

# CONCORD HIGH SCHOOL GIRLS SWIMMING

## Team Championships

**NLC Champions - 1982, 1983, 1986, 1987, 1989, 1990, 1999, 2000, 2001**

**Sectional Champions – 2000, 2001, 2012, 2017**

**Top Ten at State – 2002 (ninth)**

## Individual Sectional Champions

1984	100 Backstroke	1:05.49	Lynette Hart
1998	100 Backstroke	1:01.81	Rhonda Thomas
1999	500 Freestyle	5:17.95	Michelle Braden
1999	100 Breaststroke	1:09.64	Sheri Bontrager
2000	200 Medley Relay	1:51.24	Sheri Bontrager, Rachel Rowe, Whitney Burtch, Amanda Ruggerio
2000	200 Freestyle	1:58.15	Michelle Braden
2000	100 Freestyle	53.82	Rachel Rowe
2000	500 Freestyle	5:15.26	Michelle Braden
2000	200 Free Relay	1:42.69	Sheri Bontrager, Michelle Braden, Manda Ruggiero, Laura Brim
2000	100 Backstroke	59.22	Whitney Burtch
2000	100 Breaststroke	1:08.19	Sheri Bontrager
2000	400 Free Relay	3:42.5	Rachel Rowe, Michelle Braden, Laura Brim, Whitney Burtch
2001	200 Medley Relay	1:56.19	Sheri Bontrager, Whitney Burtch, Courtney Richline, Jenni Luster-Bartz
2001	200 Freestyle	1:56.53	Michelle Braden
2001	200 Individual Medley	2:13.89	Whitney Burtch
2001	50 Freestyle	24.53	Rachel Rowe
2001	100 Freestyle	53.21	Rachel Rowe
2001	200 Free Relay	1:41.25	Rachel Rowe, Megan Chamness, Sheri Bontrager, Michelle Braden
2001	100 Backstroke	59.76	Whitney Burtch
2001	100 Breaststroke	1:08.54	Sheri Bontrager
2001	400 Free Relay	3:42.44	Rachel Rowe, Megan Chamness, Whitney Burtch, Michelle Braden
2002	200 Freestyle	1:57.49	Julie Turner
2002	200 Individual Medley	2:08.46	Michelle Braden
2002	500 Freestyle	5:12.62	Michelle Braden
2002	100 Backstroke	59.36	Whitney Burtch
2002	400 Free Relay	3:41.98	Michelle Braden, Whitney Burtch, Rachel Rowe, Julie Turner
2003	200 Freestyle	2:01.13	Whitney Burtch
2003	100 Backstroke	59.91	Whitney Burtch
2005	500 Freestyle	5:25.95	Tricia Rose
2007	100 Butterfly	1:01.09	Gabby Ziebold
2007	200 Free Relay	1:42.53	Gabby Ziebold, Lauren Hardy, Madison Freeze, Brit North
2009	200 Freestyle	1:54.37	Audra Burtch
2009	500 Freestyle	5:09.15	Audra Burtch
2009	100 Breaststroke	1:07.97	Abigail Linn
2010	200 Medley Relay	1:50.38	Alexa Little, Abigail Linn, Mia Leas, Lauren Hardy
2010	100 Breaststroke	1:08.12	Abigail Linn
2011	100 Breaststroke	1:10.27	Abigail Linn
2012	200 Medley Relay	1:49.35	Mia Leas, Ashley Schrock, Audra Burtch, McKenzie Wright
2012	200 Individual Medley	2:09.16	Audra Burtch
2012	100 Breaststroke	1:07.13	Ashley Schrock
2013	200 Medley Relay	1:51.93	Mariah DeFreese, Ashley Schrock, Laura Housman, McKenzie Wright
2013	200 Individual Medley	2:13.39	Ashley Schrock
2013	50 Freestyle	24.88	McKenzie Wright
2013	200 Free Relay	1:38.17	Ashley Schrock, Mariah DeFreese, Sydney Shuff, McKenzie Wright
2013	100 Breaststroke	1:07.08	Ashley Schrock
2014	200 Medley Relay	1:51.87	Mariah DeFreese, Ashley Schrock, Peyton Miller, McKenzie Wright

2014	One Meter Diving	466.6	Lauren Boone
2014	100 Breaststroke	1:06.25	Ashley Schrock
2015	50 Freestyle	24.51	Mariah DeFreese
2015	One Meter Diving	474.5	Lauren Boone
2015	200 Free Relay	1:37.38	Sydney Shuff, Mariah DeFreese, Maddisen Lantz, Ashley Schrock
2015	100 Breaststroke	1:06.72	Ashley Schrock
2016	50 Freestyle	24.15	Maddisen Lantz
2016	One Meter Diving	485.3	Lauren Boone
2017	50 Freestyle	24.23	Maddisen Lantz
2017	100 Freestyle	52.80	MaKayla Miller
2017	100 Breaststroke	1:04.84	Olivia Trout
2018	50 Freestyle	23.75	Maddisen Lantz
2018	100 Backstroke	56.84	Maddisen Lantz

## **Diving Regional Champions**

### **State Finals Medalists (Places 1-8)**

1979	One Meter Diving	(4 <sup>th</sup> )	Linda Snelson
2002	200 Medley Relay	1:50.40 (6 <sup>th</sup> )	Sheri Bontrager, Rachel Rowe, Whitney Burtch, Amanda Ruggerio
2002	200 Individual Medley	2:08.33 (7 <sup>th</sup> )	Michelle Braden
2002	100 Breaststroke	1:07.73 (7 <sup>th</sup> )	Sheri Bontrager
2002	400 Free Relay	3:41.98 (8 <sup>th</sup> )	Michelle Braden, Whitney Burtch, Rachel Rowe, Julie Turner
2010	500 Freestyle	5:00.94 (7 <sup>th</sup> )	Audra Burtch
2011	500 Freestyle	5:00.50 (6 <sup>th</sup> )	Audra Burtch
2012	500 Freestyle	5:04.39 (8 <sup>th</sup> )	Audra Burtch