

FREDERICK HIGH SCHOOL SWIMMING & DIVING 2020 MEDIA GUIDE AND RECORD BOOK

Revised 2/16/2021

Frederick High School Girls Swimming Championship Review

Maryland State Champions: 2010, 2011

Maryland State Finalists: 2008, 2009

Maryland District / Regional Champions: 1995

Conference Champions: 1994, 1995

Frederick County Champions: 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1994, 1995, 1996, 1997, 2014

Girls Final Standings

Year	County	Regional	State	Year	County	Regional	State
1983	1			2003	4		
1984	1			2004	4		
1985	1			2005	6		
1986	1			2006	4		
1987	1			2007	4	3	3
1988	1			2008		3	7
1989	1			2009		4	11
1990	1			2010	5	3	4
1991	1			2011		1	10
1992	1			2012		7	14
1993	2			2013		7	11
1994	1			2014		6	9
1995	1			2015		9	20
1996	1			2016	5	11	dnq
1997	1			2017	5	11	dnq
1998	2			2018		2	dnq
1999	4			2019		4	dnq
2000	3			2020	3	3	18
2001	5			2021	No post season due to Covid-19		
2002	5						

Frederick High School Boys Swimming Championship Review

Maryland District / Regional Champions: 2019, 2020

Central Maryland Conference, Spires Division Champions: 2019

Frederick County Champions: 1987, 1990, 1991, 1992, 1994, 1995, 1998, 1999, 2000, 2001, 2002

Boys Final Standings

Year	County	Regional	State	Year	County	Regional	State
1983	3			2003	2		
1984	2			2004	4		
1985	3			2005	7		
1986	3			2006	7		
1987	1			2007	4	3	4
1988	2			2008	3	2	2
1989	2			2009		1	2
1990	1			2010	4	2	1
1991	1			2011		3	1
1992	1			2012		4	4
1993	2			2013		4	6
1994	1			2014		2	3
1995	3			2015		6	8
1996	4			2016	6	8	15
1997	2			2017	7	4	12
1998	1			2018		3	dnq
1999	1			2019		1	19
2000	1			2020	5	1	dns
2001	1			2021	No post season due to Covid-19		
2002	1						

INDIVIDUALSWIMMING & DIVING RECORDS

NATIONAL / STATE / COUNTY TEAM RECORDS

County Records			
Girls	106	Consecutive Meet Wins	2/10/1983 to 2/18/1997
Girls	137	Consecutive Dual-Meet Wins	2/10/1983 to 12/8/1997
State Records			
Girls	106	Consecutive Meet Wins	2/10/1983 to 2/18/1997
Girls	137	Consecutive Dual-Meet Wins	2/10/1983 to 12/8/1997
National Record			
Girls	137	Consecutive Dual-Meet Wins*	2/10/1983 to 12/8/1997

*currently ranks as #5 accroding to the NFHS Records Book

INDIVIDUAL FREDERICK COUNTY / MPSSAA RECCORDS

Frederick County Championship Meet Records

2/23/2010	Hanna	Borgersen	1:56.08	200 yard Freestyle
2/23/2010	Hanna	Borgersen	5:08.07	500 yard Freestyle

MPSSAA Regional Meet Records

2/19/2011	Hanna	Borgersen	2:01.49	200 yard Freestyle	3A2A1A Central Regional Meet Record
2/15/2020	Rachael	Bostian	5:19.09	500 yard Freestyle	3A4A South Regional Meet Record

GIRLS INDIVIDUAL SWIMMING SCHOOL RECORDS

50 Free			200 Medley Relay		
24.23	Meghan Cole	2021	1:57.40	Rachal Bostian	2021
100 Free			Meghan Cole		
54.27	Hanne Borgersen	2010	Samantha Fulton		
200 Free			Sidney Tucci		
1:53.59	Hanne Borgersen	2011	200 Free Relay		
500 Free			1:45.57	Natalie Ahearn	2013
5:08.07	Hanne Borgersen	2010	Bailey Biber		
200 Individual Medley			Kennedy Chamblee		
2:15.15	Rachael Bostian	2019	Paige Fox		
100 Back			400 Free Relay		
1:00.48	Meghan Cole	2021	3:49.37	Carolyn Slife	2011
100 Breast			Jordan Chamblee		
1:08.64	Chrissy Hassett	1994	Paige Fox		
100 Fly			Hanne Borgersen		
56.5	Meghan Cole	2021	6 Dives		
			236.85	Kara Jenkins	1996

BOYS INDIVIDUAL SWIMMING SCHOOL RECORDS

50 Free			200 Medley Relay		
21.99	Will Parker	2010	1:43.34	Brian Dominic	1990
100 Free			R. Fox		
48.26	Ben Schattenberg	2021	Giam Polignano		
200 Free			J. Blake		
1:46.78	Jaefen Theilker	1999	200 Free Relay		
500 Free			1:32.19	J. Carlsen	2010
4:50.56	Mitchell Reynolds	2013	Austin Braswell		
200 Individual Medley			Connor Eliff		
2:00.93	Ben Schattenberg	2021	Will Parker		
100 Back			400 Free Relay		
52.33	Ben Schattenberg	2021	3:27.27	Peter Hassett	1999
100 Breast			B.J. Tokar		
1:02.98	Giam Plignano	1991	Jaefen Theilker		
100 Fly			Patrick McGovern		
54.68	Ben Schattenberg	2021	6 Dives		
			291.3	Jason Clipp	1998

BOYS INDIVIDUAL SWIMMING COUNTY CHAMPIONS

Boys	1984	Tim	Pritchett	100 yard Backstroke	Boys	1998	Jaefen	Thielker	200 yard Freestyle Relay
Boys	1984	Peter	Hewetson	400 yard Freestyle Relay	Boys	1998			200 yard Freestyle Relay
Boys	1984	Andrew	Jacoby	400 yard Freestyle Relay	Boys	1998			200 yard Freestyle Relay
Boys	1984	Tim	Pritchett	400 yard Freestyle Relay	Boys	1998			200 yard Freestyle Relay
Boys	1984	Dean	Wendland	400 yard Freestyle Relay	Boys	1998	B.J.	Tokar	200 yard IM
Boys	1985	Andrew	Jacoby	50 yard Freestyle	Boys	1998	B.J.	Tokar	200 yard Medly Relay
Boys	1987	Rob	Fox	400 yard Freestyle Relay	Boys	1998			200 yard Medly Relay
Boys	1987	Kathy	Hewetson	400 yard Freestyle Relay	Boys	1998			200 yard Medly Relay
Boys	1987	Kenny	Spore	400 yard Freestyle Relay	Boys	1998			200 yard Medly Relay
Boys	1987	Mark	Turnbaugh	400 yard Freestyle Relay	Boys	1998	Pat	McGovern	400 yard Freestyle Relay
Boys	1988	Rob	Fox	200 yard Freestyle	Boys	1998	Jaefen	Thielker	400 yard Freestyle Relay
Boys	1989	Brian	Dominic	100 yard Backstroke	Boys	1998			400 yard Freestyle Relay
Boys	1989	Rob	Fox	100 yard Butterfly	Boys	1998			400 yard Freestyle Relay
Boys	1989	Rob	Fox	200 yard IM	Boys	1999	Pat	McGovern	50 yard Freestyle
Boys	1989	Brian	Dominic	200 yard Medly Relay	Boys	1999	Jaefen	Thielker	100 yard Butterfly
Boys	1989	Rob	Fox	200 yard Medly Relay	Boys	1999	Pat	McGovern	100 yard Freestyle
Boys	1989	Rob	Hilburn	200 yard Medley Relay	Boys	1999	Jaefen	Thielker	200 yard Freestyle
Boys	1989	Andrew	Lynerd	200 yard Medley Relay	Boys	1999	B.J.	Tokar	200 yard IM
Boys	1990	Brian	Dominic	100 yard Backstroke	Boys	1999	Peter	Hassett	200 yard Medly Relay
Boys	1990	Jon	Blake	100 yard Butterfly	Boys	1999	Pat	McGovern	200 yard Medly Relay
Boys	1990	Rob	Fox	100 yard Freestyle	Boys	1999	Jaefen	Thielker	200 yard Medly Relay
Boys	1990	Jon	Blake	200 yard Freestyle	Boys	1999	B.J.	Tokar	200 yard Medly Relay
Boys	1990	Rob	Fox	200 yard IM	Boys	1999	Peter	Hassett	400 yard Freestyle Relay
Boys	1990	Jon	Blake	200 yard Medly Relay	Boys	1999	Pat	McGovern	400 yard Freestyle Relay
Boys	1990	Brian	Dominic	200 yard Medly Relay	Boys	1999	Jaefen	Thielker	400 yard Freestyle Relay
Boys	1990	Rob	Fox	200 yard Medly Relay	Boys	1999	B.J.	Tokar	400 yard Freestyle Relay
Boys	1990	Giam	Polignan	200 yard Medly Relay	Boys	1999	Peter	Hassett	500 yard Freestyle
Boys	1991	Brian	Dominic	100 yard Backstroke	Boys	2000	Peter	Hassett	100 yard Breaststroke
Boys	1991	Giam	Polignan	100 yard Breaststroke	Boys	2000	Jaefen	Thielker	100 yard Butterfly
Boys	1991	Giam	Polignan	200 yard Freestyle	Boys	2000	Brad	Fritz	200 yard Medly Relay
Boys	1991	Brian	Dominic	200 yard IM	Boys	2000	Peter	Hassett	200 yard Medly Relay
Boys	1991	Jesse	Molesworth	400 yard Freestyle Relay	Boys	2000	Jaefen	Thielker	200 yard Medly Relay
Boys	1991			400 yard Freestyle Relay	Boys	2000	B.J.	Tokar	200 yard Medly Relay
Boys	1991			400 yard Freestyle Relay	Boys	2000	Brad	Fritz	400 yard Freestyle Relay
Boys	1991			400 yard Freestyle Relay	Boys	2000	Peter	Hassett	400 yard Freestyle Relay
Boys	1991	Jesse	Molesworth	500 yard Freestyle	Boys	2000	Jaefen	Thielker	400 yard Freestyle Relay
Boys	1992	Brian	Dominic	100 yard Backstroke	Boys	2000	B.J.	Tokar	400 yard Freestyle Relay
Boys	1992	Gian	Polignan	100 yard Breaststroke	Boys	2001	Brad	Fritz	50 yard Freestyle
Boys	1992	Brian	Dominic	100 yard Butterfly	Boys	2001	Peter	Hassett	100 yard Breaststroke
Boys	1992	O.J.	Keller	200 yard Freestyle	Boys	2001	Brad	Fritz	100 yard Freestyle
Boys	1992	Gian	Polignan	200 yard IM	Boys	2001	Matt	Ainsworth	200 yard Freestyle
Boys	1992	Brian	Dominic	200 yard Medly Relay	Boys	2001	Matt	Ainsworth	200 yard Freestyle Relay
Boys	1992	Jack	McGuire	200 yard Medly Relay	Boys	2001	Dan	Corbin	200 yard Freestyle Relay
Boys	1992	Mark	Plunnecke	200 yard Medly Relay	Boys	2001	Brad	Fritz	200 yard Freestyle Relay
Boys	1992	Gian	Polignan	200 yard Medly Relay	Boys	2001	Josh	Thielker	200 yard Freestyle Relay
Boys	1992	Brian	Dominic	400 yard Freestyle Relay	Boys	2001	Matt	Ainsworth	200 yard Medly Relay
Boys	1992	Jack	McGuire	400 yard Freestyle Relay	Boys	2001	Kevin	Fritz	200 yard Medly Relay
Boys	1992	Jesse	Molesworth	400 yard Freestyle Relay	Boys	2001	Brad	Fritz	200 yard Medly Relay
Boys	1992	Gian	Polignan	400 yard Freestyle Relay	Boys	2001	Peter	Hassett	200 yard Medly Relay
Boys	1992	O.J.	Keller	500 yard Freestyle	Boys	2001	Peter	Hassett	500 yard Freestyle
Boys	1993	Jack	McGuire	100 yard Freestyle	Boys	2002	Matt	Ainsworth	100 yard Butterfly
Boys	1993	Jack	McGuire	200 yard IM	Boys	2002	Enrique	Carbajal	100 yard Freestyle
Boys	1993	Keith	Dominic	200 yard Medly Relay	Boys	2002	Edgar	Carbajal	200 yard Freestyle Relay
Boys	1993	Peter	Holter	200 yard Medly Relay	Boys	2002	Enrique	Carbajal	200 yard Freestyle Relay
Boys	1993	O.J.	Keller	200 yard Medly Relay	Boys	2002		Moore	200 yard Freestyle Relay
Boys	1993	Jack	McGuire	200 yard Medly Relay	Boys	2002	Josh	Thielker	200 yard Freestyle Relay
Boys	1993	Ben	Burger	400 yard Freestyle Relay	Boys	2002	Matt	Ainsworth	200 yard IM
Boys	1993	Keith	Dominic	400 yard Freestyle Relay	Boys	2002	Matt	Ainsworth	400 yard Freestyle Relay
Boys	1993	O.J.	Keller	400 yard Freestyle Relay	Boys	2002	Min	Aung	400 yard Freestyle Relay
Boys	1993	Jack	McGuire	400 yard Freestyle Relay	Boys	2002	Edgar	Carbajal	400 yard Freestyle Relay
Boys	1993	O.J.	Keller	500 yard Freestyle	Boys	2002	Josh	Thielker	400 yard Freestyle Relay
Boys	1994	Jack	McGwire	50 yard Freestyle	Boys	2003	Matt	Ainsworth	100 yard Butterfly
Boys	1994	O.J.	Keller	100 yard Butterfly	Boys	2003	Matt	Ainsworth	200 yard Freestyle Relay
Boys	1994	Jack	McGwire	100 yard Freestyle	Boys	2003		McCoy	200 yard Freestyle Relay
Boys	1994	Mike	Bruchey	200 yard Medly Relay	Boys	2003	Alexander	Rivero	200 yard Freestyle Relay
Boys	1994	Keith	Dominic	200 yard Medly Relay	Boys	2003	Josh	Thielker	200 yard Freestyle Relay
Boys	1994	O.J.	Keller	200 yard Medly Relay	Boys	2003	Matt	Ainsworth	200 yard IM
Boys	1994	Jack	McGuire	200 yard Medly Relay	Boys	2009	Will	Parker	50 Freestyle
Boys	1994	O.J.	Keller	500 yard Freestyle	Boys	2010	Will	Parker	50 yard Freestyle
Boys	1996	Clint	Bagley	400 yard Freestyle Relay	Boys	2010	Jake	Carlsen	100 yard Backstroke
Boys	1996	Eric	Couch	400 yard Freestyle Relay	Boys	2010	Austin	Braswell	200 yard Freestyle Relay
Boys	1996	Paul	Dickson	400 yard Freestyle Relay	Boys	2010	Jake	Carlsen	200 yard Freestyle Relay
Boys	1996	Steve	Howard	400 yard Freestyle Relay	Boys	2010	Connor	Eliff	200 yard Freestyle Relay
Boys	1997	Jaefen	Thielker	200 yard Freestyle	Boys	2010	Will	Parker	200 yard Freestyle Relay
Boys	1997	Clint	Bagley	200 yard Freestyle Relay	Boys	2011	Mitchell	Reynolds	500 yard Freestyle
Boys	1997	Steve	Howard	200 yard Freestyle Relay	Boys	2012	Mitchell	Reynolds	200 yard IM
Boys	1997	Jaefen	Thielker	200 yard Freestyle Relay	Boys	2012	Mitchell	Reynolds	500 yard Freestyle
Boys	1997	Jaefen	Thielker	200 yard Freestyle Relay	Boys	2013	Mitchell	Reynolds	100 yard Butterfly
Boys	1997	Clint	Bagley	200 yard Medly Relay	Boys	2013	Mitchell	Reynolds	500 yard Freestyle
Boys	1997	Steve	Howard	200 yard Medly Relay	Boys	2014	Mitchell	Reynolds	200 yard Freestyle
Boys	1997	B.J.	Tokar	200 yard Medly Relay	Boys	2014	Brooks	Biber	200 yard Freestyle Relay
Boys	1997	B.J.	Tokar	200 yard Medly Relay	Boys	2014	Jacob	Hays	200 yard Freestyle Relay
Boys	1998	Pat	McGovern	50 yard Freestyle	Boys	2014	Mitchell	Reynolds	200 yard Freestyle Relay
Boys	1998	Jaefen	Thielker	100 yard Butterfly	Boys	2014	Jacob	Slife	200 yard Freestyle Relay
Boys	1998	Pat	McGovern	100 yard Freestyle	Boys	2014	Mitchell	Reynolds	500 yard Freestyle
Boys	1998	Jaefen	Thielker	200 yard Freestyle	Boys	2020	Ben	Schattenberg	100 yard Freestyle
					Boys	2020	Ben	Schattenberg	100 yard Backstroke

BOYS INDIVIDUAL COUNTY DIVING CHAMPIONS

Boys	1985	John	Smith	Diving
Boys	1986	John	Smith	Diving
Boys	1992	Andy	Lock	Diving
Boys	1995	Garry	Staley	Diving
Boys	2007	Jason	Burkett	Diving
Boys	2009	Jason	Clipp	Diving
Boys	2015	Colin	D'Aquino	Diving
Boys	2016	Colin	D'Aquino	Diving

BOYS INDIVIDUAL SWIMMING REGIONAL CHAMPIONS

Boys	2009	Will	Parker	50 yard Freestyle	Boys	2014	Mitchell	Reynolds	500 yard Freestyle
Boys	2009	Spencer	Korb	100 yard Butterfly	Boys	2019	Michael	DeGirolamo	200 yard Medly Relay
Boys	2009	Will	Parker	100 yard Freestyle	Boys	2019	Jaxen	Farrell	200 yard Medly Relay
Boys	2010	Will	Parker	50 yard Freestyle	Boys	2019	Bryan	Murr	200 yard Medly Relay
Boys	2010	Jake	Carlsen	100 yard Backstroke	Boys	2019	Ben	Schattenberg	200 yard Medly Relay
Boys	2010	Will	Parker	100 yard Freestyle	Boys	2019	Mason	Bator	400 yard Freestyle Relay
Boys	2010	Jake	Carlsen	200 yard Freestyle	Boys	2019	Bryan	Murr	400 yard Freestyle Relay
Boys	2010	Austin	Braswell	200 yard Freestyle Relay	Boys	2019	Dominic	Nestor	400 yard Freestyle Relay
Boys	2010	Jake	Carlsen	200 yard Freestyle Relay	Boys	2019	Ben	Schattenberg	400 yard Freestyle Relay
Boys	2010	Connor	Eliff	200 yard Freestyle Relay	Boys	2020	Trevor	DeLauder	200 yard IM
Boys	2010	Will	Parker	200 yard Freestyle Relay	Boys	2020	Mason	Bator	400 yard Freestyle Relay
Boys	2011	Mitchell	Reynolds	100 yard Butterfly	Boys	2020	Matthew	DeGirolamo	400 yard Freestyle Relay
Boys	2011	Mitchell	Reynolds	500 yard Freestyle	Boys	2020	Michael	DeGirolamo	400 yard Freestyle Relay
Boys	2012	Mitchell	Reynolds	500 yard Freestyle	Boys	2020	Trevor	DeLauder	400 yard Freestyle Relay
Boys	2013	Mitchell	Reynolds	500 yard Freestyle					

BOYS INDIVIDUAL SWIMMING STATE CHAMPIONS

Boys	2010	Will	Parker	50 yard Freestyle
Boys	2010	Will	Parker	100 yard Freestyle
Boys	2010	Jake	Carlsen	200 yard Freestyle
Boys	2010	Austin	Braswell	200 yard Freestyle Relay
Boys	2010	Jake	Carlsen	200 yard Freestyle Relay
Boys	2010	Connor	Eliff	200 yard Freestyle Relay
Boys	2010	Will	Parker	200 yard Freestyle Relay
Boys	2011	Mitchell	Reynolds	500 yard Freestyle
Boys	2012	Mitchell	Reynolds	500 yard Freestyle
Boys	2013	Mitchell	Reynolds	500 yard Freestyle

GIRLS INDIVIDUAL SWIMMING COUNTY CHAMPIONS

Girls	1983	Kim	Krantz	100 yard Freestyle	Girls	1992	Chrissie	Hassett	200 yard Medly Relay
Girls	1983	Patti	Thomas	200 yard Freestyle	Girls	1992	Jennifer	Krantz	200 yard Medly Relay
Girls	1983	Kim	Krantz	200 yard IM	Girls	1992	Heather	Krantz	200 yard Medly Relay
Girls	1983	Becky	Graham	200 yard Medly Relay	Girls	1992	Christine	Lovett	200 yard Medly Relay
Girls	1983	Kim	Krantz	200 yard Medly Relay	Girls	1992	Kelly	Dauplaise	400 yard Freestyle Relay
Girls	1983	Trish	Stahler	200 yard Medly Relay	Girls	1992	Chrissie	Hassett	400 yard Freestyle Relay
Girls	1983	Patti	Thomas	200 yard Medly Relay	Girls	1992	Melissa	Hopko	400 yard Freestyle Relay
Girls	1984	Kim	Krantz	200 yard Free Style Relay	Girls	1992	Jennifer	Krantz	500 yard Freestyle
Girls	1984	Patti	Thomas	200 yard Freestyle	Girls	1992	Elizabeth	Neglia	400 yard Freestyle Relay
Girls	1984	Jenny	Geoghegan	200 yard Medly Relay	Girls	1993	Chrissie	Hassett	50 yard Freestyle
Girls	1984	Kim	Krantz	200 yard Medly Relay	Girls	1993	Chrissie	Hassett	100 yard Breaststroke
Girls	1984	Trish	Stahler	200 yard Medly Relay	Girls	1993	Chrissie	Hassett	400 yard Freestyle Relay
Girls	1984	Patti	Thomas	200 yard Medly Relay	Girls	1993	Heather	Krantz	400 yard Freestyle Relay
Girls	1984	Patti	Thomas	500 yard Freestyle	Girls	1993	Maria	LeDuc	400 yard Freestyle Relay
Girls	1985	Lena	Garrison	50 yard Freestyle	Girls	1993	Elizabeth	Neglia	400 yard Freestyle Relay
Girls	1985	Stacey	Krantz	200 yard IM	Girls	1994	Chrissie	Hassett	100 yard Breaststroke
Girls	1985	Lisa	Cuscito	200 yard Medly Relay	Girls	1994	Chrissie	Hassett	200 yard Medly Relay
Girls	1985	Lena	Garrison	200 yard Medly Relay	Girls	1994	Heather	Krantz	200 yard Medly Relay
Girls	1985	Christy	Hahn	200 yard Medly Relay	Girls	1994	Kristine	Looney	200 yard Medly Relay
Girls	1985	Annemieke	Trymstra	200 yard Medly Relay	Girls	1994	Manca	Zupanc	200 yard Medly Relay
Girls	1985	Kim	Krantz	400 yard Freestyle Relay	Girls	1994	Kristine	Looney	500 yard Freestyle
Girls	1985	Stacey	Krantz	400 yard Freestyle Relay	Girls	1995	Chrissie	Hassett	200 yard Freestyle
Girls	1985	Trish	Stahler	400 yard Freestyle Relay	Girls	1995	Chrissie	Hassett	200 yard Medly Relay
Girls	1985	Patti	Thomas	400 yard Freestyle Relay	Girls	1995	Betsey	Hassett	200 yard Medly Relay
Girls	1986	Christy	Hahn	100 yard Backstroke	Girls	1995	Shawna	Hippensteel	200 yard Medly Relay
Girls	1986	Trish	Stahler	100 yard Breaststroke	Girls	1995	Beth	Mallard	200 yard Medly Relay
Girls	1986	Kathy	Hewetson	100 yard Butterfly	Girls	1995	Betsey	Hassett	400 yard Freestyle Relay
Girls	1986	Stacey	Krantz	200 yard Freestyle	Girls	1995	Chrissie	Hassett	400 yard Freestyle Relay
Girls	1986	Trish	Stahler	200 yard IM	Girls	1995	Kristine	Looney	400 yard Freestyle Relay
Girls	1986	Elaine	Baldwin	200 yard Medly Relay	Girls	1995	Brady	McGuire	400 yard Freestyle Relay
Girls	1986	Christy	Hahn	200 yard Medly Relay	Girls	1995	Chrissie	Hassett	500 yard Freestyle
Girls	1986	Kathy	Hewetson	200 yard Medly Relay	Girls	1996	Whitney	Bittle	200 yard Freestyle Relay
Girls	1986	Kristi	Marks	200 yard Medly Relay	Girls	1996	Betsey	Hassett	200 yard Freestyle Relay
Girls	1986	Stacey	Krantz	500 yard Freestyle	Girls	1996	Shawna	Hippensteel	200 yard Freestyle Relay
Girls	1987	Christy	Hahn	100 yard Backstroke	Girls	1996	Brady	McGuire	200 yard Freestyle Relay
Girls	1987	Elaine	Baldwin	100 yard Breaststroke	Girls	1996	Betsey	Hassett	200 yard IM
Girls	1987	Stacy	Krantz	100 yard Butterfly	Girls	1996	Betsey	Hassett	500 yard Freestyle
Girls	1987	Elaine	Baldwin	200 yard IM	Girls	1997	Betsey	Hassett	100 yard Freestyle
Girls	1987	Elaine	Baldwin	200 yard Medly Relay	Girls	1997	Whitney	Bittle	200 yard Freestyle Relay
Girls	1987	Christy	Hahn	200 yard Medly Relay	Girls	1997	Betsey	Hassett	200 yard Freestyle Relay
Girls	1987	Stacy	Krantz	200 yard Medly Relay	Girls	1997	Shawna	Hippensteel	200 yard Freestyle Relay
Girls	1987	Vanessa	Otero	200 yard Medly Relay	Girls	1997	Brady	McGuire	200 yard Freestyle Relay
Girls	1987	Stacey	Krantz	500 yard Freestyle	Girls	1997	Betsey	Hassett	200 yard IM
Girls	1988	Elaine	Baldwin	100 yard Breaststroke	Girls	1997	Whitney	Bittle	200 yard Medly Relay
Girls	1988	Stacy	Krantz	100 yard Butterfly	Girls	1997	Lauren	Brenneman	200 yard Medly Relay
Girls	1988	Susan	Cline	200 yard Freestyle	Girls	1997	Betsey	Hassett	200 yard Medly Relay
Girls	1988	Elaine	Baldwin	400 yard Freestyle Relay	Girls	1997	Shawna	Hippensteel	200 yard Medly Relay
Girls	1988	Kathy	Hewetson	400 yard Freestyle Relay	Girls	1998	Betsey	Hassett	100 yard Breaststroke
Girls	1988	Stacey	Krantz	400 yard Freestyle Relay	Girls	2006	Ally	Long	100 yard Backstroke
Girls	1988	Amy	LeDuc	400 yard Freestyle Relay	Girls	2006	Ally	Long	200 yard IM
Girls	1988	Susan	Krantz	500 yard Freestyle	Girls	2007	Ally	Long	100 Backstroke
Girls	1989	Jennifer	Krantz	50 yard Freestyle	Girls	2007	Breanne	Fallwell	100 yard Freestyle
Girls	1989	Cathy	Hewetson	200 yard Medly Relay	Girls	2007	Breanne	Fallwell	200 yard Freestyle Relay
Girls	1989	Jennifer	Krantz	200 yard Medly Relay	Girls	2007	Ali	Fox	200 yard Freestyle Relay
Girls	1989	Amy	LeDuc	200 yard Medly Relay	Girls	2007	Rachel	Hartman	200 yard Freestyle Relay
Girls	1989	Christine	Lovett	200 yard Medly Relay	Girls	2007	Ally	Long	200 yard Freestyle Relay
Girls	1989	Susan	Clime	400 yard Freestyle Relay	Girls	2008	Ally	Long	100 yard Backstroke
Girls	1989	Cathy	Hewetson	400 yard Freestyle Relay	Girls	2008	Sarah	Mott	100 yard Butterfly
Girls	1989	Christine	Lovett	400 yard Freestyle Relay	Girls	2008	Sarah	Mott	200 yard Freestyle
Girls	1989	Julianne	Stahler	400 yard Freestyle Relay	Girls	2008	Ally	Long	500 yard Freestyle
Girls	1989	Jennifer	Krantz	500 yard Freestyle	Girls	2009	Hanna	Borgersen	50 Freestyle
Girls	1990	Christine	Lovett	100 yard Backstroke	Girls	2009	Ally	Long	100 Backstroke
Girls	1990	Jennifer	Krantz	100 yard Freestyle	Girls	2009	Hanna	Borgersen	200 yard Freestyle
Girls	1990	Marni	Sweatt	200 yard Freestyle	Girls	2010	Hanna	Borgersen	200 yard Freestyle
Girls	1990	Jennifer	Krantz	200 yard IM	Girls	2010	Hanna	Borgersen	500 yard Freestyle
Girls	1990	Jennifer	Kratnz	200 yard Medly Relay	Girls	2009	Ally	Long	500 yard Freestyle
Girls	1990	Amy	LeDuc	200 yard Medly Relay	Girls	2013	Page	Fox	100 yard Backstroke
Girls	1990	Christine	Lovett	200 yard Medly Relay	Girls	2013	Page	Fox	100 yard Freestyle
Girls	1990	Marni	Sweatt	200 yard Medly Relay	Girls	2013	Natalie	Ahearn	200 yard Freestyle Relay
Girls	1990	Marni	Sweatt	500 yard Freestyle	Girls	2013	Bailey	Biber	200 yard Freestyle Relay
Girls	1991	Jennifer	Kratnz	200 yard Freestyle	Girls	2013	Kennedy	Chamblee	200 yard Freestyle Relay
Girls	1991	Christine	Lovett	200 yard Freestyle Relay	Girls	2013	Page	Fox	200 yard Freestyle Relay
Girls	1991			200 yard Freestyle Relay	Girls	2014	Bailey	Biber	50 yard Freestyle
Girls	1991			200 yard Freestyle Relay	Girls	2014	Page	Fox	100 yard Backstroke
Girls	1991	Christine	Lovett	200 yard Freestyle Relay	Girls	2014	Page	Fox	100 yard Freestyle
Girls	1991	Jennifer	Kratnz	200 yard IM	Girls	2014	Bailey	Biber	200 yard Freestyle Relay
Girls	1991			400 yard Freestyle Relay	Girls	2014	Kennedy	Chamblee	200 yard Freestyle Relay
Girls	1991			400 yard Freestyle Relay	Girls	2014	Page	Fox	200 yard Freestyle Relay
Girls	1991			400 yard Freestyle Relay	Girls	2014	Natalie	Sanino	200 yard Freestyle Relay
Girls	1991			400 yard Freestyle Relay	Girls	2014	Delaney	Irwin	200 yard Medly Relay
Girls	1991	Jennifer	Kratnz	500 yard Freestyle	Girls	2014	Samantha	Nelson	200 yard Medly Relay
Girls	1992	Chrissie	Hassett	100 yard Breaststroke	Girls	2014	Natalie	Sanino	200 yard Medly Relay
Girls	1992	Jennifer	Krantz	200 yard Freestyle	Girls	2014	Karlie	Schattenberg	200 yard Medly Relay
Girls	1992	Kelly	Dauplaise	200 yard Freestyle Relay	Girls	2014	Bailey	Biber	400 yard Freestyle Relay
Girls	1992	Jennifer	Krantz	200 yard Freestyle Relay	Girls	2014	Page	Fox	400 yard Freestyle Relay
Girls	1992	Heather	Krantz	200 yard Freestyle Relay	Girls	2014	Delaney	Irwin	400 yard Freestyle Relay
Girls	1992	Christine	Lovett	200 yard Freestyle Relay	Girls	2014	Karlie	Schattenberg	400 yard Freestyle Relay
					Girls	2019	Rachel	Bostian	500 yard Freestyle
					Girls	2020	Rachel	Bostian	500 yard Freestyle

GIRLS INDIVIDUAL COUNTY DIVING CHAMPIONS

Girls	1988	Cece	Gregory
Girls	1996	Kara	Jenkins
Girls	2001	Haley	Pack
Girls	2002	Haley	Pack
Girls	2003	Haley	Pack
Girls	2004	Haley	Pack

GIRLS INDIVIDUAL SWIMMING REGIONAL CHAMPIONS

Girls	2007	Ally	Long	100 yard Backstroke	Girls	2010	Jordan	Chamblee	500 yard Freestyle
Girls	2007	Ally	Long	100 yard Butterfly	Girls	2011	Carolyn	Slife	200 yard IM
Girls	2007	Breanne	Fallwell	500 yard Freestyle	Girls	2011	Page	Fox	50 yard Freestyle
Girls	2008	Sarah	Mott	100 yard Butterfly	Girls	2011	Hanna	Borgersen	100 yard Butterfly
Girls	2008	Ali	Fox	200 yard Freestyle Relay	Girls	2011	Hanna	Borgersen	100 yard Freestyle
Girls	2008	Rachel	Hartman	200 yard Freestyle Relay	Girls	2011	Hanna	Borgersen	200 yard Freestyle
Girls	2008	Ally	Long	200 yard Freestyle Relay	Girls	2011	Natalie	Ahearn	200 yard Freestyle Relay
Girls	2008	Ally	Long	500 yard Freestyle	Girls	2011	Hanna	Borgersen	200 yard Freestyle Relay
Girls	2008	Sarah	Mott	200 yard Freestyle Relay	Girls	2011	Page	Fox	200 yard Freestyle Relay
Girls	2009	Hanna	Borgersen	50 yard Freestyle	Girls	2011	Kira	Huber	200 yard Freestyle Relay
Girls	2009	Ally	Long	100 yard Backstroke	Girls	2011	Hanna	Borgersen	400 yard Freestyle Relay
Girls	2009	Hanna	Borgersen	100 yard Freestyle	Girls	2011	Jordan	Chamblee	400 yard Freestyle Relay
Girls	2009	Hanna	Borgersen	200 yard Freestyle Relay	Girls	2011	Page	Fox	400 yard Freestyle Relay
Girls	2009	Sydney	Eliiff	200 yard Freestyle Relay	Girls	2011	Carolyn	Slife	400 yard Freestyle Relay
Girls	2009	Ally	Long	200 yard Freestyle Relay	Girls	2011	Jordan	Chamblee	500 yard Freestyle
Girls	2009	Sarah	Mott	200 yard Freestyle Relay	Girls	2012	Page	Fox	50 yard Freestyle
Girls	2009	Hanna	Borgersen	400 yard Freestyle Relay	Girls	2013	Page	Fox	50 yard Freestyle
Girls	2009	Sydney	Eliiff	400 yard Freestyle Relay	Girls	2014	Page	Fox	50 yard Freestyle
Girls	2009	Ally	Long	400 yard Freestyle Relay	Girls	2014	Page	Fox	100 yard Backstroke
Girls	2009	Sarah	Mott	400 yard Freestyle Relay	Girls	2018	Bella	Pellet	100 yard Freestyle
Girls	2009	Ally	Long	500 yard Freestyle	Girls	2019	Rachel	Bostian	500 yard Freestyle
Girls	2010	Hanna	Borgersen	50 yard Freestyle	Girls	2020	Rachel	Bostian	200 yard IM
Girls	2010	Hanna	Borgersen	100 yard Freestyle	Girls	2020	Rachel	Bostian	500 yard Freestyle
Girls	2010	Hanna	Borgersen	200 yard Freestyle Relay					
Girls	2010	Jordan	Chamblee	200 yard Freestyle Relay					
Girls	2010	Kira	Huber	200 yard Freestyle Relay					
Girls	2010	Sarah	Mott	200 yard Freestyle Relay					

GIRLS INDIVIDUAL SWIMMING STATE CHAMPIONS

Girls	2007	Ally	Long	100 yard Backstroke
Girls	2008	Ally	Long	100 yard Backstroke
Girls	2008	Ally	Long	500 yard Freestyle
Girls	2009	Hanne	Borgersen	50 yard Freestyle
Girls	2010	Hanne	Borgersen	50 yard Freestyle
Girls	2010	Hanne	Borgersen	100 yard Freestyle
Girls	2010	Hanne	Borgersen	200 yard Freestyle Relay
Girls	2010	Jordan	Chamblee	200 yard Freestyle Relay
Girls	2010	Kira	Huber	200 yard Freestyle Relay
Girls	2010	Sarah	Mott	200 yard Freestyle Relay
Girls	2010	Hanne	Borgersen	400 yard Freestyle Relay
Girls	2010	Jordan	Chamblee	400 yard Freestyle Relay
Girls	2010	Sarah	Mott	400 yard Freestyle Relay
Girls	2010	Carolyn	Slife	400 yard Freestyle Relay
Girls	2011	Page	Fox	100 yard Freestyle
Girls	2011	Hanne	Borgersen	200 yard Butterfly
Girls	2011	Hanne	Borgersen	200 yard Freestyle
Girls	2011	Natalie	Ahearn	200 yard Freestyle Relay
Girls	2011	Hanne	Borgersen	200 yard Freestyle Relay
Girls	2011	Page	Fox	200 yard Freestyle Relay
Girls	2011	Kira	Huber	200 yard Freestyle Relay
Girls	2011	Hanne	Borgersen	400 yard Freestyle Relay
Girls	2011	Jordan	Chamblee	400 yard Freestyle Relay
Girls	2011	Page	Fox	400 yard Freestyle Relay
Girls	2011	Carolyn	Slife	400 yard Freestyle Relay

FREDERICK HIGH SCHOOL SWIMMING AND DIVING POST SEASON RECOGNITION

ALL-AMERICANS

Girls	2020	Meghan	Cole	USA Swimming Scholastic All-American
Girls	2020	Meghan	Cole	USA Swimming Scholastic All-American
Boys	1991	Brian	Dominic	NISCA All-American 100 backstroke

THE FREDERICK NEW-POST, SWIMMERS OF THE YEAR

Boys	2020	Ben	Schattenberg
Boys	2014	Mitchell	Reynolds
Boys	2013	Mitchell	Reynolds
Boys	2001	Brad	Fritz
Boys	2001	Peter	Hassett
Boys	2000	Jaefen	Thielker
Boys	1999	Jaefen	Thielker
Boys	1998	Jaefen	Thielker
Boys	1992	Brian	Dominic
Boys	1991	Brian	Dominic
Boys	1990	Rob	Fox
Girls	2014	Page	Fox
Girls	2011	Hanne	Borgersen
Girls	1996	Betsy	Hassett
Girls	1991	Jennifer	Krantz

THE FREDERICK NEW-POST, DIVERS OF THE YEAR

Boys	2016	Colin	D'aquino
Boys	2015	Colin	D'aquino
Boys	2003	Matt	Ainsworth
Boys	2002	Matt	Ainsworth
Boys	1999	Jason	Clipp
Boys	1997	Jason	Burkett
Boys	1995	Garry	Staley
Boys	1993	Andy	Locke
Girls	2004	Haley	Pack
Girls	2002	Haley	Pack
Girls	2001	Haley	Pack
Girls	1996	Kara	Jenkins