



2024-25 SWIMMING NATIONAL HONOR ROLL — GIRLS

National Federation of State High School Associations

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 TO BE CONSIDERED FOR LISTING ON THE NATIONAL HONOR ROLL, PERFORMANCES MUST:**

1. Be approved by, **and submitted through, the state high school association;**
2. Be made by eligible high school athletes whose schools are members of their state high school athletic/activity associations;
3. Be achieved at a standard, regularly scheduled, sanctioned meet involving qualified schools where conditions were in compliance with all rules provisions. Outstanding performances attained either during preliminaries or finals may be recognized.

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.....	1:02.00
100-yard freestyle.....	:50.20	100-yard butterfly.....	:54.50
200-yard freestyle.....	1:48.00	200-yard individual medley	2:01.00
500-yard freestyle.....	4:52.00	200-yard medley relay	1:43.00
100-yard backstroke	:54.20	200-yard freestyle relay.....	1:34.50
		400-yard freestyle relay.....	3:26.50

SEE REVERSE SIDE FOR HONOR ROLL APPLICATIONS

COMPETITOR (first & last name)	CITY and SCHOOL (if other than name of city)	NAME OF MEET	DATE OF MEET	EVENT	PERFORMANCE
Ellie Clarke, Molly Sweeney, Alexandra Shackell, Faith Gorey	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	200 yd Medley Relay	1:39.10
Evangelina Papachronis, Madeline Moreth, Abby Lee, Amiah Sparks	Valparaiso High School (Valparaiso, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	200 yd Medley Relay	1:42.25
Lynsey Bowen	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	200 yd. Freestyle	1:47.89
Jordyn Glassley	Carroll High School (Fort Wayne, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	200 yd. IM	2:00.42
Molly Sweeney	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 14, 2025	200 yd. IM	1:59.71
Julie Mishler	Wawasee High School (Syracuse, Indiana)	IHSAA State Meet (IU Natatorium)	February 14, 2025	50 yd. Freestyle	21.74
Alexandra Shackell	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	100 yd. Butterfly	50.67
Emily Wolf	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 14, 2025	100 yd. Butterfly	53.39
Lylah Theriac	Mooresville High School (Mooresville, Indiana)	IHSAA State Meet (IU Natatorium)	February 14, 2025	100 yd. Butterfly	54.08
Jordyn Glassley	Carroll High School (Fort Wayne, Indiana)	IHSAA State Meet (IU Natatorium)	February 14, 2025	100 yd. Butterfly	54.40
Julie Mishler	Wawasee High School (Syracuse, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	100 yd. Freestyle	47.86
Faith Gorey	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	100 yd. Freestyle	49.70
Liliana Ratzlaff	Franklin Community High School (Franklin, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	100 yd. Freestyle	50.07
Emily Wolf	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	500 yd. Freestyle	4:46.47
Ellie Clarke	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 14, 2025	500 yd. Freestyle	4:49.90
Alexandra Ward	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	500 yd. Freestyle	4:51.68
Faith Gorey, Alexandria Clark, Molly Sweeney, Alexandra Shackell	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	200 yd. Freestyle Relay	1:31.54
Kate Fetters, Naomi Bowland, Jordyn Glassley, Maris Williams	Carroll High School (Fort Wayne, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	200 yd. Freestyle Relay	1:34.18
Madeline Moreth	Valparaiso High School (Valparaiso, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	100 yd. Breaststroke	1:00.58
Molly Sweeney	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 14, 2025	100 yd. Breaststroke	1:01.14
Faith Gorey, Ellie Clarke, Lynsey Bowen, Alexandra Shackell	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 15, 2025	400 yd. Freestyle Relay	3:18.39