

<b>Woodbury Royals Girls Swimming &amp; Diving</b>								
<b>Top 20 Times Since 2006</b>								
				2024				
				2025				
<b>50 Yard Backstroke (200 Medley Relay)</b>					<b>50 Yard Breaststroke (200 Medley Relay)</b>			
1	Torun McGillis	26.70	2023		1	Ana Sortland	29.26	2013
2	Taylor Brooks	27.45	2013		2	Natalie Lugg	30.01	2009
3	Chloe Carlson	27.58	2022		3	Iris Sorenson-Wagner	31.05	2025
4	Jessica Swanson	27.61	2008		4	Kasey Bosch	31.35	2011
5	Iris Sorenson-Wagner	28.00	2025		5	Kelsie Carter	31.46	2011
6	Hailey Kelly	28.17	2023		6	Evelyn Rundquist	31.65	2025
7	Lauren Smith	28.23	2006		7	Margaret Seversen	31.88	2024
8	Addison Forshee	28.53	2024		8	Cori Lallier	32.09	2006
9	Nora Kelly	28.97	2021		9	Jessie Lu	32.10	2015
10	Gabby Vitela	28.98	2017		10	Quinn Bruning	32.48	2019
11	Mikayla Mayer	29.37	2009		11	Sally Moen	32.59	2007
12	Sydney Swanson	29.44	2012		12	Torun McGillis	32.74	2023
13	Laura Parker	29.50	2014		13	Ashley Carlson	32.81	2006
14	Ellsa Sorenson-Wagner	29.53	2023		14	Taylor Brooks	33.21	2013
15	Britta Sortland	29.92	2009		15	Leah Cody	33.23	2014
16	Sheri Li	30.10	2011		16	Gabe Gazzola	33.28	2010
17	Melissa Parker	30.14	2016		17	Malea Johnson	33.47	2021
18	Parmida Ghodsian	30.18	2025		18	Katie Herzog	33.57	2007
19	Avery Forshee	30.28	2025		19	Maddie Norsten	33.61	2010
20	Natalie Lugg	30.41	2009		20	Sarah Rundquist	33.63	2022
<b>50 Yard Butterfly (200 Medley Relay)</b>					<b>50 Yard Freestyle (200 Medley Relay)</b>			
1	Britta Sortland	25.86	2009		1	Britta Sortland	23.49	2008
2	Sophia Peterson	26.16	2022		2	Mikayla Mayer	23.75	2012
3	Ava Reich	26.54	2021		3	Addison Forshee	24.40	2023
4	Cori Lallier	26.56	2006		4	Elizabeth Gross	24.41	2009
5	Lauren Smith	26.82	2007		5	Melissa Parker	24.43	2016
6	Nora Kelly	26.94	2023		6	Natalie Lugg	24.57	2008
7	Lucia Rizzo	26.96	2013		7	Kristina Swanson	24.66	2013
8	Julia Pascal Ruiz	27.05	2021		8	Mara Miller	24.92	2010
9	Iris Sorenson-Wagner	27.11	2025		9	Taylor Brooks	25.09	2013
10	Torun McGillis	27.14	2023		10	Evenlyn Rundquist	25.19	2024
11	Mara Miller	27.32	2011		11	Eleanor Webb	25.33	2025
12	Gabe Gazzola	27.36	2011		12	Mariah Schisler	25.45	2008
13	Sam McNeil	27.40	2010		13	Ava Hacker	25.56	2022
14	Addison Forshee	27.40	2007		14	Cassie Cedarholm	25.66	2008
15	Lizzy LeBow	27.64	2014		15	Ellsa Sorenson-Wagner	25.75	2021
16	Kelsie Carter	27.93	2012		16	Gabe Gazzola	25.77	2009
17	Eleanor Webb	28.02	2025		17	Meg Graupmann	25.79	2011
18	Brynn Hacker	28.24	2023		18	Ava Reich	25.79	2021
19	Ashley Carlson	28.24	2007		19	Greta Straka	25.79	2025
20	Chloe Carlson	28.33	2022		20	Maya Tellez	25.92	2021
<b>200 Yard Freestyle</b>					<b>200 Yard Individual Medley</b>			
1	Angela Lugg	1:55.55	2007		1	Torun McGillis	2:03.51	2023
2	Maya Tellez	1:55.62	2022		2	Ana Sortland	2:06.80	2014
3	Addison Forshee	1:55.77	2025		3	Cori Lallier	2:08.64	2006
4	Ava Reich	1:55.83	2022		4	Natalie Lugg	2:09.93	2008

5	Britta Sortland	1:57.55	2010	5	Addison Forshee	2:10.97	2022
6	Elizabeth Gross	1:57.78	2009	6	Jessica Swanson	2:11.47	2008
7	Torun McGillis	1:57.91	2023	7	Sydney Swanson	2:11.86	2013
8	Cassie Cedarholm	1:58.82	2009	8	Britta Sortland	2:12.41	2010
9	Mikayla Mayer	1:59.11	2010	9	Gabby Vitela	2:12.46	2016
10	Kairi Brown	1:59.73	2012	10	Lucia Rizzo	2:12.48	2013
11	Marina Rizzo	1:59.86	2012	11	Ava Reich	2:12.65	2021
12	Melissa Parker	1:59.90	2016	12	Lauren Smith	2:14.40	2006
13	Quincie Klein	2:00.34	2018	13	Samantha McNeil	2:15.70	2006
14	Ana Sortland	2:00.35	2012	14	Melissa Parker	2:15.92	2016
15	Julia Pascual Ruiz	2:00.42	2021	15	Avery Forshee	2:16.14	2025
16	Jessica Swanson	2:00.57	2008	16	Mikayla Mayer	2:16.88	2012
17	Stephanie Lise	2:00.69	2006	17	Iris Sorenson-Wagner	2:17.80	2025
18	Sadie Sroga	2:00.80	2019	18	Ashley Carlson	2:18.04	2006
19	Gabby Vitela	2:00.85	2017	19	Evelyn Rundquist	2:18.11	2025
20	Ellsa Sorenson-Wagner	2:00.97	2021	20	Kelsie Carter	2:18.46	2011

#### 50 Yard Freestyle

1	Britta Sortland	23.68	2010
2	Melissa Parker	23.91	2016
3	Mikayla Mayer	23.94	2012
4	Taylor Brooks	24.78	2013
5	Iris Sorenson-Wagner	25.07	2024
6	Anglea Lugg	25.10	2007
7	Mara Miller	25.15	2011
8	Natalie Lugg	25.18	2008
9	Kristina Swanson	25.20	2013
10	Torun McGillis	25.28	2023
11	Jessica Swanson	25.52	2006
12	Mariah Schisler	25.53	2008
13	Lauren Smith	25.58	2007
14	Lindsay Matenaer	25.68	2006
15	Ava Reich	25.71	2022
16	Monica Nelson	25.72	2006
17	Ava Hacker	25.72	2022
18	Eleanor Webb	25.74	2025
19	Chloe Carlson	25.77	2022
20	Elizabeth Gross	25.83	2009

#### 100 Yard Butterfly

1	Britta Sortland	57.68	2009
2	Torun McGillis	58.41	2023
3	Ava Reich	58.50	2021
4	Lauren Smith	58.84	2006
5	Cori Lallier	58.98	2006
6	Samantha McNeil	59.62	2007
7	Sophia Peterson	59.91	2022
8	Ashley Carlson	1:00.40	2007
9	Iris Sorenson-Wagner	1:00.41	2025
10	Lucia Rizzo	1:01.03	2013
11	Nora Kelly	1:01.30	2022
12	Melissa Parker	1:02.07	2016
13	Mikayla Mayer	1:02.16	2012
14	Marina Rizzo	1:02.53	2011
15	Brynn Hacker	1:02.65	2023
16	Angela Lugg	1:02.76	2007
17	Eleanor Webb	1:03.08	2025
18	Taylor Brooks	1:03.24	2013
19	Lizzie LeBow	1:03.25	2014
20	Mara Miller	1:03.47	2010

#### 100 Yard Freestyle

1	Britta Sortland	51.90	2009
2	Mikayla Mayer	52.13	2012
3	Melissa Parker	52.53	2016
4	Torun McGillis	53.32	2023
5	Ava Reich	53.79	2022
6	Elizabeth Gross	53.90	2009
7	Maya Tellez	54.20	2023
8	Angela Lugg	54.21	2007
9	Addison Forshee	54.83	2025
10	Natalie Lugg	55.05	2009
11	Cori Lallier	55.36	2006
12	Kristina Swanson	55.07	2013
13	Julia Pascual Ruiz	55.56	2021

#### 500 Yard Freestyle

1	Torun McGillis	5:00.05	2023
2	Gabby Vitela	5:11.15	2017
3	Addison Forshee	5:11.49	2023
4	Cori Lallier	5:13.75	2006
5	Britta Sortland	5:16.81	2010
6	Marina Rizzo	5:16.90	2012
7	Maya Tellez	5:17.20	2021
8	Angela Lugg	5:19.24	2007
9	Elizabeth Gross	5:20.42	2008
10	Lauren Smith	5:20.95	2006
11	Cassie Cedarholm	5:21.01	2009
12	Linnea Rizzo	5:22.04	2013
13	Sadie Sroga	5:23.04	2019

14	Quincie Klein	55.65	2018
15	Lauren Smith	55.80	2007
16	Cassie Cedarholm	55.82	2010
17	Taylor Brooks	56.09	2013
18	Ava Hacker	56.09	2022
19	Lindsay Matenaer	56.15	2006
20	Kairi Brown	56.26	2024

14	Lucia Rizzo	5:24.51	2013
15	Elizabeth Holman	5:25.37	2006
16	Avery Forshee	5:26.22	2024
17	Amelia Jones	5:26.40	2025
18	Ashley Carlson	5:26.45	2007
19	Melanie Rabino	5:26.57	2008
20	Melissa Parker	5:27.05	2016

100 Yard Backstroke			
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1	Torun McGillis	56.11	2023
2	Taylor Brooks	58.44	2013
3	Jessica Swanson	58.50	2008
4	Sydney Swanson	58.68	2013
5	Chloe Carlson	58.81	2022
6	Lauren Smith	58.89	2006
7	Iris Sorenson-Wagner	1:00.83	2025
8	Nora Kelly	1:01.01	2022
9	Sophia Peterson	1:01.26	2022
10	Elsa Sorenson-Wagner	1:01.44	2023
11	Gabby Vitela	1:01.93	2017
12	Britta Sortland	1:01.99	2009
13	Hailey Kelly	1:02.18	2023
14	Mikayla Mayer	1:02.88	2009
15	Laura Parker	1:02.98	2014
16	Parmida Ghodsian	1:03.36	2025
17	Lindsay Lutton	1:03.63	2019
18	Lucia Rizzo	1:03.75	2013
19	Addison Forshee	1:04.02	2024
20	Sheri Li	1:04.04	2011

100 Yard Breaststroke			
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1	Ana Sortland	1:03.35	2014
2	Natalie Lugg	1:05.74	2009
3	Kasey Bosch	1:07.85	2010
4	Iris Sorenson-Wagner	1:08.23	2025
5	Kelsie Carter	1:10.07	2011
6	Cori Lallier	1:10.55	2006
7	Sally Moen	1:11.25	2006
8	Margaret Seversen	1:11.48	2021
9	Jessi Lu	1:11.51	2015
10	Quinn Bruning	1:11.55	2019
11	Torun McGillis	1:11.77	2023
12	Taylor Brooks	1:11.84	2013
13	Leah Cody	1:11.90	2014
14	Evelyn Rundquist	1:12.91	2025
15	Gabe Gazzola	1:12.92	2010
16	Malea Johnson	1:12.94	2021
17	Eleanor Webb	1:13.58	2025
18	Maggie Haines	1:13.65	2024
19	Jessica Swanson	1:13.71	2007
20	Jessica Griffin	1:13.80	2012

200 Yard Freestyle Relay Split			
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1	Britta Sortland	23.20	2007
2	Mikayla Mayer	23.91	2010
3	Taylor Brooks	24.40	2013
4	Melissa Parker	24.44	2015
5	Ava Reich	24.52	2022
6	Iris Sorenson-Wagner	24.53	2025
7	Elizabeth Gross	24.55	2009
8	Ana Sortland	24.55	2012
9	Kristina Swanson	24.58	2012
10	Angela Lugg	24.61	2007
11	Cassie Cedarholm	24.62	2009
12	Natalie Lugg	24.67	2007
13	Addison Forshee	24.67	2025
14	Torun McGillis	24.86	2023
15	Lucia Rizzo	24.93	2013
16	Maya Tellez	24.97	2022
17	Mara Miller	24.98	2010
18	Monica Nelson	25.00	2007
19	Chloe Carlson	25.02	2021
20	Lauren Smith	25.02	2006

400 Yard Freestyle Relay Split			
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1	Britta Sortland	51.75	2008
2	Mikayla Mayer	52.42	2010
3	Elizabeth Gross	53.29	2009
4	Torun McGillis	53.32	2023
5	Lauren Smith	53.38	2007
6	Cassie Cedarholm	53.48	2009
7	Jessica Swanson	53.52	2008
8	Natalie Lugg	53.65	2008
9	Ava Reich	53.79	2022
10	Maya Tellez	53.82	2022
11	Addison Forshee	53.84	2023
12	Angela Lugg	54.22	2007
13	Melissa Parker	54.61	2015
14	Cori Lallier	54.67	2006
15	Ashley Carlson	54.91	2006
16	Samantha McNeil	55.27	2007
17	Ava Hacker	55.54	2022
18	Lucia Rizzo	55.57	2013
19	Quincie Klein	55.65	2018
20	Taylor Brooks	55.73	2013

6 Dives			
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11 Dives			
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1	Gabby Mauder	310.80	2023	1	Gabby Mauder	506.95	2023
2	Meghan Miller	305.55	2016	2	Meghan Miller	481.30	2016
3	Erica Schiffler	280.05	2004	3	Erica Schiffler	464.05	2004
4	Erin Kohlbeck	267.95	2009	4	Jenna Kotlarz	451.75	2003
5	Jenna Kotlarz	267.80	2003	5	Erin Kohlbeck	447.05	2009
6	Caitlyn Greenwalt	261.00	2020	6	Emily Bonfig	446.15	2011
7	Emily Bonfig	256.55	2011	7	Caitlyn Greenwalt	431.55	2020
8	Holly Johannsen	250.05	1995	8	Holly Johannsen	429.30	1995
9	Heidi Lundervold	245.65	1994	9	Nina Faulkner	421.00	2024
10	Nina Faulkner	240.15	2025	10	Heidi Lundervold	414.95	1994
11	Lauren McGraw	234.95	2005	11	Jaynell Feider	408.55	2004
12	Halle Linn	233.30	2024	12	Lauren McGraw	406.80	2005
13	Lauren Puglisi	231.00	2012	13	Aleda Jordan	398.65	1997
14	Aleda Jordan	227.75	1997	14	Halle Linn	380.80	2024
15	Jaynell Feider	224.25	2004	15	Tessa Lundgren	378.05	1996
16	Tessa Lundgren	219.40	1996	16	Claire Budd	378.00	2006
17	Claire Budd	214.40	2006	17	Valerie Bald	377.85	2007
18	Lauren Schumann	214.05	2009	18	Lauren Puglisi	371.75	2012
19	Melissa Rundquist	212.30	2010	19	Cassie Arts	367.20	1998
20	Nicki Wolf	212.20	1995	20	Jenna Karrow	357.15	2010

Year	Top 20 Records Set
2025	38
2024	26
2023	56
2022	65
2021	52
2020	13
2019	15