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| Outstanding Female Swimmer Award Recipients  |
| 1970  | Bobbie Pickell  | Eastmont  |
| 1971  | Kim Peyton  | DDSC  |
| 1972  | Jane Levings  | BSA  |
| 1973  | Irene Arden  | DDSC  |
| 1974  | Karen Andrus  | DDSC  |
| 1975  | Heidi Weissert  | WSC  |
| 1976  | No Award Presented  |   |
| 1977  | Susan Habernigg  | DDSC  |
| 1978  | Ellen Ferguson  | WSC  |
| 1979  | Susan Habernigg  | MAC  |
| 1980  | Kim Nicholson  |   |
| 1981  | Kerry Riddle  | WSC  |
| 1982  | Linda Bell  | WSC  |
| 1983  | Michelle Donahue Jenny Shannon  | MAC MAC  |
| 1984  | Michelle Donahue  | MAC  |
| 1985  | Michelle Donahue  | MAC  |
| 1986  | Cara Hafner  | CAT  |
| 1987  | Jody Smith  | PAC  |
| 1988  | Maureen Haslalch  | MAC  |
| 1989  | Tammy Shannon  | MAC  |
| 1990  | Becky Gumpert Tammy Shannon  | BEND MAC  |
| 1991  | Tammy Shannon  | MAC  |
| 1992  | Becky Gumpert  | BEND  |
| 1993  | Rachel Joseph  | ECSC  |
| 1994  | Rachel Joseph  | ECSC  |
| 1995  | Lauren Thies  | MAC  |
| 1996  | Lauren Thies  | MAC  |
| 1997  | Alisa Schuknecht  | BEND  |
| 1998  | Alisa Schuknecht  | BEND  |
| 1999  | Alisa Schuknecht  | BEND  |
| 2000  | Melissa Green Inge de Bruijn  | THSC THSC  |
| 2001  | Marisa Kozak  | BEND  |
| 2002  | Christina Kinney  | MHST  |
| 2003  | Caitlyn Shortt  | MHST  |
| 2004  | Morgan Scroggy  | THSC  |
| 2005  | Kimberly Jasmer  | SCAT  |
| 2006  | Hannah Points  | TTSC  |
| 2007  | Lauren Thies  | MAC  |
| 2008  | Laura Miller  | DDSC  |
| 2009  | Kaylin Bing  | RST  |
| 2010  | Tori Simenec  | BRSC  |
| 2011  | Peggy Liang  | CRST  |
| 2012  | Michelle Cefal  | THSC  |
| 2013  | Michelle Cefal  | THSC  |
| 2014  | Mackenzie Rumrill  | BRSC  |
| 2015  | Mackenzie Rumrill  | MVA  |
| 2016  | Keaton Blovad  | THSC  |
| 2017  | Mara Newman  | LOSC  |
| 2018  | Mara Newman  | LOSC  |
| 2019  | Kaitlyn Dobler | TDPS  |
| 2020  | Kaitlyn Dobler | TDPS |
|  2021 |  Lizzy Cook | THSC |
|   |   |   |