

1974 Swimming State Championships

Girls Individual Medalists

Girls Team Results

200 Yard Medley Relay

1	Omaha Marian	2:01.777	(Tritz, Strom, Hollander, Gamache)	Omaha Marian	186	Fremont	58
2	Bellevue			Omaha Westside	183	Lincoln High	29
3	Omaha Westside			Lincoln East	150	Omaha Central	22
4	Lincoln Southeast			Bellevue	124	Omaha Mercy	17
5	Lincoln East			Omaha Northwest	94	Lincoln Northeast	16
6	Grand Island			Lincoln Southeast	86	Omaha South	13
				Omaha Burke	84	Omaha Benson	7
				Grand Island	71	Omaha North	0

200 Yard Freestyle

1	Anne Watland	Omaha Westside	2:01.376	Millard	68		
2	Sue Lewis	Omaha Westside					
3	Lise Magee	Bellevue					
4	Sue Griffin	Lincoln East					
5	Jane Ditch	Bellevue					
6	Susan Haun	Lincoln East					

100 Yard Individual Medley

50 Yard Freestyle

1	Cory Schia	Millard	1:04.778	1 Sally Wilson	Lincoln East	26.251	
2	Lori Hendrickson	Omaha Northwest		2 Debbie Grafentin	Omaha Northwest		
3	Ellen Hollander	Omaha Marian		3 Melanie Jakob	Grand Island		
4	Jane Zukaitis	Omaha Burke		4 Jeannie Burns	Omaha Marian		
5	Annette Wayne	Lincoln High		5 Mary Whitefield	Omaha Central		
6	Jean German	Bellevue		6 Pam Shald	Omaha Marian		

50 Yard Butterfly

100 Yard Freestyle

1	Jeannie Burns	Omaha Marian	29.2	1 Sally Wilson	Lincoln East	57.49	
2	Lori Hendrickson	Omaha Northwest		2 Simone Gamaache	Omaha Marian		
3	Sue Seidler	Omaha Westside		3 Debbie Grafentin	Omaha Northwest		
4	Micki Crosby	Omaha Mercy		4 Annette Wayne	Lincoln High		
5	Jean German	Bellevue		5 Sue Maude	Lincoln Southeast		
6	Joan Chandler	Omaha Westside		6 Mary McGrath	Grand Island		

400 Yard Freestyle

50 Yard Backstroke

1	Anna Watland	Omaha Westside	4:11.605	1 Marcy McGrath	Grand Island	29.723	
2	Sue Lewis	Omaha Westside		2 Cory Schia	Millard		

3	Annie Wittman	Fremont		3	Jane Zukaitis	Omaha Burke		
4	Liz Small	Omaha Westside		4	Anne Tritz	Omaha Marian		
5	Jane Ditch	Bellevue		5	Mary Whitfield	Omaha Central		
6	Sue Griffin	Lincoln East		6	Jane Nesmith	Omaha Burke		
50 Yard Breaststroke				200 Yard Freestyle Relay				
1	Melanie Jakob	Grand Island	33.814	1	Omaha Marian	1:46.616	(Tritz, Shald,	
2	Kim Krueger	Bellevue		2	Omaha Northwest		Burns, Gamache)	
3	Ellen Hollander	Omaha Marian		3	Lincoln East			
4	Julie Tully	Omaha Westside		4	Omaha Westside			
5	Cassie Strom	Omaha Marian		5	Omaha Burke			
6	Micki Crosby	Omaha Mercy		6	Lincoln Southeast			
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Boys Individual Medalists				Boys Team Results				
200 Yard Medley Relay				Omaha Westside	263	Milalrd	32	
1	Lincoln Southeast	1:41.984	(Perr, Johnson,	Omaha Burke	173	Lincoln Northeast	15	
2	Omaha Burke		Magee, Maude)	Lincoln Southeast	166	Omaha Central	12	
3	Omaha Westside			Hastings	126	Omaha South	11	
4	Lincoln East			Lincoln East	115	Bellevue	10	
5	Omaha Northwest			Omaha Northwest	77	Fremont	10	
6	Hastings			Creighton Prep	72	McCook	9	
				Lincoln High	58	Omaha Benson	7	
200 Yard Freestyle				Ralston	39	Omaha Bryan	3	
1	Greg Rutford	Lincoln East	1:50.065					
2	Jeff Cohn	Omaha Westside						
3	Wayne Helzer	Hastings						
4	Kelly Miller	Creighton Prep						
5	Jeff Quigley	Omaha Burke						
200 Yard Individual Medley				50 Yard Freestyle				
1	Ed Johnson	Lincoln Southeast	2:02.945	1	Rich Maack	Omaha Westside	22.655	
2	Jimm Garlock	Omaha Westside		2	Mike Fritsch	Lincoln East		
3	Jay Arnsperger	Omaha Westside		3	Dave McCleery	Lincoln High		
4	Dave Freeman	Omaha Burke		4	Dave Tully	Omaha Westside		
5	Brian Magee	Lincoln Southeast		5	Mark Bergerson	Millard		

100 Yard Butterfly			100 Yard Freestyle				
1	Ed Johnson	Lincoln Southeast	52.708	1	Jimm Garlock	Omaha Westside	50.428
2	Dan McCarty	Hastings		2	Doug Smith	Millard	
3	Brian Magee	Lincoln Southeast		3	Dave Whiteman	Hastings	
4	Kim Pelowski	Lincoln High		4	Wayne Helzer	Hastings	
5	Dana Redfield	Hastings		5	Mike Fritsch	Lincoln East	
400 Yard Freestyle			100 Yard Backstroke				
1	Jeff Cohn	Omaha Westside	3:58.464	1	Rich Maack	Omaha Westside	54.368
2	Greg Rutford	Lincoln East		2	Jay Arnsperger	Omaha Westside	
3	Kelly Miller	Creighton Prep		3	Bob Hartford	Omaha Westside	
4	Dave Freeman	Omaha Burke		4	Dan McCarty	Hastings	
5	Jeff Quigley	Omaha Burke		5	Jim Perry	Lincoln Southeast	
100 Yard Breaststroke			400 Yard Freestyle Relay				
1	Bryan Moss	Omaha Northwest	1:01.347	1	Omaha Westside	3:18.609	(Maack, Garlock,
2	Mark Hill	Omaha Burke		2	Hastings		Cohn, Beckwith)
3	Jim Christianson	Omaha Burke		3	Omaha Burke		
4	Larry Larson	Ralston		4	Creighton Prep		
5	Randy Cassling	Omaha Westside		5	Lincoln East		
				6	Lincoln Southeast		