

### Gold Division - Girls Varsity Swimming & Diving Records

Event	Record	Individual(s)	School	Year
200 Yd Medley Relay	1:55.38	L. Fields Nicole Molzahn Kristen Kaminski S. Richner	Downers Grove South	1998
200 Yd Freestyle	1:55.8	Emily Hoefler	Downers Grove South	2004
200 Yd Individual Medley	2:13.2	Amy Forsberg	Downers Grove South	2005
50 Yd Free	24.79	Kristine Kassl	Hinsdale South	2005
Diving	411.20	Mindy Lauchle	Downers Grove South	1988
100 Yd Butterfly	59.51	Betsy Lange	Hinsdale South	2003
100 Yd Freestyle	53.94	Beth Mars	Downers Grove South	1982
500 Yd Freestyle	5:12.67	Amy Forsberg	Downers Grove South	2002
200 Yd Free Relay	1:41.3	D. Drouin M. O'Shea M. Lange K. kassl	Hinsdale South	2006
100 Yd Backstroke	1:01.34	Kelly Dvorak	Addison Trail/Willowbrook	2003
100 Yd Breaststroke	1:08.12	Nicole Molzahn	Downers Grove South	1988
400 Yd Free Relay	3:41.34	E. Hoefler A. Forsberg K. Martinek S. Broker	Downers Grove South	2003

### Silver Division - Girls Varsity Swimming & Diving Records

Event	Record	Individual(s)	School	Year
200 Yd Medley Relay	1:51.00	Sara Eichstaedt Susie Sample Anya Boutov Sarah Simek	Lyons Twp.	1997
200 Yd Freestyle	1:52.96	Erin O'Neil	Lyons Twp.	2002
200 Yd Individual Medley	2:09.52	Susie Sample	Lyons Twp.	1997
50 Yd Free	24.58	Ashley Anlauf	Hinsdale Central	1982
Diving	452.55	Susie Straub	Downers Grove North	1982
100 Yd Butterfly	57.60	Lauren Pace	York	1996
100 Yd Freestyle	52.95	Erin O'Neil	Lyons Twp.	2002
500 Yd Freestyle	4:58.58	Nicole Egan	Hinsdale Central	1988
200 Yd Free Relay	1:39.77	Meredith Quast Krista Koranda Nelly Roberts Jennifer Steffen	Hinsdale Central	1993
100 Yd Backstroke	56.93	Susie Sample	Lyons Twp.	1997

100 Yd Breaststroke	1:06.31	Lisa Dunlap	Hinsdale Central	1979
400 Yd Free Relay	3:37.67	Laureen Wehner Sandi Sample Adrienne Benz Katie Polasek	Lyons Twp.	1994