



## 2023-24 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 .....	:54.00	200-yard freestyle relay.....	1:34.50
		400-yard freestyle relay.....	3:26.50

<b>COMPETITOR (first &amp; last name)</b>	<b>CITY and SCHOOL (if other than name of city)</b>	<b>NAME OF MEET</b>	<b>DATE OF MEET</b>	<b>EVENT</b>	<b>PERFORMANCE</b>
Kayla Barr, Molly Sweeney, Alexandra Shackell, Grace Dougherty	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd Medley Relay	1:39.13
Avery Woods, Anika Guenther, Alayna Riggins, Lilian Christianson	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd Medley Relay	1:41.62
Naomi Haines, Julia Kiley, Audrey Crawford, Kiley Zoeller	Hamilton Southeastern High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd Medley Relay	1:42.23
Lynsey Bowen	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd. Freestyle	1:45.74
Liliana Ratzlaff	Franklin Community High School (Franklin, Indiana)	IHSAA State Meet (IU Natatorium)	February 9, 2024	200 yd. Freestyle	1:47.66
Molly Sweeney	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd. IM	1:56.38
Audrey Crawford	Hamilton Southeastern High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd. IM	1:59.72
Lilian Christianson	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	50 yd. Freestyle	21.72
Julie Mishler	Wawasee High School (Syracuse, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	50 yd. Freestyle	21.85
Kaia Podlin	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 9, 2024	50 yd. Freestyle	22.94
Alexandra Shackell	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	100 yd. Butterfly	50.25
Emily Wolf	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	100 yd. Butterfly	53.45
Audrey Crawford	Hamilton Southeastern High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 9, 2024	100 yd. Butterfly	53.71
Faith Gorey	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 9, 2024	100 yd. Butterfly	54.47
Lilian Christianson	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	100 yd. Freestyle	48.45
Lara Phipps	Center Grove High School (Greenwood, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	100 yd. Freestyle	50.16
Catie Brenneman	Concord High School (Elkhart, Indiana)	IHSAA State Meet (IU Natatorium)	February 9, 2024	100 yd. Freestyle	50.15
Lynsey Bowen	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	500 yd. Freestyle	4:40.74
Alexandra Ward	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	500 yd. Freestyle	4:46.44
Alyssa Street	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 9, 2024	500 yd. Freestyle	4:48.71

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Kaia Podlin, Alayna Riggins, Molly Barnes, Lilian Christianson	Penn High School (Granger, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd. Freestyle Relay	1:31.94
Alexa Stuart, Addyson Matern, Tenley Wilkins, Lara Phipps	Center Grove High School (Greenwood, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	200 yd. Freestyle Relay	1:34.12
Alexandra Shackell	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	100 yd. Backstroke	51.63
Julie Mishler	Wawasee High School (Syracuse, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	100 yd. Backstroke	52.97
Molly Sweeney	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	100 yd. Breaststroke	59.47
Alexandra Shackell, Lynsey Bowen, Faith Gorey, Molly Sweeney	Carmel High School (Carmel, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	400 yd. Freestyle Relay	3:18.66
Emily Wolf, Emma Schumacher, Claire Francis, Avery Stein	Fishers High School (Fishers, Indiana)	IHSAA State Meet (IU Natatorium)	February 10, 2024	400 yd. Freestyle Relay	3:25.95