THE 49th ANNUAL
IHSAA GIRLS SWIMMING & DIVING STATE FINALS
Indiana University Natatorium, IUPUI, Indianapolis

Friday, Feb. 10, 2023
6 pm ET / 5 CT | Swimming Preliminaries

Saturday, Feb. 11, 2023
9 am ET / 8 CT | Diving Preliminaries, Semifinals
1 pm ET / 12 CT | Swimming Championship, Consolation Finals; Diving Finals

Advancement
The top 16 in each swimming event during Friday’s prelims will return for competition on Saturday with the top eight individuals vying for state championship honors. Those finishing nine through 16 on Friday will make up the competitors in the consolation heats. All diving will take place on Saturday morning with the top 20 of 32 competitors advancing from the prelims to the semis after five dives each. After three dives each in the semis, the top 16 will advance to the final round for another three dives each.

Heat Sheets | Psych Sheets | Diving Order | State Championship Records Book

Defending Individual State Champions
Five defending state champions, including one looking for a career sweep, return highlighting this year’s big event.

Berit Berglund is looking for her fourth consecutive title in the 100 backstroke. The Carmel senior set the state record of 51.50 in last year’s prelims and then equaled the same time in the championship final. She is the top seed in this year’s meet after a 54.31 performance in last Saturday’s sectional meet. With a fourth title, Berglund (featured at left on the cover of this year’s official program) would become the 12th individual overall and second backstroker to pull off a career sweep joining former Greyhound Claire Adams (2013-16).

Another multiple state champion is Lilian Christianson. The Penn junior is the two-time defending champ in the 50 freestyle and is the second seed in this year’s event with her sectional time of 22.60. With a victory on Saturday afternoon, Christianson would become the 12th individual overall and second backstroker to pull off a career sweep joining former Greyhound Claire Adams (2013-16).

Carmel sophomore Alex Shackell set a state record in the 100 butterfly in this meet a year ago winning in a time of 51.71. She is the top seed in the event this year at 52.04, nearly two and a half seconds faster than next best time. The last swimmer to win the butterfly in her first two years was Leslie Place of Fort Wayne Snider in 1991 and 1992. Shackell is also the top seed in the 50 freestyle at 22.42, just ahead of defending champion Christianson (22.60). Shackell also swam a leg on two of the Greyhounds’ championship relay teams including the state record setting 200 medley team.

Lynsey Bowen’s time of 4:45.15 tied the 500 freestyle state record in the first year of her high school career in 2022. She became just the fourth freshman to win the event and the Carmel sophomore will look for a repeat performance this weekend. Leah Retrum of Columbus North was the last sophomore to win the event her first two years on her way to a four-year sweep from 2000-2003. Bowen’s sectional time of 5:03.78 was the 10th best time in the state last weekend.

And with 539.85 points at Tuesday night’s regional competition, Mia Prusiecki of Center Grove is the top seeded one meter diver. The junior became her school’s first state champion diver last year when she scored 524 points.

Defending Team Champion
Carmel is the 36-time defending state champion, the longest active string of state championships in the country in any sport or gender. See the next page for information on the nation’s longest state championship streaks.

Coaching History
Carmel coach Chris Plumb, also the school’s boys coach, has guided the Greyhound girls to their last 16 titles and has 11 with the boys teams. His 27 combined state championships as a coach is the most in state history and ahead of former Carmel cross country and track coach Chuck Koeppen who won 23 between 1976 and 2008.

#IHSAA #ThisIsYourIHSAA
Roger Dombkowski, Jr. of LaPorte, Indiana is the recipient of the 2022-23 Interscholastic Athletic Official Award for excellence in the sport of Swimming and Diving.

Each year, the Indiana High School Athletic Association, in cooperation with the National Federation of Interscholastic Officials Association, recognizes and honors an outstanding official in each sport. Officials selected for this distinction have gone above and beyond to serve their association, community, and the IHSAA. Each have shown exceptional qualities of leadership, dedication, and loyalty to their sport, our student-athletes, and their fellow officials.

Roger has been a licensed IHSAA Swimming & Diving official for 25 years. During his time with the IHSAA, he has been assigned 34 boys and girls sectionals, six (6) regionals and three (3) state finals events. Roger is a member of the Hoosier Officials Association and has served as Swimming Chair for 15 years. He has also served as an IHSAA Swimming and Diving Clinician since 2012, assisting with clinics and trainings annually in service to other officials in his community.

Swimming has long been a part of Roger’s life. He spent 15 years as a competitive swimmer, beginning at the Michigan City YMCA and Sullair Swim Club and competing for Michigan City Rogers High School and Wabash College. Roger has also assisted with middle school swim meets in his community for 25 years.

The most enjoyable aspect of officiating to Roger is seeing the improvements in young men and women over time and seeing them achieve their personal bests no matter their placing or time.

Roger was selected for this honor by a committee representing the 24 officials associations in Indiana. There are more than 6,000 officials licensed by the IHSAA in 11 sports. These officials work tirelessly to provide safe, competitive environments for over 160,000 student athletes in Indiana.
2022-23 IHSAA STATE CHAMPIONSHIPS

FALL SPORTS
Sept. 30-Oct. 1 GIRLS GOLF
Prairie View Golf Club, Carmel
Team: Carmel
Individual: Ava Bunker, Columbus North

Oct. 14-15 BOYS TEAM TENNIS
Carmel HS, Carmel
Team: North Central (Indianapolis)

Oct. 15 UNIFIED FLAG FOOTBALL
Grand Park Sports Event Center, Westfield
Team: Brownsburg

Oct. 21-22 BOYS SINGLES & DOUBLES
Purdue University, West Lafayette
Singles: Ashay Guttiikonda | Owen Lar-rimer (11) North Central (Indianapolis)
Doubles: Akshay Guttiikonda | Owen Lar-rimer (11) North Central (Indianapolis)

Oct. 28-29 BOYS & GIRLS SOCCER
Carroll Stadium, IUPUI, Indianapolis
Class 1A Girls: Park Tudor
Class 1A Boys: Park Tudor
Class 2A Girls: Evansville Memorial
Class 2A Boys: Brebeuf Jesuit
Class 3A Girls: Noblesville
Class 3A Boys: Noblesville

Oct. 29 BOYS & GIRLS CROSS COUNTRY
LaVern Gibson Course, Terre Haute
Girls Team: Noblesville
Girls Indiv: Lily Cridge, Bishop Chatard
Boys Team: Carmel
Boys Indiv: Kole Mathison, Carmel

Nov. 5 VOLLEYBALL
Worthen Arena, Ball State Univ, Muncie
Class 1A: FW Blackhawk Christian
Class 2A: Wapahani
Class 3A: Providence
Class 4A: Hamilton Southeastern

Nov. 26-27 FOOTBALL
Lucas Oil Stadium, Indianapolis
Class A: Indianapolis Lutheran
Class 2A: Evansville Mater Dei
Class 3A: Indianapolis Bishop Chatard
Class 4A: East Central
Class 5A: Valparaiso
Class 6A: Center Grove

WINTER SPORTS
Feb. 10-11 GIRLS SWIMMING & DIVING
IU Natatorium, IUPUI, Indianapolis

Feb. 17-18 WRESTLING
Gainbridge Fieldhouse, Indianapolis

Feb. 24-25 BOYS SWIMMING & DIVING
IU Natatorium, IUPUI, Indianapolis

Feb. 25 GIRLS BASKETBALL
Gainbridge Fieldhouse, Indianapolis

March 11 GYMNASTICS
Worthen Arena, Ball State University, Muncie

March 25 GIRLS BASKETBALL
Gainbridge Fieldhouse, Indianapolis

SPRING SPORTS
June 2 BOYS TRACK & FIELD
Robert C. Haugh Track & Field Complex, Indiana University, Bloomington

June 3 UNIFIED TRACK & FIELD
Robert C. Haugh Track & Field Complex, Indiana University, Bloomington

June 3 GIRLS TRACK & FIELD
Robert C. Haugh Track & Field Complex, Indiana University, Bloomington

June 2-3 GIRLS TEAM TENNIS
Center Grove HS, Greenwood

June 9-10 GIRLS SINGLES & DOUBLES
TBA

June 9-10 SOFTBALL
Bittinger Stadium, Purdue University, West Lafayette

June 13-14 BOYS GOLF
Prairie View Golf Club, Carmel

June 16-17 BASEBALL
Victory Field, Indianapolis

IHSAA GIRLS SWIMMING & DIVING STATE RECORDS

<table>
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<tr>
<th>Event</th>
<th>Record</th>
<th>Year</th>
<th>Holder</th>
<th>School</th>
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<tr>
<td>200 Yard Medley Relay</td>
<td>1:38.55</td>
<td>2021-22</td>
<td>Berit Berglund (11), Vivian Wilson (11), Alex Shackell (9), Meghan Christman (11)</td>
<td>Carmel</td>
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<tr>
<td>200 Yard Freestyle</td>
<td>1:45.02#</td>
<td>2021-22</td>
<td>Kristina Paegle (12)</td>
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<td>200 Yard Individual Medley</td>
<td>1:56.67</td>
<td>2016-17</td>
<td>Sammie Burchill (12)</td>
<td>Carmel</td>
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<td>50 Yard Freestyle</td>
<td>22.14</td>
<td>2022-22</td>
<td>Lilian Christianson (10)</td>
<td>Penn</td>
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<tr>
<td>One Meter Diving</td>
<td>56.65</td>
<td>2014-15</td>
<td>Brooke Schultz (10)</td>
<td>Hamilton Heights</td>
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<tr>
<td>100 Yard Butterfly</td>
<td>51.71</td>
<td>2022-22</td>
<td>Alex Shackell (9)</td>
<td>Carmel</td>
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<td>100 Yard Freestyle</td>
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<td>2022-22</td>
<td>Kristina Paegle (12)</td>
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<td>500 Yard Freestyle</td>
<td>4:45.15#</td>
<td>2014-15</td>
<td>Emma Nordin (10)</td>
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<td>4:45.15#</td>
<td>2022-22</td>
<td>Lynsey Bowen (9)</td>
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<td>200 Yard Freestyle Relay</td>
<td>1:30.72*</td>
<td>2014-15</td>
<td>Veronica Burchill (11), Claire Adams (11), Kendall Smith (11), Trude Rothrock (9)</td>
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<tr>
<td>100 Yard Backstroke</td>
<td>51.50</td>
<td>2021-22</td>
<td>Berit Berglund (11)</td>
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<td>51.50#</td>
<td>2021-22</td>
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<td>Carmel</td>
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<td>100 Yard Breaststroke</td>
<td>58.40</td>
<td>2017-18</td>
<td>Emily Weiss (10)</td>
<td>Yorktown</td>
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<td>400 Yard Freestyle Relay</td>
<td>3:15.38*</td>
<td>2014-15</td>
<td>Veronica Burchill (11), Claire Adams (11), Kendall Smith (11), Amy Bilquist (12)</td>
<td>Carmel</td>
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* National record at the time
# Record set during preliminaries

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