

PIL State Individual Champions



Boys Track & Field

High Jump

1928 Earl Conklin, Benson	5-10 ¼
1929 Earl Conklin, Benson (co-champ)	5-9
1933 Bob Holloway, Wash. (co-champ)	6-0 ¼
1935 Jack Berry, Grant (co-champ)	5-10 ½
1937 Lee Hoxworth, Franklin	5-10
1939 Herb Cain, Grant (co-champ)	6-0
1948 Emery Barnes, Jeff.	6-2 ½
1949 Emery Barnes, Jeff. (co-champ)	5-10 ⅝
1959 Bill Brown, Jefferson	6-1 ½
1975 Ron Bigness, Madison	6-8
2007 (6A) Vernell Warren, Grant	6-10

Pole Vault

1927 Lawrence Kretzmeier, Franklin	11-8
1928 George Little, Grant	11-3
1929 Dewitt Bennett, Grant	11-9
1930 Irving Heusner, Grant (co-champ)	11-3
1932 Lee Carey, Washington	11-6
1933 Lee Carey, Wash	11-11 ⅛
1934 Howard Magwood, Roos. (co-champ)	11-9
1944 Art Baake, Jefferson	11-9
1945 Art Baake, Jefferson	12-3
1947 Lyle Dickey, Lincoln	12-6
1954 Sam Whitney, Benson	13-1 ¾
1957 Art Morland, Lincoln (co-champ)	12-0
1960 Larry Jones, Jefferson	12-8
1967 Mike Monahan, Marsh.	14-0

Discus

1928 Don Anderson, Wash.	116-8
1929 Don Anderson, Wash.	129-3
1933 Hal Brack, Washington	129-4
1935 Stan Anderson, Wash.	131-11
1938 Frank Ryan, Franklin	132-7
1964 Tim Vollmer, Benson	174-0
1965 Tim Vollmer, Benson	178-10
1979 David Lewis, Grant	174-3

Long Jump

1927 Harold Miller, Wash.	20-87 ½
1929 Skeet O'Connell, Commerce	22-1
1930 Skeet O'Connell, Commerce	21-9 ⅜
1932 Tom Collins, Wash.	20-8 ½
1933 Tom Collins, Wash.	22-5 ¼
1934 Jack Egan, Grant	21-6
1959 Jim Bird, Roosevelt	22-10 ½
1960 Mel Renfro, Jefferson	24-1 ¼
1961 Duane Delander, Linc.	23-5 ½
1962 Ray Taylor, Jefferson	22-9 ½
1964 Lionel Coleman, Jeff.	22-9 ½
1965 Bill Nickleberry, Jeff.	22-10 ¼
1968 Dixon Speak, Lincoln	22-10 ½
1972 Michael Booker, Adams	23-0 ½
1974 Kenny Bell, Adams	23-3
1980 Steve Peterson, Ben.	22-3 ¾
1986 Leon Lincoln, Madison	23-7
1987 Walter Bailey, Benson	23-10 ¾
1988 Malcolm Parker, Wilson	23-0 ½
1989 Malcolm Parker, Wilson	23-0 ¼
2007 (6A) Elvis Akpla, Linc.	23-1 ¼

Shot Put

1928 John McKay, Hill Mil.	43-2 ¼
1931 Clyde Walker, Wash.	46-0 ½
1932 Clyde Walker, Wash.	48-1
1933 Clyde Walker, Wash.	49-2 ¾
1934 Stan Peters, Linc	50-1 ⅜
1935 Stan Anderson, Wash.	51-2 ½

1948 Pat Duff, Grant	51-0
1952 Mike Hodgon, Jeff.	51-9 ½
1958 Dick Brown, Grant	57-8
1968 Roger Smith, Cleve.	61-10
1969 Ralph Bakkensen, Grant	60-1
1970 Mike Bolliger, Jackson	61-6 ½
1977 Randy Bolliger, Jack.	57-7
1979 David Lewis, Grant	57-8 ½
1999 Matt Rutgers, Benson	56-8
2005 Suh Ndamukong, Grant	61-4

Javelin

1927 Carl Ayers, Commerce	164-11
1928 Carl Ayers, Commerce	170-3
1935 Melvin Embree, Roos.	177-6
1937 Henry Hoffman, Wash.	176-4
1938 Bob Likens, Grant	179-8
1939 Bob Likens, Grant	177-11
1962 Robert Grove, Roos.	217-0
1970 Steve Hopkins, Grant	221-8
1975 Kelly Sills, Wilson	210-11
1992 Brandon Prentice, Wils.	193-7

Triple Jump

1975 Kenny Bell, Adams	49-3 ½
1979 Brett Starr, Jackson	45-11 ¼
1986 Leon Lincoln, Madison	48-9 ½
1988 Terrell Brandon, Grant	47-2 ¼
1992 Willie Kemp, Grant	49-3 ¼
2001 Wiley King, Benson	47-4 ¼
2007 (6A) Elvis Akpla, Lincoln	47-8

100-Yard Dash

1928 Ned Gleason, Grant	10.4
1929 Charlie Fyock, Franklin	10.0
1930 Charlie Fyock, Franklin	10.1
1931 Bobby Grayson, Jeff.	10.1
1932 Bobby Grayson, Jeff.	9.9
1936 Jim Buck, Roosevelt	10.0
1937 Bob Diez, Franklin	10.2
1947 Mervin Brock, Wash.	10.3
1949 Mervin Brock, Wash.	10.1
1955 Huey Hatten, Jefferson	10.3
1957 Jon Abraham, Grant	10.3
1958 Raye Renfro, Jefferson	10.2
1960 Craig Nelson, Grant	9.8
1962 Butch Lumby, Grant	9.9

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PIL State Individual Champions

1963 Leon Lincoln, Jefferson	9.9
1964 Willie Bell, Benson (co-champ)	10.1
1966 Onia Bates, Grant	9.9
1968 Steve Krohn, Madison	9.9
1969 John Mays, Lincoln	10.0
1970 Woodrow Green, Jeff.	w9.7
1971 Rick Eatmon, Adams	9.92
1972 Rick Eatmon, Adams	9.70
1973 Dale Warren, Adams	9.8
1974 Robert Curry, Wash.	9.6

100-Meter Dash

1983 John Frazier, Jefferson	w10.80
1987 Lavelle Matthews, Jeff.	11.18
1988 Bill Shephard, Grant	10.90
1992 Alteria Sabb, Madison	w10.90
1995 Russell Jackson, Bens.	w10.87
2008 (6A) Jordan Polke, Linc.	10.63

220-Yard Dash

1927 Tyrrell Lowery, Jeff.	23.2
1928 George Granville, Ben.	23.0
1929 Charlie Fyock, Franklin	22.8
1930 Charlie Fyock, Franklin	22.4
1931 George Dowling, Grant	22.9
1933 Reg Brady, Wash.	21.8
1936 Jim Buck, Roosevelt	22.5
1937 Bob Diez, Franklin	23.5
1944 Lyle Schiavia, Jeff.	23.6
1947 Mervin Brock, Wash.	22.7
1948 Mervin Brock, Wash.	22.3
1952 Traver Campbell, Grant	23.3
1955 Julius Strong, Roos.	22.4
1960 Craig Nelson, Grant	22.4
1962 Butch Lumby, Grant	21.8
1963 Leon Lincoln Jeff .	21.6
1966 Onia Bates, Grant	21.6
1971 Rick Eatmon, Adams	21.69
1972 Rick Eatmon, Adams	21.72
1974 Robert Curry, Wash.	w21.5

200-Meter Dash

1983 John Frazier, Jefferson	21.81
1987 Lavelle Matthews, Jeff.	22.73
1988 Bill Shephard, Grant	21.63
1990 LaVon Pierce, Benson	22.11

1992 Dominique Merriweather, Benson	w21.75
1994 Justin Anderson, Linc.	22.27
1995 Kenny Carter, Grant	21.93
2007 (6A) Nycole Griffin, Ben.	21.79

440-Yard Dash

1929 Alan Cox, Washington	52.2
1930 Charlie Twitchell, Grant	52.5
1931 Bob Patrick, Lincoln	52.4
1932 Ray Woodman, Jeff.	52.0
1933 Dwight Snell, Wash.	51.7
1934 Jim Schriver, Jefferson	51.6
1935 Jim Schriver, Jefferson	51.6
1936 Bill Engleton, Franklin	51.9
1937 Bill Engleton, Franklin	51.7
1949 Jack Peterson, Lincoln	52.1
1955 John Erickson, Grant	50.8
1957 Stan Miller, Jefferson	51.0
1958 Stan Miller, Jefferson	50.1
1959 Cardell Matthews, Was.	50.9
1960 Mike Wyborne, Jeff.	49.8
1968 Weldon Vance, Jeff.	49.3
1969 Weldon Vance, Jeff.	48.9
1970 Paul Wilkinson, Mad.	49.8
1972 Dave Hagmeier, Jack.	47.96
1974 Anthony Bates, Grant	48.6

400-Meter Dash

1990 LaVon Pierce, Benson	47.53
1991 Damien Smith, Wilson	48.90
2004 Nate Anderson, Bens.	48.48
2005 Nate Anderson, Bens.	47.37
2007 (6A) Karl Acker, Grant	49.03

880-Yard Dash

1927 William Mullen, Linc.	2:05.0
1928 Elmer Carlson, Wash.	2:04.8
1929 Jim West, Hill Military	2:02.2
1930 Charlie Twitchell, Grant	2:02.5
1931 Hal Meyers, Lincoln	2:04.0
1934 Carroll Krum, Wash.	2:01.6
1935 Kirman Storil, Benson	2:03.7
1944 Hal Ellmers, Jefferson	2:04.6
1945 Clarence Bell, Roos.	2:04.7
1948 Lloyd Jepson, Benson	2:00.4
1953 Jerry Pace, Franklin	2:02.5

1954 Jim Grelle, Lincoln	2:01.0
1955 Jim Grelle, Lincoln	1:58.0

800-Meter Dash

1989 Mike Tierney, Franklin	1:54.68
2003 Michael McGrath, Linc.	1:51.27
2009 (5A) Boru Guyuta, Jeff.	1:56.27

One Mile Run

1930 Willis Paddock, Grant	4:37.0
1934 Matt Clasper, Wash.	4:35.7
1939 Bill Fisher, Wash.	4:35.0
1945 Dick Petterson, Jeff.	4:39.4
1948 Jim Newcomb, Benson	4:24.5
1957 Ralph Strait, Lincoln	4:27.1
1959 Ted Abram, Grant	4:21.2
1965 Ron Byers, Grant	4:20.7
1973 Caxton Muune, Jack.	4:12.8

1500-Meter Run

2003 Joaquim Chapa, Grant	3:51.39
2005 Zuber Ahmed, Benson	3:53.03
2008 (6A) Nathan Mathabane, Lincoln	3:53.28

Two-Mile Run

1964 Hal Jackson, Grant	9:36.5
1966 Mike Hann, Benson	9:26.8
1970 Don Johnson, Grant	9:21.1
1973 Dan Fulton, Benson	9:04.6
1974 Dan Fulton, Benson	9:05.6

3000-Meter Run

1986 Peter Pritchett, Bens.	8:49.73
1987 Peter Pritchett, Bens.	8:41.21
1988 Rick Mestler, Grant	8:31.25
2007 (6A) Bryce Burgess, Fr.	8:47.18
2008 (6A) Bryce Burgess, Fr.	8:36.83
2009 (6A) Nathan Mathabane, Lincoln	8:33.31

120-Yard High Hurdles

1928 Vic Curtin, Franklin	16.4
1929 Harold Sandberg, Frank.	16.6
<i>(NOTE: 42-inch hurdles 1927-33)</i>	
1935 Howard Carlson, Bens.	16.5
1936 Howard Carlson, Bens.	16.0
1938 Jim Holloway, Wash.	14.9
1960 Mel Renfro, Jefferson	14.0
1968 Ron Brown, Grant	14.6
1972 Tim Baker, Wilson	14.02
1975 Anthony Bates, Grant	14.15
1976 Jerry Reese, Marshall	14.83

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110-Meter High Hurdles

1981 Romund Howard, Mad.	14.45
1990 Dwayne Arnold, Mad.	15.08

220-Yard Low Hurdles

1927 Kenneth Trindall, Bens.	27.4
1929 James Sidey, Wash.	26.6
1931 Bobby Grayson, Jeff.	26.6
1932 Bobby Grayson, Jeff.	25.5
1933 Julius Scruggs, Grant	26.2
1934 John Campbell, Wash.	26.2
1935 Howard Carlson, Ben.	26.5

200-Yard Low Hurdles

1939 Bill Gibson, Wash	23.0
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180-Yard Low Hurdles

1955 George Claussen, Gr.	20.7
1959 Mel Renfro, Jefferson	19.2
1960 Mel Renfro, Jefferson	18.9
1961 Dan Yeager, Grant	19.6
1964 Terry Rawlins, Grant	20.3
1966 Elmer Davis, Franklin	19.8

330-Yard Intermediate Hurdles

1975 Anthony Bates, Grant	37.0
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300-Meter Intermediate Hurdles

1981 Romund Howard, Mad.	37.30
1987 Brian Wright, Madison	38.31
1990 Dwayne Arnold, Mad.	38.03
1995 Edward Lincoln, Bens.	39.40
1996 Robert Akil, Jefferson	38.75
2007 (6A) Eric Bailey, Bens.	37.78
2008 (5A) Wayne Forthan, Jef.	39.06

880-Yard Relay

1928 Grant	1:33.0
1929 Franklin	1:34.0
1930 Grant	1:34.5
1931 Washington	1:33.9
1932 Jefferson	1:33.1
1933 Washington	1:31.3
1934 Jefferson	1:33.9
1935 Jefferson	1:34.2
1936 Franklin	1:31.9
1937 Benson	1:34.1

1938 Washington	1:33.3
1939 Benson	1:33.8
1944 Roosevelt	1:33.9
1949 Washington	1:31.2
1955 Roosevelt	1:31.6
1957 Jefferson	1:31.5
1959 Jefferson	1:29.4
1960 Jefferson	1:29.7
1961 Grant	1:29.6
1963 Jefferson	1:29.8
1965 Grant	1:28.3
1966 Grant	1:28.4

440-Yard Relay

1967 Grant	42.9
1969 Lincoln	42.7
1971 Adams	42.57
1972 Adams	42.64

4x100-Meter Relay

1983 Wilson (Carl Brown, Val Todd, Darwin Peters, Eugene King)	42.75
1984 Jefferson (Howard Marks, Don Rhodes, Tony Clark, John Frazier)	42.95
1986 Jefferson (Lavelle Matthews, L. Ball, Anthony Stewart, Ken Mitchell)	42.68
1987 Jefferson (Ron Griffin, Lavelle Matthews, Sam Dean, Lawrence James)	42.41
1988 Jefferson (Leroy Sanders, Sam Dean, Ron Griffin, Lawrence James)	42.35
1989 Benson (Jerome Person, Jay Miles, Derek Baldwin, LaVon Pierce)	42.34
1990 Wilson (Lawren Dawkins, Sol Sallos, Adam King, Damien Smith)	41.94
1991 Benson (Tony Stevens, Aubre Dickson, Dominique Merriweather, Kory Murphy)	42.79
1992 Benson (Tony Stevens, Mike Graham, Dominique Merriweather, Augbre Dickson)	42.99

1993 Jefferson (Jon Parish, Joe Robertson, Hakeem McCallister, Jochannon Lowe)	42.20
1995 Grant (Josh Klein, Dante Betha, Alfonso Peterson, Kenny Carter)	43.10
2000 Benson (Madison Ceaser, Reggie Kerney, JR Waller, Antwaun Sherman)	41.81
2002 Benson (Jesse Brown, Reggie Kerney, Antwon Sherman, Nelacey Porter)	42.13
2003 Jefferson (Tracy Harrell, TR Smith, Derrick Deloney, Michael Richmond)	42.41
2004 Benson (Ely Lewis, Curran Williams, Jesse Brown, Nate Anderson)	42.47
2007 (6A) Grant (Kasseem Osherooff, Paul McCoy, Branden Shimada, Karl Acker)	42.51

One Mile Relay

1968 Jefferson	3:24.4
1969 Jefferson	3:22.7
1983 Jefferson (Curtis Hadley, Darrell Brazile, John Frazier, Jeff Pittman)	3:19.44
1984 Wilson (Chris Pennington, Ken Hunt, Anthony Stewart, Delvin Ford)	3:24.00
1986 Grant (Aaron Henry, Aaron Fentress, Stan Roberts, Brian England)	3:20.76

4x400-Meter Relay

1988 Benson (Mark Duplessi, Walter Bailey, Derek Baldwin, Jay Miles)	3:18.39
1989 Benson (Shepan Dillion, Derek Baldwin, Jay Miles, LaVon Pierce)	3:17.62
1990 Benson (Vince Watson, Andre Jamison, Jay Miles, LaVon Pierce)	3:16.82
1991 Benson (Steve Walton, Mike Graham, Craig Spinks, Vince Walton)	3:21.56
1992 Benson (Steve Walton, Mike Graham, Dominique Merriweather, Craig Spinks)	3:19.65
1993 Benson (Eli Pursiful, Patrick Johnson, Aubre Dickson, Dom-	

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	inique Merriweather)	3:27.06
2004	Benson (Jesse Brown, Curran Williams, Nate Anderson, Thomas Tillery)	3:18.34
2008 (6A)	Grant (Karl Acker, Ken Acker, Paul McCoy, Branden Srmodd)	3:18.35
2008 (5A)	Jefferson (Borru Guyta, Marlon Miles, Amin Tuffa, Darius Strickland)	3:24.41

Girls Track & Field

High Jump

2000	Lisa Gunderson, Wilson	5-6
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Pole Vault

2001	Kate Soma, Grant	11-9
2004	Natalie Todd-Zebel, Gr.	11-9
2006	Emma Piatt, Grant	11-9

Discus

None

Long Jump

1980	Robin Marks, Lincoln	18-9 ¼
1984	Denise Lucas, Jeff.	18-11
1985	Denise Lucas, Jeff.	19-6
2005	Sara Callier, Benson	18-4 ¾
2009 (6A)	Kayla Smith, Ben.	w19-0 ½

Shot Put

None

Javelin

None

Triple Jump

1990	Liz Fawkes, Lincoln	38-8 ¾
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100-Yard Dash

1976	Lorin Barnes, Marshall	11.62
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100-Meter Dash

1978	Jackie Jackson, Grant	12.15
1979	Denise Williams, Grant	12.21
1983	Lajuana Hall, Madison	12.10
1984	Lanette Byrd, Jefferson	12.18

1985	Denise Lucas, Jeff.	12.27
1986	Jackie McConnell, Jeff.	12.30
1991	Regina Warren, Bens.	12.16
1992	Taryn Tarver, Bens.	12.17
1994	Udeme Elijah, Benson	12.52
1995	Udeme Elijah, Benson	12.35
1998	Kisha Swafford, Bens.	12.32
2001	Deborah Jones, Bens.	12.20
2002	Deborah Jones, Bens.	12.15
2003	Deborah Jones, Bens.	12.00
2004	Ashley Taylor, Benson	12.25
2005	Sara Callier, Benson	12.05
2006	Nyema Sims, Jefferson	12.23
2008 (6A)	Kayla Smith, Ben.	12.11
2009 (6A)	Kayla Smith, Ben.	w11.84

220-Yard Dash

1973	Mary Officer, Madison	25.40
1975	Melanie Batiste, Linc.	25.37

200-Meter Dash

1978	Jackie Jackson, Grant	25.12
1979	Robin Marks, Lincoln	24.65
1980	Robin Marks, Lincoln	24.50
1984	Lanette Byrd, Jeff.	25.03
1985	Denise Lucas, Jeff.	24.84
1991	Regina Warren, Benson	25.00
2000	Deborah Jones, Bens.	25.40
2001	Deborah Jones, Bens.	24.97
2002	Deborah Jones, Bens.	24.88
2003	Deborah Jones, Bens.	24.64
2004	Sara Callier, Benson	25.16
2005	Sara Callier, Benson	25.11
2006	Nyema Sims, Jefferson	24.84
2008 (6A)	Kayla Smith, Ben.	24.18
2009 (6A)	Kayla Smith, Ben.	24.01

400-Meter Dash

1983	Sharon Otterstedt, Wil.	56.34
1984	Sharon Otterstedt, Wil.	54.71
1985	Suzy Setterholm, Mad.	55.56
1991	Ginny Folk, Benson	57.26
2001	Brandi Probasco-Canda, Benson	55.08
2002	Brandi Probasco-Canda, Benson	54.64
2003	Brandi Probasco-Canda, Benson	55.19

880-Yard Dash

1973	Pat Reed, Wilson	2:19.1
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800-Meter Dash

1992	Kali Rembold, Lincoln	2:15.99
1996	Christy Lacey-Krietz, Lin.	2:13.23
1999	Laura Westwood, Gr.	2:14.74
2000	Laura Westwood, Gr.	2:14.03
2004	Lizzy Wild, Grant	2:15.81
2007 (6A)	Sara Wild, Grant	2:17.92

One Mile Run

1970	Carolyn Walker, Grant	5:22.50
1975	Elaine Pond, Grant	5:03.53

1500-Meter Run

1989	Amy Hunt, Jefferson	4:41.27
1993	Marie Davis, Lincoln	4:43.60
1995	Marie Davis, Lincoln	4:36.79

3000-Meter Run

1992	Marie Davis, Lincoln	10:09.81
1995	Marie Davis, Lincoln	9:53.59

100-Meter Hurdles

1973	Mary Officer, Madison	14.1
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100-Meter High Hurdles

1981	Chris Klausman, Frank.	14.69
2000	Olivia Callier, Benson	14.92
2005	Bianca Methabane, Linc.	14.58
2006	Bianca Methabane, Linc.	14.32
2007 (6A)	Bianca Mathabane, Lincoln	14.17

300-Meter Low Hurdles

1981	Chris Klausman, Frank.	44.20
1992	Patrice Woods, Benson	44.34
1997	Railynn Elliott, Benson	44.74
1998	Hilary Baker, Lincoln	44.64
2005	Bianca Methabane, Linc.	44.25
2006	Bianca Methabane, Linc.	44.07
2009 (6A)	Tiarra Pittman, Linc.	43.51

440-Yard Relay

1976	Lincoln	49.35
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4x100-Meter Relay

1978	Grant (Barb DeVore, Annette Berry, Tina Lacaden, Jackie Jackson)	48.67
1979	Grant (Denise Williams, Tina Lacaden, Margaret Newton, Jackie Jackson)	49.05

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1984 Wilson (Cathy Strong, Traci Thirdgill, Michelle Baugh, Sharon Otterstedt) 48.24
1985 Jefferson (Jackie Taylor, Sedrice Phillips, Marissa Minnieweather, Denise Lucas) 48.91
1986 Benson (Ursula Madden, Michelle, James, Crystal Hanson, Sheila Williams) 48.90
1990 Grant (Zalika Milton, Verlynn Frazier, Esther Colbert, Mary Colbert) 48.89
1991 Benson (Adriel Person, Ginny Folk, Regina Warren, Taryn Tarver) 48.21
1993 Benson (Shontelle Streeter, Wanjeria Washington, Udeme Elijah, Adriel Person) 49.29
1994 Benson (Shontell Streeter, Tiara Warren, Itoro Elijah, Udeme Elijah) 48.56
1995 Benson (Shantell Streeter, Porsha, Glover, Itoto Elijah, Udeme Elijah) 49.48
1996 Benson (Kisha Swafford, Rose Lockett, Porsha Glover, Janita Jones) 49.39
1998 Benson (Awen'lue Kante, Kibbibia Wincher, Janita Jones, Kisha Swafford) 48.57
1999 Benson (Sharitha McKenzie, Kabbiba Wincher, Awen-Lue Kante, Janita Jones) 48.98
2000 Benson (Sharitha McKenzie, Brandi Probasco-Canda, Amy Brima, Deborah Jones) 48.65
2001 Benson (Sharitha McKenzie, Brandi Probasco-Canda, Amy Brima, Quiana Green) 48.23
2002 Benson (Ashley Taylor, Brandi Probasco-Canda, Amy King, Sara Callier) 47.75
2003 Benson (Ashley Taylor, Brandi Probasco-Canda, Sara Callier, Deborah Jones) 46.57

2004 Benson (Antionette Payne, Gabrielle Parker, Deseree Mason, Ashley Taylor) 48.59
2007 (6A) Lincoln (Megan Perra, Bianca Mathabane, Kema Harvey, Tiarra Pittman) 47.64
2008 (6A) Lincoln (Megan Perra, Bianca Mathabane, Kema Harvey, Tiarra Pittman) 48.14
2009 (6A) Lincoln (Arlisha Davis, Haley Stewart, Kema Harvey, Tiarra Pittman) 48.01

One Mile Relay

1979 Lincoln (Marci Campbell, Robin Marks, Sue Hanlon, Mary Mitchoff) 3:58.59
1980 Lincoln (Mary Hanlon, Marci Campbell, Mary Mitchoff, Robin Marks) 3:54.23
1984 Wilson (Laurie Post, Traci Thirdgill, Cathy Strong, Sharon Otterstedt) 3:58.01

4x400-Meter Relay

1991 Benson (Patrice Woods, Misty Snow, Ginny Folk, Regina Warren) 3:56.30
1992 Benson (Wanjeria Washington, Adriel Person, Patrice Woods, Misty Snow) 3:58.65
1995 Lincoln (Jill Waldman, Marie Davis, Larisa Pennington, Christy Lacey-Krietz) 3:57.04
1996 Benson (Railynn Elliott, Wendy Barnes, Liz Schroeder, Itoro Elijah) 3:59.99
1999 Benson (Kabbiba Wincher, C'Rel McAllister, Amy King, Janita Jones) 3:58.20
2000 Benson (Amy Brima, Amy King, Deborah Jones, Brandi Probasco-Canda) 3:55.38
2001 Benson (Quiana Green, Amy King, Amy Brima, Brandi Probasco-Canda) 3:55.03

2002 Benson (Sara Callier, Amy King, Brandi Probasco-Canda, Deborah Jones) 3:53.76
2003 Benson (Alex Jones, Sara Callier, Deborah Jones, Brandi Probasco-Canda) 3:50.38
2004 Grant (Natalie Stoll, Sara Wild, Christine Soma, Lizzy Wild) 3:56.19

Boys Cross Country

1950 Dick Langston, Washington 11:19.0 2.2 miles
1955 Jim Burton, Benson 9:17.7 1.8 miles
1963 Terry Kishpaugh, Marshall 8:54.0 1.8 miles
1964 Ron Byers, Grant 12:31.6 2.5 miles
1965 Steve Byers, Grant 12:35.0 2.5 miles
1969 Scott Jackson, Grant 12:18.4 2.5 miles
1970 Scott Jackson, Grant 12:58.0 2.5 miles
1995 David Davis, Franklin 15:59.0 5000 mtrs

Girls Cross Country

1974 Elaine Pond, Grant 10:56.0 2.0 miles
1977 Mary Hanlon, Lincoln 11:19.6 3000 mtrs
1992 Marie Davis, Lincoln 10:58.7 3000 mtrs

Wrestling

95 Pounds

1939 Maurice Barstad, Benson

98 Pounds

1961 Rick Sanders, Lincoln
1967 Cecil Hatchett, Benson
1968 Mike Downer, Benson
1973 Jerry McGinness, Marshall
1975 Reid Jones, Franklin
1979 Tony Amado, Benson
1983 Travis West, Benson

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105 Pounds

1926 George Ochikuba, Benson
1928 Scofield, Benson
1932 Albert Gibson, Benson
1939 Shig Hinatsu, Benson

106 Pounds

1962 Rick Sanders, Lincoln
1963 Rich Henjyoji, Cleveland
1967 Robby Rust, Marshall
1968 Cecil Hatchett, Benson
1969 Mike Downer, Benson
1984 Travis West, Benson
1986 Broderick Lee, Marshall
1988 Bobby Janisse, Jefferson

112 Pounds

1925 Raynor, Lincoln
1927 Farrar, Benson
1928 Case, Benson
1929 Walter Sutherland, Benson
1936 Jack Wallace, Benson

115 Pounds

1928 Henderson, Benson
1933 Rex McDermott, Benson
1963 Rick Sanders, Lincoln
1982 Aaron Chiles, Benson
1984 Hiag Brown, Grant

118 Pounds

1927 E. R. Bieberdorf, Benson
1929 Al Howland, Benson
1930 E. Jones, Benson
1936 Jim Wallace, Benson
1937 Ebert, Franklin

119 Pounds

1985 Travis West, Benson
1987 Lloyd Martindale, Marshall
1989 Bobby Janisse, Jefferson
2007 (5A) Eric Luna, Cleveland

121 Pounds

1933 Albert Gibson, Benson
1934 Albert Gibson, Benson

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123 Pounds

1959 Ron Johnson, Franklin
1960 Rich Brown, Grant
1961 Larry Christy, Cleveland
1973 Bruce Nishikawa, Benson
1974 Bruce Nishikawa, Benson
1987 Broderick Lee, Marshall

125 Pounds

2006 Norman Richmond, Jefferson

126 Pounds

1930 Walter Sutherland, Benson
1932 Alfred Hurst, Franklin
1934 James Boardwell, Benson
1936 Bud Porter, Franklin

130 Pounds

1960 Ron Johnson, Franklin
1964 Jeff Batchelor, Madison
1969 Don McPhearson, Washington
1981 Marc Sprague, Madison
1984 Andre Taylor, Benson
1988 Lloyd Martindale, Marshall
1990 Bobby Janisse, Jefferson
2007 (5A) Norman Richmond, Jeff.

135 Pounds

1928 Nutting, Benson
1930 Walter Noack, Benson
1932 Bud Hansen, Benson
1935 Frank Berglund, Benson
1937 Harold Williams, Franklin
1989 Jason Jones, Benson

136 Pounds

1959 Milt Fyre, Cleveland
1963 Tom Stevens, Madison
1968 Coleman, Madison
1972 Bob Nearing, Marshall
1982 Marc Sprague, Madison

138 Pounds

1933 Robert Rhoads, Benson
1935 Frank Berglund, Benson

139 Pounds

1962 Jack Taylor, Madison
1967 Larry Wilder, Lincoln
1981 John Borich, Benson
1982 William Taylor, Benson
1983 William Taylor, Benson
1986 Hiag Brown, Grant

140 Pounds

1989 Teo Farwell, Benson
2008 (5A) Eric Luna, Cleveland

141 Pounds

1990 Damon McPherson, Jefferson
1991 Tivon Abel, Jefferson

145 Pounds

1925 Desmond Anderson, Franklin
1926 Desmond Anderson, Franklin
1936 Frank Berglund, Benson

147 Pounds

1930 Butze, Franklin
1934 Chester Holbrook, Benson

148 Pounds

1959 George Brown, Jefferson
1992 Tiron Abel, Jefferson

150 Pounds

1933 Jack Carr, Benson

155 Pounds

1936 Tom Abrams, Benson
1939 Jim Merritt, Benson

157 Pounds

1964 Junior Johnson, Grant
1965 Tom Nearing, Marshall
1966 Junior Johnson, Grant
1991 Damon McPherson, Jefferson
1992 Damon McPherson, Jefferson
1993 Tivon Abel, Jefferson

160 Pounds

1927 Glen Savage, Franklin
1930 Ferdinand Hite, Benson

163 Pounds

1932 Frank Sulewski, Benson

165 Pounds

1936 Dave Phillips, Benson

PIL State Individual Champions

168 Pounds

1963 Fred Fozzard, Marshall
 1968 Jeff Johnston, Wilson
 1987 Matt Sprague, Benson
 1990 Mat Sprague, Benson

171 Pounds

2007 (5A) Barry Hood, Jefferson

175 Pounds

1926 Locke Reeder, Franklin
 1927 Ben Sherman, Benson
 1928 Glen Savage, Franklin
 1930 Lincoln, Benson
 1936 Dave Phillips, Benson
 1937 Virgil Cavagnaro, Benson

178 Pounds

1933 Earl Gillis, Benson
 1964 Fred Fozzard, Marshall
 1971 Jeff Toberg, Marshall
 1981 Karl Pope, Franklin
 1994 Damion Martindale, Marshall

191 Pounds

1982 Oscar Hicks, Benson

215 Pounds

None

275 Pounds

1958 Tim Gallagher, Franklin
 1959 John Thies, Jefferson
 1967 Wayne Karney, Lincoln
 1968 Wayne Karney, Lincoln
 1971 Cameron Hyde, Lincoln
 1990 Todd Shaw, Franklin

285 Pounds

2009 (5A) Jacob Berger, Jefferson

HEAVYWEIGHT

1925 East, Franklin
 1926 George York, Benson
 1932 Clifford Schooling, Benson
 1935 Bob Summersett, Franklin

Boys Swimming & Diving

180-Yard Medley Relay

1949 Benson (John Goode, Dick Kimball, Bob Wright) 1:50.9
 1950 Grant (Jack Palmer, Bob Hays, Dan Cramer) 1:49.4
 1951 Grant (Traver Campbell, Jack Palmer, Dan Cramer) 1:49.0
 1951 Grant (Jack Palmer, Dan Cramer, Traver Campbell) 1:47.0
 1952 Grant (Jim Barnes, Traver, Campbell, Bill Weaver) 1:49.6
 1953 Lincoln (John Rigdon, Terry Kelly, Mike Peabody) 1:50.4

160-Yard Medley Relay

1955 Grant (Joe Coulter, Tom Fanning, Terry Retter, Jack Strom) 1:35.4
 1956 Grant (Joe Coulter, Terry Better, Mike Mainhoff, D. Schultzke) 1:32.0
 1957 Benson (Dugger, Slawson, Potts, Collins) 1:34.3

200-Yard Medley Relay

1966 Wilson (Jim Cain, Humes, Wayne Richards, Jeff Richards) 1:48.8

200-Yard Freestyle

1949 Gordon Edwards, Linc. 2:11.2
 1950 Don Pesznecker, Frank. 2:11.2
 1951 Art Welch, Jefferson 2:10.5
 1951 Kress Lockridge, Grant 2:16.1
 1952 Ben Jensen, Jefferson 2:11.3
 1953 Ben Jensen, Jefferson 2:13.0
 1954 Dale Sweatt, Cleveland 2:07.8
 1955 Terry Kelly, Lincoln 2:04.2
 1956 Joe Santry, Lincoln 2:06.6
 1957 Joe Santry, Lincoln 2:05.3
 1959 Dick Boyd, Cleveland 2:02.5
 1961 Ken Webb, Wilson 1:53.2
 1982 Ethan Nelson, Wilson 1:43.29
 1983 Alex Stiles, Lincoln 1:42.75
 1984 Alex Stiles, Lincoln 1:41.31

120-Yard Individual Medley

1950 Jay Holland, Lincoln 1:20.5
 1951 Gilbert Westwell, Jeff. 1:20.2
 1951 Gilbert Westwell, Jeff. 1:18.4
 1952 Bill Westfall, Jefferson 1:17.2
 1953 George Claussen, Grant 1:16.5
 1954 George Claussen, Grant 1:15.8
 1955 J. D. Brown, Grant 1:15.5
 1956 Tom Fanning, Grant 1:17.0

200-Yard Individual Medley

1960 Dick Boyd, Cleveland 2:15.4
 1961 Graham Colton, Wilson 2:16.9
 1963 Ted Leovich, Lincoln 2:11.7
 1964 Ted Leovich, Lincoln 2:11.2
 1965 Ted Leovich, Lincoln 2:07.8
 1970 David Bahler, Benson 1:58.26

40-Yard Freestyle

1949 Bob Wright, Benson 20.8
 1951 John Goode, Benson 19.9
 1951 Ray Westgard, Jeff. 20.2
 1952 Dan Cramer, Grant 18.8
 1953 Dick Schultzke, Grant 19.5
 1954 (tie) George Claussen, Grant (tie) Terry Kelly, Lincoln 19.2
 1956 J. D. Brown, Grant 18.6
 1957 J. D. Brown, Grant 18.5

50-Yard Freestyle

1959 Norm Swanson, Franklin 24.7

100-Yard Butterfly

1956 Tom Fanning, Grant 1:10.0
 1962 Graham Colton, Wilson 55.6
 2008 (5A) Luke Donohue, Clev. 52.86

100-Yard Freestyle

1948 Irwin, Grant 58.8
 1949 Gordon Edwards, Linc. 57.6
 1950 John Goode, Benson 57.0
 1951 Don Pesznecker, Frank. 58.0
 1951 Dan Cramer, Grant 57.4
 1952 Dan Cramer, Grant 54.5
 1953 Ben Jensen, Jefferson 56.5
 1954 Terry Kelly, Lincoln 55.5
 1955 Terry Kelly, Lincoln 56.2
 1956 J. D. Brown, Grant 52.6
 1957 J. D. Brown, Grant 52.3
 1958 Norm Swanson, Frank. 56.0
 1966 Doug Windes, Wilson 50.4

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400-Yard Freestyle

1957 Joe Santry, Lincoln	n/a
1959 Dick Boyd, Cleveland	4:31.9
1960 Dick Boyd, Cleveland	4:16.8
1961 Ken Webb, Wilson	4:05.4
1963 Ted Leovich, Lincoln	4:12.8
1970 David Bahler, Benson	3:44.1

500-Yard Freestyle

1981 Alex Stiles, Lincoln	4:42.43
1982 Alex Stiles, Lincoln	4:35.22
1983 Alex Stiles, Lincoln	4:31.66
1984 Alex Stiles, Lincoln	4:27.33

160-Yard Freestyle Relay

1948 Grant (Gordon Vaillancourt, Blount, Irvin, Placek)	1:25.3
1949 Benson (Bill Meske, Bob Hembree, John Goode, Bob Wright)	1:30.9
1950 Lincoln (Harold Burkitt, John English, Ray Morris, Rob Vinton)	1:23.4
1951 Grant (Dan Cramer, Trevor Campbell, Jack Palmer, Kress Lockridge)	1:21.9
1951 Grant (George Claussen, Kress Lockridge, Dick Schultzke, Don Sulloway)	1:23.9
1952 Grant (Trevor Campbell, George Claussen, Don Sulloway, Dick Schultzke)	1:21.3
1953 Grant (Don Sulloway, George Claussen, Del Schultzke, Dick Schultzke)	1:20.3
1955 Grant (J. D. Brown, Jim Grew, Bob Meinhoff, Del Schultzke)	1:21.2

100-Yard Backstroke

1951 John Goode, Benson	1:03.8
1951 Jack Palmer, Grant	1:07.9
1952 George Claussen, Grant	1:05.3
1953 Walt Wilks, Benson	1:05.7
1954 Larry Wilks, Wash.	1:06.7
1955 Larry Wilkes, Wash.	1:05.1
1956 Larry Wilkes, Wash.	1:06.7
1956 Joe Coulter, Grant	1:04.3

1957 Joe Coulter, Grant	1:02.0
1961 John Harrow, Wilson	1:03.0
1963 Tyler Walthers, Wilson	1:01.3
1964 Greg Westcott, Marsh.	57.8
1965 Ted Leovich, Lincoln	58.0
1969 David Bahler, Benson	56.4

100-Yard Butterfly-Breastroke

1956 Tom Fanning, Grant	1:10.0
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100-Yard Breaststroke

1950 Ed Placek, Grant	1:11.1
1951 Gilbert Westwell, Jeff.	1:10.3
1951 Gilbert Westwell, Jeff.	1:12.2
1952 Joel Satoris, Franklin	1:07.3
1955 Richard Rotto, Benson	1:08.7
1958 Dave Wickwire, Lincoln	1:08.9
1959 Dave Wickwire, Lincoln	1:09.0
1960 Dave Wickwire, Lincoln	1:09.7
1964 Tyler Walthers, Wilson	1:05.8
1969 Mike Phillips, Grant	1:03.0
1999 Luke Ekhoﬀ, Lincoln	58.74
2000 Luke Ekhoﬀ, Lincoln	57.18

400-Yard Freestyle Relay

1974 Wilson (Doug Brenner, Bret Paulus, Phillip Wild, Steve Wanaka)	3:21.69
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Diving

1949 Dick Kimball, Benson	n/a
1953 Larry Lyle, Grant	108.06
1957 Robert Ball, Franklin	140.6
1959 Lew Banks, Wilson	n/a
1960 Lew Banks, Wilson	n/a

Girls Swimming & Diving

120-Yard Medley Relay

1948 Lincoln (Nancy McCourt, Joanne Niesen, Lois Olson)	1:24.5
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150-Yard Medley Relay

1949 Grant (Virginia May, Judy Cornell, Eleanor Molby)	1:44.3
1950 Grant (Wilson, Placek, Molby)	n/a

1951 Grant (Connie Wilson, Billie Placek, Sulloway)	1:46.7
1952 Jefferson (E. Everett, C. Hanson, B. Graham)	n/a

200-Yard Medley Relay

1955 Cleveland	2:18.5
1956 Cleveland (Lorna Trambly, Barbara Huffs Schmidt, Judy Martin, Bonnie Boyd)	2:18.7

160-Yard Medley Relay

1957 Cleveland (Bailey, P. Huffs Schmidt, Martin, Trambly)	1:46.3
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200-Yard Medley Relay

1958 Grant (Denniston, Harrow, Mucha, See)	2:16.7
1962 Wilson (Mankin, Larkin, Eggen, Steinbach)	2:09.0
1963 Wilson (Cain, Jamison, Steinbach, Dodge)	2:01.2
1965 Wilson (P. Skinner, G. Jenkinson, L. Dodge, P. Hickox)	2:09.5
1978 Wilson (Emily Feldman, Ann Habernigg, Susie Habernigg, Linda Dakin)	1:56.14
1982 Lincoln (Jenny Shannon, Ana Thompson, Michelle Donahue, Mary Massengale)	1:53.45
1983 Lincoln (Jenny Shannon, Thompson, M. Donahue, M. Massengale)	1:53.29
1985 Lincoln (Michelle Donahue, Alexis Brenner, Sharr Bergner, Jenny Shannon)	1:50.30
1986 Lincoln (Megan O'Scannlain, Alexis Brenner, Sharr Bergner, Liz Massengale)	1:54.24
1987 Lincoln (Katie Boyd, Alexis Brenner, Sharr Bergner, Megan O'Scannlain)	1:53.39
1989 Lincoln (Tammy Shannon, Cristina Grant, Megan O'Scannlain, Lindsay Covington)	1:52.70
1991 Lincoln (Tammy Shannon, Blake Hedinger, SaraQuan, Lindsay Covington)	1:52.15
2003 Lincoln (Ali Davis, Jessica Embick, Amy Jarvis, Jane Kestner)	1:51.45

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220-Yard Freestyle

1948 Nancy McCourt, Lincoln 2:56.4

200-Yard Freestyle

1953 Beverly Graham, Jeff. 2:18.5
 1955 Carol Everett, Jefferson 2:20.7
 1956 SR-Judy Martin, Cleve. 2:23.5
 1957 SR-Faye Rabe, Wash. 2:21.1
 1964 Cathy Jamison, Wilson 2:09.4
 1966 Patti Jensen, Grant 2:14.4
 1968 Marjorie Meek, Wilson 2:05.3
 1982 Jenny Shannon, Linc. 1:57.59
 1983 Jenny Shannon, Linc. 1:54.92
 1984 Jenny Shannon, Linc. 1:53.14
 1985 Jenny Shannon, Linc. 1:52.84
 1995 Lauren Thies, Lincoln 1:49.47
 1997 Lauren Thies, Lincoln 1:49.07

Individual Medley:

120-Yard

1948 Cauleen Madison, Girls Poly 1:52.2

150-Yard

1954 Carol McKelligon, Linc. 1:56.4
 1955 Judy Martin, Cleveland 1:50.5

200-Yard

1956 SR-Carol McKelligon, Lincoln 2:39.1

160-Yard

1957 SR-Lorna Trambly, Clev. 2:04.9

200-Yard

1959 Carol Eggen, Wilson 2:37.5

100-Yard

1960 Carol Eggen, Wilson 1:10.5
 1967 Linda Fairchild, Wilson 1:06.6

200-Yard Individual Medley

1976 Ann Habernigg, Wilson 2:11.90
 1977 Ann Habernigg, Wilson 2:11.759
 1978 Ann Habernigg, Wilson 2:10.61
 1983 Michelle Donahue, Linc. 2:09.15

60-Yard Freestyle

1948 Margaret Doremel, Grant 40.0

50-Yard Freestyle

1949 Nancy Bradley, Lincoln 31.8
 1951 Carol Hansen, Jefferson 33.7
 1955 Elaine Bailey, Cleveland 31.8

50-Yard Freestyle

1961 Ann Brown, Lincoln 28.1
 1962 Ann Brown, Lincoln 26.7
 1963 (tie) Barbara Dodge, Wil. 26.9
 1964 Clarke McDonald, Wils. 26.7
 1965 Clarke McDonald, Wils. 27.1
 1978 Susie Habernigg, Wils. 24.3

100-Yard Butterfly

1956 SR-Sally Taylor, Wash. 1:16.9
 1957 SR-Judy Martin, Cleve. 1:14.4
 1958 Carol Eggen, Wilson 1:14.6
 1961 Kathy Steinbach, Wils. 1:12.1
 1964 Clarke McDonald, Wils. 1:04.7
 1975 Sue Nozaki, Grant 59.76
 1976 Sue Nozaki, Grant 1:00.40
 1987 Alexis Brenner, Lincoln 56.58

100-Yard Freestyle

1948 Donna Beall, Commerce 1:12.4
 1951 Beverly Graham, Jeff. 1:05.2
 1952 Beverly Graham, Jeff. 1:04.0
 1953 Beverly Graham, Jeff. 1:02.5
 1954 Carol Everett, Jefferson 1:02.6
 1955 Carol Everett, Jefferson 1:02.1
 1956 JR-Linda Gaylord, Wils. 1:16.0
 1957 SR-Faye Rabe, Wash. 1:04.8
 1962 Ann Brown, Lincoln 59.6
 1966 Marjorie Meek, Wilson 59.8
 1967 Ann Sidel, Grant 58.4
 1978 Susie Habernigg, Wils. 52.68
 1991 Tammy Shannon, Linc. 53.04
 1992 Tammy Shannon, Linc. 52.90

500-Yard Freestyle

1977 Ann Habernigg, Wils. 5:06.439
 1982 Michelle Donahue, Lin. 5:11.20
 1983 Jenny Shannon, Linc. 5:03.92

1984 Jenny Shannon, Linc. 5:00.87
 1995 Lauren Thies, Lincoln 4:53.06
 1997 Lauren Thies, Lincoln 4:47.34

160-Yard Freestyle Relay

1948 Jefferson (Arlene Mager, Virginia Pietz, Diane Weeks, Mary Jane Stewart) n/a

200-Yard Freestyle Relay

1949 Jefferson (Mary Jane Stewart, Kathleen Marlette, Virginia Pietz, Billie Atherton) 2:11.6
 1955 Cleveland 2:16.2
 1956 Cleveland (Elaine Bailey, Barbara Huffs Schmidt, Pat Huffs Schmidt, Bonnie Boyd) 2:07.5

Senior 200-Yard Freestyle Relay

1965 Wilson 1:53.7
 1992 Lincoln (Lonnie Nadal, Barkley Hedinger, Lindsay Covington, Tammy Shannon) 1:39.47
 1995 Lincoln (Lonnie Nadal, Lindsay Haffner, Tatyana Dembrow, Lauren Thies) 1:39.88

100-Yard Backstroke

1948 Virginia May, Grant 1:21.9
 1949 Judy Cornell, Grant 1:20.0
 1951 Evelyn Everett, Jeff. 1:14.2
 1952 Evelyn Everett, Jeff. 1:13.7
 1955 Lorna Trambly, Cleve. 1:13.1
 1956 SR-Lorna Trambly, Clev. 1:13.7
 1957 SR-Judy Mucha, Grant 1:11.5
 1958 Judy Ferguson, Wash. 1:11.4
 1964 Cindy Cain, Wilson 1:07.7
 1965 Cindy Cain, Wilson 1:08.4
 1979 Lynne Shannon, Wa/Mon. 1:01.27
 1982 Jenny Shannon, Lincoln 59.44
 1983 Michelle Donahue, Linc. 59.85
 1984 Michelle Donahue, Linc. 57.83
 1985 Jenny Shannon, Lincoln 57.42
 1989 Tammy Shannon, Linc. 59.65
 1990 Tammy Shannon, Linc. 57.22
 1991 Tammy Shannon, Linc. 55.81
 1992 Tammy Shannon, Linc. 55.31

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100-Yard Breaststroke

1948	Joan Neisen, Lincoln	1:33.1
1949	Virginia May, Grant	1:19.2
1950	Marlis Claussen, Grant	1:30.3
1955	Carol McKelligon, Linc.	1:20.1
1956	SR-Carol McKelligon, Lin.	1:16.9
1957	SR-Carol McKelligon, Lin.	1:17.5
1958	Carol Eggen, Wilson	1:19.7
1963	Cathy Jamison, Wilson	1:15.1
1964	Cathy Jamison, Wilson	1:13.2
1965	Cathy Jamison, Wilson	1:12.2
1966	Cathy Jamison, Wilson	1:10.6
1976	Ann Habernigg, Wilson	1:08.10
2005	Jessica Embick, Grant	1:04.82
2006	Signe Larson, Lincoln	1:04.73

400-Yard Freestyle Relay

1976	Wilson (Ann Habernigg, Linda Dakin, Emily Feldman, Barbara Locke)	3:45.90
1988	Lincoln (Katy Boyd, Sharr Vergner, Alexis Brenner, Megan O'Scannlain)	3:44.16
1992	Lincoln (Lonnie Nadal, Barkley Hedinger, Lindsay Covington, Tammy Shannon)	3:35.99
1997	Lincoln (A. Smith, K. Jurgenson, Lindsay Janse, Lauren Thies)	3:34.87

Diving

None

50-Yard Breaststroke

1950	Burkitt, Lincoln	42.8
1951	Nancy Jackson, Lincoln	41.8
1952	Barbara Earle, Jefferson	39.6
1953	Linda Fleming, Jefferson	38.2
1955	Faye Rise, Grant	45.4
1956	JR-Sally Taylor, Wash.	43.2
1963	Sherri Jenkinson, Wilson	35.5
1964	Sherri Jenkinson, Wilson	35.8

40-Yard Breaststroke

1957	JR-M. Lawrence, Jeff.	33.0
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50-Yard Backstroke

1951	Virginia Pearce, Franklin	40.0
1952	Carol Smith, Jefferson	42.6
1954	Marjorie Willits, Clev.	38.6
1955	Marg Willits, Cleveland	37.1
1958	Joyce Nicholson, Frank.	35.4
1964	Cindy Cain, Wilson	30.4
1965	Cindy Cain, Wilson	30.4

50-Yard Butterfly

1958	Judy Mucha, Grant	31.6
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60-Yard Individual Medley

1957	JR-Sue Meinhoff, Mad.	46.8
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Boys Golf

1945	(tie) Bobby Jones, Grant	82-79 - 161
1946	Dan Torrey, Grant	79-67 - 146
1947	Dick Yost, Grant	71-74 - 145
1948	Norm McClane, Washington	74-73 - 147
1949	Bill Wittenberg, Grant	68-74 - 142
1970	(tie) Tim Myers, Grant	68-75 - 143
1972	Peter Jacobsen, Lincoln	70-68 - 138
2000	(tie) Raun Atkinson, Grant	68-76 - 144

Girls Golf

1974	(tie) Mary Lou Mulflur, Grant	44-40 - 84
1975	Mary Lou Mulflur, Grant	39-40 - 79
1997	(tie) Sandy Kim, Wilson	71-72 - 143
2002	Cassie Castleman, Lincoln	75-75 - 150
2007	(6A) Avery Sills, Lincoln	78-84 - 162

Boys Tennis

Singles

1947	Tom MacDonald, Grant
1949	Peter Carter, Grant
1951	Jack Neer, Grant
1953	Norm Merrill, Grant
1954	Bob Ellerby, Grant
1956	Harry Doyle, Grant
1957	Harry Doyle, Grant
1960	Charles Alloo, Wilson
1961	Charles Alloo, Wilson
1962	Randy King, Wilson
1963	Randy King, Wilson
1964	John Williams, Wilson
1965	Jon Hermanson, Lincoln
1966	Jon Wall, Cleveland
1985	Aaron Gross, Lincoln
1987	Aaron Gross, Lincoln
1994	Jake Raiton, Wilson
1995	Jake Raiton, Wilson
1996	David Sacks, Lincoln
2007	(5A) Alex Rovello, Cleveland
2008	(5A) Alex Rovello, Cleveland
2009	(5A) Alex Rovello, Cleveland

Doubles

1951	Rich Butler/Ron Carlson, Grant
1952	Rich Butler/Ron Butler, Grant
1954	Stewart Jones/ Ron Mee, Lincoln
1955	Bart Bonime/ Todd Bonime, Lincoln
1983	Bill Grant/ Ned Hastings, Lincoln
1985	Andy Wachs/ Ted Rubin, Cleveland
1998	Chris Faulman/ Adam Lewis, Lincoln

Girls Tennis

Singles

1947	Wili Tanner, Lincoln
1949	Patsy Heard, Grant
1951	Patsy Heard, Grant
1954	Patty Miller, Washington
1955	Patty Miller, Washington
1956	Patty Miller, Washington
1957	Kam Campf, Grant
1958	Candy Heiney, Grant
1959	Carolyn Lumber, Grant

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1960 Carolyn Lumber, Grant
1961 Lindsay Berman, Wilson
1962 Lindsay Berman, Wilson
1963 Lindsay Berman, Wilson
1964 Lindsay Berman, Wilson
1965 Amy Gram, Lincoln
1984 Kim Moore, Franklin
1999 Amy Juppenlatz, Wilson
2002 Cristin Sammis, Cleveland
2004 Momei Qu, Wilson
2008 (6A) Belinda Nius, Lincoln

Doubles

1949 Sue Iverson/
Nancy Davies, Grant
1953 Barbara Olson/
Carol Olson, Jefferson
1954 Barbara Olson/
Carol Olson, Jefferson
1955 Barbara Olson/
Carol Olson, Jefferson
1956 Candy Heiney/
Sherry Baldrige, Grant
1957 Roma Menold/
Janet Jones, Girls Polytechnic

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w = wind affected
SR = Senior event
JR = Junior event

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