



## 2021-22 SWIMMING NATIONAL HONOR ROLL — GIRLS

National Federation of State High School Associations

PO Box 690

Indianapolis, Indiana 46206

Each year the NFHS compiles a National High School Honor Roll for Swimming, listing the best performances made by high school boys and girls under standard conditions. It will be posted on the NFHS Web site on the Record Book Web page.

In order that consideration be given to all worthy performances, it is suggested recommendations be forwarded for any performance equal to, or better than, the following minimums:

50-yard freestyle .....	:23.00	100-yard breaststroke.....	1:02.50
100-yard freestyle.....	:50.20	100-yard butterfly.....	:54.50
200-yard freestyle .....	1:48.00	200-yard individual medley .....	2:00.50
500-yard freestyle.....	4:53.00	200-yard medley relay .....	1:43.20
100-yard backstroke .....	:54.70	200-yard freestyle relay.....	1:35.00
		400-yard freestyle relay.....	3:26.50

<b>COMPETITOR (first &amp; last name)</b>	<b>CITY and SCHOOL (if other than name of city)</b>	<b>NAME OF MEET</b>	<b>DATE OF MEET</b>	<b>EVENT</b>	<b>PERFORMANCE</b>
Berit Berglund, Vivian Wilson, Alex Shackell, Meghan Christman	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd Medley Relay	1:38.55
Grace Newton, Kennedy Fisher, Audrey Crawford, Ashley Saple	Hamilton Southeastern High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd Medley Relay	1:42.04
Molly Simmons, Madelyn Akin, Devon Kitchel, Katie Buroker	Zionsville High School (Zionsville, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	200 yd Medley Relay	1:42.31
Josephine Ramey, Grace Lux, Kate Mouser, Kalliopi Agapios	Carroll High School (Fort Wayne, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	200 yd Medley Relay	1:43.17
Kristina Paegle	Bloomington South High School (Bloomington, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	200 yd. Freestyle	1:45.02
Josephine Ramey	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. Freestyle	1:46.24
Gretchen Lueking	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. Freestyle	1:46.97
Devon Kitchel	Zionsville High School (Zionsville, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. IM	1:57.82
Lilian Christianson	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	50 yd. Freestyle	22.14
Alex Shackell	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	50 yd. Freestyle	22.48
Grace Brenneman	Concord High School (Elkhart, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	50 yd. Freestyle	22.68
Alex Shackell	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Butterfly	51.71
Audrey Crawford	Hamilton Southeastern High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Butterfly	54.36
Kristina Paegle	Bloomington South High School (Bloomington, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	100 yd. Freestyle	48.00
Lilian Christianson	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Freestyle	48.57
Berit Berglund	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Freestyle	48.70
Gretchen Lueking	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	100 yd. Freestyle	49.41
Grace Brenneman	Concord High School (Elkhart, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	100 yd. Freestyle	49.79
Lynsey Bowen	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	500 yd. Freestyle	4:45.15
Kate Mouser	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	500 yd. Freestyle	4:51.30

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Alexandra Ward	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	500 yd. Freestyle	4:51.73
Erin Cummins	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	500 yd. Freestyle	4:51.47
Gretchen Lueking, Grace Dougherty, MacKenna Lieske, Meghan Christman	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. Freestyle Relay	1:32.28
Alexis Jankowski, Mya DeWitt, Kirsten Lee, Natalie Marshall	Carroll High School (Fort Wayne, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. Freestyle Relay	1:34.05
Anika Guenther, Madison Botorff, Ingrid Fretz, Lilian Christianson	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. Freestyle Relay	1:34.73
Avery Stein, Kalliopi Agapios, Emma Schumacher, Alexandra Stein	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. Freestyle Relay	1:34.90
Gracee Brenneman, Audrey Lantz, Isabella Sponseller, Kiran Stauffer	Concord High School (Elkhart, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	200 yd. Freestyle Relay	1:34.99
Berit Berglund	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Backstroke	51.50
Mya DeWitt	Carroll High School (Fort Wayne, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Backstroke	53.30
Josephine Ramey	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Backstroke	54.02
Devon Kitchel	Zionsville High School (Zionsville, Indiana)	IHSAA State Meet (IU Natatorium)	February 11, 2022	100 yd. Breaststroke	1:00.69
Kennedy Fisher	Hamilton Southeastern High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	100 yd. Breaststroke	1:02.13
Gretchen Lueking, Alex Shackell, Berit Berglund, Lynsey Bowen	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	400 yd. Freestyle Relay	3:19.54
Kate Mouser, Emma Schumacher, Nalanie Marinel Cortez, Josephine Ramey	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	400 yd. Freestyle Relay	3:24.06
Kiran Stauffer, Audrey Lantz, Ella Lantz, Grace Brenneman	Concord High School (Elkhart, Indiana)	IHSAA State Meet (IU Natatorium)	February 12, 2022	400 yd. Freestyle Relay	3:25.96