

NAIA WOMEN'S SWIMMING & DIVING

Updated 3/29/06

CHAMPIONSHIP HISTORY

YEAR	SITE	CHAMPION	POINTS	RUNNER-UP	POINTS
1981	Liberty, Mo.	Simon Fraser (B.C.)	636	Western State (Colo.)	332
1982	Burnaby, B.C.	Simon Fraser (B.C.)	625	Shepherd (W.Va.)	402
1983	Arkadelphia, Ark.	Wisconsin-Eau Claire	406	Pacific Lutheran (Wash.)	387
1984	Arkadelphia, Ark.	Wisconsin-Green Bay	397	Wisconsin-Eau Claire	290
1985	Indianapolis, Ind.	Simon Fraser (B.C.)	313	Central Washington	303
1986	Spokane, Wash.	Central Washington	378.5	Pacific Lutheran (Wash.)	331
1987	Milwaukee, Wis.	Wisconsin-Eau Claire	538	Central Washington	497
1988	Orlando, Fla.	Wisconsin-Eau Claire	472	Puget Sound (Wash.)	456
1989	Brown Deer, Wis.	Puget Sound (Wash.)	599	Wisconsin-Eau Claire	490.5
1990	Canton, Ohio	Puget Sound (Wash.)	752	Simon Fraser (B.C.)	422
1991	Federal Way, Wash.	Simon Fraser (B.C.)	571	Puget Sound (Wash.)	562
1992	Canton, Ohio	Drury (Mo.)	621	Puget Sound (Wash.)	583
1993	San Antonio, Texas	Drury (Mo.)	637	Puget Sound (Wash.)	630.5
1994	Federal Way, Wash.	Drury (Mo.)	726	Puget Sound (Wash.)	576
1995	San Antonio, Texas	Simon Fraser (B.C.)	828	Puget Sound (Wash.)	551
1996	San Antonio, Texas	Puget Sound (Wash.)	602.5	Simon Fraser (B.C.)	429
1997	Federal Way, Wash.	Simon Fraser (B.C.)	750	Puget Sound (Wash.)	505
1998	Federal Way Wash.	Puget Sound (Wash.)	682	Simon Fraser (B.C.)	680
1999	Federal Way Wash.	Puget Sound (Wash.)	761	Simon Fraser (B.C.)	755
2000	Burnaby, B.C.	Simon Fraser (B.C.)	547	California Baptist	315.5
2001	Burnaby, B.C.	Simon Fraser (B.C.)	485	California Baptist	342
2002	Burnaby, B.C.	Simon Fraser (B.C.)	488	Seattle (Wash.)	435
2003	Lawrence, Kan.	Simon Fraser (B.C.)	578	California Baptist	519
2004	Lawrence, Kan.	Simon Fraser (B.C.)	548	California Baptist	421
2005	St. Peters, Mo.	California Baptist	551	Simon Fraser (B.C.)	496
2006	St. Peters, Mo.	California Baptist	457	Savannah Art and Design (Ga.)	336

MEET RECORDS

YARDS

50-Yard Freestyle

23.52, Sharon Turner, Simon Fraser (B.C.), 1991

100-Yard Freestyle

51.03, Sharon Turner, Simon Fraser (B.C.), 1993

200-Yard Freestyle

1:51.02, Sharon Turner, Simon Fraser (B.C.), 1991

500-Yard Freestyle

4:58.54, Kathryn Rosberg, Simon Fraser (B.C.), 2005 p

1650-Yard Freestyle

16:51.80, Kathryn Rosberg, Simon Fraser (B.C.), 2005

100-Yard Backstroke

56.27, Diana Ureche, Simon Fraser (B.C.), 1997

200-Yard Backstroke

2:02.63, Diana Ureche, Simon Fraser (B.C.), 1997

100-Yard Breaststroke

1:03.45, Kathleen Stoody, Simon Fraser (B.C.), 2003

200-Yard Breaststroke

2:14.90, Lourette Hakansson, Drury (Mo.), 1993

100-Yard Butterfly

55.33, Diana Ureche, Simon Fraser (B.C.), 1995

200-Yard Butterfly

2:03.24, Nida Zuhail, Drury (Mo.), 1994

100-Yard Individual Medley

1:00.63, Michelle Langsford, Drury (Mo.), 1984

200-Yard Individual Medley

2:04.01, Lourette Hakansson, Drury (Mo.), 1993

400-Yard Individual Medley

4:24.03, Lourette Hakansson, Drury (Mo.), 1993

200-Yard Freestyle Relay

1:35.18, Simon Fraser (B.C.) (Diana Ureche, Ala Ferguson, Karen Chow, Sharon Turner), 1995

200-Yard Medley Relay

1:45.09, Simon Fraser (B.C.) (Diana Ureche, Lisa Robertson, Myna Noriega, Karen Chow), 1997

400-Yard Medley Relay

3:51.02, Simon Fraser (B.C.) (Lisa Robertson, Diana Ureche, Sharon Turner, Ala Ferguson), 1995

400-Yard Freestyle Relay

3:28.49, Simon Fraser (B.C.) (Sarah Agnew, Leanne Dick, Carolyn Guy, Sharon Turner), 1993

800-Yard Freestyle Relay

7:37.07, Simon Fraser (B.C.) (Sarah Jung, Jennifer Kasuya, Mitra Chandler and Amber Dykes), 2003

One-Meter Diving (10 Dives)

417.75, Hayley Rosenlund, Simon Fraser (B.C.), 2005

One-Meter Diving (11 Dives)

444.81, Cynthia Miller, Wisconsin-Milwaukee, 1987

METERS

50-Meter Freestyle

26.01, Jessica Wild, California Baptist, 2000

100-Meter Freestyle

57.02, Jessica Wild, California Baptist, 2002

200-Meter Freestyle

2:05.29, Amber Dykes, Simon Fraser (B.C.), 2002

400-Meter Freestyle

4:21.03, Lyndsay Devaney, California Baptist, 2002 p

1500-Meter Freestyle

17:09.73, Lyndsay Devaney, California Baptist, 2002

100-Meter Backstroke

1:04.69, Jennifer Kasuya Simon Fraser (B.C.), 2001

200-Meter Backstroke

2:20.34, Jennifer Kasuya, Simon Fraser (B.C.), 2002

100-Meter Breaststroke

1:11.84, Kathleen Stoodly, Simon Fraser (B.C.), 2001

200-Meter Breaststroke

2:33.34, Kathleen Stoodly, Simon Fraser (B.C.), 2001

100-Meter Butterfly

1:03.14, Gennifer Amthor, California Baptist, 2001

200-Meter Butterfly

2:15.58, Gennifer Amthor, California Baptist, 2001

100-Meter Individual Medley

1:09.75, Michelle Langsford, Ozarks (Mo.), 1982

200-Meter Individual Medley

2:19.17, Lisa Huffman, Simon Fraser (B.C.), 2001

400-Meter Individual Medley

4:55.06, Judy Baker, Simon Fraser (B.C.), 1982

200-Meter Freestyle Relay

1:46.97, Simon Fraser (B.C.) (Amber Dykes, Jennifer Kasuya, Winnie Lam, Sarah Jung), 2002

200-Meter Medley Relay

1:58.69, Simon Fraser (B.C.) (Jennifer Kasuya, Kathleen Stoodly, Andrea McIntosh, Kacey Dalzell), 2001

400-Meter Medley Relay

4:20.36, Simon Fraser (B.C.) (Jennifer Kasuya, Kathleen Stoodly, Andrea McIntosh, Sarah Jung), 2001

400-Meter Freestyle Relay

3:55.03, Simon Fraser (B.C.) (Amber Dykes, Winnie Lam, Lisa Huffman, Sarah Jung), 2002

800-Meter Freestyle Relay

8:29.07, Simon Fraser (B.C.) (Lisa Huffman, Winnie Lam, Sarah Jung, Amber Dykes), 2002

One-Meter Diving (11 Dives)

444.81, Cynthia Miller, Wisconsin-Milwaukee, 1987

Three-Meter Diving (11 Dives)

555.45, Jessica Metcalf, Lindenwood (Mo.), 2000

p - record established in preliminary heats

ALL-TIME TEAM CHAMPIONSHIPS

Simon Fraser (B.C.)	10
Puget Sound (Wash.)	5
Drury (Mo.)	3
Wisconsin-Eau Claire	3
California Baptist	2
Central Washington	1
Wisconsin-Green Bay	1

ALL-TIME INDIVIDUAL CHAMPIONSHIPS

Simon Fraser (B.C.)	230
Drury (Mo.)	43
Puget Sound (Wash.)	42
California Baptist	30
Pacific Lutheran (Wash.)	22
Central Washington	19
Wisconsin-Eau Claire	15
Shepherd (W.Va.)	11
Savannah Art and Design	10
Fairmont State (W.Va.)	8
Wisconsin-Green Bay	8
Wisconsin-Milwaukee	8

Linfield (Ore.)	6
Ozarks (Mo.)	5
Lindenwood (Mo.)	5
Wisconsin-Stout	4
Whitworth (Wash.)	3
Wisconsin-La Crosse	3
Arkansas-Little Rock	2
Cumberland (Ky.)	3
Eisenhower (N.Y.)	2
John Brown (Ark.)	2
Westminster (Pa.)	2
Wisconsin-Green Bay	2
Brenau (Ga.)	1
Campbellsville (Ky.)	1
Kearney State (Neb.)	1
Seattle (Wash.)	1
Transylvania (Ky.)	1
Willamette (Ore.)	1

NOTE: The above table includes co-champions. Relay victories count one for each event.

INDIVIDUAL CHAMPIONSHIPS, ONE YEAR

Eighteen Titles

Simon Fraser (B.C.), 2005

Seventeen Titles

Simon Fraser (B.C.), 2004

Simon Fraser (B.C.), 1999

Sixteen Titles

Simon Fraser (B.C.), 1982, 1995, 1997

Drury (Mo.), 1994

Fifteen Titles

Simon Fraser (B.C.), 2003

Fourteen Titles

Simon Fraser (B.C.), 2001

Thirteen Titles

Simon Fraser (B.C.), 2000

Twelve Titles

Simon Fraser (B.C.), 1997

Simon Fraser (B.C.), 1993

Eleven Titles

Simon Fraser (B.C.), 2002

Simon Fraser (B.C.), 1981

Ten Titles

California Baptist, 2006

Simon Fraser (B.C.), 1991

Puget Sound (Wash.), 1990

Nine Titles

Simon Fraser (B.C.), 1996

Drury (Mo.), 1992

Eight Titles

Savannah Art and Design (Ga.), 2006

Simon Fraser (B.C.), 1983, 1992

Puget Sound (Wash.), 1988, 1989

Fairmont State (W.Va.), 1987

Seven Titles

Simon Fraser (B.C.), 1985, 1990

Fairmont State (W.Va.), 1987

Pacific Lutheran (Wash.), 1986

Six Titles

California Baptist, 2002

Five Titles

Central Washington, 1986, 1988

Drury (Mo.), 1984
Pacific Lutheran (Wash.), 1983
Shepherd (W.Va.), 1981

MOST INDIVIDUAL TITLES, ONE YEAR

Five Titles

Judy Baker, Simon Fraser (B.C.), 1982 (400-meter freestyle, 200-meter breaststroke, 200-meter butterfly, 200-meter individual medley, 400-meter individual medley)
Michelle Langsford, Drury (Mo.), 1984 (50-yard freestyle, 100-yard freestyle, 200-yard freestyle, 100-yard breaststroke, 100-yard individual medley)
Suzanne Melody, Simon Fraser (B.C.), 1982 (100-meter freestyle, 200-meter freestyle, 1500-meter freestyle, 100-meter butterfly, 200-meter backstroke)

Four Titles

Judy Baker, Simon Fraser (B.C.), 1981 (400-meter freestyle, 1500-meter freestyle, 200-meter breaststroke, 400-meter individual medley)
Michelle Langsford, Drury (Mo.), 1985 (50-yard freestyle, 100-yard breaststroke, 100-yard freestyle, 200-yard breaststroke)
Suzanne Melody, Simon Fraser (B.C.), 1983 (200-yard freestyle, 500-yard freestyle, 1650-yard freestyle, 200-yard butterfly)

MOST INDIVIDUAL TITLES, CAREER

Fourteen Titles

Michelle Langsford, Ozarks (Mo.), Drury (Mo.) (50-yard freestyle 1983-84-85; 100-yard freestyle 1984-85; 200-yard freestyle 1984; 100-meter breaststroke 1982; 100-yard breaststroke 1983-84-85; 100-meter individual medley, 1982; 100-yard individual medley 1983-84; 200-yard breaststroke 1985)

Twelve Titles

Lourette Hakansson, Drury (Mo.) (200-yard breaststroke 1991-92-93-94; 200-yard individual medley 1991-92-93-94; 400-yard individual medley 1991-92-93-94)
Suzanne Melody, Simon Fraser (B.C.) (100-meter freestyle 1982; 200-meter freestyle 1982; 200-yard freestyle 1983-85; 500-yard freestyle 1983; 1500-meter freestyle 1982; 1650-yard freestyle 1983; 100-meter butterfly 1982; 200-meter butterfly 1983; 200-meter backstroke 1982; 200-yard individual medley 1985; 400-yard individual medley 1985)
Sharon Turner, Simon Fraser (B.C.) (50-yard freestyle 1991-92-95; 100-yard freestyle 1991-92-93-95; 200-yard freestyle 1991-92-93-95; 500-yard freestyle 1993)
Diane Ureche, Simon Fraser (B.C.), (100-yard backstroke 1995-96-97-98; 100-yard butterfly 1995-96; 200-yard butterfly 1996; 200-yard individual medley 1995-97, 50-yard freestyle 1998; 200-yard backstroke 1997-98)

Nine Titles

Judy Baker, Simon Fraser (B.C.) (400-meter freestyle 1981-82; 1500-meter freestyle 1981; 200-meter breaststroke 1981-82; 200-meter butterfly 1982; 200-meter individual medley 1982; 400-meter individual medley 1981-82)
Barbara Graham, Simon Fraser (B.C.) (200-yard freestyle 1986-87; 500-yard freestyle 1984-85-86-87; 1650-yard freestyle 1985-86-87)
Lisa Huffman, Simon Fraser (B.C.) (1650-meter freestyle 1999; 500-yard freestyle 1999; 400-meter freestyle 2000; 1,500-meter freestyle 2000-01; 400-meter individual medley 2000-01-02; 200-meter individual medley 2001-02)
Kathleen Stoodly, Simon Fraser (B.C.) (100-meter breaststroke 2001-02, 100-yard breaststroke 2003-04; 200-meter breaststroke 2001-02, 200-yard breaststroke 2003-04; 200-yard individual medley 2004).

REPEAT CHAMPIONS

Four-Time

Kerri Butcher, Pacific Lutheran (Wash.) (100-yard butterfly, 1983-84-85-86)
Belinda Eddy, Simon Fraser (B.C.) (1-meter diving 1990-91-92-93; 3-meter diving 1990-91-92-93)
Barbara Graham, Simon Fraser (B.C.) (500-yard freestyle, 1984-85-86-87)
Lourette Hakansson, Drury (Mo.) (200-yard breaststroke 1991-92-93-94; 200-yard individual medley 1992-93-94; 400-yard individual medley 1991-92-93-94)
Kathleen Stoodly, Simon Fraser (B.C.) (100-meter breaststroke 2001-02, 100-yard breaststroke 2003-04; 200-meter breaststroke 2001-02, 200-yard breaststroke 2003-04).
Diana Ureche, Simon Fraser (B.C.) (100-yard backstroke 1995-96-97-98)
Jessica Wild, California Baptist (50-meter freestyle 2000-01-02, 50-yard freestyle 2003)

Three-Time

Amber Dykes, Simon Fraser (B.C.) (100-yard freestyle 2003-04-05)
Barbara Graham, Simon Fraser (B.C.) (1650-yard freestyle 1985-86-87; 200-yard individual medley 1991-92-93)
Lisa Huffman, Simon Fraser (B.C.) (400-meter individual medley 2000-01-02)
Jennifer Kasuya, Simon Fraser (B.C.) (200-meter backstroke 2001-02, 200-yard backstroke 2003)
Jennifer (Kuhn) Lane, Puget Sound (Wash.) (200-yard backstroke 1992-93-94)
Michelle Langsford, Ozarks (Mo.), Drury (Mo.) (50-yard freestyle 1983-84-85; 100-yard breaststroke 1983-84-85)
Andrea McIntosh, Simon Fraser (B.C.) (200-meter individual medley, 2000; 200-yard individual medley, 1998-99)
Lisa Robertson, Simon Fraser (B.C.) (100-yard breaststroke 1997-98-99; 100-yard butterfly 1997-98-99)
Sharon Turner, Simon Fraser (B.C.) (100-yard freestyle 1991-92-93; 200-yard freestyle 1991-92-93)
Kathleen Stoodly, Simon Fraser (B.C.) (100-meter breaststroke 2001-03, 100-yard breaststroke 2003)
Kathleen Stoodly, Simon Fraser (B.C.) (200-meter breaststroke 2001-02, 200-yard breaststroke 2003)
Jessica Wild, California Baptist (100-meter freestyle 2000-01-02)
Sharon Wilson, Central Washington (200-yard individual medley 1986-87-88; 400-yard individual medley 1986-87-88)
Elaine Van Oosten, Simon Fraser (B.C.) (200-meter individual medley, 2000; 200-yard individual medley, 1998-99)

COACH OF THE YEAR

1981 Paul Savage, Simon Fraser (B.C.)
1982 Rick Gibson, Shepherd (W.Va.)
1983 Bob Gregson, Central Washington
1984 Roger Harriman, Wisconsin-Green Bay
1985 Paul and Margaret Savage, Simon Fraser (B.C.)
1986 Jim Johnson, Pacific Lutheran (Wash.)
Fred Russell, Wisconsin-Milwaukee

1987 Tom Prior, Wisconsin-Eau Claire
 1988 Mark Scott, Puget Sound (Wash.)
 1989 DaveENZler, Wisconsin-Milwaukee
 1990 Joan Bailey, Kearney State (Neb.)
 1991 Lance Cansdale, Simon Fraser (B.C.)
 1992 Brian Reynolds, Drury (Mo.)
 1993 Cindy Anderson, Linfield (Ore.)
 1994 Lori Clark, Central Washington
 1995 Liam Donnelly, Simon Fraser (B.C.)
 1996 Chris Myhre, Puget Sound (Wash.)
 1997 Skip Kenitzer, Willamette (Ore.)
 1998 Dean Brownley, Campbellsville (Ky.)
 1999 Jack Ebel, Transylvania (Ky.)
 2000 Liam Donnelly, Simon Fraser (B.C.)
 Craig Mallery, Seattle (Wash.)
 2001 Rick Rowland, California Baptist
 2002 Craig Penrose, Lindenwood (Mo.)
 2003 John Hartman, Spring Hill (Ala.)
 2004 Liam Donnelly, Simon Fraser (B.C.)
 2005 Scott Rabalais, Savannah Art and Design (Ga.)
 2006 Rick Rowland, California Baptist

OUTSTANDING SWIMMER

1981 Judy Baker, Simon Fraser (B.C.)
 1982 Judy Baker, Simon Fraser (B.C.)
 Suzanne Melody, Simon Fraser (B.C.)
 1983 Suzanne Melody, Simon Fraser (B.C.)
 1984 Michelle Langsford, Drury (Mo.)
 1985 Michelle Langsford, Drury (Mo.)
 1986 Kerri Butcher, Pacific Lutheran (Wash.)
 Barbara Graham, Simon Fraser (B.C.)
 1987 Lisa Bailey, Fairmont State (W.Va.)
 Barbara Graham, Simon Fraser (B.C.)
 1988 Sharon Wilson, Central Washington
 1989 Annabel Bicknell, Simon Fraser (B.C.)
 1990 Annabel Bicknell, Simon Fraser (B.C.)
 1991 Lourette Hakansson, Drury (Mo.)
 1992 Lourette Hakansson, Drury (Mo.)
 1993 Lourette Hakansson, Drury (Mo.)
 1994 Lourette Hakansson, Drury (Mo.)
 Nida Zuhail, Drury (Mo.)
 1995 Diana Ureche, Simon Fraser (B.C.)
 1996 Diana Ureche, Simon Fraser (B.C.)
 1997 Diana Ureche, Simon Fraser (B.C.)
 1998 Diana Ureche, Simon Fraser (B.C.)
 1999 Andrea McIntosh, Simon Fraser (B.C.)
 Elaine Van Oosten, Simon Fraser (B.C.)
 2000 Lisa Huffman, Simon Fraser (B.C.)
 2001 Lisa Huffman, Simon Fraser (B.C.)
 2002 Lyndsay Devaney, California Baptist
 Jessica Wild, California Baptist
 2003 Lyndsay Devaney, California Baptist
 Jennifer Kasuya, Simon Fraser (B.C.)
 2004 Amber Dykes, Simon Fraser (B.C.)
 Kathryn Rosberg, Simon Fraser (B.C.)
 Kathleen Stody, Simon Fraser (B.C.)
 2005 Kimie Cook, California Baptist
 Kathryn Rosberg, Simon Fraser (B.C.)
 2006 Kimie Cook, California Baptist
 Abigail Doxsey, Savannah Art and Design (Ga.)

ALL-TIME INDIVIDUAL CHAMPIONS

ONE-METER DIVING

1981 Kendra Langley, Simon Fraser (B.C.), 390.30
 1982 Kendra Langley, Simon Fraser (B.C.), 368.95
 1983 Colleen Hunstad, Wisconsin-Eau Claire, 385.90
 1984 Cindy Miller, Wisconsin-Eau Claire, 412.30
 1985 Sara Smith, Wisconsin-Eau Claire, 399.05
 1986 Ellen Holterman, Wisconsin-Eau Claire, 418.40
 1987 Cynthia Miller, Wisconsin-Milwaukee, 444.81
 1988 Kimberly Hubbard, Wisconsin-Eau Claire, 419.5
 1989 Kimberly Hubbard, Wisconsin-Eau Claire, 383.55
 1990 Belinda Eddy, Simon Fraser (B.C.), 404.37

1991	Belinda Eddy, Simon Fraser (B.C.), 387.35
1992	Belinda Eddy, Simon Fraser (B.C.), 366.40
1993	Belinda Eddy, Simon Fraser (B.C.), 407.45
1994	Joanna Linardis, Simon Fraser (B.C.), 395.30
1995	Allison Randall, Simon Fraser (B.C.), 394.20
1996	Joanna Linardis, Simon Fraser (B.C.), 417.80
1997	Kate Milhausen, Simon Fraser (B.C.), 353.05
1998	Jacqueline Leveille, Simon Fraser (B.C.), 391.15
1999	Jacqueline Leveille, Simon Fraser (B.C.), 374.80
2000	Jessica Metcalf, Lindenwood (Mo.), 441.40
2001	Kelli Wind, Lindenwood (Mo.), 448.20
2002	Kelli Wind, Lindenwood (Mo.), 434.35
2003	Kristen Lindquist, Simon Fraser (B.C.), 353.50
2004	Hayley Rosenlund, Simon Fraser (B.C.), 444.40
2005	Hayley Rosenlund, Simon Fraser (B.C.), 417.75
2006	Kyla Kachman, Lindenwood (Mo.), 234.30

THREE-METER DIVING

1981	Kendra Langley, Simon Fraser (B.C.), 416.80
1982	Kendra Langley, Simon Fraser (B.C.), 393.40
1983	Lisa Roettger, Wisconsin-Eau Claire, 403.00
1984	Sara Smith, Wisconsin-Eau Claire, 433.10
1985	Sara Smith, Wisconsin-Eau Claire, 398.45
1986	Ellen Holterman, Wisconsin-Eau Claire, 431.70
1987	Sara Smith, Wisconsin-Eau Claire, 454.08
1988	Kimberly Hubbard, Wisconsin-Eau Claire, 414.2
1989	Jane Marien, Wisconsin-La Crosse, 393.35
1990	Belinda Eddy, Simon Fraser (B.C.), 477.54
1991	Belinda Eddy, Simon Fraser (B.C.), 444.45
1992	Belinda Eddy, Simon Fraser (B.C.), 414.30
1993	Belinda Eddy, Simon Fraser (B.C.), 494.05
1994	Joanna Linardis, Simon Fraser (B.C.), 430.00
1995	Joanna Linardis, Simon Fraser (B.C.), 453.95
1996	Joanna Linardis, Simon Fraser (B.C.), 476.75
1997	Kate Milhausen, Simon Fraser (B.C.), 455.70
1998	Amy McGuire, Transylvania (Ky.), 312.45
1999	Amy McGuire, Transylvania (Ky.), 357.15
2000	Jessica Metcalf, Lindenwood (Mo.), 555.45
2001	Jessica Metcalf, Lindenwood (Mo.), 485.20
2002	Kelli Wind, Lindenwood (Mo.), 503.50
2003	Kristen Lindquist, Simon Fraser (B.C.), 422.85
2004	Hayley Rosenlund, Simon Fraser (B.C.), 521.00
2005	Hayley Rosenlund, Simon Fraser (B.C.), 512.30
2006	Kyla Kachman, Lindenwood (Mo.), 251.30

50-METER FREESTYLE

1981	Beth Carter, Eisenhower (N.Y.), 27.882
1982	Celeste Robinson, Central Washington, 27.35
2000	Jessica Wild, California Baptist, 26.01
2001	Jessica Wild, California Baptist, 26.20
2002	Jessica Wild, California Baptist, 26.21

50-YARD FREESTYLE

1983	Michelle Langsford, Ozarks (Mo.), 24.54
1984	Michelle Langsford, Drury (Mo.), 24.01
1985	Michelle Langsford, Drury (Mo.), 23.57
1986	Kerri Butcher, Pacific Lutheran (Wash.), 24.64
1987	Lisa Bailey, Fairmont State (W.Va.), 24.64
1988	Wendy Heineke, Wisconsin-Stout, 24.14
1989	Wendy Heineke, Wisconsin-Stout, 23.65
1990	Tracey Richards, Wisconsin-Green Bay, 24.51
1991	Sharon Turner, Simon Fraser (B.C.), 23.52
1992	Sharon Turner, Simon Fraser (B.C.), 24.21
1993	Karen Chow, Simon Fraser (B.C.), 23.78
1994	Cecilia Gadd, Drury (Mo.), 23.84
1995	Sharon Turner, Simon Fraser (B.C.), 23.93
1996	Karen Chow, Simon Fraser (B.C.), 24.19
1997	Karen Chow, Simon Fraser (B.C.), 23.85
1998	Diana Ureche, Simon Fraser (B.C.), 23.67
1999	Elanie VanOosten, Simon Fraser (B.C.), 24.55
2003	Jessica Wild, California Baptist, 23.97
2004	Amber Dykes, Simon Fraser (B.C.), 24.07
2005	Abigail Doxsey, Savannah Art and Design, 24.17
2006	Abigail Doxsey, Savannah Art and Design, 24.03

100-METER FREESTYLE

1981 Beth Carter, Eisenhower (N.Y.), 1:00.965
1982 Suzanne Melody, Simon Fraser (B.C.), 59.26
2000 Jessica Wild, California Baptist, 57.94
2001 Jessica Wild, California Baptist, 58.13
2002 Jessica Wild, California Baptist, 57.02

100-YARD FREESTYLE

1983 Cynthia Gaudet, Simon Fraser (B.C.), 54.06
1984 Michelle Langsford, Drury (Mo.), 52.39
1985 Michelle Langsford, Drury (Mo.), 51.69
1986 Kerri Butcher, Pacific Lutheran (Wash.), 53.79
1987 Ann Olin, Wisconsin-Green Bay, 53.29
1988 Shelly Weyers, Wisconsin-La Crosse, 52.59
1989 Wendy Heineke, Wisconsin-Stout, 52.57
1990 Jill Rutledge, Puget Sound (Wash.), 53.12
1991 Sharon Turner, Simon Fraser (B.C.), 51.31
1992 Sharon Turner, Simon Fraser (B.C.), 51.46
1993 Sharon Turner, Simon Fraser (B.C.), 51.03
1994 Cecilia Gadd, Drury (Mo.), 51.80
1995 Sharon Turner, Simon Fraser (B.C.), 51.40
1996 Karen Chow, Simon Fraser (B.C.), 52.85
1997 Karen Chow, Simon Fraser (B.C.), 52.01
1998 Elanie VanOosten, Simon Fraser (B.C.), 52.90
1999 Elanie VanOosten, Simon Fraser (B.C.), 52.44
2003 Amber Dykes, Simon Fraser (B.C.), 51.67
2004 Amber Dykes, Simon Fraser (B.C.), 52.50
2005 Amber Dykes, Simon Fraser (B.C.), 52.73
2006 Abigail Doxsey, Savannah Art and Design (Ga.), 52.23

200-METER FREESTYLE

1981 Jill Trotter, Simon Fraser (B.C.), 2:11.402
1982 Suzanne Melody, Simon Fraser (B.C.), 2:08.30
2000 Elaine Van Oosten, Simon Fraser (B.C.), 2:07.74
2001 Andrea McIntosh, Simon Fraser (B.C.), 2:06.36
2002 Amber Dykes, Simon Fraser (B.C.), 2:05.29

200-YARD FREESTYLE

1983 Suzanne Melody, Simon Fraser (B.C.), 1:55.15
1984 Michelle Langsford, Drury (Mo.), 1:54.52
1985 Sue Melody, Simon Fraser (B.C.), 1:53.38
1986 Barbara Graham, Simon Fraser (B.C.), 1:55.31
1987 Barbara Graham, Simon Fraser (B.C.), 1:53.13
1988 Shelly Weyers, Wisconsin-La Crosse, 1:53.15
1989 Melissa Loun, Puget Sound (Wash.), 1:55.40
1990 Susan Bendl, Puget Sound (Wash.), 1:55.87
1991 Sharon Turner, Simon Fraser (B.C.), 1:51.02
1992 Sharon Turner, Simon Fraser (B.C.), 1:52.20
1993 Sharon Turner, Simon Fraser (B.C.), 1:51.71
1994 Cecilia Gadd, Drury (Mo.), 1:51.89
1995 Sharon Turner, Simon Fraser (B.C.), 1:52.66
1996 Carianne Davis, Central Washington, 1:54.85
1997 Karen Chow, Simon Fraser (B.C.), 1:54.03
1998 Elanie VanOosten, Simon Fraser (B.C.), 1:54.2
1999 Elanie VanOosten, Simon Fraser (B.C.), 1:54.58
2003 Amber Dykes, Simon Fraser (B.C.), 1:52.14
2004 Amber Dykes, Simon Fraser (B.C.), 1:53.10
2005 Kathryn Rosberg, Simon Fraser (B.C.), 1:51.75
2006 Rachel Fritts, Savannah Art and Design (Ga.), 1:54.18

400-METER FREESTYLE

1981 Judy Baker, Simon Fraser (B.C.), 4:23.556
1982 Judy Baker, Simon Fraser (B.C.), 4:22.79
2000 Lisa Huffman, Simon Fraser (B.C.), 4:29.55
2001 Andrea McIntosh, Simon Fraser (B.C.), 4:25.41
2002 Lyndsay Devaney, California Baptist, 4:21.03

500-YARD FREESTYLE

1983 Suzanne Melody, Simon Fraser (B.C.), 5:09.29
1984 Barbara Graham, Simon Fraser (B.C.), 5:14.84
1985 Barbara Graham, Simon Fraser (B.C.), 5:04.63
1986 Barbara Graham, Simon Fraser (B.C.), 5:09.38

1987 Barbara Graham, Simon Fraser (B.C.), 5:01.77
1988 Susan Bendl, Puget Sound (Wash.), 4:59.08
1989 Melissa Loun, Puget Sound (Wash.), 5:02.83
1990 Susan Bendl, Puget Sound (Wash.), 5:03.85
1991 Melissa Loun, Puget Sound (Wash.), 5:06.76
1992 Karen Hanson, Pacific Lutheran (Wash.), 5:01.81
1993 Sharon Turner, Simon Fraser (B.C.), 5:05.23
1994 Nida Zuhail, Drury (Mo.), 5:00.18
1995 Niki Peterson, John Brown (Ark.), 5:06.91
1996 Aurora Bray, Pacific Lutheran (Wash.), 5:04.44
1997 Diana Bate, Simon Fraser (B.C.), 5:03.93
1998 Kristin Veal, Puget Sound (Wash.), 5:04.9
1999 Lisa Huffman, Simon Fraser (B.C.), 5:09.59
2003 Lyndsay Devaney, California Baptist, 4:59.11
2004 Kathryn Rosberg, Simon Fraser (B.C.), 5:02.30
2005 Kathryn Rosberg, Simon Fraser (B.C.), 4:57.49
2006 Krista Chacon, California Baptist, 5:02.38

1500-METER FREESTYLE

1981 Judy Baker, Simon Fraser (B.C.), 17:21.713
1982 Suzanne Melody, Simon Fraser (B.C.), 17:11.09
2000 Lisa Huffman, Simon Fraser (B.C.), 17:44.80
2001 Lisa Huffman, Simon Fraser (B.C.), 17:31.07
2002 Lyndsay Devaney, California Baptist, 17:09.73

1650-YARD FREESTYLE

1983 Suzanne Melody, Simon Fraser (B.C.), 17:31.94
1984 Carol Burdges, Brenau (Ga.), 17:54.11
1985 Barbara Graham, Simon Fraser (B.C.), 17:38.42
1986 Barbara Graham, Simon Fraser (B.C.), 17:49.13
1987 Barbara Graham, Simon Fraser (B.C.), 17:23.01
1988 Haleigh Kurtz, Puget Sound (Wash.), 17:27.25
1989 Laura Mercugliano, Shepherd (W.Va.), 17:24.88
1990 Melissa Loun, Puget Sound (Wash.), 17:36.79
1991 Jessica Roberts, Simon Fraser (B.C.), 17:32.06
1992 Annabel Bicknell, Simon Fraser (B.C.), 17:11.93
1993 Nani Blake, Westminster (Pa.), 17:30.94
1994 Shannyn Hite, Drury (Mo.), 17:29.65
1995 Niki Peterson, John Brown (Ark.), 17:31.64
1996 Aurora Bray, Pacific Lutheran (Wash.), 17:40.76
1997 Aurora Bray, Pacific Lutheran (Wash.), 17:37.53
1998 Kristin Veal, Puget Sound (Wash.), 17:15.8
1999 Lisa Huffman, Simon Fraser (B.C.), 17:36.55
2003 Lyndsay Devaney, California Baptist, 17:09.98
2004 Kathryn Rosberg, Simon Fraser (B.C.), 17:37.02
2005 Kathryn Rosberg, Simon Fraser (B.C.), 16:51.80
2006 Christine Phillips, Savannah Art and Design (Ga.), 17:25.43

100-METER BACKSTROKE

1981 Marcia Konat, Kearney State (Neb.), 1:14.172
1982 Karen Workman, Shepherd (W.Va.), 1:11.70
2000 Katy Oliver, Simon Fraser (B.C.), 1:05.59
2001 Jennifer Kasuya, Simon Fraser (B.C.), 1:11.84
2002 Jessica Wild, California Baptist, 1:04.92

100-YARD BACKSTROKE

1983 Cynthia Gaudet, Simon Fraser (B.C.), 1:01.72
1984 Brenda Dahl, Wisconsin-Eau Claire, 1:01.84
1985 Barbara Hefte, Pacific Lutheran (Wash.), 1:00.33
1986 Connie Wright, Wisconsin-Milwaukee, 1:00.04
1987 Lisa Bailey, Fairmont State (W.Va.), 59.03
1988 Wendy Heineke, Wisconsin-Stout, 1:00.68
1989 Sharon Juckeland, Puget Sound (Wash.), 1:01.27
1990 Sharon Juckeland, Puget Sound (Wash.), 1:00.52
1991 Christine Harris, Simon Fraser (B.C.), 57.56
1992 Sharon Juckeland, Puget Sound (Wash.), 59.28
1993 Niki Peterson, John Brown (Ark.), 59.44
1994 Jennifer Lane, Puget Sound (Wash.), 57.84
1995 Diana Ureche, Simon Fraser (B.C.), 57.31
1996 Diana Ureche, Simon Fraser (B.C.), 56.84
1997 Diana Ureche, Simon Fraser (B.C.), 56.27
1998 Diana Ureche, Simon Fraser (B.C.), 56.38
1999 Cassie Trotter, Cumberland (Ky.), 58.52

2003 Jennifer Kasuya, Simon Fraser (B.C.), 58.30
2004 Tina Hoang, Simon Fraser (B.C.), 57.29
2005 Tina Hoang, Simon Fraser (B.C.), 57.3
2006 Nicole Shipman, California Baptist, 57.94

200-METER BACKSTROKE

1981 Karen Workman, Shepherd (W.Va.), 2:35.348
1982 Suzanne Melody, Simon Fraser (B.C.), 2:31.70
2000 Katy Oliver, Simon Fraser (B.C.), 2:22.46
2001 Jennifer Kasuya, Simon Fraser (B.C.), 2:22.44
2002 Jennifer Kasuya, Simon Fraser (B.C.), 2:20.34

200-YARD BACKSTROKE

1983 Brenda Dahl, Wisconsin-Eau Claire, 2:13.14
1984 Cheryl Osachoff, Simon Fraser (B.C.), 2:12.41
1985 Connie Wright, Wisconsin-Milwaukee, 2:11.97
1986 Carol Quarterman, Pacific Lutheran (Wash.), 2:10.70
1987 Lisa Bailey, Fairmont State (W.Va.), 2:09.27
1988 Sharon Wilson, Central Washington, 2:08.36
1989 Annabel Bicknell, Simon Fraser (B.C.), 2:09.51
1990 Jacqy Franks, Drury (Mo.), 2:09.10
1991 Christine Harris, Simon Fraser (B.C.), 2:04.59
1992 Jennifer Kuhn, Puget Sound (Wash.), 2:04.59
1993 Jennifer Kuhn, Puget Sound (Wash.), 2:06.52
1994 Jennifer Lane, Puget Sound (Wash.), 2:05.70
1995 Karen Seland, Simon Fraser (B.C.), 2:03.75
1996 Beth Slaughter, Linfield (Ore.), 2:06.95
1997 Diana Ureche, Simon Fraser (B.C.), 2:02.63
1998 Diana Ureche, Simon Fraser (B.C.), 2:03.50
1999 Kristen Booth, Puget Sound (Wash.), 2:06.41
2003 Jennifer Kasuya, Simon Fraser (B.C.), 2:04.94
2004 Jennifer Kasuya, Simon Fraser (B.C.), 2:04.56
2005 Natasha Perry, Cumberland (Ky.), 2:04.61
2006 Nicole Shipman, California Baptist, 2:05.78

100-METER BREASTSTROKE

1981 Kathy Etzel, Shepherd (W.Va.), 1:18.117
1982 Michelle Langsford, Ozarks (Mo.), 1:17.99
2000 Victoria Arrandale, Simon Fraser (B.C.), 1:13.37
2001 Kathleen Stoody, Simon Fraser (B.C.), 1:11.84
2002 Kathleen Stoody, Simon Fraser (B.C.), 1:12.20

100-YARD BREASTSTROKE

1983 Michelle Langsford, Ozarks (Mo.), 1:09.28
1984 Michelle Langsford, Drury (Mo.), 1:07.86
1985 Michelle Langsford, Drury (Mo.), 1:06.31
1986 Debbie Gray, Central Washington, 1:08.97
1987 Jennifer Galster, Puget Sound (Wash.), 1:07.43
1988 Susan Bendl, Puget Sound (Wash.), 1:06.59
1989 Leslie Biegler, Wisconsin-Milwaukee, 1:07.50
1990 Deanne Schweitzer, Simon Fraser (B.C.), 1:06.39
1991 Charlene Miller, Puget Sound (Wash.), 1:06.89
1992 Heather Cozzens, Drury (Mo.), 1:06.53
1993 Staci Malin, Linfield (Ore.), 1:05.53
1994 Heather Cozzens, Drury (Mo.), 1:05.65
1995 Staci Malin, Linfield (Ore.), 1:05.38
1996 Staci Malin, Linfield (Ore.), 1:05.57
1997 Lisa Robertson, Simon Fraser (B.C.), 1:05.91
1998 Lisa Robertson, Simon Fraser (B.C.), 1:05.86
1999 Lisa Robertson, Simon Fraser (B.C.), 1:05.48
2003 Kathleen Stoody, Simon Fraser (B.C.), 1:03.45
2004 Kathleen Stoody, Simon Fraser (B.C.), 1:04.01
2005 Kellie West, California Baptist, 1:05.23
2006 Kellie West, California Baptist, 1:05.23

200-METER BREASTSTROKE

1981 Judy Baker, Simon Fraser (B.C.), 2:46.851
1982 Judy Baker, Simon Fraser (B.C.), 2:44.45
2000 Victoria Arrandale, Simon Fraser (B.C.), 2:37.96
2001 Kathleen Stoody, Simon Fraser (B.C.), 2:33.34
2002 Kathleen Stoody, Simon Fraser (B.C.), 2:35.87

200-YARD BREASTSTROKE

1983 Laura Jones, Simon Fraser (B.C.), 2:30.04
1984 Lisa Mazingo, Shepherd (W.Va.), 2:28.60
1985 Michelle Langsford, Drury (Mo.), 2:26.00
1986 Debbie Gray, Central Washington, 2:31.0
1987 Susan Bendl, Puget Sound (Wash.), 2:26.38
1988 Susan Bendl, Puget Sound (Wash.), 2:24.44
1989 Leslie Biegler, Wisconsin-Milwaukee, 2:25.99
1990 Deanne Schweitzer, Simon Fraser (B.C.), 2:24.12
1991 Lourette Hakansson, Drury (Mo.), 2:20.28
1992 Lourette Hakansson, Drury (Mo.), 2:17.38
1993 Lourette Hakansson, Drury (Mo.), 2:14.90
1994 Lourette Hakansson, Drury (Mo.), 2:18.22
1995 Staci Malin, Linfield (Ore.), 2:24.22
1996 Staci Malin, Linfield (Ore.), 2:23.61
1997 Joni Jacobs, Central Washington, 2:25.03
1998 Joni Jacobs, Central Washington, 2:25.6
1999 Victoria Arrandale, Simon Fraser (B.C.), 2:24.29
2003 Kathleen Stody, Simon Fraser (B.C.), 2:15.09
2004 Kathleen Stody, Simon Fraser (B.C.), 2:15.67
2005 Taylor Sexton, Savannah Art and Design (Ga.), 2:21.13
2006 Kimie Cook, California Baptist, 2:21.46

100-METER BUTTERFLY

1981 Kristy Robertson, Simon Fraser (B.C.), 1:08.956
1982 Suzanne Melody, Simon Fraser (B.C.), 1:06.02
2000 Gennifer Amthor, California Baptist, 1:03.78
2001 Gennifer Amthor, California Baptist, 1:03.14
2002 Merceda Rivera, Seattle (Wash.), 1:05.48

100-YARD BUTTERFLY

1983 Kerri Butcher, Pacific Lutheran (Wash.), 58.87
1984 Kerri Butcher, Pacific Lutheran (Wash.), 58.40
1985 Kerri Butcher, Pacific Lutheran (Wash.), 57.42
1986 Kerri Butcher, Pacific Lutheran (Wash.), 57.93
1987 Sally Lambert, Fairmont State (W.Va.), 57.37
1988 Jill Rutledge, Puget Sound (Wash.), 57.89
1989 Jill Rutledge, Puget Sound (Wash.), 58.92
1990 Tracey Richards, Wisconsin-Green Bay, 58.92
1991 Kristen Zukowski, Westminster (Pa.), 58.37
1992 Sarah Agnew, Simon Fraser (B.C.), 56.97
1993 Sarah Agnew, Simon Fraser (B.C.), 57.11
1994 Nida Zuhail, Drury (Mo.), 57.07
1995 Diana Ureche, Simon Fraser (B.C.), 55.33
1996 Diana Ureche, Simon Fraser (B.C.), 57.05
1997 Lisa Robertson, Simon Fraser (B.C.), 56.68
1998 Lisa Robertson, Simon Fraser (B.C.), 56.62
1999 Lisa Robertson, Simon Fraser (B.C.), 56.72
2003 Jennifer Horwood, Simon Fraser (B.C.), 58.05
2004 Jennifer Horwood, Simon Fraser (B.C.), 57.66
2005 Tina Hoang, Simon Fraser (B.C.), 57.07
2006 Abigail Doxsey, Savannah Art and Design (Ga.), 57.21

200-METER BUTTERFLY

1981 Kristy Robertson, Simon Fraser (B.C.), 2:35.347
1982 Judy Baker, Simon Fraser (B.C.), 2:16.86
2000 Gennifer Amthor, California Baptist, 2:18.58
2001 Gennifer Amthor, California Baptist, 2:15.58
2002 Lyndsay Devaney, California Baptist, 2:20.97

200-YARD BUTTERFLY

1983 Suzanne Melody, Simon Fraser (B.C.), 2:07.96
1984 Kirsten Olson, Pacific Lutheran (Wash.), 2:09.48
1985 Ana Tormo, Arkansas-Little Rock, 2:08.20
1986 Eileen Luigard, Fairmont State (W.Va.), 2:10.0
1987 Sally Lambert, Fairmont State (W.Va.), 2:07.39
1988 Ana Tormo, Arkansas-Little Rock, 2:07.13
1989 Julie Himstreet, Puget Sound (Wash.), 2:08.83
1990 Annabel Bicknell, Simon Fraser (B.C.), 2:08.19
1991 Annabel Bicknell, Simon Fraser (B.C.), 2:06.55
1992 Sarah Agnew, Simon Fraser (B.C.), 2:04.67
1993 Sarah Agnew, Simon Fraser (B.C.), 2:04.24
1994 Nida Zuhail, Drury (Mo.), 2:03.24
1995 Sarah Agnew, Simon Fraser (B.C.), 2:05.63
1996 Diana Ureche, Simon Fraser (B.C.), 2:06.61

1997 Lisa Roberston, Simon Fraser (B.C.), 2:04.61
1998 Lisa Robertson, Simon Fraser (B.C.), 2:05.2
1999 Andrea McIntosh, Simon Fraser (B.C.), 2:06.66
2003 Christen Heideman, Cumberland (Ky.), 2:06.47
2004 Christen Heideman, Cumberland (Ky.), 2:07.80
2005 Kimie Cook, California Baptist, 2:04.06
2006 Rachel Fritts, Savannah Art and Design (Ga.), 2:05.00

100-METER INDIVIDUAL MEDLEY

1982 Michelle Langsford, Ozarks (Mo.), 1:09.08

100-YARD INDIVIDUAL MEDLEY

1983 Michelle Langsford, Ozarks (Mo.), 1:02.08
1984 Michelle Langsford, Drury (Mo.), 1:00.63

200-METER INDIVIDUAL MEDLEY

1981 Jill Trotter, Simon Fraser (B.C.), 2:28.967
1982 Judy Baker, Simon Fraser (B.C.), 2:21.73
2000 Andrea McIntosh, Simon Fraser (B.C.), 2:21.86
2001 Lisa Huffman, Simon Fraser (B.C.), 2:19.17
2002 Lisa Huffman, Simon Fraser (B.C.), 2:19.29

200-YARD INDIVIDUAL MEDLEY

1983 Elizabeth Green, Pacific Lutheran (Wash.), 2:12.14
1984 Kirsten Olson, Pacific Lutheran (Wash.), 2:14.05
1985 Sue Melody, Simon Fraser (B.C.), 2:10.92
1986 Sharon Wilson, Central Washington, 2:11.55
1987 Sharon Wilson, Central Washington, 2:08.98
1988 Sharon Wilson, Central Washington, 2:07.78
1989 Annabel Bicknell, Simon Fraser (B.C.), 2:08.79
1990 Annabel Bicknell, Simon Fraser (B.C.), 2:08.69
1991 Lourette Hakansson, Drury (Mo.), 2:05.57
1992 Lourette Hakansson, Drury (Mo.), 2:05.51
1993 Lourette Hakansson, Drury (Mo.), 2:04.21
1994 Lourette Hakansson, Drury (Mo.), 2:05.74
1995 Diana Ureche, Simon Fraser (B.C.), 2:05.94
1996 Dorian Reese, Whitworth (Wash.), 2:10.83
1997 Diana Ureche, Simon Fraser (B.C.), 2:07.91
1998 Andrea McIntosh, Simon Fraser (B.C.), 2:08.12
1999 Andrea McIntosh, Simon Fraser (B.C.), 2:06.23
2003 Jennifer Kasuya, Simon Fraser (B.C.), 2:09.58
2004 Kathleen Stoodly, Simon Fraser (B.C.), 2:08.30
2005 Kimie Cook, California Baptist, 2:04.90
2006 Kimie Cook, California Baptist, 2:07.18

400-METER INDIVIDUAL MEDLEY

1981 Judy Baker, Simon Fraser (B.C.), 5:03.496
1982 Judy Baker, Simon Fraser (B.C.), 4:55.06
2000 Lisa Huffman, Simon Fraser (B.C.), 4:58.33
2001 Lisa Huffman, Simon Fraser (B.C.), 4:57.30
2002 Lisa Huffman, Simon Fraser (B.C.), 4:59.10

400-YARD INDIVIDUAL MEDLEY

1983 Kim Lawrence, Shepherd (W.Va.), 4:41.13
1984 Kim Lawrence, Shepherd (W.Va.), 4:42.01
1985 Sue Melody, Simon Fraser (B.C.), 4:41.11
1986 Sharon Wilson, Central Washington, 4:48.38
1987 Sharon Wilson, Central Washington, 4:36.50
1988 Sharon Wilson, Central Washington, 4:35.47
1989 Annabel Bicknell, Simon Fraser (B.C.), 4:32.32
1990 Annabel Bicknell, Simon Fraser (B.C.), 4:34.07
1991 Lourette Hakansson, Drury (Mo.), 4:25.94
1992 Lourette Hakansson, Drury (Mo.), 4:27.75
1993 Lourette Hakansson, Drury (Mo.), 4:24.03
1994 Lourette Hakansson, Drury (Mo.), 4:29.00
1995 Sarah Agnew, Simon Fraser (B.C.), 4:35.95
1996 Kendra Lavik, Puget Sound (Wash.), 4:38.33
1997 Kristen Booth, Puget Sound (Wash.), 4:36.77
1998 Andrea McIntosh, Simon Fraser (B.C.), 4:31.9
1999 Andrea McIntosh, Simon Fraser (B.C.), 4:29.391
2003 Lyndsay Devaney, California Baptist, 4:34.61
2004 Kathryn Rosberg, Simon Fraser (B.C.), 4:35.78
2005 Kimie Cook, California Baptist, 4:24.26

200-METER FREESTYLE RELAY

- 1982 Simon Fraser (B.C.) (Peggie Peacock, Cheri Mechalchuk, Stephanie Smith, Cynthia Gaudet), 1:52.21
- 2000 Simon Fraser (B.C.) (Elanie Van Oosten, Winnie Lam, Kacey Dalzell, Sarah Jung), 1:47.44
- 2001 Simon Fraser (B.C.) (Sarah Jung, Jennifer Kasuya, Andrea McIntosh, Kacey Dalzell), 1:47.27
- 2002 Simon Fraser (B.C.) (Amber Dykes, Jennifer Kasuya, Winnie Lam, Sarah Jung), 1:46.97

200-YARD FREESTYLE RELAY

- 1983 Pacific Lutheran (Wash.) (Kristi Bosch, Kristine Soderman, Barbara Hefte, Kerri Butcher), 1:40.85
- 1984 Wisconsin-Green Bay (Debbie Hinze, Laurel Beckstrom, Ann Olin, Mary Margaret Burkhard), 1:40.01
- 1985 Simon Fraser (B.C.) (Peggi Peacock, Cynthia Gaudet, Dena Burr, Sue Melody), 1:38.18
- 1986 Pacific Lutheran (Wash.) (Marna Jamieson, Carol Quarterman, Mary Meyer, Kerri Butcher), 1:39.20
- 1987 Fairmont State (W.Va.) (Lisa Bailey, Karen Petko, Maryellen Earley, Sally Lambert), 1:39.60
- 1988 Puget Sound (Wash.) (Mary Gibson, Susan Bendl, Stacy Carlson, Jill Rutledge), 1:39.44
- 1989 Wisconsin-Milwaukee (Vicky Bott, Sharon Kothe, Sandy Farrand, Leslie Biegler), 1:38.83
- 1990 Puget Sound (Wash.) (Jill Rutledge, Sharon Juckeland, Larissa Culpepper, Ronda Blair), 1:39.52
- 1991 Drury (Mo.) (Cecilia Gadd, Lourette Hakansson, Cashel Mack, Eva-Marie Eriksson), 1:36.59
- 1992 Drury (Mo.) (Cashel Mack, Cecilia Gadd, Eva-Marie Eriksson, Lourette Hakansson), 1:36.23
- 1993 Simon Fraser (B.C.) (Sharon Turner, Sarah Agnew, Karen Chow, Leeanne Dick), 1:35.91
- 1994 Drury (Mo.) (Cecilia Gadd, Eva-Marie Eriksson, Lourette Hakansson, Adina Meilner), 1:36.26
- 1995 Simon Fraser (B.C.) (Diana Ureche, Ala Ferguson, Karen Chow, Sharon Turner), 1:35.18
- 1996 Simon Fraser (B.C.) (Diana Ureche, Myna Noriega, Debbie Wright, Karen Chow), 1:38.09
- 1997 Simon Fraser (B.C.) (Diana Ureche, Myna Noriega, Elaine Van Oosten, Karen Chow), 1:35.61
- 1998 Simon Fraser (B.C.) (Kacey Dalzell, Lisa Robertson, Diana Ureche, Elaine VanOosten), 1:37.35
- 1999 Simon Fraser (B.C.) (Winnie Lam, Lisa Robertson, Kacey Dalzell, Elanie VanOosten) 1:37.48
- 2003 Simon Fraser (B.C.) (Amber Dykes, Jennifer Kasuya, Jennifer Horwood, Sarah Jung), 1:39.95
- 2004 Cal Baptist (Beth Bartlett, Krista Machado, Larabeth Schellenberg, Cheryl Ogden), 1:39.04
- 2005 Simon Fraser (B.C.) (Tina Hoang, Annick Foukal, Kathryn Rosberg, Amber Dykes), 1:36.31
- 2006 Savannah Art and Design (Ga.) (Cassie Dixon, Elizabeth Harr, Laine Benthall, Abigail Doxsey), 1:36.58

200-METER MEDLEY RELAY

- 1981 Shepherd (W.Va.) (Kathy Etzel, Mary Verna, Tracy Liner, Cathy Blair), 2:11.163
- 1982 Shepherd (W.Va.) (Peggi Hennessy, Kelley Brown, Lisa Mazingo, Kim Fry), 2:08.07
- 2000 Simon Fraser (B.C.) (Katy Oliver, Andrea McIntosh, Victoria Arrandale, Elaine Van Oosten), 1:59.95
- 2001 Simon Fraser (B.C.) (Jennifer Kasuya, Kathleen Stoodly, Andrea McIntosh, Kacey Dalzell), 1:58.69
- 2002 Simon Fraser (B.C.) (Katy Oliver, Kathleen Stoodly, Suzy Brodeur, Amber Dykes), 1:59.98

200-YARD MEDLEY RELAY

- 1983 Willamette (Ore.) (Chrys Odell, Leslie Wilday, Gayle Roth, Kendra Wheeler), 1:53.89
- 1984 Wisconsin-Green Bay (Janice Perry, Ann Worm, Mary Margaret Burkhard, Ann Olin), 1:52.76
- 1985 Central Washington (Gail Foster, Debbie Gray, Mary Malgarini, Amy Carroll), 1:51.73
- 1986 Wisconsin-Milwaukee (Karen Ragland, Becky Buhrandt, Stephanie Holt, Connie Wright), 1:51.57
- 1987 Central Washington (Lorijo Claunch, Debbie Gray, Michelle Flury, Cyndi Hudon), 1:49.71
- 1988 Central Washington (Lorijo Claunch, Laura Hill, Sharon Wilson, Cyndi Hudon), 1:50.30
- 1989 Wisconsin-Milwaukee (Desire Denson, Leslie Biegler, Sandy Farrand, Vicky Bott), 1:51.03
- 1990 Puget Sound (Wash.) (Sharon Juckeland, Susan Bendl, Jill Rutledge, Ronda Blair), 1:50.69
- 1991 Simon Fraser (B.C.) (Christine Harris, Deanne Schweitzer, Marnie Engman, Sharon Turner), 1:47.56
- 1992 Drury (Mo.) (Diane Spivey, Lourette Hakansson, Cashel Mack, Eva-Marie Eriksson), 1:47.39
- 1993 Drury (Mo.) (Lourette Hakansson, Cecilia Gadd, Heather Cozzens, Eva-Marie Eriksson), 1:47.52
- 1994 Drury (Mo.) (Eva-Marie Eriksson, Heather Cozzens, Nida Zuhail, Cecilia Gadd), 1:46.96
- 1995 Simon Fraser (B.C.) (Diana Ureche, Ala Ferguson, Lisa Robertson, Sharon Turner), 1:46.41
- 1996 Simon Fraser (B.C.) (Diana Ureche, Debbie Wright, Myna Noriega, Karen Chow), 1:46.85
- 1997 Simon Fraser (B.C.) (Diana Ureche, Myna Noriega, Lisa Robertson, Karen Chow), 1:45.09
- 1998 Simon Fraser (B.C.) (Myna Noriega, Lisa Robertson, Diana Ureche, Elaine VanOosten), 1:46.97
- 1999 Simon Fraser (B.C.) (Victoria Arrandale, Lisa Robertson, Andrea McIntosh, Elaine VanOosten), 1:48.35
- 2003 Simon Fraser (B.C.) (Jennifer Kasuya, Kathleen Stoodly, Jennifer Horwood, Amber Dykes), 1:46.19
- 2004 Simon Fraser (B.C.) (Jennifer Kasuya, Megan Allen, Suzy Brodeur, Kathryn Stoodly), 1:46.58
- 2005 Simon Fraser (B.C.) (Tina Hoang, Megan Allen, Suzy Brodeur, Amber Dykes), 1:47.42
- 2006 California Baptist (Nicole Shipman, Kellie West, Rachel Macneill, Katelyn Butler), 1:48.07

400-METER FREESTYLE RELAY

- 1981 Shepherd (W.Va.) (Tracy Liner, Kathy Etzel, Cathy Blair, Karen Workman), 4:15.465
- 1982 Simon Fraser (B.C.) (Peggi Peacock, Cynthia Gaudet, Cheri Mechalchuk, Judy Baker), 4:06.55
- 2000 Simon Fraser (B.C.) (Winnie Lam, Michelle Nickerson, Sarah Jung, Elanie Van Oosten), 3:57.15
- 2001 Simon Fraser (B.C.) (Kacey Dalzell, Andrea McIntosh, Jennifer Kasuya, Sarah Jung), 3:56.15
- 2002 Simon Fraser (B.C.) (Amber Dykes, Winnie Lam, Lisa Huffman, Sarah Jung), 3:55.03

400-YARD FREESTYLE RELAY

- 1983 Pacific Lutheran (Wash.) (Kristi Bosch, Kristine Soderman, Kirsten Olson, Barbara Hefte), 3:40.13
- 1984 Wisconsin-Green Bay (Debbie Hinze, Laurel Beckstrom, Cindee Schmalz, Ann Olin), 3:39.71
- 1985 Simon Fraser (B.C.) (Peggi Peacock, Cynthia Gaudet, Sue Melody, Barbara Graham), 3:33.10
- 1986 Central Washington (Michelle Flury, Amy Carroll, Tani Thorstenson, Cyndi Hudon), 3:36.70

1987 Wisconsin-Green Bay (Lisa Hanson, Jody Williams, Kelly Gay, Ann Olin), 3:34.81
 1988 Puget Sound (Wash.) (Stacy Carlson, Haleigh Kurtz, Susan Bendl, Jill Rutledge), 3:35.84
 1989 Puget Sound (Wash.) (Ronda Blair, Melissa Loun, Sue Bendl, Jill Rutledge), 3:34.41
 1990 Puget Sound (Wash.) (Jill Rutledge, Stacey Carlson, Susan Bendl, Ronda Blair), 3:33.30
 1991 Drury (Mo.) (Cecilia Gadd, Lourette Hakansson, Cashel Mack, Eva-Marie Eriksson), 3:31.59
 1992 Drury (Mo.) (Cashel Mack, Cecilia Gadd, Eva-Marie Eriksson, Lourette Hakansson), 3:30.08
 1993 Simon Fraser (B.C.) (Sarah Agnew, Leeanne Dick, Carolyn Guy, Sharon Turner), 3:28.49
 1994 Drury (Mo.) (Adina Meilner, Lourette Hakansson, Eva-Maria Eriksson, Cecilia Gadd), 3:32.02
 1995 Simon Fraser (B.C.) (Sharon Turner, Diana Ureche, Karen Chow, Ala Ferguson), 3:29.58
 1996 Puget Sound (Wash.) (Michelle Parrish, Erin Linqvist, Jennifer Lane, Kendra Lavik), 3:35.97
 1997 Simon Fraser (B.C.) (Diana Ureche, Diana Bate, Elaine Van Oosten, Karen Chow), 3:29.60
 1998 Simon Fraser (B.C.) (Diana Bate, Kacey Dalzell, Diana Ureche, Elaine VanOosten), 3:32.73
 1999 Simon Fraser (B.C.) (Winnie Lam, Kacey Dalzell, Andrea McIntosh, Elanie VanOosten), 3:33.63
 2003 Simon Fraser (B.C.) (Sarah Jung, Jennifer Horwood, Jennifer Kasuya, Amber Dykes), 3:30.15
 2004 Simon Fraser (B.C.) (Suzy Brodeur, Jennifer Horwood, Megan Allen, Amber Dykes), 3:29.94
 2005 Simon Fraser (B.C.) (Tina Hoang, Jessica Verheyden, Kathryn Rosberg, Amber Dykes), 3:30.38
 2006 California Baptist (Kellie West, Cheryl Ogden, Jennelle Furruto, Katelyn Butler), 3:32.92

400-METER MEDLEY RELAY

1981 Simon Fraser (B.C.) (Shelley Baldwin, Jill Trotter, Judy Baker, Lynn Fripps), 4:45.362
 1982 Simon Fraser (B.C.) (Taimi Olson, Judy Baker, Andrea Trotter, Suzanne Melody), 4:36.64
 2000 Simon Fraser (B.C.) (Katy Oliver, Andrea McIntosh, Victoria Arrandale, Elaine Van Oosten), 4:21.87
 2001 Simon Fraser (B.C.) (Jennifer Kasuya, Kathleen Stoodly, Andrea McIntosh, Sarah Jung), 4:20.36
 2002 Simon Fraser (B.C.) (Jennifer Kasuya, Kathleen Stoodly, Suzy Brodeur, Sarah Jung), 4:25.73

400-YARD MEDLEY RELAY

1983 Simon Fraser (B.C.) (Cynthia Gaudet, Laura Jones, Nancy Nordstrand, Sue Melody), 4:07.52
 1984 Wisconsin-Green Bay (Mary Margaret Burkhard, Janice Perry, Ann Worm, Cindee Schmalz), 4:05.93
 1985 Central Washington (Gail Foster, Debbie Gray, Tani Thorstenson, Kathy Lang), 4:05.90
 1986 Pacific Lutheran (Wash.) (Carol Quarterman, Mary Meyer, Kirsten Olson, Kerri Butcher), 4:06.25
 1987 Fairmont State (W.Va.) (Lisa Bailey, Karen Petko, Sally Lambert, Maryellen Earley), 4:00.60
 1988 Central Washington (Lorijo Claunch, Debbie Gray, Sharon Wilson, Chris Hayden), 4:02.04
 1989 Puget Sound (Wash.) (Sharon Juckeland, Sue Bendl, Jill Rutledge, Ronda Blair), 4:00.21
 1990 Puget Sound (Wash.) (Sharon Juckeland, Charlene Miller, Jill Rutledge, Ronda Blair), 3:58.80
 1991 Simon Fraser (B.C.) (Christine Harris, Deanne Schweitzer, Annabel Bicknell, Sharon Turner), 3:53.57
 1992 Drury (Mo.) (Diane Spivey, Lourette Hakansson, Cashel Mack, Eva-Marie Eriksson), 3:52.59
 1993 Simon Fraser (B.C.) (Karen Chow, Sarah Agnew, Erin Hildebrand, Sharon Turner), 3:53.88
 1994 Drury (Mo.) (Eva-Marie Eriksson, Lourette Hakansson, Nida Zuhail, Cecilia Gadd), 3:53.29
 1995 Simon Fraser (B.C.) (Lisa Robertson, Diana Ureche, Sharon Turner, Ala Ferguson), 3:51.02
 1996 Puget Sound (Wash.) (Jennifer Lane, Michelle Parrish, Angela Butler, Marne McDonald), 3:56.74
 1997 Simon Fraser (B.C.) (Diana Ureche, Myna Noriega, Lisa Robertson, Karen Chow), 3:52.63
 1998 Simon Fraser (B.C.) (Myna Noriega, Lisa Robertson, Diana Ureche, Elaine VanOosten), 3:54.21
 1999 Simon Fraser (B.C.) (Victoria Arrandale, Lisa Robertson, Andrea McIntosh, Elaine VanOosten), 3:57.01
 2003 Simon Fraser (B.C.) (Jennifer Kasuya, Kathleen Stoodly, Jennifer Horwood, Amber Dykes), 3:52.27
 2004 Cal Baptist (Tabitha Haud, Jessi Rodriguez, Rachel MacNeil, Megan Eldredge), 4:02.98
 2005 Simon Fraser (B.C.) (Tina Hoang, Megan Allen, Suzy Brodeur, Amber Dykes), 3:55.05
 2006 California Baptist (Nicole Shipman, Kellie West, Jennelle Furruto, Katelyn Butler), 3:56.25

800-METER FREESTYLE RELAY

1981 Shepherd (W.Va.) (Tracy Liner, Kathy Etzel, Cathy Blair, Karen Workman), 9:25.194
 1982 Simon Fraser (B.C.) (K.C. Emerson, Jill Trotter, Peggi Peacock, Suzanne Melody), 8:56.74
 2000 Simon Fraser (B.C.) (Elanie Van Oosten, Michelle Nickerson, Sarah Jung, Andrea McIntosh), 8:42.44
 2001 Simon Fraser (B.C.) (Andrea McIntosh, Sarah Jung, Leslie Cove, Lisa Huffman), 8:31.68
 2002 Simon Fraser (B.C.) (Lisa Huffman, Winnie Lam, Sarah Jung, Amber Dykes), 8:29.07

800-YARD FREESTYLE RELAY

1983 Pacific Lutheran (Wash.) (Kristi Bosch, Kerri Butcher, Kristine Soderman, Barbara Hefte), 8:01.13
 1984 Simon Fraser (B.C.) (Kathleen Emerson, Cheryl Osachoff, Cynthia Gaudet, Barbara Graham), 8:04.12
 1985 Pacific Lutheran (Wash.) (Kerri Butcher, Kirsten Olson, Maurna Jamieson, Barbara Hefte), 7:53.10
 1986 Pacific Lutheran (Wash.) (Rose Johnson, Carol Quarterman, Kirsten Olson, Kerri Butcher), 7:54.53
 1987 Wisconsin-Eau Claire (Traci Bergo, Kersti Nelson, Jennifer Iannarelli, Janice Buron), 7:48.37
 1988 Puget Sound (Wash.) (Mary Gibson, Susan Bendl, Stacy Carlson, Jill Rutledge), 7:51.20
 1989 Puget Sound (Wash.) (Jill Rutledge, Melissa Loun, Sue Bendl, Ronda Blair), 7:41.26
 1990 Puget Sound (Wash.) (Jill Rutledge, Stacey Carlson, Rhonda Blair, Susan Bendl), 7:43.65
 1991 Simon Fraser (B.C.) (Annabel Bicknell, Janice Vandergraaf, Carolyn Guy, Sharon Turner), 7:42.98
 1992 Drury (Mo.) (Cecilia Gadd, Cashel Mack, Eva-Marie Eriksson, Lourette Hakansson), 7:38.53
 1993 Simon Fraser (B.C.) (Leeanne Dick, Karen Chow, Sarah Agnew, Sharon Turner), 7:37.76
 1994 Drury (Mo.) (Cecilia Gadd, Eva-Marie Eriksson, Shannyn Hite, Nida Zuhail), 7:40.04
 1995 Simon Fraser (B.C.) (Karen Chow, Karen Seland, Ala Ferguson, Sharon Turner), 7:44.34
 1996 Whitworth (Wash.) (Dorian Reese, Carley Bush, Jan Okada, Shannon Braun), 7:50.39
 1997 Simon Fraser (B.C.) (Elaine Van Oosten, Diana Bate, Pia Larsen, Karen Chow), 7:44.37
 1998 Simon Fraser (B.C.) (Diana Bate, Andrea McIntosh, Julie Morgan, Elaine VanOosten), 7:47.32
 1999 Simon Fraser (B.C.) (Lisa Huffman, Winnie Lam, Andrea McIntosh, Elaine VanOosten), 7:46.71
 2003 Simon Fraser (B.C.) (Sarah Jung, Jennifer Kasuya, Mitra Chandler, Amber Dykes), 7:37.07

2004 Simon Fraser (B.C.) (Kathryn Rosberg, Jennifer Kasuya, Tina Hoang, Amber Dykes), 7:37.55
2005 Simon Fraser (B.C.) (Kathryn Rosberg, Courtenay Mulhern, Tina Hoang, Amber Dykes), 7:37.09
2006 Savannah Art and Design (Ga.) (Elizabeth Harr, Rachel Fritts, Laine Benthall, Abigail Doxsey), 7:43.58