

MEET SCHEDULE

Friday, November 9, 2012

11:00A.M. Coaches Meeting
 11:00A.M. Diving Warm-Ups Begin
 11:15A.M. Diving Sheets Due
 Officials Meeting
 12:30P.M. Diving Preliminaries
 2:15P.M. Swim Warm-Ups Begin
 3:15P.M. Clear Pool
 3:30P.M. Parade of Athletes
 Swimming prelims following
 Parade of Athletes

Note: There will be a
 5 minute break
 immediately following
 the Medley Relay

Saturday, November 10, 2012

9:30A.M. Diving warm-ups
 10:30A.M. Diving semi-finals
 11:45A.M. Coaches and Officials Meeting
 12:15P.M. Swimming warm-ups
 1:15P.M. Clear pool
 1:30P.M. Parade of Athletes - All Finals

ORDER OF EVENTS

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

CHAMPIONSHIP SCORING

Relays
 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
 Individual Events
 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

DIVING COMPETITION

Number of Contestants.....1-32
 Preliminaries.....Any 2 required & 3 optional
 Semi-Finals.....2 required & 1 optional
 Finals1 required & 2 optional

Each contestant shall submit a signed, diving score sheet which includes the number, written description, position, degree of difficulty, and order in which the dives will be performed for all levels of the competition, preliminaries through finals.

Points shall be awarded by judges on a scale of 10 to 0 at ½ increments according to the following:

Exceptional9 to 10
 Excellent7½ to 8½
 Good6 to 7
 Satisfactory4½ to 5½
 Deficient2½ to 4
 Unsatisfactory.....½ to 2
 Failed.....0

When five judges are used, the high and low scores are cancelled. The points are then recorded and the cumulative results are updated. After the preliminary round, the number of contestants is cut to 20. After the semi-final round, the number of contestants is cut to 16.

STATE RECORDS

Event	Present Holder	School	Record	Year
200 Yard Medley Relay	Dani Bergeson, Veronica Herrmann Emily Smallbeck, Jarren Fallgatter	Bismarck Century	1:47.97	2011
200 Yard Freestyle	Dagny Knutson	Minot	1:42.81 (prelims)	2008
200 Yard Individual Medley	Dagny Knutson	Minot	1:53.82	2009
50 Yard Freestyle	Courtney Funk	Minot	:23.36	2011
Diving	Molly McDonald	Bismarck Century	479.05	1996
100 Yard Butterfly	Dagny Knutson	Minot	:55.60	2006
100 Yard Freestyle	Dagny Knutson	Minot	48.15 (prelims)	2009
500 Yard Freestyle	Dagny Knutson	Minot	4:34.78 (prelims)	2008
200 Yard Freestyle Relay	Linzey Bachmeier, Nicole Saur, Kristen Fiest, Randi Keller	Mandan	1:39.27	1999
100 Yard Backstroke	Kelsey Schoonhoven	West Fargo	:56.72	2005
100 Yard Breaststroke	Keri Hehn	Fargo North	1:04.29	1997
400 Yard Freestyle Relay	Cassie Walth, Dani Bergeson, McKenzie Jeske, Jarren Fallgatter	Century	3:36.47	2011

NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

1974			1979			1983		
1.	Fargo North	Cindy Grahm..... 238	1.	Minot	Kathy Aspaas 301	1.	Minot	Kathy Aspaas 254
2.	Bismarck	Nancy Stavn..... 216	2.	Fargo North	Don Hulbert 172	2.	Jamestown	Marney Shirley..... 181
3.	Fargo South	Jan Cossette..... 168	3.	Fargo South	Jan Cossette..... 158	3.	Mandan	Connie Kirchoffner 139
4.	Minot	Kathy Wilkes..... 145	4.	Bismarck	Julie Schimke 108	4.	GF Central	Irene Thelen 99
5.	Fargo Shanley	Nancy Tidd..... 78	5.	GF Red River	Vicki Soli 108	5.	Bismarck	Kathy Taylor 95
6.	Jamestown	Marney Shirley..... 68	6.	Century	Phil Bingenheimer .. 83	6.	Century	Phil Bingenheimer .. 75
7.	GF Central	Linda Price 54	7.	Jamestown	Marney Shirley..... 79	7.	Fargo North	Marsha Dahl..... 74
8.	GF Red River	Debbie Olsen..... 31	8.	Fargo Shanley	Nancy Tidd..... 76	8.	Williston	Mark Storhaug 73
1975			9.	Williston	Bev Hagan..... 48	9.	GF Red River	Ronnie Ryan..... 67
1.	Fargo North	Carla Selvedt..... 246	10.	GF Central	Irene Thelen 45	10.	Fargo South	Jan Cossette..... 54
2.	Minot	Kathy Wilkes..... 191.5	11.	Mandan	Connie Kirchoffner . 27	11.	Fargo Shanley	Jane Kertz..... 53
3.	Bismarck	Nancy Stavn..... 173	12.	West Fargo	Pam Beylund..... 4	12.	West Fargo	Cheryl Zitzow 34
4.	Jamestown	Marney Shirley..... 122	1980			1984		
5.	Fargo Shanley	Nancy Tidd..... 121	1.	Minot	Kathy Aspaas 227	1.	Minot	Kathy Aspaas 258
6.	Fargo South	Jan Cossette..... 114.5	2.	Fargo North	Don Hulbert 168	2.	Mandan	Connie Kirchoffner 228
7.	Century	Karen Preszler 88	3.	Fargo South	Jan Cossette..... 122	3.	Jamestown	Marney Shirley..... 193
8.	GF Central	Linda Botens 65	4.	GF Red River	Vicki Soli 116	4.	Fargo South	Jan Cossette..... 95
9.	GF Red River	Kathy Gasparini 48	5.	Jamestown	Marney Shirley..... 101	5.	Bismarck	Jane Butler 85
10.	Mandan	Tim Bourdon 19	6.	Bismarck	Julie Schimke 98	6.	GF Red River	Sarah Moore..... 77
1976			7.	Century	Phil Bingenheimer .. 90	7.	West Fargo	Cheryl Zitzow 67
1.	Fargo North	Carla Selvedt..... 265	8.	Fargo Shanley	Jane Kertz..... 79	8.	Century	Phil Bingenheimer .. 66
2.	Fargo Shanley	Nancy Tidd..... 190	9.	Williston	Bev Hagan..... 71	9.	Fargo North	Don Hulbert 51
3.	Fargo South	Jan Cossette..... 154	10.	Mandan	Dave Broyles..... 67	10.	GF Central	Arnie Keck 43
4.	Minot	Kathy Aspaas 123	11.	GF Central	Irene Thelen 56	11.	Williston	Kim Bekkadahl 29
5.	Century	Karen Preszler 108	12.	West Fargo	Pam Beylund..... 10	12.	Fargo Shanley	Dan Sperling 11
6.	Jamestown	Marney Shirley..... 96	1981			1985		
7.	Bismarck	Sue Fourniea 88	1.	Minot	Kathy Aspaas 279	1.	Minot	Kathy Aspaas 296
8.	GF Central	Irene Thelen 69	2.	Bismarck	Kathy Keller..... 137	2.	Mandan	Connie Kirchoffner 181
9.	Williston	Bob DiMaggio 47	3.	Fargo North	Don Hulbert 132	3.	Jamestown	Marney Shirley..... 126
10.	Mandan	Connie Johnson 29	4.	Century	Phil Bingenheimer 124	4.	Century	Phil Bingenheimer 119
11.	GF Red River	Kathy Gasparini 14	5.	Fargo Shanley	Jane Kertz..... 107	5.	Fargo South	Jan Cossette..... 112
1977			6.	Jamestown	Marney Shirley..... 99	6.	Williston	Scott Fjeld 94
1.	Fargo North	Carla Selvedt..... 215	7.	GF Central	Irene Thelen 79	7.	GF Central	Jeff Carter..... 72
2.	Fargo South	Jan Cossette..... 209	8.	Williston	Bev Hagan..... 65	8.	Fargo North	Marsha Dahl..... 52
3.	Minot	Kathy Aspaas 168	9.	Fargo South	Jan Cossette..... 62	9.	GF Red River	Sarah Moore..... 48
4.	Williston	Bob DiMaggio 121	10.	Mandan	Connie Kirchoffner . 62	10.	West Fargo	Cheryl Zitzow 44
5.	Fargo Shanley	Nancy Tidd..... 106	11.	GF Red River	Vicki Soli 47	11.	Bismarck	Jane Butler 38
6.	GF Central	Irene Thelen 95	12.	West Fargo	Cheryl Zitzow 16	12.	Fargo Shanley	Gary Fisher..... 25
7.	Jamestown	Marney Shirley..... 77	1982			1986		
8.	Century	Ann Kempf..... 66	1.	Minot	Kathy Aspaas 339	1.	Minot	Kathy Aspaas 269
9.	GF Red River	Vicki Soli 61	2.	Bismarck	Julie Schimke 152	2.	Mandan	Connie Kirchoffner 177
10.	Bismarck	Sue Fourniea 49	3.	Fargo North	Don Hulbert 144	3.	Jamestown	Marney Shirley..... 160
11.	Mandan	Connie Johnson 37	4.	Jamestown	Marney Shirley..... 123	4.	Century	Phil Bingenheimer 153
1978			5.	Mandan	Connie Kirchoffner 118	5.	Fargo South	Skip Fisher 117
1.	Minot	Kathy Aspaas 239	6.	Century	Phil Bingenheimer .. 93	6.	Fargo Shanley	Dick Fisher..... 69
2.	Fargo South	Jan Cossette..... 214	7.	GF Central	Irene Thelen 81	7.	West Fargo	Cheryl Zitzow 58
3.	Fargo North	Don Hulbert 163	8.	Fargo Shanley	Jane Kertz..... 61	8.	Williston	Scott Fjeld 51
4.	Williston	Bob DiMaggio 143	9.	Fargo South	Jan Cossette..... 42	9.	GF Central	Arnie Keck 51
5.	Fargo Shanley	Nancy Tidd..... 97	10.	GF Red River	Vicki Soli 30	10.	GF Red River	Sarah Moore..... 40
6.	GF Red River	Vicki Soli 86	11.	West Fargo	Cheryl Zitzow 17	11.	Fargo North	Gary Fisher..... 37
7.	Bismarck	Julie Schimke 81	12.	Williston	Bev Hagan..... 12	12.	Bismarck	Robyn Jossart..... 15
8.	Century	Phil Bingenheimer .. 68						
9.	Jamestown	Marney Shirley..... 43						
10.	GF Central	Irene Thelen 40						
11.	Mandan	Connie Johnson 31						

NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

1987			1991			1995		
1. Minot	Kathy Aspaas	255	1. Mandan	Connie Kirchoffner	269	1. Minot	Kathy Aspaas	538.5
2. Mandan	Connie Kirchoffner	242	2. Century	Phil Bingenheimer	234	2. Century	Ann Kempf	424
3. Williston	Scott Fjeld	135	3. Minot	Kathy Aspaas	181	3. Mandan	Ralph Manley	233
4. Century	Phil Bingenheimer	121	4. West Fargo	Marsha Dahl	160	4. Fargo South	Todd Peters	201
5. Jamestown	Marney Shirley	116	5. Fargo South	Chris Potter	141.5	5. Fargo North	Dick Fisher	181.5
6. Fargo South	Mitch Perry	89	6. Fargo North	Dick Fisher	129	6. Jamestown	Marney Shirley	147
7. GF Red River	Skip Fisher	69	7. Jamestown	Marney Shirley	94	7. Williston	Cathy Kruse	127
8. Fargo North	Gary Fisher	61	8. GF Red River	Peggy Kratz	60.5	8. West Fargo	Marsha Dahl	124
9. Fargo Shanley	Dick Fisher	44	9. Bismarck	Jenny Holweger	43	9. Bismarck	Patty Jacobson	110
10. West Fargo	Cheryl Zitzow	41	10. Williston	Teresa Palmer	41	10. GF Red River	Janine Roaldson	72
11. Bismarck	Robyn Jossart	17	11. GF Central	Peggy Kratz	24	11. Fargo Shanley	Nicole Guthmiller	52
12. GF Central	Skip Fisher	8	12. Fargo Shanley	Barb Coghlan	12	12. GF Central	Janine Roaldson	34
1988			1992			1996		
1. Minot	Kathy Aspaas	281.5	1. Mandan	Connie Kirchoffner	294	1. Minot	Kathy Aspaas	536.5
2. Mandan	Connie Kirchoffner	246.5	2. Century	Phil Bingenheimer	244	2. Century	Ann Kempf	372
3. Century	Phil Bingenheimer	116	3. Minot	Kathy Aspaas	222	3. Mandan	Ralph Manley	211
4. Jamestown	Marney Shirley	106	4. Fargo North	Dick Fisher	113	4. Fargo North	Dick Fisher	205
5. Williston	Scott Fjeld	104	5. Williston	Teresa Palmer	105	5. Fargo South	Todd Peters	194
6. Fargo South	Mitch Perry	87	6. West Fargo	Marsha Dahl	101	6. Williston	Cathy Kruse	190
7. GF Red River	Michelyn Rudser	81	7. Jamestown	Marney Shirley	96	7. Jamestown	Marney Shirley	175.5
8. Fargo Shanley	Tim Scheel	53	8. Fargo South	Kathy Nalipinski	89	8. West Fargo	Marsha Dahl	105
9. Bismarck	Robyn Jossart	42	9. Bismarck	Greg Brown	41	9. Bismarck	Theresa Leer	93
10. Fargo North	Gary Fisher	38	10. GF Red River	Mary Beth Dunlevy	36	10. GF Red River	Janine Roaldson	67
11. West Fargo	Cheryl Zitzow	24	11. Fargo Shanley	Barb Coghlan	23	11. Fargo Shanley	Josh Benoit	61
12. GF Central	Michelyn Rudser	15	12. GF Central	Mary Beth Dunlevy	16	12. GF Central	Janine Roaldson	45
1989			1993			1997		
1. Mandan	Connie Kirchoffner	228	1. Century	Ann Kempf	282	1. Minot	Kathy Aspaas	478
2. Minot	Kathy Aspaas	212	2. Minot	Kathy Aspaas	217	2. Mandan	Ralph Manley	274
3. Williston	Scott Fjeld	142	3. Mandan	Ralph Manley	195	3. Fargo North	Dick Fisher	266
4. Century	Phil Bingenheimer	125	4. West Fargo	Marsha Dahl	152	4. Fargo South	Rachel Nilles	221
5. Jamestown	Marney Shirley	107	5. Williston	Cathy Kruse	133	5. Century	Ann Kempf	216
6. GF Red River	Michelyn Rudser	91	6. Jamestown	Marney Shirley	105	6. Jamestown	Marney Shirley	164
7. West Fargo	Cheryl Schindler	79	7. Fargo South	Todd Peters	105	7. Williston	Cathy Kruse	150
8. Fargo South	Chris Potter	73	8. Fargo North	Dick Fisher	91	8. West Fargo	Marsha Dahl	127
9. Fargo North	Dick Fisher	49	9. Bismarck	Patty Jacobson	70	9. GF Red River	Shane Dye	110
10. Fargo Shanley	Dave Gira	44	10. Fargo Shanley	Molly Turner	17	10. Bismarck	Lynette Sawatzke	62
11. Bismarck	Jennifer Holweger	33	11. GF Red River	Janine Roaldson	17	11. Fargo Shanley	Jessica Palmer	50
12. GF Central	Michelyn Rudser	23	12. GF Central	Janine Roaldson	10	12. GF Central	Shane Dye	36
1990			1994			1998		
1. Mandan	Connie Kirchoffner	265	1. Minot	Kathy Aspaas	475	1. Minot	Kathy Aspaas	441
2. Century	Phil Bingenheimer	251	2. Century	Ann Kempf	379	2. Mandan	Ralph Manley	313.5
3. Fargo North	Dick Fisher	159	3. Mandan	Ralph Manley	223.5	3. Jamestown	Marney Shirley	260
4. Minot	Kathy Aspaas	155	4. Williston	Cathy Kruse	222	4. Century	Ann Kempf	252.5
5. Fargo South	Chris Potter	143	5. Fargo North	Dick Fisher	190	5. Fargo North	Dick Fisher	225
6. Jamestown	Marney Shirley	107	6. Jamestown	Marney Shirley	182	6. Fargo South	Rachel Nilles	210
7. West Fargo	Cheryl Schindler	84	7. West Fargo	Marsha Dahl	178	7. GF Red River	Brent Newman	134
8. Bismarck	Jenny Holweger	67	8. Fargo South	Todd Peters	167.5	8. West Fargo	Marsha Dahl	103
9. Williston	Teresa Palmer	58	9. Bismarck	Patty Jacobson	141	9. Bismarck	Jeremy Barth	95
10. GF Red River	Peggy Kratz	56	10. Fargo Shanley	Nicole Guthmiller	37	10. GF Central	Brent Newman	88
11. GF Central	Peggy Kratz	26	11. GF Central	Janine Roaldson	34	11. Fargo Shanley	Jessica Palmer	74
12. Fargo Shanley	Dave Gira	21	12. GF Red River	Janine Roaldson	28	12. Williston	Cathy Kruse	69

NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

2002			2006			2010		
1.	Mandan	Ralph Manley..... 407	1.	Minot	Dan Hinton..... 351	1.	Century	Loic Joseph 368.5
2.	Minot	Brock Mitzel/..... 341 Barb McPeak	2.	Fargo North	Talia Merritt 258.5	2.	GF Red River	Bryan Walls..... 300
3.	Williston	Cathy Kruse 279	3.	GF Central	Bryan Walls..... 230	3.	Fargo North	Talia Butery..... 251.5
4.	Fargo South	Deanna Tietz 220	4.	Williston	Cathy Kruse 221	4.	West Fargo	Marsha Dahl..... 243
5.	GF Central	Brent Newman 168	5.	West Fargo	Marsha Dahl..... 212	5.	Minot	Jessica Kelly..... 198
6.	Century	Rob Graff 158	6.	Fargo South	Deanna Monson 171	6.	GF Central	Bryan Walls..... 181
7.	GF Red River	Brent Newman 153	6.	Mandan	Ralph Manley..... 171	7.	Jamestown	Marney Shirley..... 168
8.	Jamestown	Marney Shirley..... 152	8.	Century	Loic Joseph 127	8.	Williston	Krista Pierce..... 164
9.	West Fargo	Marsha Dahl..... 130	9.	Wahpeton	Anne Retzlaff..... 126.5	9.	Mandan	Ralph Manley..... 152
10.	Fargo North	Jeff Steele..... 116	10.	GF Red River	Bryan Walls..... 126	10.	Fargo South	Skip Fisher 131
11.	Bismarck	Rob Graff 73	11.	Shanley	Bert Chamberlain.. 107	11.	Bismarck	Danelle Wallace 46
12.	Fargo Shanley	Tim Cruff 26	12.	Bismarck	Sue Glock..... 100	12.	Fargo Shanley	Ben Hanson..... 37
			13.	Jamestown	Marney Shirley..... 69	13.	Wahpeton	Anne Retzlaff..... 30
2003			2007			2011		
1.	Minot	Brock Mitzel/ 424.5 Barb McPeak	1.	Minot	Dan Hinton..... 330	1.	Century	Loic Joseph 352
2.	Williston	Cathy Kruse 328	2.	Fargo North	Talia Merritt 255	2.	Fargo North	Talia Butery..... 338
3.	Mandan	Ralph Manley..... 224.5	3.	West Fargo	Marsha Dahl..... 240	3.	Minot	Dan Hinton..... 227
4.	Fargo North	Jeff Steele..... 206	4.	Fargo South	Deanna Monson 206	4.	West Fargo	Marsha Dahl..... 226
5.	GF Central	Bryan Walls..... 197.5	5.	Williston	Amy Huggins 192	5.	Williston	Thomas Wheeling. 201
6.	GF Red River	Bryan Walls..... 177.5	6.	GF Central	Bryan Walls..... 188	6.	GF Central	Bryan Walls..... 177
7.	West Fargo	Marsha Dahl..... 171	7.	Century	Loic Joseph 184	7.	Jamestown	Ben Smith..... 175
8.	Century	Rob Graff 152	8.	Wahpeton	Anne Retzlaff..... 157	8.	Mandan	Ralph Manley..... 137
9.	Fargo South	Deanna Tietz 138	9.	GF Red River	Bryan Walls..... 150	9.	Fargo South	Skip Fisher 115
10.	Jamestown	Marney Shirley..... 115	10.	Shanley	Bert Chamberlain.. 119	10.	GF Red River	Bryan Walls..... 109
11.	Bismarck	Rob Graff 67	11.	Jamestown	Marney Shirley..... 91	11.	Bismarck	Danelle Wallace 104
12.	Fargo Shanley	Tim Cruff 40	12.	Bismarck	Kristen Maitland-Peters 77	12.	Fargo Shanley	Ben Hanson..... 47
			13.	Mandan	Ralph Manley..... 74	13.	Wahpeton	Anne Retzlaff..... 25
2004			2008					
1.	Minot	Brock Mitzel 351	1.	Minot	Dan Hinton..... 331			
2.	Williston	Cathy Kruse 292	2.	West Fargo	Marsha Dahl..... 287			
3.	Fargo North	Jeff Steele..... 268.5	3.	Century	Loic Joseph 250			
4.	Mandan	Ralph Manley..... 232.5	4.	Williston	Jody Bolinske..... 199			
5.	West Fargo	Marsha Dahl..... 208	5.	Fargo South	Deanna Monson 182			
6.	GF Central	Bryan Walls..... 199	6.	GF Red River	Bryan Walls..... 177			
7.	Jamestown	Marney Shirley..... 136	7.	Mandan	Ralph Manley..... 169			
8.	GF Red River	Bryan Walls..... 135	8.	GF Central	Bryan Walls..... 159			
9.	Century	Rob Graff 133	9.	Shanley	Ben Hanson..... 147			
10.	Fargo South	Deanna Tietz 114	10.	Jamestown	Marney Shirley..... 117			
11.	Bismarck	Sue Glock..... 91	11.	Wahpeton	Anne Retzlaff..... 111			
12.	Wahpeton	Anne Retzlaff..... 54	12.	Fargo North	Talia Butery..... 94			
13.	Fargo Shanley	Tim Cruff 49	13.	Bismarck	Kristen Maitland-Peters 58			
2005			2009					
1.	Minot	Dan Hinton..... 362	1.	Century	Loic Joseph 290			
2.	Williston	Cathy Kruse 313	2.	Williston	Jody Bolinske..... 262.5			
3.	Fargo North	Jeff Steele..... 254	3.	Minot	Jake Solper 225			
4.	West Fargo	Marsha Dahl..... 212	4.	GF Red River	Bryan Walls..... 219			
5.	GF Central	Bryan Walls..... 198	5.	GF Central	Bryan Walls..... 210			
6.	Century	Loic Joseph 189	6.	West Fargo	Marsha Dahl..... 193			
7.	Mandan	Ralph Manley..... 168	7.	Fargo North	Talia Butery..... 183.5			
8.	Fargo South	Deanna Monson 147	8.	Fargo South	Skip Fisher 166			
9.	GF Red River	Bryan Walls..... 113	9.	Mandan	Ralph Manley..... 143			
10.	Jamestown	Marney Shirley..... 98	10.	Shanley	Ben Hanson..... 121			
11.	Bismarck	Sue Glock..... 91	11.	Jamestown	Marney Shirley..... 120			
12.	Shanley	Kathryn Kempf/ 78 Annie Coyle	12.	Wahpeton	Anne Retzlaff..... 77			
13.	Wahpeton	Anne Retzlaff..... 58	13.	Bismarck	Kristen Maitland-Peters 63			

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

1982 ALL STATE TEAM

Nancy Dahl Minot
 Holly Flickinger Minot
 Christy Forsberg Minot
 Denise Hanna Minot
 Carolyn Hanna Minot
 Heidi Hill Jamestown
 Erin Jilek Fargo North
 Vicky Pomaville Minot
 Michelyn Rudser Minot
 Kim Warren Minot

HONORABLE MENTION

Maulin Adlerborn Century
 Heidi Anderson Mandan
 Mary Foster Fargo North
 Steph Henning Fargo North
 Cindy Holden Jamestown
 Jenny Kremer Mandan
 Michelle Muri Bismarck
 Becky Solberg Fargo North
 Beth Somson Shanley
 Janet Thorndahl Bismarck

1983 ALL STATE TEAM

Christy Forsberg Minot
 Carolyn Hanna GF Central
 Jennifer Hunkele Minot
 Cindy Marten Minot
 Vicky Pomaville Minot
 Beth Somson Shanley
 Audrey Swann Minot
 Su-Lin Woo Century
 Missy Yantzer Minot

HONORABLE MENTION

Heidi Hill Jamestown
 Patty Job Bismarck
 Kathy Johansen Fargo North
 Jenny Kremer Mandan
 Michelle Muri Bismarck
 Renae Newman Minot
 Kari Okerlund Fargo South
 Jill Schmidt Fargo North
 Julie Teckenburg Jamestown
 Kim Warren Williston
 Debbie Woo Century

1984 ALL STATE TEAM

Nancy Dahl Minot
 Heidi Hill Jamestown
 Stacy Hurd Minot
 Sonya Iverson Minot
 Cindy Marten Minot
 Michelle Muri Bismarck
 Vicky Pomaville Minot
 Jenny Reidinger Mandan
 Jenny Romine Minot
 Paula Rudser Minot
 Paula Triepke Jamestown
 Cherle Volk Minot
 Tricia Walker GF Red River
 Missy Yantzer Minot

HONORABLE MENTION

Michelle Cox Jamestown
 Wendy Granum Fargo South
 Sue Halvorson Bismarck
 Tiffany Hollands GF Red River
 Traci Jukkala Jamestown
 Kerry Killander Fargo South
 Jenny Kremer Mandan
 Rhonda Moyer Jamestown
 Michelle Shepard West Fargo
 Jody Thompson Minot

1985 ALL STATE TEAM

Stacy Burkhart Minot
 Dawn Hiller Mandan
 Shannon Hiller Mandan
 Sonya Iverson Minot
 Krina Kabanuk Fargo South
 Alisha Peterson Mandan
 Alisha Peterson Mandan
 Vicky Pomaville Minot
 Jenny Reidinger Mandan
 Jenny Romine Minot
 Paula Rudser Minot
 Paula Triepke Jamestown
 Missy Yantzer Minot

HONORABLE MENTION

Cara Beazley Century
 Missy Berglof Jamestown
 Kris Ann Erickson Williston
 Marianne Helm Mandan
 Heidi Hulbert Fargo South
 Patty Job Bismarck
 Karen Owens GF Central
 Shelia Shafer Fargo North
 Laurie Smid Century
 Kim Spain Fargo North
 Julie Teckenburg Jamestown
 Tricia Walker GF Red River
 Su-Lin Woo Century

1986 ALL STATE TEAM

Cara Beazley Century
 Teresa Bertson Minot
 Stacy Burkhart Minot
 Stephanie Disrud Minot
 Heidi Hulbert Fargo South
 Angie Johnson Minot
 Krina Kabanuk Fargo South
 Andrea Rudser Minot
 Paula Rudser Minot
 Su-Lin Woo Century
 Missy Yantzer Century
 Tisha Yantzer Century

HONORABLE MENTION

Teri Bartl Minot
 Michelle Becker Minot
 Missy Berglof Jamestown
 Robyn Loveland Jamestown
 Karen Owens GF Central
 Kara Thon Bismarck
 Paula Triepke Jamestown
 Tricia Walker GF Red River

1987 ALL STATE TEAM

Stacy Burkhart Minot
 Cindy Granum Fargo South
 Tonya Hess GF Red River
 Krina Kabanuk Fargo South
 Jenny Reidinger Mandan
 Heidi Roeber Jamestown
 Paula Rudser Minot
 Andrea Rudser Minot
 Royann Wagner Mandan
 Missy Yantzer Century
 Tisha Yantzer Century

HONORABLE MENTION

Sherl Bjerke GF Red River
 Pam Hartleib Mandan
 Missy Johnson Jamestown
 Susie Resell Fargo South
 Kristi Rice GF Red River
 Sue Russel Shanley
 Lisa Schlieman Minot
 Stacy Snider Williston
 Jenny Solberg Fargo North
 Thora Thomsen Williston
 Tonia Timm Minot

1988 ALL STATE TEAM

Tonya Hess GF Red River
 Missy Johnson Jamestown
 Angie Johnson Minot
 Krina Kabanuk Fargo South
 Alisha Peterson Mandan
 Tami Rhodes Shanley
 Paula Rudser Minot
 Andrea Rudser Minot
 Barb Stork Mandan
 Tonia Timm Minot
 Tisha Yantzer Century

HONORABLE MENTION

Colleen Barth Shanley
 Jonna Gaustad Century
 Cindy Goeddertz Century
 Shannon Hiller Mandan
 Kristi Rice GF Red River
 Lisa Rodriguez Williston
 Heidi Roeber Jamestown
 Tasha Shipman Minot
 Mary Storbakken Williston
 Sara Wallace Jamestown
 Abbie Walter Mandan

1989 ALL STATE TEAM

Julie Bitz Century
 Cindy Goeddertz Century
 Suzie Helvig Mandan
 Tonya Hess GF Red River
 Kelley LeRoy Mandan
 Tami Rhodes West Fargo
 Andrea Rudser Minot
 Stacy Snider Williston
 Barb Stork Mandan
 Amy Vigars Minot
 Tisha Yantzer Century

HONORABLE MENTION

Nicole Fiest Mandan
 Amy Gormally Williston
 Kelley Grant West Fargo
 Molly Huber Century
 Nicole Orman Jamestown
 Melissa Parker Minot
 Kristi Rice GF Red River
 Heather Roeber Jamestown
 Charissa Rohrich Century
 Mary Storbakken Williston
 Sharlene Wagner Mandan
 Sara Wallace Jamestown

1990 ALL STATE TEAM

Julie Bitz Century
 Nicole Fiest Mandan
 Cindy Goeddertz Century
 Suzie Helvig Mandan
 Kelley LeRoy Mandan
 Melissa Parker Minot
 Lisa Rodriguez Williston
 Charissa Rohrich Century
 Barb Stork Mandan
 Kris Wagner Mandan
 Tisha Yantzer Century

HONORABLE MENTION

Summer Bourdeau Century
 Rachel Gracia Bismarck
 Tasha Greer Minot
 Janell Harding Mandan
 Molly Huber Century
 Connie Koski Fargo North
 Nicole Orman Jamestown
 Dawn Pratt Fargo South
 Heather Roeber Jamestown
 Cindy Saylor Fargo South
 Sara Wallace Jamestown

1991 ALL STATE TEAM

Julie Bitz Century
 Nicole Fiest Mandan
 Cindy Goeddertz Century
 Suzie Helvig Mandan
 Molly Huber Century
 Kelley LeRoy Mandan
 Angie McGuire West Fargo
 Charissa Rohrich Century
 Cindy Saylor Fargo South
 Megan Thiel West Fargo
 Missy Utley West Fargo
 Sara Wallace Jamestown

HONORABLE MENTION

Carman Adam GF Red River
 Summer Bourdeau Century
 Tasha Greer Minot
 Deborah Koski Fargo North
 Nicole Orman Jamestown
 Melissa Parker Minot
 Dawn Pratt Fargo South
 Kelly Raaf Fargo South
 Kirsten Renick GF Red River
 LaVonne Sletten Mandan
 Sara Stevenson Minot
 Mara Vorachek Fargo North
 Kris Wagner Mandan

1992 ALL STATE TEAM

Summer Bourdeau Century
 Nicole Fiest Mandan
 Amy Gormally Williston
 Kelley Grant West Fargo
 Suzie Helvig Mandan
 Molly Huber Century
 Melissa Parker Minot
 Pamela Richmond Mandan
 Charissa Rohrich Century
 Kara Schmitz Century
 Sara Stevenson Minot
 Megan Thiel West Fargo

HONORABLE MENTION

Marie Burckhard Minot
 Elise Holtan Fargo North
 Andi Kindschi Century
 Deborah Koski Fargo North
 Heather Kuznia Fargo South
 Linn Little Mandan
 Molly McDonald Century
 Nada Phinney Century
 Elizabeth Pierce Century
 Erin Krueger Fargo North
 DeDe Sletten Mandan
 Mara Vorachek Fargo North

1993 ALL STATE TEAM

Summer Bourdeau Century
 Marie Burckhard Minot
 Nicole Fiest Mandan
 Amy Gormally Williston
 Elise Holtan Fargo North
 Molly McDonald Century
 Elizabeth Pierce Century
 Kelly Raaf Fargo South
 Kara Schmitz Century
 Holly Skarsgard Minot
 Sara Stevenson Minot
 Megan Thiel West Fargo

HONORABLE MENTION

Tara Bruels Minot
 Crystal Cummins Fargo South
 Sarah Doeden Williston
 Sara Frysliie Mandan
 Lisa Haunz Century
 Molly Huber Century
 JoEllen Kohlman Williston
 Deborah Koski Fargo North
 Heather Kuznia Fargo South

Linn Little Mandan
 Jocelyn Pogue Jamestown
 Missy Utley West Fargo

1994 ALL STATE TEAM

Marie Burckhard Minot
 Amy Gormally Williston
 Lisa Haunz Century
 Elise Holtan Fargo North
 Deborah Koski Fargo North
 Molly McDonald Century
 Elizabeth Pierce Century
 Kara Schmitz Century
 Holly Skarsgard Minot
 Sara Stevenson Minot
 Megan Thiel West Fargo
 Tiffany White Jamestown

HONORABLE MENTION

Jessie Angell Bismarck
 Tara Bruels Minot
 Crystal Cummins Fargo South
 Sarah Doeden Williston
 Kate Giese Century
 Kelley Grant West Fargo
 Kate Holland Minot
 JoEllen Kohlman Williston
 Linn Little Mandan
 Jennifer Lowe Minot
 Emily Russell Bismarck
 Heather Skarsgard Minot
 Renee Waliser Bismarck

1995 ALL STATE TEAM

Marie Burckhard Minot
 Crystal Cummins Fargo South
 Kate Giese Century
 Amy Gormally Williston
 Lisa Haunz Century
 Kate Holland Minot
 Elise Holtan Fargo North
 Linn Little Mandan
 Molly McDonald Century
 Elizabeth Pierce Century
 Holly Skarsgard Minot
 Sara Stevenson Minot

HONORABLE MENTION

Jessie Angell Bismarck
 Stephanie Bower Jamestown
 Tara Bruels Minot
 Rachel Giese Mandan
 Nicole Griffin Fargo South
 Erin Krueger Fargo North
 Lauren Little Mandan
 Jennifer Lowe Minot
 Jocelyn Pogue Jamestown
 Britt Selbo Fargo South
 Christina Traen Fargo South
 Renee Waliser Bismarck

1996 ALL STATE TEAM

Katie Bjerke Fargo North
 Stephanie Bower Jamestown
 Marie Burckhard Minot
 Crystal Cummins Fargo South
 Kate Giese Century
 Amy Gormally Williston
 Lisa Haunz Century
 Kate Holland Minot
 Lauren Little Mandan
 Jennifer Lowe Minot
 Molly McDonald Century
 Elizabeth Pierce Century
 Jocelyn Pogue Jamestown
 Holly Skarsgard Minot
 Christina Traen Fargo South

HONORABLE MENTION

Jessie Angell Bismarck
 Michelle Boyeff Minot

Tara Bruels Minot
 Amber Fiest Mandan
 Rachelle Giese Mandan
 Keri Hehn Fargo North
 Katie Hill GF Red River
 Amy Jundt Century
 Andi Kindschi Century
 Britt Selbo Fargo South
 Megan Smith Fargo North

1997 ALL STATE TEAM

Jill Ament Jamestown
 Katie Bjerke Fargo North
 Stephanie Bower Jamestown
 Marie Burckhard Minot
 Crystal Cummins Fargo South
 Rachelle Giese Mandan
 Amy Gormally Williston
 Lisa Haunz Century
 Keri Hehn Fargo North
 Katie Hill GF Red River
 Katie Holland Minot
 Lauren Little Mandan
 Jennifer Lowe Minot
 Tallie Merritt Fargo North
 Christina Traen Fargo South

HONORABLE MENTION

Amy Jundt Century
 Amanda Kelly Shanley
 Erin Krueger Fargo North
 Amy Loberg West Fargo
 Katie Lowe Minot
 Sarah Nerland Fargo North
 Erika Pawluk Fargo South
 Alyssa Sevm Fargo South
 Megan Smith Fargo North
 Jamie Wendt Minot

1998 ALL STATE TEAM

Jill Ament Jamestown
 Jenny Bachmeier Mandan
 Marie Boyeff Minot
 Katie Giese Century
 Lisa Grabar Century
 Heather Harris Fargo South
 Lisa Haunz Century
 Keri Hehn Fargo North
 Katie Hill GF Red River
 Kate Holland Minot
 Missy Johnson Jamestown
 Amanda Kelly Shanley
 Jessie Kindschi Century
 Cristi Lindsey Century
 Lauren Little Mandan
 Katie Lowe Minot
 Talia Merritt Fargo North
 Lauren Mickelson Jamestown
 Nicole Saur Mandan
 Christina Traen Fargo South
 Jamie Wendt Minot

HONORABLE MENTION

Alecia Aspaas Minot
 Jaunita Braun Century
 Katie Deutsch Minot
 Janet Eklund Fargo North
 Tessa Goldade Minot
 Randi Keller Mandan
 Amy Loberg West Fargo
 Kelsi Merritt Fargo North
 Maggie Mostad Minot
 Sarah Olin Jamestown
 Amy Ricker Mandan
 Lindsay Schafer Mandan
 Jessica Szarkowski GF Central
 Jessica Tietz Williston
 Emily Weeks Minot
 Anne Whitman Shanley

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

1999 ALL STATE TEAM

Emily Ament.....Jamestown
 Jill Ament.....Jamestown
 Jenny Bachmeier.....Mandan
 Linzey Bachmeier.....Mandan
 Marie Boyeff.....Minot
 Janet Eklund.....Fargo North
 Katie Garvey.....Fargo North
 Tessa Goldade.....Minot
 Alecia Gooch.....Minot
 Lisa Grabar.....Century
 Heather Harris.....Fargo South
 Kelli Henke.....Mandan
 Katie Hill.....GF Red River
 Bethany Hirst.....Minot
 Missy Johnson.....Jamestown
 Randi Keller.....Mandan
 Cristi Lindsey.....Century
 Lauren Mickelson.....Jamestown
 Kari Nolz.....Bismarck
 Michelle Omdahl.....Fargo North
 Sara Pfau.....Century
 Amy Roness.....Williston
 Kelsey Schoonhoven.....West Fargo
 Dani Visina.....Minot
 Emily Weeks.....Minot
 Brooke Wehri.....Mandan
 Sarah Ziegelmann.....Fargo North
 Jessica Skarkowski.....GF Central
 Jessica Tietz.....Williston
 Laura Watkins.....Fargo South
 Emily Weeks.....Minot

HONORABLE MENTION

Mandi Bowman.....Fargo South
 Santana Dougherty.....Mandan
 Tiffany Loeb.....Mandan
 Brittany Reemts.....Mandan
 Emily Seibel.....Fargo South
 Kendra Siefken.....Jamestown
 Abby Szarkowski.....GF Central
 Danielle Templeton.....Minot
 Ashley Weigel.....Jamestown

2000 ALL STATE TEAM

Amy Anderson.....GF Central
 Jenny Bachmeier.....Mandan
 Linzey Bachmeier.....Mandan
 Bridget Bossert.....Minot
 Lisa Grabar.....Century
 Heather Harris.....Fargo South
 Missy Johnson.....Jamestown
 Cristi Lindsey.....Century
 Lauren Mickelson.....Jamestown
 Kari Nolz.....Bismarck
 Sara Pfau.....Century
 Brittany Reemts.....Mandan
 Angela Renner.....Mandan
 Nicole Saur.....Mandan
 Emily Seibel.....Fargo South
 Jessica Skarkowski.....GF Central
 Dani Visina.....Minot
 Laura Watkins.....Fargo North
 Emily Weeks.....Minot
 Brooke Wehri.....Mandan
 Sarah Ziegelmann.....Fargo North

HONORABLE MENTION

Santana Dougherty.....Mandan
 Kristen Fiest.....Mandan
 Katie Garvey.....Fargo North
 Tessa Goldade.....Minot
 Alecia Gooch.....Minot
 Mandy Herberholz.....Mandan
 Bethany Hirst.....Minot
 Hannah Nohlen.....Jamestown
 Michelle Omdahl.....GF Red River
 Lauren Page.....Fargo North
 Amy Roness.....Williston
 Jodi Rosborough.....Bismarck
 Jessica Scherr.....Jamestown
 Kendra Siefken.....Jamestown

Abby Szarkowski.....GF Central
 Kit Wickel.....Century

2001 ALL STATE TEAM

Amy Anderson.....GF Central
 Alissa Andrus.....Jamestown
 Jenny Bachmeier.....Mandan
 Linzey Bachmeier.....Mandan
 Bridget Bossert.....Minot
 Jenna Buskohl.....Fargo South
 Kristen Fiest.....Mandan
 Heather Harris.....Fargo South
 Courtney Haug.....GF Red River
 Mandy Herberholz.....Mandan
 Missy Johnson.....Jamestown
 Jennifer Kelly.....Minot
 Cristi Lindsey.....Century
 Lauren Mickelson.....Jamestown
 Kari Nolz.....Bismarck
 Michelle Omdahl.....GF Red River
 Sara Pfau.....Century
 Amy Roness.....Williston
 Kelsey Schoonhoven.....West Fargo
 Dani Visina.....Minot
 Emily Weeks.....Minot
 Brooke Wehri.....Mandan
 Sarah Ziegelmann.....Fargo North

HONORABLE MENTION

Stephanie Bachmeier.....Mandan
 Alecia Gooch.....Minot
 Carissa Gormally.....Williston
 Ashley Miller.....Minot
 Angela Nissen.....Minot
 Lauren Page.....Fargo North
 Angela Renner.....Mandan
 Brittany Reemts.....Mandan
 Jessie Scherr.....Jamestown
 Abby Szarkowski.....Century
 Jessica Tietz.....Williston
 Kelsey Vibeto.....Minot
 Erin Wessman.....Fargo South
 Kristy Wood.....Williston

2002 ALL STATE TEAM

Amy Anderson.....GF Central
 Alissa Andrus.....Jamestown
 Jenny Bachmeier.....Mandan
 Linzey Bachmeier.....Mandan
 Stefany Bachmeier.....Mandan
 Kristen Fiest.....Mandan
 Alecia Gooch.....Minot
 Carissa Gormally.....Williston
 Heather Harris.....Fargo South
 Mandy Herberholz.....Mandan
 Allison Maxwell.....Williston
 Ashley Miller.....Minot
 Angela Nissen.....Minot
 Kari Nolz.....Bismarck
 Michelle Omdahl.....GF Red River
 Sara Pfau.....Century
 Brittany Reemts.....Mandan
 Angela Renner.....Mandan
 Amy Roness.....Williston
 Jessica Scherr.....Jamestown
 Kelsey Schoonhoven.....West Fargo
 Dani Visina.....Minot
 Laura Watkins.....Fargo South
 Emily Weeks.....Minot
 Brooke Wehri.....Mandan
 Erin Wessman.....Fargo South
 Hannah Whitehead.....GF Central
 Kristy Wood.....Williston
 Sarah Ziegelmann.....Fargo North

HONORABLE MENTION

Bridget Bossert.....Minot
 Emma Espel.....Fargo North
 Brooke Harris.....Fargo South
 Courtney Haug.....GF Red River

Brittany Johnston.....Minot
 Jenna LeDoux.....Fargo North
 Kaylee Miller.....Williston
 Kelly O'Leary.....Bismarck
 Katy Rau.....GF Central
 Sarah Shortall.....Williston
 Brie Siefken.....Jamestown
 Abby Szarkowski.....Century

2003 ALL STATE TEAM

Amy Anderson.....GF Central
 Linzey Bachmeier.....Mandan
 Stefany Bachmeier.....Mandan
 Kathryn Berg.....Fargo North
 Bailey Bolinske.....Williston
 Emma Espel.....Fargo North
 Alecia Gooch.....Minot
 Carissa Gormally.....Williston
 Courtney Haug.....GF Red River
 Katie Hopfauf.....Mandan
 Brittany Johnston.....Minot
 Jessica Kelly.....Minot
 Dana Lair.....Minot
 Janel Lawonn.....Fargo South
 Jenna LeDoux.....Fargo North
 Lindsey Lowe.....Minot
 Dani Maddock.....Century
 Allison Maxwell.....Williston
 Angela Nissen.....Minot
 Michelle Omdahl.....GF Red River
 Sara Pfau.....Century
 Katy Rau.....GF Central
 Ashley Reiter.....West Fargo
 Amy Roness.....Williston
 Kelsey Schoonhoven.....West Fargo
 Amy Vanlighthouse.....Fargo North
 Dani Visina.....Minot
 Emily Weeks.....Minot
 Erin Wessman.....Fargo South
 Hannah Whitehead.....GF Central
 Kristy Wood.....Minot
 Sara Ziegelman.....Fargo North

HONORABLE MENTION

Alyssa Anderson.....Minot
 Melissa Bonzer.....GF Central
 Carlye Burd.....Fargo South
 Katie Haunz.....Century
 Brianna Hirst.....Minot
 Alyssa Jenkins.....Minot
 Erin Maetzold.....Williston
 Morgan Maxwell.....Williston
 Ashley Miller.....Minot
 Kaylee Miller.....Williston
 Lindsey Moe.....West Fargo
 Erin Pederson.....GF Red River
 Jessica Scherr.....Jamestown
 Sarah Shortall.....Williston

2004 ALL STATE TEAM

Stefany Bachmeier.....Mandan
 Linzey Bachmeier.....Mandan
 Maggi Beck.....Minot
 Kathryn Berg.....Fargo North
 Bailey Bolinske.....Williston
 Melissa Bonzer.....GF Central
 Arenne Clark.....GF Central
 Emma Espel.....Fargo North
 Kathryn Fristad.....GF Central
 Carissa Gormally.....Williston
 Courtney Haug.....GF Red River
 Katie Haunz.....Century
 Mandy Herberholz.....Mandan
 Kati Hopfauf.....Mandan
 Brittany Johnston.....Minot
 Amanda Kankelfritz.....Fargo South
 Dagny Knutson.....Minot
 Dana Lair.....Minot
 Jenna LeDoux.....Fargo North
 Lindsey Lowe.....Minot
 Dani Maddock.....Century

Allison Maxwell.....Williston
 Angela Nissen.....Minot
 Meri Orseth.....Fargo South
 Ashley Reiter.....West Fargo
 Jessi Scherr.....Jamestown
 Kelsey Schoonhoven.....West Fargo
 Elsie Stromsvik.....West Fargo
 Amy Vanlighthouse.....Fargo North
 Hannah Whitehead.....GF Central
 Sarah Ziegelmann.....Fargo North

HONORABLE MENTION

Amber Alexander.....Minot
 Emily Baasch.....West Fargo
 Amber Brandenburger.....Jamestown
 Emily Evanoff.....Minot
 Joslyn Fellbaum.....Fargo South
 Andrea Flaten.....West Fargo
 Lexie Halberstadt.....Shanley
 Alyssa Jenkins.....Minot
 Cassie Jensen.....Jamestown
 Kalee Kemmesat.....Century
 Andrea Kraft.....Minot
 Samantha Kramer.....Bismarck
 Erin Maetzold.....Williston
 Kaylee Miller.....Williston
 Tracy Olson.....West Fargo
 Katy Rau.....GF Central
 Christine Retzlaff.....Wahpeton
 Nikkie Reza.....Fargo North
 Katie Sanner.....GF Red River
 Katie Sautner.....Minot
 Brittany Schmidt.....GF Red River
 Alaina Steele.....Jamestown
 Sara Weinberg.....Century
 Aleina Weisz.....Williston
 Kristy Wood.....Williston

2005 ALL STATE TEAM

Amber Alexander.....Minot
 Stefany Bachmeier.....Mandan
 Maggi Beck.....Minot
 Bailey Bolinske.....Williston
 Megan Brennan.....West Fargo
 Emily Evanoff.....Minot
 Joslyn Fellbaum.....Fargo South
 Carissa Gormally.....Williston
 Lexie Halberstadt.....Shanley
 Kati Hopfauf.....Mandan
 Dagny Knutson.....Minot
 Amanda Kankelfritz.....Fargo South
 Megan Keidel.....Bismarck
 Kalee Kemmesat.....Century
 Dana Lair.....Minot
 Danielle Maddock.....Century
 Allison Maxwell.....Williston
 Meri Orseth.....Fargo South
 Ashley Reiter.....West Fargo
 Kathryn Sanner.....GF Red River
 Brittany Schmidt.....GF Red River
 Kelsey Schoonhoven.....West Fargo
 Amy Vanlighthouse.....Fargo North
 Hannah Whitehead.....GF Central
 Sarah Ziegelman.....Fargo North

HONORABLE MENTION

Kathryn Berg.....Fargo North
 Kaitlin Bolinske.....Williston
 Arienne Clark.....GF Central
 Kathryn Fristad.....GF Central
 Kati Haunz.....Century
 Haley Koehn.....Fargo South
 Kaylee Miller.....Williston
 Christine Retzlaff.....Wahpeton
 Nikkie Reza.....Fargo North
 Kelsey Richels.....Wahpeton
 Christina Taylor.....Mandan
 Sara Weinberg.....Century

2006 ALL STATE TEAM

Amber Alexander.....Minot
 Maggi Beck.....Minot
 Bailey Bolinske.....Williston
 Emily Evanoff.....Minot
 Joslyn Fellbaum.....Fargo South
 Kathryn Fristad.....GF Central
 Chelsea Gentzkow.....West Fargo
 Lexie Halberstadt.....Shanley
 Kati Hopfauf.....Mandan
 Megan Keidel.....Bismarck
 Kalee Kemmesat.....Century
 Dagny Knutson.....Minot
 Ashley Reiter.....West Fargo
 Kelsey Richels.....Wahpeton
 Brittany Schmidt.....GF Red River
 Kelsey Schoonhoven.....West Fargo
 Allison Tracy.....Minot
 Amy Vanlighthouse.....Fargo North
 Hannah Whitehead.....GF Central

HONORABLE MENTION

Stephanie Bachmeier.....Mandan
 Kathryn Berg.....Fargo North
 Alex Eades.....GF Central
 Katie Haunz.....Century
 Alexis Klug.....Williston
 Christine Retzlaff.....Wahpeton
 Nikkie Reza.....Fargo North
 Vanessa Stumpf.....Mandan
 Marta Tacchini.....GF Red River

2007 ALL STATE TEAM

Amber Alexander.....Minot
 Maggi Beck.....Minot
 Kathryn Berg.....Fargo North
 Bailey Bolinske.....Williston
 Ali Church.....GF Central
 Chelsea Gentzkow.....West Fargo
 Lexie Halberstadt.....Shanley
 Alexis Hogan.....Mandan
 Megan Keidel.....Bismarck
 Kalee Kemmesat.....Century
 Dagny Knutson.....Minot
 Kasey Lasch.....Wahpeton
 Sadie Miller.....Williston
 Ashley Reiter.....West Fargo
 Nikkie Reza.....Fargo North
 Kelsey Richels.....Wahpeton
 McKenzie Rudolph.....Minot
 Brittany Schmidt.....GF Red River
 Jessica Tauber.....Fargo South
 Allison Tracy.....Minot
 Amy Vanlighthouse.....Fargo North
 Sara Weinberg.....Century
 Rachael Wessman.....Fargo North
 Hannah Whitehead.....GF Central

HONORABLE MENTION

Megan Brennan.....West Fargo
 Carissa Buchholz.....Wahpeton
 Miah Dabill.....Jamestown
 Ashley Elsbernd.....Fargo South
 Alex Eades.....GF Central
 Emily Evanoff.....Minot
 Joslyn Fellbaum.....Fargo South
 Courtney Fisk.....GF Red River
 Courtney Funk.....Minot
 Jennifer Jacobson.....Fargo North
 Sara Joersz.....Bismarck
 Alexis Klug.....Williston
 Haley Koehn.....Fargo South
 Nicole Koehn.....Fargo South
 Lauren Lyngstad.....Fargo North
 Christine Retzlaff.....Wahpeton
 Vanessa Stumpf.....Mandan
 Cassie Walth.....Century

2008 ALL STATE TEAM

Maggi Beck.....Minot
 Ali Church.....GF Central
 Ashley Elsbernd.....Fargo South
 Chelsea Gentzkow.....West Fargo
 Lexie Halberstadt.....Shanley
 Erin Hart.....Jamestown
 Alexis Hogan.....Mandan
 Kalee Kemmesat.....Century
 Dagny Knutson.....Minot
 Mirna Kojic.....GF Red River
 Madison Porter.....Williston
 Ashley Reiter.....West Fargo
 Kelsey Richels.....Wahpeton
 McKenzie Rudolph.....Minot
 Kaitlin Walsh.....Jamestown
 Cassie Walth.....Century
 Sara Weinberg.....Century

HONORABLE MENTION

Kaitlin Bolinske.....Williston
 Miah Dabill.....Jamestown
 Lydia Engberg.....Century
 Joslyn Fellbaum.....Fargo South
 Courtney Fisk.....GF Red River
 Courtney Funk.....Minot
 Mairin Jameson.....Shanley
 Kasey Lasch.....Wahpeton
 Sadie Miller.....Williston
 Serena Olsen.....Minot
 Bridget Riley.....Bismarck
 Emily Roche.....Fargo North
 Emily Smallbeck.....Century
 Kelsey Stenson.....Williston
 Rachel Svendsen.....GF Central
 Paige Weisz.....West Fargo
 Rachael Wessman.....Fargo North

2009 ALL STATE TEAM

Kaitlin Bolinske.....Williston
 Ali Church.....GF Central
 Miah Dabill.....Jamestown
 Danica Dutt.....West Fargo
 Courtney Funk.....Minot
 Chelsea Gentzkow.....West Fargo
 Erin Grabanski.....GF Red River
 Alexis Haberstadt.....Shanley
 Erin Hart.....Jamestown
 Alexis Hogan.....Mandan
 Mairin Jameson.....Shanley
 Kayli Johnson.....Mandan
 Kalee Kemmesat.....Century
 Mirna Kojic.....GF Red River
 Dagny Knutson.....Minot
 Gabriela Kostelna.....GF Central
 Sadie Miller.....Williston
 Madison Porter.....Williston
 Kelsey Richels.....Wahpeton
 Bridget Riley.....Bismarck
 Ellie Roche.....Fargo North
 Emily Roche.....Fargo North
 Jamie Skavlem.....GF Red River
 Emily Smallbeck.....Century
 Cassie Walth.....Century

HONORABLE MENTION

Dani Bergeson.....Century
 Katie Clark.....Minot
 Addy DiCristina.....GF Red River
 Alex Eades.....GF Central
 Lydia Engberg.....Century
 Rachel Erickson.....Fargo South
 Jarren Fallgatter.....Century
 Joslyn Fellbaum.....Fargo South
 Courtney Fisk.....GF Red River
 Jerrica Kelly.....Minot
 Alexis Klug.....Williston
 Haley Koehn.....Fargo South
 Hannah Mastel.....Fargo South
 Serena Olson.....Minot
 Kelsey Stenson.....Williston

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

Rachel Svendsen..GF Central
 Kaitlin Walsh.....Jamestown
 Paige Weisz..... West Fargo
 Rachael WessmanFargo North

2010 ALL STATE TEAM

Dani Bergeson..... Century
 Ali Church.....GF Central
 Miah Dabill..... Jamestown
 Maddie DerbyFargo North
 Addy DiCristinaGF Red River
 Danica Dutt West Fargo
 Courtney Funk Minot
 Erin Grabanski GF Red River
 Erin Hart..... Jamestown
 Veronica Herrmann ..Century
 Mirna Kojic..... GF Red River
 Brooke Lukach.....Jamestown
 Emily Roche..... Fargo North
 Ellie Roche..... Fargo North
 Jamie Skavlem GF Red River
 Emily Smallbeck..... Century
 Madeline Smith ..Fargo South
 Katie SvendsonGF Central
 Cassie Walth.....Century

HONORABLE MENTION

McKenna Brown.....Minot
 Katie ClarkMinot
 Lydia Engberg.....Century
 Bryn Everson Williston
 Courtney Fisk..GF Red River
 Dallas Hepper..... Fargo South
 Connor Hoff..... Fargo North
 Kayli Johnson..... Mandan
 Ashley KankelfritzFargo South
 Rachel Kranda..... West Fargo
 Megan Sanford.....Century
 Rachel Svendson..GF Central

2011 ALL STATE TEAM

Abby Astrup..... Fargo North
 Dani Bergeson.....Century
 Sarah Bogenrief.....Minot
 Chelsea Brandt..... Davies
 Nicole Breli.....GF Central
 Ali Church.....GF Central
 Katie Clark.....Minot
 Sydney Clark.....Minot
 Maddie DerbyFargo North
 Addy DiCristinaGF Red River
 Danica Dutt West Fargo
 Lexie Eissinger..... Davies

Bryn Evenson..... Williston
 Jarren FallgatterCentury
 Courtney FunkMinot
 Lauren Gietzen.....Century
 Annie Hart.....Jamestown
 Erin Hart.....Jamestown
 Nicolette Haug Mandan
 Veronica Herrmann ..Century
 Conner Hoff..... Fargo North
 McKenzie Jeske Century
 Carley LeDoux... Fargo North
 Alex LindJamestown
 Tori Meyer..... Fargo North
 Sam Miller Williston
 Kristina Nelson Bismarck
 Hallie Peterson West Fargo
 Ketti Ringwall Williston
 Anna ReinholzShanley
 Elizabeth Roche .Fargo North
 Emily Roche..... Fargo North
 Shaylee Schaf..... Mandan
 Emily SmallbeckCentury
 Madeline Smith . Fargo South
 Laura Schott Fargo South
 EmmaLee StachMinot
 Katie SvendsonGF Central
 Rachel Svendson..GF Central

Shantha Trottier..... Williston
 Cassie Walth.....Century
 Abbie Wanzek.....Jamestown
 Paige Weisz..... West Fargo
 Mercedes Westereng Jamestown
 Ashlee Wiebe..... Fargo North

HONORABLE MENTION

Kate Astrup Fargo North
 McKenna Brown..... Minot
 Alexis Clark Minot
 Katie Clark Minot
 Kyra EkreCentury
 Kristin Engberg..... Bismarck
 Rachel Ford Mandan
 Emma Hepper Bismarck
 Julissa Johnson.... West Fargo
 Rachel Kranda..... West Fargo
 Alexa Martel Williston
 Alyssa Olson West Fargo
 Paige Peterson.....Jamestown
 Breanna Schmidt GF Red River
 Katie Tkachyk..... Williston
 Aubrey Wentz.....West Fargo

COACH OF THE YEAR

1976 Nancy TiddFargo Shanley
 1977 Jan Cossette..... Fargo South
 1978 Kathy Aspaas.....Minot
 1979 Don Hulbert..... Fargo North
 1980 Phil Bingenheimer.....Bismarck Century
 1981 Marney ShirleyJamestown
 1982 Kathy AspaasMinot
 Connie KirchoffnerMandan
 1983 Marney ShirleyJamestown
 1984 Kathy AspaasMinot
 Marney ShirleyJamestown
 1985 Marsha Dahl..... Fargo North
 1986 Marney ShirleyJamestown
 1987 Kathy AspaasMinot
 1988 Marney ShirleyJamestown
 1989 Dick Fisher Fargo North
 Scott Fjeld..... Williston
 1990 Dick Fisher Fargo North
 1991 Marsha Dahl..... West Fargo
 1992 Phil Bingenheimer.....Bismarck Century

1993 Kathy AspaasMinot
 1994 Cathy Kruse Williston
 1995 Janine Roaldson..... GF Central/Red River
 1996 Kathy AspaasMinot
 1997 Ralph Manley.....Mandan
 1998 Marney ShirleyJamestown
 1999 Marney ShirleyJamestown
 2000 Jeff Steele Fargo North
 2001 Cathy Kruse Williston
 2002 Cathy Kruse Williston
 2003 Brock MitzelMinot
 2004 Jeff Steele Fargo North
 2005 Cathy Kruse..... Williston
 Jeff Steele Fargo North
 2006 Anne RetzlaffWahpeton
 2007 Loic JosephCentury
 2008 Jody Bolinske..... Williston
 2009 Jody Bolinske..... Williston
 2010 Loic JosephCentury
 2011 Talia Butery..... Fargo North

SENIOR SWIMMER/DIVER OF THE YEAR

1995 Sara Stevenson.....Minot
 1996 Holly Skarsgard.....Minot
 1997 Marie Burckhard.....Minot
 Katie Bjerke Fargo North
 1998 Lisa HaunzBismarck Century
 1999 Talia Merritt..... Fargo North
 2000 Katie Garvey..... Fargo North
 2001 Lauren Mickelson.....Jamestown
 2002 Heather Harris..... Fargo South
 2003 Emily WeeksMinot
 2004 Linzey Bachmeier.....Mandan
 2005 Carissa Gormally..... Williston
 2006 Kelsey Schoonhoven..... West Fargo
 2007 Hannah WhiteheadGF Central
 2008 Ashley Reiter..... West Fargo
 2009 Dagny Knutson.....Minot
 2010 Erin Grabanski GF Red River
 2011 Ali Church.....GF Central

On the back cover:

2011 STATE CHAMPIONS - CENTURY PATRIOTS

BACK ROW L TO R: Coley Ugland (Head Diving Coach), Veronica Herrmann, Alexandra Jamieson, Erin Hyer, Cassandra Walth, Emily Smallbeck, Nicole Johnson, Loic Joseph (Head Swim Coach)

THIRD ROW L TO R: Daniele Bergeson, Kyra Ekre, Shanalle Engen, Maddison Brown, Katelyn Rising, Jarren Fallgatter, McKenzie Jeske and Sabrina Padilla (Student Manager)

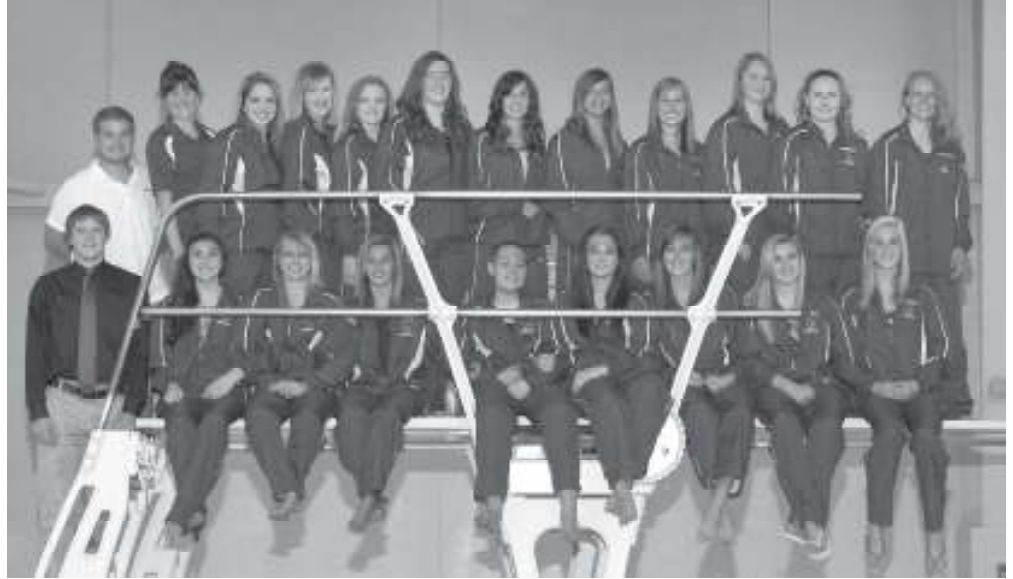
SECOND ROW L TO R: Harper Wavra, Elizabeth Wiese, Abby Bourgois, Kelli Stumpf, Meghan Dorhmann, Samantha Weigel, Maddie Lares, Renae Strum, Jana Hathaway, Daniele Crothers

FRONT ROW L TO R: Kaitlyn Ekre, Amy Warren, Grace Werder, Lauren Gietzen, Karli Knutson, Kennedie Boehm, Suzie Cox, Morgan Gietzen



Bismarck Demons

- Head Coach Alex Lucy
- Diving Coach.....Coley Ugland
- Athletic Director.....Dr. Jim Haussler
- Superintendent.... Tamara Uselman
- Principal Dr. Michael Cary
- Trainer..... Blaine Steiner
- Team Captains Hailey Dempsey
Kristin Engberg
Hailee Swennes
- School Colors Maroon & White
- School Song BHS Pep Song



BACK ROW L TO R: Coach Chris Pape, Coach Coley Ugland, Kacey Diehl, Madison Wray, Shelby Moran, Madelyn Lofberg, Sierra Stenehjem, Kaley Finstad, Shayla Heger, Emma Hepper, Kate Hixson, Kristina Nelson
 FRONT ROW L TO R: Head Coach Alex Lucy, AK Koebele, Jenny Nelson, Taysha Zeeb, Meghan Rath, Hailee Swennes, Megan Hixson, Hailey Dempsey, Kristin Engberg
 NOT PICTURED: Assistant Coach Dani Maddock



Bismarck Century Patriots

- Head Coach Jeff Steele
- Assistant Coach.....Karmen Wahl
- Diving Coach.....Coley Ugland
- Athletic Director.....Dr. Jim Haussler
- Superintendent.... Tamara Uselman
- Principal Steve Madler
- Trainer.....Sanford Orthopedics &
.....Sports Medicine
- Team Captains Karli Knutson
MacKenzie Jeske
Veronica Herrmann
Jarren Fallgatter
- School Colors ..Red, White and Blue
- School SongBismarck Century



BACK ROW L TO R: Coach Jeff Steele, Veronica Herrmann, Karli Knutson, McKenzie Jeske, Jarren Fallgatter, Renae Strum, Alex Jamieson
 FOURTH ROW L TO R: Coach Karmen Wahl, Coach Coley Ugland, Suzie Cox, Maddie Lares, Tori Stucki, Shanalle Engen, Lauren Gietzen, Kennedy Boehm, Coach Chris Pape
 THIRD ROW L TO R: Kelli Stumpf, Katelyn Rising, Kyra Ekre, Jessica Ness, Dani Bergeson, Meghan Dohrmann, Samantha Weigel
 SECOND ROW L TO R: Elizabeth Wiese, Kelby Anderson, Harper Wavra, Lynnae Ryberg, Grace Werder, Amy Warren, Kaitlyn Ekre
 FRONT ROW L TO R: Vanessa Herrmann, Harmony Jobe, Morgan Gietzen, Abby Bourgois, Tess Sether



Fargo Davies Eagles

Head Coach Cassie Jensen

Assistant Coaches.. Jennifer Johnson
Tyler Hetland
Sara Dukart

Athletic Director.....Lenny Ohlhauser

Superintendent.....Dr. Jeff Schatz

Principal Troy Cody

Trainer.....Scott Witte
Kathleen Vesta

Student Managers.....Conner Bale
Nate Duncan

School Colors Cardinal Red and
Vegas Gold

School Song Davies School Song



BACK ROW L TO R: Assistant Coach Tyler Hetland, Assistant Coach Jennifer Johnson, Conner Bale, Chelsea Brandt, Grace Geffre, Erika Kaiser, Sydney Graf, Grace Haggard, Abby Hendricks, Abby Olson, Kori Hennebry, Nate Duncan, Head Coach Cassie Jensen, Diving Coach Sara Dukart
THIRD ROW L TO R: Sabrina De Blaere, Samantha Peterson, Katie Schulz, Paige Satter, Anna Aberle, Drue McLean, Allie Fink, Ashley Devier, Cassie Nelson, Leigh Bauer, Grace Winge, Kayla Kleven, Anh Tao, Angel King
SECOND ROW L TO R: Gillian Dahl, Clara Burkman, Lexi Belk, Kiara Bock, Morgan Staffne, Karianne Himle, Sydney Jacobson, Anna Scheeler, Bailey Glur, Jessica Harter, Siri Berry, Makayla Woitzel, Morgan Vareberg
FRONT ROW L TO R: Claire Bullis, Emma Harmsen, Caitlin Smith, Alyssa Ege, Abby Aberle, Paige Hennebry, Allison Aberle, Amber Erickson, Ingrid Berry, Hanna Sivertson, Maggie Krank, Amy Crawford



Fargo North Spartans

Head Coach Talia Butery

Assistant Coaches.. Krystle Leidholm
Evonne Saleh
Sarah Volk

Athletic Director.. Travis Christensen

Superintendent Dr. Jeffrey M. Schatz

Principal Andy Dahlen

Trainer.....Jon Darling

Team Captains Abby Astrup
Carley LeDoux
Emily Roche
Madison Uglen

Student Managers..... Kya Nysetvold
Mara Nysetvold

School Colors Navy & Gold

School Song Go Northwestern



BACK ROW L TO R: Abby Astrup, Haylee Volk, Ashlee Wiebe, Emily Roche
THIRD ROW L TO R: Assistant Coach Evonne Saleh, Assistant Coach Sarah Volk, Anna Seibold, Madison Uglen, Maddie Derby, Ashley Albertson, Kate Astrup, Carley LeDoux, Tori Meyer, Sophi Simonson, Grayce Darrah, Amelia Agre, Dana Faust, Emily Melchior, Head Coach Talia Butery, Assistant Coach Krystle Ross
SECOND ROW L TO R: Mara Nysetvold, Ellie Roche, Ashley Blazek, Lydia Jacobson, Ashley Blazek, Gina Schwanke, Melanie Darrah, Leann Mengelkoch, Sophie Johnson, Lauren Zachariason, Erin Slack, Megan Hanson, Grace Harmon, Mandy Carpenter, Veronica Smith, Elizabeth Anderson, Ashley Branden
FRONT ROW L TO R: Kya Nysetvold, Tori Cole, Victoria Derby, Anna Astrup, Libby Roche, Alex Rasmussen, Kate Zachariason, Dakotah Fisher, Victoria Bakewell, Olivia Mineer, Kaelee Werder



Fargo Shanley Deacons

- Head CoachErich Richardson
- Assistant Coaches..... Tim Cruff
Sara Wolf
Billy Hanson
- Athletic Director.....Randy Nelson
- Superintendent.. Dr. Michael Smith
- PrincipalSean Safranski
- Trainer..... Kelly Burns, ATC
- Team CaptainsUvie Adah
Paris Ekman
Emily Tsen
- Student Manager.....Hailey Link
- School Colors Red & White
- School Song Forward for
Shanley High



BACK ROW L TO R: Erich Richardson (Head Coach), Grace Simonson, Patricia Lipson, Gabrielle Ries, Andrea Lee, Krista Dewald, Isabell Dabbert, Paris Ekman, Tim Cruff (Asst. Coach), Billy Hanson (Asst. Coach)
 SECOND ROW L TO R: Hailey Link (Student Mgr.), Julia Bartholomay, Katherine Gladitsch, Gabrielle Bossart, Emily Tsen, Kendra Roach, Paige Beach, Leah Madson, Paige Mathison, Rachel vonEbers
 FRONT ROW L TO R: Amy Anfinrud, Uvie Adah, Reyna Bergstrom, Karin O'Leary, Anna Reinholz, Taylor Schmidt, Alexis Willoughby, Brittany Dixon
 NOT PICTURED: Kara Walton, Sarah Wolf (Asst. Coach)



Fargo South Bruins

- Head CoachSkip Fisher
- Assistant Coaches.....Brian Olson
Ben Hanson
Ashley Kankelfritz
- Athletic Director.....Cory Lehman
- Superintendent.....Dr. Jeff Schatz
- Principal Todd Bertsch
- Trainer..... Tony Haneca
Bruce Pehl
- Team Captains Abbey Benson
McKaila Ruud
Laura Schott
- Student Managers.....Ben Absey
Brady Spearing
Peter Griggs
- School Colors Brown & Gold
- School Song On Wisconsin



BACK ROW L TO R: Skip Fisher (Head Coach), Ben Hanson (Asst. Coach), Laura Schott, Peter Griggs, Brady Spiering, Ben Absey, Claire Carlson, Katie Morrau, Emma Nordin, Regan Ives, Maison Waloch
 THIRD ROW L TO R: Brian Olson (Asst. Coach), Ashley Kankelfritz (Diving Coach), McKaila Ruud, Abbey Benson, Hannah Morton, Nicole Thompson, Laura Thompson, Jenna Booth, Elizabeth Powell, Sophia Martinson, Hannah Lawson
 SECOND ROW L TO R: Isabel Thiner, Kathryn Weinmann, Hannah Nordin, Hannah Kearns, Abby Roberts, Olivia Bachmeier
 FRONT ROW L TO R: Lydia Carlson, Lydia Hanna, Lauren Ostlie, Kacie Iverson, Erica Weinmann, Rebecca Roberts, Tara Schlagel, Hayley Smith, Jasmine Hamilton
 NOT PICTURED: Ellie Marvel, Lita Collins



Grand Forks Central Knights

Head CoachBryan Walls

Assistant Coaches..... Matt Bonzer
Erin Wessman
Sara Walls

Athletic Director..... Mark Rerick

Superintendent.....Dr. Larry Nybladh

PrincipalDr. Buck Kasowski

Trainer.....Jon Sandy

Team CaptainsKatie Svendsen
Molly Sand

School ColorsMaroon and Grey

School SongOnward Central



BACK ROW L TO R: Madison Remer, Molly Sand, Nicole Brellie, Taylor Holweger, Katie Svendsen, Grace Rehn
SECOND ROW L TO R: Kayla Schindler, Kaitlyn Danielson, Kristy Medendhall, Natalie Simon, Kahtyrn Murhpy, Mikaela Schindler, Corrine Dalhquist
FRONT ROW L TO R: Allison Nowatzki, Clair Cory, Shaelyn Mosher, Lexi Ljunggren, Brenna DeLowery, Ally Nilles



Grand Forks Red River Roughriders

Head CoachBryan Walls

Assistant Coaches..... Matt Bonzer
Erin Wessman
Sara Walls

Athletic Director..... Mark Rerick

Superintendent.....Dr. Larry Nybladh

PrincipalKris Arason

Trainer.....Jon Sandy

Team CaptainsTori Remer

School Colors ..Red, White, and Black

School Song Rider Fight Song



BACK ROW L TO R: Melanie Schindler, Tori Remer, Lexi Antonenko, Sam Behm, Alex Johnson, Emily Anderson
FRONT ROW L TO R: Lauryn MacLeod, Mackenzie Byre, Hannah Shchreiner, Gretchen Schreiner, Katie O Flannigan, Shawna Keitzman



Jamestown Bluejays

Head CoachBen Smith

Assistant Coaches.....Dave Tews
Brittany Johnston
Abby Tews

Athletic Director.....Jim Roaldson

Superintendent..... Bob Toso

PrincipalBill Nold

Trainer.....Andrew Randall

Team Captains Kamie Wagar
Alex Lind
Abby Wanzek
Chesney Middaugh

School Colors Royal Blue & White

School SongBlue Jay Booster



BACK ROW L TO R: Kailey Alber, Karlie Marler, LaMae Turk, Paige Peterson, Chesney Middaugh, Abbie Conlon, Ashlee Shafer
THIRD ROW L TO R: Hannah Middaugh, Annie Hart, Alex Lind, Abby Wanzek, Jennifer Allmer, Renna Gardner
SECOND ROW L TO R: Brianna Johnson, Julia Shirley, Karissa Hubbard, Madisen Prasek, Madisen Mandan, Morgan Mews
FRONT ROW L TO R: Grace Roy, Brittany Frank, Amber Walch, Kamie Wagar, Erin Hillerud



Mandan Braves

Head CoachRalph Manley

Assistant Coaches.Chad Schuchard
Linn Schroeder

Diving Coach...Claudia Schoellkopf

Athletic Director.....Lorell Jungling

Superintendent..... Mike Bitz

PrincipalMark Andresen

Trainer.....Dr Bob Schulte

Team Captains Sammy Budeau
Nicolette Haug
Shaylee Schaf

Student Managers.....Eric Curtiss
Justin Schafer

School Colors Black & White

School SongHere's to Mandan



BACK ROW L TO R: Bailey Schlosser, Grace Kaufmann, Taylor Faul, Krista Sauber, Anna Freidig, Georgia Kuntz, Sarah Curtiss, Eileen Spilman
THIRD ROW L TO R: Shaylee Schaf, Nicolette Haug, Samantha Budeau, McKenzie Martin, Zoey Nelson, Alexis Ogden
SECOND ROW L TO R: Coach Linn Schroeder, Head Coach Ralph Manley, Ashley Doll, Carlie Borchers, Tonya Haag, Mariah Marsh, Jayden Barth, McKenna Kautzman, Rachel Ford, Samantha Bussman, Kendra Markel, Grace Kuntz, Coach Claudia Schoellkopf, Coach Chad Schuchard
FRONT ROW L TO R: SM-Eric Curtiss, Madison Makeef, McKenna Quintus, Grace Peterson, Sara Zachmeier, Maggie Beach, Chantell Mindt, Gabi Haroldson, Jordyn Fairaizl, SM-Justin Schafer



Minot Majettes

Head Coach Dan Hinton

Assistant Coaches.....Barb McPeak
Jessica Kelly
Abbie Naze

Athletic Director.....Pat McNally

Superintendent..... Mark Vollmer

PrincipalScott Faul

Trainer.....Kevin Melby

Team Captains Akira Campbell
Melissa Cresap
Natalie Kramer
Meg Kuske
Jara Swegarden



School Colors Maroon and Gold

School SongLoyal and True

BACK ROW L TO R: Natalie Kramer, Meg Kuske, Akira Campbell, Coach Abbie Naze, Coach Jess Kelly
 FOURTH ROW L TO R: Hannah Marquardt, McKenzie Duncan, Emmalee Stach, Karly McPeak, Else Nelson, Jordan Hubbard, Sarah Bogenrief, Courtney Aarseth, Devin Scott, Tori Allison, Katie Kelly, Kacie Hamm, Coach Dan Hinton
 THIRD ROW L TO R: Kiana Keller, Chanel Fjeldahl, Emily Braun, McKenna Brown, Faith Elliot, Alexis Clark, Sydney Clark, Julie Dockter, Mckayla Stolba, Ashley Selby, Tessa Buch, Diving Coach Barb McPeak
 SECOND ROW L TO R: Lexi Lehner, Meghan Detlaff, Kelsie Lundmark, Allyson Kelley, Meera Ostrom, Megan Routledge, Shania Klug, Sidni Kast, Josie Gillund, Cassie Askvig, Natalie Couture, Emily Hamel, Amber Westereng
 FRONT ROW L TO R: Amanda Lee, Ashlee Swartwout, Breann Lehner, De'Chelle Roby, Emily Pitcher, Rachel Pierce, Sammy Ellingsworth, Megan Lenertz, Peyton Fitkin, Marena Kouba, Elizabeth Tin-Maung
 NOT PICTURED: Jara Swegarden



Wahpeton Huskies

Head Coach Anne Retzlaff

Athletic Director.....Mike McCall

Superintendent.....Rick Jacobson

PrincipalClark Gripentrog

Trainer.....Nick Kindelspire

Team Captain Morgan Braun

School ColorsPurple and Gold

School SongNotre Dame
Victory March



L TO R: Alyssa Platt, Sydney Chase, Shannon Thompson, Anne Retzlaff, Makyl Ziegler, Heather Glines, Morgan Braun



West Fargo Packers

Head Coach Marsha Dahl

Assistant Coach Austin Keller
Jacob Danielson
Misty Tomchuk

Athletic Director..... Curt Jones

Superintendent...Dr. David Flowers

Principal Gary Clark

Trainer..... Tom Peterson

Team CaptainsDanica Dutt
Julissa Johnson
Makenzie Preston
Marisol Rios

Student Managers.....Austin Chase
Cody Eisenbeisz
Matt Montplaisir
Jacob Lardy
Jarrett Lardy

School ColorsGreen & White

School Song Minnesota Rouser



BACK ROW L TO R: Diving Coach Misty Tomchuk, Ivy Mittelsteadt, Cora Riehl, Hallie Peterson, Carley Rortved, Hannah McMahon, Chelsey Cressman, Sarah McMahon, Brianna Faul, Madison Neva, Andrea Smith, Amanda St. Aubin, Student Manager Jacob Lardy

THIRD ROW L TO R: Head Coach Marsha Dahl, Taylor Laufenberg, Johanna Jones, Jaxie Carlson, Marisol Rios, Aubrey Wentz, Makayla Henricks, Sarah Montplaisir, Haley Hugelen, Julissa Johnson, Danica Dutt, Hannah Reis, Lexie Kjelland, Student Manager Austin Chase, Student Manager Jarrett Lardy, Coach Jake Danielson, Coach Austin Keller

SECOND ROW L TO R: Calista Miller, Alexa Olson, Kayla White, Makenzie Preston, Haylee Johnson, Kailey Donarski, Emily Bourassa, Mykin Gunning, McKenzie Kalsow, Ally White, Haley Pederson, Jaelyn Lardy, Jessica Qian, Student Manager Matt Montplaisir

FRONT ROW L TO R: Isa Herrera Grant, Mariah Heise, Arianna Sjoblom, Ali Manock, Jordan Kuhn, Winter Martin, Hanna Nelson, Bailey Riehl, Casey Bergdahl, Sydni Soine, Eden Neva, Molly Steinkopf, Student Manager Cody Eisenbeisz

NOT PICTURED: Dani Davis, Mia Schuster, Rachael Hulbert



Williston Coyotes

Head CoachThomas Wheeling

Assistant Coaches..... Sarah Boston
Kristy Roller

Diving Coach..... Stephanie Wilcox

Athletic Director.....Jeff Dornfeld

SuperintendentDr. Viola LaFontaine

PrincipalChris Kittleson

Team Captains Samie Bohl
Paige Fisketjon
Jasmine Kreft
Helene Pippin
Sarah Pippin

Student Managers..... Kyle Pletan
Austin Semenko
Jacob Anderson

School Colors Orange and Black

School Song ... Williston Fight Song



BACK ROW L TO R: Bryn Everson, Paige Fisketjon, Jasmine Kreft, Helene Pippin, Sarah Pippin, Samie Bohl, Ketti Ringwall, Katie Tkachyk, Alyssa Hodenfield, Sam Miller, Diving Coach Stephanie Wilcox, Head Coach Thomas Wheeling

SECOND ROW L TO R: Megan Jorgenson, Claire Erickson, Shannon Semenko, Maria Semenko, Emily Stewart, Grace Erickson, Leah Grove, Maddisen Shafer, Linsy Bowers, Tessa Stewart, Asst. Coach Sarah Boston

FRONT ROW L TO R: Jurni Holte, Alexis Bohl, Geneva Nodland, Michelle Stewart, Bethanie Pippin, Katie Olson, Darian Haug, Carly Thomas

NOT PICTURED: Taylor Bloxham, Abigail Moberg, Suzanna Moberg, Lorin Gabbert, Hanna Hoglund

200 YARD MEDLEY RELAY

State Record (2011): Dani Bergeson, Veronica Herrmann
Emily Smallbeck, Jarren Fallgatter, Century, 1:47.97

1974	Fargo North.....D. Johansen, J. Hallee, M. Dahl, K. Malm.....	2:06.90
1975	Fargo North.....D. Johansen, L. Schilmoeller, K. Malm, L. McDonald.....	2:03.30
1976	Fargo North.....D. Johansen, L. Geiger, K. Malm, L. McDonald.....	2:00.11
1977	Minot.....J. Pankow, B. Flickinger, A. Kincheloe, J. Bredahl.....	2:00.98
1978	Minot.....B. Flickinger, A. Kincheloe, H. Flickinger, M. Rudser.....	1:59.02
1979	Minot.....T. Guthrie, J. Hubbard, H. Flickinger, A. Kincheloe.....	2:01.63
1980	Minot.....T. Guthrie, J. Hubbard, H. Flickinger, K. Edwards.....	2:01.06
1981	Minot.....C. Hanna, J. Hubbard, H. Flickinger, M. Hanson.....	2:01.73
1982	Minot.....C. Hanna, H. Flickinger, V. Pomaville, S. Iverson.....	2:00.56
1983	Minot.....M. Yantzer, J. Romine, V. Pomaville, N. Dahl.....	1:59.28
1984	Minot.....S. Iverson, J. Romine, V. Pomaville, N. Dahl.....	2:00.22
1985	Minot.....S. Iverson, J. Romine, V. Pomaville, S. Burckhart.....	1:59.14
1986	Bismarck Century.....M. Yantzer, T. Yantzer, S. Woo, C. Beazley.....	1:57.60
1987	Bismarck Century.....M. Yantzer, T. Yantzer, C. Goeddertz, J. Bitz.....	1:56.76
1988	Bismarck Century.....J. Gaustad, T. Yantzer, C. Goeddertz, J. Bitz.....	1:55.35
1989	Minot.....A. Vigars, A. Rudser, M. Parker, J. Alme.....	1:56.22
1990	Mandan.....B. Stork, N. Fiest, K. Wagner, S. Helvig.....	1:53.23
1991	Mandan.....N. Fiest, D. Sletten, K. Wagner, S. Helvig.....	1:54.05
1992	Mandan.....S. Frysliie, R. Mahutga, P. Richmond, D. Sletten.....	1:54.70
1993	Minot.....T. Bruels, J. Lowe, H. Skarsgard, S. Stevenson.....	1:52.84
1994	Minot.....T. Bruels, J. Lowe, M. Burckhard, H. Skarsgard.....	1:50.70
1995	Minot.....T. Bruels, J. Lowe, M. Burckhard, H. Skarsgard.....	1:50.15
1996	Bismarck Century.....L. Haunz, K. Giese, E. Pierce, A. Kindschi.....	1:48.62
1997	Minot.....J. Wendt, J. Lowe, K. Lowe, T. Goldade.....	1:52.73
1998	Bismarck Century.....J. Kindschi, K. Giese, L. Haunz, C. Peterson.....	1:52.09
1999	Mandan.....J. Bachmeier, K. Henke, T. Loeb, R. Keller.....	1:51.28
2000	Mandan.....J. Bachmeier, K. Fiest, T. Loeb, N. Saur.....	1:53.06
2001	Fargo South.....H. Harris, E. Wessman, B. Anderson, L. Watkins.....	1:52.19
2002	Mandan.....J. Bachmeier, S. Bachmeier, L. Bachmeier, A. Renner.....	1:51.32
2003	Williston.....K. Wood, C. Gormally, A. Maxwell, E. Maetzold.....	1:52.83
2004	West Fargo.....K. Schoonhoven, A. Reiter, E. Stromsvik, A. Flaten.....	1:49.75
2005	Minot.....M. Beck, E. Evanoff, D. Knutson, A. Jenkins.....	1:51.62
2006	Minot.....M. Beck, A. Alexander, D. Knutson, A. Kraft.....	1:51.40
2007	Minot.....M. Beck, A. Alexander, D. Knutson, K. Beechie.....	1:49.73
2008	Minot.....M. Beck, K. Webster, D. Knutson, C. Funk.....	1:48.32
2009	Williston.....K. Bolinske, S. Miller, M. Porter, K. Stenson.....	1:48.98
2010	GF Red River.....J. Skavlem, C. Fisk, E. Grabanski, M. Kojic.....	1:50.56
2011	Bismarck Century.....D. Bergeson, V.Herrmann, E.Smallbeck, J. Fallgatter.....	1:47.97



Dani Bergeson



Veronica Herrmann



Emily Smallbeck



Jarren Fallgatter

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
2	Shanley	2:10.02	_____
3	GF Central	2:03.78	_____
4	Mandan	2:02.47	_____
5	Bismarck	2:03.50	_____
6	Wahpeton	2:05.67	_____
7	GF Red River	2:11.83	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
1	Jamestown	2:00.67	_____
2	West Fargo	1:58.26	_____
3	Williston	1:53.62	_____
4	Century	1:52.55	_____
5	Fargo North	1:53.49	_____
6	Minot	1:55.92	_____
7	Fargo South	2:00.02	_____
8	Fargo Davies	2:01.90	_____

200 YARD FREESTYLE

State Record (2008):
Dagny Knutson, Minot, (Prelims) 1:42.81

1974	Linda Soli.....	Grand Forks Red River.....	2:10.60
1975	Linda Soli.....	Grand Forks Red River.....	2:05.40
1976	Ingrid Lawrence.....	Grand Forks Red River.....	2:03.41
1977	Laura Johanson.....	Fargo North.....	2:10.09
1978	Ingrid Lawrence.....	Grand Forks Red River.....	2:01.33
1979	Michelyn Rudser.....	Minot.....	1:56.79
1980	Michelyn Rudser.....	Minot.....	2:00.59
1981	Denise Hanna.....	Minot.....	2:05.32
1982	Erin Jilek.....	Fargo North.....	2:01.09
1983	Missy Yantzer.....	Minot.....	2:01.23
1984	Jenny Reidingner.....	Mandan.....	2:05.56
1985	Paula Rudser.....	Minot.....	2:02.08
1986	Krina Kabanuk.....	Fargo South.....	1:58.09
1987	Paula Rudser.....	Minot.....	1:59.03
1988	Paula Rudser.....	Minot.....	1:57.71
1989	Andrea Rudser.....	Minot.....	2:01.12
1990	Suzie Helvig.....	Mandan.....	1:56.39
1991	Suzie Helvig.....	Mandan.....	1:55.07
1992	Suzie Helvig.....	Mandan.....	1:54.48
1993	Kara Schmitz.....	Bismarck Century.....	1:58.97
1994	Sara Stevenson.....	Minot.....	1:54.45
1995	Sara Stevenson.....	Minot.....	1:56.95
1996	Kate Holland.....	Minot.....	1:57.98
1997	Lauren Little.....	Mandan.....	1:55.95
1998	Heather Harris.....	Fargo South.....	1:55.77
1999	Heather Harris.....	Fargo South.....	1:51.78
2000	Heather Harris.....	Fargo South.....	1:52.81
2001	Heather Harris.....	Fargo South.....	1:53.08
2002	Heather Harris.....	Fargo South.....	1:56.28
2003	Michelle Omdahl.....	Grand Forks Red River.....	1:56.47
2004	Hannah Whitehead.....	Grand Forks Central.....	1:52.86
2005	Hannah Whitehead.....	Grand Forks Central.....	1:50.09
2006	Hannah Whitehead.....	Grand Forks Central.....	1:50.86
2007	Hannah Whitehead.....	Grand Forks Central.....	1:50.12
2008	Dagny Knutson.....	Minot.....	1:43.00
2009	Ali Church.....	Grand Forks Central.....	1:52.08
2010	Ali Church.....	Grand Forks Central.....	1:52.09
2011	Ali Church.....	Grand Forks Central.....	1:50.28



Ali Church

Qualifying Time:
2:13.10

SEED TIMES		LN	NAME	YR	SCHOOL	SEED	TIME
Dani Bergeson	Century.....	1:54.78	3	Molly Sand	11	GF Central	2:12.19
Ketti Ringwall	Williston.....	1:58.69	4	JaeLyn Lardy	8	West Fargo	2:11.84
Katie Svendsen	GF Central.....	1:59.24	5	Sophi Simonson	12	Fargo North	2:12.02
Hallie Peterson	West Fargo.....	2:00.33	6	Kori Hennebry	9	Fargo Davies	2:13.00
Mckenna Brown	Minot.....	2:00.44	1	Harmony Jobe	7	Century	2:10.46
Kyra Ekre	Century.....	2:00.68	2	Ashley Doll	11	Mandan	2:06.52
Carlie Borchers	Mandan.....	2:01.14	3	Leann Mengelkoch	9	Fargo North	2:02.49
Emma Hepper	Bismarck.....	2:02.05	4	Katie Svendsen	11	GF Central	1:59.24
Leann Mengelkoch	Fargo North.....	2:02.49	5	Kyra Ekre	10	Century	2:00.68
Emily Bourassa	West Fargo.....	2:02.59	6	Hailey Dempsey	11	Bismarck	2:04.41
Alexis Ljunggren	GF Central.....	2:02.80	7	Cora Riehl	10	West Fargo	2:10.01
Hailey Dempsey	Bismarck.....	2:04.41	8	Lauryn MacLeod	7	GF Red River	2:11.47
Maria Semenko	Williston.....	2:05.16	1	Katherine Murphy	8	GF Central	2:10.45
Gretchen Schreiner	GF Red River.....	2:05.65	2	Gretchen Schreiner	9	GF Red River	2:05.65
Ashley Doll	Mandan.....	2:06.52	3	Emma Hepper	8	Bismarck	2:02.05
Josie Gillund	Minot.....	2:07.73	4	Ketti Ringwall	11	Williston	1:58.69
Jordan Hubbard	Minot.....	2:07.97	5	Mckenna Brown	10	Minot	2:00.44
Cora Riehl	West Fargo.....	2:10.01	6	Alexis Ljunggren	7	GF Central	2:02.80
Sarah Curtiss	Mandan.....	2:10.17	7	Jordan Hubbard	11	Minot	2:07.97
Katherine Murphy	GF Central.....	2:10.45	8	Allison Aberle	9	Fargo Davies	2:10.95
Harmony Jobe	Century.....	2:10.46	1	Sarah Curtiss	9	Mandan	2:10.17
Maddie Lares	Century.....	2:10.83	2	Maria Semenko	10	Williston	2:05.16
Allison Aberle	Fargo Davies.....	2:10.95	3	Carlie Borchers	10	Mandan	2:01.14
Lauryn MacLeod	GF Red River.....	2:11.47	4	Dani Bergeson	10	Century	1:54.78
JaeLyn Lardy	West Fargo.....	2:11.84	5	Hallie Peterson	9	West Fargo	2:00.33
Sophi Simonson	Fargo North.....	2:12.02	6	Emily Bourassa	9	West Fargo	2:02.59
Molly Sand	GF Central.....	2:12.19	7	Josie Gillund	9	Minot	2:07.73
Kori Hennebry	Fargo Davies.....	2:13.00	8	Maddie Lares	10	Century	2:10.83

200YARD INDIVIDUAL MEDLEY

State Record (2009):
Dagny Knutson, Minot, (Prelims) 1:53.82

1974	Julie Beckman	Fargo North	2:26.80
1975	Terri Leupp	Bismarck	2:30.60
1976	Diane Johansen	Fargo North	2:26.60
1977	Lori Miller	Fargo North	2:19.03
1978	Trish Cole	Fargo South	2:20.88
1979	Bonnie Flickinger	Minot	2:17.92
1980	Heidi Hill	Jamestown	2:18.63
1981	Michelyn Rudser	Minot	2:18.68
1982	Michelyn Rudser	Minot	2:18.68
1983	Carolyn Hanna	Grand Forks Central	2:15.13
1984	Missy Yantzer	Minot	2:17.64
1985	Missy Yantzer	Minot	2:12.77
1986	Angie Johnson	Minot	2:17.68
1987	Missy Yantzer	Bismarck Century	2:15.01
1988	Tisha Yantzer	Bismarck Century	2:12.18
1989	Tisha Yantzer	Bismarck Century	2:13.56
1990	Tisha Yantzer	Bismarck Century	2:12.96
1991	Nicole Fiest	Mandan	2:12.85
1992	Nicole Fiest	Mandan	2:13.48
1993	Amy Gormally	Williston	2:12.56
1994	Elizabeth Pierce	Bismarck Century	2:09.40
1995	Elizabeth Pierce	Bismarck Century	2:11.73
1996	Elizabeth Pierce	Bismarck Century	2:09.06
1997	Jennifer Lowe	Minot	2:10.15
1998	Lisa Haunz	Bismarck Century	2:09.92
1999	Jenny Bachmeier	Mandan	2:11.37
2000	Jenny Bachmeier	Mandan	2:11.62
2001	Jenny Bachmeier	Mandan	2:10.80
2002	Jenny Bachmeier	Mandan	2:11.69
2003	Emily Weeks	Minot	2:12.39
2004	Dagny Knutson	Minot	2:10.01
2005	Dagny Knutson	Minot	2:08.04
2006	Dagny Knutson	Minot	2:03.24
2007	Dagny Knutson	Minot	1:58.58
2008	Maggi Beck	Minot	2:08.18
2009	Dagny Knutson	Minot	1:55.79
2010	Erin Grabanski	Grand Forks Red River	2:08.76
2011	Dani Bergeson	Bismarck Century	2:07.35



Dani Bergeson

Qualifying Time:
2:34.35

SEED TIMES	LN	NAME	YR	SCHOOL	SEED	TIME			
Ellie Roche	Fargo North	2:13.50	3	Sidni Kast	9	Minot	2:34.07	_____	
Bryn Everson	Williston	2:13.89	4	Marisol Rios	11	West Fargo	2:30.06	_____	
Veronica Herrmann	Century	2:15.31	5	Amanda St. Aubin	8	West Fargo	2:32.60	_____	
Sam Miller	Williston	2:18.41							
Rachel Ford	Mandan	2:18.67							
Tess Sether	Century	2:21.10	1	Cassie Nelson	11	Fargo Davies	2:28.92	_____	
Abby Bourgois	Century	2:21.16	2	Ellie Marvel	11	Fargo South	2:26.17	_____	
Sarah Bogenrief	Minot	2:21.86	3	AK Koebele	10	Bismarck	2:23.03	_____	
AK Koebele	Bismarck	2:23.03	4	Veronica Herrmann	12	Century	2:15.31	_____	
Nicole Brelie	GF Central	2:23.84	5	Tess Sether	7	Century	2:21.10	_____	
Sydney Clark	Minot	2:23.98	6	Kate Astrup	11	Fargo North	2:24.64	_____	
Kate Astrup	Fargo North	2:24.64	7	Kaley Finstad	8	Bismarck	2:28.28	_____	
Brianna Faul	West Fargo	2:25.36	8	Grace Werder	8	Century	2:29.99	_____	
Abby Astrup	Fargo North	2:25.85	1	Anna Astrup	7	Fargo North	2:28.74	_____	
Ellie Marvel	Fargo South	2:26.17	2	Abby Astrup	12	Fargo North	2:25.85	_____	
Marena Kouba	Minot	2:26.40	3	Sarah Bogenrief	11	Minot	2:21.86	_____	
Carley Rortvedt	West Fargo	2:28.08	4	Bryn Everson	11	Williston	2:13.89	_____	
Kaley Finstad	Bismarck	2:28.28	5	Rachel Ford	11	Mandan	2:18.67	_____	
Anna Aberle	Fargo Davies	2:28.54	6	Sydney Clark	10	Minot	2:23.98	_____	
Anna Astrup	Fargo North	2:28.74	7	Carley Rortvedt	10	West Fargo	2:28.08	_____	
Cassie Nelson	Fargo Davies	2:28.92	8	Samie Bohl	12	Williston	2:29.63	_____	
Jasmine Kreft	Williston	2:29.61	1	Anna Aberle	10	Fargo Davies	2:28.54	_____	
Samie Bohl	Williston	2:29.63	2	Brianna Faul	10	West Fargo	2:25.36	_____	
Grace Werder	Century	2:29.99	3	Abby Bourgois	8	Century	2:21.16	_____	
Marisol Rios	West Fargo	2:30.06	4	Ellie Roche	10	Fargo North	2:13.50	_____	
Amanda St. Aubin	West Fargo	2:32.60	5	Sam Miller	11	Williston	2:18.41	_____	
Sidni Kast	Minot	2:34.07	6	Nicole Brelie	11	GF Central	2:23.84	_____	
			7	Marena Kouba	8	Minot	2:26.40	_____	
			8	Jasmine Kreft	12	Williston	2:29.61	_____	

50 YARD FREESTYLE

State Record (2011): Courtney Funk, Minot, :23.36

1974	Carrie Caufield.....	Fargo South.....	:27.30
1975	Helen Thorndahl.....	Bismarck.....	:27.10
1976	Bonnie Flickinger.....	Minot.....	:26.58
1977	Anne Kincheloe.....	Minot.....	:25.93
1978	Anne Kincheloe.....	Minot.....	:26.26
1979	Kim Edwards.....	Minot.....	:25.18
1980	Ingrid Lawrence.....	Grand Forks Red River.....	:24.17
1981	Janine Owens.....	Grand Forks Central.....	:25.48
1982	Christy Forsberg.....	Minot.....	:25.43
1983	Christy Forsberg.....	Minot.....	:25.23
1984	Tricia Wacker.....	Grand Forks Red River.....	:25.60
1985	Krina Kabanuk.....	Fargo South.....	:25.06
1986	Stacy Burckhart.....	Minot.....	:25.75
1987	Krina Kabanuk.....	Fargo South.....	:25.06
1988	Andrea Rudser.....	Minot.....	:24.71
1989	Suzie Helvig.....	Mandan.....	:24.92
1990	Cindy Goeddertz.....	Bismarck Century.....	:24.68
1991	Cindy Goeddertz.....	Bismarck Century.....	:24.65
1992	Megan Thiel.....	West Fargo.....	:25.38
1993	Megan Thiel.....	West Fargo.....	:24.67
1994	Megan Thiel.....	West Fargo.....	:24.68
1995	Christina Traen.....	Fargo South.....	:25.50
1996	Christina Traen.....	Fargo South.....	:25.01
1997	Jill Ament.....	Jamestown.....	:25.01
1998	Jill Ament.....	Jamestown.....	:25.35
1999	Nicole Saur.....	Mandan.....	:25.15
2000	Lauren Mickelson.....	Jamestown.....	:25.17
2001	Sarah Ziegelmann.....	Fargo North.....	:24.74
2002	Linzey Bachmeier.....	Mandan.....	:24.61
2003	Linzey Bachmeier.....	Mandan.....	:24.71
2004	Linzey Bachmeier.....	Mandan.....	:24.39
2005	Carissa Gormally.....	Williston.....	:24.08
2006	Lexie Halberstadt.....	Fargo Shanley.....	:24.77
2007	Lexie Halberstadt.....	Fargo Shanley.....	:23.77
2008	Lexie Halberstadt.....	Fargo Shanley.....	:24.66
2009	Lexie Halberstadt.....	Fargo Shanley.....	:23.52
2010	Courtney Funk.....	Minot.....	:24.18
2011	Courtney Funk.....	Minot.....	:23.36



Courtney Funk

Qualifying Time:
:27.96

SEED TIMES	LN	NAME	YR	SCHOOL	SEED	TIME
Danica Dutt	2	Shaelyn Mosher	9	GF Central	27.86	_____
Jarren Fallgatter	3	Siri Berry	11	Fargo Davies	27.74	_____
Emily Roche	4	Grace Erickson	10	Williston	27.62	_____
Cassandra Askvig	5	Camille Kawasaki	9	Jamestown	27.66	_____
Emily Hamel	6	Abigail Hendricks	11	Fargo Davies	27.76	_____
Devin Scott	7	Olivia Bachmeier	9	Fargo South	27.88	_____
Kristin Engberg	1	Kate Hixson	11	Bismarck	27.55	_____
Laura Schott	2	Helene Pippin	12	Williston	27.47	_____
Haylee Volk	3	Kaitlyn Ekre	8	Century	27.46	_____
Julissa Johnson	4	Kathryn Weinmann	9	Fargo South	27.35	_____
McKenzie Martin	5	Sophia Martinson	9	Fargo South	27.38	_____
Annie Hart	6	Krista Sauber	10	Mandan	27.46	_____
Paige Peterson	7	Emily Tsen	11	Shanley	27.50	_____
Paige Fisketjon	8	Jayden Barth	11	Mandan	27.59	_____
Mykin Gunning	1	Ashley Blazek	10	Fargo North	27.09	_____
Alyssa Hodenfield	2	Mykin Gunning	9	West Fargo	26.47	_____
Anna Seibold	3	Haylee Volk	12	Fargo North	25.97	_____
Ashley Devier	4	Emily Roche	12	Fargo North	24.91	_____
Heather Glines	5	Devin Scott	11	Minot	25.80	_____
Tori Allison	6	Annie Hart	10	Jamestown	26.37	_____
Ashley Blazek	7	Ashley Devier	10	Fargo Davies	26.82	_____
Megan Hixson	8	Amy Warren	8	Century	27.33	_____
Madison Mandan	1	Tori Allison	11	Minot	27.01	_____
Amy Warren	2	Paige Fisketjon	12	Williston	26.43	_____
Kathryn Weinmann	3	Laura Schott	12	Fargo South	25.95	_____
Sophia Martinson	4	Jarren Fallgatter	12	Century	24.79	_____
Kaitlyn Ekre	5	Emily Hamel	9	Minot	25.48	_____
Krista Sauber	6	McKenzie Martin	11	Mandan	26.12	_____
Helene Pippin	7	Anna Seibold	11	Fargo North	26.80	_____
Emily Tsen	8	Madison Mandan	8	Jamestown	27.29	_____
Kate Hixson	1	Heather Glines	9	Wahpeton	26.88	_____
Jayden Barth	2	Paige Peterson	11	Jamestown	26.38	_____
Grace Erickson	3	Kristin Engberg	11	Bismarck	25.91	_____
Camille Kawasaki	4	Danica Dutt	11	West Fargo	24.70	_____
Siri Berry	5	Cassandra Askvig	9	Minot	25.39	_____
Abigail Hendricks	6	Julissa Johnson	11	West Fargo	26.04	_____
Shaelyn Mosher	7	Alyssa Hodenfield	11	Williston	26.49	_____
Olivia Bachmeier	8	Megan Hixson	12	Bismarck	27.21	_____

DIVING

State Record (1996): Molly McDonald, Bismarck, 479.05

1974	Karen Hegre.....	Fargo South.....	284.80
1975	Laurie Moe.....	Bismarck Century.....	284.30
1976	Mary Ann Gallagher.....	Mandan.....	356.50
1977	Mary Ann Gallagher.....	Mandan.....	407.70
1978	Julie Pankow.....	Minot.....	404.65
1979	Jane Vanyo.....	Fargo South.....	394.25
1980	Jane Borman.....	Fargo South.....	410.20
1981	Jenny Holm.....	Fargo North.....	391.50
1982	Jennifer Hunkele.....	Bismarck.....	393.25
1983	Jennifer Hunkele.....	Minot.....	440.25
1984	Stacy Hurd.....	Minot.....	397.85
1985	Stacy Hurd.....	Minot.....	430.60
1986	Heidi Hulberg.....	Fargo South.....	359.60
1987	Tonia Timm.....	Minot.....	328.50
1988	Tonia Timm.....	Minot.....	340.95
1989	Kelley LeRoy.....	Mandan.....	393.85
1990	Kelley LeRoy.....	Mandan.....	377.65
1991	Kelley LeRoy.....	Mandan.....	407.25
1992	Summer Bourdeau.....	Bismarck Century.....	369.95
1993	Summer Bourdeau.....	Bismarck Century.....	393.80
1994	Molly McDonald.....	Bismarck Century.....	424.65
1995	Molly McDonald.....	Bismarck Century.....	451.45
1996	Molly McDonald.....	Bismarck Century.....	479.05
1997	Rachelle Giese.....	Mandan.....	438.55
1998	Marie Boyeff.....	Minot.....	404.75
1999	Cristi Lindsey.....	Bismarck Century.....	419.95
2000	Kari Nolz.....	Bismarck.....	478.45
2001	Cristi Lindsey.....	Bismarck Century.....	419.05
2002	Brooke Wehri.....	Mandan.....	398.60
2003	Dani Visina.....	Minot.....	430.50
2004	Kati Hopfauf.....	Mandan.....	436.80
2005	Meri Orseth.....	Fargo South.....	415.90
2006	Kati Hopfauf.....	Mandan.....	449.65
2007	Megan Keidel.....	Bismarck.....	410.45
2008	McKenzie Rudolph.....	Minot.....	418.15
2009	Mairin Jameson.....	Fargo Shanley.....	435.75
2010	Ashley Kankelfritz.....	Fargo South.....	385.70
2011	Alex Lind.....	Jamestown.....	430.70



Alex Lind

Qualifying:
250 Points (11 dives)

	NAME	YEAR	SCHOOL	PRELIMS	SEMIS	FINALS
1	Kennedie Boehm	11	Century	_____	_____	_____
2	Shaylee Schaf	12	Mandan	_____	_____	_____
3	Ashlee Wiebe	12	Fargo North	_____	_____	_____
4	Madison Remer	10	GF Central	_____	_____	_____
5	Alex Lind	12	Jamestown	_____	_____	_____
6	Chantell Mindt	9	Mandan	_____	_____	_____
7	Madison Bickel	11	Minot	_____	_____	_____
8	Abby Wanzek	12	Jamestown	_____	_____	_____
9	Brittany Dixon	9	Shanley	_____	_____	_____
10	Makenzie Preston	11	West Fargo	_____	_____	_____
11	Paris Ekman	12	Shanley	_____	_____	_____
12	McKenna Quintus	8	Mandan	_____	_____	_____
13	Paige Melby	11	Minot	_____	_____	_____
14	Karli Knutson	12	Century	_____	_____	_____
15	Kiara Bock	11	Fargo Davies	_____	_____	_____
16	Lauren Gietzen	11	Century	_____	_____	_____
17	Nicolette Haug	12	Mandan	_____	_____	_____
18	Alexis Lehner	10	Minot	_____	_____	_____
19	Amy Anfinrud	11	Shanley	_____	_____	_____
20	Kacey Diehl	11	Bismarck	_____	_____	_____
21	Morgan Gietzen	9	Century	_____	_____	_____
22	Jenny Nelson	11	Bismarck	_____	_____	_____
23	Morgan Mews	8	Jamestown	_____	_____	_____
24	Emmalee Stach	11	Minot	_____	_____	_____
25	Abbie Conlon	11	Jamestown	_____	_____	_____
26	Anna Reinholz	11	Shanley	_____	_____	_____
27	Bethanie Pippin	8	Williston	_____	_____	_____
28	Claire Carlson	8	Fargo South	_____	_____	_____
29	Darian Haug	8	Williston	_____	_____	_____
30	Tori Meyer	12	Fargo North	_____	_____	_____
31	Katie Olson	9	Williston	_____	_____	_____
32	Dani Davis	11	West Fargo	_____	_____	_____

100 YARD BUTTERFLY

State Record (2006): Dagny Knutson, Minot, :55.60

1974	Sara Bingenheimer	Bismarck	1:06.40
1975	Linda Soli	Grand Forks Red River	1:06.20
1976	Cathy Traynor	Fargo Shanley	1:05.03
1977	Trish Cole	Fargo South	1:01.94
1978	Trish Cole	Fargo South	1:02.24
1979	Janine Owens	Grand Forks Central	1:00.28
1980	Janine Owens	Grand Forks Central	1:00.44
1981	Janine Owens	Grand Forks Central	:58.86
1982	Holly Flickinger	Minot	1:00.93
1983	Vicky Pomaville	Minot	1:04.73
1984	Michelle Muri	Bismarck	1:03.00
1985	Vicky Pomaville	Minot	1:04.37
1986	Andrea Rudser	Minot	1:02.49
1987	Andrea Rudser	Minot	1:00.08
1988	Andrea Rudser	Minot	:58.51
1989	Andrea Rudser	Minot	:57.92
1990	Lisa Rodriguez	Williston	1:00.69
1991	Missy Utley	West Fargo	1:01.26
1992	Pamela Richmond	Mandan	:58.09
1993	Sarah Doeden	Williston	1:00.87
1994	Holly Skarsgard	Minot	:58.58
1995	Holly Skarsgard	Minot	:59.37
1996	Holly Skarsgard	Minot	:58.99
1997	Katie Hill	Grand Forks Red River	:58.61
1998	Katie Hill	Grand Forks Red River	1:00.32
1999	Katie Hill	Grand Forks Red River	1:00.19
2000	Linzey Bachmeier	Mandan	1:00.02
2001	Mandy Herberholz	Mandan	1:00.72
2002	Linzey Bachmeier	Mandan	:59.03
2003	Linzey Bachmeier	Mandan	:57.88
2004	Linzey Bachmeier	Mandan	:57.75
2005	Allison Maxwell	Williston	:57.50
2006	Dagny Knutson	Minot	:55.60
2007	Lexie Halberstadt	Fargo Shanley	:57.51
2008	Lexie Halberstadt	Fargo Shanley	:57.50
2009	Lexie Halberstadt	Fargo Shanley	:55.99
2010	Danica Dutt	West Fargo	:57.47
2011	Danica Dutt	West Fargo	:57.01



Danica Dutt

Qualifying Time:
1:10.39

SEED TIMES	LN	NAME	YR	SCHOOL	SEED	TIME
Danica Dutt	3	Jenna Routledge	9	Minot	1:10.19	_____
McKenzie Jeske	4	Sam Behm	9	GF Red River	1:08.80	_____
Maddie Derby	5	Sydney Graf	9	Fargo Davies	1:09.09	_____
Rachel Ford						_____
Ashley Doll	1	Katelyn Rising	10	Century	1:08.27	_____
Kamie Wagar	2	Abby Bourgois	8	Century	1:07.11	_____
Chelsea Brandt	3	Erin Slack	9	Fargo North	1:04.52	_____
Devin Scott	4	Maddie Derby	11	Fargo North	1:01.42	_____
Erin Slack	5	Kamie Wagar	12	Jamestown	1:04.14	_____
Alexis Clark	6	Sarah Pippin	12	Williston	1:06.46	_____
Emma Nordin	7	Kailey Donarski	9	West Fargo	1:07.56	_____
Sarah Pippin	8	Casey Bergdahl	7	West Fargo	1:08.65	_____
Elizabeth Tin-Maung						_____
Anna Astrup	1	Andrea Smith	8	West Fargo	1:07.79	_____
Abby Bourgois	2	Anna Astrup	7	Fargo North	1:06.96	_____
Siri Berry	3	Devin Scott	11	Minot	1:04.30	_____
Samie Bohl	4	McKenzie Jeske	12	Century	1:00.91	_____
Kailey Donarski	5	Ashley Doll	11	Mandan	1:03.37	_____
Ellie Marvel	6	Emma Nordin	8	Fargo South	1:05.06	_____
Andrea Smith	7	Samie Bohl	12	Williston	1:07.39	_____
Katelyn Rising	8	Krista Sauber	10	Mandan	1:08.56	_____
Madie Uglem						_____
Krista Sauber	1	Ellie Marvel	11	Fargo South	1:07.64	_____
Casey Bergdahl	2	Elizabeth Tin-Maung	9	Minot	1:06.74	_____
Sam Behm	3	Chelsea Brandt	10	Fargo Davies	1:04.17	_____
Sydney Graf	4	Danica Dutt	11	West Fargo	57.77	_____
Jenna Routledge	5	Rachel Ford	11	Mandan	1:02.78	_____
	6	Alexis Clark	10	Minot	1:04.56	_____
	7	Siri Berry	11	Fargo Davies	1:07.12	_____
	8	Madie Uglem	11	Fargo North	1:08.27	_____

100 YARD FREESTYLE

State Record (2009): Dagny Knutson, Minot, (Prelims) :48.15

1974	Coleen Miller	Fargo North	:59.10
1975	Lori McDonald	Fargo North	:57.90
1976	Lori McDonald	Fargo North	:56.72
1977	Bonnie Flickinger	Minot	:57.79
1978	Ingrid Lawrence	Grand Forks Red River	:54.88
1979	Ingrid Lawrence	Grand Forks Red River	:54.04
1980	Ingrid Lawrence	Grand Forks Red River	:52.58
1981	Christy Forsberg	Minot	:56.28
1982	Christy Forsberg	Minot	:55.32
1983	Christy Forsberg	Minot	:54.66
1984	Missy Yantzer	Minot	:55.82
1985	Krina Kabanuk	Fargo South	:55.16
1986	Krina Kabanuk	Fargo South	:55.20
1987	Krina Kabanuk	Fargo South	:54.96
1988	Krina Kabanuk	Fargo South	:55.00
1989	Cindy Goeddertz	Bismarck Century	:55.06
1990	Julie Bitz	Bismarck Century	:54.68
1991	Megan Thiel	West Fargo	:53.69
1992	Suzie Helvig	Mandan	:52.38
1993	Megan Thiel	West Fargo	:53.66
1994	Sara Stevenson	Minot	:53.02
1995	Sara Stevenson	Minot	:54.44
1996	Elizabeth Pierce	Bismarck Century	:53.87
1997	Christina Traen	Fargo South	:53.77
1998	Lauren Mickelson	Jamestown	:54.70
1999	Heather Harris	Fargo South	:51.75
2000	Heather Harris	Fargo South	:52.45
2001	Lauren Mickelson	Jamestown	:53.53
2002	Emily Weeks	Minot	:53.35
2003	Kelsey Schoonhoven	West Fargo	:53.59
2004	Dani Maddock	Bismarck Century	:52.91
2005	Kelsey Schoonhoven	West Fargo	:51.52
2006	Hannah Whitehead	Grand Forks Central	:52.01
2007	Dagny Knutson	Minot	:48.80
2008	Cassie Walth	Bismarck Century	:53.20
2009	Dagny Knutson	Minot	:48.30
2010	Courtney Funk	Minot	:52.13
2011	Courtney Funk	Minot	:51.74



Courtney Funk

Qualifying Time:
1:01.79

SEED TIMES	LN	NAME	YR	SCHOOL	SEED	TIME		
Ketti Ringwall	Williston	54.41	3	Taylor Holweger	11	GF Central	1:01.46	_____
Emily Roche	Fargo North	54.79	4	Ally White	9	West Fargo	1:01.34	_____
Jarren Fallgatter	Century	54.98	5	McKaila Ruud	12	Fargo South	1:01.45	_____
Hallie Peterson	West Fargo	55.05	6	Kathryn Weinmann	9	Fargo South	1:01.47	_____
Cassandra Askvig	Minot	55.78	1	Kori Hennebry	9	Fargo Davies	1:01.16	_____
Leann Mengelkoch	Fargo North	55.79	2	Harmony Jobe	7	Century	1:00.91	_____
Emily Hamel	Minot	56.40	3	Sophia Martinson	9	Fargo South	1:00.66	_____
Kristin Engberg	Bismarck	56.85	4	Paige Peterson	11	Jamestown	1:00.48	_____
McKenzie Martin	Mandan	57.20	5	Anna Scheeler	10	Fargo Davies	1:00.51	_____
Alyssa Hodenfield	Williston	57.74	6	Tori Allison	11	Minot	1:00.80	_____
Julissa Johnson	West Fargo	58.19	7	Taylor Faul	10	Mandan	1:01.12	_____
Heather Glines	Wahpeton	58.34	8	Madison Mandan	8	Jamestown	1:01.22	_____
Leah Grove	Williston	58.58	1	Shayla Heger	8	Bismarck	1:00.10	_____
Haylee Volk	Fargo North	58.71	2	Paige Fisketjon	12	Williston	58.85	_____
Paige Fisketjon	Williston	58.85	3	McKenzie Martin	11	Mandan	57.20	_____
Libby Roche	Fargo North	58.95	4	Jarren Fallgatter	12	Century	54.98	_____
Jordan Hubbard	Minot	59.26	5	Leann Mengelkoch	9	Fargo North	55.79	_____
Morgan Braun	Wahpeton	59.36	6	Heather Glines	9	Wahpeton	58.34	_____
Cora Riehl	West Fargo	59.46	7	Morgan Braun	12	Wahpeton	59.36	_____
Amy Warren	Century	59.58	8	Kaitlyn Ekre	8	Century	1:00.47	_____
Shayla Heger	Bismarck	1:00.10	1	Amy Warren	8	Century	59.58	_____
Hannah Nordin	Fargo South	1:00.22	2	Haylee Volk	12	Fargo North	58.71	_____
Kaitlyn Ekre	Century	1:00.47	3	Kristin Engberg	11	Bismarck	56.85	_____
Molly Sand	GF Central	1:00.47	4	Emily Roche	12	Fargo North	54.79	_____
Paige Peterson	Jamestown	1:00.48	5	Cassandra Askvig	9	Minot	55.78	_____
Anna Scheeler	Fargo Davies	1:00.51	6	Julissa Johnson	11	West Fargo	58.19	_____
Sophia Martinson	Fargo South	1:00.66	7	Jordan Hubbard	11	Minot	59.26	_____
Tori Allison	Minot	1:00.80	8	Molly Sand	11	GF Central	1:00.47	_____
Harmony Jobe	Century	1:00.91	1	Cora Riehl	10	West Fargo	59.46	_____
Taylor Faul	Mandan	1:01.12	2	Leah Grove	9	Williston	58.58	_____
Kori Hennebry	Fargo Davies	1:01.16	3	Emily Hamel	9	Minot	56.40	_____
Madison Mandan	Jamestown	1:01.22	4	Ketti Ringwall	11	Williston	54.41	_____
Ally White	West Fargo	1:01.34	5	Hallie Peterson	9	West Fargo	55.05	_____
McKaila Ruud	Fargo South	1:01.45	6	Alyssa Hodenfield	11	Williston	57.74	_____
Taylor Holweger	GF Central	1:01.46	7	Libby Roche	8	Fargo North	58.95	_____
Kathryn Weinmann	Fargo South	1:01.47	8	Hannah Nordin	10	Fargo South	1:00.22	_____

500 YARD FREESTYLE

State Record (2008): Dagny Knutson, Minot, (Prelims) 4:34.78

1974	Coleen Miller	Fargo North	5:50.40
1975	Jean Miller	Bismarck	6:04.50
1976	Marj Laskey	Fargo North	5:41.66
1977	Marj Laskey	Fargo North	5:39.76
1978	Michelyn Rudser	Minot	5:36.00
1979	Michelyn Rudser	Minot	5:18.70
1980	Michelyn Rudser	Minot	5:25.58
1981	Michelyn Rudser	Minot	5:29.04
1982	Michelyn Rudser	Minot	5:22.42
1983	Beth Sornsin	Fargo Shanley	5:31.40
1984	Paula Rudser	Minot	5:38.95
1985	Paula Rudser	Minot	5:28.24
1986	Paula Rudser	Minot	5:23.48
1987	Paula Rudser	Minot	5:18.51
1988	Paula Rudser	Minot	5:18.02
1989	Suzie Helvig	Mandan	5:26.92
1990	Suzie Helvig	Mandan	5:13.70
1991	Suzie Helvig	Mandan	5:11.28
1992	Sara Stevenson	Minot	5:23.65
1993	Marie Burckhard	Minot	5:20.56
1994	Marie Burckhard	Minot	5:13.04
1995	Kate Holland	Minot	5:18.42
1996	Kate Holland	Minot	5:20.08
1997	Kate Holland	Minot	5:19.61
1998	Heather Harris	Fargo South	5:11.63
1999	Lauren Mickelson	Jamestown	5:20.71
2000	Lauren Mickelson	Jamestown	5:17.42
2001	Heather Harris	Fargo South	5:07.62
2002	Heather Harris	Fargo South	5:15.85
2003	Hannah Whitehead	Grand Forks Central	5:11.45
2004	Hannah Whitehead	Grand Forks Central	5:00.36
2005	Hannah Whitehead	Grand Forks Central	4:59.76
2006	Brittany Schmidt	Grand Forks Red River	5:11.89
2007	Hannah Whitehead	Grand Forks Central	4:55.78
2008	Dagny Knutson	Minot	4:40.26
2009	Ali Church	Grand Forks Central	5:04.57
2010	Ali Church	Grand Forks Central	5:02.46
2011	Ali Church	Grand Forks Central	5:01.30



Ali Church

Qualifying Time:
6:02.60

SEED TIMES			LN	NAME	YR	SCHOOL	SEED	TIME
Katie Svendson	GF Central	5:15.47	3	Sam Behm	9	GF Red River	6:01.33	_____
Mckenna Brown	Minot	5:17.70	4	Maddy Makeeff	8	Mandan	5:59.39	_____
Carlie Borchers	Mandan	5:18.54	5	Ashlee Shafer	11	Jamestown	6:00.38	_____
Alexis Ljunggren	GF Central	5:22.44	6	Paige Hennebry	7	Fargo Davies	6:01.44	_____
Kyra Ekre	Century	5:27.96	1	Lauren Zachariason	9	Fargo North	5:58.69	_____
Carley LeDoux	Fargo North	5:29.42	2	Cassie Nelson	11	Fargo Davies	5:57.77	_____
Emily Bourassa	West Fargo	5:31.34	3	Andrea Lee	7	Shanley	5:56.93	_____
Emma Nordin	Fargo South	5:33.45	4	Sarah Pippin	12	Williston	5:55.68	_____
Alexis Clark	Minot	5:36.07	5	Maddie Lares	10	Century	5:56.33	_____
Hailey Dempsey	Bismarck	5:36.26	6	Corrine Dahlquist	7	GF Central	5:57.28	_____
Gretchen Schreiner	GF Red River	5:36.46	7	LaMae Turk	8	Jamestown	5:57.82	_____
Maria Semenko	Williston	5:39.02	8	Kayla White	7	West Fargo	5:59.09	_____
Grace Werder	Century	5:41.13	1	Allison Aberle	9	Fargo Davies	5:53.01	_____
Erin Slack	Fargo North	5:44.24	2	Josie Gillund	9	Minot	5:45.70	_____
Josie Gillund	Minot	5:45.70	3	Alexis Clark	10	Minot	5:36.07	_____
Katherine Murphy	GF Central	5:46.37	4	Carlie Borchers	10	Mandan	5:18.54	_____
Taylor Laufenberg	West Fargo	5:46.78	5	Carley LeDoux	12	Fargo North	5:29.42	_____
Natalie Kramer	Minot	5:48.22	6	Maria Semenko	10	Williston	5:39.02	_____
Jasmine Kreft	Williston	5:48.61	7	Natalie Kramer	12	Minot	5:48.22	_____
JaeLyn Lardy	West Fargo	5:49.49	8	Kelby Anderson	8	Century	5:54.44	_____
Allison Aberle	Fargo Davies	5:53.01	1	JaeLyn Lardy	8	West Fargo	5:49.49	_____
Laurny MacLeod	GF Red River	5:53.44	2	Erin Slack	9	Fargo North	5:44.24	_____
Sarah Curtiss	Mandan	5:54.22	3	Emma Nordin	8	Fargo South	5:33.45	_____
Kelby Anderson	Century	5:54.44	4	Mckenna Brown	10	Minot	5:17.70	_____
Sarah Pippin	Williston	5:55.68	5	Kyra Ekre	10	Century	5:27.96	_____
Maddie Lares	Century	5:56.33	6	Gretchen Schreiner	9	GF Red River	5:36.46	_____
Andrea Lee	Shanley	5:56.93	7	Taylor Laufenberg	9	West Fargo	5:46.78	_____
Corrine Dahlquist	GF Central	5:57.28	8	Sarah Curtiss	9	Mandan	5:54.22	_____
Cassie Nelson	Fargo Davies	5:57.77	1	Jasmine Kreft	12	Williston	5:48.61	_____
LaMae Turk	Jamestown	5:57.82	2	Grace Werder	8	Century	5:41.13	_____
Lauren Zachariason	Fargo North	5:58.69	3	Emily Bourassa	9	West Fargo	5:31.34	_____
Kayla White	West Fargo	5:59.09	4	Katie Svendson	11	GF Central	5:15.47	_____
Maddy Makeeff	Mandan	5:59.39	5	Alexis Ljunggren	7	GF Central	5:22.44	_____
Ashlee Shafer	Jamestown	6:00.38	6	Hailey Dempsey	11	Bismarck	5:36.26	_____
Sam Behm	GF Red River	6:01.33	7	Katherine Murphy	8	GF Central	5:46.37	_____
Paige Hennebry	Fargo Davies	6:01.44	8	Laurny MacLeod	7	GF Red River	5:53.44	_____

200 YARD FREESTYLE RELAY

State Record (1999): Linzey Bachmeier, Nicole Saur, Kristen Fiest, Randi Keller, Mandan, 1:39.27

1990	Mandan	C. Hohbein, N. Reidinger, K. Wagner, J. Harding	1:53.23
1991	Mandan	L. Sletten, N. Fiest, K. Wagner, S. Helvig	1:40.48
1992	Mandan	M. Braunberger, N. Fiest, S. Frysliie, S. Helvig	1:42.15
1993	West Fargo	M. Thiel, T. Springer, K. Grant, M. Utley	1:41.96
1994	Bismarck Century	K. Schmitz, A. Kindschi, K. Delvo, E. Pierce	1:40.66
1995	Bismarck Century	K. Delvo, J. Farnsworth, A. Kindschi, E. Pierce	1:41.51
1996	Minot	T. Bruels, K. Holland, T. Goldade, J. Lowe	1:41.71
1997	Minot	M. Burckhard, K. Holland, J. Lowe, T. Goldade	1:40.60
1998	Jamestown	N. Nygaard, A. Weigel, L. Mickelson, J. Ament	1:41.27
1999	Mandan	L. Bachmeier, N. Saur, K. Fiest, R. Keller	1:39.27
2000	Mandan	L. Bachmeier, A. Renner, S. Dougherty, N. Saur	1:41.68
2001	Mandan	L. Bachmeier, K. Fiest, A. Renner, M. Herberholz	1:41.42
2002	Williston	A. Maxwell, C. Gormally, K. Wood, A. Roness	1:40.30
2003	Minot	B. Johnston, A. Jenkins, A. Gooch, E. Weeks	1:41.23
2004	Fargo North	S. Ziegelmann, N. Reza, A. Vanlishout, E. Espel	1:40.78
2005	Williston	A. Maxwell, E. Maetzold, C. Gormally, B. Bolinske	1:39.46
2006	Grand Forks Central	K. Fristad, A. Eades, B. Peterson, H Whitehead	1:41.67
2007	Fargo North	R. Wessman, K. Henze, N. Reza, A. Vanlishout	1:40.79
2008	Bismarck Century	S. Weinberg, C. Walth, L. Engberg, K. Kemmesat	1:40.96
2009	Bismarck Century	C. Walth, L. Engberg, J. Fallgatter, K. Kemmesat	1:39.42
2010	Bismarck Century	L. Engberg, J. Fallgatter, M. Jeske, C. Walth	1:41.43
2011	Bismarck Century	C. Walth, N. Johnson, V. Herrmann, K. Ekre	1:40.95



Cassie Walth



Nicole Johnson



Veronica Herrmann



Kyra Ekre

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
2	Shanley	1:58.09	_____
3	Fargo Davies	1:50.55	_____
4	Fargo South	1:49.24	_____
5	GF Central	1:49.27	_____
6	Wahpeton	1:55.56	_____
7	GF Red River	2:05.66	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
1	Williston	1:45.07	_____
2	Fargo North	1:43.90	_____
3	Century	1:43.28	_____
4	West Fargo	1:42.23	_____
5	Minot	1:43.05	_____
6	Bismarck	1:43.74	_____
7	Mandan	1:44.96	_____
8	Jamestown	1:48.37	_____

100 YARD BACKSTROKE

State Record (2005):
Kelsey Schoonhoven, West Fargo, :56.72

1974	Diane Johansen	Fargo North	1:07.40
1975	Diane Johansen	Fargo North	1:06.50
1976	Diane Johansen	Fargo North	1:05.45
1977	Lori Miller	Fargo North	1:05.41
1978	Bonnie Flickinger	Minot	1:05.08
1979	Bonnie Flickinger	Minot	1:04.72
1980	Lori Miller	Fargo North	1:06.15
1981	Debbie Dickson	Bismarck Century	1:04.27
1982	Carolyn Hanna	Minot	1:05.37
1983	Carolyn Hanna	Grand Forks Central	1:02.72
1984	Heidi Hill	Jamestown	1:04.70
1985	Missy Yantzer	Minot	1:04.47
1986	Missy Yantzer	Bismarck Century	1:04.42
1987	Missy Yantzer	Bismarck Century	1:02.00
1988	Amy Vigars	Minot	1:01.82
1989	Amy Vigars	Minot	1:02.40
1990	Melissa Parker	Minot	1:03.27
1991	Molly Huber	Bismarck Century	1:01.85
1992	Molly Huber	Bismarck Century	1:03.13
1993	Kara Schmitz	Bismarck Century	1:00.70
1994	Kara Schmitz	Bismarck Century	:59.71
1995	Lisa Haunz	Bismarck Century	:59.95
1996	Lisa Haunz	Bismarck Century	:58.07
1997	Lisa Haunz	Bismarck Century	:58.04
1998	Lisa Haunz	Bismarck Century	:58.61
1999	Jenny Bachmeier	Mandan	:59.27
2000	Jenny Bachmeier	Mandan	:59.58
2001	Jenny Bachmeier	Mandan	:59.03
2002	Jenny Bachmeier	Mandan	:59.00
2003	Kelsey Schoonhoven	West Fargo	:59.66
2004	Kelsey Schoonhoven	West Fargo	:57.32
2005	Kelsey Schoonhoven	West Fargo	:56.72
2006	Kelsey Schoonhoven	West Fargo	:57.26
2007	Maggi Beck	Minot	:59.90
2008	Maggi Beck	Minot	:58.73
2009	Kaitlin Bolinske	Williston	:59.29
2010	Erin Grabanski	Grand Forks Red River	:57.83
2011	Erin Hart	Jamestown	:57.82



Erin Hart

Qualifying Time:
1:10.48

SEED TIMES	LN	NAME	YR	SCHOOL	SEED	TIME
Dani Bergeson	2	Brianna Johnson	11	Jamestown	1:10.37	_____
Maddie Derby	3	Jenna Routledge	9	Minot	1:09.41	_____
Bryn Everson	4	Sydney Graf	9	Fargo Davies	1:08.85	_____
Annie Hart	5	Ashley Blazek	10	Fargo North	1:09.00	_____
Emma Hepper	6	Carley Rortvedt	10	West Fargo	1:09.61	_____
Sydney Clark	7	Camille Kawasaki	9	Jamestown	1:10.42	_____
Taylor Laufenberg	1	Shannon Semenko	8	Williston	1:08.56	_____
Kate Astrup	2	Makyl Ziegler	10	Wahpeton	1:07.25	_____
Tess Sether	3	Tess Sether	7	Century	1:05.51	_____
Marena Kouba	4	Bryn Everson	11	Williston	1:00.91	_____
Libby Roche	5	Sydney Clark	10	Minot	1:04.19	_____
Mykin Gunning	6	Mykin Gunning	9	West Fargo	1:06.21	_____
Kaley Finstad	7	Taylor Faul	10	Mandan	1:08.15	_____
Katelyn Rising	8	Ashley Devier	10	Fargo Davies	1:08.84	_____
Makyl Ziegler	1	Marisol Rios	11	West Fargo	1:08.36	_____
Emily Tsen	2	Katelyn Rising	10	Century	1:07.24	_____
Chelsea Brandt	3	Kate Astrup	11	Fargo North	1:04.72	_____
Taylor Faul	4	Maddie Derby	11	Fargo North	1:00.46	_____
Olivia Bachmeier	5	Emma Hepper	8	Bismarck	1:02.55	_____
Marisol Rios	6	Libby Roche	8	Fargo North	1:05.94	_____
Shannon Semenko	7	Chelsea Brandt	10	Fargo Davies	1:07.85	_____
Leah Grove	8	Megan Hixson	12	Bismarck	1:08.80	_____
Megan Hixson	1	Olivia Bachmeier	9	Fargo South	1:08.24	_____
Ashley Devier	2	Kaley Finstad	8	Bismarck	1:07.12	_____
Sydney Graf	3	Taylor Laufenberg	9	West Fargo	1:04.50	_____
Ashley Blazek	4	Dani Bergeson	10	Century	59.10	_____
Jenna Routledge	5	Annie Hart	10	Jamestown	1:01.76	_____
Carley Rortvedt	6	Marena Kouba	8	Minot	1:05.76	_____
Brianna Johnson	7	Emily Tsen	11	Shanley	1:07.43	_____
Camille Kawasaki	8	Leah Grove	9	Williston	1:08.63	_____

100 YARD BREASTSTROKE

State Record (1997): Keri Hehn, Fargo North, 1:04.29

1974	Cheryl Zitzow.....	Fargo South.....	1:18.30
1975	Lori McDonald.....	Fargo North.....	1:14.40
1976	Lori McDonald.....	Fargo North.....	1:12.56
1977	Anne Kincheloe.....	Minot.....	1:13.12
1978	Anne Kincheloe.....	Minot.....	1:12.71
1979	Anne Kincheloe.....	Minot.....	1:10.92
1980	Heidi Hill.....	Jamestown.....	1:13.87
1981	Heidi Hill.....	Jamestown.....	1:15.10
1982	Heidi Hill.....	Jamestown.....	1:15.00
1983	Su-Lin Woo.....	Bismarck Century.....	1:15.15
1984	Paula Triepke.....	Jamestown.....	1:14.57
1985	Paula Triepke.....	Jamestown.....	1:12.31
1986	Angie Johnson.....	Minot.....	1:10.65
1987	Tisha Yantzer.....	Bismarck Century.....	1:08.92
1988	Tisha Yantzer.....	Bismarck Century.....	1:07.09
1989	Tisha Yantzer.....	Bismarck Century.....	1:07.63
1990	Tisha Yantzer.....	Bismarck Century.....	1:08.71
1991	Nicole Fiest.....	Mandan.....	1:08.70
1992	Nicole Fiest.....	Mandan.....	1:09.17
1993	Amy Gormally.....	Williston.....	1:08.17
1994	Amy Gormally.....	Williston.....	1:07.59
1995	Kate Giese.....	Bismarck Century.....	1:06.61
1996	Kate Giese.....	Bismarck Century.....	1:04.81
1997	Keri Hehn.....	Fargo North.....	1:05.31
1998	Keri Hehn.....	Fargo North.....	1:06.33
1999	Kelli Henke.....	Mandan.....	1:06.64
2000	Amy Anderson.....	Grand Forks Central.....	1:07.54
2001	Amy Anderson.....	Grand Forks Central.....	1:07.67
2002	Amy Anderson.....	Grand Forks Central.....	1:07.19
2003	Carissa Gormally.....	Williston.....	1:07.86
2004	Carissa Gormally.....	Williston.....	1:07.54
2005	Ashley Reiter.....	West Fargo.....	1:07.67
2006	Bailey Bolinske.....	Williston.....	1:07.39
2007	Ashley Reiter.....	West Fargo.....	1:05.87
2008	Ashley Reiter.....	West Fargo.....	1:06.42
2009	Sadie Miller.....	Williston.....	1:07.16
2010	Ellie Roche.....	Fargo North.....	1:07.05
2011	Elizabeth Roche.....	Fargo North.....	1:05.59



Ellie Roche

Qualifying Time:
1:20.00

SEED TIMES	LN	NAME	YR	SCHOOL	SEED	TIME			
Veronica Herrmann	Century.....	1:07.83	HEAT 1	3	Morgan Braun	12	Wahpeton	1:19.88	_____
McKenzie Jeske	Century.....	1:08.43	HEAT 1	4	Lauren Ostlie	7	Fargo South	1:19.33	_____
Ellie Roche	Fargo North.....	1:09.24	HEAT 1	5	Krista Dewald	9	Shanley	1:19.58	_____
Sam Miller	Williston.....	1:09.59	HEAT 2	2	Winter Martin	8	West Fargo	1:18.87	_____
Carley LeDoux	Fargo North.....	1:10.03	HEAT 2	3	Akira Campbell	12	Minot	1:18.50	_____
Sarah Bogenrief	Minot.....	1:10.17	HEAT 2	4	Harper Wavra	9	Century	1:18.10	_____
Laura Schott	Fargo South.....	1:12.26	HEAT 2	5	Shayla Heger	8	Bismarck	1:18.22	_____
Abby Astrup	Fargo North.....	1:12.38	HEAT 2	6	Vanessa Herrmann	7	Century	1:18.59	_____
Nicole Brelie	GF Central.....	1:12.44	HEAT 2	7	Makyl Ziegler	10	Wahpeton	1:18.91	_____
Sophi Simonson	Fargo North.....	1:14.22	HEAT 3	1	Taylor Holweger	11	GF Central	1:17.16	_____
AK Koebele	Bismarck.....	1:14.72	HEAT 3	2	Elizabeth Tin-Maung	9	Minot	1:15.85	_____
Jenna Booth	Fargo South.....	1:15.06	HEAT 3	3	Nicole Brelie	11	GF Central	1:12.44	_____
Amanda St. Aubin	West Fargo.....	1:15.35	HEAT 3	4	Ellie Roche	10	Fargo North	1:09.24	_____
Kamie Wagar	Jamestown.....	1:15.83	HEAT 3	5	Sarah Bogenrief	11	Minot	1:10.17	_____
Elizabeth Tin-Maung	Minot.....	1:15.85	HEAT 3	6	Jenna Booth	11	Fargo South	1:15.06	_____
Brianna Faul	West Fargo.....	1:15.95	HEAT 3	7	Taysha Zeeb	9	Bismarck	1:16.25	_____
Anna Scheeler	Fargo Davies.....	1:16.05	HEAT 3	8	Anna Aberle	10	Fargo Davies	1:18.00	_____
Taysha Zeeb	Bismarck.....	1:16.25	HEAT 4	1	Shaelyn Mosher	9	GF Central	1:16.69	_____
Hanna Hoglund	Williston.....	1:16.60	HEAT 4	2	Kamie Wagar	12	Jamestown	1:15.83	_____
Shaelyn Mosher	GF Central.....	1:16.69	HEAT 4	3	Abby Astrup	12	Fargo North	1:12.38	_____
Taylor Holweger	GF Central.....	1:17.16	HEAT 4	4	McKenzie Jeske	12	Century	1:08.43	_____
Mckaya Johnson	Minot.....	1:17.51	HEAT 4	5	Carley LeDoux	12	Fargo North	1:10.03	_____
Kacie Iverson	Fargo South.....	1:17.60	HEAT 4	6	AK Koebele	10	Bismarck	1:14.72	_____
Anna Aberle	Fargo Davies.....	1:18.00	HEAT 4	7	Anna Scheeler	10	Fargo Davies	1:16.05	_____
Harper Wavra	Century.....	1:18.10	HEAT 4	8	Kacie Iverson	7	Fargo South	1:17.60	_____
Shayla Heger	Bismarck.....	1:18.22	HEAT 5	1	Hanna Hoglund	9	Williston	1:16.60	_____
Akira Campbell	Minot.....	1:18.50	HEAT 5	2	Amanda St. Aubin	8	West Fargo	1:15.35	_____
Vanessa Herrmann	Century.....	1:18.59	HEAT 5	3	Laura Schott	12	Fargo South	1:12.26	_____
Winter Martin	West Fargo.....	1:18.87	HEAT 5	4	Veronica Herrmann	12	Century	1:07.83	_____
Makyl Ziegler	Wahpeton.....	1:18.91	HEAT 5	5	Sam Miller	11	Williston	1:09.59	_____
Lauren Ostlie	Fargo South.....	1:19.33	HEAT 5	6	Sophi Simonson	12	Fargo North	1:14.22	_____
Krista Dewald	Shanley.....	1:19.58	HEAT 5	7	Brianna Faul	10	West Fargo	1:15.95	_____
Morgan Braun	Wahpeton.....	1:19.88	HEAT 5	8	Mckaya Johnson	11	Minot	1:17.51	_____

400 YARD FREESTYLE RELAY

State Record (2011): Cassie Walth, Dani Bergeson, McKenzie Jeske, Jarren Fallgatter, Century, 3:36.47

1974	Fargo North	L. Geiger, J. Beckman, M. Dahl, C. Miller	4:04.70
1975	Bismarck	J. Miller, T. Leupp, H. Thorndahl, M. Irving	4:09.80
1976	Fargo North	M. Flaagan, L. Ridgeway, L. Geiger, M. Laskey	4:02.41
1977	Fargo North	L. McDonald, L. Johanson, M. Laskey, L. Miller	3:51.65
1978	Williston	C. Hagan, J. Conlin, K. Erickson, B. Birkeland	3:58.08
1979	Minot	M. Rudser, C. Forsberg, K. Edwards, B. Flickinger	3:47.87
1980	Minot	D. Smith, N. Andrews, C. Forsberg, M. Rudser	3:57.32
1981	Minot	D. Hanna, D. Smith, C. Forsberg, M. Rudser	3:54.21
1982	Minot	D. Hanna, K. Warren, C. Forsberg, M. Rudser	3:47.88
1983	Minot	C. Marten, A. Swann, S. Iverson, C. Forsberg	3:54.51
1984	Minot	C. Marten, P. Rudser, C. Volk, M. Yantzer	3:53.73
1985	Mandan	J. Reidinger, D. Hilfer, A. Peterson, S. Hilfer	3:53.30
1986	Minot	S. Disrud, T. Berntson, P. Rudser, S. Burkhart	3:52.58
1987	Minot	T. Berntson, J. Ostad, S. Burkhart, P. Rudser	3:47.99
1988	Minot	T. Berntson, L. Loeffler, P. Rudser, A. Rudser	3:42.48
1989	Mandan	J. Harding, N. Fiest, B. Stork, S. Helvig	3:48.95
1990	Bismarck Century	C. Goeddertz, C. Rohrich, T. Yantzer, J. Bitz	3:39.71
1991	Bismarck Century	C. Goeddertz, K. Schmitz, C. Rohrich, J. Bitz	3:42.46
1992	Mandan	N. Fiest, S. Helvig, L. Little, P. Richmond	3:44.11
1993	West Fargo	M. Thiel, T. Springer, K. Grant, M. Utley	3:43.25
1994	Minot	K. Holland, H. Skarsgard, M. Burckhard, S. Stevenson	3:37.64
1995	Minot	T. Bruels, K. Holland, H. Skarsgard, S. Stevenson	3:41.31
1996	Bismarck Century	A. Jundt, L. Haunz, A. Kindschi, E. Pierce	3:37.52
1997	Minot	K. Holland, K. Deutsch, J. Wendt, M. Burckhard	3:40.79
1998	Mandan	L. Little, N. Saur, K. Fiest, J. Bachmeier	3:41.85
1999	Jamestown	J. Ament, A. Weigel, M. Johnson, L. Mickelson	3:39.55
2000	Mandan	L. Bachmeier, M. Herberholz, J. Bachmeier, K. Fiest	3:41.10
2001	Fargo South	J. Buskohl, L. Watkins, C. Burd, H. Harris	3:40.01
2002	Mandan	K. Fiest, M. Herberholz, S. Bachmeier, J. Bachmeier	3:41.00
2003	Williston	A. Maxwell, E. Maetzold, K. Wood, A. Roness	3:42.19
2004	West Fargo	E. Stromsvik, A. Flaten, A. Reiter, K. Schoonhoven	3:37.92
2005	West Fargo	T. Olson, M. Brennan, A. Reiter, K. Schoonhoven	3:37.23
2006	Minot	L. Greer, K. Beechie, M. Beck, D. Knuston	3:39.17
2007	Minot	S. Olsen, K. Nelson, M. Beck, D. Knutson	3:37.35
2008	Bismarck Century	C. Walth, S. Weinberg, L. Engberg, K. Kemmesat	3:37.70
2009	Bismarck Century	C. Walth, L. Engberg, M. Jeske, K. Kemmesat	3:37.03
2010	Grand Forks Red River	E. Grabanski, B. Schmidt, A. DiCristina, M. Kojic	3:37.20
2011	Bismarck Century	C. Walth, D. Bergeson, M. Jeske, J. Fallgatter	3:36.47



Cassie Walth



Dani Bergeson



McKenzie Jeske



Jarren Fallgatter

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
2	Wahpeton	4:24.50	_____
3	GF Red River	4:06.50	_____
4	Fargo South	4:03.13	_____
5	Fargo Davies	4:03.76	_____
6	Jamestown	4:14.64	_____
7	Shanley	4:25.27	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
1	Mandan	3:55.36	_____
2	Minot	3:48.19	_____
3	Williston	3:47.25	_____
4	Fargo North	3:41.64	_____
5	Century	3:43.03	_____
6	West Fargo	3:47.43	_____
7	Bismarck	3:52.41	_____
8	GF Central	3:57.22	_____

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