

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 200 yd. Medley Relay

| | | | |
|-----|---|------|------------------|
| 1. | Sally Alrutz, Ava Larkin, Molly Kinstle, Sydney Joyce | 2019 | 1:48.42 (D2 Rec) |
| 2. | Sally Alrutz, Ava Larkin, Molly Kinstle, Anabelle Farnham | 2018 | 1:50.23 |
| | Sally Alrutz, Ava Larkin, Molly Kinstle, Anabelle Farnham | 2018 | 1:50.57 (D2 Rec) |
| 3. | Sally Alrutz, Natalie Aquadro, Maya Soley, Anabelle Farnham | 2017 | 1:52.09 (D2 Rec) |
| | Sally Alrutz, Natalie Aquadro, Maya Soley, Anabelle Farnham | 2016 | 1:52.13 (D2 Rec) |
| 4. | Ella Mattocks, Ava Larkin, Molly Kinstle, Sabrina Serricchio | 2020 | 1:52.60 |
| 5. | Sally Alrutz, Natalie Aquadro, Jasmin Movassaghi, Emily Yeager | 2015 | 1:52.88 (D2 Rec) |
| 6. | Sally Alrutz, Natalie Aquadro, Jasmin Movassaghi, Anabelle Farnham | 2016 | 1:54.41 |
| 7. | Kaitlyn Williams, Ava Larkin, Ella Mattocks, Julia Borden | 2022 | 1:54.52 |
| 8. | Ava Larkin, Kana Kitano, Ella Mattocks, Julia Borden | 2022 | 1:55.31 |
| 9. | Kata Franczyk, Kira Canon, Shannon Lorimer, Michelle Wilga | 2000 | 1:55.49 |
| 10. | Katya Krasnovskaya, Andie Kinstle, Mya Schattin, Hayden Hedstrom | 2024 | 1:56.32 |
| 11. | Shannon Lorimer, Kira Canon, Catherine Pacilio, Rachel Ruff | 1999 | 1:56.38 |
| 12. | Sally Alrutz, Natalie Aquadro, Maya Soley, Emily Yeager | 2014 | 1:57.43 |
| 13. | Katherine Burrill, Jennifer Burrill, Jessica Greaney, Terri Stewart | 1990 | 1:58.76 |
| 14. | Michelle Kennedy, C. Murphy, M. Peters, K. Whitaker | 1982 | 1:59.59 |
| 15. | Jenny Wood, Catherine Pacilio, Joanna O'Kelly, Jess Tuttle | 1996 | 1:59.33 |
| 16. | Ella Mattocks, Kaitlyn Williams, Sian Lewandowski, Andie Kinstle | 2021 | 1:59.34 |
| 17. | Katya Krasnovskaya, Kaitlyn Williams, Andie Kinstle, Mya Schattin | 2023 | 1:59.71 |
| 18. | Daniele St. Louis, Catherine Pacilio, Jodi Ryder, Jess Tuttle | 1995 | 1:59.76 |
| 19. | Michelle Wilga, Kira Canon, Catherine Pacilio, Rachel Ruff | 1998 | 1:59.84 |
| 20. | Kata Franczyk, Molly Newton, Marie Carbone, Liz Carbone | 2003 | 1:59.87 |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 200 yd. Medley Relay

| | | | |
|-----------|---|-------------|---------------------|
| 1. | Jason Albanese, Sam Haddad, Jack Haddad, Shogo Kamei | 2020 | 1:37.85 (D2 Rec) |
| 2. | Herrick Stevenson, Jack Haddad, Getchell Gibbons, Henry Wiemeyer | 2022 | 1:38.09 (D2) |
| 3. | Will Lee, Aaron Entebi Sheinberg, Shintaro Tsushima, Herrick Stevenson | 2025 | 1:38.97 (D2) |
| 4. | Gerald Wallace, Larry Bushey, Bruce Meleski, Andrew Brown | 1970 | 1:39.5* (#2) |
| 5. | Gerald Wallace, Robert Christensen, Tarn Thompson, Mark D'Agness | 1971 | 1:40.8* (#4) |
| 6. | Oliver Ruff, Tim Tierney, Michael Pantry, Jarrod Zwirko | 1999 | 1:41.89 |
| 7. | Harry Driver, James Sadowsky, John Trembley, Albert Ackerman | 1968 | 1:41.9* (#3) |
| 8. | Tom MacDonnell, Jay Clifone, Tim Wallace, Jan Kaplowitz | 1973 | 1:41.9* (#10) |
| 9. | Harry Driver, Lawrence Bushey, John Hellebush, Mark Berman | 1969 | 1:42.0* (#5) |
| 10. | Jay Donovan, David Stevens, Tod Dziemian, Scott Nicholson | 1974 | 1:42.2* (#10) |
| 11. | Fred DeBruyn, Wayne Leslie, Richard Martus, Jan Kaplowitz | 1972 | 1:42.3* (#8) |
| 12. | Getchell Gibbons, Jack Haddad, Sam Fortier, Herrick Stevenson | 2022 | 1:42.55 |
| 13. | Ross Prossner, Lloyd Sinnott, Glenn Yngve, John Hellebush | 1966 | 1:42.7* (#3) |
| 14. | Jason Albanese, Jack Haddad, Reilly Gluz, Sam Haddad | 2019 | 1:42.89 |
| 15. | Oliver Ruff, Tulyatep Uawithya, Michael Pantry, Michael George | 1998 | 1:43.20 |
| 16. | Harry Driver, James Sadowsky, John Trembley, William Fifield | 1967 | 1:44.0* (#10) |
| 17. | Brad Richards, Jeff Wilga, Alex Holdridge, Alex Frere | 2000 | 1:44.37 |
| 18. | Ross Prossner, Ronald Varney, Glenn Yngve, James Edwards | 1965 | 1:44.6* (#7) |
| 19. | Leigh Adams, William Charbonneau, Thomas Murphy, David Tyler | 1962 | 1:44.6* (#2) |
| 20. | Leigh Adams, William Charbonneau, Glenn Yngve, Jim Edwards | 1964 | 1:45.2 |
| | Leigh Adams, William Charbonneau, Glenn Yngve, Fred Gilbert | 1963 | 1:46.4* (#7) |
| | John Coe, R. Curtis Wright, Foster de Jesus, Aldo Cipriano | 1956 | 1:47.0* (#1) |
| | David Raymond, Roy Chennells, Brad Boydell, Aldo Cipriano | 1957 | 1:47.6* (#3) |
| | David Raymond, Roy Chennells, Elliott Maynard, Christopher Kendell | 1958 | 1:49.3* (#4) |
| | Leigh Adams, Henry Cheatham, Douglas Morris, David Tyler | 1961 | 1:49.4* (#7) |
| | Paul Baker, Henry Cheatham, Richard Palmer, Jim Dobbins | 1959 | 1:53.1* (#10) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 200 yd. Freestyle

| | | | |
|-----------------------|-------------|----------------|-------------------------------|
| 1. Sydney Joyce | 2018 | 1:52.86 | (D2 NEPSAC Champion) |
| Sydney Joyce | 2019 | 1:55.18 | (D2 NEPSAC Champion) |
| 2. Joanna O'Kelley | 1997 | 1:55.88 | |
| 3. Anna Strzempko | 2009 | 1:56.17 | |
| 4. Anabelle Farnham | 2017 | 1:57.39 | |
| 5. Ava Larkin | 2020 | 1:57.42 | |
| 6. Molly Kinstle | 2019 | 1:57.72 | |
| 7. Sally Alrutz | 2018 | 1:58.77 | |
| 8. Natalie Aquadro | 2017 | 1:59.78 | |
| 9. Terri Stewart | 1989 | 1:59.90 | |
| 10. Campbell Collins | 2023 | 1:59.01 | |
| 11. Alex Strzempko | 2007 | 2:00.54 | |
| 12. Emily Yeager | 2016 | 2:00.98 | |
| 13. Lucy Hoyt | 2025 | 2:01.51 | |
| 14. Hannah Oleksak | 2011 | 2:01.93 | |
| 15. Kata Franczyk | 2001 | 2:02.75 | |
| 16. Shannon Lorimer | 1999 | 2:02.78 | |
| 17. Michelle Kennedy | 1983 | 2:02.80 | |
| 18. Jessica Tuttle | 1995 | 2:03.43 | |
| Natalie Aquadro | 2012 | 2:03.45 | (D2 NEPSAC Champion & Record) |
| 19. Amy Bowles | 1989 | 2:04.57 | |
| 20. Catherine Pacilio | 1998 | 2:04.94 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 200 yd. Freestyle

| | | | |
|------------------------------|-------------|----------------|-------------------------------|
| 1. David Fitch | 2017 | 1:39.09* | (D2 NEPSAC Champion & Record) |
| 2. Alex Holdridge | 2000 | 1:44.76 | |
| 3. Andrew Sweeney | 2005 | 1:46.01 | |
| 4. Jarrod Zwirko | 2000 | 1:46.26 | |
| 5. Jack Coscia | 2023 | 1:46.87 | |
| 6. Sam Haddad | 2019 | 1:46.91 | |
| 7. Brian Stefanik | 1986 | 1:46.91 | |
| 8. Chris Stack | 1973 | 1:47.2* | (#7 National Rank) |
| 9. James Edwards | 1965 | 1:47.3* | (#2 National Rank) |
| 10. Matt Pepin | 2006 | 1:47.87 | |
| 11. Mike Waskom | 2005 | 1:47.96 | |
| Chris Stack | 1972 | 1:48.1 | (NEPSAC Champion & Record) |
| James Edwards | 1964 | 1:48.3* | (#1 National Rank) |
| 12. John LeMoal | 1971 | 1:48.5* | (#8 National Rank) |
| 13. Albert Ackerman | 1968 | 1:48.8* | (#7 National Rank) |
| 14. Brad Richards | 2000 | 1:48.84 | |
| 15. John Meade | 1969 | 1:48.9* | (#10 National Rank) |
| 16. Herrick Stevenson | 2022 | 1:48.98 | |
| 17. Henry Wiemeyer | 2021 | 1:49.01 | |
| Albert Ackerman | 1967 | 1:49.6* | (#9 National Rank) |
| Albert Ackerman | 1966 | 1:50.0* | (#5 National Rank) |
| Albert Ackerman | 1965 | 1:50.1* | (#4 National Rank) |
| 18. Herrick Stevenson | 2025 | 1:50.23 | |
| 19. John-Claude Wright | 2006 | 1:50.63 | |
| 20. Steve LaPlante | 2000 | 1:50.69 | |
| David Tyler | 1963 | 1:51.3* | (#3 National Rank) |
| David Tyler | 1962 | 1:54.7* | (#4 National Rank) |
| David Tyler | 1961 | 1:57.7* | (#7 National Rank) |
| Edmund Fitzsimmons | 1953 | 1:59.1* | (#2 National Rank) |
| Roy Chennells | 1958 | 2:00.5* | (#6 National Rank) |
| Edmund Fitzsimmons | 1952 | 2:01.8* | (#3 National Rank) |
| Foster de Jesus | 1956 | 2:01.9* | (#2 National Rank) |
| Carl Woolley | 1955 | 2:02.8* | (#3 National Rank) |
| Rex Aubrey | 1953 | 2:03.4* | (#6 National Rank) |
| Foster de Jesus | 1955 | 2:04.0* | (#5 National Rank) |
| Dudley Kurras | 1953 | 2:04.9* | (#7 National Rank) |
| Laurence Scheehser | 1954 | 2:06.3* | (#7 National Rank) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 200 yd. Individual Medley

| | | | | |
|-----|-------------------|------|---------|----------------------|
| 1. | Ava Larkin | 2018 | 2:08.12 | (D2 NEPSAC Champion) |
| | Ava Larkin | 2019 | 2:09.21 | (D2 NEPSAC Champion) |
| 2. | Sydney Joyce | 2017 | 2:10.87 | (D2 NEPSAC Champion) |
| 3. | Sally Alrutz | 2017 | 2:11.18 | |
| 4. | Shannon Lorimer | 2000 | 2:13.53 | |
| 5. | Maya Soley | 2017 | 2:14.22 | |
| 6. | Natalie Aquadro | 2016 | 2:15.22 | |
| 7. | Ella Mattocks | 2018 | 2:16.06 | |
| 8. | Joanna O'Kelly | 1996 | 2:16.50 | |
| 9. | Anna Strzempko | 2009 | 2:16.73 | |
| 10. | Regan Flynn | 1994 | 2:18.53 | |
| 11. | Kira Canon | 1999 | 2:18.61 | |
| 12. | Terri Stewart | 1989 | 2:19.08 | |
| 13. | Jennifer Burrill | 1988 | 2:19.10 | |
| 14. | Melissa Peters | 1982 | 2:19.90 | |
| 15. | Alex Strzempko | 2007 | 2:20.86 | |
| 16. | Claire Ebsary | 1978 | 2:21.2 | |
| 17. | Sian Lewandowski | 2019 | 2:21.84 | |
| 18. | Catherine Pacilio | 1997 | 2:21.84 | |
| 19. | Molly Kinstle | 2020 | 2:22.22 | |
| 20. | Hannah Oleksak | 2011 | 2:22.31 | |
| | Cheryl Riley | 1974 | 2:25.5 | (NEPSAC Champion) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 200 yd. Individual Medley

| | | | | |
|-----|--------------------------|-------------|----------------|-------------------------------|
| 1. | Sam Haddad | 2020 | 1:52.35 | (D2 NEPSAC Champion & Record) |
| | Sam Haddad | 2019 | 1:55.51 | (D2 NEPSAC Champion & Record) |
| 2. | Jack Haddad | 2022 | 1:57.56 | |
| | Sam Haddad | 2018 | 1:57.59 | (D2 NEPSAC Champion & Record) |
| 3. | David Fitch | 2017 | 1:57.68 | |
| 4. | Alex Holdridge | 2000 | 1:58.57 | |
| 5. | Brian Stefanik | 1985 | 1:59.45 | |
| 6. | Jeff Wilga | 2004 | 2:00.62 | |
| | Sam Haddad | 2017 | 2:03.15 | (D2 NEPSAC Champion) |
| 7. | Carlton Cronin | 1974 | 2:04.2 | |
| 8. | Jeff Morrison | 1983 | 2:04.32 | |
| 9. | John Meade | 1970 | 2:04.3* | (#9 National Rank) |
| 10. | Tarn Thompson | 1971 | 2:04.4* | (#11 National Rank) |
| 11. | Michael Pantry | 1999 | 2:04.55 | |
| 12. | Shintaro Tsushima | 2025 | 2:05.47 | |
| 13. | James Edwards | 1965 | 2:05.5* | (#3 National Rank) |
| 14. | Gerald Wallace | 1971 | 2:05.5 | |
| 15. | Reece Liang | 2010 | 2:05.72 | |
| 16. | Wayne Leslie | 1973 | 2:06.2 | |
| 17. | Tom Marantz | 1972 | 2:06.3 | |
| 18. | Chris Zeng | 2022 | 2:06.31 | |
| 19. | Matt Pepin | 2005 | 2:06.80 | |
| 20. | David Stevens | 1976 | 2:08.28 | |
| | Barry Wemple | 1964 | 2:08.4* | (NEPSAC Champion) |
| | Barry Wemple | 1963 | 2:09.4* | (#7 National Rank) |
| | James Boulware | 1966 | 2:09.6 | (NEPSAC Champion) |
| | Thomas Murphy | 1962 | 2:13.4* | (#7 National Rank) |
| | John Bott | 1960 | 2:20.8* | (#8 National Rank) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 50 yd. Freestyle

| | | | | |
|-----------|---------------------|-------------|--------------|----------------------|
| 1. | Kata Franczyk | 2001 | 24.76 | |
| 2. | Ava Larkin | 2020 | 24.84 | (D2 NEPSAC Champion) |
| 3. | Anabelle Farnham | 2018 | 25.01 | |
| 4. | Mya Schattin | 2025 | 25.33 | |
| 5. | Molly Kinstle | 2020 | 25.34 | |
| 6. | Kira Canon | 2000 | 25.44 | |
| 7. | Jenna Tasse | 2008 | 25.66 | |
| 8. | Reiko Akimoto | 2009 | 25.73 | |
| 9. | Sabrina Serricchio | 2019 | 25.76 | |
| 10. | Natalie Aquadro | 2017 | 25.81 | |
| 11. | Sydney Joyce | 2018 | 25.85 | |
| 12. | Maya Soley | 2017 | 25.88 | |
| 13. | Ella Mattocks | 2022 | 25.96 | |
| 14. | Rachel Ruff | 1999 | 25.99 | |
| 15. | Lucy Wall | 2001 | 26.03 | |
| 16. | Sally Alrutz | 2014 | 26.04 | |
| 17. | Anna Strzempko | 2009 | 26.09 | |
| 18. | Michelle Wilga | 2001 | 26.20 | |
| 19. | Annika Johnson | 2017 | 26.22 | |
| 20. | Tracy Stewart | 1987 | 26.23 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 50 yd. Freestyle

| | | | | |
|------------|--------------------|-------------|--------------|-------------------------------|
| 1. | David Fitch | 2017 | 20.41* | (D2 NEPSAC Record) |
| | David Fitch | 2016 | 21.10 | (D2 NEPSAC Champion & Record) |
| 2. | Herrick Stevenson | 2024 | 21.15 | (D2 NEPSAC Champion) |
| 3. | Brian Stefanik | 1985 | 21.30* | (NEPSAC Champion) |
| 4. | Andrew Brown | 1970 | 21.5* | (#1 National Rank) |
| | Herrick Stevenson | 2023 | 21.79 | (D2 NEPSAC Champion) |
| 5. | Henry Wiemeyer | 2022 | 21.82 | |
| 6. | Brad Richards | 2000 | 21.82 | |
| 7. | Oliver Ruff | 1999 | 21.83 | |
| | Brian Stefanik | 1984 | 21.88* | (Honorable Mention) |
| 8. | James Edwards | 1965 | 21.9* | (#1 National Rank) |
| 9. | David Tyler | 1962 | 22.0* | (#1 National Rank) |
| 10. | Jan Kaplowitz | 1973 | 22.1* | (#8 National Rank) |
| 11. | John-Claude Wright | 2006 | 22.11 | |
| 12. | Shogo Kamei | 2020 | 22.17 | |
| 13. | Tulyatep Uawithya | 1998 | 22.19 | |
| | James Edwards | 1964 | 22.2* | |
| | Jan Kaplowitz | 1972 | 22.3* | (#9 National Rank) |
| 14. | Yuki Sato | 2025 | 22.38 | |
| | David Tyler | 1963 | 22.4* | (#2 National Rank) |
| 15. | Bill Curran | 1971 | 22.4* | |
| 16. | Thomas MacDonnell | 1973 | 22.4 | |
| 17. | Heidtman | 1975 | 22.4 | |
| | David Tyler | 1961 | 22.5* | (#2 National Rank) |
| 18. | John Trembley | 1968 | 22.5* | (#7 National Rank) |
| 19. | Rodger Brown | 1971 | 22.5* | |
| 20. | Andrew Sweeney | 2005 | 22.50 | |
| | Albert Ackerman | 1968 | 22.6* | (#8 National Rank) |
| | Matthew Padgett | 1972 | 22.6* | |
| | Scott Nicholson | 1974 | 22.7 | (NEPSAC Champion) |
| | Carl Woolley | 1955 | 23.1* | (#1 National Rank) |
| | Rex Aubrey | 1953 | 23.3* | (#1 National Rank) |
| | Harlow Ide | 1954 | 23.5* | (#1 National Rank) |
| | Harlow Ide | 1955 | 23.6* | (#2 National Rank) |
| | Foster de Jesus | 1956 | 23.7* | (#6 National Rank) |
| | Harlow Ide | 1953 | 24.0* | (#5 National Rank) |
| | Davis Tuggle | 1955 | 24.4* | (#9 National Rank) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 1-Meter Diving (6 dives)

| | | | |
|-----|-----------------------------|-------------|---------------|
| 1. | Gabriella Mercier | 2017 | 271.58 |
| 2. | Francesca Gionfriddo | 2025 | 262.20 |
| 3. | Julia Condon | 2003 | 233.55 |
| 4. | Alexandra Coppola | 2018 | 232.35 |
| 5. | Kassandra Orcutt | 2017 | 217.45 |
| 6. | Alene Singewald | 1985 | 217.40 |
| 7. | Mel McCullough | 2025 | 211.50 |
| 8. | Casey Feins | 2018 | 202.05 |
| 9. | Victoria Durocher | 2011 | 199.70 |
| 10. | Abigail Touhey | 2022 | 189.00 |
| 11. | Wendy Libby | 1982 | 185.35 |
| 12. | Laura Cogswell | 1981 | 175.22 |
| 13. | Elika Bartlett | 1998 | 170.90 |
| 14. | Whitney Neilds | 2000 | 170.80 |
| 15. | Chloe Prouty | 2020 | 168.23 |
| 16. | Ursula Von Goeler | 2019 | 166.50 |
| 17. | Jana Kotowski | 2000 | 165.85 |
| 18. | Abby Schulkind | 2016 | 164.03 |
| 19. | Rylie Tirrell | 2020 | 162.83 |
| 20. | Kai McCalla | 2017 | 162.83 |

Girls 1-Meter Diving (11 dives)

| | | | | |
|-----|-----------------------------|-------------|---------------|----------------------------------|
| 1. | Gabriella Mercier | 2017 | 529.45 | (D2 Champion & NEPSAC Record) |
| | Gabriella Mercier | 2016 | 455.45 | (D2 NEPSAC Champion & D2 Record) |
| 2. | Francesca Gionfriddo | 2025 | 425.25 | |
| | Francesca Gionfriddo | 2024 | 421.50 | (D2 NEPSAC Champion) |
| 3. | Mel McCullough | 2024 | 372.10 | |
| 4. | Casey Feins | 2020 | 347.50 | |
| 5. | Julia Condon | 2002 | 336.50 | |
| 6. | Kassandra Orcutt | 2016 | 332.95 | |
| 7. | Wendy Libby | 1983 | 324.45 | |
| 8. | Alene Singewald | 1985 | 313.00 | |
| 9. | Alexandra Coppola | 2018 | 311.20 | |
| 10. | Kai McCalla | 2017 | 306.80 | |
| 11. | Abigail Touhey | 2020 | 301.70 | |
| 12. | Christine McBride | 1992 | 301.60 | |
| 13. | Chloe Prouty | 2020 | 294.90 | |
| 14. | Jana Kotowski | 2000 | 293.70 | |
| 15. | Laura Cogswell | 1982 | 289.55 | |
| 16. | Leslie Mattson | 1995 | 282.45 | |
| 17. | Elika Bartlett | 1998 | 274.75 | |
| 18. | Victoria Durocher | 2013 | 260.15 | |
| 19. | Rylie Tirrell | 2020 | 260.00 | |
| 20. | Rachel Goodman | 2019 | 258.50 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 1-Meter Diving (6 dives)

| | | |
|--------------------------|-------------|---------------|
| 1. Cole Cavanagh | 2025 | 286.43 |
| 2. Connor Cavanagh | 2020 | 276.83 |
| 3. Isaac Sterman | 2011 | 245.40 |
| 4. Rajiem Lee | 1993 | 235.50 |
| 5. Gerry Coyne | 1978 | 220.8 |
| 6. John Michael Terhune | 2008 | 220.20 |
| 7. Andrew Spruck | 2012 | 217.45 |
| 8. Cole Blanchard | 2025 | 208.20 |
| 9. Luke Grabowski | 2024 | 191.25 |
| 10. Sebastian Bonnott | 2008 | 185.60 |
| 11. Gavin Prough | 2017 | 181.58 |
| 12. Mark Dangleis | 2007 | 176.15 |
| 13. Jake Goodman | 2017 | 168.98 |
| 14. Nick Sobon | 2024 | 165.08 |
| 15. Pete Forester | 2004 | 163.05 |
| 16. Michael Tanner | 2012 | 157.10 |
| 17. Sam Lavandier | 2006 | 147.90 |
| 18. Gabe Follone | 2025 | 141.38 |
| 19. Carlo Bertoli | 1999 | 132.55 |
| 20. Reilly Gluz | 2017 | 129.38 |

| | | |
|-------------------|------|-----|
| Jack Erickson | 1953 | NA* |
| William Childs | 1954 | NA* |
| Porter Sampson | 1957 | NA* |
| Robert Garrity | 1958 | NA* |
| Robert Garrity | 1959 | NA* |
| Richard Sheldon | 1961 | NA* |
| Paul Doty | 1962 | NA* |
| Paul Doty | 1963 | NA* |
| William T. Murphy | 1964 | NA* |
| William T. Murphy | 1965 | NA* |
| Thomas Wallace | 1966 | NA* |
| Thomas Wallace | 1968 | NA* |
| John Nicolson | 1969 | NA* |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 1-Meter Diving (11 dives)

| | | | | |
|-----|-----------------------|-------------|---------------|-----------------------------|
| 1. | Connor Cavanagh | 2020 | 477.25 | (D2 NEPSAC Champion) |
| 2. | Isaac Serman | 2011 | 410.10 | |
| 3. | Cole Cavanagh | 2024 | 390.10 | |
| | Cole Cavanagh | 2025 | 389.70 | (D2 NEPSAC Champion) |
| 4. | Gerry Coyne | 1978 | 381.20 | |
| 5. | John Michael Terhune | 2008 | 379.15 | |
| 6. | Cole Blanchard | 2025 | 354.95 | |
| 7. | Luke Grabowski | 2024 | 353.15 | |
| 8. | Rajiem Lee | 1993 | 345.90 | |
| 9. | Jake Goodman | 2017 | 329.25 | (D2 NEPSAC Champion) |
| 10. | Leo Gaev | 1995 | 328.15 | |
| 11. | Tony Montanez | 1995 | 326.45 | |
| 12. | Frank Purcell | 1990 | 308.65 | |
| 13. | Gavin Prough | 2017 | 300.95 | |
| 14. | Andrew Spruck | 2012 | 296.35 | |
| 15. | Sebastian Bonnott | 2008 | 294.20 | |
| 16. | Luke Grabowski | 2020 | 285.70 | |
| 17. | Erik Peterson | 1971 | 285.40 | |
| 18. | Michael Tanner | 2012 | 252.80 | |
| 19. | Donald Baker | 1979 | 243.45 | |
| 20. | Gabe Follone | 2025 | 243.25 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 100 yd. Butterfly

| | | | | |
|-----|-------------------|------|---------|-------------------------------|
| 1. | Sally Alrutz | 2019 | 57.48 | (D2 NEPSAC Champion & Record) |
| | Sally Alrutz | 2018 | 58.19 | (D2 NEPSAC Champion & Record) |
| 2. | Molly Kinstle | 2020 | 58.42 | (D2 NEPSAC Champion) |
| 3. | Ella Mattocks | 2022 | 58.56 | (D2 NEPSAC Champion) |
| | Sally Alrutz | 2017 | 58.69 | (D2 NEPSAC Champion & Record) |
| | Sally Alrutz | 2015 | 59.12 | (D2 NEPSAC Champion & Record) |
| 4. | Ava Larkin | 2018 | 59.47 | |
| 5. | Shannon Lorimer | 2000 | 1:00.21 | (NEPSAC Champion) |
| 6. | Vicky Nitardi | 1983 | 1:00.97 | |
| 7. | Terri Stewart | 1990 | 1:01.06 | |
| 8. | Sian Lewandowski | 2021 | 1:01.45 | |
| 9. | Michelle Kennedy | 1983 | 1:01.47 | |
| 10. | Jennifer Burrill | 1990 | 1:02.04 | |
| 11. | Anabelle Farnham | 2018 | 1:02.34 | |
| 12. | Sydney Joyce | 2017 | 1:02.61 | |
| 13. | Maya Soley | 2017 | 1:02.84 | |
| 14. | Claire Ebsary | 1978 | 1:03.14 | (NEPSAC Champion & Record) |
| | Claire Ebsary | 1979 | 1:03.79 | (NEPSAC Champion) |
| 15. | Amy Bowles | 1989 | 1:03.89 | |
| | Claire Ebsary | 1977 | 1:04.27 | (NEPSAC Champion & Record) |
| 16. | Regan Flynn | 1994 | 1:04.71 | |
| 17. | Jodi Ryder | 1995 | 1:04.98 | |
| 18. | Jasmin Movassaghi | 2016 | 1:05.04 | |
| 19. | Hannah Oleksak | 2009 | 1:05.53 | |
| 20. | Marie Carbone | 2003 | 1:05.66 | |
| | Cheryl Riley | 1974 | 1:06.2 | (NEPSAC Champion) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 100 yd. Butterfly

| | | | |
|-----------------------------|-------------|--------------|-------------------------------|
| 1. David Fitch | 2017 | 48.77* | (D2 NEPSAC Champion & Record) |
| 2. Sam Haddad | 2020 | 51.36 | (D2 NEPSAC Champion) |
| 3. Getchell Gibbons | 2023 | 51.97 | |
| Getchell Gibbons | 2022 | 52.02 | (D2 NEPSAC Champion) |
| 4. John Young | 1993 | 52.41 | |
| 5. Alex Holdridge | 2000 | 52.59 | |
| 6. Brian Stefanik | 1986 | 52.67 | (NEPSAC Champion) |
| 7. Shintaro Tsushima | 2025 | 52.71 | |
| 8. Tarn Thompson | 1971 | 53.5* | (#6 National Rank) |
| 9. Tim Wallace | 1973 | 54.3* | (#10 National Rank) |
| 10. Bruce Meleski | 1970 | 54.6* | (#9 National Rank) |
| 11. Gerald Wallace | 1971 | 54.6* | (#10 National Rank) |
| 12. Jeff Wilga | 2003 | 54.63 | |
| 13. Michael Pantry | 1999 | 54.66 | |
| 14. Andrew Sweeney | 2005 | 55.07 | |
| 15. John Trembley | 1967 | 55.1 | (NEPSAC Champion & NE Record) |
| 16. Jerry Martin | 1973 | 55.1 | |
| 17. Martus | 1972 | 55.2 | |
| 18. Rodger Brown | 1971 | 55.3 | |
| 19. Douglas Morris | 1961 | 55.8* | (#2 National Rank) |
| 20. Barry Wemple | 1964 | 55.8* | |
| David Tyler | 1963 | 56.5* | (#7 National Rank) |
| Roy Chennells | 1958 | 1:00.5* | (#4 National Rank) |
| Bradford Boydell | 1957 | 1:00.6* | (#6 National Rank) |
| Roy Chennells | 1957 | 1:01.2* | (#9 National Rank) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 100 yd. Freestyle

| | | | | |
|------------|---------------------|-------------|--------------|----------------------|
| 1. | Sally Alrutz | 2019 | 52.72 | |
| 2. | Ava Larkin | 2022 | 53.66 | (D2 NEPSAC Champion) |
| | Ava Larkin | 2020 | 53.92 | (D2 NEPSAC Champion) |
| 3. | Anabelle Farnham | 2018 | 54.09 | |
| 4. | Kata Franczyk | 2001 | 54.49 | |
| 5. | Anna Strzempko | 2008 | 54.58 | |
| 6. | Molly Kinstle | 2020 | 54.83 | |
| 7. | Terri Stewart | 1988 | 54.87 | |
| 8. | Ella Mattocks | 2022 | 55.38 | |
| 9. | Kira Canon | 1998 | 55.73 | |
| 10. | Mya Schattin | 2025 | 55.87 | |
| 11. | Jenna Tasse | 2008 | 56.10 | |
| 12. | Sydney Joyce | 2019 | 56.27 | |
| 13. | Emily Yeager | 2017 | 56.31 | |
| 14. | Natalie Aquadro | 2015 | 56.59 | |
| 15. | Reiko Akimoto | 2011 | 56.67 | |
| 16. | Claire Ebsary | 1978 | 56.9 | |
| 17. | Hannah Oleksak | 2011 | 56.90 | |
| 18. | Katherine Burrill | 1990 | 56.97 | |
| 19. | Sabrina Serricchio | 2019 | 57.14 | |
| 20. | Rachel Ruff | 1999 | 57.16 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 100 yd. Freestyle

| | | | | |
|------------|--------------------|-------------|--------------|-------------------------------|
| 1. | David Fitch | 2017 | 45.60 | (D2 NEPSAC Record) |
| | David Fitch | 2016 | 46.88 | (D2 NEPSAC Champion & Record) |
| 2. | Herrick Stevenson | 2024 | 47.15 | (D2 NEPSAC Champion) |
| 3. | Brian Stefanik | 1985 | 47.17* | (NEPSAC Champion) |
| 4. | Brad Richards | 2000 | 47.39 | |
| 5. | Henry Wiemeyer | 2022 | 47.84 | |
| 6. | James Edwards | 1965 | 48.0* | (#1 National Rank) |
| 7. | Andrew Sweeney | 2005 | 48.16 | |
| | David Fitch | 2015 | 48.41 | (D2 NEPSAC Champion) |
| 8. | Jarrold Zwirko | 2000 | 48.47 | |
| 9. | Albert Ackerman | 1968 | 48.5* | (#2 National Rank) |
| | James Edwards | 1964 | 48.6* | (#1 National Rank) |
| 10. | John-Claude Wright | 2006 | 48.87 | |
| 11. | John Meade | 1970 | 49.0* | (#4 National Rank) |
| 12. | Scott Nicholson | 1974 | 49.1 | (NEPSAC Champion) |
| 13. | David Tyler | 1963 | 49.2* | (#2 National Rank) |
| | John Meade | 1969 | 49.2* | (#8 National Rank) |
| 14. | Getchell Gibbons | 2022 | 49.39 | |
| | David Tyler | 1962 | 49.4* | (#2 National Rank) |
| 15. | Scott McQuade | 1971 | 49.4* | |
| 16. | Heidtman | 1975 | 49.4 | |
| | Albert Ackerman | 1966 | 49.5* | (#5 National Rank) |
| | Albert Ackerman | 1967 | 49.5* | (#11 National Rank) |
| 17. | Will Lee | 2025 | 49.52 | |
| 18. | Calvin Frye | 2016 | 49.58 | |
| 19. | Carlton Cronin | 1975 | 49.6 | |
| 20. | Matt Pepin | 2006 | 49.62 | |
| | Glenn Garella | 1970 | 49.7 | (NEPSAC Champion) |
| | David Tyler | 1961 | 49.9* | (#2 National Rank) |
| | James Boulware | 1966 | 50.0* | (#11 National Rank) |
| | Carl Woolley | 1955 | 51.4* | (#1 National Rank) |
| | Rex Aubrey | 1953 | 51.5* | (#1 National Rank) |
| | Foster de Jesus | 1956 | 53.3* | (#7 National Rank) |
| | Roy Chennells | 1958 | 53.5* | (#6 National Rank) |
| | Edmund Fitzsimmons | 1953 | 53.9* | (#4 National Rank) |
| | Davis Tuggle | 1955 | 53.9* | (#5 National Rank) |
| | Harlow Ide | 1955 | 54.6* | (#6 National Rank) |
| | Dudley Kurrus | 1953 | 54.9* | (#6 National Rank) |
| | Laurence Scheehser | 1954 | 55.3* | (#10 National Rank) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 500 yd. Freestyle

| | | | |
|----------------------|-------------|----------------|-------------------------------|
| 1. Sydney Joyce | 2018 | 4:58.79 | (D2 NEPSAC Champion & Record) |
| Sydney Joyce | 2017 | 5:05.98 | (D2 NEPSAC Champion) |
| Sydney Joyce | 2019 | 5:09.24 | (D2 NEPSAC Champion) |
| 2. Joanna O'Kelley | 1997 | 5:06.98 | |
| 3. Ava Larkin | 2018 | 5:09.41 | |
| 4. Anna Strzempko | 2009 | 5:12.89 | |
| 5. Alex Strzempko | 2007 | 5:15.58 | |
| 6. Campbell Collins | 2023 | 5:19.83 | |
| 7. Jodi Ryder | 1993 | 5:22.73 | |
| 8. Vicky Nitardi | 1983 | 5:23.03 | |
| 9. Melissa Peters | 1982 | 5:23.70 | (NEPSAC Champion) |
| 10. Maya Soley | 2016 | 5:24.96 | (D2 NEPSAC Champion) |
| 11. Molly Kinstle | 2019 | 5:26.39 | |
| 12. Katie Burrill | 1989 | 5:26.44 | |
| 13. Sally Alrutz | 2019 | 5:27.22 | |
| 14. Natalie Aquadro | 2015 | 5:31.53 | |
| 15. Hannah Oleksak | 2011 | 5:32.43 | |
| 16. Shannon Lorimer | 1999 | 5:33.07 | |
| 17. Claire Ebsary | 1977 | 5:34.36 | (NEPSAC Champion & NE Record) |
| 18. Lucy Hoyt | 2025 | 5:35.16 | |
| Claire Ebsary | 1978 | 5:35.40 | (NEPSAC Champion) |
| 19. Kerry Sullivan | 2000 | 5:35.69 | |
| 20. Emily Yeager | 2015 | 5:39.85 | |

Boys 500 yd. Freestyle

| | | | |
|------------------------|------|---------|--|
| 1. David Fitch | 2017 | 4:47.55 | |
| 2. Herrick Stevenson | 2023 | 4:51.52 | |
| 3. Brian Stefanik | 1985 | 4:53.32 | |
| 4. Mike Waskom | 2005 | 4:53.73 | |
| 5. Jack Coscia | 2023 | 4:54.28 | |
| 6. Chris Zeng | 2022 | 4:55.09 | |
| 7. Jeff Morrison | 1983 | 4:55.40 | |
| 8. Ken Packard | 1982 | 4:56.08 | |
| 9. John Hurley | 1989 | 4:56.74 | |
| 10. Sam Haddad | 2020 | 4:56.96 | |
| 11. Andrew Sweeney | 2004 | 4:58.55 | |
| 12. Alex Holdridge | 1999 | 4:58.57 | |
| 13. Carlton Cronin | 1974 | 5:05.0 | |
| 14. Steve LaPlante | 2000 | 5:06.45 | |
| 15. John-Claude Wright | 2005 | 5:08.17 | |
| 16. Jeff Wilga | 2002 | 5:08.91 | |
| 17. Henry Wiemeyer | 2022 | 5:10.03 | |
| 18. Rene LaPlante | 2003 | 5:12.62 | |
| 19. Matt Pepin | 2005 | 5:14.86 | |
| 20. Benning Johnson | 2020 | 5:15.67 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 200 yd. Freestyle Relay

| | | | |
|-----|---|-------------|----------------|
| 1. | Anabelle Farnham, Maya Soley, Sydney Joyce, Ava Larkin | 2018 | 1:40.83 |
| 2. | Natalie Aquadro, Ava Larkin, Sydney Joyce, Sally Alrutz | 2017 | 1:41.80 |
| 3. | Maya Soley, Emily Yeager, Ava Larkin, Sydney Joyce | 2017 | 1:42.28 (D2) |
| 4. | Molly Kinstle, Julia Borden, Sabrina Serricchio, Ava Larkin | 2020 | 1:42.31 |
| 5. | Jenna Tasse, Hannah Oleksak, Reiko Akimoto, Anna Strzempko | 2008 | 1:42.39 |
| 6. | Anabelle Farnham, Natalie Aquadro, Emily Yeager, Sally Alrutz | 2016 | 1:42.68 |
| 7. | Kata Franczyk, Michelle Wilga, Kira Canon, Shannon Lorimer | 2000 | 1:43.03 |
| 8. | Audrey Dowsett, Lucy Hoyt, Gabi Bobiak, Mya Schattin | 2025 | 1:43.95 |
| 9. | Maya Soley, Ella Mattocks, Molly Kinstle, Sydney Joyce | 2018 | 1:43.96 (D2) |
| 10. | Catherine Pacilio, Kira Canon, Rachel Ruff, Joanna O'Kelley | 1997 | 1:44.12 |
| 11. | Reiko Akimoto, Kyra Brown, Hannah Oleksak, Anna Strzempko | 2009 | 1:44.13 |
| 12. | Sally Alrutz, Ava Larkin, Sydney Joyce, Molly Kinstle | 2019 | 1:44.31 |
| 13. | Reiko Akimoto, Karly Acker, Jillian Haywood, Hannah Oleksak | 2010 | 1:45.05 |
| 14. | Michelle Wilga, Marie Carbone, Lucy Wall, Kata Franczyk | 2001 | 1:45.05 |
| 15. | Annika Johnson, Jasmin Movassaghi, Emily Yeager, Maya Soley | 2016 | 1:45.45 |
| 16. | Bridget Hebert, Emma Carhart, Rene Wright, Alex Strzempko | 2006 | 1:45.63 |
| 17. | Maya Soley, Mary Koback, Jasmin Movassaghi, Anabelle Farnham | 2015 | 1:46.17 |
| 18. | Mary Koback, Jasmin Movassaghi, Maya Soley, Emily Yeager | 2015 | 1:46.34 |
| 19. | Ella Mattocks, Sarah Kimmel, Sian Lewandowski, Sabrina Serricchio | 2019 | 1:46.38 |
| 20. | Lucy Wall, Becca Kaufman, Marie Carbone, Kata Franczyk | 2002 | 1:47.04 |

Boys 200 yd. Freestyle Relay

| | | | |
|-----|--|-------------|-----------------|
| 1. | Brad Richards, Steve LaPlante, Alex Holdridge, Jarrod Zwirko | 2000 | 1:28.15* |
| 2. | Andrew Sweeney, John-Claude Wright, Matt Pepin, Mike Waskom | 2005 | 1:28.72 |
| 3. | Henry Wiemeyer, Jack Haddad, Rayyan Al Romaih, Shogo Kamei | 2020 | 1:29.67 (D2rec) |
| 4. | Herrick Stevenson, Sam Fortier, Jack Coscia, Getchell Gibbons | 2023 | 1:30.01 (D2) |
| 5. | Louis Kissling, Lewis Davis, Kevin Hoben, James Edwards | 1965 | 1:31.2* (#3) |
| 6. | Calvin Frye, Chris Lansill, Mark Wei, David Fitch | 2016 | 1:31.42 |
| 7. | Matt Pepin, John O'Connor, Colin Elliott, John-Claude Wright | 2006 | 1:31.48 |
| 8. | Lewis Davis, Percy Ballantine, Barry Wemple, David Tyler | 1963 | 1:31.5* (#3) |
| 9. | Jeff Wilga, John-Claude Wright, Matt Pepin, Andrew Sweeney | 2004 | 1:32.04 |
| 10. | Aaron Entebi Sheinberg, Beckett Collins, Shintaro Tsushima, Herrick Stevenson | 2025 | 1:32.53 |
| 11. | Jarrold Zwirko, Michael George, Marc Fullerton, Tulyatep Uawithya | 1998 | 1:32.61 |
| 12. | Mike Wieneke, Chris Maller, Jeff Wilga, Alex Frere | 2002 | 1:32.90 |
| 13. | Harlow Ide, Foster deJesus, Davis Tuggle, Carl Wooley | 1955 | 1:32.9* (#1) |
| 14. | David Fitch, Reilly Gluz, Jason Albanese, Sam Haddad | 2017 | 1:33.00 |
| 15. | Wilder Denholm, Matt Wagman, Calvin Frye, David Fitch | 2014 | 1:33.24 |
| 16. | Sam Fortier, Chris Zeng, Jack Coscia, Jack Haddad | 2022 | 1:33.54 |
| 17. | Henry Wiemeyer, Alan Martin, Jack Haddad, Sam Haddad | 2019 | 1:33.55 |
| 18. | Cole Cavanagh, Beckett Collins, Kei Imai, Herrick Stevenson | 2024 | 1:33.68 |
| 19. | James Hamilton, Watson Phillips, Douglas Morris, David Tyler | 1961 | 1:33.7* (#4) |
| 20. | Rene LaPlante, Jeff Wilga, Mike Wieneke, Alex Frere | 2002 | 1:33.78 |
| | Harlow Ide, Dudley Kurras, Edmund Fitzsimmons, Rex Aubrey | 1953 | 1:34.1* (#1) |
| | David Tyler, Robert Story, Watson Phillips, Thomas Murphy | 1962 | 1:34.3* (#8) |
| | George Black, Karl Rohnke, Bradford Boydell, Foster de Jesus | 1956 | 1:35.8* (#3) |
| | Richard Palmer, Richard Wendin, Daniel Goodnow, Chris Kendall | 1957 | 1:37.0* (#9) |
| | Richard Moisan, Marty Mennen, Walter Burns, Harlow Ide | 1954 | 1:37.7* (#4) |
| | Richard Wenden, Richard Palmer, Chris Kendall, Roy Chennells | 1958 | 1:38.0* (#9) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 100 yd. Backstroke

| | | | | |
|-----|--------------------|------|---------|----------------------|
| 1. | Sally Alrutz | 2019 | 56.95 | (D2 NEPSAC Champion) |
| | Sally Alrutz | 2018 | 57.24 | (D2 NEPSAC Champion) |
| | Sally Alrutz | 2016 | 59.05 | (D2 NEPSAC Champion) |
| 2. | Ella Mattocks | 2022 | 1:00.34 | |
| 3. | Anabelle Farnham | 2016 | 1:01.18 | |
| 4. | Kata Franczyk | 2003 | 1:02.25 | |
| 5. | Michelle Kennedy | 1984 | 1:02.34 | |
| 6. | Emily Yeager | 2017 | 1:02.94 | |
| 7. | Sydney Joyce | 2017 | 1:03.00 | |
| 8. | Anna Strzempko | 2009 | 1:03.06 | |
| 9. | Debbie Wells | 2018 | 1:03.09 | |
| | Michelle Kennedy | 1982 | 1:03.32 | (NEPSAC Champion) |
| 10. | Ava Larkin | 2018 | 1:03.34 | |
| 11. | Shannon Lorimer | 1999 | 1:03.69 | |
| 12. | Katherine Burrill | 1990 | 1:03.78 | |
| 13. | Katya Krasnovskaya | 2024 | 1:05.34 | |
| 14. | Kaitlyn Williams | 2023 | 1:05.53 | |
| 15. | Molly Kinstle | 2020 | 1:05.60 | |
| 16. | Nikki Kraslin | 1993 | 1:06.15 | |
| 17. | Adrianna Rada | 2004 | 1:06.52 | |
| 18. | Alex Strzempko | 2007 | 1:06.94 | |
| 19. | Natalie Aquadro | 2017 | 1:07.09 | |
| 20. | Sabrina Serricchio | 2018 | 1:07.24 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 100 yd. Backstroke

| | | | |
|-----------------------------|-------------|--------------|---------------------|
| 1. Sam Haddad | 2020 | 52.97 | |
| 2. Oliver Ruff | 1999 | 53.42* | (Honorable Mention) |
| 3. John Young | 1993 | 54.96 | |
| 4. Getchell Gibbons | 2023 | 55.14 | |
| 5. Jason Albanese | 2020 | 55.24 | |
| 6. Gerald Wallace | 1971 | 55.4* | (#10 National Rank) |
| 7. Herrick Stevenson | 2025 | 55.57 | |
| 8. Mike Waskom | 2004 | 56.26 | |
| 9. Ross Prossner | 1966 | 56.7* | (#3 National Rank) |
| Gerald Wallace | 1968 | 56.7* | (#7 National Rank) |
| Gerald Wallace | 1970 | 56.8* | (#8 National Rank) |
| 10. Albert Ackerman | 1965 | 56.9* | (#2 National Rank) |
| Gerald Wallace | 1969 | 57.0* | (#11 National Rank) |
| Ross Prossner | 1965 | 57.8* | (#5 National Rank) |
| 11. Fred DeBruyn | 1971 | 57.9 | |
| 12. Will Lee | 2025 | 58.07 | |
| 13. Jeremiah Donovan | 1974 | 58.0 | |
| 14. Brad Richards | 2000 | 58.31 | |
| 15. Skip Nitardy | 1981 | 58.73 | |
| 16. Barry Wemple | 1964 | 58.9* | |
| Gerald Wallace | 1967 | 58.9 | (NEPSAC Champion) |
| 17. Yuki Sato | 2025 | 59.07 | |
| 18. Harry Driver | 1967 | 59.0 | |
| 19. Andrew Sweeney | 2003 | 59.01 | |
| 20. Matt Pepin | 2006 | 59.05 | |
| Barry Wemple | 1963 | 59.5* | (#6 National Rank) |
| Carl Wooley | 1955 | 1:00.0* | (#1 National Rank) |
| David Raymond | 1958 | 1:02.1* | (#8 National Rank) |
| David Raymond | 1957 | 1:02.2* | (#5 National Rank) |
| Aldo Cipriano | 1956 | 1:02.4* | (#5 National Rank) |
| David Raymond | 1959 | 1:02.9* | (#11 National Rank) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 100 yd. Breaststroke

| | | | | |
|-----|--------------------|------|---------|-------------------------------|
| 1. | Ava Larkin | 2022 | 1:06.24 | |
| 2. | Kira Canon | 1999 | 1:07.97 | (NEPSAC Champion) |
| | Kira Canon | 2000 | 1:08.04 | (NEPSAC Champion) |
| 3. | Natalie Aquadro | 2015 | 1:09.19 | |
| 4. | Andie Kinstle | 2024 | 1:10.23 | |
| 5. | Catherine Pacilio | 1996 | 1:10.55 | |
| 6. | Jessica Greaney | 1990 | 1:11.58 | |
| | Natalie Aquadro | 2014 | 1:12.34 | (D2 NEPSAC Champion & Record) |
| 7. | Michelle Wilga | 2000 | 1:13.13 | |
| 8. | Stephanie Gottlieb | 1989 | 1:13.29 | |
| | Natalie Aquadro | 2013 | 1:13.56 | (D2 NEPSAC Champion & Record) |
| 9. | Melissa Peters | 1982 | 1:13.60 | |
| 10. | Laura Couch | 1978 | 1:13.61 | |
| 11. | Kana Kitano | 2022 | 1:13.76 | |
| 12. | Sydney Joyce | 2016 | 1:13.88 | |
| 13. | Sabrina Liew | 2018 | 1:14.31 | |
| 14. | Jillian Haywood | 2010 | 1:14.40 | |
| 15. | Sally Alritz | 2019 | 1:14.96 | |
| 16. | Tricia Turner | 1990 | 1:15.09 | |
| 17. | Connie Murphy | 1982 | 1:15.20 | |
| 18. | Molly Newton | 2003 | 1:15.64 | |
| 19. | Dacia Essensa | 2002 | 1:15.44 | |
| 20. | Sam Frye | 2012 | 1:16.00 | |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Boys 100 yd. Breaststroke

| | | | | |
|------------|-------------------------------|-------------|----------------|-------------------------------|
| 1. | Jack Haddad | 2022 | 58.16 | (D2 NEPSAC Champion & Record) |
| 2. | Sam Haddad | 2019 | 59.10 | (D2 NEPSAC Champion & Record) |
| 3. | Shogo Kamei | 2020 | 59.73 | (D2 NEPSAC Champion) |
| | Sam Haddad | 2018 | 1:00.99 | (D2 NEPSAC Champion) |
| 4. | Jeff Wilga | 2004 | 1:01.48 | |
| 5. | William Miller | 1953 | 1:01.6* | (#2 National Rank) |
| 6. | Reece Liang | 2010 | 1:02.87 | |
| 7. | R. Curtis Wright | 1956 | 1:02.9* | (#2 National Rank) |
| 8. | John Hurley | 1989 | 1:03.13 | |
| 9. | David Stevens | 1976 | 1:03.23 | |
| 10. | Larry Bushey | 1970 | 1:03.5* | (#2 National Rank) |
| 11. | Robert Christensen | 1971 | 1:03.5* | (#3 National Rank) |
| 12. | Tulyatep Uawithya | 1998 | 1:03.59 | |
| 13. | Aaron Entebi Sheinberg | 2025 | 1:03.65 | |
| 14. | Wayne Leslie | 1971 | 1:03.6* | (#4 National Rank) |
| | David Stevens | 1975 | 1:03.6 | (NEPSAC Champion) |
| | Wayne Leslie | 1972 | 1:04.2* | (#9 National Rank) |
| | Wayne Leslie | 1973 | 1:04.4 | (NEPSAC Champion) |
| | R. Curtis Wright | 1955 | 1:05.0* | (#4 National Rank) |
| | Robert Christensen | 1970 | 1:05.4* | (#10 National Rank) |
| 15. | Bryan Gmyrek | 1995 | 1:05.77 | |
| 16. | William Charbonneau | 1964 | 1:05.8* | |
| | William Charbonneau | 1963 | 1:06.2* | (#7 National Rank) |
| 17. | Bennett Jacobs | 2003 | 1:06.44 | |
| 18. | Teppei Morita | 2025 | 1:06.47 | |
| 19. | Tim Tierney | 1999 | 1:06.60 | |
| 20. | Matt Thompson | 2021 | 1:07.09 | |
| | Elliott Maynard | 1958 | 1:08.4* | (#4 National Rank) |
| | Roy Chennells | 1958 | 1:09.0* | (#8 National Rank) |

(*ALL-AMERICA)

UPDATED 3/24/25

WILLISTON SWIMMING AND DIVING HONOR ROLL

EACH ATHLETE IS LISTED ONLY ONCE UNLESS THEY WERE AN ALL-AMERICAN OR WON A NEW ENGLAND TITLE

Girls 400 yd. Freestyle Relay

| | | |
|--|-------------|----------------|
| 1. Anabelle Farnham, Sydney Joyce, Ava Larkin, Sally Alrutz | 2018 | 3:37.49 (D2) |
| 2. Sally Alrutz, Molly Kinstle, Ava Larkin, Sydney Joyce | 2019 | 3:37.72 (D2) |
| 3. Anabelle Farnham, Emily Yeager, Natalie Aquadro, Sally Alrutz | 2017 | 3:39.32 |
| 4. Sally Alrutz, Emily Yeager, Natalie Aquadro, Anabelle Farnham | 2016 | 3:40.59 (D2) |
| 5. Natalie Aquadro, Anabelle Farnham, Emily Yeager, Sally Alrutz | 2015 | 3:42.18 |
| 6. Jenna Tasse, Hannah Oleksak, Reiko Akimoto, Anna Strzempko | 2008 | 3:45.17 |
| 7. Sally Alrutz, Maya Soley, Molly Kinstle, Sydney Joyce | 2018 | 3:45.77 |
| 8. Ella Mattocks, Julia Borden, Campbell Collins, Ava Larkin | 2022 | 3:45.85 |
| 9. Shannon Lorimer, Michelle Wilga, Kata Franczyk, Kira Canon | 2000 | 3:47.12 |
| 10. Sally Alrutz, Emily Yeager, Maya Soley, Natalie Aquadro | 2014 | 3:48.34 |
| 11. Ava Larkin, Ella Mattocks, Sian Lewandowski, Molly Kinstle | 2020 | 3:48.57 |
| 12. Shannon Lorimer, Rachel Ruff, Catherine Pacilio, Kira Canon | 1999 | 3:49.68 |
| 13. Reiko Akimoto, Kyra Brown, Hannah Oleksak, Anna Strzempko | 2009 | 3:49.75 |
| 14. Molly Kinstle, Amalia Guerra, Ella Mattocks, Sian Lewandowski | 2021 | 3:50.86 |
| 15. Catherine Pacilio, Amy Beresky, Kira Canon, Joanna O'Kelley | 1997 | 3:52.02 |
| 16. Audrey Dowsett, Lucy Hoyt, Gabi Bobiak, Mya Schattin | 2025 | 3:52.05 |
| 17. Jodi Ryder, Catherine Pacilio, Danielle St. Louis, Jess Tuttle | 1995 | 3:52.31 |
| 18. Kira Canon, Joanna O'Kelley, Catherine Pacilio, Jess Tuttle | 1996 | 3:52.56 |
| 19. Gabi Bobiak, Kaitlyn Williams, Lucy Hoyt, Campbell Collins | 2023 | 3:53.56 |
| 20. Amy Bowles, Katie Burrill, Jennifer Burrill, Terri Stewart | 1989 | 3:53.62 |

Boys 400 yd. Freestyle Relay

| | | |
|--|-------------|----------------|
| 1. Brad Richards, Steve LaPlante, Alex Holdridge, Jarrod Zwirko | 2000 | 3:13.01*(HM) |
| 2. Herrick Stevenson, Sam Fortier, Jack Coscia, Getchell Gibbons | 2023 | 3:16.99 (D2) |
| 3. Mike Waskom, John-Claude Wright, Matt Pepin, Andrew Sweeney | 2005 | 3:17.32 |
| 4. Henry Wiemeyer, Jack Coscia, Jason Albanese, Sam Haddad | 2020 | 3:17.50 |
| 5. Glenn Garella, Tarn Thompson, Mike Hanafin, John Meade | 1970 | 3:17.6* (#2) |
| 6. Will Lee, Shintaro Tsushima, Yuki Sato, Herrick Stevenson | 2025 | 3:17.73 |
| 7. John Trembley, John Hellebush, John Meade, Albert Ackerman | 1968 | 3:17.8* (#2) |
| 8. Scott Nicholson, Tim Wallace, Jan Kaplowitz, Tom MacDonnell | 1973 | 3:17.9* (#4) |
| 9. Andrew Sweeney, Matt Pepin, Mike Waskom, Jeff Wilga | 2004 | 3:19.33 |
| 10. Tarn Thompson, William Curren, John LeMoal, Scott McQuade | 1971 | 3:19.5* (#5) |
| 11. Getchell Gibbons, Jack Coscia, Herrick Stevenson, Henry Wiemeyer | 2022 | 3:19.92 |
| 12. James Boulware, Ross Prossner, John Hellebush, Albert Ackerman | 1966 | 3:22.0* (#3) |
| 13. John Meade, Richard Winters, John Hellebush, Forbes Ross | 1969 | 3:22.2* (#9) |
| 14. Steve LaPlante, Louis Pacilio, Alex Frere, Jarrod Zwirko | 2000 | 3:22.62 |
| 15. Steve LaPlante, Michael Pantry, Oliver Ruff, Jarrod Zwirko | 1999 | 3:22.73 |
| 16. John Gilbert, R. Warner, John Hellebush, Albert Ackerman | 1967 | 3:23.1* (#9) |
| 17. Jason Albanese, Reilly Gluz, Henry Wiemeyer, Sam Haddad | 2019 | 3:23.69 |
| 18. Matt Pepin, John O'Connor, Colin Elliott, John-Claude Wright | 2006 | 3:24.93 |
| 19. David Fitch, Reilly Gluz, Jason Albanese, Sam Haddad | 2017 | 3:25.14 |
| 20. Getchell Gibbons, Jack Coscia, Matt Thompson, Henry Wiemeyer | 2021 | 3:25.22 |

(*ALL-AMERICA)

UPDATED 3/24/25