Freestyle – Kate Holland, Min., 5:17.85  
1M Diving – Rachelle Giese, Man., 432.50  
200 Medley Relay – Minot, 1:52.41; (K. Holland, J. Lowe, K. Lowee, M. Burckhard)  
200 Freestyle Relay – Minot, 1:42.65 (M. Burckhard, Alecia Aspaas, J. Lowe, Tessa Goldade)  
400 Freestyle Relay – Minot, 3:47.23 (T. Goldade, K. Lowe, Jamie Wendt, K. Holland)  
**WDA state champions**  
50 Freestyle – J. Ament, Jam., :25.01  
100 Backstroke – L. Haunz, Cent., :58.04; 200 Freestyle – L. Little, Man., 1:55.95  
200 Individual Medley – J. Lowe, Min., 2:10.15  
500 Freestyle – K. Holland, Min., 5:19.61  
1M Diving – R. Giese, Man., 438.55  
200 Medley Relay – Minot, 1:52.73 (J. Wendt, J. Lowe, K. Lowe, T. Goldade)  
200 Freestyle Relay – Minot, 1:40.60 (M. Burckhard, K. Holland, J. Lowe, T. Goldade)  
400 Freestyle Relay – Minot, 3:40.79 (K. Holland, K. Deutsch, J. Wendt, M. Burckhard)  
**Note:** Jamestown competed in the EDC

**1998**  
**WDA champion:** Minot/442 points  
**State champion:** Minot/441 points  
**WDA order of finish:** Minot, Mandan, Williston, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Nicole Sauer, Man., 25:99  
100 Backstroke – Lisa Haunz, Cent., :59.55  
100 Breaststroke – Kate Giese, Cent., 1:09.69  
100 Freestyle – Tessa Goldade, Min., :56.33  
100 Butterfly – L. Haunz, Cent., :59.07  
200 Individual Medley – Jamie Wendt, Min., 2:16.75  
200 Freestyle – Kate Holland, Min. 1:59.71  
500 Freestyle – Kate Holland, Min., 5:18.53  
1M Diving – Marie Boyeff, Min., 400.10  
200 Medley Relay – Minot, 1:55.20 (J. Wendt, Alicia Aspaas, Katie Lowe, Emily Week)

200 Freestyle Relay – Mandan, 1:43.48 (N. Sauer, Randi Keller, Amy Ricker, Lauren Little)  
400 Freestyle Relay – Minot, 3:46.14 (T. Goldade, Katie Duetsch, J. Wendt, K. Holland)  
**WDA state champions**  
50 Freestyle – Jill Ament, Jam., :25.35  
100 Freestyle – Lauren Mickelson, Jam., :54.70  
100 Backstroke – L. Haunz, Cent., :58.61  
200 Individual Medley – L. Haunz, Cent., 2:09.92  
1M Diving – Marie Boyeff, Min., 404.75  
200 Medley Relay – Century, 1:52.09 (J. Kindschi, K. Giese, L. Haunz, C. Peter-Kindschi, E. Pierce)  
200 Freestyle Relay – Jamestown, 1:41.27 (Nicole Nygaard, Ashley Weigel, L. Mickelson, J. Ament)  
400 Freestyle Relay – Mandan, 3:41.85 (L. Little, N. Sauer, K. Fiest, J. Bachmeier)  
**Note:** Jamestown competed in the EDC

**1999**  
**WDA champion:** Minot/416 points  
**State champion:** Mandan/411.5 points  
**WDA order of finish:** Minot, Mandan, Century, Williston, Bismarck High  
**WDA individual champions**  
50 Freestyle – Nicole Sauer, Man., 25:59  
100 Backstroke – Jenny Bachmeier, Man., :59.94  
100 Breaststroke – Kelli Henke, Man., 1:08.71  
100 Freestyle – Bethany Hirst, Min., :55.81  
100 Butterfly – Alicia Gooch, Min., 1:01.38  
200 Individual Medley – J. Bachmeier, Man., 2:14.88  
200 Freestyle – Tessa Goldade, Min., 2:02.15  
500 Freestyle – Jessica Tietz, Will., 5:26.09  
1M Diving – Cristi Lindsey, Cent., 419.90  
200 Medley Relay – Mandan, 1:52.94 (J. Bachmeier, K. Henke, Tiffanie Loeb, Randi Keller)  
200 Freestyle Relay – Mandan, 1:42.60 (Linzey Bachmeier, Kristen Fiest, N. Sauer, R. Keller)  
400 Freestyle Relay – Minot, 3:42.55 (Emily Weeks, Katie Lowe, T. Goldade, B. Hirst)  
**WDA state champions**  
50 Freestyle – N. Sauer, Man., :25.15  
100 Backstroke – J. Bachmeier, Man., :59.27  
100 Breaststroke – K. Henke, Man., 1:06.64  
200 Individual Medley – J. Bachmeier, Man., 2:11.37  
500 Freestyle – L. Mickelson, Jam., 5:20.71  
1M Diving – C. Lindsey, Cent., 419.95  
200 Medley Relay – Mandan, 1:51.28 (J. Bachmeier, K. Henke, T. Loeb, R. Keller)  
200 Freestyle Relay – Mandan, 1:39.27 (L. Bachmeier, N. Sauer, K. Fiest, R. Keller)  
400 Freestyle Relay – Jamestown, 3:39.55 (J. Ament, Weigel, M. Johnson, L. Mickelson)  
**Note:** Jamestown competed in the EDC

**2000**  
**WDA champion:** Minot/395 points  
**State champion:** Mandan/402 points  
**WDA order of finish:** Minot, Mandan, Century, Williston, Bismarck High  
**WDA individual champions**  
50 Freestyle – Nicole Sauer, Man., :24.83  
100 Backstroke – Jenny Bachmeier, Man., :59.99  
100 Breast stroke – Jennifer Kelly, Min., 1:11.26  
100 Freestyle – Emily Weeks, Min., :54.49  
100 Butterfly – Linzey Bachmeier, Man.,

1:00.90  
200 Individual Medley – J. Bachmeier, Man., 2:15.26  
200 Freestyle – L. Bachmeier Man., 2:01.39  
500 Freestyle – Tessa Goldade, Min., 5:35.00  
1M Diving – Cristi Lindsey, Cent., 419.90  
200 Medley Relay – Man., 1:52.32 (J. Bachmeier, Kristen Fiest, Tiffanie Loeb, N. Sauer)  
200 Freestyle Relay – Mandan, 1:42.06 (L. Bachmeier, Kristen Fiest, Santana Dougherty, N. Sauer)  
400 Freestyle Relay – Minot, 3:42.90 (E. Weeks, Alicia Gooch, T. Goldade, Bethany Hirst)  
**WDA state champions**  
50 Freestyle – L. Mickelson, Jam., :25.17  
100 Backstroke – J. Bachmeier, Man., :59.58  
100 Butterfly – L. Bachmeier, Man., 1:00.02  
200 Individual Medley – J. Bachmeier, Man., 2:11.62  
500 Freestyle – L. Mickelson, Jam., 5:17.42  
1M Diving – K. Nolz, BHS, 478.45  
200 Medley Relay – Mandan, 1:53.06 (J. Bachmeier, K. Fiest, T. Loeb, N. Sauer)  
200 Freestyle Relay – Mandan, 1:41.68 (L. Bachmeier, A. Renner, S. Dougherty, N. Sauer)  
400 Freestyle Relay – Mandan, 3:41.10 (L. Bachmeier, M. Herberholz, J. Bachmeier, K. Fiest)  
**Note:** Jamestown competed in the EDC

**2001**  
**WDA champion:** Minot/386.5 points  
**State champion:** Mandan/352 points  
**WDA order of finish:** Minot, Mandan, Williston, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Linzey Bachmeier, Man., :25.66  
100 Backstroke – Jenny Bachmeier, Man., :100.22  
100 Breaststroke – Jennifer Kelly, Min., 1:11.19  
100 Freestyle – Emily Weeks, Min., :54.79  
100 Butterfly – Mandy Herberholz, Man., 1:02.37  
200 Individual Medley – J. Bachmeier, Man., 2:13.31  
200 Freestyle – M. Herberholz, Man., 2:04.95  
500 Freestyle – Jessica Tietz, Will., 5:37.48  
1M Diving – Cristi Lindsey, Cent., 415.70  
200 Medley Relay – Minot, 1:54.99 (Alyssa Anderson, J. Kelly, Angela Nissen, Kelsey Vibeto)  
200 Freestyle Relay – Mandan, 1:42.85 (L. Bachmeier, Kristen Fiest, Angela Renner, M. Herberholz)  
400 Freestyle Relay – Mandan, 3:48.14 (L. Bachmeier, M. Herberholz, A. Renner, J. Bachmeier)  
**WDA state champions**  
200 Individual Medley – J. Bachmeier, Mandan, 2:10.80  
100 Butterfly – Mandy Herberholz, Mandan, 1:00.72  
100 Backstroke – J. Bachmeier, Mandan, :59.03;  
1M Diving – Cristi Lindsey, Century, 419.05  
200 Freestyle Relay – Mandan, 1:41.42 (J. Bachmeier, Char Binstock, Steffany Bachmeier, Kristen Fiest)

**2002**  
**WDA champion:** Minot/364.5 points  
**State champion:** Mandan/407 points  
**WDA order of finish:** Minot, Mandan, Williston, Century, Bismarck High  
**WDA state individual champion**  
50 Freestyle – Linzey Bachmeier, Man., :25.52  
100 Backstroke – Jenny Bachmeier,

Man., :100.75  
100 Breaststroke – Carissa Gormally, Will., 1:11.00  
100 Freestyle – Emily Weeks, Min., :54.11  
100 Butterfly – L. Bachmeier, Man., 1:00.86  
200 Individual Medley – E. Weeks, Min., 2:12.47  
200 Freestyle – Allison Maxwell, Will., 2:01.09  
500 Freestyle – A. Maxwell, Wil., 5:27.43  
1M Diving – Dani Visina, Min., 437.05  
200 Medley Relay – Williston, 1:52.62 (Kristy Wood, C. Gormally, A. Maxwell, Amy Roness)  
200 Freestyle Relay – Mandan, 1:42.97 (L. Bachmeier, Kristen Fiest, Angela Renner, M. Herberholz)  
400 Freestyle Relay – Minot, 3:45.20 (Brittany Johnston, Alecia Gooch, Stefanie Merck, E. Weeks)  
**WDA state champions**  
50 Freestyle – L. Bachmeier, Man., :24.61  
200 Individual Medley – J. Bachmeier, Man., 2:11.69  
100 Butterfly – L. Bachmeier, Man., :59.03  
100 Freestyle – E. Weeks, Min., :53.35  
100 Backstroke – J. Bachmeier, Man., :59.00  
1M Diving – Brooke Wehri, Man., 398.60  
200 Medley Relay – Mandan, 1:51.32 (J. Bachmeier, M. Herberholz, J. Bachmeier, K. Fiest, Steffany Bachmeier, L. Bachmeier, A. Renner)  
200 Freestyle Relay – Williston, 1:40.30 (A. Maxwell, C. Gormally, K. Wood, A. Roness)  
400 Freestyle Relay – Mandan, 3:41.00 (K. Fiest, M. Herberholz, S. Bachmeier, J. Bachmeier)  
**Note:** Minot wins 100 Freestyle event for 10th consecutive year



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## Girls' Swimming-Diving Year-by-Year Postseason Results

### 2003

**WDA champion:** Minot/402 points  
**State champion:** Minot/424.4 points  
**WDA order of finish:** Minot, Williston, Mandan, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Linzey Bachmeier, Man., :25.07  
100 Backstroke – Steffany Bachmeier, Man., 1:01.48  
100 Breaststroke – Carissa Gormally, Will., 1:10.87  
100 Freestyle – Emily Weeks, Min., :55.04  
100 Butterfly – L. Bachmeier, Man., 59.22  
200 Individual Medley – Allison Maxwell, Will., 2:15.07  
200 Freestyle – E. Weeks, Min., 2:00.06  
500 Freestyle – Dana Lair, Min., 5:29.56  
1M Diving – Dani Visina, Min., 402.50  
200 Medley Relay – Will., 1:53.96 (Kristy Wood, C. Gormally, A. Maxwell, Erin Maetzold)  
200 Freestyle Relay – Min., 1:42.18 (Brittann Johnston, Alyssa Jenkins, Alecia Gooch, E. Weeks)  
400 Freestyle Relay – Williston, 3:43.80 (A. Maxwell, E. Maetzold, K. Wood, Amy Roness)  
**WDA state champions**  
50 Freestyle – L. Bachmeier, Man. :24.71  
200 Individual Medley – E. Weeks, Minot, 2:12.39  
100 Butterfly – L. Bachmeier, Man., :57.80  
100 Breaststroke – C. Gormally, Will. 1:07.86  
1M Diving – Dani Visina, Min., 430.50  
200 Medley Relay – Williston, 1:52.80 (K. Wood, C. Gormally, A. Maxwell, E. Maetzold)  
400 Freestyle Relay – Williston, 3:42.19 (A. Maxwell, E. Maetzold, K. Wood, A. Roness)

### 2004

**WDA champion:** Minot/381 points  
**State champion:** Minot/351 points  
**WDA order of finish:** Minot, Williston, Mandan, Century, Bismarck High  
**WDA individual champions**  
50 Freestyle – Linzey Bachmeier, Man., :24.88  
100 Backstroke – Steffany Bachmeier, Man., 1:00.72  
100 Breaststroke – Carissa Gormally, Will., 1:10.18  
100 Freestyle – Dani Maddock, Cent., :54.52  
100 Butterfly – L. Bachmeier, Man., 58.23  
200 Individual Medley – Dany Knutson, Min., 2:11.52  
200 Freestyle – D. Maddock, Cent., 1:59.24  
500 Freestyle – Bailey Bolinske, Will., 5:26.49  
1M Diving – Kati Hopfauf, Man., 384.90  
200 Medley Relay – Williston, 1:53.19 (B. Bolinske, C. Gormally, Allison Maxwell, Kristy Wood)  
200 Freestyle Relay – Minot, 1:42.67 (Alyssa Jenkins, Brittany Johnston, Laura Greer, D. Knutson)  
400 Freestyle Relay – Williston, 3:42.91 (A. Maxwell, Erin Maetzold, K. Wood, C. Gormally)  
**WDA state champions**  
50 Freestyle – L. Bachmeier, Man., :24.39  
100 Freestyle – D. Maddock, Cent., :52.91  
100 Breaststroke – C. Gormally, Will., 1:07.54;  
200 Individual Medley – D. Knutson, Min., 2:10.01  
100 Butterfly – L. Bachmeier, Man., :57.75;  
1M Diving – K. Hopfauf, Man., 436, 80  
**Note:** Minot wins its 25th WDA title

### 2005

**WDA champion:** Minot/397 points  
**State champion:** Minot/362 points  
**WDA order of finish:** Minot, Williston, Century, Mandan, Bismarck High  
**WDA individual champions**  
50 Freestyle – Carissa Gormally, Will., :23.87  
100 Backstroke – Dagny Knutson, Min., :58.90  
100 Breaststroke – Bailey Bolinske, Will., 1:09.42  
100 Freestyle – C. Gormally, Will., :52.76  
100 Butterfly – D. Knutson, Min., :57.34  
200 Individual Medley – Maggi Beck, Min., 2:13.17  
200 Freestyle – B. Bolinske, Will., :01.21  
500 Freestyle – Allison Maxwell, Will., 5:22.46  
1M Diving – Kati Hopfauf, Man., 415.10  
200 Medley Relay – Minot, 1:50.74 (M. Beck, Emily Evanoff, D. Knutson, Alyssa Jenkins)  
200 Freestyle Relay – Minot, 1:41.28 (D. Knutson, A. Jenkins, Laura Greer, M. Beck)  
400 Freestyle Relay – Williston, 3:41.95 (A. Maxwell, Aleina Weisz, B. Bolinske, C. Gormally)  
**WDA state champions**  
200 Individual Medley – D. Knutson, Min., 2:08.04  
200 Medley Relay – Minot, 1:51.62 (M. Black, E. Evanoff, D. Knutson, A. Jenkins)

### 2006

**WDA champion:** Minot/352 points  
**State champion:** Minot/351 points  
**WDA order of finish:** Minot, Williston, Mandan, Century, Bismarck High, Jamestown  
**WDA individual champions**  
50 Freestyle – Bailey Bolinske, Will., :24.94  
100 Backstroke – Maggi Beck, Min., 1:01.77  
100 Breaststroke – B. Bolinske, Will., 1:08.12  
100 Freestyle – Aleina Weisz, Will., :56.34  
100 Butterfly – Dagny Knutson, Min., :56.15  
200 Individual Medley – D. Knutson, Min., 2:05.10  
200 Freestyle – Kaylee Kemmesat, Cent., 2:00.64  
500 Freestyle – K. Kemmesat, Cent., 5:24.95  
1M Diving – Kati Hopfauf, Man., 469.45  
200 Medley Relay – Williston, 1:54.37 (B. Bolinske, Alexi Klug, Sadie Miller, A. Weisz)  
200 Freestyle Relay – Minot, 1:41.60 (Andrea Kraft, Kelsey Beechie, Amber Alexander, D. Knutson)  
400 Freestyle Relay – Minot, 3:44.96 (Laura Greer, K. Beechie, M. Beck, D. Knutson)  
**WDA state champions**  
200 Individual Medley – D. Knutson, Min., 2:03.24  
100 Butterfly – D. Knutson, Minot, :55.60  
100 Breaststroke – Bailey Bolinske, Will., 1:07.39  
1M Diving – Katie Hopfauf, Man., 449.65  
**Note:** Jamestown joins the WDA

### 2007

**WDA champion:** Minot/377 points  
**State champion:** Minot/330 points  
**WDA order of finish:** Minot, Williston, Mandan, Century, Bismarck High, Jamestown  
**WDA individual champions**  
50 Freestyle – Alexis Hogan, Man., :25.68  
100 Backstroke – Maggi Beck, Min., 1:00.88  
100 Breaststroke – Amber Alexander, Min., 1:09.97  
100 Freestyle – Vanessa Stumpf, Man., :56.18

100 Butterfly – D. Knutson, Min., :55.60;  
200 Individual Medley – D. Knutson, Min. 1:59.70;  
200 Freestyle – M. Beck, Min., 1:57.94  
500 Freestyle – K. Kemmesat, Cent., 5:17.33  
1M Diving – Megan Keidel, BHS, 439.30  
200 Medley Relay – Minot, 1:51.84 (M. Beck, A. Alexander, D. Knutson, Kelsey Beechie)  
200 Freestyle Relay – Minot, 1:44.40 (A. Alexander, K. Beechie, Serena Olson, Courtney Funk)  
400 Freestyle Relay – Minot, 3:39.76 (S. Olson, C. Funk, M. Beck, D. Knutson)  
**WDA state champions**  
200 Individual Medley – Dagny Knutson, Minot, 1:58.58  
100 Freestyle – D. Knutson, Minot, :48.80  
100 Backstroke – Maggi Beck, Minot, :59.50  
1M Diving – Megan Keidel, BHS, 410.45  
200 Medley Relay – Minot, 1:49.73 (M. Beck, A. Alexander, D. Knutson, K. Beechie)  
400 Freestyle Relay – Minot, 3:37.35 (S. Olson, K. Nelson, M. Beck, D. Knutson)  
**Note:** Minot first team to win five straight 200 freestyle events

### 2008

**WDA champion:** Minot/331 points  
**State champion:** Minot/331 points  
**WDA order of finish:** Minot, Century, Williston, Jamestown, Bismarck High  
**WDA individual champions**  
50 Freestyle – Alexis Hogan, Man., :24.77  
100 Backstroke – Maggi Beck, Min., :59.34  
100 Breaststroke – Sadie Miller, Will., 1:09.65  
100 Freestyle – Dagny Knutson, Min., :48.74  
100 Butterfly – M. Beck, Min., :58.82  
200 Individual Medley – D. Knutson, Min., 1:56.93  
200 Freestyle – Kalee Kemmesat, Cent. 2:00.74  
500 Freestyle – K. Kemmesat, Cent., 5:25.08  
1M Diving – McKenzie Rudolph, Min., 401.10  
200 Medley Relay – Williston, 1:52.97 (Kaitlin Bolinske, S. Miller, Madison Porter, Kelsey Stenson)  
200 Freestyle Relay – Minot, 1:38.11 (Courtney Funk, Serena Olson, M. Beck, D. Knutson)  
400 Freestyle Relay – Minot, 3:33.33 (C. Funk, S. Olson, M. Beck, D. Knutson)  
**WDA state champion**  
200 Freestyle – D. Knutson, Minot, 1:43.00  
500 Freestyle – D. Knutson, Minot, 4:40.26  
100 Freestyle – Cassie Walth, Cent., :53.20  
100 Backstroke – Maggi Beck, Minot, :58.73  
200 Individual Medley – M. Beck, Minot 1M Diving – McKenzie Rudolph, Minot, 418.15  
200 Medley Relay – Minot, 1:48.32 (M. Beck, K. Webster, D. Knutson, C. Funke)  
200 Freestyle Relay – Century, 1:40.96 (C. Walth, L. Engeberg, S. Weinberg, K. Kemmesat)

### 2009

**WDA champion:** Williston/486 points  
**State champion:** Century/290 points  
**WDA order of finish:** Williston, Minot, Century, Mandan, Jamestown, Bismarck High  
**WDA individual champions**  
50 Freestyle – Alexis Hogan, Man., :25.03  
100 Backstroke – Kaitlin Bolinske, Will., :59.98  
100 Breaststroke – Sadie Miller, Will., 1:08.17

100 Freestyle – K. Bolinske, Will., :53.65  
100 Butterfly – Madison Porter, Will., :57.55  
200 Individual Medley – D. Knutson, Min., 1:58.24  
200 Freestyle – M. Porter, Will., 1:56.41  
500 Freestyle – D. Knutson, Min., 4:43.76  
1M Diving – Kaitlin Walsh, Jam., 383.10  
200 Medley Relay – Williston, 1:51.06 (Kaitlyn Bolinske, S. Miller, M. Porter, Kelsey Stenson)  
200 Freestyle Relay – Century, 1:42.10 (Cassie Walth, Lydia Engberg, Jarren Fallgatter, Kalee Kemmesat)  
400 Freestyle Relay – Minot, 3:38.59 (Jessica Kelly, Katie Clark, Serena Olson, D. Knutson)  
**WDA state champions**  
200 Individual Medley – D. Knutson, Minot, 1:59.79  
100 Freestyle – D. Knutson, Minot, :48.30 (national record)  
100 Backstroke – K. Bolinske, Will., :59.29  
100 Breaststroke – S. Miller, Will., 1:07.16  
200 Medley Relay – Williston, 1:48.98 (K. Bolinske, S. Miller, M. Porter, K. Stenson)  
400 Freestyle Relay – Century, 1:39.42 (C. Walth, L. Engeberg, J. Fallgatter, K. Kemmesat)  
**Note:** Minot's Dagny Knutson (2004-09) finishes career with 21 state titles (11 individual/10 relay)

### 2010

**WDA champion:** Williston/427.5 points  
**State champion:** Century/368.5 points  
**WDA order of finish:** Williston, Century, Minot, Jamestown, Mandan, Bismarck High  
**WDA individual champions**  
50 Freestyle – Courtney Funk, Min., :24.32  
100 Backstroke – Erin Hart, Jam., 1:01.43  
100 Breaststroke – Veronica Herrmann, Cent. 1:11.64  
100 Freestyle – C. Funk, Min., :53.45  
100 Butterfly – Dani Bergeson, Cent., 1:02.83  
200 Individual Medley – E. Hart, Jam., 2:19.18  
200 Freestyle – Lydia Engberg, Cent., 1:48.63  
500 Freestyle – McKenna Brown, Min., 5:25.40  
1M Diving – Brook Lukach, Jam., 385.80  
200 Medley Relay – Century, 1:54.87 (Emily Smallbeck, V. Herrmann, D. Bergeson, Jarren Fallgatter)  
200 Freestyle Relay – Minot, 1:44.59 (M. Brown, Sydney Clark, Alexis Clark, C. Funk)  
400 Freestyle Relay – Century, 3:44.20 (L. Engeberg, McKenzie Jeske, D. Bergeson, Cassie Walth)  
**WDA state champions**  
50 Freestyle – C. Funk, Minot. :24.18  
100 Freestyle – C. Funk, Minot, 52.13  
200 Freestyle Relay – Century, 1:41.43 (L. Engeberg, J. Fallgatter, M. Jeske, C. Walth)  
**Note:** Williston is first team to capture the WDA title without winning an individual or relay event.

### 2011

**WDA champion:** Century/442 points  
**State champion:** Century/352 points  
**WDA order of finish:** Century, Williston, Minot, Mandan, Jamestown, Bismarck High  
**WDA individual champions**  
50 Freestyle – Courtney Funk, Min., :24.80  
100 Backstroke – Erin Hart, Jam., :59.65  
100 Breaststroke – Veronica Herrmann, Cent., 1:08.41  
100 Freestyle – C. Funk, Min., :54.16  
100 Butterfly – Dani Bergeson, Cent., 1:02.41

200 Individual Medley – V. Herrmann, Cent., 2:16.38  
200 Freestyle – E. Hart, Jam., 1:58.55  
500 Freestyle – McKenna Brown, Min., 5:25.09  
1M Diving – Alex Lind, Jam., 439.25  
200 Medley Relay – Century, 1:54.72 (D. Bergeson, V. Herrmann, Emily Smallbeck, McKenzie Jeske)  
200 Freestyle Relay – Century, 1:43.28 (Jarren Fallgatter, V. Herrmann, Kyra Ekre, Cassie Walth)  
400 Freestyle Relay – Century, 3:42.20 (C. Walth, D. Bergeson, E. Smallbeck, J. Fallgatter)  
**WDA state champions**  
200 Medley Relay – Century, 1:47.97 (D. Bergeson, V. Herrmann, E. Smallbeck, J. Fallgatter)  
200 Individual Medley – D. Bergeson, Cent., 2:07.35  
50 Freestyle – C. Funk, Min., :23.36  
100 Freestyle – C. Funk, Min., :51.74  
100 Backstroke – Erin Hart, Jam. :57.82  
1M Diving – A. Lind, Jam. 430.70  
200 Freestyle Relay – Century, 1:40.95 (C. Walth, N. Johnson, V. Herrmann, K. Ekre)  
400 Freestyle Relay – Century, 3:37.03 (C. Walth, D. Bergeson, M. Jeske, J. Fallgatter)

# RECORD BOOK

wdasports.org

## Girls' Swimming-Diving Year-by-Year Postseason Results

**2012**  
**WDA champion:** Century/481.5 points  
**WDA order of finish:** Century, Williston, Minot, Mandan, Jamestown, Bismarck High  
**WDA individual champions**  
50 Freestyle – Jarren Fallgatter, Cent., :24.79  
100 Backstroke – Dani Bergeson, Cent., :59.74  
100 Breaststroke – Veronica Herrmann, Cent., 1:7.83  
100 Freestyle – Ketti Ringwall, Will., :54.41  
100 Butterfly – McKenzie Jeske, Century, 1:00.91  
200 Individual Medley – Brynn Everson, Will., :2:13.89  
200 Freestyle – D. Bergeson, Cent., 1:54.78  
500 Freestyle – McKenna Brown, Min., 5:21.70  
1M Diving – Alex Lind, Jam., 429.00  
200 Medley Relay – Century, 1:52.80 (Tess Sether, V. Herrmann, M. Jeske, J. Fallgatter)  
200 Freestyle Relay – Minot, 1:43.05 (Cassandra Askvig, Jordan Hubbard, Emily Hamel, M. Brown)  
400 Freestyle Relay – Century, 3:43.03 (J. Fallgatter, Kyra Ekre, M. Jeske, D. Bergeson)  
**WDA state champions**  
100 Backstroke – D. Bergeson, Cent., :56.68  
100 Breaststroke – V. Herrmann, Cent., 1:05.59  
200 Freestyle – D. Bergeson, Cent., 1:52.37  
1M Diving – Alex Lind, Jam., 453.80  
200 Medley Relay – Century, 1:46.98 (D. Bergeson, V. Herrmann, M. Jeske, J. Fallgatter)

**2013**  
**WDA champion:** Minot/460 points  
**State champion:** Minot/337 points  
**WDA order of finish:** Century, Mandan, Williston, Bismarck High, Jamestown  
**WDA individual champions**  
50 Freestyle – Francesca Walker-Rozo, Min., :24.88  
100 Butterfly – Walker-Rozo, Min., :58.14  
100 Freestyle – Dani Bergeson, Cent., :53.43  
100 Backstroke – D. Bergeson, Cent., :58.21  
200 Freestyle – Ketti Ringwall, Will., 1:58.26  
200 Individual Medley – Rachel Ford, Man., 2:17.65  
500 Freestyle – McKenna Brown, Min., 5:24.63  
100 Breaststroke – Sarah Bogenrief, Min., 1:09.99  
1M Diving – Lauren Gietzen, Cent., 415.10  
200 Medley Relay – Minot, 1:52.60 (Brown, Bogenrief, Walker-Rozo, Emily Hamel)  
200 Freestyle Relay – Minot, 1:41.77 (Brown, Josie Gillund, Walker-Rozo, Hamel)  
400 Freestyle Relay – Mandan, 3:41.72 (Ashley Doll, Ford, McKenzie Martin, Carli Borchers)  
**WDA state champions**  
50 Freestyle – E. Hamel, Min., :24.38  
100 Freestyle – D. Bergeson, Cent., :51.07  
200 Freestyle – K. Ringwall, Will., 1:54.07  
100 Backstroke – D. Bergeson, Cent., :56.27  
200 Medley Relay – Minot, 1:48.43 (M. Brown, S. Bogenrief, F. Walker-Rozo, E. Hamel)  
200 Freestyle Relay – Minot, 1:38.21 (M. Brown, J. Gillund, F. Walker-Rozo, E. Hamel)

**2014**  
**WDA champion:** Minot/527 points  
**State champion:** Minot/339 points  
**WDA order of finish:** Minot, Century, Jamestown,  
**WDA individual champions**  
50 Freestyle – Dani Bergeson, Cent., :24.47  
100 Freestyle – Emily Hamel, Min., :54.80  
100 Butterfly – D. Bergeson, Cent., :59.19  
100 Backstroke – Annie Hart, Jam., 1:00.91  
100 Breaststroke – Vanessa Herrmann, Cent., 1:09.21  
200 Freestyle – Carlie Borchers, Man., :2:01.20  
200 Individual Medley – Tess Sether, Cent., :2:20.63  
500 Freestyle – McKenna Brown, Min., 5:22.86  
1M Diving – Morgan Gietzen, Cent., 394.05  
200 Freestyle Relay – Minot, 1:42.95 (Cassie Askvig, M. Brown, Josie Gillund, E. Hamel)  
200 Medley Relay – Century, 1:52.44 (D. Bergeson, V. Herrmann, T. Sether, Abby Bourgois)  
400 Freestyle Relay – Century, 3:45.82 (A. Bourgois, V. Herrmann, Amy Warren, D. Bergeson)  
**WDA state champions**  
100 Butterfly – D. Bergeson, Cent., :56.13  
100 Backstroke – D. Bergeson, Cent., :56.30  
100 Breaststroke – V. Herrmann, Cent., 1:04.45  
200 Medley Relay – Century, 1:47.54 (D. Bergeson, V. Herrmann, T. Sether, A. Bourgois)  
200 Freestyle Relay – Minot, 1:38.65 (C. Askvig, M. Brown, J. Gillund, E. Hamel)

**2015**  
**WDA champion:** Century/484 points  
**State champion:** Century/310.5 points  
**WDA order of finish:** Century, Minot, Mandan, Williston, Jamestown, Dickinson, Bismarck High, Legacy  
**WDA individual champions**  
50 Freestyle – Emily Hamel, Min., :24.54  
100 Freestyle – E. Hamel, Min., :53.37  
100 Backstroke – Briana Rittenbach, Cent., :58.77  
100 Breaststroke – V. Herrmann, Cent., 1:05.51  
100 Butterfly – Tess Sether, Cent., 1:01.69  
200 Freestyle – Emma Hepper, BHS, 1:57.89  
200 Individual Medley – V. Herrmann, Cent., 2:11.20  
500 Freestyle – Rylie Webb, Min., 5:28.01  
1M Diving – Chantell Mindt, Mandan, 453.55  
200 Freestyle Relay – Minot, 1:40.90 (Hannah Zaderaka, Josie Gillund, Cassie Askvig, E. Hamel)  
200 Medley Relay – Century, 1:50.52 (Briana Rittenbach, Carly Palmer, Tess Sether, Abby Bourgois)  
400 Freestyle – Minot, 3:42.42 (Zaderaka, Webb, Gillund, E. Hamel)  
**WDA state champions**  
200 Individual Medley – V. Herrmann, Cent., 2:05.75  
100 Breaststroke – V. Herrmann, Cent., 1:02.94  
100 Backstroke – E. Hepper, BHS, :57.54  
200 Medley Relay – Century, 1:47.45 (Brianna Rittenbach, Carly Palmer, Tess Sether, Abby Bourgois)  
**Note:** Dickinson and Legacy compete as independent programs for the first time.

**2016**  
**WDA champion:** Century/550 points  
**State champion:** Century/458 points  
**WDA order of finish:** Century, Minot, Mandan, Jamestown, Bismarck High, Dickinson, Williston, Legacy  
**WDA individual champions**  
200 Medley Relay – Century, 1:50.89 (Briana Rittenbach, Vanessa Herrmann, Carly Palmer, Lexi Duchscherer)  
200 Freestyle – V. Herrmann, Cent., 1:56.82  
200 Individual Medley – Rylie Webb, Min., 2:13.99  
50 Freestyle – Lexi Duchscherer, Cent., :25.36  
1M Diving – Addisyn Widdel, Min., 415.80 points  
100 Butterfly – Taylor Bradley, Jam., 1:03.58  
100 Freestyle – Emma Hepper, BHS, :54.58  
500 Freestyle – V. Herrmann, Cent., 5:10.88  
200 Freestyle Relay – Bismarck High, 1:44.52 (MaKenna Kuhn, Katie Brodersen, Shayla Heger, Hepper)  
100 Backstroke – Rittenbach, Cent., 1:00.09  
100 Breaststroke – Mayson Sheldon, Man., 1:08.02  
400 Freestyle Relay – Century, 3:46.75 (Bourgois, Warren, Herrmann, Rittenbach)  
**WDA state champions**  
200 Medley Relay – Century, 1:44.81 (Briana Rittenbach, Vanessa Herrmann, Carly Palmer, Lexi Duchscherer)  
200 Freestyle Relay – Emma Hepper, BHS, 1:54.97  
200 IM – Vanessa Herrmann, Century, 2:02.77  
500 Freestyle – Hepper, BHS, 5:12.82  
200 Freestyle Relay – Century, 1:39.66 (A. Bourgois, L. Duchscherer, A. Warren, C. Palmer)  
100 Backstroke – Briana Rittenbach, Century, :55.67\*  
100 Breaststroke – Herrmann, Century, 1:02.96  
400 Freestyle Relay – Century, 3:34.83 (Warren, Bourgois, Herrmann, Rittenbach)  
**\*State record**  
**Note:** Century won its second straight WDA and ND State title.

**2017**  
**WDA champion:** Century/400 points  
**State champion:** Century/565 points  
**WDA order of finish:** Century, Minot, Williston, Dickinson, Mandan, Legacy, Jamestown, Bismarck High  
**WDA individual champions**  
200 Medley Relay – Century, 1:47.50 (Brianna Rittenbach, Vanessa Herrmann, Carly Palmer, Lexi Duchscherer)  
200 Freestyle – V. Herrmann, Century, 1:55.56  
200 IM – Rylie Webb, Minot, 2:15.65  
50 Freestyle – L. Duchscherer, Century, :23.69  
1M Diving – Olivia Lacher, Mandan, 431.05 points  
100 Freestyle – L. Duchscherer, Century, :51.81  
100 Butterfly – C. Palmer, Century, 1:00.68  
500 Freestyle – V. Herrmann, Century, 5:00.72  
200 Freestyle Relay – Century, 1:43.86 (Sarah Dorrheim, Andrea Frank, Gracie Zotnick, Paige Keller)  
100 Backstroke – B. Rittenbach, Century, :56.84  
100 Breaststroke – C. Palmer, Century, 1:06.01  
400 Freestyle Relay – Century, 3:36.01 (L. Duchscherer, V. Herrmann, C. Palmer, B. Rittenbach)  
**WDA state champions**  
200 Medley Relay – Century, 1:45.27 (Brian Rittenbach, Vanessa Herrmann, Carly Palmer, Lexi Duchscherer)

200 IM – V. Herrmann, Century, 2:03.49  
50 Freestyle: L. Duchscherer, Century, :23.55  
200 Freestyle Relay – Century, 1:39.04 (L. Duchscherer, Andrea Frank, Gracie Zotnick, Paige Keller)  
100 Backstroke: B. Rittenbach, Century, :57.11  
100 Breaststroke – V. Herrmann, Century, 1:20.89  
400 Freestyle Relay – Century, 3:36.48 (B. Rittenbach, Sarah Dorrheim, V. Herrmann, C. Palmer)  
**Note:** Century won its third straight WDA and ND State title.

**2018**  
**WDA champion:** Century/527 points  
**State champion:** Century/400 points  
**WDA order of finish:** Century, Minot, Williston, Mandan, Dickinson, Jamestown, Legacy, Bismarck High  
**WDA individual champions**  
200 Medley Relay – Century, 1:49.69 (Briana Rittenbach, Avery Meyhoff, Paige Keller, Lexi Duchscherer)  
200 Freestyle – Carly Palmer, Cent., 1:56.77  
200 Individual Medley – Rylie Webb, Min., 2:13.73  
50 Freestyle – L. Duchscherer, Cent., :23.30  
1M Diving – Adisynn Widdel, Min., 400.10 points  
100 Butterfly – Demi Peterson, Will., 1:00.05  
100 Freestyle – L. Duchscherer, Cent., :51.84  
500 Freestyle – Isabella Koebele, Cent., 5:23.64  
200 Freestyle Relay – Century, 1:39.05 (Sarah Dorrheim, P. Keller, C. Palmer, L. Duchscherer)  
100 Backstroke – Briana Rittenbach, Cent., :58.43  
100 Breaststroke – C. Palmer, Cent., 1:07.19  
400 Freestyle Relay – Century, 3:41.60 (S. Dorrheim, Andrea Frank, C. Palmer, B. Rittenbach)  
**WDA state champions**  
200 Medley Relay – Century, 1:46.14 (Briana Rittenbach, Avery Meyhoff, Paige Keller, Lexi Duchscherer)  
50 Freestyle – L. Duchscherer, Cent., :23.31  
100 Butterfly – Demi Peterson, Will., :59.33  
100 Freestyle – L. Duchscherer, Cent., :51.60  
200 Freestyle Relay – \*Century, 1:37.38 (Sarah Dorrheim, P. Keller, Carly Palmer, L. Duchscherer)  
100 Backstroke – B. Rittenbach, Cent., :55.93  
100 Breaststroke – C. Palmer, Cent., 1:05.84  
400 Freestyle Relay – Century, 3:34.24 (S. Dorrheim, Andrea Frank, C. Palmer, B. Rittenbach)  
**\*State Record**  
**Note:** Century won its fourth straight WDA and ND State title...The Patriots 200 relay team set a new state record.

**2019**  
**WDA Champion:** Century, 568  
**State Champion:** Century, 355.5  
**WDA order of finish:** Century, Minot, Dickinson, Williston, Legacy, Mandan, Bismarck High, Jamestown  
**WDA individual champions**  
200 Medley Relay: Century, 1:49.77 (Lexi Duchscherer, Avery Meyhoff, Erin Palmer, Sarah Dorrheim)  
200 Freestyle: Lexi Duchscherer, Century, 1:52.85  
200IM: Marissa Branham, Williston, 2:12.63  
50 Freestyle: S. Dorrheim, Century, :24.49  
1M Diving: Paige Davis, Legacy, 387.95 points

100 Butterfly: L. Duchscherer, Century, :56.87  
100 Freestyle: S. Dorrheim, Century, :53.75  
500 Freestyle: Izzy Koebele, Century, 5:19.73  
200 Freestyle Relay: Century, 1:40.03 (Paige Keller, S. Dorrheim, Olivia Schuchard, L. Duchscherer)  
100 Breaststroke: Mayson Sheldon, Mandan, 1:07.31  
100 Backstroke: McKenna Matt, Century, 1:02.54  
400 Freestyle Relay: Century, 3:45.61 (O. Schuchard, Andrea Frank, M. Matt, E. Palmer)  
400 Freestyle Relay: Century, 3:45.61 (O. Schuchard, Andrea Frank, M. Matt, E. Palmer)  
**WDA state champions**  
200 IM: Marissa Branham, Williston, 2:09.34  
50 Freestyle: \*Lexi Duchscherer, Century, :22.91  
100 Freestyle: L. Duchscherer, Century, :50.36  
100 Breaststroke: M. Branham, Williston, 1:05.59  
400 Freestyle Relay: Century, 3:32.22 (Olivia Schuchard, Sarah Dorrheim, Erin Palmer, L. Duchscherer)  
**Notes:** Century won its fifth-straight WDA and ND state title...The Patriots Lexi Duchscherer set a state record in the 50 Freestyle.  
**2020**  
**WDA champion:** Century, 526.5  
**State champion:** Century, 413  
**WDA order of finish:** Century, Minot, Williston, Dickinson, Legacy, Jamestown, Mandan, Bismarck High  
**WDA individual champions**  
200 Medley Relay: Century, 1:49.75 (McKenna Matt, Paige Keller, Erin Palmer, Lexi Duchscherer)  
200 Freestyle: Sarah Dorrheim, Century, 1:58.01  
200 IM: E. Palmer, Century, 2:10.26  
50 Freestyle: L. Duchscherer, Century, :23.16  
1M Diving: Bella Price, Minot, 398.85 points  
100 Butterfly: Demi Peterson, Williston, 1:01.77  
100 Freestyle: Charley Rathgeber, Dickinson, :55.28  
500 Freestyle: Izzy Koebele, Century, 5:22.77  
200 Freestyle Relay: Century, 1:42.03 (P. Keller, Lauryn Caster, Taylor Cook, S. Dorrheim)  
100 Backstroke: L. Duchscherer, Century, :56.07  
100 Breaststroke: E. Palmer, Century, 1:05.02  
400 Freestyle Relay: Century, 3:35.86 (Olivia Schuchard, S. Dorrheim, L. Duchscherer, E. Palmer)  
**WDA state champions**  
200 Medley Relay: Century, 1:45.95 (McKenna Matt, Paige Keller, Erin Palmer, Lexi Duchscherer)  
200 Freestyle: Sarah Dorrheim, Century, 1:53.49  
200 IM: Erin Palmer, Century, 2:05.89  
50 Freestyle: L. Duchscherer, Century, :22.54  
100 Freestyle: L. Duchscherer, Century, :50.26  
200 Freestyle Relay: Century, 1:37.39 (P. Keller, Taylor Cook, Lauryn Caster, S. Dorrheim)  
100 Breaststroke: E. Palmer, Century, 1:02.95  
400 Freestyle Relay: Century, 3:29.58 (L. Duchscherer, Olivia Schuchard, S. Dorrheim, E. Palmer)  
**Notes:** Century won its sixth-straight WDA and ND state championship...Due to COVID-19, teams did not compete in as many meets outside of the region.

# RECORD BOOK

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## Girls' Swimming-Diving Year-by-Year Postseason Results

### 2021

**WDA Champion:** Minot High, 467  
**State Champion:** Century, 349  
**WDA order of finish:** Minot High, Century, Williston, Dickinson, Legacy, Mandan, Jamestown Bismarck High  
**WDA individual champions**  
200 Medley Relay: Century, 1:50.42 (Sarah Dorrheim, Mady Tavis, Erin Palmer, Lauryn Caster)  
200 Freestyle: S. Dorrheim, Century, 1:57.26  
200 IM: Marissa Branham, Williston, 2:11.40  
50 Freestyle: S. Dorrheim, Century, :24.52  
1M Diving: Bella Price, Minot, 457 points  
100 Butterfly: Lucia Aguero-Montero, Mandan, 1:01.27  
100 Freestyle: E. Palmer, Century, :51.82  
500 Freestyle: Izzy Koebele, Century, 5:23.62  
200 Freestyle Relay: Century, 1:41.80 (Olivia Schuchard, Taylor Cook, M. Tavis, S. Dorrheim)  
100 Backstroke: M. Branham, Williston, :59.98  
100 Breaststroke: E. Palmer, Century, 1:05.45  
400 Freestyle Relay: Minot, 3:42.35 (Elise Altringer, Emily Brugman, Sam Vonbokern, Jordn Wolsky)  
**WDA state champions**  
200 Medley Relay: Century, 1:47.15 (Sarah Dorrheim, Mady Tavis, Erin Palmer, Lauryn Caster)  
200 IM: Marissa Branham, Williston, 2:08.96  
100 Butterfly: E. Palmer, Century, :57.13  
100 Freestyle: S. Dorrheim, Century, :52.02  
200 Freestyle Relay: Century, 1:39.55 (Olivia Schuchard, Taylor Cook, M. Tavis, L. Caster)  
100 Breaststroke: E. Palmer, Century, 1:02.02\*  
400 Freestyle Relay: Century, 3:31.04 (S. Dorrheim, T. Cook, O. Schuchard, E. Palmer)  
**Notes:** Century won its seventh straight state title...Minot High won the WDA championship...Century's Erin Palmer set a new record in the 100 breaststroke.

### 2022

**WDA champion:** Minot High, 440  
**WDA order of finish:** Minot, Century, Dickinson, Williston, Jamestown, Legacy, Mandan, Bismarck High  
**WDA Individual Champions**  
200 Medley Relay: Minot High, 1:56.13 (Ava Williamson, Elise Atringer, Sam Vonbokern, Bostyn Edwards)  
200 Freestyle: Lauryn Caster, Century, 2:00.09  
200 IM: A. Williamson, Minot, 2:18.29  
50 Freestyle: S. Vonbokern, Minot, :25.43  
1M Diving: Haley Conklin, Minot, 413.35 points  
100 Butterfly: Charley Rathgeber, Dickinson, 1:04.02  
100 Freestyle: S. Vonbokern, Minot, :54.32  
500 Freestyle: Taylor Miller, Dickinson, 5:32.85  
200 Freestyle Relay: Century, 1:43.24 (L. Caster, Abby Jablonsky, Ava Erickson, Mady Tavis)  
100 Backstroke: Tova Blikre, Legacy, 1:02.25  
100 Breaststroke: Madeline VerDouw, Bismarck High, 1:09.97  
400 Freestyle Relay: Minot, 3:44.74 (E. Altringer, A. Williamson, Gabby Osborn, S. Vonbokern)

### WDA State champions

200 Freestyle: Lauryn Caster, Century, 1:55.69  
200 IM: Ava Williamson, Minot High, 2:10.94  
1M Diving: Ella Kesler, Minot High, 457.40 points  
100 Freestyle: L. Caster, Century, :53.08  
500 Freestyle: Sam Vonbokern, Minot High, 5:13.26  
200 Freestyle Relay: Century, 1:40.61 (L. Caster, Abby Jablonsky, Ava Erickson, Mady Tavis)  
**Notes:** Minot High won its second-straight WDA title.