

CONCORD HIGH SCHOOL GIRLS SWIMMING

Team Championships

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

Sectional Champions – 2000, 2001, 2012, 2017, 2021

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, Amanda 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
2019	200 Freestyle	1:53.21	Grace Brenneman
2019	500 Freestyle	5:04.83	Kiran Stauffer
2020	200 Individual Medley	2:08.14	Audrey Lantz
2020	100 Freestyle	51.41	Grace Brenneman
2020	100 Backstroke	55.69	Ella Lantz
2021	200 Medley Relay	1:46.22	Ella Lantz, Victoria Posthauer, Sophia Stutsman, Audrey Lantz
2021	200 Freestyle	2:52.24	Kiran Stauffer
2021	50 Freestyle	23.31	Grace Brenneman
2021	100 Butterfly	56.82	Sophia Stutsman
2021	100 Freestyle	51.19	Grace Brenneman
2021	500 Freestyle	5:01.29	Kiran Stauffer
2021	200 Freestyle Relay	1:36.37	Grace Brenneman, Audrey Lantz, Isabelle Sponseller, Kiran Stauffer
2021	100 Backstroke	56.28	Ella Lantz
2021	400 Freestyle Relay	3:29.71	Kiran Stauffer, Audrey Lantz, Grace Brenneman, Ella Lantz

Diving Regional Champions

State Finals Medalists (Places 1-8)

1979	One Meter Diving	(4 th)	Linda Snelson
2002	200 Medley Relay	1:50.40 (6 th)	Sheri Bontrager, Rachel Rowe, Whitney Burtch, Amanda Ruggerio
2002	200 Individual Medley	2:08.33 (7 th)	Michelle Braden
2002	100 Breaststroke	1:07.73 (7 th)	Sheri Bontrager
2002	400 Free Relay	3:41.98 (8 th)	Michelle Braden, Whitney Burtch, Rachel Rowe, Julie Turner
2010	500 Freestyle	5:00.94 (7 th)	Audra Burtch
2011	500 Freestyle	5:00.50 (6 th)	Audra Burtch
2012	500 Freestyle	5:04.39 (8 th)	Audra Burtch
2019	200 Freestyle	1:51.45 (8 th)	Grace Brenneman
2019	100 Freestyle	51.09 (5 th)	Grace Brenneman
2020	50 Freestyle	23.79 (8 th)	Grace Brenneman
2020	100 Freestyle	51.49 (6 th)	Grace Brenneman
2021	50 Freestyle	23.29 (5 th)	Grace Brenneman
2021	100 Freestyle	51.04 (7 th)	Grace Brenneman