

**2010 IGHSAU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****Event 1 Women 1 mtr Diving****State Record: 535.70 R 1982****Mary Fischbach****Fort Dodge****Iowa Best: 583.45 B 1982****Mary Fischbach****Fort Dodge**

| <b>Name</b>              | <b>Yr</b> | <b>School</b>           | <b>Finals Score</b> |        |
|--------------------------|-----------|-------------------------|---------------------|--------|
| 1 Dahlia Gordon          | SR        | Johnston                | 468.70              | 474.30 |
| 2 Megan Cohea            | SR        | Ames                    | 432.90              | 454.40 |
| 3 Dani Davis             | SR        | Johnston                | 442.25              | 451.95 |
| 4 Kasey Williams         | SR        | Southeast Polk          | 419.45              | 434.15 |
| 5 Sarah Kemp             | JR        | Ames                    | 380.05              | 421.65 |
| 6 Sara Larson            | SR        | Cedar Rapids Washington | 390.60              | 416.95 |
| 7 Ashlyn Clingman        | SO        | West Des Moines Valley  | 393.75              | 413.50 |
| 8 Kelsey Williams        | SR        | Southeast Polk          | 437.30              | 402.55 |
| 9 Sam Wagner             | JR        | Linn-Mar                | 418.10              | 400.65 |
| 10 Nicolette Freeman     | SR        | Grinnell                | 401.45              | 399.90 |
| 11 Julie Dickinson       | SO        | West Des Moines Valley  | 367.10              | 389.20 |
| 12 Rylee Ames            | JR        | Southeast Polk          | 391.65              | 382.10 |
| 13 Emma Billerbeck       | JR        | Johnston                | 375.30              | 376.00 |
| 14 Betsy Osterberger     | JR        | Dubuque Wahlert         | 427.75              | 373.90 |
| 15 Kate Worthington      | SR        | Waterloo West           | 366.75              | 363.40 |
| 16 Katie Mason           | JR        | Cedar Falls             | 352.45              | 360.60 |
| 17 Nikki Deets           | JR        | Pleasant Valley         | 313.85              | 264.60 |
| 18 Anna Joerger          | SR        | Ames                    | 305.55              | 257.75 |
| 19 Olivia Thiel          | JR        | Boone                   | 340.90              | 252.10 |
| 20 Morgan Kinney         | SR        | Iowa City West          | 371.80              | 240.95 |
| 21 Liz Hayes             | SR        | Cedar Rapids Kennedy    | 348.10              | 164.70 |
| 22 Amber Shiffer         | JR        | Des Moines Lincoln      | 334.10              | 164.30 |
| 23 Marea Holkesvik       | JR        | Decorah High School     | 381.90              | 163.55 |
| 24 Jindalae Suh          | JR        | Iowa City High          | 311.95              | 161.20 |
| 25 Hannah Brummel        | FR        | Cedar Falls             | 354.05              | 160.20 |
| 26 Brittany Engel        | SO        | Dowling Catholic        | 347.60              | 159.40 |
| 27 Amy Stiehl            | SR        | Marshalltown            | 342.65              | 158.15 |
| 28 Sydney Jean Gottfried | SO        | Bettendorf              | 301.25              | 157.60 |
| 29 Alex Weresh           | JR        | Dowling Catholic        | 318.60              | 149.45 |
| 30 Lindsay Best          | JR        | Iowa City West          | 339.75              | 146.45 |
| 31 Hailey Laughlin       | FR        | Bettendorf              | 308.90              | 143.40 |
| 32 Rachael Schaefer      | JR        | Dubuque Wahlert         | 310.05              | 143.00 |
| 33 Lea Mikkelsen         | SO        | Newton                  | 328.70              | 139.25 |
| 34 Al Oney               | SR        | Cedar Rapids Washington | 320.40              | 135.85 |
| 35 Bailee Seger          | FR        | Linn-Mar                | 313.10              | 134.95 |
| 36 Natalie Wodniak       | FR        | Dowling Catholic        | 313.20              | 132.85 |

**Event 2 Women 200 Yard Medley Relay****State Record: 1:46.67 R 11/5/2010****Ames****AMES****Iowa Best: 1:45.94 B 2007****M Bro, S Sorenson, L Rosser, T Flummerfelt****West Des Moines Valley****WDM Valley****Harris, Wistey, Mehesan, Nathanson**

| <b>Team</b>             | <b>Relay</b>          | <b>Seed Time</b>    | <b>Finals Time</b>       |
|-------------------------|-----------------------|---------------------|--------------------------|
| 1 Ames                  |                       | 1:48.22             | 1:46.67 R                |
| 1) Maddie Bro JR        | 2) Sydney Sorenson FR | 3) Lauren Rosser JR | 4) Taylor Flummerfelt SO |
| 25.99 30.38 26.78 23.52 |                       |                     |                          |
| 2 Decorah High School   |                       | 1:50.58             | 1:48.85                  |
| 1) Allison Orvis JR     | 2) Bailey Moss JR     | 3) Jordyn Dixon JR  | 4) Hannah Maher SR       |
| 27.11 31.41 26.73 23.60 |                       |                     |                          |

**2010 IGHS AU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 2 Women 200 Yard Medley Relay)**

|    | Team                     | Relay |                         |       |                           | Seed Time | Finals Time               |
|----|--------------------------|-------|-------------------------|-------|---------------------------|-----------|---------------------------|
| 3  | Mason City               |       |                         |       |                           | 1:50.87   | 1:48.98                   |
|    | 1) Liz Olson JR          |       | 2) Ali Stearns SR       |       | 3) Emma Sougstad SO       |           | 4) Loretta Kraling JR     |
|    | 28.73                    | 29.24 | 26.04                   | 24.97 |                           |           |                           |
| 4  | Bettendorf               |       |                         |       |                           | 1:52.19   | 1:49.90                   |
|    | 1) Rebecca Alves JR      |       | 2) Amanda Miller JR     |       | 3) Caitlin Campbell SR    |           | 4) Rachael Schermer JR    |
|    | 28.58                    | 31.46 | 25.64                   | 24.22 |                           |           |                           |
| 5  | Dowling Catholic         |       |                         |       |                           | 1:51.30   | 1:49.96                   |
|    | 1) Emily Tuazon SO       |       | 2) Hannah Aldridge SO   |       | 3) Michaela Kinter SO     |           | 4) Anna Bump SO           |
|    | 28.40                    | 30.82 | 26.32                   | 24.42 |                           |           |                           |
| 6  | Muscatine                |       |                         |       |                           | 1:51.94   | 1:50.75                   |
|    | 1) Sarah Pfeiffer FR     |       | 2) MacKenzie Moritz SR  |       | 3) Hannah Eichelberger SR |           | 4) Hallie Goss JR         |
|    | 28.78                    | 19.69 | 37.38                   | 24.90 |                           |           |                           |
| 7  | Carroll                  |       |                         |       |                           | 1:51.68   | 1:51.47                   |
|    | 1) Abbey Fordyce SO      |       | 2) Karli Payer SR       |       | 3) Jennifer Lux JR        |           | 4) Mary Halverson JR      |
|    | 29.39                    | 30.73 | 27.12                   | 24.23 |                           |           |                           |
| 8  | Cedar Falls              |       |                         |       |                           | 1:51.83   | 1:51.51                   |
|    | 1) Kelsey Abbas JR       |       | 2) Catherine Sell FR    |       | 3) Abbie Anderson JR      |           | 4) Aftin Phyfe SO         |
|    | 27.79                    | 32.78 | 26.84                   | 24.10 |                           |           |                           |
| 9  | West Des Moines Valley   |       |                         |       |                           | 1:53.21   | 1:51.58                   |
|    | 1) Kaitlin Wistey FR     |       | 2) Sammy Zuckerman JR   |       | 3) Nailah Bakari SR       |           | 4) Allison Moore FR       |
|    | 28.59                    | 31.67 | 26.51                   | 24.81 |                           |           |                           |
| 10 | Des Moines Roosevelt     |       |                         |       |                           | 1:52.69   | 1:51.67                   |
|    | 1) Annie Sullivan SR     |       | 2) Jenny Wang SR        |       | 3) Melissa Veenstra JR    |           | 4) Sarah Larson SR        |
|    | 28.15                    | 32.14 | 26.97                   | 24.41 |                           |           |                           |
| 11 | Ankeny                   |       |                         |       |                           | 1:54.15   | 1:52.64                   |
|    | 1) Brittney Buckner JR   |       | 2) Jessie Stout JR      |       | 3) Alex Flatness JR       |           | 4) Allie Hable SR         |
|    | 28.94                    | 32.49 | 27.19                   | 24.02 |                           |           |                           |
| 12 | Johnston                 |       |                         |       |                           | 1:53.61   | 1:53.11                   |
|    | 1) Victoria Trost SO     |       | 2) Carmen Vajgrt FR     |       | 3) Janelle Galang SR      |           | 4) Emily Merritt JR       |
|    | 29.35                    | 31.76 | 26.89                   | 25.11 |                           |           |                           |
| 13 | Linn-Mar                 |       |                         |       |                           | 1:53.73   | 1:53.45                   |
|    | 1) Nicole Larsen JR      |       | 2) Lauren Dalecky SO    |       | 3) Emilie Berg JR         |           | 4) Samantha Fitzgerald FR |
|    | 29.15                    | 31.52 | 27.44                   | 25.34 |                           |           |                           |
| 14 | Cedar Rapids Kennedy     |       |                         |       |                           | 1:52.69   | 1:53.51                   |
|    | 1) Carmen McCoy SR       |       | 2) Amanda Jacobsen SO   |       | 3) Alexandra Scharmer JR  |           | 4) Kylee VonAhsen SR      |
|    | 28.80                    | 33.87 | 26.60                   | 24.24 |                           |           |                           |
| 15 | Iowa City West           |       |                         |       |                           | 1:54.29   | 1:53.60                   |
|    | 1) Sarah Weihe SR        |       | 2) Savannah Butler SO   |       | 3) Lilian Zhu FR          |           | 4) Vivian Zhu SR          |
|    | 29.14                    | 31.29 | 27.15                   | 26.02 |                           |           |                           |
| 16 | Fairfield                |       |                         |       |                           | 1:54.68   | 1:55.30                   |
|    | 1) Baylee Bowman FR      |       | 2) Abby McMahon JR      |       | 3) Jade Greiner FR        |           | 4) Rachel Swanson SR      |
|    | 15.41                    | 47.38 | 27.80                   | 24.71 |                           |           |                           |
| 17 | Des Moines Lincoln       |       |                         |       |                           | 1:54.99   | 1:55.43                   |
|    | 1) Abby Harrison FR      |       | 2) Brittany Purscell FR |       | 3) Minge Song SR          |           | 4) Elizabeth Wierenga     |
|    | 31.99                    | 29.94 | 27.00                   | 26.50 |                           |           |                           |
| 18 | Marshalltown             |       |                         |       |                           | 1:55.62   | 1:56.73                   |
|    | 1) Micaela McCarville SR |       | 2) Chloe Kuehner FR     |       | 3) Therese Kuhlman FR     |           | 4) Mackenzie Beals JR     |
|    | 30.56                    | 31.88 | 28.91                   | 25.38 |                           |           |                           |
| 19 | Newton                   |       |                         |       |                           | 1:56.22   | 1:56.88                   |
|    | 1) Morgan Daniels SR     |       | 2) Ellen Colville JR    |       | 3) Steffi Griffith SR     |           | 4) Courtney Meyer JR      |
|    | 30.86                    | 31.59 | 28.38                   | 26.05 |                           |           |                           |
| 20 | Cedar Rapids Washington  |       |                         |       |                           | 1:55.80   | 1:57.42                   |
|    | 1) Gloria Campbell SO    |       | 2) Alex Stephens SR     |       | 3) Jill Broghammer SR     |           | 4) Jackie Allen FR        |
|    | 31.04                    | 33.49 | 27.42                   | 25.47 |                           |           |                           |

**2010 IGHSAA State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 2 Women 200 Yard Medley Relay)**

| <b>Team</b> |                            | <b>Relay</b>           |                        | <b>Seed Time</b> | <b>Finals Time</b>     |
|-------------|----------------------------|------------------------|------------------------|------------------|------------------------|
| 21          | Waterloo West              |                        |                        | 1:57.56          | 1:58.17                |
|             | 1) MacKenzie VanDenBerg SR | 2) Payton Augustine FR | 3) Sadie Voigt SR      |                  | 4) Kristine Day JR     |
|             | 30.23 32.63 28.97          | 26.34                  |                        |                  |                        |
| 22          | Pleasant Valley            |                        |                        | 1:57.04          | 1:58.31                |
|             | 1) Trisha Martin SO        | 2) Laura Kulp SO       | 3) Kayla Kruse SO      |                  | 4) Lydia Flores FR     |
|             | 29.97 35.06 27.56          | 25.72                  |                        |                  |                        |
| 23          | Dubuque Senior             |                        |                        | 1:55.55          | 2:01.94                |
|             | 1) Sally Priest SO         | 2) Olivia Knowles FR   | 3) Emily Weig SR       |                  | 4) Jordan Stecklein SR |
|             | 32.70 33.67 28.41          | 27.16                  |                        |                  |                        |
| ---         | Cedar Rapids Prairie       |                        |                        | 1:57.78          | DQ                     |
|             | 1) Julia Wolter SR         | 2) Katelyn Storey SR   | 3) Mallory Neubauer FR |                  | 4) Caitlin Sullivan SR |
|             | 31.16 31.93 28.49          | 20.31                  |                        |                  |                        |

**Event 3 Women 200 Yard Freestyle**

| <b>State Record: 1:50.92 R 11/2/2007</b> |           | <b>Stephanie Koch</b>  |                  | <b>Ames</b>        |  |
|------------------------------------------|-----------|------------------------|------------------|--------------------|--|
| <b>Iowa Best: 1:50.92 B 2007</b>         |           | <b>Stephanie Koch</b>  |                  | <b>Ames</b>        |  |
| <b>Name</b>                              | <b>Yr</b> | <b>School</b>          | <b>Seed Time</b> | <b>Finals Time</b> |  |
| 1 Juanita Barreto                        | SR        | West Des Moines Valley | 1:55.49          | 1:51.35            |  |
| 25.69 28.23 28.86                        |           |                        |                  |                    |  |
| 2 McKenna Lynch                          | FR        | Dowling Catholic       | 1:53.08          | 1:51.79            |  |
| 25.77 28.14 29.30                        |           |                        |                  |                    |  |
| 3 Margaret Barber                        | SR        | Bettendorf             | 1:57.23          | 1:53.52            |  |
| 26.38 28.68 29.43                        |           |                        |                  |                    |  |
| 4 Lilian Zhu                             | FR        | Iowa City West         | 1:57.60          | 1:54.94            |  |
| 27.12 28.73 29.72                        |           |                        |                  |                    |  |
| 5 Sarah Weihe                            | SR        | Iowa City West         | 1:57.07          | 1:55.53            |  |
| 26.85 28.49 29.75                        |           |                        |                  |                    |  |
| 6 Mikalah Smith                          | JR        | West Des Moines Valley | 2:01.37          | 1:57.05            |  |
| 26.17 28.88 30.32                        |           |                        |                  |                    |  |
| 7 Annie Sullivan                         | SR        | Des Moines Roosevelt   | 1:58.84          | 1:57.59            |  |
| 26.65 28.93 30.52                        |           |                        |                  |                    |  |
| 8 Hannah Newell                          | FR        | Ames                   | 1:59.25          | 1:57.67            |  |
| 27.05 29.43 30.20                        |           |                        |                  |                    |  |
| 9 Anne Whalen                            | SO        | Mason City             | 1:59.01          | 1:58.11            |  |
| 26.41 29.06 30.73                        |           |                        |                  |                    |  |
| 10 Jenny Brown                           | FR        | Waukee                 | 1:59.58          | 1:58.66            |  |
| 27.57 29.73 31.06                        |           |                        |                  |                    |  |
| 11 Kelsey Thoren                         | SO        | Lewis Central          | 1:59.28          | 1:58.76            |  |
| 27.19 29.98 31.11                        |           |                        |                  |                    |  |
| 12 Rachel Shriver                        | JR        | Ames                   | 2:00.96          | 1:59.78            |  |
| 27.44 30.09 30.90                        |           |                        |                  |                    |  |
| 13 Mary Kate Schulte                     | SR        | Dowling Catholic       | 1:59.83          | 1:59.79            |  |
| 26.91 30.63 31.65                        |           |                        |                  |                    |  |
| 14 Claire Larson                         | JR        | Des Moines Roosevelt   | 1:59.45          | 1:59.82            |  |
| 26.95 30.25 31.51                        |           |                        |                  |                    |  |
| 15 Chrisann Zuerner                      | SR        | Ames                   | 2:00.54          | 2:00.68            |  |
| 27.66 31.20                              |           |                        |                  |                    |  |
| 16 Mary Kathryn Maher                    | SR        | Decorah High School    | 2:01.97          | 2:00.97            |  |
| 27.89 30.72 31.23                        |           |                        |                  |                    |  |
| 17 Kirsten Gobell                        | SR        | Sioux City Metro       | 2:01.56          | 2:01.08            |  |
| 27.93 30.92 31.84                        |           |                        |                  |                    |  |
| 18 Mary Betsworth                        | SR        | Davenport Central      | 2:00.34          | 2:01.53            |  |
| 27.55 30.67 31.91                        |           |                        |                  |                    |  |

**2010 IGHS AU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 3 Women 200 Yard Freestyle)**

|    | <b>Name</b>       |       |       | <b>Yr</b> | <b>School</b>   | <b>Seed Time</b> | <b>Finals Time</b> |
|----|-------------------|-------|-------|-----------|-----------------|------------------|--------------------|
| 19 | Kelli Golinghorst |       |       | SR        | Pleasant Valley | 2:00.18          | 2:01.54            |
|    | 28.12             | 30.49 | 31.42 | 31.51     |                 |                  |                    |
| 20 | Liz Auen          |       |       | JR        | Carroll         | 2:02.76          | 2:01.81            |
|    | 27.69             | 30.46 | 31.72 | 31.94     |                 |                  |                    |
| 21 | Carly Colville    |       |       | FR        | Newton          | 2:01.01          | 2:02.05            |
|    | 26.73             | 30.01 | 32.03 | 33.28     |                 |                  |                    |
| 22 | Kayla Halterman   |       |       | JR        | Indianola       | 2:02.96          | 2:03.52            |
|    | 28.12             | 30.48 | 32.29 | 32.63     |                 |                  |                    |
| 23 | Meredith Gorman   |       |       | FR        | Pleasant Valley | 2:02.46          | 2:03.56            |
|    | 28.36             | 31.24 | 32.57 | 31.39     |                 |                  |                    |
| 24 | Taylor Pherigo    |       |       | FR        | Waterloo West   | 2:02.85          | 2:04.73            |
|    | 28.47             | 31.37 | 32.36 | 32.53     |                 |                  |                    |

**Event 4 Women 200 Yard IM****State Record: 2:04.24 R 11/7/2008****Danielle Harris****WDM Valley-****Iowa Best: 2:04.24 B 2008****Danielle Harris****WDM Valley**

|    | <b>Name</b>     |       |       | <b>Yr</b> | <b>School</b>          | <b>Seed Time</b> | <b>Finals Time</b> |
|----|-----------------|-------|-------|-----------|------------------------|------------------|--------------------|
| 1  | Allison Orvis   |       |       | JR        | Decorah High School    | 2:08.23          | 2:05.32            |
|    | 27.13           | 31.51 | 37.04 | 29.64     |                        |                  |                    |
| 2  | Hannah Maher    |       |       | SR        | Decorah High School    | 2:11.63          | 2:06.91            |
|    | 27.34           | 32.44 | 36.60 | 30.53     |                        |                  |                    |
| 3  | Gabbie Stecker  |       |       | SO        | Pleasant Valley        | 2:15.23          | 2:10.08            |
|    | 27.63           | 31.61 | 40.68 | 30.16     |                        |                  |                    |
| 4  | Ali Stearns     |       |       | SR        | Mason City             | 2:11.16          | 2:10.30            |
|    | 28.03           | 33.82 | 37.01 | 31.44     |                        |                  |                    |
| 5  | Katharine Ross  |       |       | SO        | Des Moines North       | 2:11.50          | 2:10.69            |
|    | 28.01           | 33.33 | 38.00 | 31.35     |                        |                  |                    |
| 6  | Rebecca Alves   |       |       | JR        | Bettendorf             | 2:11.89          | 2:10.95            |
|    | 28.17           | 32.80 | 39.27 | 30.71     |                        |                  |                    |
| 7  | Ellen Colville  |       |       | JR        | Newton                 | 2:10.41          | 2:11.59            |
|    | 27.97           | 33.22 | 38.94 | 31.46     |                        |                  |                    |
| 8  | Autumn Roepsch  |       |       | SO        | Dubuque Senior         | 2:15.11          | 2:12.40            |
|    | 28.19           | 31.95 | 39.40 | 32.86     |                        |                  |                    |
| 9  | Sydney Sorenson |       |       | FR        | Ames                   | 2:13.72          | 2:14.11            |
|    | 29.04           | 34.60 | 38.27 | 32.20     |                        |                  |                    |
| 10 | Kelsey Abbas    |       |       | JR        | Cedar Falls            | 2:13.71          | 2:14.45            |
|    | 28.52           | 32.31 | 41.91 | 31.71     |                        |                  |                    |
| 11 | Kaitlin Wistey  |       |       | FR        | West Des Moines Valley | 2:19.04          | 2:14.98            |
|    | 29.85           | 32.52 | 39.99 | 32.62     |                        |                  |                    |
| 12 | Liz Olson       |       |       | JR        | Mason City             | 2:14.48          | 2:15.10            |
|    | 28.92           | 33.03 | 40.17 | 32.98     |                        |                  |                    |
| 13 | Liza Myers      |       |       | SR        | Dowling Catholic       | 2:17.17          | 2:15.62            |
|    | 28.84           | 33.01 | 42.35 | 31.42     |                        |                  |                    |
| 14 | Sammy Zuckerman |       |       | JR        | West Des Moines Valley | 2:16.69          | 2:15.86            |
|    | 28.82           | 35.55 | 38.90 | 32.59     |                        |                  |                    |
| 15 | Sara Bentley    |       |       | FR        | Ames                   | 2:15.25          | 2:16.06            |
|    | 28.30           | 34.05 | 40.46 | 33.25     |                        |                  |                    |
| 16 | McKenna Pierce  |       |       | FR        | Indianola              | 2:13.60          | 2:16.87            |
|    | 28.87           | 33.92 | 41.16 | 32.92     |                        |                  |                    |
| 17 | Allison Moore   |       |       | FR        | West Des Moines Valley | 2:17.97          | 2:17.14            |
|    | 30.00           | 35.45 | 40.18 | 31.51     |                        |                  |                    |
| 18 | Savannah Butler |       |       | SO        | Iowa City West         | 2:18.98          | 2:17.96            |
|    | 30.10           | 37.17 | 38.73 | 31.96     |                        |                  |                    |

**2010 IGHSAU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 4 Women 200 Yard IM)**

|    | Name             |       |         | Yr    | School               | Seed Time | Finals Time |
|----|------------------|-------|---------|-------|----------------------|-----------|-------------|
| 19 | Carmen Vajgrt    |       |         | FR    | Johnston             | 2:18.79   | 2:18.78     |
|    | 29.57            | 35.40 | 40.26   | 33.55 |                      |           |             |
| 20 | Emily Tuazon     |       |         | SO    | Dowling Catholic     | 2:17.74   | 2:18.80     |
|    | 29.09            | 30.29 | 46.19   | 33.23 |                      |           |             |
| 21 | McKenzie Asplund |       |         | SO    | Cedar Rapids Xavier  | 2:18.31   | 2:19.34     |
|    | 29.73            | 35.95 | 41.23   | 32.43 |                      |           |             |
| 22 | Elizabeth Barske |       |         | JR    | Marshalltown         | 2:18.86   | 2:19.43     |
|    | 30.21            | 34.76 | 41.08   | 33.38 |                      |           |             |
| 23 | Jennifer Lux     |       |         | JR    | Carroll              | 2:19.09   | 2:20.60     |
|    | 29.35            | 34.65 | 43.43   | 33.17 |                      |           |             |
| 24 | Carmen McCoy     |       |         | SR    | Cedar Rapids Kennedy | 2:19.25   | 2:23.21     |
|    | 30.90            | 15.60 | 1:03.76 | 32.95 |                      |           |             |

**Event 5 Women 50 Yard Freestyle**

State Record: 22.92 R 11/2/2007 Alexa Mehesan  
Iowa Best: 22.92 B 2007 Alexia Mehesan

WDM Valley  
WDM Valley

|    | Name                |  |  | Yr | School               | Seed Time | Finals Time |
|----|---------------------|--|--|----|----------------------|-----------|-------------|
| *1 | Maddie Bro          |  |  | JR | Ames                 | 24.24     | 24.18       |
| *1 | Taylor Flummerfelt  |  |  | SO | Ames                 | 24.86     | 24.18       |
| 3  | Emma Sougstad       |  |  | SO | Mason City           | 25.06     | 24.39       |
| 4  | Allie Hable         |  |  | SR | Ankeny               | 25.02     | 24.61       |
| 5  | Kylee VonAhsen      |  |  | SR | Cedar Rapids Kennedy | 24.98     | 24.80       |
| 6  | Mary Halverson      |  |  | JR | Carroll              | 24.88     | 24.88       |
| 7  | MacKenzie Moritz    |  |  | SR | Muscatine            | 25.26     | 24.89       |
| 8  | Alex Flatness       |  |  | JR | Ankeny               | 25.12     | 24.92       |
| 9  | Margaret Yapp       |  |  | SR | Iowa City High       | 25.16     | 24.94       |
| 10 | Abbey Fordyce       |  |  | SO | Carroll              | 25.08     | 24.95       |
| 11 | Anna Bump           |  |  | SO | Dowling Catholic     | 25.11     | 25.07       |
| 12 | Maddy Burnham       |  |  | FR | Pleasant Valley      | 25.13     | 25.15       |
| 13 | Molly Lembezeder    |  |  | FR | Dubuque Senior       | 25.26     | 25.19       |
| 14 | Hannah Eichelberger |  |  | SR | Muscatine            | 25.17     | 25.36       |
| 15 | Rachel Swanson      |  |  | SR | Fairfield            | 25.33     | 25.48       |
| 16 | Hailey Kitzmann     |  |  | SR | Davenport West       | 25.56     | 25.54       |
| 17 | Mackenzie Beals     |  |  | JR | Marshalltown         | 25.45     | 25.61       |
| 18 | Allie Stecker       |  |  | JR | Pleasant Valley      | 25.22     | 25.62       |
| 19 | Emilie Berg         |  |  | JR | Linn-Mar             | 25.47     | 25.67       |
| 20 | Amber Breitbarth    |  |  | JR | Boone                | 25.53     | 25.69       |
| 21 | Lauren Leehy        |  |  | FR | Lewis Central        | 25.61     | 25.82       |
| 22 | Jordyn Dixon        |  |  | JR | Decorah High School  | 25.52     | 25.86       |
| 23 | Loretta Kraling     |  |  | JR | Mason City           | 25.64     | 25.91       |
| 24 | Emily Merritt       |  |  | JR | Johnston             | 25.55     | 26.00       |

**Event 6 Women 100 Yard Butterfly**

State Record: 54.57 R 11/2/2007 Alexa Mehesan  
Iowa Best: 54.57 B 2007 Alexia Mehesan

WDM Valley  
WDM Valley

|   | Name             |       |  | Yr | School           | Seed Time | Finals Time |
|---|------------------|-------|--|----|------------------|-----------|-------------|
| 1 | Caitlin Campbell |       |  | SR | Bettendorf       | 59.62     | 57.32       |
|   | 26.06            | 31.26 |  |    |                  |           |             |
| 2 | Emma Sougstad    |       |  | SO | Mason City       | 1:00.00   | 57.41       |
|   | 26.91            | 30.50 |  |    |                  |           |             |
| 3 | Michaela Kinter  |       |  | SO | Dowling Catholic | 1:00.57   | 59.17       |
|   | 27.47            | 31.70 |  |    |                  |           |             |

**2010 IGHSAA State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 6 Women 100 Yard Butterfly)**

|    | <b>Name</b>                       | <b>Yr</b> | <b>School</b>           | <b>Seed Time</b> | <b>Finals Time</b> |
|----|-----------------------------------|-----------|-------------------------|------------------|--------------------|
| 4  | Maddy Burnham<br>27.22 32.31      | FR        | Pleasant Valley         | 59.91            | 59.53              |
| 5  | Lauren Rosser<br>27.36 32.48      | JR        | Ames                    | 59.86            | 59.84              |
| 6  | Sammy Zuckerman                   | JR        | West Des Moines Valley  | 1:01.09          | 59.93              |
| 7  | Nailah Bakari<br>27.84 32.28      | SR        | West Des Moines Valley  | 1:01.68          | 1:00.12            |
| 8  | Jill Broghammer<br>28.17 32.46    | SR        | Cedar Rapids Washington | 1:00.03          | 1:00.63            |
| 9  | Carly Colville<br>27.88 33.44     | FR        | Newton                  | 1:01.18          | 1:01.32            |
| 10 | Charlotte Quant<br>28.18 33.16    | SR        | Ames                    | 1:00.75          | 1:01.34            |
| 11 | Janelle Galang<br>28.00 33.39     | SR        | Johnston                | 1:01.56          | 1:01.39            |
| 12 | Taylor Pherigo<br>29.21 32.62     | FR        | Waterloo West           | 1:01.77          | 1:01.83            |
| 13 | Melissa Veenstra                  | JR        | Des Moines Roosevelt    | 1:02.46          | 1:01.99            |
| 14 | Abbie Anderson<br>28.50 33.77     | JR        | Cedar Falls             | 1:01.77          | 1:02.27            |
| 15 | Minge Song<br>29.01 33.44         | SR        | Des Moines Lincoln      | 1:02.44          | 1:02.45            |
| 16 | Jade Greiner<br>29.21 33.62       | FR        | Fairfield               | 1:03.06          | 1:02.83            |
| 17 | Lauren Noel<br>28.95 34.00        | FR        | Dubuque Wahlert         | 1:03.80          | 1:02.95            |
| 18 | Alexandra Scharmer<br>28.74 34.22 | JR        | Cedar Rapids Kennedy    | 1:01.56          | 1:02.96            |
| 19 | Steffi Griffith<br>29.09 34.31    | SR        | Newton                  | 1:03.13          | 1:03.40            |
| 20 | Kayla Kruse<br>28.90 34.81        | SO        | Pleasant Valley         | 1:03.83          | 1:03.71            |
| 21 | Ashley Vondrak<br>30.17 33.55     | SO        | Sioux City East         | 1:03.31          | 1:03.72            |
| 22 | Bailey O'Brien                    | JR        | Mason City              | 1:04.13          | 1:03.81            |
| 23 | Catherine Sell<br>29.66 34.60     | FR        | Cedar Falls             | 1:03.96          | 1:04.26            |
| 24 | Mallory Neubauer<br>29.25 35.55   | FR        | Cedar Rapids Prairie    | 1:03.64          | 1:04.80            |

**Event 7 Women 100 Yard Freestyle**

| <b>State Record: 51.46 R 11/5/2010</b> |                                   | <b>Juanita Barreto</b> |                        | <b>WDMV</b>      |                    |
|----------------------------------------|-----------------------------------|------------------------|------------------------|------------------|--------------------|
| <b>Iowa Best: 51.46 B 11/5/2010</b>    |                                   | <b>Juanita Barreto</b> |                        | <b>WDMV</b>      |                    |
|                                        | <b>Name</b>                       | <b>Yr</b>              | <b>School</b>          | <b>Seed Time</b> | <b>Finals Time</b> |
| 1                                      | Juanita Barreto<br>24.81 26.65    | SR                     | West Des Moines Valley | 53.31            | 51.46 R            |
| 2                                      | Taylor Flummerfelt<br>25.48 27.24 | SO                     | Ames                   | 53.71            | 52.72              |
| 3                                      | Alex Flatness<br>25.58 28.01      | JR                     | Ankeny                 | 54.33            | 53.59              |
| 4                                      | Rachael Schermer<br>25.97 27.85   | JR                     | Bettendorf             | 54.89            | 53.82              |
| 5                                      | Autumn Roepsch<br>25.84 28.16     | SO                     | Dubuque Senior         | 55.06            | 54.00              |

**2010 IGHSAA State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 7 Women 100 Yard Freestyle)**

|    | <b>Name</b>                     | <b>Yr</b> | <b>School</b>        | <b>Seed Time</b> | <b>Finals Time</b> |
|----|---------------------------------|-----------|----------------------|------------------|--------------------|
| 6  | Margaret Yapp<br>26.03 28.23    | SR        | Iowa City High       | 55.00            | 54.26              |
| 7  | Sarah Weihe<br>26.49 28.02      | SR        | Iowa City West       | 54.42            | 54.51              |
| 8  | Kylee VonAhsen<br>26.40 28.21   | SR        | Cedar Rapids Kennedy | 55.20            | 54.61              |
| 9  | Aftin Phyfe<br>26.44 28.33      | SO        | Cedar Falls          | 54.31            | 54.77              |
| 10 | Hannah Newell<br>26.66 28.19    | FR        | Ames                 | 55.50            | 54.85              |
| 11 | Rachel Shriver<br>26.77 28.24   | JR        | Ames                 | 55.65            | 55.01              |
| 12 | Kirsten Gobell<br>26.89 28.39   | SR        | Sioux City Metro     | 55.73            | 55.28              |
| 13 | Claire Larson<br>26.58 28.80    | JR        | Des Moines Roosevelt | 54.72            | 55.38              |
| 14 | Hallie Goss<br>26.51 28.90      | JR        | Muscatine            | 54.80            | 55.41              |
| 15 | Molly Lembezeder<br>26.31 29.15 | FR        | Dubuque Senior       | 55.12            | 55.46              |
| 16 | Loretta Kraling<br>26.90 28.61  | JR        | Mason City           | 55.37            | 55.51              |
| 17 | Anna Bump<br>26.61 29.14        | SO        | Dowling Catholic     | 55.66            | 55.75              |
| 18 | Victoria Trost<br>27.16 29.21   | SO        | Johnston             | 55.92            | 56.37              |
| 19 | Alex Dunn<br>27.31 29.11        | JR        | Linn-Mar             | 56.27            | 56.42              |
| 20 | Lauren Leehy<br>26.96 29.57     | FR        | Lewis Central        | 56.20            | 56.53              |
| 21 | Mary Betsworth<br>27.30 29.51   | SR        | Davenport Central    | 56.16            | 56.81              |
| 22 | Elizabeth Barske<br>27.42 29.42 | JR        | Marshalltown         | 56.39            | 56.84              |
| 23 | Allie Stecker<br>27.05 30.07    | JR        | Pleasant Valley      | 55.46            | 57.12              |
| 24 | Mallory Smith<br>26.90 30.39    | SO        | Ankeny               | 56.28            | 57.29              |

**Event 8 Women 500 Yard Freestyle****State Record: 4:56.97 R 1993****Sheri Theisen****Anamosa****Iowa Best: 4:56.97 B 1993****Sheri Theisen****Anamosa**

|   | <b>Name</b>                                         | <b>Yr</b> | <b>School</b>    | <b>Seed Time</b> | <b>Finals Time</b> |
|---|-----------------------------------------------------|-----------|------------------|------------------|--------------------|
| 1 | Margaret Barber<br>27.32 29.59 30.13<br>30.77 28.90 | SR        | Bettendorf       | 5:11.97<br>30.77 | 5:00.44            |
| 2 | McKenna Lynch<br>26.28 29.72 30.47<br>30.90 29.63   | FR        | Dowling Catholic | 5:06.74<br>31.21 | 5:01.64            |
| 3 | Gabbie Stecker<br>27.02 29.45 30.03<br>31.58 29.61  | SO        | Pleasant Valley  | 5:20.43<br>32.03 | 5:03.60            |

**2010 IGHS AU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 8 Women 500 Yard Freestyle)**

|    | <b>Name</b>        |       |       | <b>Yr</b> | <b>School</b>          |       |       | <b>Seed Time</b> | <b>Finals Time</b> |
|----|--------------------|-------|-------|-----------|------------------------|-------|-------|------------------|--------------------|
| 4  | Mikalah Smith      |       |       | JR        | West Des Moines Valley |       |       | 5:24.96          | 5:14.55            |
|    | 27.52              | 29.49 | 30.65 | 31.45     | 32.02                  | 32.19 | 32.69 | 33.00            |                    |
|    | 33.08              | 32.46 |       |           |                        |       |       |                  |                    |
| 5  | Jenny Brown        |       |       | FR        | Waukee                 |       |       | 5:20.91          | 5:15.35            |
|    | 28.38              | 30.67 | 31.38 | 31.85     | 32.24                  | 32.27 | 32.46 | 32.39            |                    |
|    | 32.13              | 31.58 |       |           |                        |       |       |                  |                    |
| 6  | Liza Myers         |       |       | SR        | Dowling Catholic       |       |       | 5:24.27          | 5:18.06            |
|    | 27.72              | 30.60 | 31.52 | 32.41     | 32.63                  | 32.77 | 32.69 | 32.94            |                    |
|    | 32.36              | 32.42 |       |           |                        |       |       |                  |                    |
| 7  | Clare Slagel       |       |       | JR        | Dubuque Hempstead      |       |       | 5:19.49          | 5:18.10            |
|    | 28.13              | 30.76 | 31.75 | 31.92     | 32.58                  | 32.97 | 32.99 | 33.54            |                    |
|    | 32.79              | 30.67 |       |           |                        |       |       |                  |                    |
| 8  | Ellen Colville     |       |       | JR        | Newton                 |       |       | 5:16.59          | 5:21.61            |
|    | 28.05              | 31.06 | 32.07 | 32.79     | 32.97                  | 33.27 | 33.25 | 32.99            |                    |
|    | 33.04              | 32.12 |       |           |                        |       |       |                  |                    |
| 9  | Mary Kathryn Maher |       |       | SR        | Decorah High School    |       |       | 5:19.40          | 5:22.39            |
|    | 28.29              | 31.57 | 32.27 | 32.29     | 32.96                  | 33.29 | 33.45 | 33.31            |                    |
|    | 32.82              | 32.14 |       |           |                        |       |       |                  |                    |
| 10 | McKenna Pierce     |       |       | FR        | Indianola              |       |       | 5:23.16          | 5:24.02            |
|    | 28.79              | 31.87 | 32.23 | 33.47     | 33.35                  | 33.23 | 33.47 | 33.17            |                    |
|    | 33.06              | 31.38 |       |           |                        |       |       |                  |                    |
| 11 | Alesha Rettenmeier |       |       | JR        | Cedar Falls            |       |       | 5:22.64          | 5:24.25            |
|    | 28.70              | 31.55 | 32.77 | 33.19     | 33.10                  | 33.35 | 33.23 | 33.28            |                    |
|    | 33.13              | 31.95 |       |           |                        |       |       |                  |                    |
| 12 | Chrisann Zuerner   |       |       | SR        | Ames                   |       |       | 5:21.68          | 5:24.28            |
|    |                    |       | 32.18 | 32.95     | 32.99                  | 33.23 | 33.44 | 33.30            |                    |
|    | 33.44              | 32.62 |       |           |                        |       |       |                  |                    |
| 13 | Maria Gannon       |       |       | JR        | Iowa City West         |       |       | 5:29.96          | 5:26.39            |
|    | 28.51              | 31.53 | 33.20 | 33.00     | 33.33                  | 33.38 | 33.93 | 34.03            |                    |
|    | 33.74              | 31.74 |       |           |                        |       |       |                  |                    |
| 14 | Anna Burriola      |       |       | FR        | Des Moines Hoover      |       |       | 5:29.96          | 5:26.79            |
|    | 29.00              | 32.09 | 32.81 | 33.40     | 33.30                  | 33.49 | 33.89 | 33.86            |                    |
|    | 33.16              | 31.79 |       |           |                        |       |       |                  |                    |
| 15 | Mary Kate Schulte  |       |       | SR        | Dowling Catholic       |       |       | 5:25.13          | 5:27.15            |
|    | 28.71              | 31.94 | 32.82 | 32.88     | 33.35                  | 33.68 | 34.15 | 33.77            |                    |
|    | 33.94              | 31.91 |       |           |                        |       |       |                  |                    |
| 16 | Sarah Pfeiffer     |       |       | FR        | Muscatine              |       |       | 5:26.03          | 5:28.03            |
|    | 29.12              | 32.19 | 33.01 | 32.66     | 33.09                  | 33.41 | 33.84 | 34.38            |                    |
|    | 34.07              | 32.26 |       |           |                        |       |       |                  |                    |
| 17 | Kelli Golinghorst  |       |       | SR        | Pleasant Valley        |       |       | 5:30.73          | 5:29.69            |
|    | 29.37              | 32.62 | 33.29 | 33.55     | 33.59                  | 33.46 | 34.02 | 34.02            |                    |
|    | 33.86              | 31.91 |       |           |                        |       |       |                  |                    |
| 18 | Jessie Stout       |       |       | JR        | Ankeny                 |       |       | 5:32.08          | 5:31.27            |
|    | 29.19              | 32.56 | 33.31 | 33.73     | 32.99                  | 33.95 | 34.08 | 34.50            |                    |
|    | 34.17              | 32.79 |       |           |                        |       |       |                  |                    |
| 19 | Liz Auen           |       |       | JR        | Carroll                |       |       | 5:35.13          | 5:31.87            |
|    | 29.59              | 32.87 | 32.71 | 33.39     | 34.20                  | 34.02 | 33.97 | 34.32            |                    |
|    | 34.16              | 32.64 |       |           |                        |       |       |                  |                    |
| 20 | Abbie Wenthe       |       |       | SR        | West Des Moines Valley |       |       | 5:29.85          | 5:34.01            |
|    | 29.22              | 31.99 | 32.77 | 33.51     | 33.95                  | 34.25 | 34.58 | 34.80            |                    |
|    | 34.93              | 34.01 |       |           |                        |       |       |                  |                    |
| 21 | Haley Bartelt      |       |       | SR        | Muscatine              |       |       | 5:33.91          | 5:35.61            |
|    | 29.94              | 32.78 | 33.65 | 33.67     | 34.18                  | 34.71 | 34.63 | 34.53            |                    |
|    | 34.43              | 33.09 |       |           |                        |       |       |                  |                    |

**2010 IGHS AU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 8 Women 500 Yard Freestyle)**

|    | <b>Name</b>      |       |       | <b>Yr</b> | <b>School</b>       | <b>Seed Time</b> |       |         | <b>Finals Time</b> |
|----|------------------|-------|-------|-----------|---------------------|------------------|-------|---------|--------------------|
| 22 | McKenzie Asplund |       |       | SO        | Cedar Rapids Xavier | 5:27.98          |       |         | 5:36.12            |
|    | 29.43            | 31.99 | 34.23 |           |                     | 34.94            | 34.59 | 1:43.09 |                    |
| 23 | Charlotte Quant  |       |       | SR        | Ames                | 5:32.47          |       |         | 5:38.55            |
|    | 29.13            | 32.52 | 33.16 | 33.96     | 34.77               | 34.70            | 35.15 | 35.19   |                    |
|    | 35.39            | 34.58 |       |           |                     |                  |       |         |                    |
| 24 | Sophie Shoultz   |       |       | FR        | Iowa City West      | 5:34.55          |       |         | 5:41.60            |
|    | 29.43            | 32.41 | 33.74 | 34.51     | 35.16               | 35.54            | 35.52 | 35.56   |                    |
|    | 35.54            | 34.19 |       |           |                     |                  |       |         |                    |

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

|    | <b>Team</b>               |       |                        | <b>Relay</b> | <b>Seed Time</b> |  |  | <b>Finals Time</b>    |
|----|---------------------------|-------|------------------------|--------------|------------------|--|--|-----------------------|
| 1  | Carroll                   |       |                        |              | 1:39.34          |  |  | 1:38.16               |
|    | 1) Mary Halverson JR      |       | 2) Abbey Fordyce SO    |              |                  |  |  | 4) Karli Payer SR     |
|    | 24.97                     | 24.34 | 24.79                  | 24.06        |                  |  |  |                       |
| 2  | Bettendorf                |       |                        |              | 1:40.34          |  |  | 1:39.17               |
|    | 1) Caitlin Campbell SR    |       | 2) Brooke Wehrle SR    |              |                  |  |  | 4) Margaret Barber SR |
|    | 24.97                     | 25.98 | 24.37                  | 23.85        |                  |  |  |                       |
| 3  | West Des Moines Valley    |       |                        |              | 1:42.02          |  |  | 1:39.45               |
|    | 1) Nailah Bakari SR       |       | 2) Allison Moore FR    |              |                  |  |  | 4) Juanita Barreto SR |
|    | 25.43                     | 25.21 | 25.16                  | 23.65        |                  |  |  |                       |
| 4  | Mason City                |       |                        |              | 1:41.86          |  |  | 1:39.65               |
|    | 1) Anne Whalen SO         |       | 2) Ali Stearns SR      |              |                  |  |  | 4) Emma Sougstad SO   |
|    | 25.06                     | 24.70 | 25.72                  | 24.17        |                  |  |  |                       |
| 5  | Ankeny                    |       |                        |              | 1:40.71          |  |  | 1:39.76               |
|    | 1) Allie Hable SR         |       | 2) Mallory Smith SO    |              |                  |  |  | 4) Alex Flatness JR   |
|    | 24.84                     | 25.69 | 25.04                  | 24.19        |                  |  |  |                       |
| 6  | Decorah High School       |       |                        |              | 1:41.83          |  |  | 1:39.80               |
|    | 1) Allison Orvis JR       |       | 2) Jordyn Dixon JR     |              |                  |  |  | 4) Hannah Maher SR    |
|    | 24.80                     | 25.35 | 25.95                  | 23.70        |                  |  |  |                       |
| 7  | Muscatine                 |       |                        |              | 1:40.42          |  |  | 1:40.16               |
|    | 1) Hannah Eichelberger SR |       | 2) Sarah Pfeiffer FR   |              |                  |  |  | 4) Hallie Goss JR     |
|    | 25.07                     | 25.60 | 24.57                  | 24.92        |                  |  |  |                       |
| 8  | Pleasant Valley           |       |                        |              | 1:40.50          |  |  | 1:40.50               |
|    | 1) Allie Stecker JR       |       | 2) Lydia Flores FR     |              |                  |  |  | 4) Maddy Burnham FR   |
|    | 26.03                     | 25.83 | 23.93                  | 24.71        |                  |  |  |                       |
| 9  | Ames                      |       |                        |              | 1:41.48          |  |  | 1:40.88               |
|    | 1) Sydney Sorenson FR     |       | 2) Rachel Shriver JR   |              |                  |  |  | 4) Hannah Newell FR   |
|    | 25.56                     | 25.11 | 25.46                  | 24.75        |                  |  |  |                       |
| 10 | Des Moines Roosevelt      |       |                        |              | 1:42.41          |  |  | 1:41.19               |
|    | 1) Claire Larson JR       |       | 2) Melissa Veenstra JR |              |                  |  |  | 4) Sarah Larson SR    |
|    | 25.52                     | 26.03 | 25.36                  | 24.28        |                  |  |  |                       |
| 11 | Dowling Catholic          |       |                        |              | 1:42.02          |  |  | 1:41.25               |
|    | 1) Ryan Emily Delahunt JR |       | 2) Liza Myers SR       |              |                  |  |  | 4) McKenna Lynch FR   |
|    | 26.46                     | 25.45 | 25.09                  | 24.25        |                  |  |  |                       |
| 12 | Linn-Mar                  |       |                        |              | 1:42.47          |  |  | 1:42.14               |
|    | 1) Samantha Fitzgerald FR |       | 2) Lauren Dalecky SO   |              |                  |  |  | 4) Emilie Berg JR     |
|    | 26.43                     | 25.73 | 25.24                  | 24.74        |                  |  |  |                       |
| 13 | Cedar Falls               |       |                        |              | 1:43.96          |  |  | 1:42.89               |
|    | 1) Aftin Phyfe SO         |       | 2) Kyrie Dailey SR     |              |                  |  |  | 4) Abbie Anderson JR  |
|    | 25.76                     | 25.50 | 25.92                  | 25.71        |                  |  |  |                       |

**2010 IGHSAU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 9 Women 200 Yard Freestyle Relay)**

| <b>Team</b>                | <b>Relay</b>            | <b>Seed Time</b>           | <b>Finals Time</b>      |
|----------------------------|-------------------------|----------------------------|-------------------------|
| 14 Dubuque Senior          |                         | 1:45.06                    | 1:43.24                 |
| 1) Molly Lembezeder FR     | 2) Autumn Roepsch SO    | 3) Olivia Knowles FR       | 4) Emily Weig SR        |
| 25.50 25.21 26.42 26.11    |                         |                            |                         |
| 15 Johnston                |                         | 1:43.90                    | 1:43.29                 |
| 1) Mariah Wellman JR       | 2) Emily Merritt JR     | 3) Mollie Greenwood FR     | 4) Janelle Galang SR    |
| 26.72 25.47 25.34 25.76    |                         |                            |                         |
| 16 Marshalltown            |                         | 1:43.81                    | 1:43.64                 |
| 1) Mackenzie Beals JR      | 2) Chloe Kuehner FR     | 3) Elizabeth Barske JR     | 4) Leah Barkema FR      |
| 25.90 25.88 25.94 25.92    |                         |                            |                         |
| *17 Indianola              |                         | 1:44.40                    | 1:43.73                 |
| 1) Madison Hosey JR        | 2) Christina Amburgy JR | 3) Kayla Halterman JR      | 4) McKenna Pierce FR    |
| 26.86 25.67 25.85 25.35    |                         |                            |                         |
| *17 Newton                 |                         | 1:43.29                    | 1:43.73                 |
| 1) Carly Colville FR       | 2) Lindsey Hook SR      | 3) Courtney Meyer JR       | 4) Ellen Colville JR    |
| 26.05 25.98 26.54 25.16    |                         |                            |                         |
| 19 Lewis Central           |                         | 1:43.81                    | 1:43.84                 |
| 1) Harper Emswiler FR      | 2) Sydney Sallach SO    | 3) Lauren Leehy FR         | 4) Kelsey Thoren SO     |
| 26.62 27.04 25.24 24.94    |                         |                            |                         |
| 20 Cedar Rapids Kennedy    |                         | 1:44.18                    | 1:44.78                 |
| 1) Hannah Botkin FR        | 2) Val Ross SR          | 3) Jordan Muir JR          | 4) Jessica Schmeiser SO |
| 26.77 26.05 25.65 26.31    |                         |                            |                         |
| 21 Waterloo West           |                         | 1:44.50                    | 1:44.87                 |
| 1) Sadie Voigt SR          | 2) Kristine Day JR      | 3) MacKenzie VanDenBerg SR | 4) Taylor Pherigo FR    |
| 26.98 26.17 25.61 26.11    |                         |                            |                         |
| 22 Cedar Rapids Washington |                         | 1:43.72                    | 1:44.90                 |
| 1) Maddie Dietz SO         | 2) Gloria Campbell SO   | 3) Jackie Allen FR         | 4) Jill Broghammer SR   |
| 27.31 26.30 26.00 25.29    |                         |                            |                         |
| 23 Fairfield               |                         | 1:44.93                    | 1:44.91                 |
| 1) Baylee Bowman FR        | 2) Abby McMahon JR      | 3) Jade Greiner FR         | 4) Rachel Swanson SR    |
| 26.70 27.09 26.05 25.07    |                         |                            |                         |
| 24 Iowa City High          |                         | 1:45.14                    | 1:45.59                 |
| 1) Margaret Yapp SR        | 2) Ava Vargason SO      | 3) Olivia Ford SR          | 4) Claire Rowden SO     |
| 25.19 26.09 27.28 27.03    |                         |                            |                         |

**Event 10 Women 100 Yard Backstroke**

| <b>State Record:</b> | <b>55.87</b> | <b>R</b>             | <b>11/5/2010</b> | <b>Maddie Bro</b>  | <b>AMES</b> |
|----------------------|--------------|----------------------|------------------|--------------------|-------------|
| <b>Iowa Best:</b>    | <b>55.87</b> | <b>B</b>             | <b>11/5/2010</b> | <b>Maddie Bro</b>  | <b>AMES</b> |
| <b>Name</b>          | <b>Yr</b>    | <b>School</b>        | <b>Seed Time</b> | <b>Finals Time</b> |             |
| 1 Maddie Bro         | JR           | Ames                 | 57.36            | 55.87              | R           |
| 27.12 28.75          |              |                      |                  |                    |             |
| *2 Allison Orvis     | JR           | Decorah High School  | 58.45            | 58.16              |             |
| 28.46 29.70          |              |                      |                  |                    |             |
| *2 Clare Slagel      | JR           | Dubuque Hempstead    | 59.27            | 58.16              |             |
| 28.25 29.91          |              |                      |                  |                    |             |
| 4 Kelsey Abbas       | JR           | Cedar Falls          | 58.72            | 58.23              |             |
| 28.39 29.84          |              |                      |                  |                    |             |
| 5 Annie Sullivan     | SR           | Des Moines Roosevelt | 1:00.31          | 59.25              |             |
| 28.93 30.32          |              |                      |                  |                    |             |
| 6 Lilian Zhu         | FR           | Iowa City West       | 1:01.39          | 59.53              |             |
| 29.07 30.46          |              |                      |                  |                    |             |
| 7 Anne Whalen        | SO           | Mason City           | 59.84            | 59.65              |             |
| 28.70 30.95          |              |                      |                  |                    |             |
| 8 Rebecca Alves      | JR           | Bettendorf           | 1:01.05          | 59.93              |             |
| 29.03 30.90          |              |                      |                  |                    |             |

**2010 IGHS AU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 10 Women 100 Yard Backstroke)**

|    | <b>Name</b>                    | <b>Yr</b> | <b>School</b>          | <b>Seed Time</b> | <b>Finals Time</b> |
|----|--------------------------------|-----------|------------------------|------------------|--------------------|
| 9  | Kaitlin Wistey<br>29.50 31.16  | FR        | West Des Moines Valley | 1:02.72          | 1:00.66            |
| 10 | Lexie Hawkins<br>29.37 31.56   | FR        | Keokuk                 | 1:03.43          | 1:00.93            |
| 11 | Sara Bentley<br>29.17 31.91    | FR        | Ames                   | 1:02.28          | 1:01.08            |
| 12 | Kelsey Thoren<br>29.99 31.25   | SO        | Lewis Central          | 1:01.87          | 1:01.24            |
| 13 | Carmen McCoy<br>29.96 31.34    | SR        | Cedar Rapids Kennedy   | 1:02.61          | 1:01.30            |
| 14 | Kaytlin Tippin<br>29.74 32.40  | JR        | Waukee                 | 1:01.43          | 1:02.14            |
| 15 | Nicole Larsen<br>30.27 32.02   | JR        | Linn-Mar               | 1:02.69          | 1:02.29            |
| 16 | Kyrie Dailey<br>29.96 32.46    | SR        | Cedar Falls            | 1:02.69          | 1:02.42            |
| 17 | Victoria Trost<br>30.22 32.21  | SO        | Johnston               | 1:01.63          | 1:02.43            |
| 18 | Emily Tuazon<br>30.08 32.36    | SO        | Dowling Catholic       | 1:02.41          | 1:02.44            |
| 19 | Michaela Kinter<br>30.21 32.34 | SO        | Dowling Catholic       | 1:03.27          | 1:02.55            |
| 20 | Janelle Galang<br>30.81 32.68  | SR        | Johnston               | 1:03.46          | 1:03.49            |
| 21 | Katie Mason<br>30.26 33.44     | JR        | Cedar Falls            | 1:02.86          | 1:03.70            |
| 22 | Erin Kibby<br>30.26 33.59      | JR        | Cedar Rapids Jefferson | 1:03.85          | 1:03.85            |
| 23 | Jordan Summers<br>30.88 33.08  | FR        | Des Moines Roosevelt   | 1:03.99          | 1:03.96            |
| 24 | Erin Cram<br>30.82 34.52       | SO        | Dubuque Hempstead      | 1:03.72          | 1:05.34            |

**Event 11 Women 100 Yard Breaststroke**

| <b>State Record: 1:03.75 R 11/6/2009</b> |                                  | <b>Imelda Wistey</b> |                     | <b>WDM Valley-</b> |                    |
|------------------------------------------|----------------------------------|----------------------|---------------------|--------------------|--------------------|
| <b>Iowa Best: 1:03.58 B 2009</b>         |                                  | <b>Imelda Wistey</b> |                     | <b>WDM Valley</b>  |                    |
|                                          | <b>Name</b>                      | <b>Yr</b>            | <b>School</b>       | <b>Seed Time</b>   | <b>Finals Time</b> |
| 1                                        | Ali Stearns<br>30.46 34.17       | SR                   | Mason City          | 1:05.70            | 1:04.63            |
| 2                                        | Hannah Maher<br>30.38 34.58      | SR                   | Decorah High School | 1:06.65            | 1:04.96            |
| 3                                        | Caitlin Campbell<br>30.76 35.20  | SR                   | Bettendorf          | 1:09.15            | 1:05.96            |
| 4                                        | Katharine Ross<br>30.79 35.21    | SO                   | Des Moines North    | 1:06.99            | 1:06.00            |
| 5                                        | Brittany Purscell<br>30.57 35.45 | FR                   | Des Moines Lincoln  | 1:06.75            | 1:06.02            |
| 6                                        | MacKenzie Moritz<br>31.31 35.97  | SR                   | Muscatine           | 1:11.71            | 1:07.28            |
| 7                                        | Karli Payer<br>32.22 36.09       | SR                   | Carroll             | 1:08.89            | 1:08.31            |
| 8                                        | Abby Rewoldt<br>31.74 36.68      | SR                   | Ames                | 1:08.13            | 1:08.42            |

**2010 IGHS AU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 11 Women 100 Yard Breaststroke)**

|    | <b>Name</b>                     | <b>Yr</b> | <b>School</b>        | <b>Seed Time</b> | <b>Finals Time</b> |
|----|---------------------------------|-----------|----------------------|------------------|--------------------|
| 9  | Emilie Berg<br>31.48 36.97      | JR        | Linn-Mar             | 1:07.85          | 1:08.45            |
| 10 | Savannah Butler<br>32.59 36.10  | SO        | Iowa City West       | 1:09.75          | 1:08.69            |
| 11 | Hannah Aldridge<br>31.74 37.34  | SO        | Dowling Catholic     | 1:09.43          | 1:09.08            |
| 12 | Sydney Sorenson<br>31.79 37.48  | FR        | Ames                 | 1:07.81          | 1:09.27            |
| 13 | Kaija Bergdale<br>32.50 36.96   | JR        | Sioux City Metro     | 1:09.30          | 1:09.46            |
| 14 | Emma Shie<br>32.45 37.58        | SO        | Davenport Central    | 1:10.36          | 1:10.03            |
| 15 | Amanda Miller<br>32.55 37.99    | JR        | Bettendorf           | 1:11.03          | 1:10.54            |
| 16 | Liz Olson<br>33.31 37.57        | JR        | Mason City           | 1:10.37          | 1:10.88            |
| 17 | Carmen Vajgrt<br>33.18 37.73    | FR        | Johnston             | 1:10.46          | 1:10.91            |
| 18 | Payton Augustine<br>32.95 37.98 | FR        | Waterloo West        | 1:12.37          | 1:10.93            |
| 19 | Chloe Kuehner<br>33.08 38.14    | FR        | Marshalltown         | 1:10.06          | 1:11.22            |
| 20 | Celia Morton<br>32.85 38.71     | JR        | Dubuque Wahlert      | 1:11.07          | 1:11.56            |
| 21 | Madelaine Thomas<br>33.82 38.25 | FR        | Dubuque Wahlert      | 1:11.92          | 1:12.07            |
| 22 | Catherine Sell<br>34.45 37.80   | FR        | Cedar Falls          | 1:12.20          | 1:12.25            |
| 23 | Katelyn Storey<br>33.12 39.70   | SR        | Cedar Rapids Prairie | 1:12.38          | 1:12.82            |
| 24 | Bailey Moss<br>33.39 39.80      | JR        | Decorah High School  | 1:11.94          | 1:13.19            |

**Event 12 Women 400 Yard Freestyle Relay****State Record: 3:32.69 R 11/4/2005****West Des Moines Valley****A Mehesan, L Nathanson, M Carr, E Doerge****Iowa Best: 3:32.69 B 2006****West Des Moines Valley****WDM Valley****Mehesan, Nathanson, Wubbena, Carr**

|   | <b>Team</b>                               | <b>Relay</b>                                  | <b>Seed Time</b>                      | <b>Finals Time</b>    |
|---|-------------------------------------------|-----------------------------------------------|---------------------------------------|-----------------------|
| 1 | Ames                                      |                                               | 3:37.55                               | 3:33.01               |
|   | 1) Hannah Newell FR<br>26.62 54.70 24.89  | 2) Taylor Flummerfelt SO<br>51.92 25.92 54.51 | 3) Rachel Shriver JR<br>24.44 51.88   | 4) Maddie Bro JR      |
| 2 | West Des Moines Valley                    |                                               | 3:44.10                               | 3:38.06               |
|   | 1) Megan Skold SR<br>26.66 56.19 25.96    | 2) Mikalah Smith JR<br>54.06 27.35 56.83      | 3) Allison Moore FR<br>24.07 50.98    | 4) Juanita Barreto SR |
| 3 | Bettendorf                                |                                               | 3:40.33                               | 3:38.40               |
|   | 1) Rebecca Alves JR<br>26.37 54.53 27.21  | 2) Kylie Hershberger JR<br>57.22 25.39 53.43  | 3) Rachael Schermer JR<br>25.72 53.22 | 4) Margaret Barber SR |
| 4 | Carroll                                   |                                               | 3:40.47                               | 3:39.51               |
|   | 1) Mary Halverson JR<br>25.97 54.56 25.58 | 2) Abbey Fordyce SO<br>55.41 26.07 55.09      | 3) Jennifer Lux JR<br>26.02 54.45     | 4) Karli Payer SR     |
| 5 | Des Moines Roosevelt                      |                                               | 3:41.74                               | 3:39.79               |
|   | 1) Claire Larson JR<br>26.64 55.40 26.38  | 2) Jordan Summers FR<br>56.09 25.42 55.29     | 3) Sarah Larson SR<br>25.54 53.01     | 4) Annie Sullivan SR  |

**2010 IGHSAU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 12 Women 400 Yard Freestyle Relay)**

| <b>Team</b>               | <b>Relay</b> |       |                          |       |                          |       | <b>Seed Time</b>           |  | <b>Finals Time</b> |
|---------------------------|--------------|-------|--------------------------|-------|--------------------------|-------|----------------------------|--|--------------------|
| 6 Pleasant Valley         |              |       |                          |       |                          |       | 3:41.79                    |  | 3:39.87            |
| 1) Gabbie Stecker SO      |              |       | 2) Kelli Golinghorst SR  |       | 3) Allie Stecker JR      |       | 4) Maddy Burnham FR        |  |                    |
| 25.97                     | 53.54        | 27.17 | 56.74                    | 26.17 | 55.87                    | 25.73 | 53.72                      |  |                    |
| 7 Iowa City West          |              |       |                          |       |                          |       | 3:43.73                    |  | 3:40.06            |
| 1) Lilian Zhu FR          |              |       | 2) Kathleen Bowman JR    |       | 3) Savannah Butler SO    |       | 4) Sarah Weihe SR          |  |                    |
| 26.16                     | 53.83        | 26.90 | 56.45                    | 26.82 | 45.01                    | 36.69 | 1:04.77                    |  |                    |
| 8 Dowling Catholic        |              |       |                          |       |                          |       | 3:42.86                    |  | 3:41.58            |
| 1) Anna Bump SO           |              |       | 2) Emily Tuazon SO       |       | 3) Liza Myers SR         |       | 4) McKenna Lynch FR        |  |                    |
| 26.84                     | 56.29        | 26.87 | 56.68                    | 26.29 | 55.46                    | 25.38 | 53.15                      |  |                    |
| 9 Cedar Falls             |              |       |                          |       |                          |       | 3:43.96                    |  | 3:42.76            |
| 1) Aftin Phye SO          |              |       | 2) Kyrie Dailey SR       |       | 3) Abbie Anderson JR     |       | 4) Kelsey Abbas JR         |  |                    |
| 26.62                     | 55.58        | 26.78 | 56.65                    | 26.42 | 55.88                    | 25.55 | 54.65                      |  |                    |
| 10 Dubuque Senior         |              |       |                          |       |                          |       | 3:49.97                    |  | 3:44.11            |
| 1) Molly Lembezeder FR    |              |       | 2) Autumn Roepsch SO     |       | 3) Sally Priest SO       |       | 4) Emily Weig SR           |  |                    |
| 26.80                     | 55.98        | 25.26 | 53.20                    | 27.57 | 58.39                    | 26.42 | 56.54                      |  |                    |
| 11 Mason City             |              |       |                          |       |                          |       | 3:46.57                    |  | 3:44.91            |
| 1) Anne Whalen SO         |              |       | 2) Liz Olson JR          |       | 3) Sam Kraft FR          |       | 4) Madeline Aberg SO       |  |                    |
| 26.02                     | 54.26        | 26.51 | 56.47                    | 27.01 | 57.24                    | 26.30 | 56.94                      |  |                    |
| 12 Johnston               |              |       |                          |       |                          |       | 3:46.70                    |  | 3:45.79            |
| 1) Carmen Vajgrt FR       |              |       | 2) Emily Merritt JR      |       | 3) Caylee Shank SO       |       | 4) Victoria Trost SO       |  |                    |
| 27.44                     | 56.94        | 26.74 | 56.74                    | 26.85 | 56.44                    | 26.37 | 55.67                      |  |                    |
| 13 Cedar Rapids Kennedy   |              |       |                          |       |                          |       | 3:47.94                    |  | 3:46.24            |
| 1) Jessica Schmeiser SO   |              |       | 2) Carmen McCoy SR       |       | 3) Alexandra Scharmer JR |       | 4) Kylee VonAhsen SR       |  |                    |
| 27.16                     | 57.69        | 26.88 | 56.89                    | 27.48 | 57.87                    | 25.12 | 53.79                      |  |                    |
| 14 Lewis Central          |              |       |                          |       |                          |       | 3:47.31                    |  | 3:46.44            |
| 1) Harper Emswiler FR     |              |       | 2) Tierney Kamies SR     |       | 3) Lauren Leehy FR       |       | 4) Kelsey Thoren SO        |  |                    |
| 27.62                     | 57.61        | 27.90 | 58.94                    | 26.17 | 55.64                    | 25.85 | 54.25                      |  |                    |
| 15 Southeast Polk         |              |       |                          |       |                          |       | 3:51.49                    |  | 3:46.93            |
| 1) Carey Zwaschka JR      |              |       | 2) Olivia Anderson SR    |       | 3) Hilary Schieffer FR   |       | 4) Hanna Hinze JR          |  |                    |
| 27.17                     | 57.33        | 27.51 | 58.11                    | 26.60 | 55.57                    | 26.41 | 55.92                      |  |                    |
| 16 Indianola              |              |       |                          |       |                          |       | 3:50.20                    |  | 3:48.19            |
| 1) McKenna Pierce FR      |              |       | 2) Christina Amburgy JR  |       | 3) Kayla Halterman JR    |       | 4) Madison Hosey JR        |  |                    |
| 27.39                     | 56.56        | 27.04 | 56.86                    | 27.16 | 56.92                    | 27.13 | 57.85                      |  |                    |
| 17 Muscatine              |              |       |                          |       |                          |       | 3:44.82                    |  | 3:48.35            |
| 1) Hannah Eichelberger SR |              |       | 2) Haley Bartelt SR      |       | 3) Hallie Goss JR        |       | 4) Sarah Pfeiffer FR       |  |                    |
| 26.67                     | 55.38        | 28.26 | 59.16                    | 26.68 | 56.95                    | 26.82 | 56.86                      |  |                    |
| 18 Linn-Mar               |              |       |                          |       |                          |       | 3:47.77                    |  | 3:48.41            |
| 1) Jessica Arebaugh JR    |              |       | 2) Nicole Larsen JR      |       | 3) Kaitlin Unga SR       |       | 4) Alex Dunn JR            |  |                    |
| 28.08                     | 58.28        | 27.04 | 57.29                    | 26.77 | 57.44                    | 26.39 | 55.40                      |  |                    |
| 19 Dubuque Hempstead      |              |       |                          |       |                          |       | 3:49.05                    |  | 3:48.42            |
| 1) Clare Slagel JR        |              |       | 2) Morgan Schill SO      |       | 3) Hailey Koerperich SO  |       | 4) Katie Pape SR           |  |                    |
| 26.67                     | 54.20        | 27.30 | 58.30                    | 27.30 | 58.95                    | 26.99 | 56.97                      |  |                    |
| 20 Marshalltown           |              |       |                          |       |                          |       | 3:48.29                    |  | 3:49.17            |
| 1) Elizabeth Barske JR    |              |       | 2) Micaela McCarville SR |       | 3) Leah Barkema FR       |       | 4) Mackenzie Beals JR      |  |                    |
| 27.27                     | 56.97        | 27.99 | 58.89                    | 27.37 | 56.42                    | 26.97 | 56.89                      |  |                    |
| 21 Waterloo West          |              |       |                          |       |                          |       | 3:49.16                    |  | 3:49.72            |
| 1) Kristine Day JR        |              |       | 2) Sadie Voigt SR        |       | 3) Taylor Pherigo FR     |       | 4) MacKenzie VanDenBerg SR |  |                    |
| 27.83                     | 58.89        | 26.23 | 56.97                    | 26.98 | 56.90                    | 26.52 | 56.96                      |  |                    |
| 22 Decorah High School    |              |       |                          |       |                          |       | 3:48.88                    |  | 3:49.77            |
| 1) Mary Kathryn Maher SR  |              |       | 2) Marea Holkesvik JR    |       | 3) Kristin Bouska SR     |       | 4) Emily Spies SO          |  |                    |
| 27.91                     | 58.44        | 26.63 | 57.06                    | 26.94 | 57.80                    | 26.57 | 56.47                      |  |                    |
| 23 Newton                 |              |       |                          |       |                          |       | 3:51.89                    |  | 3:51.69            |
| 1) Carly Colville FR      |              |       | 2) Hannah Long JR        |       | 3) Courtney Meyer JR     |       | 4) Steffi Griffith SR      |  |                    |
| 26.96                     | 56.90        | 27.31 | 58.26                    | 27.58 | 58.27                    | 27.53 | 58.26                      |  |                    |

**2010 IGHS AU State Swimming and Diving - 11/5/2010 to 11/6/2010****Results****(Event 12 Women 400 Yard Freestyle Relay)**

| <b>Team</b> |                         | <b>Relay</b> |       |       |                       |       |       | <b>Seed Time</b>   | <b>Finals Time</b>    |
|-------------|-------------------------|--------------|-------|-------|-----------------------|-------|-------|--------------------|-----------------------|
| 24          | Cedar Rapids Washington |              |       |       |                       |       |       | 3:50.98            | 3:54.54               |
|             | 1) Jackie Allen FR      |              |       |       | 2) Gloria Campbell SO |       |       | 3) Andie Toledo SO | 4) Jill Broghammer SR |
|             | 28.01                   | 59.79        | 27.24 | 58.53 | 27.89                 | 59.15 | 26.52 | 57.07              |                       |