

### Girls' Swimming & Diving

1973	Team title not contested	1993	1A-5A	Poudre	2004	4A	Mullen
1974	Uncl Cherry Creek		6A	Littleton		5A	Fairview
1975	Uncl Cherry Creek	1994	4A	Denver East	2005	4A	Mullen
1976	Uncl Cherry Creek		5A	Smoky Hill		5A	Cherry Creek
1977	Uncl Cherry Creek	1995	4A	Highlands Ranch	2006	4A	Regis Jesuit
1978	Uncl Cherry Creek		5A	Cherry Creek		5A	Cherry Creek
1979	Uncl Cherry Creek	1996	4A	Mullen	2007	4A	Ralston Valley
1980	Uncl Palmer		5A	Cherry Creek		5A	Cherry Creek
1981	Uncl Cherry Creek	1997 (w)	4A	Mullen	2008	4A	Ralston Valley
1982	Uncl Cherry Creek		5A	Cherry Creek		5A	Cherry Creek
1983	Uncl Cherry Creek	1997 (f)	4A	Estes Park	2009	4A	Rock Canyon
1984	Uncl Cherry Creek		5A	Cherry Creek		5A	Cherry Creek
1985	Uncl Cherry Creek	1998	4A	Estes Park	2010	4A	Thompson Valley
1986	Uncl Cherry Creek		5A	Cherry Creek		5A	Cherry Creek
1987	Uncl Wheat Ridge	2000	4A	Littleton	2011	4A	Thompson Valley
1988 (f)	Uncl Littleton		5A	Cherry Creek		5A	Regis Jesuit
1990 (w)	Uncl Littleton	2001	4A	Mullen	2012	4A	Thompson Valley
1991	1A-5A Thompson Valley		5A	Arapahoe		5A	Fossil Ridge
	6A Cherry Creek	2002	4A	Cheyenne Mountain	2013	4A	Thompson Valley
1992	1A-5A Denver East		5A	Arapahoe		5A	Regis Jesuit
	6A Littleton	2003	4A	Mullen	2014	4A	Evergreen
			5A	Cherry Creek		5A	Regis Jesuit
					2015	4A	Evergreen
						5A	Fossil Ridge

### Girls Swimming & Diving

Class	Individual/School	Time/Score	Year		Class	Individual/School	Time/Score	Year
<b>200-yard medley relay</b>					<b>100-yard freestyle</b>			
All	Cherry Creek	1:41.88	2010		All	Missy Franklin, Regis Jesuit	:48.45	2012
5A	Cherry Creek	1:41.88	2010		5A	Missy Franklin, Regis Jesuit	:48.45	2012
4A	Manitou Springs	1:45.86	2015		4A	Eryn Eddy, Thompson Valley	:50.08	2015
<b>200-yard freestyle</b>					<b>500-yard freestyle</b>			
All	Missy Franklin, Regis Jesuit	1:43.15	2012		All	Missy Franklin, Regis Jesuit	4:41.72	2013
5A	Missy Franklin, Regis Jesuit	1:43.15	2012		5A	Missy Franklin, Regis Jesuit	4:41.72	2013
4A	Eryn Eddy, Thompson Valley	1:46.95	2015		4A	Lexie Malazdrewicz, Evergreen	4:54.65	2012
<b>200-yard individual medley</b>					<b>200-yard freestyle relay</b>			
All	Missy Franklin, Regis Jesuit	1:56.85	2013		All	Cherry Creek	1:34.40	2011
5A	Missy Franklin, Regis Jesuit	1:56.85	2013		5A	Cherry Creek	1:34.40	2011
4A	Mackenzie Stein, Green Mountain	2:02.33	2011		4A	Thompson Valley	1:36.54	2013
<b>50-yard freestyle</b>					<b>100-yard backstroke</b>			
All	Missy Franklin, Regis Jesuit	:22.41	2011		All	Missy Franklin, Regis Jesuit	:52.30	2011
5A	Missy Franklin, Regis Jesuit	:22.41	2011		5A	Missy Franklin, Regis Jesuit	:52.30	2011
4A	Brooke Stenstrom, Valor Christian	:23.43	2015		4A	Lindsay Morrow, Evergreen	:54.56	2015
<b>1-meter spring board diving</b>					<b>100-yard breaststroke</b>			
All	Sarah Law, Ponderosa	570.25	1997		All	Morgan Friesen, Windsor	1:01.90	2015
5A	Sarah Law, Ponderosa	570.25	1997		5A	Kelly Naze, Cherry Creek	1:02.47	2010
4A	Katie Russ, Mullen	552.20	2015		4A	Morgan Friesen, Windsor	1:01.90	2015
<b>100-yard butterfly</b>					<b>400-yard freestyle relay</b>			
All	Bailey Nero, Fossil Ridge	:53.22	2015		All	Regis Jesuit	3:22.42	2011
5A	Bailey Nero, Fossil Ridge	:53.22	2015		5A	Regis Jesuit	3:22.42	2011
4A	Cat Wright, Cheyenne Mountain	:55.49	2015		4A	Evergreen	3:29.02	2013