

2009 IGHSAU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****Event 1 Women 1 mtr Diving****State Record: 535.70 # 1982****Mary Fischbach****Fort Dodge**

Name	Yr	School	Finals Score	
1 Kasey Williams	JR	Southeast Polk	394.50	385.30
2 Savannah Schott	SR	Cedar Rapids Kennedy	366.35	379.45
3 Dahlia Gordon	JR	Johnston	428.60	379.10
4 Taylor Erwine	SR	Johnston	395.40	376.70
5 Nicolette Freeman	JR	Grinnell	373.55	366.50
6 Marea Holkesvik	SO	Decorah	366.50	361.35
7 Jordan Overland	SR	Boone	377.05	358.45
8 Sara Larson	JR	Cedar Rapids Washington	364.10	351.80
9 Sarah Kemp	SO	Ames	377.40	351.05
10 Mackenzie McLaughlin	SR	Waterloo West	358.15	349.45
11 Brittany Murray	SR	Cedar Rapids Xavier	328.50	342.95
12 Liz Hayes	JR	Cedar Rapids Kennedy	348.25	341.20
13 Alea Pollock	SR	Cedar Falls	308.30	332.05
14 Sam Wagner	SO	Linn-Mar	354.40	326.60
15 Kristin Staude	SR	Cedar Rapids Jefferson	330.05	326.25
16 Ashlyn Clingman	FR	West Des Moines Valley	321.05	325.10
17 Megan Cohea	JR	Ames	365.25	230.60
18 Julie Dickinson	FR	West Des Moines Valley	355.35	230.45
19 Brena Peterson	JR	Burlington	300.50	229.15
20 Amy Stiehl	JR	Marshalltown	334.85	218.15
21 Rylee Ames	SO	Southeast Polk	367.15	146.10
22 Mia Nelson	JR	West Des Moines Valley	336.20	144.80
23 Kelsey Williams	JR	Southeast Polk	375.05	144.45
24 Lauren Halloran	JR	Cedar Falls	351.75	144.10
25 Gabby Schmidt	SR	Des Moines Roosevelt	322.50	143.00
26 Emily Pappas	SR	Mason City	310.40	141.90
27 Olivia Thiel	SO	Boone	319.85	141.00
28 Kim Boxleiter	SR	Dubuque Senior	314.15	137.15
29 Amber Shiffer	SO	Des Moines Lincoln	318.25	136.75
30 Kate Worthington	JR	Waterloo West	306.25	132.00
31 Marguerite DelVecchio	SR	Davenport North	331.45	131.05
32 Anna Joerger	JR	Ames	308.25	130.00
33 Betsy Osterberger	SO	Dubuque Wahlert	366.80	129.20
34 Bridget Pfannes	SO	Boone	321.50	123.10
35 Sarah Martin	SR	Muscatine	308.65	121.95
36 Elizabeth Fry	SR	Bettendorf	301.85	105.55

Event 2 Women 200 Yard Medley Relay**State Record: 1:46.72 # 11/2/2007****West Des Moines Valley****D Harris, I Wistey, A Mehesan, K Galles**

Team	Relay	Seed Time	Finals Time
1 Mason City		1:50.35	1:48.22
1) Courtney Busch SR 27.75 30.14 26.83	2) Emily Wiltsie SR 23.50	3) Ali Stearns JR	4) Emma Sougstad FR
2 West Des Moines Valley		1:51.98	1:48.79
1) Nailah Bakari JR 28.82 29.10 26.92	2) Imelda Wistey SR 23.95	3) Sammy Zuckerman SO	4) Kelsey Galles SR
3 Bettendorf		1:51.24	1:49.03
1) Rebecca Alves SO 29.34 29.97 25.36	2) Rachael Schermer SO 24.36	3) Caitlin Campbell JR	4) Sarah Thompson SR

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 2 Women 200 Yard Medley Relay)**

Team	Relay			Seed Time	Finals Time
4 Ames				1:51.18	1:50.01
1) Maddie Bro SO	2) Abby Rewoldt JR	3) Charlotte Quant JR	4) Taylor Flummerfelt FR		
26.93 32.47 26.71 23.90					
5 Des Moines Roosevelt				1:52.30	1:51.63
1) Annie Sullivan JR	2) Jenny Wang JR	3) Melissa Veenstra SO	4) Sarah Larson JR		
27.93 31.97 26.92 24.81					
6 Cedar Rapids Kennedy				1:52.96	1:52.46
1) Carmen McCoy JR	2) Ashley Harris SR	3) Lexi Scharmer SO	4) Kylee VonAhsen JR		
28.95 31.57 26.91 25.03					
7 Ankeny				1:52.63	1:52.59
1) Elle Westercamp FR	2) Jessie Stout SO	3) Alex Flatness SO	4) Brittney Buckner SO		
29.09 32.55 26.47 24.48					
8 Linn-Mar				1:53.60	1:52.97
1) Nicole Larsen SO	2) Emilie Berg SO	3) Sarah Wodnik SR	4) Alex Dunn SO		
29.00 30.41 27.09 26.47					
9 Iowa City High				1:54.64	1:53.75
1) Beth Eyanson SR	2) Robin Olson SR	3) Allison Davis SR	4) Margaret Yapp JR		
27.32 34.19 27.86 24.38					
10 Dowling Catholic				1:54.95	1:53.77
1) Liza Myers JR	2) Hannah Aldridge FR	3) Emily Tuazon FR	4) Kayla Heille SO		
29.94 30.65 27.77 25.41					
11 Iowa City West				1:55.48	1:54.16
1) Sarah Weihe JR	2) Savannah Butler FR	3) Grace Murray SR	4) Sanam Zarei JR		
28.86 32.16 26.83 26.31					
12 Cedar Rapids Jefferson				1:53.99	1:54.80
1) Erin Kibby SO	2) Abbey Wharton SR	3) Vicki Dostal SR	4) Jillyn Gerken SR		
29.69 30.20 29.19 25.72					
13 Muscatine				1:55.79	1:55.24
1) Hannah Eichelberger JR	2) Jennifer Littlejohn SR	3) Sarah Martin SR	4) Laura Ewalt SR		
28.53 33.39 27.40 25.92					
14 Cedar Falls				1:56.91	1:55.68
1) Katie Mason SO	2) Montana Clasby SO	3) Alesha Rettenmeier FR	4) Sammy Green SR		
29.46 32.06 28.34 25.82					
15 Sioux City Metro				1:57.61	1:56.86
1) Kara Martin JR	2) Kaija Bergdale SO	3) Katie Sawin SR	4) Kirsten Gobell JR		
31.58 32.09 28.17 25.02					
16 Carroll				1:57.32	1:57.29
1) Kamalha Sonnichsen SR	2) Megan Schroeder SR	3) Abbey Fordyce FR	4) Lindsey Schwabe SR		
29.71 34.39 27.88 25.31					
17 Dubuque Hempstead				1:58.61	1:57.83
1) Clare Slagel SO	2) Lauren Slagel JR	3) Erin Cram FR	4) Katie Pape JR		
28.37 33.32 30.21 25.93					
18 Davenport Central				1:56.94	1:57.85
1) Mary Betsworth JR	2) Emma Shie FR	3) Katie Beale SR	4) Annie Delleman FR		
30.16 32.39 28.18 27.12					
19 Cedar Rapids Prairie/Williamsb				1:58.25	1:57.92
1) Julia Wolter JR	2) Katie Storey JR	3) Shelby Doehrmann SR	4) Erin Gerken SR		
30.66 33.12 27.23 26.91					
20 Dubuque Wahlert				1:58.10	1:57.98
1) Emily Schroeder FR	2) Celia Morton SO	3) Jaclyn Trannel JR	4) Alyx Nugent SR		
30.78 32.28 29.22 25.70					
21 Des Moines Lincoln				1:56.86	1:58.23
1) Brooke Gillen SR	2) Megan La Suer SR	3) Minge Song JR	4) Elizabeth Wierenga JR		
31.09 33.13 27.62 26.39					

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 2 Women 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time
22 Waterloo West		1:57.71	1:59.03
1) Mackenzie VanDenBerg JR 29.73 33.05 28.90	2) Alison Schell SR 27.35	3) Sadie Voigt JR	4) Sarah Gorsche JR
23 Newton		1:58.10	1:59.07
1) Courtney Meyer SO 30.76 34.62 28.50	2) Michelle Rabedaux SR 25.19	3) Stephanie Griffith JR	4) Taylor Quayle SO
--- Decorah		1:51.10	DQ
1) Allison Orvis SO 28.13 29.50 26.30	2) Hannah Maher JR 24.09	3) Lauren Smith JR	4) MacKenzie Smith SR

Event 3 Women 200 Yard Freestyle

State Record:	1:50.92	#	11/2/2007	Stephanie Koch	Ames	
Name	Yr	School	Seed Time	Finals Time		
1 Bailey Pons 25.98 27.58 28.89	SR	Cedar Falls	1:53.22	1:51.70		
2 Margaret Barber 27.58 29.07 29.47	JR	Bettendorf	1:58.16	1:54.11		
3 Sarah Weihe 27.07 28.86 29.46	JR	Iowa City West	1:56.84	1:54.92		
4 Courtney Busch 27.27 29.27 29.72	SR	Mason City	1:56.67	1:55.12		
5 Alex Gustafson 26.87 29.20 30.33	SR	Johnston	1:57.70	1:56.21		
6 Allison Orvis 26.01 29.31 30.58	SO	Decorah	1:59.26	1:57.06		
7 Annie Sullivan 26.87 29.45 30.61	JR	Des Moines Roosevelt	1:58.62	1:57.70		
8 Gabbie Stecker 26.72 29.50 30.46	FR	Pleasant Valley	1:56.25	1:57.99		
9 Kathleen Bowman 27.47 29.77 30.46	SO	Iowa City West	1:58.69	1:58.11		
10 Clare Slagel 27.39 29.75 31.29	SO	Dubuque Hempstead	2:01.27	2:00.36		
11 Chrisann Zuerner 27.69 30.18 31.42	JR	Ames	1:59.97	2:00.48		
12 Alyx Nugent 27.73 30.37 30.99	SR	Dubuque Wahlert	2:01.49	2:00.51		
13 Claire Larson 27.59 30.19 31.54	SO	Des Moines Roosevelt	2:00.17	2:00.56		
14 Kelsey Abbas 26.97 30.28 32.14	SO	Cedar Falls	2:01.21	2:00.70		
15 Kirsten Gobell 27.21 30.31 32.06	JR	Sioux City Metro	2:01.66	2:00.72		
16 Mary Kathryn Maher 27.57 30.38 31.71	JR	Decorah	2:01.04	2:00.89		
17 Mary Betsworth 27.24 30.65 32.00	JR	Davenport Central	2:00.51	2:01.22		
18 Cat Vercillo 27.64 29.94 31.76	SR	Bettendorf	2:02.10	2:01.23		
19 Rachel Shriver 27.62 30.07 31.37	SO	Ames	2:00.91	2:02.07		
20 Katherine Cote' 27.98 30.95 32.30	SR	Linn-Mar	2:03.32	2:02.53		

2009 IGHSAA State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 3 Women 200 Yard Freestyle)**

	Name			Yr	School	Seed Time	Finals Time
21	Kayla Halterman			SO	Indianola	2:02.92	2:02.92
	28.36	30.76	31.92	31.88			
22	Lily Doershuk			SR	Iowa City High	2:02.33	2:03.19
	27.74	30.90	32.31	32.24			
23	Megan La Suer			SR	Des Moines Lincoln	2:03.03	2:03.54
	28.31	31.24	32.66	31.33			
24	Alesha Rettenmeier			FR	Cedar Falls	2:02.71	2:03.82
	28.27	31.34	32.11	32.10			
25	Emma Meyer			SO	Johnston	2:01.67	2:04.10
	28.20	30.64	32.59	32.67			
26	Taylor Pherigo			FR	Waterloo West	2:03.03	2:04.96
	28.12	31.60	32.73	32.51			

Event 4 Women 200 Yard IM

State Record:		2:04.24	#	11/7/2008	Danielle Harris	WDM Valley-	
	Name			Yr	School	Seed Time	Finals Time
1	Molly Coonce			SO	Bettendorf	2:08.90	2:05.84
	26.52	32.61	36.61	30.10			
2	Imelda Wistey			SR	West Des Moines Valley	2:09.99	2:07.64
	27.45	32.82	35.80	31.57			
3	Hannah Maher			JR	Decorah	2:10.66	2:07.81
	27.89	34.33	36.12	29.47			
4	Ali Stearns			JR	Mason City	2:12.41	2:08.83
	27.94	33.53	36.36	31.00			
5	Katharine Ross			FR	Des Moines North	2:08.68	2:10.34
	28.26	33.89	36.69	31.50			
6	Ellen Colville			SO	Newton	2:12.67	2:12.75
	28.26	32.90	39.71	31.88			
7	Autumn Roepsch			FR	Dubuque Senior	2:15.98	2:14.32
	28.59	33.11	40.49	32.13			
8	Montana Clasby			SO	Cedar Falls	2:16.90	2:15.74
	29.75	35.36	38.13	32.50			
9	Sarah Wodnik			SR	Linn-Mar	2:16.80	2:15.97
	28.75	34.12	40.05	33.05			
10	Sammy Zuckerman			SO	West Des Moines Valley	2:17.74	2:16.37
	28.96	36.15	39.65	31.61			
*11	Lauren Rosser			SO	Ames	2:19.93	2:17.59
	28.91	35.02	41.83	31.83			
*11	Shelby Doehrmann			SR	Cedar Rapids Prairie/Williamsb	2:19.10	2:17.59
	28.43	34.26	42.93	31.97			
13	Karli Payer			JR	Carroll	2:16.90	2:17.88
	29.35	36.01	40.26	32.26			
14	Kylie Hershberger			SO	Bettendorf	2:18.03	2:17.89
	29.31	36.03	39.34	33.21			
15	Liza Myers			JR	Dowling Catholic	2:16.83	2:18.27
	29.53	34.21	42.36	32.17			
16	Emily Schroeder			FR	Dubuque Wahlert	2:20.11	2:18.30
	30.37	34.83	41.44	31.66			
17	Abbey Wharton			SR	Cedar Rapids Jefferson	2:17.59	2:18.59
	30.37	35.76	38.40	34.06			
18	Charlotte Quant			JR	Ames	2:17.28	2:18.92
	28.52	34.43	43.80	32.17			
19	Liz Olson			SO	Mason City	2:16.80	2:19.33
	30.04	34.75	40.21	34.33			

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 4 Women 200 Yard IM)**

	Name			Yr	School	Seed Time	Finals Time
20	Paige Wolfe			SR	Davenport West	2:17.62	2:19.76
	29.45	35.83	40.97	33.51			
21	Emily Tuazon			FR	Dowling Catholic	2:18.46	2:20.00
	28.88	35.15	42.81	33.16			
22	McKenzie Asplund			FR	Cedar Rapids Xavier	2:21.01	2:20.67
	31.38	36.93	39.67	32.69			
23	Amanda Miller			SO	Bettendorf	2:19.78	2:20.69
	31.30	36.31	39.45	33.63			
24	Ashley Harris			SR	Cedar Rapids Kennedy	2:20.71	2:22.25
	29.40	36.35	41.73	34.77			

Event 5 Women 50 Yard Freestyle

State Record:		22.92	#	11/2/2007	Alexa Mehesan	WDM Valley	
	Name			Yr	School	Seed Time	Finals Time
1	Meredith Johnson			SR	Marshalltown	24.09	24.16
2	Emma Sougstad			FR	Mason City	25.13	24.19
3	Taylor Flummerfelt			FR	Ames	25.11	24.58
*4	Caitlin Campbell			JR	Bettendorf	24.70	24.83
*4	Mary Halverson			SO	Carroll	24.72	24.83
6	Loretta Kraling			SO	Mason City	25.03	25.07
*7	Allie Hable			JR	Ankeny	25.20	25.11
*7	Brittney Buckner			SO	Ankeny	25.13	25.11
9	Kelsey Galles			SR	West Des Moines Valley	25.37	25.19
10	Michaela Kinter			FR	Johnston	25.25	25.30
11	Amber Breitbarth			SO	Boone	25.32	25.35
*12	Sarah Thompson			SR	Bettendorf	25.15	25.41
*12	MacKenzie Smith			SR	Decorah	25.22	25.41
14	Ali Chambers			SR	Fort Dodge	25.25	25.55
15	Emilie Berg			SO	Linn-Mar	25.41	25.66
16	Lauren Smith			JR	Decorah	25.51	25.68
17	Emily Visser			SR	Marshalltown	25.33	25.69
18	Taylor Quayle			SO	Newton	25.36	25.75
19	Hannah Eichelberger			JR	Muscatine	25.16	25.77
*20	Allie Stecker			SO	Pleasant Valley	25.32	26.00
*20	Jill Broghammer			JR	Cedar Rapids Washington	25.56	26.00
22	Mackenzie DiBlasi			SO	West Des Moines Valley	25.47	26.02
23	Hailey Kitzmann			JR	Davenport West	25.34	26.11
24	Brandi Klimesh			SR	Cedar Rapids Xavier	25.25	26.29

Event 6 Women 100 Yard Butterfly

State Record:		54.57	#	11/2/2007	Alexa Mehesan	WDM Valley	
	Name			Yr	School	Seed Time	Finals Time
1	Emma Sougstad			FR	Mason City	59.97	56.68
	26.88	29.80					
2	Caitlin Campbell			JR	Bettendorf	58.66	57.07
	26.32	30.75					
3	Molly Coonce			SO	Bettendorf	58.02	57.36
	27.01	30.35					
4	Beth Eyanson			SR	Iowa City High	57.58	57.71
	27.26	30.45					
5	Kelsey Staub			SR	Johnston	59.88	59.39
	27.67	31.72					

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 6 Women 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time
6	Cat Vercillo	SR	Bettendorf	1:00.44	59.83
	28.19 31.64				
7	Grace Murray	SR	Iowa City West	1:00.37	59.94
	28.15 31.79				
8	Michaela Kinter	FR	Johnston	1:01.14	1:00.30
	28.12 32.18				
9	Shelby Doebrmann	SR	Cedar Rapids Prairie/Williamsb	1:00.75	1:00.36
	28.45 31.91				
10	Jill Broghammer	JR	Cedar Rapids Washington	1:00.16	1:00.54
	28.89 31.65				
11	Nailah Bakari	JR	West Des Moines Valley	1:02.00	1:00.56
	28.07 32.49				
12	Sami Puk	SR	Cedar Rapids Washington	1:01.96	1:00.94
	28.06 32.88				
13	Ashlee Graham	SR	Cedar Falls	1:02.01	1:01.11
	28.32 32.79				
14	Jaime Pearson	SR	Fort Dodge	1:01.14	1:01.18
	28.16 33.02				
15	Sammy Zuckerman	SO	West Des Moines Valley	1:02.45	1:01.20
	28.80 32.40				
16	Charlotte Quant	JR	Ames	1:01.07	1:01.66
	28.47 33.19				
17	Sarah Wodnik	SR	Linn-Mar	1:01.60	1:01.68
	28.50 33.18				
18	Janelle Galang	JR	Johnston	1:02.67	1:02.05
	28.07 33.98				
19	Lauren Rosser	SO	Ames	1:02.29	1:02.30
	28.96 33.34				
20	Lexi Scharmer	SO	Cedar Rapids Kennedy	1:02.61	1:02.77
	28.88 33.89				
21	Katie Beale	SR	Davenport Central	1:02.93	1:02.95
	29.30 33.65				
22	Emily Tuazon	FR	Dowling Catholic	1:02.20	1:03.17
	29.29 33.88				
23	Sarah Larson	JR	Des Moines Roosevelt	1:02.61	1:03.29
	29.35 33.94				
24	Minge Song	JR	Des Moines Lincoln	1:03.07	1:03.42
	28.92 34.50				

Event 7 Women 100 Yard Freestyle

State Record: 51.55 # 11/2/2007 Lisa Nathanson		WDM Valley			
	Name	Yr	School	Seed Time	Finals Time
1	Meredith Johnson	SR	Marshalltown	52.62	52.02
	24.83 27.19				
2	Courtney Busch	SR	Mason City	52.98	52.26
	25.52 26.74				
3	Maddie Bro	SO	Ames	53.36	52.80
	25.24 27.56				
4	Taylor Flummerfelt	FR	Ames	54.80	53.03
	25.38 27.65				
5	Alex Flatness	SO	Ankeny	53.87	53.33
	25.34 27.99				
6	Margaret Barber	JR	Bettendorf	53.96	53.35
	26.08 27.27				

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 7 Women 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
7	Autumn Roepsch 25.88 28.34	FR	Dubuque Senior	54.54	54.22
8	Alex Gustafson 26.36 27.92	SR	Johnston	54.65	54.28
9	Loretta Kraling 26.36 28.76	SO	Mason City	55.26	55.12
10	Kirsten Gobell 26.82 28.32	JR	Sioux City Metro	55.25	55.14
11	Mary Halverson 26.10 29.38	SO	Carroll	54.83	55.48
12	MacKenzie Smith 26.50 29.10	SR	Decorah	55.46	55.60
13	Margaret Yapp 26.65 29.12	JR	Iowa City High	55.44	55.77
14	Mary Betsworth 26.83 29.03	JR	Davenport Central	54.95	55.86
15	Rebecca Alves 26.82 29.06	SO	Bettendorf	55.07	55.88
16	Claire Larson 27.37 28.85	SO	Des Moines Roosevelt	55.49	56.22
17	Allie Stecker 26.87 29.37	SO	Pleasant Valley	55.90	56.24
18	Amber Breitbarth 27.35 28.99	SO	Boone	56.24	56.34
19	Rachel Shriver 27.34 29.01	SO	Ames	55.51	56.35
20	Hannah Dankbar 27.40 29.12	SR	Johnston	55.85	56.52
21	Emily Visser 26.71 29.84	SR	Marshalltown	55.74	56.55
22	Carmen McCoy 27.55 29.34	JR	Cedar Rapids Kennedy	56.42	56.89
23	Lily Doershuk 27.67 29.54	SR	Iowa City High	55.75	57.21
24	Kayla Heille 27.17 30.12	SO	Dowling Catholic	56.31	57.29

Event 8 Women 500 Yard Freestyle

State Record: 4:56.97 # 1993				Sheri Theisen		Anamosa	
	Name			Yr	School	Seed Time	Finals Time
1	Bailey Pons 26.95 29.41 29.90 31.19 30.37			SR	Cedar Falls	5:05.66 31.23	5:01.98
2	Emily Wiltsie 27.20 29.95 31.24 31.42 30.53			SR	Mason City	5:13.67 32.02	5:09.45
3	Gabbie Stecker 27.42 30.03 31.33 31.40 30.03			FR	Pleasant Valley	5:11.25 32.32	5:09.82
4	Grace Murray 28.47 30.53 30.83 31.59 30.71			SR	Iowa City West	5:13.03 31.23	5:10.45

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 8 Women 500 Yard Freestyle)**

	Name			Yr	School			Seed Time	Finals Time
5	Allison Orvis			SO	Decorah			5:21.84	5:12.99
	27.31	30.59	31.67	31.39	31.75	32.23	32.06	32.43	
	32.35	31.21							
6	Kathleen Bowman			SO	Iowa City West			5:19.18	5:15.71
	28.12	30.71	31.54	32.03	32.34	32.22	32.07	32.38	
	32.47	31.83							
7	Ellen Colville			SO	Newton			5:15.21	5:19.87
	27.74	30.29	31.42	31.95	32.64	32.96	33.13	33.51	
	33.49	32.74							
8	Mikalah Smith			SO	West Des Moines Valley			5:32.25	5:22.83
	28.17	30.41	31.51	32.13	32.34	33.16	33.26	34.75	
	34.18	32.92							
9	Alesha Rettenmeier			FR	Cedar Falls			5:25.11	5:23.44
	28.88	31.93	32.73	33.13	32.64	33.00	32.74	33.10	
	33.14	32.15							
10	Mary Kathryn Maher			JR	Decorah			5:27.05	5:23.54
	29.05	31.61	31.94	32.96	32.91	33.01	33.45	33.43	
	33.28	31.90							
11	Rachael Schermer			SO	Bettendorf			5:33.94	5:24.16
	28.95	30.95	31.83	32.36	32.85	33.18	33.49	33.47	
	33.84	33.24							
12	Alyx Nugent			SR	Dubuque Wahlert			5:28.30	5:25.32
	28.85	31.54	32.34	32.83	32.88	33.17	33.35	33.68	
	33.95	32.73							
13	Gwen Sorensen			SR	Ankeny			5:21.57	5:25.49
	28.01	31.70	32.28	33.21	33.26	33.77	34.20	33.30	
	33.17	32.59							
14	Chrisann Zuerner			JR	Ames			5:24.11	5:25.92
	29.03	31.75	32.42	32.97	33.01	33.36	33.48	33.48	
	33.72	32.70							
15	Kelsey Thoren			FR	Lewis Central			5:28.91	5:27.27
	29.10	31.92	33.02	33.47	33.43	33.73	34.05	33.88	
	33.43	31.24							
16	Allison Davis			SR	Iowa City High			5:18.52	5:27.57
	29.08	31.67	32.97	33.18	33.54	33.62	33.83	33.96	
	33.97	31.75							
17	Jessie Stout			SO	Ankeny			5:29.82	5:29.15
	29.17	31.79	32.88	33.58	33.75	33.71	33.88	33.78	
	34.00	32.61							
18	Emma Meyer			SO	Johnston			5:21.30	5:30.54
	29.55	32.29	33.29	33.60	33.84	33.96	33.97	34.28	
	33.53	32.23							
19	Liza Myers			JR	Dowling Catholic			5:22.42	5:31.23
	28.85	31.78	32.77	33.42	33.62	34.01	34.43	34.75	
	34.14	33.46							
20	Kayla Halterman			SO	Indianola			5:31.57	5:31.50
	29.60	31.82	33.31	33.78	33.87	33.90	34.43	34.63	
	34.06	32.10							
21	Kylie Hershberger			SO	Bettendorf			5:29.56	5:31.52
	28.95	31.94	32.79	33.49	33.93	34.36	34.63	34.23	
	34.15	33.05							
22	Megan Skold			JR	West Des Moines Valley			5:32.86	5:32.66
	29.04	31.95	32.75	33.65	34.41	33.83	34.74	34.32	
	34.25	33.72							

2009 IGHSAU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 8 Women 500 Yard Freestyle)**

Name		Yr	School	Seed Time	Finals Time
23	Kelli Golinghorst	JR	Pleasant Valley	5:34.74	5:35.37
	29.86 32.69 33.24 33.91 34.29 34.18 34.46 34.67				
	34.61 33.46				
24	Sarah Noser	SR	Iowa City West	5:32.20	5:37.68
	29.52 32.38 34.14 34.46 34.78 34.82 34.94 34.29				
	34.56 33.79				
25	Alex Dunn	SO	Linn-Mar	5:40.28	5:55.94
	30.83 34.86 35.62 36.75 36.93 37.42 37.16 36.65				
	35.57 34.15				

Event 9 Women 200 Yard Freestyle Relay**State Record: 1:33.83 # 11/2/2007****West Des Moines Valley
L Nathanson, D Harris, L Lamair, A Mehesan**

Team	Relay	Seed Time	Finals Time
1 Mason City		1:40.19	1:37.84
1) Courtney Busch SR	2) Anne Whalen FR	3) Emma Sougstad FR	4) Loretta Kraling SO
24.14 25.36 23.81 24.53			
2 Bettendorf		1:39.52	1:38.64
1) Caitlin Campbell JR	2) Sarah Thompson SR	3) Margaret Barber JR	4) Molly Coonce SO
25.09 24.98 24.63 23.94			
3 Decorah		1:39.42	1:39.11
1) Allison Orvis SO	2) Samantha Cuvelier SR	3) MacKenzie Smith SR	4) Hannah Maher JR
24.64 25.56 24.97 23.94			
4 Johnston		1:42.25	1:40.74
1) Michaela Kinter FR	2) Lizzy Gerdis SR	3) Kelsey Staub SR	4) Alex Gustafson SR
25.59 25.32 24.78 25.05			
5 Marshalltown		1:41.28	1:40.82
1) Emily Visser SR	2) Samantha Beals SR	3) Mackenzie Beals SO	4) Meredith Johnson SR
25.81 26.03 25.46 23.52			
6 Carroll		1:42.13	1:40.93
1) Mary Halverson SO	2) Lindsey Schwabe SR	3) Jennifer Lux SO	4) Karli Payer JR
25.31 25.53 25.26 24.83			
7 Cedar Falls		1:40.93	1:40.95
1) Bailey Pons SR	2) Sammy Green SR	3) Ashlee Graham SR	4) Kelsey Abbas SO
25.01 25.74 25.32 24.88			
8 Ankeny		1:41.63	1:40.96
1) Mallory Smith FR	2) Catherine DeFino SO	3) Alex Flatness SO	4) Brittney Buckner SO
26.41 25.68 24.05 24.82			
9 West Des Moines Valley		1:43.17	1:41.33
1) Nailah Bakari JR	2) Megan Skold JR	3) Mackenzie DiBlasi SO	4) Kelsey Galles SR
25.67 25.74 25.47 24.45			
10 Des Moines Roosevelt		1:43.07	1:42.28
1) Claire Larson SO	2) Erika Dorff FR	3) Melissa Veenstra SO	4) Sarah Larson JR
25.92 26.09 25.73 24.54			
11 Ames		1:44.25	1:43.08
1) Hannah Bonestroo FR	2) Lauren Bonett SR	3) Chrisann Zuerner JR	4) Rachel Shriver SO
26.80 25.00 25.65 25.63			
12 Cedar Rapids Washington		1:43.66	1:43.50
1) Jill Broghammer JR	2) Zoey Dietz SR	3) Greta Oldach SR	4) Sami Puk SR
26.16 26.57 26.13 24.64			
13 Iowa City High		1:43.27	1:43.60
1) Margaret Yapp JR	2) Callie Eyman-Casey SR	3) Lily Doershuk SR	4) Allison Davis SR
25.78 26.74 25.88 25.20			

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 9 Women 200 Yard Freestyle Relay)**

Team	Relay			Seed Time	Finals Time
14 Dowling Catholic				1:44.89	1:44.02
1) Ryan Emily Delahunt SO	2) Anna Bump FR	3) Mary Kate Schulte JR	4) Kayla Heille SO		
26.54 25.58 26.09	25.81				
15 Muscatine				1:43.66	1:44.04
1) Hannah Eichelberger JR	2) Jennifer Littlejohn SR	3) Sarah Martin SR	4) Laura Ewalt SR		
26.15 26.14 25.46	26.29				
16 Linn-Mar				1:43.17	1:44.18
1) Emilie Berg SO	2) Nicole Larsen SO	3) Kaitlin Ungs JR	4) Sarah Wodnik SR		
25.78 26.29 26.14	25.97				
17 Cedar Rapids Kennedy				1:44.67	1:44.30
1) Ashley Harris SR	2) Brooke Prouty SR	3) Val Ross JR	4) Kylee VonAhsen JR		
26.55 26.94 25.98	24.83				
18 Newton				1:44.75	1:44.35
1) Taylor Quayle SO	2) Lindsey Hook JR	3) Stephanie Griffith JR	4) Ellen Colville SO		
26.02 26.91 26.44	24.98				
19 Cedar Rapids Jefferson				1:46.17	1:44.73
1) Abbey Wharton SR	2) Jillyn Gerken SR	3) Kailey Drake SO	4) Kylie Steimer SO		
26.31 26.11 25.78	26.53				
20 Pleasant Valley				1:46.08	1:45.09
1) Allie Stecker SO	2) Suzanne Davis JR	3) Kayla Kruse FR	4) Gabbie Stecker FR		
26.21 26.58 26.52	25.78				
21 Sioux City Metro				1:45.80	1:45.36
1) Katie Sawin SR	2) Raven McDaniel SR	3) Kaija Bergdale SO	4) Kirsten Gobell JR		
26.17 26.99 27.22	24.98				
22 Indianola				1:45.87	1:46.00
1) Megan Wickett SO	2) Madison Hosey SO	3) Alyssa Reding SR	4) Kayla Halterman SO		
27.12 26.04 26.71	26.13				
23 Fort Dodge				1:45.05	1:46.56
1) Ali Chambers SR	2) Molly Hall JR	3) Angie Ellendson FR	4) Jaime Pearson SR		
25.98 28.39 26.80	25.39				
24 Dubuque Senior				1:45.96	1:46.94
1) Autumn Roepsch FR	2) Nicole Tallent SR	3) Jordan Stecklein JR	4) Emily Weig JR		
25.62	26.62				

Event 10 Women 100 Yard Backstroke

State Record:	56.15	#	11/7/2008	Danielle Harris	WDM Valley-	
Name	Yr	School	Seed Time	Finals Time		
1 Maddie Bro	SO	Ames	58.76	58.08		
27.43 30.65						
2 Kelsey Abbas	SO	Cedar Falls	1:01.12	58.93		
28.81 30.12						
3 Beth Eyanson	SR	Iowa City High	58.18	59.15		
28.42 30.73						
4 Annie Sullivan	JR	Des Moines Roosevelt	59.45	59.76		
28.78 30.98						
5 Sami Puk	SR	Cedar Rapids Washington	1:01.57	1:00.31		
29.26 31.05						
6 Clare Slagel	SO	Dubuque Hempstead	1:01.66	1:00.75		
29.72 31.03						
7 Sarah Thompson	SR	Bettendorf	1:01.95	1:00.97		
29.99 30.98						
8 Anne Whalen	FR	Mason City	1:02.95	1:01.06		
29.40 31.66						

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 10 Women 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time
9	Rebecca Alves 29.74 31.61	SO	Bettendorf	1:03.55	1:01.35
10	Sarah Weihe 29.95 31.56	JR	Iowa City West	1:00.52	1:01.51
11	Elle Westercamp 29.71 32.46	FR	Ankeny	1:01.55	1:02.17
12	Carmen McCoy 30.65 31.81	JR	Cedar Rapids Kennedy	1:02.70	1:02.46
13	Ashlee Graham 30.51 32.02	SR	Cedar Falls	1:02.20	1:02.53
14	Jaime Pearson 30.64 32.51	SR	Fort Dodge	1:03.70	1:03.15
15	Kamalha Sonnichsen 30.48 32.94	SR	Carroll	1:03.39	1:03.42
16	Mackenzie VanDenBerg 30.58 33.01	JR	Waterloo West	1:04.94	1:03.59
17	Erin Kibby 30.57 33.15	SO	Cedar Rapids Jefferson	1:03.46	1:03.72
18	Victoria Trost 31.41 32.44	FR	Johnston	1:04.90	1:03.85
19	Nicole Larsen 30.69 33.20	SO	Linn-Mar	1:04.58	1:03.89
20	Nicki McDowell 30.40 33.78	SR	Keokuk	1:02.90	1:04.18
21	Zoey Dietz 30.78 33.41	SR	Cedar Rapids Washington	1:04.77	1:04.19
22	Kaytlin Tippin 30.90 33.33	SO	Johnston	1:03.78	1:04.23
23	Lexi Scharmer 31.16 33.66	SO	Cedar Rapids Kennedy	1:03.60	1:04.82
24	Marguerite DelVecchio 30.86 34.06	SR	Davenport North	1:04.59	1:04.92

Event 11 Women 100 Yard Breaststroke

State Record: 1:03.75 # 11/6/2009		Imelda Wistey		WDM Valley-	
	Name	Yr	School	Seed Time	Finals Time
1	Imelda Wistey 29.57 34.18	SR	West Des Moines Valley	1:04.79	1:03.75 #
2	Ali Stearns 30.35 34.18	JR	Mason City	1:06.24	1:04.53
3	Hannah Maher 30.71 34.24	JR	Decorah	1:06.36	1:04.95
4	Katharine Ross 30.12 34.88	FR	Des Moines North	1:05.15	1:05.00
5	Emily Wiltzie 30.82 35.29	SR	Mason City	1:07.21	1:06.11
6	Abbey Wharton 31.82 35.58	SR	Cedar Rapids Jefferson	1:07.29	1:07.40
7	Emilie Berg 31.27 37.11	SO	Linn-Mar	1:08.35	1:08.38
8	Montana Clasby 32.55 36.14	SO	Cedar Falls	1:11.00	1:08.69
9	Hannah Aldridge 31.98 36.91	FR	Dowling Catholic	1:09.99	1:08.89

2009 IGHS AU State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 11 Women 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
10	Karli Payer	JR	Carroll	1:08.37	1:09.16
	32.34 36.82				
11	Libby Hess	SR	Clinton	1:10.19	1:09.38
	32.22 37.16				
12	Ashley Harris	SR	Cedar Rapids Kennedy	1:10.17	1:10.50
	33.09 37.41				
13	Amanda Miller	SO	Bettendorf	1:09.94	1:10.73
	32.82 37.91				
14	Rachael Schermer	SO	Bettendorf	1:10.77	1:11.05
	32.62 38.43				
*15	Hannah Dankbar	SR	Johnston	1:11.95	1:11.23
	32.89 38.34				
*15	Emma Shie	FR	Davenport Central	1:09.69	1:11.23
	33.55 37.68				
17	Savannah Butler	FR	Iowa City West	1:09.10	1:11.33
	33.53 37.80				
18	Liz Olson	SO	Mason City	1:11.70	1:11.72
	33.87 37.85				
19	Celia Morton	SO	Dubuque Wahlert	1:11.57	1:11.91
	33.51 38.40				
20	Gwen Sorensen	SR	Ankeny	1:10.76	1:12.04
	33.57 38.47				
21	McKenzie Asplund	FR	Cedar Rapids Xavier	1:10.90	1:12.18
	33.64 38.54				
22	Abby Rewoldt	JR	Ames	1:12.01	1:12.31
	33.02 39.29				
23	Jenny Wang	JR	Des Moines Roosevelt	1:12.01	1:12.44
	34.24 38.20				
24	Jennifer Littlejohn	SR	Muscatine	1:12.34	1:13.44
	35.00 38.44				

Event 12 Women 400 Yard Freestyle Relay**State Record: 3:32.69 # 11/4/2005 West Des Moines Valley****A Mehesan, L Nathanson, M Carr, E Doerge**

Team	Relay	Seed Time	Finals Time
1 Bettendorf		3:41.54	3:37.37
1) Rebecca Alves SO	2) Rachael Schermer SO	3) Margaret Barber JR	4) Molly Coonce SO
27.05 56.46 26.20 54.24 26.67 54.15 24.91 52.52			
2 Ames		3:40.33	3:37.44
1) Rachel Shriver SO	2) Taylor Flummerfelt FR	3) Chrisann Zuerner JR	4) Maddie Bro SO
26.89 56.11 25.09 52.32 26.84 56.35 24.98 52.66			
3 Cedar Falls		3:45.30	3:38.06
1) Bailey Pons SR	2) Ashlee Graham SR	3) Abbie Anderson SO	4) Kelsey Abbas SO
25.75 53.01 26.30 55.10 26.13 55.42 26.05 54.53			
4 Mason City		3:40.38	3:38.13
1) Loretta Kraling SO	2) Anne Whalen FR	3) Ali Stearns JR	4) Emily Wiltsie SR
26.28 55.43 25.77 54.90 25.65 53.63 26.07 54.17			
5 Johnston		3:41.60	3:39.87
1) Michaela Kinter FR	2) Lizzy Gerdis SR	3) Kelsey Staub SR	4) Alex Gustafson SR
26.58 55.87 26.32 55.73 25.84 54.20 25.55 54.07			
6 Marshalltown		3:43.06	3:42.04
1) Emily Visser SR	2) Micaela McCarville JR	3) Elizabeth Barske SO	4) Meredith Johnson SR
27.16 56.86 27.07 57.52 26.72 56.41 24.18 51.25			

2009 IGHSAA State Swimming and Diving - 11/6/2009 to 11/7/2009**Results****(Event 12 Women 400 Yard Freestyle Relay)**

Team		Relay					Seed Time		Finals Time	
7	Carroll						3:44.21		3:42.29	
	1) Mary Halverson SO	2) Abbey Fordyce FR		3) Jennifer Lux SO			4) Karli Payer JR			
	26.21 55.12 25.79	56.58 26.67 55.80	26.14 54.79							
8	Iowa City West						3:45.95		3:42.54	
	1) Kathleen Bowman SO	2) Megan Hingtgen SR		3) Grace Murray SR			4) Sarah Weihe JR			
	26.72 55.24 27.13	58.48 26.66 55.67	25.50 53.15							
9	Des Moines Roosevelt						3:44.05		3:43.39	
	1) Claire Larson SO	2) Erika Dorff FR		3) Sarah Larson JR			4) Annie Sullivan JR			
	27.18 56.25 27.06	58.07 25.64 55.04	25.68 54.03							
10	West Des Moines Valley						3:43.94		3:43.76	
	1) Kelsey Galles SR	2) Mikalah Smith SO		3) Megan Skold JR			4) Imelda Wistey SR			
	25.90 55.51 26.94	56.25 26.57 56.81	26.64 55.19							
11	Iowa City High						3:41.60		3:44.06	
	1) Lily Doershuk SR	2) Margaret Yapp JR		3) Allison Davis SR			4) Beth Eyanson SR			
	27.52 57.09 26.09	55.11 26.96 56.28	26.70 55.58							
12	Pleasant Valley						3:48.48		3:47.11	
	1) Kayla Kruse FR	2) Kelli Golinghorst JR		3) Gabbie Stecker FR			4) Allie Stecker SO			
	27.76 58.27 27.67	57.73 26.47 55.19	26.57 55.92							
13	Cedar Rapids Washington						3:48.27		3:47.32	
	1) Zoey Dietz SR	2) Greta Oldach SR		3) Jill Broghammer JR			4) Sami Puk SR			
	28.09 58.99 26.14	57.87 26.30 55.60	25.87 54.86							
14	Dowling Catholic						3:50.76		3:48.94	
	1) Kayla Heille SO	2) Emily Tuazon FR		3) Ryan Emily Delahunt SO			4) Liza Myers JR			
	27.75 57.89 27.14	57.78 27.45 57.15	26.62 56.12							
15	Cedar Rapids Kennedy						3:50.50		3:49.19	
	1) Val Ross JR	2) Lexi Scharmer SO		3) Carmen McCoy JR			4) Kylee VonAhsen JR			
	27.68 59.19 27.66	58.24 27.01 56.37	26.79 55.39							
16	Muscatine						3:50.33		3:49.42	
	1) Hannah Eichelberger JR	2) Haley Bartelt JR		3) Arianna Calderon SO			4) Sarah Martin SR			
	27.02 57.13 27.39	57.90 26.85 56.91	27.53 57.48							
17	Linn-Mar						3:51.83		3:50.16	
	1) Katherine Cote' SR	2) Alex Dunn SO		3) Jessica Arebaugh SO			4) Kaitlin Ungs JR			
	27.16 56.78 27.64	57.63 27.55 57.79	26.96 57.96							
18	Ankeny						3:49.17		3:50.27	
	1) Gwen Sorensen SR	2) Jessie Stout SO		3) Brittney Buckner SO			4) Alex Flatness SO			
	28.45 58.73 27.54	58.96 26.62 57.18	26.01 55.40							
19	Dubuque Hempstead						3:52.59		3:50.41	
	1) Clare Slagel SO	2) Erin Cram FR		3) Katie Pape JR			4) Lauren Slagel JR			
	27.23 55.82 27.73	59.28 27.67 59.17	26.61 56.14							
20	Newton						3:47.76		3:50.42	
	1) Ellen Colville SO	2) Michelle Rabedaux SR		3) Stephanie Griffith JR			4) Courtney Meyer SO			
	26.51 55.06 27.53	58.52 27.47 58.24	27.46 58.60							
21	Lewis Central						3:52.95		3:52.82	
	1) Bridget Hall SR	2) Molly Thomas SR		3) Emma Maass JR			4) Kelsey Thoren FR			
	28.29 59.75 27.87	58.62 27.05 57.82	26.91 56.63							
22	Dubuque Wahlert						3:51.94		3:53.63	
	1) Alyx Nugent SR	2) Claire Morton SR		3) Ellie Kalb FR			4) Emily Schroeder FR			
	27.69 57.08 27.79	59.60 28.36 1:00.97	26.60 55.98							
23	Indianola						3:56.32		3:55.68	
	1) Megan Wickett SO	2) Madison Hosey SO		3) Alyssa Reding SR			4) Kayla Halterman SO			
	28.73 1:00.85 27.33	59.03 27.60 58.95	27.22 56.85							
---	Dubuque Senior						3:57.77		DQ	
	1) Autumn Roepsch FR	2) Nicole Tallent SR		3) Cathy Thies SR			4) Emily Weig JR			
	25.97 54.43 28.13	1:01.30 28.18 1:01.21	27.55 59.46							