

17 & Over Girls

50 Freestyle			
1	Janna McDougall	1997	23.48
2	Denise Merk	1996	23.50
3	Julia Bush	2015	24.26
4	Becky Alexander	2005	24.41
5	Keri Holmstrom	2007	24.64

100 Freestyle			
1	Janna McDougall	1998	50.97
2	Denise Merk	1996	52.19
3	Becky Alexander	2005	52.41
4	Julia Bush	2015	52.51
5	Christie Halverson	2014	53.36

200 Freestyle			
1	Janna McDougall	1997	1:51.45
2	Julia Bush	2014	1:53.48
3	Mary Sherman	2002	1:53.50
4	Christie Halverson	2014	1:54.20
5	Hannah Points	2008	1:54.45

500 Freestyle			
1	Hannah Points	2008	4:58.01
2	Christie Halverson	2014	4:59.11
3	Mary Sherman	2002	5:01.75
4	Maggie Alexander	2008	5:05.98
5	Kelly Holt	2006	5:07.00

1000 Freestyle			
1	Melissa Myers	2009	10:16.50
2	Mery Sherman	2002	10:20.10
3	Lacey Garrett	1998	10:30.95
4	Kelly Becker	2006	10:32.18
5	Sara Hamlet	1997	10:42.43

1650 Freestyle			
1	Melissa Myers	2009	17:19.39
2	Mary Sherman	2003	17:34.77
3	Lacey Garrett	1998	17:40.86
4	Sara Hamlet	1997	17:47.53
5	Kelly Becker	2003	17:50.66

100 Backstroke			
1	Denise Merk	1996	56.78
2	Janna McDougal	1998	57.97
3	Maggie Alexander	2008	58.68
4	Emily Stevens	2012	58.96
5	Ellen Bradley	2005	59.21

200 Backstroke			
1	Denise Merk	1996	2:04.00
2	Janna McDougall	1998	2:04.44
3	Christie Halverson	2014	2:05.61
4	Teagan Goforth	2015	2:06.30
5	Maggie Alexander	2008	2:08.01

100 Breastroke			
1	Denise Merk	1996	1:03.42
2	Ellie Bradley	2007	1:04.99
3	Melissa Myers	2009	1:07.33
4	Kate Alexander	2006	1:07.63
5	Hannah Points	2007	1:08.40

200 Breastroke			
1	Denise Merk	1997	2:17.48
2	Hannah Points	2007	2:19.04
3	Ellie Bradley	2007	2:20.75
4	Melissa Myers	2008	2:24.17
5	Kate Alexander	2005	2:25.46

100 Butterfly			
1	Hannah Points	2008	56.99
2	Kaitlyn Wornath	2018	57.45
3	Janna McDougal	1998	57.61
4	Marra Erwin	2006	58.21
5	Julia Bush	2015	58.41

200 Butterfly			
1	Hannah Points	2008	2:02.30
2	Kaitlyn Wornath	2018	2:06.20
3	Marra Erwin	2006	2:06.72
4	Abbi Gerstmar	2007	2:08.01
5	Mary Sherman	2002	2:08.71

200 IM			
1	Denise Merk	1997	2:04.45
2	Hannah Points	2008	2:06.25
3	Janna McDougall	1998	2:06.62
4	Ellie Bradley	2007	2:07.32
5	Nina Brutzer	1998	2:08.63

400 I.M.			
1	Hannah Points	2008	4:20.11
2	Ellie Bradley	2007	4:26.76
3	Mary Sherman	2003	4:33.63
4	Nina Brutzer	1998	4:34.42
5	Kate Alexander	2019	4:32.07

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