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Northwest Women's Swimming All-Time Winners, 1983-1993

Central Washington University Athletics

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NORTHWEST WOMEN'S INDIVIDUAL YEARLY CHAMPIONS

Team Champion (Points) Site

1983 Pacific Lutheran (512) Portland
1984 Central Washington (486) Olympia
1985 Central Washington (517 1/2) Tacoma
1986 Central Washington (711) Olympia
1987 Central Washington (796) Portland
1988 Central Washington (767) Olympia
1989 Puget Sound (663 1/2) Portland
1990 Puget Sound (745) Olympia
1991 Puget Sound (689) Ellensburg
1992 Puget Sound (790) McMinnville
1993 Puget Sound (797) Olympia

50 Free

1983 Gayle Roth, WU 24.939
1984 Gayle Roth, WU 24.544
1985 Peggi Peacock, SFU 25.52
1986 Kerri Butcher, PLU 24.98
1987 Jill Rutledge, UPS 25.62
1988 Cyndi Hudon, CWU 25.04
1989 Jill Rutledge, UPS 25.39
1990 Pandora Lake, SFU 25.09
1991 Kristin Watson, UPS 25.21
1992 Kristin Watson, UPS 24.91
1993 Michelle Parrish, UPS 24.90

100 Free

1983 Gayle Roth, WU 54.878
1984 Gayle Roth, WU 54.210
1985 Peggi Peacock, SFU 55.32
1986 Kerri Butcher, PLU 54.55
1987 Barb Graham, SFU 54.45
1988 Cyndi Hudon, CWU 54.80
1989 Sue Bendl, UPS 55.41
1990 Jill Rutledge, UPS 53.49
1991 Kristin Watson, UPS 54.97
1992 M. Zinanti, Whtm 54.20
1993 Wendy Hocker, Linf 54.46

200 Free

1983 Kris Platte, CWU 1:58.171
1984 Barbara Hefte, PLU 1:59.168
1985 Sue Melody, SFU 1:56.92
1986 Barb Graham, SFU 1:57.90
1987 Barb Graham, SFU 1:56.08
1988 Chris Hayden, CWU 1:58.92
1989 Ronda Blair, UPS 1:56.86
1990 Sue Bendl, UPS 1:55.62
1991 Karen Hanson, PLU 1:56.45
1992 Karen Hanson, PLU 1:53.91
1993 Wendy Hocker, Linf 1:58.18

500 Free

1983 Karen Deck, L&C 5:21.000
1984 Barbara Hefte, PLU 5:23.752
1985 Sue Melody, SFU 5:15.92
1986 Barb Graham, SFU 5:13.43
1987 Barb Graham, SFU 5:07.49
1988 Chris Hayden, CWU5:16.09
1989 Julie Himstreet, UPS 5:11.96
1990 Karen Hanson, PLU5:14.30
1991 Melissa Loun, UPS5:08.98
1992 Karen Hanson, PLU5:04.72
1993 Amy Miller, UPS 5:10.97

1650 Free

1983 Kendra Wheeler, WU 18:36.00
1984 Nina Young, L&C 18:36.874
1985 Barb Graham, SFU 18:11.12
1986 Barb Graham, SFU 17:58.38
1987 Chris Hayden, CWU18:13.52
1988 Chris Hayden, CWU18:11.85
1989 Haleigh Kurtz, UPS 17:52.88
1990 Melissa Loun, UPS 18:01.33
1991 Melissa Loun, UPS17:46.76
1992 Annabel Bicknell, SFU 17:41.50
1993 Amy Miller, UPS 17:55.89

100 Backstroke

1983 Kris Platte, CWU 1:02.674
1984 Barbara Hefte, PLU 1:03.620
1985 Cynthia Gaudet, SFU 1:03.05
1986 Sharon Wilson, CWU 1:02.81
1987 Sharon Wilson, CWU 1:01.80
1988 Sharon Wilson, CWU 1:00.55
1989 Carol Quarterman, PLU 1:03.61
1990 Sharie Juckeland, UPS 1:02.19
1991 Jen Kuhn, UPS 1:01.04
1992 Desire DeSoto, Whtw 59.66
1993 Jennifer Snook, Linf 1:01.42

200 Backstroke

1983 Kris Platte, CWU 2:17.050
1984 Barbara Hefte, PLU 2:19.547
1985 Sue Melody, SFU 2:17.62
1986 Sharon Wilson, CWU 2:14.66
1987 Sharon Wilson, CWU 2:12.27
1988 Sharon Wilson, CWU 2:09.96
1989 A. Bicknell, SFU 2:12.99
1990 Sharie Juckeland, UPS 2:13.07
1991 Jen Kuhn, UPS 2:09.02
1992 Karen Hanson, PLU2:08.27
1993 Erica Thiessen, UPS 2:13.43

100 Breaststroke

1983 Leslie Wilday, WU1:11.441
1984 Leslie Wilday, WU1:11.024
1985 Chris Lomax, CWU 1:11.32

1986 Debbie Gray, CWU 1:10.48
1987 J.J. Galster, UPS1:08.84
1988 Laura Hill, CWU 1:09.75
1989 Tareena Joubert, PLU 1:09.50
1990 Tareena Joubert, PLU 1:09.48
1991 Charlene Miller, UPS 1:08.33
1992 Ronda Blair, UPS 1:08.41
1993 Michelle Parrish, UPS 1:06.83

200 Breaststroke

1983 Elizabeth Green, PLU 2:33.580
1984 Elizabeth Green, PLU 2:35.373
1985 Debbie Gray, CWU 2:34.80
1986 Debbie Gray, CWU 2:31.56
1987 Sue Bendl, UPS 2:28.38
1988 Debbie Gray, CWU 2:31.44
1989 Deanne Schweitzer, SFU 2:29.18
1990 Deanne Schweitzer, SFU 2:29.14
1991 Charlene Miller, UPS 2:27.44
1992 Ronda Blair, UPS 2:26.56
1993 Staci Malin, Linf2:28.96

100 Butterfly

1983 Mary Roberge, L&C1:00.139
1984 Kerri Butcher, PLU 1:00.168
1985 Kerri Butcher, PLU 1:00.77
1986 Kerri Butcher, PLU 59.93
1987 Sharon Wilson, CWU 1:01.80
1988 Jill Rutledge, UPS 59.24
1989 Jill Rutledge, UPS 59.82
1990 Jill Rutledge, UPS 59.68
1991 Marnie Engman, SFU 59.84
1992 Sarah Agnew, SFU 59.06
1993 Michelle Parrish, UPS 59.05

200 Butterfly

1984 Karen Deck, L&C 2:12.782
1984 Karen Deck, L&C 2:13.040
1985 Sue Melody, SFU 2:14.05
1986 Kirsten Olson, PLU 2:13.94
1987 Zoe Iltis, L&C 2:12.13
1988 Jill Rutledge, UPS 2:10.98
1989 Jill Rutledge, UPS 2:11.55
1990 Jill Rutledge, UPS 2:09.15
1991 Nani Blake, Whtw 2:12.81
1992 Sarah Agnew, SFU 2:09.03
1993 Kendra Lavik, UPS2:13.96

100 IM

1983 Elizabeth Green, PLU 1:03.036
1984 Gayle Roth, WU 1:03.875

200 IM

1983 Elizabeth Green, PLU 2:13.625
1984 Elizabeth Green, PLU 2:15.998

1985 Barb Graham, SFU 2:17.94
1986 Sharon Wilson, CWU 2:16.47
1987 J.J. Galster, UPS2:14.85
1988 Sue Bendl, UPS 2:12.61
1989 Ronda Blair, UPS 2:11.28
1990 Annabel Bicknell, SFU 2:11.12
1991 Jen Kuhn, UPS 2:10.79
1992 Ronda Blair, UPS 2:09.84*
1993 Tammy Lambert, Linf 2:14.06
*Set record in prelims (2:09.79)

400 IM

1983 Elizabeth Green, PLU 4:45.509
1984 Elizabeth Green, PLU 4:48.244
1985 Barb Graham, SFU 4:51.51
1986 Van Nordstraund, SFU 4:55.29
1987 Kathy Thompson, PLU 4:48.24
1988 Sharon Wilson, CWU 4:35.93
1989 Ronda Blair, UPS 4:38.87
1990 Annabel Bicknell, SFU 4:38.79
1991 Melissa Loun, UPS4:46.35
1992 Annabel Bicknell, SFU 4:37.65
1993 Erin Halton, UPS 4:44.30

One-Meter Diving

1983 Darci Piper, WU 396.05
1984 Not available
1985 Julie Conrad, WU 439.40
1986 Erica Roetman, Whtm 363.05
1987 Kim Moore, Whtw 343.25
1988 Karen Crain, CWU 386.60
1989 Not available
1990 Belinda Eddy, SFU443.85
1991 Belinda Eddy, SFU389.60
1992 Belinda Eddy, SFU372.05
1993 Belinda Eddy, SFU402.65

Three-Meter Diving

1983 Diane Fitzgerald, WU 405.05
1984 Not available
1985 Julie Conrad, WU 469.80
1986 Erica Roetman, Whtm 383.45
1987 Kathy Marousek, Whtw 313.10
1988 Karen Crain, CWU 397.00
1989 Marilyn Quinto, CWU 305.95
1990 Belinda Eddy, SFU544.60
1991 Belinda Eddy, SFU480.50
1992 Belinda Eddy, SFU454.60
1993 Belinda Eddy, SFU444.00

200 Medley Relay

1983 Willamette 1:55.848
1984 Willamette 1:57.141

1985 Central Washington 1:55.84
1986 Pacific Lutheran 1:53.89
1987 Central Washington 1:53.70
1988 Central Washington 1:53.02
1989 Puget Sound 1:53.53
1990 Puget Sound 1:53.46
1991 Puget Sound 1:53.60
1992 Puget Sound 1:51.01
1993 Puget Sound 1:51.35

400 Medley Relay

1983 Willamette 4:14.87
1984 Central Washington 4:13.264
1985 Simon Fraser 4:13.51
1986 Pacific Lutheran 4:10.36
1987 Central Washington 4:05.57
1988 Central Washington 4:05.21
1989 Puget Sound 4:07.63
1990 Puget Sound 4:05.55
1991 Simon Fraser 4:08.26
1992 Puget Sound 4:02.42
1993 Linfield 4:03.84

200 Free Relay

1983 Central Washington 1:42.807
1984 Central Washington 1:44.312
1985 Simon Fraser 1:41.63
1986 Pacific Lutheran 1:41.99
1987 Pacific Lutheran 1:41.78
1988 Puget Sound 1:41.93
1989 Puget Sound 1:42.43
1990 Puget Sound 1:41.65
1991 Pacific Lutheran 1:41.82
1992 Puget Sound 1:40.38
1993 Puget Sound 1:40.22

400 Free Relay

1983 Central Washington 3:46.496
1984 Pacific Lutheran 3:45.84
1985 Simon Fraser 3:42.22
1986 Central Washington 3:42.03
1987 Central Washington 3:38.80
1988 Central Washington 3:40.91
1989 Puget Sound 3:40.09
1990 Puget Sound 3:36.83
1991 Puget Sound 3:39.17
1992 Puget Sound 3:36.80
1993 Puget Sound 3:39.80

800 Free Relay

1983 Lewis & Clark 8:15.538
1984 Willamette 8:16.944
1985 Central Washington 8:14.78
1986 Pacific Lutheran 8:11.61
1987 Central Washington 7:57.96
1988 Puget Sound 7:56.89

1989 Puget Sound 7:54.98

1990 Puget Sound 7:51.58

1991 Puget Sound 8:00.07

1992 Puget Sound 7:52.74

1993 Puget Sound 8:02.38

(Note: Meet records indicated by boldface)

Puget Sound) 1:51.35(400 Medley Relay*1983) (Willamette)4:14.87 (1984)(Central Washington)4:13.264(1985)

Simon Fraser)4:13.51(1986)(Pacific Lutheran)4:10.36(1987) (Central
Washington)4:05.57(1988)(Central Washington)4:05.21(1989)(Puget
Sound)4:07.63(1990)(Puget Sound) 4:05.55(1991)

Simon Fraser) 4:08.26 (1992) (Puget Sound)