

Alaska School Activities Association/First National Bank Alaska
SWIM & DIVE CHAMPIONSHIP INDIVIDUAL AWARDS

1976

	Girls		Boys	
200 Medley Relay	Bartlett	1:56.26	West Anchorage	1:47.17
200 Freestyle	Kathy Knutson (WHS)	2:02.69	Mark Munroe (WHS)	1:50.30
200 Ind Medley	Peggy Brannon (CHS)	2:27.52	Chuck Rider (BHS)	2:06.37
50 Freestyle	Kathy Ely (DHS)	25.20	Havlin Kemp (JDHS)	23.04
Diving	Kerry Frick (EHS)	292.29	Gordon Purcella (EHS)	410.61
100 Butterfly	Trena Fromento (DHS)	1:05.72	Chuck Rider (BHS)	56.34
100 Freestyle	Kathryn Kemp (JDHS)	57.47	Havlin Kemp (JDHS)	50.25
500 Freestyle	Kathy Knutson (WHS)	5:23.15	Lars Gregovich (JDHS)	5:07.49
100 Backstroke	Lauri Rider (BHS)	1:07.20	Clark Rush (WHS)	56.71
100 Breaststroke	Natalia Braspenninch (BHS)	1:17.95	Mark Munroe (WHS)	1:02.03
400 Freestyle Relay	Dimond	4:03.32	Juneau	3:32.24

1977

200 Medley Relay	Bartlett	2:04.12	West Anchorage	1:44.85
200 Freestyle	Kari Valentine (KAYHI)	2:01.39	Bob Kennedy (KAYHI)	1:49.99
200 Ind Medley	Cheryl Eichner (KAYHI)	2:17.74	Chuck Rider (BHS)	2:05.37
50 Freestyle	Kathryn Kemp (JDHS)	25.63	McLeod (DHS)	23.17
Diving	Chaille Owens (DHS)	231.55	Gordon Purcella (EHS)	420.65
100 Butterfly	Karen Cole (LHS)	1:03.76	Clark Rush (WHS)	54.91
100 Freestyle	Kathryn Kemp (JDHS)	55.06	Havlin Kemp (JDHS)	49.99
500 Freestyle	Kari Valentine (KAYHI)	5:29.52	Lars Gregovich (JDHS)	5:03.29
100 Backstroke	Lauri Rider (BHS)	1:04.52	Clark Rush (WHS)	55.01
100 Breaststroke	Cheryl Eichner (KAYHI)	1:13.64	B Roth (BHS)	1:05.71
400 Freestyle Relay	Dimond	4:02.12	Juneau	3:25.17

1978

200 Medley Relay	Ketchikan	2:02.82	Ketchikan	1:44.52
200 Freestyle	Lori Call	2:06.15	Bob Kennedy (KAYHI)	1:48.17
200 Ind Medley	Lori Zwick (KAYHI)	2:16.27	Curtis Southworth (WHS)	2:05.05
50 Freestyle	Jill Bornhoff (DHS)	26.02	Chip Daugherty (BHS)	23.01
Diving	Leslie Parsons (SHS)	323.75	Mike LaNorman (DHS)	342.85
100 Butterfly	Sarah Emard (KAYHI)	59.94	Tom Roth (BHS)	55.40
100 Freestyle	Cheryl Eichner (KAYHI)	56.05	Tom Newman (CHS)	50.78
500 Freestyle	Sarah Emard (KAYHI)	5:21.36	Eldon Morris (KAYHI)	5:08.15
100 Backstroke	Kari Valentine (KAYHI)	1:06.14	Bob Kennedy (KAYHI)	58.22
100 Breaststroke	Lori Zwick (KAYHI)	1:11.64	Chris Hodel (WHS)	1:06.04
400 Freestyle Relay	Ketchikan	3:51.00	West Anchorage	3:30.05

1979

200 Medley Relay	Dimond	1:57.38	West Anchorage	1:44.17
200 Freestyle	Katheryn Kemp (JDHS)	2:01.94	Kris Calvin (SITKA)	1:49.49
200 Ind Medley	Cheryl Wolf (BHS)	2:15.80	Curtis Southworth (WHS)	2:02.76
50 Freestyle	Jill Bornhoff (DHS)	24.56	Tom Roth (BHS)	22.74
Diving	Leslie Parsons (SHS)	366.25	Danny Legg (CHS)	396.00
100 Butterfly	Sarah Emard (KAYHI)	1:01.70	Tom Roth (BHS)	55.83

100 Freestyle	Sarah Emard (KAYHI)	53.87	Chris Hodel (WHS)	50.14
500 Freestyle	Beth Fleener (DHS)	5:35.18	Greg Beirne (WHS)	4:58.25
100 Backstroke	Cheryl Eichner (KAYHI)	1:03.12	Kurt Carlson (KAYHI)	56.81
100 Breaststroke	Julie Linford (WHS)	1:12.54	Chris Hodel (WHS)	1:03.01
400 Freestyle Relay	West Anchorage	3:51.62	West Valley	3:25.72

1980

200 Medley Relay	Juneau	2:00.04	Bartlett	1:44.62
200 Freestyle	Sarah Emard (KAYHI)	1:58.71	Greg Beirne (WHS)	1:47.55
200 Ind Medley	Cheryl Wolf (BHS)	2:17.60	John Lindquist (CHS)	2:02.24
50 Freestyle	Jennifer Hodel (WHS)	25.50	Ken Chaney (WVHS)	22.64
Diving	Chaille Owens (DHS)	419.70	Danny Legg (CHS)	443.05
100 Butterfly	Beth Fleener (DHS)	1:02.10	Tom Roth (BHS)	53.32
100 Freestyle	Sarah Emard (KAYHI)	53.42	Tom Roth (BHS)	48.93
500 Freestyle	Laura Rutschman (JDHS)	5:26.57	Greg Beirne (WHS)	4:47.19
100 Backstroke	Cheryl Eichner (KAYHI)	1:02.24	Jon Wolf (BHS)	58.08
100 Breaststroke	Julie Linford (WHS)	1:12.04	Carl Benson (WVHS)	1:02.04
400 Freestyle Relay	West Anchorage	3:47.95	Chugiak	3:24.80

1981

200 Medley Relay	Bartlett	1:58.47	West Anchorage	1:44.62
200 Freestyle	Lyn Smith (EHS)	2:01.00	Greg Beirne (WHS)	1:45.73
200 Ind Medley	Cheryl Wolf (BHS)	2:17.58	Bryan Biegal (SHS)	1:59.23
50 Freestyle	Jill Bornhoff (DHS)	24.67	Scott Smith (SHS)	21.93
Diving	Leslie Parsons (SHS)	378.25	Danny Legg (CHS)	440.55
100 Butterfly	Cheryl Wolf (BHS)	1:01.76	R Gibson (DHS)	53.80
100 Freestyle	Jill Bornhoff (DHS)	54.39	Scott Smith (SHS)	48.17
500 Freestyle	Lyn Smith (EHS)	5:21.82	Greg Beirne (WHS)	4:44.73
100 Backstroke	Candy Putnam (EHS)	1:04.97	Bryan Biegal (SHS)	56.77
100 Breaststroke	Julie Linford (WHS)	1:10.48	Jon Christensen (SHS)	1:00.95
400 Freestyle Relay	East Anchorage	3:52.88	Service	3:16.99

1982

200 Medley Relay	Juneau	1:58.54	Ketchikan	1:46.12
200 Freestyle	Polly Silsz (DHS)	1:57.26	Ted Wood (WHS)	1:48.99
200 Ind Medley	Mia Costello (WHS)	2:13.72	Carl Abrams (BHS)	2:00.06
50 Freestyle	Cindy Roppel (SITKA)	25.60	Allan Chaney (WVHS)	21.83
Diving	Kate Sternhagen (EHS)	357.05	Alvin Spencer (CHS)	517.25
100 Butterfly	Cheryl Wolf (BHS)	1:01.14	Carl Abrams (BHS)	54.18
100 Freestyle	Cindy Roppel (SITKA)	56.24	Doug Green (SOHI)	50.03
500 Freestyle	Lyn Smith (EHS)	5:20.82	Ted Wood (WHS)	4:54.51
100 Backstroke	Candy Putnam (EHS)	1:02.66	John Zwick (KAYHI)	57.69
100 Breaststroke	Mia Costello (WHS)	1:08.57	Scott Woodbury (KAYHI)	1:01.01
400 Freestyle Relay	Bartlett	3:47.83	Bartlett	3:24.56

1983

200 Medley Relay	Juneau-Douglas	1:56.15	Bartlett	1:43.46
200 Freestyle	Polly Silsz (DHS)	1:58.28	Hansen (BHS)	1:48.16
200 Ind Medley	Mia Costello (WHS)	2:15.05	Carl Abrams (BHS)	1:58.53
50 Freestyle	Cindy Roppel (SITKA)	24.86	Allan Chaney (WVHS)	21.27
Diving	Kate Sternhagen (EHS)	413.25	Holt (SHS)	399.50

100 Butterfly	Cindy Roppel (SITKA)	1:00.59	Carl Abrams (BHS)	53.16
100 Freestyle	Amy Carroll	54.96	Allan Chaney (WVHS)	47.76
500 Freestyle	Laura Rutschman (JDHS)	5:19.41	Hansen (BHS)	4:52.63
100 Backstroke	Candy Putnam (EHS)	1:03.25	Jim Turner (DHS)	57.73
100 Breaststroke	Mia Costello (WHS)	1:08.36	Scott Heber (SHS)	1:00.84
400 Freestyle Relay	Chugiak	3:55.74	Chugiak	3:29.47

1984

200 Medley Relay	Lathrop	1:54.18	Juneau-Douglas	1:43.67
200 Freestyle	Candy Putnam (EHS)	1:57.31	Andrew Billings (WVHS)	1:45.83
200 Ind Medley	Mia Costello (WHS)	2:13.10	Trevor Desatoff (DHS)	2:03.57
50 Freestyle	Dana Hoffman (LHS)	25.20	Allan Chaney (WVHS)	21.07
Diving	Nancy Claggett (DHS)	330.20	John Blasongame (EHS)	430.70
100 Butterfly	Cheryl Wolf (BHS)	59.98	Trevor Desatoff (DHS)	55.25
100 Freestyle	Kirstin Kozlowski (DHS)	55.15	Allan Chaney (WVHS)	46.70
500 Freestyle	Polly Silsz (DHS)	5:21.93	Chris Hays (SITKA)	4:45.77
100 Backstroke	Candy Putnam (EHS)	1:01.65	Jason Wilson (JDHS)	57.58
100 Breaststroke	Mia Costello (WHS)	1:07.68	Todd Haltiner (PETER)	1:02.63
400 Freestyle Relay	Dimond	3:44.05	Dimond	3:21.34

1985

200 Medley Relay	Juneau-Douglas	1:55.72	Service	1:44.05
200 Freestyle	Jenny Naylor (WVHS)	1:59.71	Andrew Billings (WVHS)	1:42.69
200 Ind Medley	Mia Costello (WHS)	2:09.50	Kevin Patton (CHS)	2:01.53
50 Freestyle	Olson (WHS)	25.43	Mike Byrnes (DHS)	22.31
Diving	Nancy Claggett (DHS)	398.40	Chuck Pettit (SHS)	365.50
100 Butterfly	Polly Silsz (DHS)	101.24	Van Perrigo (SHS)	53.83
100 Freestyle	Olson (WHS)	55.31	Mike Byrnes (DHS)	48.22
500 Freestyle	Jenny Naylor (WVHS)	5:19.50	Andrew Billings (WVHS)	4:49.97
100 Backstroke	Sarah Rabinowitz (WVHS)	1:00.90	Frank Moore (SITKA)	56.94
100 Breaststroke	Mia Costello (WHS)	1:06.92	Carl Jayner (KAYHI)	1:01.41
400 Freestyle Relay	Dimond	3:47.39	Chugiak	3:18.27

1986

200 Medley Relay	Bartlett	1:57.49	Service	1:39.03
200 Freestyle	Beth Janis (BHS)	1:59.51	Casey Green (KAYHI)	1:47.25
200 Ind Medley	Sarah Rabinowitz (WVHS)	2:11.29	Van Perrigo (SHS)	1:57.78
50 Freestyle	Wolf (BHS)	25.26	Joel Akers (WHS)	22.16
Diving	Julene Anderson (SHS)	382.55	Jon Molotte (BHS)	395.70
100 Butterfly	Jill Abrams (BHS)	100.83	Van Perrigo (SHS)	52.02
100 Freestyle	Beth Janis (BHS)	54.97	Joel Akers (WHS)	48.12
500 Freestyle	Adriene Modafferi (PHS)	5:17.03	Jacobsen (SOHI)	4:58.43
100 Backstroke	Sarah Rabinowitz (WVHS)	1:01.47	Jim Reeves (BHS)	54.98
100 Breaststroke	Heidi Reynolds (JDHS)	1:09.30	Todd Haltiner (PETER)	59.04
400 Freestyle Relay	Bartlett	3:49.37	Chugiak	3:20.69

1987

200 Medley Relay	West Valley	1:54.89	Service	1:43.32
200 Freestyle	Jill Abrams (BHS)	2:00.84	Glen Bagwell (CHS)	1:47.08
200 Ind Medley	Sarah Rabinowitz (WVHS)	2:13.09	Todd Haltiner (PETER)	2:01.34
50 Freestyle	Ann Penniston (PHS)	25.03	Joose (WVHS)/Marshall (JDHS)	22.65

Diving	Kayla Johnston (SHS)	390.65	Jon Molotte (BHS)	462.65
100 Butterfly	Beth Janis (BHS)	58.77	Eric Teela (SHS)	53.01
100 Freestyle	Ann Penniston (PHS)	54.70	Jeff Stewart (CHS)	49.26
500 Freestyle	Jenny Schlife (SHS)	5:21.60	Glen Bagwell (CHS)	4:54.45
100 Backstroke	Shawna Derby (BHS)	1:01.17	Brett Walter (WHS)	56.53
100 Breaststroke	Heidi Reynolds (JDHS)	1:09.83	Todd Haltiner (PETER)	59.85
400 Freestyle Relay	Palmer	3:53.06	Service	3:22.37

1988

200 Medley Relay	West Valley	1:58.54	Service	1:41.73
200 Freestyle	Katie Felton (SHS)	1:58.51	Mike Head (SHS)	1:47.02
200 Ind Medley	Heidi Reynolds (JDHS)	2:16.09	Brett Walter (WHS)	1:59.72
50 Freestyle	Kris Haggland (WVHS)	25.29	Scott Baer (EHS)	21.73
Diving	Kayla Johnston (SHS)	343.85	Jason Kottra (EHS)	404.35
100 Butterfly	Molly Brown (WHS)	101.49	Scott Baer (EHS)	51.94
100 Freestyle	Catherine Wick (EHS)	55.36	Jeff Steen (DHS)	49.54
500 Freestyle	Katie Felton (SHS)	5:13.69	Mike Head (SHS)	4:52.51
100 Backstroke	Koya Harry (HOMER)	1:03.64	Brett Walter (WHS)	55.35
100 Breaststroke	Heidi Reynolds (JDHS)	1:08.93	Scott Smith (SHS)	1:01.61
400 Freestyle Relay	Service	3:48.04	Dimond	3:20.29

1989

200 Medley Relay	East Anchorage	1:55.05	Service	1:43.02
200 Freestyle	Catherine Wick (EHS)	1:56.82	Ben Smith (SHS)	1:45.26
200 Ind Medley	Larrel Paterna (EHS)	2:14.52	Brett Walter (WHS)	1:57.20
50 Freestyle	Kris Haggland (WVHS)	24.87	Shannon Wilkerson (CHS)	22.23
Diving	Mary Myerchin (JDHS)	371.55	Richard Brogan (CHS)	383.80
100 Butterfly	Molly Brown (WHS)	59.99	Aaron Dean (PHS)	54.75
100 Freestyle	Kris Haggland (WVHS)	54.50	Shannon Wilkerson (CHS)	48.74
500 Freestyle	Catherine Wick (EHS)	5:09.82	Ben Smith (SHS)	4:45.40
100 Backstroke	Twila Caldwell (EHS)	1:01.96	Brett Walter (WHS)	53.43
100 Breaststroke	Liz Gibbs (EHS)	1:09.05	Jason Everard (BHS)	1:00.43
400 Freestyle Relay	Service	3:42.85	Service	3:16.22

1990

200 Medley Relay	East Anchorage	1:52.72	Ketchikan	1:39.07
200 Freestyle	Catherine Wick (EHS)	1:55.82	Ben Smith (SHS)	1:42.84
200 Ind Medley	Larrel Paterna (EHS)	2:11.99	Randy Taylor (KAYHI)	1:56.74
50 Freestyle	Mendy Benson (KCHS)	24.85	Nick Riznyk (EHS)	21.51
Diving	Kristen York (SHS)	351.25	Dwayne Hansen (WW)	357.20
100 Butterfly	Molly Brown (WHS)	59.17	Randy Taylor (KAYHI)	52.63
100 Freestyle	Twila Caldwell (EHS)	53.76	Tom Tredway (SHS)	47.99
500 Freestyle	Larrel Paterna (EHS)	5:05.80	Ben Smith (SHS)	4:37.85
200 Freestyle Relay	West Anchorage	1:41.81	Chugiak	1:29.08
100 Backstroke	Twila Caldwell (EHS)	1:00.43	Tom Tredway (SHS)	53.80
100 Breaststroke	Liz Gibbs (EHS)	1:08.85	Shannon Wilkerson (CHS)	58.28
400 Freestyle Relay	East Anchorage	3:42.04	Service	3:11.38

1991

200 Medley Relay	East Anchorage	1:52.61	Juneau-Douglas	1:37.88
200 Freestyle	Sara Fallico (EHS)	1:53.43	Tip Jenny (BHS)	1:44.62

200 Ind Medley	Sara Fallico (EHS)	2:09.50	Scott Peterson (JDHS)	1:55.23
50 Freestyle	Mendy Benson (KCHS)	24.91	Ben Brainard (PHS)	21.83
Diving	Amy Priest (SHS)	331.95	Jim Ahlers (NPHS)	369.35
100 Butterfly	Ann Fallico (EHS)	59.34	Andy Simeroth (CHS)	52.98
100 Freestyle	Carla Eldridge (SHS)	54.45	Bill Hanson (SOHI)	48.54
500 Freestyle	Larrel Paterna (EHS)	5:15.07	Tip Jenny (BHS)	4:43.08
200 Freestyle Relay	Dimond	1:42.02	Bartlett	1:29.27
100 Backstroke	Twila Caldwell (EHS)	1:00.48	Scott Peterson (JDHS)	52.04
100 Breaststroke	Jodi Smith (SHS)	1:06.84	Adam Johnson (JDHS)	100.69
400 Freestyle Relay	East Anchorage	3:41.03	Service	3:17.03
Outstanding Competitor:	Sara Fallico (EHS)		Scott Peterson (JDHS), Tip Jenny (BHS)	

1992

200 Medley Relay	Dimond	1:52.10	Juneau-Douglas	1:39.54
200 Freestyle	Jessica Smith (DHS)	1:58.95	Tip Jenny (BHS)	1:43.99
200 Ind Medley	Jodi Smith (SHS)	2:09.27	Troy Smith (SHS)	1:55.78
50 Freestyle	Katy Brown (WHS)	24.80	Bill Hanson (SOHI))	21.48
Diving	Amy Priest (SHS)	363.15	Damon Strickland (SHS)	416.00
100 Butterfly	Ann Fallico (EHS)	58.26	Andy Simeroth (CHS)	53.28
100 Freestyle	Katy Brown (WHS)	53.35	Bill Hanson (SOHI)	47.24
500 Freestyle	Larrel Paterna (EHS)	5:19.10	Tip Jenny (BHS)	4:43.79
200 Freestyle Relay	Dimond	1:41.66	Soldotna	1:29.70
100 Backstroke	Corrise Bittner (HOMER)	59.28	Troy Smith (SHS)	53.46
100 Breaststroke	Jodi Smith (SHS)	1:06.89	Martin Meenaghan (SHS)	100.10
400 Freestyle Relay	Dimond	3:40.66	Service	3:18.11
Outstanding Competitor:	Katy Brown (WHS)			

1993

200 Medley Relay	Dimond	1:54.06	Lathrop	1:37.71
200 Freestyle	Kari Bland (DHS)	1:59.63	Scott Jones (JDHS)	1:45.29
200 Ind Medley	Corrise Bittner (SHS)	2:12.30	K Hollingsworth (SOHI)	1:57.87
50 Freestyle	Katy Brown (WHS)	24.77	Bill Hanson (SOHI))	21.30
Diving	Danielle Parcil (DHS)	443.65	Damon Strickland (SHS)	483.10
100 Butterfly	Ann Fallico (EHS)	1:00.16	R Blume-Kohout (LHS)	52.85
100 Freestyle	Katy Brown (WHS)	53.84	Bill Hanson (SOHI)	47.23
500 Freestyle	Krista Belanger (COLHS)	5:20.85	Scott Jones (JDHS)	4:46.93
200 Freestyle Relay	West Valley	1:42.05	Soldotna	1:29.21
100 Backstroke	Corrise Bittner (HOMER)	59.69	K Hollingsworth (SOHI)	53.42
100 Breaststroke	Adrienne Grenier (DHS)	1:06.69	Martin Meenaghan (LHS)	57.37
400 Freestyle Relay	Dimond	3:40.91	Soldotna	3:15.03
Outstanding Competitor:	Corrise Bittner (HOMER)		Bill Hanson (SOHI)	

1994

200 Medley Relay	Dimond	1:53.88	Lathrop	1:40.23
200 Freestyle	Sara Murphy (SHS)	1:55.49	John Rogers (LHS)	1:45.48
200 Ind Medley	Jodi Smith (SHS)	2:08.31	Nick Holiday (DHS)	1:58.85
50 Freestyle	Jessie Lewis (JDHS)	24.87	Martin Meenaghan (LHS)	21.53
Diving	Danielle Parcil (DHS)	402.75	Damon Strickland (SHS)	433.65
100 Butterfly	Sara Murphy (SHS)	58.85	Nick Holiday (DHS)	52.81
100 Freestyle	Arika Smith (COLHS)	54.39	Ronnie Davison (SITKA)	48.15
500 Freestyle	Jenny Koval (WHS)	5:24.92	John Rogers (LHS)	4:46.47

200 Freestyle Relay	Dimond	1:40.92	Dimond	1:29.30
100 Backstroke	Dawn Vowell (DHS)	101.23	Chris Geitz (DHS)	51.91
100 Breaststroke	Jodi Smith (SHS)	1:06.51	Martin Meenaghan (LHS)	58.82
400 Freestyle Relay	Lathrop	3:41.47	Dimond	3:15.54
Outstanding Competitor:	Jodi Smith (SHS)		Martin Meenaghan (LHS)	

1995

200 Medley Relay	Lathrop	1:49.53	Juneau-Douglas	1:39.95
200 Freestyle	Sara Murphy (SHS)	1:56.52	Chris Geitz (DHS)	1:44.01
200 Ind Medley	Heather King (LHS)	2:08.33	John Rogers (LHS)	1:53.51
50 Freestyle	Jessie Lewis (JDHS)	24.29	Andrew Tainter (SHS)	22.10
Diving	Dominy Thompson (SHS)	400.70	Creighton Lowe (SHS)	437.20
100 Butterfly	Patty Nash (LHS)	57.95	Nick Holiday (DHS)	52.38
100 Freestyle	Jessie Lewis (JDHS)	52.95	Ole Shelton (JDHS)	48.77
500 Freestyle	Jessica Case (SHS)	5:09.22	John Rogers (LHS)	4:44.22
200 Freestyle Relay	Lathrop	1:39.47	Dimond	1:27.71
100 Backstroke	Nikole Kimura (DHS)	101.32	Chris Geitz (DHS)	52.57
100 Breaststroke	Heather King (LHS)	1:05.74	Gabe Layman (PHS)	59.49
400 Freestyle Relay	Lathrop	3:38.60	Dimond	3:11.06
Outstanding Competitor:	Jessie Lewis (JDHS)		John Rogers (LHS)	

1996

200 Medley Relay	Service	1:52.31	Dimond	1:39.95
200 Freestyle	Katy Chandler (SHS)	1:55.17	Quincy Schmidt (DHS)	1:44.01
200 Ind Medley	Heather King (LHS)	2:08.53	Gabe Layman (PHS)	1:53.51
50 Freestyle	Sara Murphy (SHS)	24.06	Andrew Tainter (SHS)	22.10
Diving	Ann Marie Vollstedt (EHS)	360.15	Creighton Lowe (SHS)	437.20
100 Butterfly	Sara Murphy (SHS)	56.23	Ole Shelton (JDHS)	52.38
100 Freestyle	Jessie Lewis (JDHS)	52.69	Andrew Tainter (SHS)	48.77
500 Freestyle	Katy Chandler (SHS)	5:04.59	David Summerville (SHS)	4:44.22
200 Freestyle Relay	Lathrop	1:38.82	Dimond	1:27.71
100 Backstroke	Kim Lysogorski (SHS)	100.56	Ole Shelton (JDHS)	52.57
100 Breaststroke	Heather King (LHS)	1:06.23	Gabe Layman (PHS)	59.49
400 Freestyle Relay	Service	3:36.84	Service	3:11.06
Outstanding Competitor:	Sara Murphy (SHS)		Andrew Tainter (SHS)	

1997

200 Medley Relay	Service	1:51.50	Dimond	1:38.66
200 Freestyle	Katy Chandler (SHS)	1:55.17	Quincy Schmidt (DHS)	1:43.30
200 Ind Medley	Heather King (LHS)	2:08.53	Eric Vik (CHS)	1:57.91
50 Freestyle	Jessie Lewis (JDHS)	24.06	Derek Gibb (PETER)	21.47
Diving	Alaina Patterson (CHS)	360.15	James Blake (SKY)	419.65
100 Butterfly	Sara Murphy (SHS)	56.23	Eric Vik (CHS)	53.41
100 Freestyle	Lewis (JDHS)/McCoy (DHS)	52.69	Quincy Schmidt (DHS)	46.94
500 Freestyle	Katy Chandler (SHS)	5:04.59	Sean Seaver (KAYHI)	4:50.39
200 Freestyle Relay	Lathrop	1:38.82	Dimond	1:27.85
100 Backstroke	Sara Murphy (SHS)	100.56	Gibb (PETER)/Walter (JDHS)	54.78
100 Breaststroke	Heather King (LHS)	1:06.23	Eddie Krekel (CHS)	1:00.90
400 Freestyle Relay	Service	3:36.84	Dimond	3:17.16
Outstanding Competitor:	Jessie Lewis (JDHS)		Eric Vik (CHS)	

1998

200 Medley Relay	Lathrop	1:50.87	Petersburg	1:36.98
200 Freestyle	Kayla Meirergerd (CHS)	1:50.83	Quincy Schmidt (DHS)	1:43.08
200 Ind Medley	Micha Burden (SHS)	2:09.25	Lucas Peterson (SOHI)	1:57.85
50 Freestyle	Maria Reeves (LHS)	23.34	Ty Westre (PETER)	21.87
Diving	Alaina Patterson (CHS)	463.45	David Willequer (BHS)	419.95
100 Butterfly	Amy Splitter (DHS)	58.63	Lucas Peterson (SOHI)	52.49
100 Freestyle	Emily McCoy (DHS)	51.95	Derek Gibb (PETER)	46.27
500 Freestyle	Kayla Meirergerd (CHS)	4:56.55	Sean Seaver (KAYHI)	4:42.26
200 Freestyle Relay	Lathrop	1:36.50	Dimond	1:26.56
100 Backstroke	Stacy Paul (KCHS)	59.81	Derek Gibb (PETER)	52.73
100 Breaststroke	Maria Reeves (LHS)	1:06.02	Quincy Schmidt (DHS)	57.36
400 Freestyle Relay	Service	3:34.59	Dimond	3:09.70
Outstanding Competitor: Kayla Meirergerd (CHS), Maria Reeves (LHS)			Derek Gibb (PETER)	

1999

200 Medley Relay	Service	1:52.37	Dimond	1:38.19
200 Freestyle	Kayla Meirergerd (CHS)	1:55.30	Logan Tucker (CHS)	1:45.60
200 Ind Medley	Rachelle Kula (SHS)	2:10.93	Hunter McAllister (LHS)	1:56.27
50 Freestyle	Emily McCoy (DHS)	23.83	Derek Carlson (PETER)	22.08
Diving	Kaylan Woitel (LHS)	387.20	Steve Sorenson (CHS)	412.60
100 Butterfly	Rachelle Kula (SHS)	58.68	Lucas Peterson (SOHI)	51.80
100 Freestyle	Emily McCoy (DHS)	51.51	Joshua Gemmell (SOHI)	47.40
500 Freestyle	Kayla Meirergerd (CHS)	5:10.98	Hunter McAllister (LHS)	4:43.94
200 Freestyle Relay	Lathrop	1:36.36	Dimond	1:29.34
100 Backstroke	Brette Winegarner (SHS)	59.70	Tim Dolan (EHS)	53.82
100 Breaststroke	Maria Reeves (LHS)	1:06.60	Joshua Gemmell (SOHI)	58.31
400 Freestyle Relay	Lathrop	3:31.88	Dimond	3:15.95
Outstanding Competitor: Emily McCoy (DHS), Maria Reeves (LHS)			Hunter McAllister (LHS)	

2000

200 Medley Relay	Service	1:51.02	Dimond	1:39.66
200 Freestyle	Julia Chang (SHS)	1:56.93	Logan Tucker (CHS)	1:44.21
200 Ind Medley	Rachelle Kula (SHS)	2:09.75	Hunter McAllister (LHS)	1:56.20
50 Freestyle	Bryn Spores (LHS)	24.20	Dirk Craft (PHS)	21.62
Diving	Richelle Knapp (PHS)	391.75	Jake Miller (LHS)	413.35
100 Butterfly	Rachelle Kula (SHS)	58.85	Lucas Peterson (SOHI)	50.97
100 Freestyle	Bryn Spores (LHS)	53.80	Joshua Gemmell (SOHI)	46.73
500 Freestyle	Christina Hickey (BHS)	5:15.81	Logan Tucker (CHS)	4:45.36
200 Freestyle Relay	Dimond	1:40.73	Soldotna	1:28.32
100 Backstroke	Brette Winegarner (SHS)	58.86	Lucas Peterson (SOHI)	53.89
100 Breaststroke	Katie Fair (VHS)	1:09.62	Joshua Gemmell (SOHI)	56.40
400 Freestyle Relay	Service	3:37.73	Soldotna	3:15.39
Outstanding Competitor: Rachelle Kula (SHS)			Joshua Gemmell (SOHI)	

2001

200 Medley Relay	Service	1:50.36	Dimond	1:40.43
200 Freestyle	Felina Rosadiuk (LHS)	1:56.04	Luke Thomas (VHS)	1:45.32
200 Ind Medley	Rachelle Kula (SHS)	2:11.07	Hunter McAllister (LHS)	1:57.75
50 Freestyle	Julia Chang (SHS)	24.26	Travis Williams (LHS)	22.47
Diving	Kasey Dethlefs (CHS)	414.35	Chad Frichtl (CHS)	481.20

100 Butterfly	Rachelle Kula (SHS)	58.74	Luke Thomas (VHS)	52.81
100 Freestyle	Julia Chang (SHS)	53.35	Ricky Jarvill (SITKA)	49.33
500 Freestyle	Felina Rosadiuk (LHS)	5:15.29	Hunter McAllister (LHS)	4:48.56
200 Freestyle Relay	Service	1:39.82	Dimond	1:30.77
100 Backstroke	Julianne Fritcher (SHS)	59.58	Travis Williams (LHS)	52.23
100 Breaststroke	Katie Fair (VHS)	1:08.64	Gilbert Raposa (DHS)	58.36
400 Freestyle Relay	Service	3:36.19	Soldotna	3:20.92
Outstanding Competitor:	Rachelle Kula (SHS)		Hunter McAllister (LHS)	

2002

200 Medley Relay	Soldotna	1:49.93	Juneau-Douglas	1:41.24
200 Freestyle	Felina Rosadiuk (LHS)	1:54.75	Leon Rosefigura (BHS)	1:45.05
200 Ind Medley	Sara Rockwell (WHS)	2:07.05	Paul Hughes (JDHS)	1:56.59
50 Freestyle	Jenny Syverson (SOHI)	24.34	Schweigert (SOHI)/Wolfe (LHS)	21.97
Diving	Jessi Earp (CHS)	347.05	Chad Frichtl (CHS)	476.70
100 Butterfly	Abby Kiffmeyer (SOHI)	58.45	Luke Thomas (VHS)	53.05
100 Freestyle	Sara Rockwell (WHS)	51.38	Rosefigura (BHS)/Sorrell (SOHI)	48.55
500 Freestyle	Felina Rosadiuk (LHS)	5:08.28	Jimmy Rutter (VHS)	4:52.88
200 Freestyle Relay	Soldotna	1:38.99	Soldotna	1:28.16
100 Backstroke	Brette Winegarner (SHS)	58.84	Kirk Fishel (JDHS)	55.80
100 Breaststroke	Laura Smith (DHS)	1:07.89	Paul Hughes (JDHS)	58.10
400 Freestyle Relay	Service	3:39.30	Soldotna	3:14.89
Outstanding Competitor:	Sara Rockwell (WHS)		Leon Rosefigura (BHS)	