



RECORD BOOK

**MINNESOTA INTERCOLLEGIATE
ATHLETIC CONFERENCE**

ANNUAL CHAMPIONS			
SEASON	CHAMPION	SEASON	CHAMPION
1982-83	Hamline	2003-04	Gustavus
1983-84	Hamline	2004-05	St. Olaf
1984-85	Hamline	2005-06	St. Olaf
1985-86	Hamline	2006-07	Gustavus
1986-87	St. Olaf	2007-08	Gustavus
1987-88	St. Olaf	2008-09	Carleton
1988-89	St. Olaf	2009-10	Gustavus
1989-90	St. Olaf	2010-11	Gustavus
1990-91	St. Olaf	2011-12	Gustavus
1991-92	St. Olaf	2012-13	Gustavus
1992-93	St. Olaf	2013-14	Gustavus
1993-94	St. Olaf	2014-15	Gustavus
1994-95	St. Olaf	2015-16	St. Thomas
1995-96	St. Olaf	2016-17	St. Thomas
1996-97	St. Olaf	2017-18	St. Thomas
1997-98	Saint Benedict	2018-19	St. Thomas
1998-99	St. Olaf	2019-20	St. Catherine
1999-00	Carleton	2020-21	No Champion
2000-01	Carleton	2021-22	St. Catherine
2001-02	Gustavus	2022-23	St. Catherine
2002-03	St. Olaf	2023-24	Gustavus
		2024-25	Gustavus

<u>INSTITUTION</u>	<u>NO.</u>	<u>LAST TITLE</u>
St. Olaf College	15	2005-06
Gustavus Adolphus College	12	2024-25
University of St. Thomas	4	2018-19
Hamline University	4	1985-86
St. Catherine University	3	2022-23
Carleton College	3	2008-09
College of Saint Benedict	1	1997-98

SWIMMER OF THE YEAR	SCHOOL
2002 Marie Marsman.....	Carleton
2003 Marie Marsman.....	Carleton
2004 Katie Detwiler.....	St. Olaf
2005 Marie Marsman.....	Carleton
2006 Heather Lendway	Macalester
2007 Kate Alexander	Carleton
2008 Kate Alexander	Carleton
2009 Maggie Alexander.....	Carleton
Carrie Gundersen.....	Gustavus
2010 Becca Ney	St. Thomas
2011 Kale Zicafoose.....	Carleton
2012 Meghan Weiss	St. Olaf
2013 Alissa Tinklenberg	Gustavus
2014 Alissa Tinklenberg	Gustavus
2015 Jennifer Strom	Gustavus
2016 Emma Paulson	St. Thomas
2017 Emma Paulson	St. Thomas
2018 Katelyn Strauss	St. Thomas
2019 Jordyn Wentzel	St. Catherine
2020 Jordyn Wentzel	St. Catherine
2021 --	
2022 Jordyn Wentzel	St. Catherine
2023 Jordyn Wentzel	St. Catherine
2024 Skye Schmit.....	Macalester
Emma Svendsen	St. Catherine
2025 Geneva Fackler.....	Gustavus

DIVER OF THE YEAR	SCHOOL
2002 Angie Soucek.....	Carleton
2003 Emily Hall.....	Concordia
2004 Liz Fitzgerald	Macalester
2005 Annie Cullen	Concordia
Emily Hall.....	Concordia
2006 Annie Cullen	Concordia
2007 Alyssa Germeroth.....	St. Olaf
2008 Alyssa Germeroth.....	St. Olaf
2009 Annie Flanagan	Macalester
2010 Amy Glubzinski.....	Concordia
2011 Sarah Moody.....	St. Catherine
2012 Jennifer Easton.....	St. Thomas
2013 Renee' Jordan	Macalester
2014 Jenna Nagy.....	St. Catherine
2015 Jenna Nagy.....	St. Catherine
2016 Courtney Miller.....	St. Olaf
2017 Jenna Nagy.....	St. Catherine
2018 Rose Peterson.....	St. Olaf
2019 Gabby Page.....	St. Catherine
2020 Peyton Ekman.....	St. Thomas
2021 --	
2022 Courtney Broyles.....	Hamline
2023 Izzy Treanor	St. Olaf
2024 Izzy Treanor	St. Olaf
2025 Nina Schwab.....	Carleton
Hailey Westrup.....	Carleton

ROOKIE OF THE YEAR SCHOOL

2023	Skye Schmit	Macalester
2024	Stella Anderson Moye	Gustavus
2025	Geneva Fackler.....	Gustavus

COACH OF THE YEAR..... SCHOOL

2002	Jon Carlson.....	Gustavus
	Bob Pearson.....	Macalester
2003	Bob Pearson.....	Macalester
2004	Bob Pearson.....	Macalester
2005	Andy Clark	Carleton
	Dave Hauck	St. Olaf
2006	Bob Pearson.....	Macalester
2007	Tom Hodgson.....	St. Thomas
2008	Brooke Larsen	Carleton
	Tom Hodgson.....	St. Thomas
2009	Nicole Hempler	St. Catherine
2010	Jon Carlson.....	Gustavus
2011	Shana Erickson	St. Catherine
	Nicole Hempler	St. Catherine
2012	Bob Hauck	St. Olaf
	Dave Hauck	St. Olaf
2013	Tom Hodgson.....	St. Thomas
2014	Jon Carlson.....	Gustavus
2015	Scott Blanchard.....	St. Thomas
2016	Scott Blanchard.....	St. Thomas
2017	Andy Clark	Carleton
2018	Jon Carlson.....	Gustavus
	Justin Zook	St. Catherine
2019	Justin Zook	St. Catherine
2020	Justin Zook	St. Catherine
2021	--	
2022	Justin Zook	St. Catherine
2023	Kyllian Griffin	Macalester
2024	Kyllian Griffin	Macalester
2025	Jon Carlson.....	Gustavus

MIAC INDIVIDUAL RECORDS				
EVENT	TIME	INDIVIDUAL	INSTITUTION	YEAR
50-YARD FREESTYLE	22.77	Emma Paulson	St. Thomas	2015
MEET RECORD	22.78	Marie Marsman	Carleton	2005
100-YARD FREESTYLE	49.46	Marie Marsman	Carleton	2005
MEET RECORD	49.73	Marie Marsman	Carleton	2003
200-YARD FREESTYLE	1:48.26	Jordyn Wentzel	St. Catherine	2019
MEET RECORD	1:49.96	Jordyn Wentzel	St. Catherine	2019
500-YARD FREESTYLE	4:51.21	Maggie Menso	St. Catherine	2022
MEET RECORD	4:51.21	Maggie Menso	St. Catherine	2022
1,000-YARD FREESTYLE	10:07.50	Maggie Menso	St. Catherine	2022
MEET RECORD	10:12.99	Maggie Menso	St. Catherine	2019
1,650-YARD FREESTYLE	16:43.43	Maggie Menso	St. Catherine	2022
MEET RECORD	16:43.43	Maggie Menso	St. Catherine	2022
100-YARD BREASTSTROKE	1:00.72	Jordyn Wentzel	St. Catherine	2019
MEET RECORD	1:01.15	Jordyn Wentzel	St. Catherine	2022
200-YARD BREASTSTROKE	2:10.06	Jordyn Wentzel	St. Catherine	2022
MEET RECORD	2:10.66	Jordyn Wentzel	St. Catherine	2022
100-YARD BACKSTROKE	54.43	Emma Paulson	St. Thomas	2017
MEET RECORD	54.61	Emma Paulson	St. Thomas	2016
200-YARD BACKSTROKE	1:56.33	Emma Paulson	St. Thomas	2015
MEET RECORD	1:58.80	Emma Paulson	St. Thomas	2017
100-YARD BUTTERFLY	55.25	Mariann Kukielka	St. Thomas	2014
MEET RECORD	55.25	Mariann Kukielka	St. Thomas	2014
200-YARD BUTTERFLY	2:01.82	Jordyn Wentzel	St. Catherine	2019
MEET RECORD	2:03.61	Katelyn Strauss	St. Thomas	2016
200-YARD INDIVIDUAL MEDLEY	1:57.82	Jordyn Wentzel	St. Catherine	2022
MEET RECORD	1:59.47	Jordyn Wentzel	St. Catherine	2022
400-YARD INDIVIDUAL MEDLEY	4:17.50	Jordyn Wentzel	St. Catherine	2022
MEET RECORD	4:26.18	Hannah Svendsen	St. Catherine	2022
1-Meter Diving	485.40	Renee' Jordan	Macalester	2013
MEET RECORD	475.40	Nina Schwab	Carleton	2025
3-Meter Diving	524.65	Angie Soucek	Carleton	2001
MEET RECORD	524.65	Angie Soucek	Carleton	2001

MIAC RELAY RECORDS				
EVENT	TIME	INDIVIDUAL	INSTITUTION	YEAR
200-YARD MEDLEY RELAY	1:43.14	Paulson Punyko Kukielka Gruewald	St. Thomas	2015
MEET RECORD	1:43.14	Paulson Punyko Kukielka Gruewald	St. Thomas	2015
400-YARD MEDLEY RELAY	3:45.55	Anne Voss Jordyn Wentzel Emma Svendsen Macy Klein	St. Catherine	2022
MEET RECORD	3:46.83	Amelia Baxley Jordyn Wentzel Emma Svendsen Macy Klein	St. Catherine	2022
200-YARD FREESTYLE RELAY	1:33.27	Katie Olson Tarin Anding Danielle Klunk Alissa Tinklenberg	Gustavus	2014
MEET RECORD	1:33.49	Molitor Paulson Strauss Howard	St. Thomas	2017
400-YARD FREESTYLE RELAY	3:25.59	Jordyn Wentzel Macy Klein Maggie Menso Anne Voss	St. Catherine	2022
MEET RECORD	3:26.23	Maggie Menso Annie Voss Macy Klein Jordyn Wentzel	St. Catherine	2022
800-YARD FREESTYLE RELAY	7:26.04	Jordyn Wentzel Macy Klein Anne Voss Maggie Menso	St. Catherine	2022
MEET RECORD	7:27.26	Jordyn Wentzel Annie Voss Emma Svendsen Maggie Menso	St. Catherine	2022

AUGSBURG PROGRAM RECORDS			
EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	24.82	Morgan Mangel	2021
100-YARD FREESTYLE	55.21	Morgan Mangel	2018
200-YARD FREESTYLE	2:02.82	Kelsey Knollmueller	2015
500-YARD FREESTYLE	5:28.87	Kelsey Knollmueller	2013
1,000-YARD FREESTYLE	11:22.24	Jordyn Robarge	2016
1,650-YARD FREESTYLE	18:46.85	Kelsey Knollmueller	2014
100-YARD BREASTSTROKE	1:10.22	Kelsey Knollmueller	2014
200-YARD BREASTSTROKE	2:29.89	Kelsey Knollmueller	2014
100-YARD BACKSTROKE	1:02.90	Carli Kirchoff	2016
200-YARD BACKSTROKE	2:21.80	Carli Kirchoff	2015
100-YARD BUTTERFLY	1:02.77	Kasi Clauson	2005
200-YARD BUTTERFLY	2:23.85	Kelsey Knollmueller	2015
200-YARD INDIVIDUAL MEDLEY	2:17.19	Kelsey Knollmueller	2014
400-YARD INDIVIDUAL MEDLEY	4:48.19	Kelsey Knollmueller	2016
200-YARD MEDLEY RELAY	1:56.97	Kieley Knollmueller Prosser Carwin	2015
400-YARD MEDLEY RELAY	4:21.81	Bier Knollmueller Hilgendorf Connors	2014
200-YARD FREESTYLE RELAY	1:43.90	Connors Knollmueller Hilgendorf Schmidt	2014
400-YARD FREESTYLE RELAY	3:48.01	Kirchoff Carwin Robarge Knollmueller	2016
800-YARD FREESTYLE RELAY	8:21.97	Kirchoff Knollmueller Robarge Carwin	2016
1-Meter Diving	352.15	Cassie Lehman	2019
	378.80	Maddie Moser	2017
3-Meter Diving	350.30	Cassie Lehman	2019
	345.15	Cassie Lehman	2017

CARLETON PROGRAM RECORDS			
EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	22.78	Marie Marsman	2005
100-YARD FREESTYLE	49.46	Marie Marsman	2005
200-YARD FREESTYLE	1:49.09	Marie Marsman	2003
500-YARD FREESTYLE	4:58.53	Maggie Alexander	2009
1,000-YARD FREESTYLE	10:34.61	Molly Spence	2010
1,650-YARD FREESTYLE	17:35.09	Molly Spence	2010
100-YARD BREASTSTROKE	1:04.49	Ada Meyer	2019
200-YARD BREASTSTROKE	2:21.41	Ada Meyer	2019
100-YARD BACKSTROKE	55.84	Kale Zicafoose	2011
200-YARD BACKSTROKE	2:01.78	Maria Wetzel	2017
100-YARD BUTTERFLY	57.67	Kale Zicafoose	2011
200-YARD BUTTERFLY	2:09.20	Alison Cameron	2019
200-YARD INDIVIDUAL MEDLEY	2:06.94	Kate Alexander	2008
400-YARD INDIVIDUAL MEDLEY	4:27.16	Maria Wetzel	2017
200-YARD MEDLEY RELAY	1:46.69	Kale Zicafoose	2009
		Kate Alexander	
		Kaarin Taylor	
		Louise Buckler	
400-YARD MEDLEY RELAY	3:52.55	Kale Zicafoose	2009
		Kate Alexander	
		Kaarin Taylor	
		Becky Alexander	
200-YARD FREESTYLE RELAY	1:35.59	Marie Marsman	2005
		Andrea Barbera	
		Jenny Grover	
		Jen Gratz	
400-YARD FREESTYLE RELAY	3:28.35	Emily Mondloh	2005
		Andrea Barbera	
		Jenny Grover	
		Marie Marsman	
800-YARD FREESTYLE RELAY	7:37.24	Elise Knoche	2003
		Emily Mondloh	
		Jenny Grover	
		Marie Marsman	
1-Meter Diving	291.25	Nina Schwab	2025
	475.40	Nina Schwab	2025
3-Meter Diving	329.25	Nina Schwab	2025
	524.65	Angie Soucek	2001

CONCORDIA PROGRAM RECORDS			
EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	24.59	Hailey Jaeger	2022
100-YARD FREESTYLE	54.64	Hailey Jaeger	2022
200-YARD FREESTYLE	1:58.65	Katie Coleman	2011
500-YARD FREESTYLE	5:15.01	Annie Herkenhoff	2016
1,000-YARD FREESTYLE	10:48.25	Annie Herkenhoff	2016
1,650-YARD FREESTYLE	17:47.98	Annie Herkenhoff	2016
100-YARD BREASTSTROKE	1:06.09	Shana Letnes	2000
200-YARD BREASTSTROKE	2:26.04	Shana Letnes	2001
100-YARD BACKSTROKE	1:01.13	Libbie Hardwick	2015
200-YARD BACKSTROKE	2:12.82	Alaina Dehnke	2015
100-YARD BUTTERFLY	1:01.05	Sarah Nelson	2017
200-YARD BUTTERFLY	2:16.28	Amy Warren	2019
200-YARD INDIVIDUAL MEDLEY	2:14.84	Amy Warren	2019
400-YARD INDIVIDUAL MEDLEY	4:46.51	Amy Warren	2019
200-YARD MEDLEY RELAY	1:53.54	L. Hardwick C. White A. O'Connell S. Nelson	2017
400-YARD MEDLEY RELAY	4:09.42	L. Hardwick C. White S. Nelson J. Plekkenpol	2017
200-YARD FREESTYLE RELAY	1:42.49	K. Coleman A. Weisz S. Ament A. Suchanek	2010
400-YARD FREESTYLE RELAY	3:44.19	K. Coleman A. Weisz S. Ament A. Suchanek	2010
800-YARD FREESTYLE RELAY	8:11.89	S. Ament K. Coleman S. Fossum A. Weisz	2009

GUSTAVUS PROGRAM RECORDS

EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	23.13	Maggie Webster	2018
100-YARD FREESTYLE	50.10	Ellen Hofstede	2022
200-YARD FREESTYLE	1:52.49	Carrie Gundersen	2010
500-YARD FREESTYLE	4:57.01	Carrie Gundersen	2010
1,000-YARD FREESTYLE	10:18.23	Carrie Gundersen	2009
1,650-YARD FREESTYLE	17:04.89	Carrie Gundersen	2009
100-YARD BREASTSTROKE	1:02.70	Jenny Strom	2015
200-YARD BREASTSTROKE	2:17.11	Jenny Strom	2014
100-YARD BACKSTROKE	55.01	Alissa Tinklenberg	2014
200-YARD BACKSTROKE	1:59.59	Alissa Tinklenberg	2014
100-YARD BUTTERFLY	56.23	Kathleen Reilly	2015
200-YARD BUTTERFLY	2:06.45	Danielle Klunk	2014
200-YARD INDIVIDUAL MEDLEY	2:05.84	Hayley Booher	2016
400-YARD INDIVIDUAL MEDLEY	4:30.49	Hayley Booher	2016
200-YARD MEDLEY RELAY	1:43.55	Hayley Booher Jennifer Strom Kathleen Reilly Katie Olson	2015
400-YARD MEDLEY RELAY	3:46.97	Alissa Tinklenberg Jenny Strom Danielle Klunk Katie Olson	2014
200-YARD FREESTYLE RELAY	1:33.27	Katie Olson Tarin Anding Danielle Klunk Alissa Tinklenberg	2014
400-YARD FREESTYLE RELAY	3:25.84	Michelle Campeau Leah Anderson Kathleen Reilly Katie Olson	2015
800-YARD FREESTYLE RELAY	7:36.83	Carly Mosher Dajana Vidovic Jonna Berry Carrie Gundersen	2010
1-Meter Diving	361.35	Brittani Matzke	2009
	440.25	Sophia Steinberg	2020
3-Meter Diving	355.70	Maria Freund	2009
	374.95	Anna Felkey	2001

HAMLIN PROGRAM RECORDS

EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	24.20	Taylor Martinek	2016
100-YARD FREESTYLE	53.11	Julie Benjamin	1989
200-YARD FREESTYLE	1:54.93	Amy Stromwell	1993
500-YARD FREESTYLE	5:04.88	Paula MacDonald	1983
1,000-YARD FREESTYLE	10:34.84	Karen Bosveld	1989
1,650-YARD FREESTYLE	17:29.87	Paua MacDonald	1983
100-YARD BREASTSTROKE	1:07.58	Sila Yurttas	2025
200-YARD BREASTSTROKE	2:27.58	Sue Brings	1982
100-YARD BACKSTROKE	56.83	Taylor Martinek	2019
200-YARD BACKSTROKE	2:05.94	Taylor Martinek	2018
100-YARD BUTTERFLY	58.46	Jane Rotman	1985
200-YARD BUTTERFLY	2:10.44	Paula MacDonald	1983
200-YARD INDIVIDUAL MEDLEY	2:11.46	Carrie Hefte	1980
400-YARD INDIVIDUAL MEDLEY	4:37.13	Sue Brings	1983
200-YARD MEDLEY RELAY	1:51.25	Laura Woodruff	1984
		Sue Korts	
		Beth Peterson	
		Gretchen Miller	
400-YARD MEDLEY RELAY	4:03.70	Barb Lee	1984
		Sue Brings	
		Jane Rotman	
		Heidi Keller	
200-YARD FREESTYLE RELAY	1:39.17	Gretchen Miller	1979
		Carrie Hefte	
		Missy Spence	
		Kate Lundsten	
400-YARD FREESTYLE RELAY	3:36.34	Julie Benjamin	1989
		Penny Tollefson	
		Jenny Hatch	
		Heather Klotzbach	
800-YARD FREESTYLE RELAY	7:54.78	Amy Stromwell	1992
		Penny Tollefson	
		Lori Coda	
		Heather Klotzbach	
1-Meter Diving	277.70	Courtney Broyles	2023
	465.0	Courtney Broyles	2023
3-Meter Diving	259.15	Erica Robinson	1996
	523.01	Steph Dahle	1989

MACALESTER PROGRAM RECORDS			
EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	23.93	Jocelyn Radke	2022
100-YARD FREESTYLE	52.76	Jocelyn Radke	2024
200-YARD FREESTYLE	1:53.07	Skye Schmit	2023
500-YARD FREESTYLE	5:01.60	Skye Schmit	2023
1,000-YARD FREESTYLE	10:24.09	Skye Schmit	2023
1,650-YARD FREESTYLE	17:15.83	Skye Schmit	2023
100-YARD BREASTSTROKE	1:04.89	Izzy Uhlhorn-Thornton	2025
200-YARD BREASTSTROKE	2:20.83	Izzy Uhlhorn-Thornton	2025
100-YARD BACKSTROKE	55.17	Verity Wray-Raabolle	2025
200-YARD BACKSTROKE	2:04.60	Verity Wray-Raabolle	2025
100-YARD BUTTERFLY	57.08	Jocelyn Radke	2024
200-YARD BUTTERFLY	2:10.97	Hannah Zurn	2024
200-YARD INDIVIDUAL MEDLEY	2:10.19	Caroline Chapon	2025
400-YARD INDIVIDUAL MEDLEY	4:38.94	Heather Lendway	2006
200-YARD MEDLEY RELAY	1:45.03	Verity Wray-Raabolle	2025
		Izzy Uhlhorn-Thornton	
		Olga Merkadeau	
		Caroline Chapon	
400-YARD MEDLEY RELAY	3:51.41	Verity Wray-Raabolle	2025
		Izzy Uhlhorn-Thornton	
		Caroline Chapon	
		Olga Merkadeau	
200-YARD FREESTYLE RELAY	1:35.81	Verity Wray-Raabolle	2025
		Natalie Pollock	
		Olga Merkadeau	
		Caroline Chapon	
400-YARD FREESTYLE RELAY	3:33.26	Caroline Chapon	2025
		Olga Merkadeau	
		Verity Wray-Raabolle	
		Natalie Pollock	
800-YARD FREESTYLE RELAY	7:44.13	Skye Schmit	2024
		Emma Henry	
		Natalie Pollock	
		Hannah Zurn	
1-Meter Diving	299.55	Renee Jordan	2014
	490.50	Renee Jordan	2014
3-Meter Diving	319.00	Renee Jordan	2014
	516.00	Renee Jordan	2014

SAINT BENEDICT PROGRAM RECORDS

EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	23.71	Steph Bierman	2013
100-YARD FREESTYLE	52.11	Steph Bierman	2013
200-YARD FREESTYLE	1:54.05	Ana Birkliid	2022
500-YARD FREESTYLE	5:04.51	Gretchen Weber	1999
1,000-YARD FREESTYLE	10:42.09	Kaelly Simpson	2008
1,650-YARD FREESTYLE	17:48.74	Michelle Macy	1997
100-YARD BREASTSTROKE	1:04.58	Katie Kuhlmann	2000
200-YARD BREASTSTROKE	2:22.34	Fiona Rosko	2021
100-YARD BACKSTROKE	57.22	Mikayla Von Wahlde	2019
200-YARD BACKSTROKE	2:04.49	Ana Birkliid	2022
100-YARD BUTTERFLY	59.13	Ellen Dean	2011
200-YARD BUTTERFLY	2:08.86	Ellen Dean	2011
200-YARD INDIVIDUAL MEDLEY	2:06.17	Ana Birkliid	2022
400-YARD INDIVIDUAL MEDLEY	4:35.28	Ana Birkliid	2019
200-YARD MEDLEY RELAY	1:47.08	Smutka Bartels Schlueter Wagner	2024
400-YARD MEDLEY RELAY	3:56.57	Madison Slavik Ana Birkliid Jes Milstroh Emi Wagner	2022
200-YARD FREESTYLE RELAY	1:36.65	Rudin Heller Hagen Bierman	2016
400-YARD FREESTYLE RELAY	3:33.96	Jes Milstroh Lindsay Smutka Ana Birkliid Emi Wagner	2022
800-YARD FREESTYLE RELAY	7:50.03	Triggs Wood Brau Kessler	2010
1-Meter Diving	268.20	Emily Quill	2019
	459.05	Emily Quill	2020
3-Meter Diving	262.80	Katie Macy	1997
	443.20	Katie Macy	1997

ST. CATHERINE PROGRAM RECORDS

EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	23.20	Macy Klein	2022
100-YARD FREESTYLE	50.45	Jordyn Wentzel	2019
200-YARD FREESTYLE	1:48.26	Jordyn Wentzel	2019
500-YARD FREESTYLE	4:51.21	Maggie Menso	2022
1,000-YARD FREESTYLE	10:07.50	Maggie Menso	2022
1,650-YARD FREESTYLE	16:43.43	Maggie Menso	2022
100-YARD BREASTSTROKE	1:00.72	Jordyn Wentzel	2019
200-YARD BREASTSTROKE	2:10.06	Jordyn Wentzel	2022
100-YARD BACKSTROKE	56.09	Amelia Baxley	2020
200-YARD BACKSTROKE	2:01.54	Annie Voss	2023
100-YARD BUTTERFLY	55.30	Jordyn Wentzel	2021
200-YARD BUTTERFLY	2:01.82	Jordyn Wentzel	2019
200-YARD INDIVIDUAL MEDLEY	1:57.82	Jordyn Wentzel	2022
400-YARD INDIVIDUAL MEDLEY	4:17.50	Jordyn Wentzel	2022
200-YARD MEDLEY RELAY	1:43.30	Amelia Baxley Jordyn Wentzel Hannah Svendsen Macy Klein	2022
400-YARD MEDLEY RELAY	3:45.55	Anne Voss Jordyn Wentzel Emma Svendsen Macy Klein	2022
200-YARD FREESTYLE RELAY	1:34.92	Macy Klein Jordyn Wentzel Annie Voss Maggie Menso	2022
400-YARD FREESTYLE RELAY	3:25.59	Jordyn Wentzel Macy Klein Maggie Menso Anne Voss	2022
800-YARD FREESTYLE RELAY	7:26.04	Jordyn Wentzel Macy Klein Anne Voss Maggie Menso	2022
1-Meter Diving	273.45	Jenna Nagy	2017
	463.45	Gabby Page	2019
3-Meter Diving	294.25	Sarah Moody	2011
	474.60	Jenna Nagy	2017

ST. OLAF PROGRAM RECORDS			
EVENT	TIME	INDIVIDUAL	YEAR
50-YARD FREESTYLE	23.48	Claire Walters	2017
100-YARD FREESTYLE	51.42	Maya Knutson	2022
200-YARD FREESTYLE	1:50.22	Meghan Weiss	2013
500-YARD FREESTYLE	4:56.68	Marissa Wolff	2019
1,000-YARD FREESTYLE	10:17.55	Marissa Wolff	2019
1,650-YARD FREESTYLE	17:12.65	Caitlin Croasdell	2018
100-YARD BREASTSTROKE	1:04.36	Sophia Nevin	2021
200-YARD BREASTSTROKE	2:17.39	Sophia Nevin	2022
100-YARD BACKSTROKE	56.56	Olivia Small	2025
200-YARD BACKSTROKE	2:03.52	Carolyn Bernhardt	2013
100-YARD BUTTERFLY	56.26	Claire Walters	2017
200-YARD BUTTERFLY	2:07.15	Claire Walters	2015
200-YARD INDIVIDUAL MEDLEY	2:07.15	Allison Beardsley	2011
400-YARD INDIVIDUAL MEDLEY	4:27.67	Paige Steenblock	2025
200-YARD MEDLEY RELAY	1:45.50	Kelly Punyko	2016
		Megan Gaylord	//
		Claire Walters	2019
		Abbey Schnaith	
		//	
		Kelly Punyko	
		Sophia Nevin	
		Helen Jensen	
		Marissa Wolff	
400-YARD MEDLEY RELAY	3:50.54	Kelly Punyko Sophia Nevin Helen Jensen Marissa Wolff	2019
200-YARD FREESTYLE RELAY	1:36.06	Love Blum Cowell Brentz	2005
400-YARD FREESTYLE RELAY	3:28.29	Bernhardt Lee Feldman Weiss	2013
800-YARD FREESTYLE RELAY	7:31.13	Maria Newton Helen Jensen Maya Knutson Marissa Wolff	2020
1-Meter Diving	457.72	Izzy Treanor	2024
3-Meter Diving	459.50	Leanna Williams	1999

50-YARD FREESTYLE

1985	Mary Kavaney	Hamline	25.49
1986	Michelle Pregler	St. Olaf	24.72
1987	Roslyn Fittin	St. Thomas	24.80
1988	--		
1989	--		
1990	--		
1991	Jenny Hatch	Hamline	25.13
1992	--		
1993	Kristin Lysne	St. Olaf	25.64
1994	Kristen Quade	St. Olaf	24.9
1995	Kristin Quade	St. Olaf	25.06
1996	Connie Pierre	St. Thomas	24.66
1997	Kristin Quade	St. Olaf	24.91
1998	Courtney Remes	Saint Benedict	24.48
1999	Emily Peterson	Carleton	24.79
2000	Molly Lalor	Carleton	24.73
2001	Marie Marsman	Carleton	23.80
2002	Marie Marsman	Carleton	23.66
2003	Marie Marsman	Carleton	23.24
2004	Beth DeLaRosby	Gustavus	23.31
2005	Marie Marsman	Carleton	22.78
2006	Jen Gratz	Carleton	24.62
2007	Dana Ketcher	Hamline	24.38
2008	Becca Ney	St. Thomas	24.16
2009	Lauren Snyder	St. Olaf	23.73
2010	Becca Ney	St. Thomas	23.61
2011	Kelsey Lucia	Gustavus	23.30
2012	Sophie Pilhofer	Carleton	23.81
2013	Sophie Pilhofer	Carleton	23.43
2014	Alissa Tinklenberg	Gustavus	23.18
2015	Emma Paulson	St. Thomas	22.99
2016	Emma Paulson	St. Thomas	22.86
2017	Emma Paulson	St. Thomas	23.02
2018	Maggie Webster	Gustavus	23.25
2019	Maggie Webster	Gustavus	23.37
2020	Macy Klein	St. Catherine	23.58
2021	--		
2022	Macy Klein	St. Catherine	23.35
2023	Ellen Hofstede	Gustavus	23.46
2024	Lucy Peterson	Gustavus	23.32
2025	Katie Homme	St. Olaf	23.92

100-YARD FREESTYLE

1985	Michelle Pregler	St. Olaf	54.67
1986	Michelle Pregler	St. Olaf	52.99
1987	Julie Benjamin	Hamline	54.64
1988	Michelle Pregler	St. Olaf	52.44
1989	--		
1990	--		
1991	Jenny Hatch	Hamline	54.20
1992	--		
1993	Amy Stromwell	Hamline	53.74
1994	Kristin Quade	St. Olaf	54.28
1995	Kristin Quade	St. Olaf	53.80
1996	Connie Pierre	St. Thomas	53.78
1997	Kristin Quade	St. Olaf	53.49
1998	Sarah Krohn	Gustavus	54.17
1999	Emily Peterson	Carleton	54.09
2000	Molly Lalor	Carleton	53.27
2001	Marie Marsman	Carleton	52.31
2002	Marie Marsman	Carleton	50.21
2003	Marie Marsman	Carleton	49.73
2004	Beth DeLaRosby	Gustavus	52.22
2005	Marie Marsman	Carleton	49.97
2006	Becky Alexander	Carleton	53.35
2007	Becky Alexander	Carleton	52.82
2008	Becca Ney	St. Thomas	52.68
2009	Becca Ney	St. Thomas	51.87
2010	Becca Ney	St. Thomas	51.01
2011	Becca Ney	St. Thomas	51.42
2012	Meghan Weiss	St. Olaf	52.14
2013	Meghan Weiss	St. Olaf	51.72
2014	Katie Olson	Gustavus	51.61
2015	Katie Olson	Gustavus	51.60
2016	Kathleen Reilly	Gustavus	51.49
2017	Caroline Mather	Carleton	51.44
2018	Maggie Webster	Gustavus	51.59
2019	Macy Klein	St. Catherine	51.08
2020	Ellen Hofstede	Gustavus	51.08
	Macy Klein	St. Catherine	51.08
2021	--		
2022	Ellen Hofstede	Gustavus	50.10
2023	Ellen Hofstede	Gustavus	51.44
2024	Lucy Peterson	Gustavus	52.02
2025	Katie Homme	St. Olaf	52.23

200-YARD FREESTYLE

1985	Heidi Keller	Hamline	1:58.05
1986	Michelle Pregler	St. Olaf	1:55.16
1987	Heidi Keller	Hamline	1:57.17
1988	--		
1989	--		
1990	--		
1991	Maureen Olson	St. Thomas	1:56.63
1992	--		
1993	Maureen Olson	St. Thomas	1:56.28
1994	Steph Duerkop	St. Olaf	1:57.77
1995	Kristin Quade	St. Olaf	1:58.11
1996	Kristin Quade	St. Olaf	1:57.47
1997	Kristin Quade	St. Olaf	1:56.39
1998	Katy Linstroth	St. Olaf	1:56.69
1999	Gretchen Weber	Saint Benedict	1:54.40
2000	Molly Lalor	Carleton	1:57.62
2001	Maroya Spalding	Carleton	1:56.38
2002	Marie Marsman	Carleton	1:53.53
2003	Elise Knoche	Carleton	1:57.39
2004	Kelly Dolan	St. Olaf	1:56.06
2005	Marie Marsman	Carleton	1:53.32
2006	Mikayla Meyer	St. Olaf	1:56.37
2007	Karin Brown	Carleton	1:55.52
2008	Karin Brown	Carleton	1:55.92
2009	Lauren Snyder	St. Olaf	1:53.42
2010	Becca Ney	St. Thomas	1:52.44
2011	Meghan Weiss	St. Olaf	1:52.14
2012	Meghan Weiss	St. Olaf	1:51.72
2013	Meghan Weiss	St. Olaf	1:50.71
2014	Maddie Lee	St. Olaf	1:51.64
2015	Maddie Lee	St. Olaf	1:52.63
2016	Maddie Lee	St. Olaf	1:52.49
2017	Alex Howard	St. Thomas	1:52.81
2018	Marissa Wolff	St. Olaf	1:52.47
2019	Maggie Menso	St. Catherine	1:50.64
2020	Maggie Menso	St. Catherine	1:51.20
2021	--		
2022	Maggie Menso	St. Catherine	1:50.17
2023	Skye Schmit	Macalester	1:53.59
2024	Skye Schmit	Macalester	1:53.67
2025	Geneva Fackler	Gustavus	1:53.85

500-YARD FREESTYLE

1985	Heidi Keller	Hamline	5:19.57
1986	Heidi Keller	Hamline	5:26.11
1987	Heidi Keller	Hamline	5:09.64
1988	--		
1989	--		
1990	--		
1991	Maureen Olson	St. Thomas	5:11.39
1992	--		
1993	Maureen Olson	St. Thomas	5:06.78
1994	Laura Arneson	Carleton	5:14.29
1995	Laura Arneson	Carleton	5:13.56
1996	Michelle Macy	Saint Benedict	5:15.12
1997	Katy Linstroth	St. Olaf	5:09.09
1998	Katy Linstroth	St. Olaf	5:10.66
1999	Katy Linstroth	St. Olaf	5:03.07
2000	Maroya Spalding	Carleton	5:14.19
2001	Maroya Spalding	Carleton	5:08.11
2002	Maroya Spalding	Carleton	5:12.81
2003	Elise Knoche	Carleton	5:06.27
2004	Anne Lindberg	St. Olaf	5:05.82
2005	Heather Lendway	Macalester	5:04.16
2006	Heather Lendway	Macalester	5:04.65
2007	Carrie Gunderson	Gustavus	5:08.28
2008	Carrie Gunderson	Gustavus	5:07.98
2009	Maggie Alexander	Carleton	4:59.91
2010	Carrie Gunderson	Gustavus	4:59.02
2011	Meghan Weiss	St. Olaf	5:05.48
2012	Meghan Weiss	St. Olaf	4:57.40
2013	Meghan Weiss	St. Olaf	5:00.26
2014	Jenny Strom	Gustavus	5:02.22
2015	Jenny Strom	Gustavus	5:02.53
2016	Katelyn Strauss	St. Thomas	5:01.24
2017	Alex Howard	St. Thomas	5:02.01
2018	Katelyn Strauss	St. Thomas	4:59.92
2019	Maggie Menso	St. Catherine	4:51.31
2020	Maggie Menso	St. Catherine	4:56.87
2021	--		
2022	Maggie Menso	St. Catherine	4:51.21
2023	Jordyn Wentzel	St. Catherine	4:55.48
2024	Skye Schmit	Macalester	5:03.55
2025	Geneva Fackler	Gustavus	5:04.74

1650-YARD FREESTYLE

1985	Karen Shimon	Hamline	18:24.83
1986	--		
1987	Heidi Keller	Hamline	18:14.72
1988	Karen Bosveld	Hamline	18:02.99
1989	--		
1990	--		
1991	Maureen Olson	St. Thomas	17:52.54
1992	--		
1993	Maureen Olson	St. Thomas	17:40.22
1994	Laura Arneson	Carleton	18:07
1995	Jean Tate	St. Olaf	17:59.76
1996	Jean Tate	St. Olaf	17:58.24
1997	Michelle Macy	Saint Benedict	17:48.74
1998	Karin Halvorson	Macalester	17:58.19
1999	Chrissy Lefler	St. Olaf	17:46.78
2000	Karin Halvorson	Macalester	17:58.55
2001	Maroya Spalding	Carleton	17:47.90
2002	Katie Detwiler	St. Olaf	18:00.19
2003	Elise Knoche	Carleton	17:51.78
2004	Anne Lindberg	St. Olaf	17:33.47
2005	Heather Lendway	Macalester	17:40.59
2006	Heather Lendway	Macalester	17:32.24
2007	Carrie Gunderson	Gustavus	17:44.55
2008	Jen Marzolf	St. Olaf	17:46.98
2009	Carrie Gunderson	Gustavus	17:09.69
2010	Carrie Gunderson	Gustavus	17:19.04
2011	Alissa Tinklenberg	Gustavus	17:42.73
2012	Elise Guenther	St. Thomas	17:46.56
2013	Elise Guenther	St. Thomas	17:34.46
2014	Elise Guenther	St. Thomas	17:48.98
2015	Elise Guenther	St. Thomas	17:39.33
2016	Linnea Rizzo	Gustavus	17:43.27
2017	Caitlin Croasdell	St. Olaf	17:30.66
2018	Caitlin Croasdell	St. Olaf	17:12.65
2019	Maggie Menso	St. Catherine	16:52.62
2020	Maggie Menso	St. Catherine	17:01.23
2021	--		
2022	Maggie Menso	St. Catherine	16:43.43
2023	Skye Schmit	Macalester	17:15.83
2024	Skye Schmit	Macalester	17:31.39
2025	Geneva Fackler	Gustavus	17:41.81

100-YARD BACKSTROKE

1985	Jane Rotman	Hamline	1:02.20
1986	Jane Rotman	Hamline	1:03.97
1987	Amy Iloyne	Hamline	1:04.72
1988	Amy Hoyne	Hamline	1:03.41
1989	--		
1990	--		
1991	Juli Keller	St. Olaf	1:01.97
1992	--		
1993	Jenni Nord	Saint Benedict	1:02.05
1994	Heather Kendig	St. Olaf	1:01.94
1995	Chris DeLong	St. Olaf	1:01.04
1996	Chris DeLong	St. Olaf	1:01.66
1997	Courtney Remes	Saint Benedict	1:00.98
1998	Noelle Peterson	Saint Benedict	59.67
1999	Noelle Peterson	Saint Benedict	1:00.78
2000	Robbi Palombi	Gustavus	1:01.64
2001	Andrea Kleven	Gustavus	59.12
2002	Robbi Palombi	Gustavus	1:00.39
2003	Jenny Grover	Carleton	59.12
2004	Jenny Grover	Carleton	59.23
2005	Jenny Grover	Carleton	59.08
2006	Katie Haynes	Gustavus	1:00.52
2007	Becky Alexander	Carleton	59.90
2008	Becca Ney	St. Thomas	58.93
2009	Jena Root	St. Thomas	56.66
2010	Jena Root	St. Thomas	56.88
2011	Kale Zicafoose	Carleton	56.29
2012	Alissa Tinklenberg	Gustavus	56.48
2013	Alissa Tinklenberg	Gustavus	56.41
2014	Alissa Tinklenberg	Gustavus	55.26
2015	Emma Paulson	St. Thomas	55.33
2016	Emma Paulson	St. Thomas	54.61
2017	Emma Paulson	St. Thomas	55.39
2018	Taylor Martinek	Hamline	57.14
2019	Kelly Punyko	St. Olaf	56.92
2020	Amelia Baxley	St. Catherine	56.09
2021	--		
2022	Marit Isaacson	Gustavus	57.79
2023	Verity Wray-Raabolle	Macalester	57.15
2024	Ella Hochstetler	St. Catherine	57.00
2025	Verity Wray-Raabolle	Macalester	55.68

200-YARD BACKSTROKE

1985	Connie Rydberg	St. Olaf	2:17.49
1986	Sherri Bowman	Hamline	2:16.66
1987	Gwen Schluter	St. Olaf	2:14.25
1988	Gwen Schluter	St. Olaf	2:13.80
1989	--		
1990	--		
1991	Jessica Pearson	St. Thomas	2:14.19
1992	--		
1993	Heather Kendig	St. Olaf	2:10.44
1994	Lori Coda	Hamline	2:11.12
1995	Chris DeLong	St. Olaf	2:11.93
1996	Chris DeLong	St. Olaf	2:11.67
1997	Krista Stilson	Hamline	2:12.81
1998	Noelle Peterson	Saint Benedict	2:10.33
1999	Gretchen Weber	Saint Benedict	2:07.98
2000	Chrissy Soule	St. Olaf	2:12.03
2001	Andrea Kleven	Gustavus	2:09.37
2002	Andrea Kleven	Gustavus	2:09.83
2003	Carly Knoell	St. Olaf	2:07.37
2004	Carly Knoell	St. Olaf	2:07.13
2005	Jenny Grover	Carleton	2:06.69
2006	Carly Knoell	St. Olaf	2:10.01
2007	Christi O'Conner	Gustavus	2:09.35
2008	Kale Zicafoose	Carleton	2:07.38
2009	Maggie Alexander	Carleton	2:03.04
2010	Carley Mosher	Gustavus	2:03.57
2011	Kale Zicafoose	Carleton	2:02.28
2012	Alissa Tinklenberg	Gustavus	2:00.99
2013	Alissa Tinklenberg	Gustavus	1:59.92
2014	Alissa Tinklenberg	Gustavus	1:59.59
2015	Emma Paulson	St. Thomas	2:00.13
2016	Emma Paulson	St. Thomas	1:59.72
2017	Emma Paulson	St. Thomas	1:58.80
2018	Kirsten Nelson	St. Thomas	2:04.22
2019	Alex Howard	St. Thomas	2:04.68
2020	Amelia Baxley	St. Catherine	2:02.66
2021	--		
2022	Annie Voss	St. Catherine	2:02.46
2023	Annie Voss	St. Catherine	2:01.54
2024	Ella Hochstetler	St. Catherine	2:04.79
2025	Olivia Small	St. Olaf	2:03.78

100-YARD BREASTSTROKE

1985	Mary Kavaney	Hamline	1:10.28
1986	Mary Kavaney	Hamline	1:09.02
1987	Mary Kavaney	Hamline	1:09.46
1988	Debra Nelson	St. Olaf	1:10.43
1989	--		
1990	--		
1991	Andrea McCarty	St. Olaf	1:09.90
1992	--		
1993	Lydia Neilsen	Carleton	1:09.71
1994	Marsha Richardson	Gustavus	1:12.53
1995	Lydia Neilsen	Carleton	1:09.10
1996	Chanda Coborn	Gustavus	1:09.62
1997	Kelly Hoeschen	Carleton	1:08.54
1998	Shana Lentjes	Concordia	1:08.16
1999	Shana Letnes	Concordia	1:06.10
2000	Katie Kuhlmann	Saint Benedict	1:06.51
2001	Shana Letnes	Concordia	1:06.35
2002	Katie Kuhlmann	Saint Benedict	1:05.97
2003	Anna Guenther	St. Olaf	1:06.24
2004	Eva Miller	Gustavus	1:06.85
2005	Eva Miller	Gustavus	1:06.84
2006	Molly Miller	Carleton	1:08.25
2007	Sarah Koepp	Gustavus	1:06.40
2008	Kjersten Grinde	St. Olaf	1:06.54
2009	Karoline Hart	Macalester	1:05.41
2010	Kate Alexander	Carleton	1:06.02
2011	Lindsey Lee	St. Olaf	1:06.03
2012	Jenny Strom	Gustavus	1:04.60
2013	Jenny Strom	Gustavus	1:03.85
2014	Jenny Strom	Gustavus	1:03.78
2015	Jenny Strom	Gustavus	1:02.70
2016	Megan Gaylord	St. Olaf	1:05.17
2017	Ada Meyer	Carleton	1:05.34
2018	Ashley Christensen	St. Thomas	1:04.92
2019	Jordyn Wentzel	St. Catherine	1:01.75
2020	Jordyn Wentzel	St. Catherine	1:01.40
2021	--		
2022	Jordyn Wentzel	St. Catherine	1:01.15
2023	Jordyn Wentzel	St. Catherine	1:01.44
2024	Izzy Uhlhorn-Thornton	Macalester	1:05.20
2025	Izzy Uhlhorn-Thornton	Macalester	1:04.89

200-YARD BREASTSTROKE

1985	Sue Korts	Hamline	2:33.14
1986	Laura Bunkofske	Hamline	2:38.33
1987	Linda Wallenhorst	St. Catherine	2:34.00
1988	Amy Arlander	St. Olaf	2:32.25
1989	--		
1990	--		
1991	Andrea McCarty	St. Olaf	2:33.08
1992	--		
1993	Andrea McCarty	St. Olaf	2:32.33
1994	Kristin Stone	St. Thomas	2:35.97
1995	Lydia Neilsen	Carleton	2:29.23
1996	Deanne Siverson	Saint Benedict	2:32.63
1997	Kelly Hoeschen	Carleton	2:26.46
1998	Kelly Hoeschen	Carleton	2:27.28
1999	Shana Letnes	Concordia	2:27.06
2000	Katie Kuhlmann	Saint Benedict	2:27.63
2001	Shana Letnes	Concordia	2:26.04
2002	Katie Kuhlmann	Saint Benedict	2:26.95
2003	Anna Guenther	Gustavus	2:27.23
2004	Eva Miller	Gustavus	2:25.43
2005	Eva Miller	Gustavus	2:27.62
2006	Kaelly Simpson	Saint Benedict	2:26.18
2007	Kate Alexander	Carleton	2:24.40
2008	Kate Alexander	Carleton	2:22.75
2009	Anika Erickson	Gustavus	2:21.93
2010	Anika Erickson	Gustavus	2:23.78
2011	Maggie Boling	St. Olaf	2:23.32
2012	Maggie Boling	St. Olaf	2:21.32
2013	Jenny Strom	Gustavus	2:19.65
2014	Jenny Strom	Gustavus	2:17.11
2015	Jenny Strom	Gustavus	2:17.39
2016	Nicole Herrli	St. Thomas	2:22.34
2017	Nicole Herrli	St. Thomas	2:21.46
2018	Nicole Herrli	St. Thomas	2:22.18
2019	Jordyn Wentzel	St. Catherine	2:12.85
2020	Jordyn Wentzel	St. Catherine	2:11.85
2021	--		
2022	Jordyn Wentzel	St. Catherine	2:10.66
2023	Jordyn Wentzel	St. Catherine	2:12.94
2024	Izzy Uhlhorn-Thornton	Macalester	2:21.63
2025	Izzy Uhlhorn-Thornton	Macalester	2:20.83

100-YARD BUTTERFLY

1985	Jane Rotman	Hamline	59.27
1986	Sue Riggs	St. Olaf	1:00.99
1987	Julie Benjamin	Hamline	1:01.37
1988	Jean Hoeve	St. Olaf	1:00.47
1989	--		
1990	--		
1991	Dana Strand	St. Thomas	1:00.29
1992	--		
1993	Sallie Park	Gustavus	1:00.59
1994	Heather Raser	Saint Benedict	1:00.6
1995	Ashley Holderness	Saint Benedict	1:00.43
1996	Ashley Holderness	Saint Benedict	59.95
1997	Heather Raser	Saint Benedict	1:01.17
1998	Katie Olson	Saint Benedict	59.97
1999	Julie Cochran	Carleton	1:01.74
2000	Gretchen Weber	Saint Benedict	1:01.37
2001	Marie Marsman	Carleton	59.19
2002	Emily King	Gustavus	59.50
2003	Marie Marsman	Carleton	58.19
2004	Katie Garvey	Gustavus	59.40
2005	Katie Garvey	Gustavus	59.39
2006	Hannah Berg	St. Olaf	58.90
2007	Julia Rood	St. Olaf	57.84
2008	Kaarin Taylor	Carleton	59.56
2009	Kaarin Taylor	Carleton	58.58
2010	Stephanie Korba	Gustavus	57.85
2011	Stephanie Korba	Gustavus	57.98
2012	Mariann Kukielka	St. Thomas	57.07
2013	Mariann Kukielka	St. Thomas	57.19
2014	Mariann Kukielka	St. Thomas	55.25
2015	Kathleen Reilly	Gustavus	57.17
2016	Kathleen Reilly	Gustavus	56.67
2017	Claire Walters	St. Olaf	56.26
2018	Katelyn Strauss	St. Thomas	56.85
2019	Anna Astrup	St. Thomas	56.54
2020	Maria Newton	St. Olaf	56.51
2021	--		
2022	Ellen Hofstede	Gustavus	56.91
2023	Emma Svendsen	St. Catherine	56.63
2024	Emma Svendsen	St. Catherine	56.56
2025	Emma Svendsen	St. Catherine	57.64

200-YARD BUTTERFLY

1985	Jane Rotman	Hamline	2:12.97
1986	Sherri Bowman	Hamline	2:11.91
1987	Anne Kubik	St. Olaf	2:17.36
1988	Gayle Dudley	Hamline	2:15.38
1989	--		
1990	--		
1991	Staci Collins	St. Olaf	2:14.15
1992	--		
1993	Candy Crociani	St. Olaf	2:17.69
1994	Heather Raser	Saint Benedict	2:14.8
1995	Ashley Holderness	Saint Benedict	2:14.56
1996	Ashley Holderness	Saint Benedict	2:14.24
1997	Katy Linstroth	St. Olaf	2:11.12
1998	Katy Lindstroth	St. Olaf	2:14.12
1999	Katy Lindstroth	St. Olaf	2:11.50
2000	Julie Cochran	Carleton	2:15.55
2001	Ann Marie Miller	Gustavus	2:14.30
2002	Ann Marie Miller	Gustavus	2:11.92
2003	Emily Newman	Carleton	2:12.68
2004	Katie Detwiler	St. Olaf	2:11.99
2005	Lainie Cassel	St. Olaf	2:10.08
2006	Lainie Cassel	St. Olaf	2:11.48
2007	Erica Hickey	Gustavus	2:15.45
2008	Jen Marzolf	St. Olaf	2:11.71
2009	Kaarin Taylor	Carleton	2:11.76
2010	Stephanie Korba	Gustavus	2:10.49
2011	Ellen Dean	Saint Benedict	2:08.86
2012	Lydia Feldman	St. Olaf	2:08.97
2013	Katie Bromback	St. Thomas	2:09.24
2014	Dani Klunk	Gustavus	2:06.45
2015	Claire Walters	St. Olaf	2:07.15
2016	Katelyn Strauss	St. Thomas	2:06.78
2017	Katelyn Strauss	St. Thomas	2:03.61
2018	Katelyn Strauss	St. Thomas	2:05.77
2019	Anna Astrup	St. Thomas	2:06.83
2020	Anna Astrup	St. Thomas	2:05.65
2021	--		
2022	Hannah Svendsen	St. Catherine	2:07.00
2023	Emma Svendsen	St. Catherine	2:05.26
2024	Emma Svendsen	St. Catherine	2:08.14
2025	Paige Steenblock	St. Olaf	2:08.39

200-YARD INDIVIDUAL MEDLEY

1985	Jane Rotman	Hamline	2:13.56
1986	Jane Rotman	Hamline	2:18.67
1987	Janette Ahrndt	St. Olaf	2:17.91
1988	--		
1989	--		
1990	--		
1991	Penny Tollefson	Hamline	2:13.81
1992	--		
1993	Stacie Collins	St. Olaf	2:15.57
1994	Stacie Collins	St. Olaf	2:14.90
1995	Chris DeLong	St. Olaf	2:14.39
1996	Chris DeLong	St. Olaf	2:14.09
1997	Laura Arneson	Carleton	2:14.96
1998	Noelle Peterson	Saint Benedict	2:14.51
1999	Chrissy Soule	St. Olaf	2:12.92
2000	Chrissy Soule	St. Olaf	2:14.36
2001	Andrea Kleven	Gustavus	2:11.42
2002	Andrea Kleven	Gustavus	2:09.79
2003	Katie Detwiler	St. Olaf	2:12.82
2004	Katie Detwiler	St. Olaf	2:11.06
2005	Katie Detwiler	St. Olaf	2:11.71
2006	Sara Pfau	Gustavus	2:11.96
2007	Kate Alexander	Carleton	2:09.12
2008	Kate Alexander	Carleton	2:06.94
2009	Alli Beardsley	St. Olaf	2:09.18
2010	Carley Mosher	Gustavus	2:09.48
2011	Alli Beardsley	St. Olaf	2:07.15
2012	Lydia Feldman	St. Olaf	2:08.38
2013	Steff Jurusik	St. Catherine	2:06.92
2014	Dani Klunk	Gustavus	2:06.96
2015	Hayley Booher	Gustavus	2:07.33
2016	Hayley Booher	Gustavus	2:05.84
2017	Nicole Herrli	St. Thomas	2:06.77
2018	Nicole Herrli	St. Thomas	2:08.59
2019	Jordyn Wentzel	St. Catherine	2:01.75
2020	Jordyn Wentzel	St. Catherine	2:01.59
2021	--		
2022	Jordyn Wentzel	St. Catherine	1:59.47
2023	Annie Voss	St. Catherine	2:05.56
2024	Emma Svendsen	St. Catherine	2:07.80
2025	Marit Isaacson	Gustavus	2:06.27

400-YARD INDIVIDUAL MEDLEY

1985	Gail Plunkett	Hamline	4:48.03
1986	Karen Shimon	Hamline	4:46.77
1987	Gwen Schluter	St. Olaf	4:50.76
1988	Gwen Schluter	St. Olaf	4:45.98
1989	--		
1990	--		
1991	Penny Tollefson	Hamline	4:45.38
1992	--		
1993	Lisa Bandelin	St. Olaf	4:48.75
1994	Laura Arneson	Carleton	4:44.58
1995	Laura Arneson	Carleton	4:42.73
1996	Laura Arneson	Carleton	4:48.96
1997	Laura Arneson	Carleton	4:45.47
1998	Chrissy Soule	St. Olaf	4:45.60
1999	Chrissy Soule	St. Olaf	4:42.80
2000	Chrissy Soule	St. Olaf	4:43.10
2001	Chrissy Soule	St. Olaf	4:39.57
2002	Katie Detwiler	St. Olaf	4:37.90
2003	Katie Detwiler	St. Olaf	4:41.50
2004	Katie Detwiler	St. Olaf	4:37.06
2005	Katie Detwiler	St. Olaf	4:39.77
2006	Heather Lendway	Macalester	4:38.94
2007	Kate Alexander	Carleton	4:36.63
2008	Kate Alexander	Carleton	4:30.33
2009	Kate Alexander	Carleton	4:29.24
2010	Marnie Luke	Gustavus	4:37.33
2011	Alli Beardsley	St. Olaf	4:33.15
2012	Steff Jurusik	St. Catherine	4:35.70
2013	Alissa Tinklenberg	Gustavus	4:30.70
2014	Hayley Booher	Gustavus	4:30.77
2015	Hayley Booher	Gustavus	4:31.43
2016	Hayley Booher	Gustavus	4:30.49
2017	Maria Wetzel	Carleton	4:28.03
2018	Helen Jensen	St. Olaf	4:30.46
2019	Hannah Svendsen	St. Catherine	4:30.15
2020	Hannah Svendsen	St. Catherine	4:28.99
2021	--		
2022	Hannah Svendsen	St. Catherine	4:26.18
2023	Annie Voss	St. Catherine	4:26.21
2024	Paige Steenblock	St. Olaf	4:36.48
2025	Paige Steenblock	St. Olaf	4:27.67

200-YARD FREESTYLE RELAY

1985	Hamline	1:41.12
1986	Hamline	1:41.93
1987	St. Thomas	1:40.89
1988	St. Olaf	1:41.55
1989	St. Olaf	1:40.40
1990	--	
1991	Saint Benedict	1:41.23
1992	--	
1993	St. Olaf	1:42.08
1994	Saint Benedict	1:44.16
1995	St. Olaf	1:41.60
1996	St. Olaf	1:40.21
1997	Saint Benedict	1:39.96
1998	Saint Benedict	1:38.66
1999	Carleton	1:40.13
2000	Saint Benedict	1:40.34
2001	Carleton	1:37.05
2002	Gustavus	1:35.98
2003	Gustavus	1:36.30
2004	Gustavus	1:35.68
2005	Gustavus	1:34.00
2006	Gustavus	1:38.56
2007	Carleton	1:38.82
2008	Gustavus	1:37.77
2009	St. Thomas	1:36.23
2010	Gustavus	1:35.62
2011	Gustavus	1:33.66
2012	Gustavus	1:34.05
2013	Gustavus	1:34.89
2014	Gustavus	1:33.83
2015	Gustavus	1:34.80
2016	Gustavus	1:34.05
2017	St. Thomas	1:33.49
2018	Gustavus	1:33.73
2019	St. Thomas	1:35.86
2020	Gustavus	1:35.21
2021	--	
2022	Gustavus	1:33.56
2023	Gustavus	1:33.83
2024	Gustavus	1:35.18
2025	Gustavus	1:35.48

400-YARD FREESTYLE RELAY

1985	St. Olaf	3:42.89
1986	Hamline	3:42.51
1987	St. Thomas	3:42.27
1988	St. Olaf	3:39.40
1989	St. Olaf	3:39.88
1990	--	
1991	St. Olaf	3:41.68
1992	--	
1993	St. Olaf	3:44.01
1994	St. Olaf	3:38
1995	St. Olaf	3:38.99
1996	St. Olaf	3:39.40
1997	St. Olaf	3:37.80
1998	Saint Benedict	3:35.59
1999	Carleton	3:36.58
2000	Saint Benedict	3:39.05
2001	Carleton	3:33.47
2002	Carleton	3:30.72
2003	Carleton	3:31.20
2004	Gustavus	3:32.25
2005	Gustavus	3:30.62
2006	Carleton	3:35.03
2007	Carleton	3:35.27
2008	Carleton	3:34.72
2009	St. Thomas	3:30.30
2010	Gustavus	3:30.36
2011	Gustavus	3:29.21
2012	Gustavus	3:29.74
2013	Gustavus	3:29.72
2014	Gustavus	3:26.77
2015	Gustavus	3:27.12
2016	St. Thomas	3:28.02
2017	St. Thomas	3:27.48
2018	St. Thomas	3:28.74
2019	St. Catherine	3:26.96
2020	St. Catherine	3:29.14
2021	--	
2022	St. Catherine	3:26.23
2023	Gustavus	3:29.06
2024	Gustavus	3:32.69
2025	Gustavus	3:33.26

800-YARD FREESTYLE RELAY

1985	St. Thomas	8:11.92
1986	Hamline	8:09.44
1987	St. Thomas	8:09.92
1988	--	
1989	St. Olaf	7:59.47
1990	--	
1991	St. Olaf	8:02.90
1992	--	
1993	Hamline	8:09.38
1994	St. Olaf	7:58.8
1995	St. Olaf	7:56.16
1996	St. Olaf	7:59.98
1997	St. Olaf	7:51.93
1998	St. Olaf	7:44.64
1999	St. Olaf	7:52.52
2000	St. Olaf	8:04.46
2001	Carleton	7:51.39
2002	Carleton	7:50.22
2003	Carleton	7:42.51
2004	St. Olaf	7:49.07
2005	Carleton	7:44.06
2006	St. Olaf	7:51.59
2007	St. Olaf	7:51.31
2008	St. Olaf	7:51.10
2009	St. Olaf	7:46.45
2010	Gustavus	7:41.95
2011	St. Olaf	7:39.09
2012	St. Olaf	7:40.78
2013	St. Olaf	7:39.32
2014	St. Olaf	7:37.51
2015	Gustavus	7:39.47
2016	St. Thomas	7:36.06
2017	St. Thomas	7:40.08
2018	St. Thomas	7:40.54
2019	St. Catherine	7:32.73
2020	St. Catherine	7:29.60
2021	--	
2022	St. Catherine	7:27.26
2023	St. Catherine	7:47.11
2024	Macalester	7:44.13
2025	Gustavus	7:42.47

200-YARD MEDLEY RELAY

1985	Hamline	1:54.29
1986	Hamline	1:53.36
1987	Hamline	1:54.44
1988	--	
1989	St. Olaf	1:52.64
1990	--	
1991	St. Olaf	1:52.31
1992	--	
1993	St. Olaf	1:54.33
1994	St. Olaf	1:54.29
1995	Carleton	1:53.43
1996	Gustavus	1:52.80
1997	Saint Benedict	1:52.79
1998	Saint Benedict	1:49.49
1999	Saint Benedict	1:51.14
2000	Gustavus	1:51.65
2001	Gustavus	1:50.89
2002	Gustavus	1:49.73
2003	Carleton	1:49.12
2004	Gustavus	1:48.65
2005	Gustavus	1:47.12
2006	Gustavus	1:49.45
2007	Gustavus	1:47.84
2008	Carleton	1:47.96
2009	Carleton	1:46.59
2010	Gustavus	1:45.72
2011	Gustavus	1:45.95
2012	St. Thomas	1:46.79
2013	St. Thomas	1:44.79
2014	Gustavus	1:43.57
2015	St. Thomas	1:43.14
2016	St. Olaf	1:45.50
2017	St. Thomas	1:43.71
2018	St. Thomas	1:44.93
2019	St. Thomas	1:45.02
2020	St. Catherine	1:44.09
2021	--	
2022	St. Catherine	1:43.30
2023	Gustavus	1:44.12
2024	Gustavus	1:45.62
2025	Macalester	1:45.03

400-YARD MEDLEY RELAY

1985	St. Olaf	4:11.47
1986	Hamline	4:12.66
1987	Hamline	4:16.46
1988	St. Olaf	4:14.78
1989	St. Olaf	4:05.45
1990	--	
1991	St. Thomas	4:08.20
1992	--	
1993	Gustavus	4:13.88
1994	St. Olaf	4:08.20
1995	St. Olaf	4:05.90
1996	St. Olaf	4:05.80
1997	Saint Benedict	4:04.57
1998	Saint Benedict	3:59.96
1999	St. Olaf	4:02.66
2000	Saint Benedict	4:05.68
2001	Gustavus	4:02.50
2002	Gustavus	4:02.45
2003	Carleton	3:58.27
2004	Gustavus	3:57.87
2005	Carleton	3:56.48
2006	Carleton	4:01.74
2007	Gustavus	3:57.49
2008	Carleton	3:56.76
2009	Carleton	3:52.55
2010	St. Thomas	3:54.32
2011	St. Olaf	3:53.54
2012	St. Thomas	3:52.70
2013	Gustavus	3:51.67
2014	Gustavus	3:47.09
2015	Gustavus	3:47.68
2016	St. Thomas	3:49.24
2017	St. Thomas	3:48.09
2018	St. Thomas	3:50.55
2019	St. Catherine	3:49.12
2020	St. Catherine	3:47.06
2021	--	
2022	St. Catherine	3:46.83
2023	St. Catherine	3:48.12
2024	St. Catherine	3:52.89
2025	Macalester	3:51.41

ONE-METER DIVING

1985	Karen Walton	St. Thomas	363.90
1986	Tanya Carr	St. Catherine	393.35
1987	Tanya Carr	St. Catherine	381.90
1988	--		
1989	--		
1990	--		
1991	Laura Byrne	St. Thomas	376.20
1992	--		
1993	Julie Andrews	St. Olaf	373.75
1994	--		
1995	Kerry Hanifl	St. Olaf	364.00
1996	Katie Macy	Saint Benedict	409.60
1997	Katie Macy	Saint Benedict	365.35
1998	Heidi Barklow	Saint Benedict	346.15
1999	Leanna Williams	St. Olaf	354.20
2000	Angie Soucek	Carleton	359.50
2001	Angie Soucek	Carleton	447.60
2002	Angie Soucek	Carleton	405.15
2003	Amanda Kelly	Saint Benedict	361.35
2004	Liz Fitzgerald	Macalester	218.90
2005	Emily Hall	Concordia	252.80
2006	Annie Cullen	Concordia	261.00
2007	Alyssa Germeroth	St. Olaf	413.10
2008	Alyssa Germeroth	St. Olaf	372.75
2009	Annie Flanagan	Macalester	404.80
2010	Sarah Moody	St. Catherine	407.10
2011	Sarah Moody	St. Catherine	415.15
2012	Jennifer Easton	St. Thomas	457.25
2013	Hunter Hedenberg	Macalester	416.90
2014	Jenna Nagy	St. Catherine	394.65
2015	Jenna Nagy	St. Catherine	432.10
2016	Courtney Miller	St. Olaf	427.85
2017	Jenna Nagy	St. Catherine	438.35
2018	Rose Peterson	St. Olaf	377.95
2019	Gabby Page	St. Catherine	463.45
2020	Peyton Ekman	St. Thomas	420.70
2021	--		
2022	Izzy Treanor	St. Olaf	431.00
2023	Izzy Treanor	St. Olaf	425.65
2024	Izzy Treanor	St. Olaf	429.05
2025	Nina Schwab	Carleton	475.40

THREE-METER DIVING

1985	Amy Brindmore	Macalester	373.60
1986	Tanya Carr	St. Catherine	405.30
1987	Tanya Carr	St. Catherine	407.80
1988	Julie Spindler	St. Catherine	387.95
1989	--		
1990	--		
1991	Laura Strong	Hamline	393.80
1992	--		
1993	Katie Byrne	St. Thomas	430.25
1994	Christa Smith	Macalester	391.20
1995	Katie Macy	Saint Benedict	431.80
1996	Katie Macy	Saint Benedict	379.85
1997	Katie Macy	Saint Benedict	405.55
1998	Heidi Barklow	Saint Benedict	410.05
1999	Angie Soucek	Carleton	475.35
2000	Angie Soucek	Carleton	456.40
2001	Angie Soucek	Carleton	424.65
2002	Angie Soucek	Carleton	481.65
2003	Emily Hall	Concordia	417.45
2004	Liz Fitzgerald	Macalester	230.85
2005	Annie Cullen	Concordia	235.75
2006	Annie Cullen	Concordia	228.70
2007	Alyssa Germeroth	St. Olaf	391.55
2008	Alyssa Germeroth	St. Olaf	393.70
2009	Annie Flanagan	Macalester	391.10
2010	Amy Glubzinski	Concordia	386.60
2011	Sarah Moody	St. Catherine	414.45
2012	Jennifer Easton	St. Thomas	449.35
2013	Renee Jordan	Macalester	464.95
2014	Renee Jordan	Macalester	516.00
2015	Janelle Mueller	Saint Mary's	302.25
2016	Courtney Miller	St. Olaf	427.65
2017	Jenna Nagy	St. Catherine	451.75
2018	Rose Peterson	St. Olaf	420.90
2019	Peyton Ekman	St. Thomas	415.70
2020	Peyton Ekman	St. Thomas	461.10
2021	--		
2022	Courtney Broyles	Hamline	403.10
2023	Izzy Treanor	St. Olaf	438.45
2024	Izzy Treanor	St. Olaf	440.35
2025	Hailey Westrup	Carleton	475.40

2001-02

11.05	Marie Marsman	Carleton
11.12	Andrea Kleven	Gustavus
11.19	Marie Marsman	Carleton
12.03	Sarah Crane	Gustavus
12.10	Eva Miller	Gustavus
01.14	Katie Detwiler	St. Olaf
01.22	Angie Soucek	Carleton
01.28	Janna Lundquist	Macalester
02.04	Liz Fitzgerald	Macalester

2002-03

11.05	Heather Lendway	Macalester
11.12	Katie Detwiler	St. Olaf
11.19	Beth DeLaRosby	Gustavus
11.26	Jenny Grover	Carleton
12.09	Andrea Ross	Concordia
	Liz Fitzgerald	Macalester
01.14	Marie Marsman	Carleton
01.21	Elise Knoche	Carleton
01.28	Marie Marsman	Carleton
02.04	Jenna Kubat	St. Olaf

2003-04

11.03	Kristin Meadows	Macalester
11.10	Liz Fitzgerald	Macalester
11.17	Katy Brentz	St. Olaf
11.24	Heather Lendway	Macalester
12.08	Alaina Eckhoff	Hamline
12.15	Adrianne Walls	Hamline
01.12	Eva Miller	Gustavus
01.26	Katie Detwiler	St. Olaf
02.02	Kelly Dolan	St. Olaf

2004-05

11.01	Sara Skrbec	Saint Benedict
11.08	Marie Marsman	Carleton
11.15	Heather Lendway	Macalester
11.22	Cami Hendrickson	Concordia
12.06	Kim Manke	St. Catherine
12.13	Kasi Clauson	Augsburg
01.10	Alanna Mozena	Macalester
01.17	Aly Janzen	Hamline
01.24	Ann Hepola	St. Thomas
01.31	Annie Cullen	Concordia
02.07	Collin Cunningham	St. Olaf

2005-06

11.07	Heather Lendway	Macalester
11.14	Becky Alexander	Carleton
11.21	Annie Cullen	Concordia
12.05	Kelly Dolan	St. Olaf
12.12	Aly Janzen	Hamline
01.16	Kim Manke	St. Catherine
01.23	Kristin Mathson	Macalester
01.30	Erica Campbell	St. Catherine
02.06	Molly Miller	Carleton
02.13	Heather Lendway	Macalester

2006-07

11.06	Becky Alexander	Carleton
11.13	Carrie Gundersen	Gustavus
11.20	Kate Alexander	Carleton
12.04	Kelly Dolan	St. Olaf
12.11	Alice Eulalia Clauss	St. Thomas
01.08	Alyssa Germeroth	St. Olaf
01.15	Sarah Koeppe	Gustavus
01.22	Kate Alexander	Carleton
01.29	Renee Punyko	Hamline
02.05	Lauren Wallerius	Gustavus

2007-08

11.05	Erica Campbell	St. Catherine
11.12	Carrie Gundersen	Gustavus
11.19	Alison Pagliacetti	Saint Benedict
12.03	Allison Beardsley	St. Olaf
01.14	Alyssa Germeroth	St. Olaf
01.21	Kale Zicafoose	Carleton
01.28	Becca Ney	St. Thomas

2008-09

11.10	Karoline Hart	Macalester
11.17	Lauren Snyder	St. Olaf
11.24	Becca Ney	St. Thomas
12.08	Carrie Gundersen	Gustavus
12.15	Becky Alexander	Carleton
01.12	Kate Alexander	Carleton
01.19	Annie Flanagan	Macalester
01.26	Maggie Alexander	Carleton
02.02	Kaarin Taylor	Carleton
02.09	Jena Root	St. Thomas

2009-10

11.09	Molly Spence	Carleton
11.16	Carly Mosher	Gustavus
11.23	Becca Ney	St. Thomas
12.07	Carrie Gundersen	Gustavus
12.14	Carolyn Triggs	Saint Benedict
01.11	Jena Root	St. Thomas
01.18	Maggie Hansvick	Gustavus
	Katie Bromback	St. Thomas
	Kale Zicafoose	Carleton
01.25	Jessi Haider	Saint Benedict
02.01	Kate Alexander	Carleton
02.08	Jamie Fredeen	St. Olaf

2010-11

11.08	Sarah Hund	Gustavus
11.15	Kale Zicafoose	Carleton
11.22	Ellen Dean	Saint Benedict
12.06	Laura Drake	Gustavus
01.10	Dajana Vidovic	Gustavus
01.17	Jennifer Easton	St. Thomas
01.24	Lindsey Lee	St. Olaf
01.31	Sarah Moody	St. Catherine
02.07	Carley Mosher	Gustavus

2011-12

11.07	Sarah Moody	St. Catherine
11.14	Jennifer Easton	St. Thomas
11.21	Ellen Dean	Saint Benedict
12.05	Alissa Tinklenberg	Gustavus
12.12	Morgan Peterson	Saint Benedict
01.09	Renee Jordan	Macalester
01.16	Emily Punkyo	St. Thomas
01.23	Meghan Weiss	St. Olaf
01.30	Jennifer Easton	St. Thomas
02.06	Erin McDuffie	Carleton
02.13	Katie Vogl	Saint Benedict

2012-13

11.12	Abbey Schnaith	St. Olaf
11.19	Jenny Strom	Gustavus
12.03	Alissa Tinklenberg	Gustavus
12.10	Elise Guenther	St. Thomas
01.14	Renee Jordan	Macalester
01.21	Steffanie Jurusik	St. Catherine
01.28	Mariann Kukielka	St. Thomas
02.04	Ashley Lager	Gustavus
02.11	Sarah Jansen	Saint Mary's

2013-14

11.12	Mariann Kukielka	St. Thomas
11.19	Alex Zuelke	St. Catherine
11.26	Emily Roberts	Saint Benedict
12.10	Alissa Tinklenberg	Gustavus
01.14	Danielle Klunk	Gustavus
01.21	Stephanie Bierman	Saint Benedict
01.28	Maria Wetzel	Carleton
02.04	Cassandra Panka	St. Thomas

2014-15

11.04	Maria Wetzel	Carleton
11.11	Casey Nightingale	St. Thomas
11.17	Kate Reilly	Gustavus
11.25	Jenny Strom	Gustavus
12.09	Jenny Strom	Gustavus
01.13	Jenny Strom	Gustavus
01.20	Jenna Nagy	St. Catherine
01.27	Jenna Nagy	St. Catherine
02.03	Jenna Nagy	St. Catherine
02.10	Katherine Becker	St. Thomas

2015-16

11.03	Maria Wetzel	Carleton
11.10	Ashley Groebner	Saint Benedict
11.17	Emma Paulson	St. Thomas
11.24	Haley Pesik	Gustavus
12.08	Maria Wetzel	Carleton
01.12	Abbey Schnaith	St. Olaf
01.19	Katelyn Strauss	St. Thomas
01.26	Kate Reilly	Gustavus
02.02	Jenna Nagy	St. Catherine
02.09	Kate Reilly	Gustavus

2016-17

11.01	Maria Wetzel	Carleton
11.08	Caroline Mather	Carleton
11.15	Emma Paulson	St. Thomas
11.22	Jenna Nagy	St. Catherine
12.06	Claire Walters	St. Olaf
12.13	Jenna Nagy	St. Catherine
01.17	Katelyn Strauss	St. Thomas
01.24	Mary Jane Voss	St. Catherine
01.31	Maggie Pomerence	Saint Benedict
02.07	Caroline Mather	Carleton

2017-18

10.17	F. Hernandez-Nietling	St. Catherine
10.24	Katelyn Strauss	St. Thomas
10.31	Sydney Hallmark	Gustavus
11.07	Alex Howard	St. Thomas
11.14	Caroline Mather	Carleton
11.21	Mallory Jarvi	Saint Benedict
12.05	Sophia Nevin	St. Olaf
01.16	Sydney Hallmark	Gustavus
01.23	F. Hernandez-Nietling	St. Catherine
01.30	Kate Reilly	Gustavus
02.06	Sydney Dugas	Saint Benedict

2018-19

10.23	Jordyn Wentzel	St. Catherine
10.30	Alex Howard	St. Thomas
11.06	Caroline Mather	Carleton
11.13	Mallory Jarvi	Saint Benedict
11.20	Maggie Webster	Gustavus
12.04	Maggie Menso	St. Catherine
12.11	Jordyn Wentzel	St. Catherine
01.15	Gabby Page	St. Catherine
01.22	Hannah Svendsen	St. Catherine
01.29	Caroline Mather	Carleton
02.05	Erin Melody	St. Thomas

2019-20

10.15	Jordyn Wentzel	St. Catherine
10.22	Sydney Grohman	St. Catherine
10.29	Jordyn Wentzel	St. Catherine
11.05	Emily Quill	Saint Benedict
11.12	Maya Knutson	St. Olaf
11.19	Jordyn Wentzel	St. Catherine
11.26	Ellen Hofstede	Gustavus
12.10	Jordyn Wentzel	St. Catherine
01.14	Maria Newton	St. Olaf
01.21	Jordyn Wentzel	St. Catherine
01.28	Sophia Steinberg	Gustavus
02.04	Rachel Thate	Gustavus

2020-21

02.08	Ellen Hofstede	Gustavus
02.22	Ellen Hofstede	Gustavus
03.01	Annie Voss	St. Catherine
03.08	Jordyn Wentzel	St. Catherine

2021-22

10.19	Jordyn Wentzel	St. Catherine
10.26	Annie Voss	St. Catherine
11.02	Ana Birkli	Saint Benedict
11.09	Maggie Menso	St. Catherine
11.16	Emma Svendsen	St. Catherine
11.23	Mikayla Witte	Gustavus
12.07	Jordyn Wentzel	St. Catherine
01.18	Courtney Broyles	Hamline
01.25	Ellen Hofstede	Gustavus
02.01	Izzy Treanor	St. Olaf
02.08	Izzy Treanor	St. Olaf

2022-23

10.18	Jordyn Wentzel	St. Catherine
10.25	Emma Svendsen	St. Catherine
10.25	Kate Yehle	Macalester
11.01	Skye Schmit	Macalester
11.01	Izzy Treanor	St. Olaf
11.08	Annie Voss	St. Catherine
11.08	Izzy Treanor	St. Catherine
11.15	Annie Voss	St. Catherine
11.22	Emma Svendsen	St. Catherine
11.22	Kaija Pratt	Gustavus
12.06	Jordyn Wentzel	St. Catherine
12.06	Izzy Treanor	St. Olaf
01.17	Skye Schmit	Macalester
01.17	Kaija Pratt	Gustavus
01.24	Emma Svendsen	St. Catherine
01.24	Courtney Broyles	Hamline
01.31	Ellen Hofstede	Gustavus
01.31	Kaija Pratt	Gustavus
02.07	Marit Isaacson	Gustavus
02.07	Kaija Pratt	Gustavus
02.14	Emily Quill	Saint Benedict

2023-24

10.24	Emma Svendsen	St. Catherine
10.24	Kate Yehle	Macalester
10.31	Lucy Peterson	Gustavus
10.31	Izzy Treanor	St. Olaf
11.07	Skye Schmit	Macalester
11.07	Izzy Treanor	St. Catherine
11.14	Emma Svendsen	St. Catherine
11.14	Hannah Richey	St. Olaf
11.21	Izzy Uhlhorn-Thornton ..	Macalester
11.21	Emmalyn Dickerson ..	Gustavus
12.05	Lucy Peterson	Gustavus
12.05	Izzy Treanor	St. Olaf
01.16	Lucy Peterson	Gustavus
01.23	Emma Svendsen	St. Catherine
01.23	Emmalyn Dickerson ..	Gustavus
01.30	Charlotte Thomson	St. Olaf
01.30	Izzy Treanor	St. Olaf
02.06	Marit Isaacson	Gustavus
02.06	Hailey Westrup	Carleton

2024-25

10.22	Emma Svendsen	St. Catherine
10.22	Kate Yehle	Macalester
10.29	Molly Nuckolls	Macalester
10.29	Nina Schwab	Carleton
11.05	Megan Bartels	Saint Benedict
11.05	Gabriella Stoudt	Gustavus
11.12	Geneva Fackler	Gustavus
11.12	Nina Schwab	Carleton
11.19	Katie Homme	St. Olaf
11.19	Gabriella Stoudt	Gustavus
12.10	Paige Steenblock	St. Olaf
12.10	Nina Schwab	Carleton
01.14	Katie Homme	St. Olaf
01.14	Erica Johnson	St. Olaf
01.21	Stella Anderson Moyer ..	Gustavus
01.21	Nina Schwab	Carleton
01.28	Caroline Chapon	Macalester
01.28	Nina Schwab	Carleton
02.04	Olivia Small	St. Olaf
02.04	Nina Schwab	Carleton
02.11	Izzy Uhlhorn-Thornton ..	Macalester
02.11	Gabriella Stoudt	Gustavus