

2011 IGHSAA State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****Event 1 Women 1 mtr Diving**

State Record: 535.70 # 11/1982		Mary Fischbach		Fort Dodge	
Name	Yr	School		Finals Score	
1 Maggie James	FR	Ames	478.10	447.80	
2 Sarah Kemp	SR	Ames	468.70	443.10	
3 Julie Dickinson	JR	West Des Moines Valley	422.05	413.35	
4 Marea Holkesvik	SR	Decorah High School	415.70	411.60	
5 Ashlyn Clingman	JR	West Des Moines Valley	432.00	407.50	
6 Morgan Rafferty	SO	West Des Moines Valley	380.10	398.00	
7 Sam Wagner	SR	Linn-Mar	409.20	393.00	
8 Rylee Ames	SR	Southeast Polk	393.15	389.15	
9 Hannah Brummel	SO	Cedar Falls	418.85	379.15	
10 Betsy Osterberger	SR	Dubuque Wahlert	405.35	371.50	
11 Emma Billerbeck	SR	Johnston	366.15	369.90	
12 Adelia Clark	SR	Linn-Mar	348.35	368.95	
13 Natalie Wodniak	SO	Dowling Catholic	342.05	363.20	
14 Brittney Engel	JR	Dowling Catholic	354.55	356.65	
15 Laura Francois	SR	Decorah High School	365.10	354.55	
16 Limay Vong	JR	Waukee	335.85	353.20	
17 Claire Baumgartner	SR	Cedar Falls	380.15	256.85	
18 Katie Mason	SR	Cedar Falls	403.70	256.25	
19 Mariah Griffith	JR	Ames	339.00	254.55	
20 Paige Bennett	JR	Boone	304.75	241.55	
21 Nikki Deets	SR	Pleasant Valley	372.60	160.85	
22 Lea Mikkelsen	JR	Newton-CMP	350.10	160.65	
23 Emily Moore	SO	Johnston	343.15	160.40	
24 Jacintha Thomas	FR	Iowa City West	330.15	159.50	
25 Delaney Rhoads	SR	Des Moines Roosevelt	313.35	158.10	
26 Alyssa Deuso	FR	Linn-Mar	333.50	158.00	
27 Jindalae Suh	SR	Iowa City High	343.30	157.40	
28 Olivia Thiel	SR	Boone	335.00	157.00	
29 Jaci Bell	JR	Fairfield	320.45	155.25	
30 Jilian Loos	FR	Waukee	358.80	154.95	
31 Bridget Pfannes	SR	Boone	317.15	154.00	
32 Megan Broadbent	SO	Dubuque Hempstead	331.90	147.25	
33 Hannah Guy	FR	Davenport North	351.35	144.65	
34 Alex Weresh	SR	Dowling Catholic	310.00	143.60	
35 Rachael Schaefer	SR	Dubuque Wahlert	328.40	142.30	
36 Alex Aaberg	FR	Iowa City West	347.40	135.45	

Event 2 Women 200 Yard Medley Relay

State Record: 1:46.16 # 11/4/2011		Ames		AMES	
		M Bro, S Sorenson, L Rosser, T Flummerfelt			
Team	Relay	Seed Time	Finals Time		
1 Ames		1:50.86	1:46.16#		
	1) Maddie Bro SR 25.94 30.67 26.15 23.40	2) Sydney Sorenson SO	3) Lauren Rosser SR	4) Taylor Flummerfelt JR	
2 West Des Moines Valley		1:51.72	1:48.70		
	1) Kaitlin Wistey SO 27.08 30.17 27.41 24.04	2) Mackenzie DiBlasi SR	3) Sammy Zuckerman SR	4) Allison Moore SO	
3 Dowling Catholic		1:52.17	1:49.24		
	1) Emily Tuazon JR 28.11 30.54 26.54 24.05	2) Hannah Aldridge JR	3) Michaela Kinter JR	4) McKenna Lynch SO	

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Team	Relay				Seed Time	Finals Time
4 Cedar Falls					1:51.57	1:49.79
1) Kelsey Abbas SR	2) Montana Clasby SR	3) Abbie Anderson SR	4) Martee Grainger FR			
26.73 31.84 26.42 24.80						
5 Iowa City West					1:52.66	1:50.19
1) Lilian Zhu SO	2) Savannah Butler JR	3) Kathleen Bowman SR	4) Tereysa Lehnertz SO			
27.95 30.86 27.31 24.07						
6 Linn-Mar					1:50.89	1:50.85
1) Nicole Larsen SR	2) Lauren Dalecky JR	3) Emilie Berg SR	4) Alex Dunn SR			
28.25 31.40 26.94 24.26						
7 Cedar Rapids Kennedy					1:51.67	1:52.13
1) Sam Jacobsen FR	2) Amanda Jacobsen JR	3) Lexi Scharmer SR	4) Hannah Botkin SO			
28.57 32.46 25.54 25.56						
8 Ankeny					1:52.20	1:52.30
1) Brittney Buckner SR	2) Jessie Stout SR	3) Alex Flatness SR	4) Catherine DeFino SR			
29.22 32.33 26.19 24.56						
9 Sioux City Metro					1:53.78	1:53.00
1) Abbey Speck FR	2) Kaija Bergdale SR	3) Alizah Wink FR	4) Adrienne Wesselius JR			
29.66 30.68 27.28 25.38						
10 Bettendorf					1:54.35	1:53.04
1) Rebecca Alves SR	2) Rachael Schermer SR	3) Veronica Brogini JR	4) Hannah Crane SO			
28.19 29.02 30.06 25.77						
11 Des Moines Roosevelt					1:53.03	1:53.15
1) Katherine Bening SO	2) Emma Gaer FR	3) Melissa Veenstra SR	4) Erika Dorff JR			
29.40 31.84 26.68 25.23						
12 Waterloo West					1:54.02	1:53.19
1) McKenzie Trelka SR	2) Payton Augustine SO	3) Shelby Cline SO	4) Kristine Day SR			
29.67 32.20 26.06 25.26						
13 Dubuque Hempstead					1:53.68	1:53.32
1) Clare Slagel SR	2) Jordan Albrecht JR	3) Erica Johnson SR	4) Hailey Koerperich JR			
27.47 33.07 27.02 25.76						
14 Pleasant Valley					1:55.50	1:53.74
1) Trisha Martin JR	2) Allie Stecker SR	3) Kayla Kruse JR	4) Nicole Oppel FR			
28.25 32.62 27.52 25.35						
15 Johnston					1:53.95	1:53.93
1) Victoria Trost JR	2) Malia Meyer SR	3) Carmen Vajgrt SO	4) Emily Merritt SR			
16 Newton-CMP					1:54.14	1:54.07
1) Sidney Griffith JR	2) Ellen Colville SR	3) Hannah Scotton FR	4) Carly Colville SO			
30.82 30.69 27.16 25.40						
17 Cedar Rapids Jefferson					1:56.21	1:55.04
1) Erin Kibby SR	2) Emily Ritchie	3) Kylie Steimer SR	4) Kailey Drake SR			
30.71 33.21 27.00 24.12						
18 Dubuque Wahlert					1:55.86	1:55.20
1) Emily Schroeder JR	2) Madelaine Thomas SO	3) Lauren Noel SO	4) Sean Kalb FR			
29.82 32.45 26.92 26.01						
19 Waukee					1:55.33	1:56.19
1) Kaytlin Tippin SR	2) Tori Bussanmas SO	3) Ellie Blazenko FR	4) Tori Haag SR			
30.61 32.98 27.40 25.20						
20 Des Moines Lincoln					1:56.48	1:56.31
1) Abby Harrison SO	2) Brittany Purscell SO	3) Autum Song JR	4) Abigail Contreras FR			
31.69 29.41 37.96 17.25						
21 Mason City					1:56.82	1:56.67
1) Crystal Florman FR	2) Liz Olson SR	3) Bailey O'Brien SR	4) Jenna Cornick FR			
30.35 32.71 27.71 25.90						

2011 IGHSAU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 2 Women 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time
22 Marshalltown		1:56.18	1:56.95
1) Leah Barkema SO	2) Chloe Kuehner SO	3) Therese Kuhlman SO	4) Mackenzie Beals SR
30.89 32.71 53.35			
23 Decorah High School		1:56.25	1:57.22
1) Taylor Martinek FR	2) Marea Holkesvik SR	3) Jordyn Dixon SR	4) Katy Appler JR
29.79 35.09 26.43	25.91		
24 Dubuque Senior		1:55.78	1:59.13
1) Sally Priest JR	2) Olivia Knowles SO	3) Carolyn Davis FR	4) Brandi Peter SO
31.77 32.17 28.56	26.63		

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 McKenna Lynch	SO	Dowling Catholic	1:54.64	1:53.89		
25.65 28.70 29.86	29.68					
2 Moriah Moore	FR	West Des Moines Valley	1:57.66	1:54.41		
26.63 28.52 29.55	29.71					
3 Evan Hundley	FR	Pleasant Valley	1:57.12	1:54.88		
26.01 28.76 30.32	29.79					
4 Aftin Phyfe	JR	Cedar Falls	1:59.66	1:55.32		
26.15 28.97 30.08	30.12					
5 Lilian Zhu	SO	Iowa City West	1:55.74	1:55.65		
26.69 29.79 29.61	29.56					
6 Lauren Leehy	SO	Lewis Central	1:55.18	1:56.29		
26.21 29.17 30.58	30.33					
7 Lauren Conte	FR	West Des Moines Valley	1:57.41	1:56.83		
26.67 28.99 30.37	30.80					
8 Alizah Wink	FR	Sioux City Metro	1:57.18	1:57.36		
26.90 29.30 30.54	30.62					
9 Rachel Shriver	SR	Ames	1:59.01	1:57.84		
27.41 29.73 30.44	30.26					
10 Kathleen Bowman	SR	Iowa City West	1:58.50	1:57.86		
27.29 29.68 30.72	30.17					
11 Hannah Newell	SO	Ames	1:58.76	1:57.94		
27.07 29.20 30.53	31.14					
12 Jenny Brown	SO	Waukee	2:01.94	1:58.11		
27.37 29.60 30.76	30.38					
13 Brittany Moffatt	FR	Cedar Falls	1:59.60	1:58.64		
26.94 29.44 31.18	31.08					
14 Jessica Schmeiser	JR	Cedar Rapids Kennedy	1:57.50	1:58.66		
26.53 29.27 30.94	31.92					
15 Claire Larson	SR	Des Moines Roosevelt	1:57.71	1:59.15		
26.39 29.57 31.32	31.87					
16 Mikalah Smith	SR	West Des Moines Valley	1:58.39	1:59.62		
26.62 29.46 31.36	32.18					
17 Anna Burriola	SO	Des Moines Hoover	1:58.82	1:59.84		
27.11 30.07 30.96	31.70					
18 Kelsey Thoren	JR	Lewis Central	1:59.74	1:59.86		
27.07 29.98 31.35	31.46					
19 Meredith Gorman	SO	Pleasant Valley	2:01.56	2:00.28		
26.81 30.16 31.88	31.43					
20 Liz Auen	SR	Carroll	2:01.18	2:00.56		
27.29 30.18 31.64	31.45					

2011 IGHS AU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 3 Women 200 Yard Freestyle)**

	Name			Yr	School	Seed Time	Finals Time
21	Crystal Florman			FR	Mason City	2:01.00	2:00.85
	27.51	30.65	31.75	30.94			
22	Nicole Davis			SO	Johnston	1:59.26	2:01.30
	27.18	30.35	31.98	31.79			
23	Samantha Kraft			SO	Mason City	2:01.49	2:02.78
	27.50	30.43	32.60	32.25			
24	Kayla Halterman			SR	Indianola	2:01.46	2:04.12
	27.56	30.68	32.68	33.20			

Event 4 Women 200 Yard IM

State Record:		2:03.14	#	11/4/2011	Emma Sougstad	MCTY	
	Name			Yr	School	Seed Time	Finals Time
1	Emma Sougstad			JR	Mason City	2:10.51	2:03.14#
	26.98	31.38	35.74	29.04			
2	Allison Orvis			SR	Decorah High School	2:05.84	2:04.97
	26.40	31.00	37.32	30.25			
3	Kaitlin Wistey			SO	West Des Moines Valley	2:09.70	2:08.32
	27.84	30.85	38.97	30.66			
4	Ellen Colville			SR	Newton-CMP	2:09.93	2:08.93
	27.62	32.09	37.79	31.43			
5	Rebecca Alves			SR	Bettendorf	2:11.67	2:08.98
	27.30	31.53	39.11	31.04			
6	Tereysa Lehnertz			SO	Iowa City West	2:15.63	2:12.26
	27.10	32.30	40.85	32.01			
7	Sydney Sorenson			SO	Ames	2:18.38	2:13.33
	29.51	35.29	36.91	31.62			
8	McKenna Pierce			SO	Indianola	2:16.79	2:13.43
	28.95	33.69	40.04	30.75			
9	Autumn Roepsch			JR	Dubuque Senior	2:15.42	2:13.48
	28.11	33.15	39.49	32.73			
10	Hilary Schieffer			SO	Southeast Polk	2:16.14	2:15.58
	29.63	34.25	39.46	32.24			
11	Savannah Butler			JR	Iowa City West	2:19.34	2:15.62
	30.37	35.74	37.59	31.92			
12	Catherine Sell			SO	Cedar Falls	2:17.20	2:16.41
	29.65	35.63	39.38	31.75			
13	Liz Olson			SR	Mason City	2:18.80	2:17.19
	29.28	35.13	39.89	32.89			
14	Alesha Rettenmeier			SR	Cedar Falls	2:16.63	2:17.30
	29.05	36.39	40.41	31.45			
15	Sammy Zuckerman			SR	West Des Moines Valley	2:17.68	2:17.43
	29.17	35.56	40.25	32.45			
16	Emily Tuazon			JR	Dowling Catholic	2:15.63	2:17.79
	28.31	33.13	43.75	32.60			
17	Hannah Gillaspey			SO	West Des Moines Valley	2:18.06	2:18.16
	29.62	34.48	42.05	32.01			
18	Regan Kilburn			FR	Muscatine	2:19.13	2:18.57
	29.49	33.82	43.33	31.93			
19	Payton Augustine			SO	Waterloo West	2:19.45	2:19.07
	29.87	35.13	40.35	33.72			
20	Ellie Blazenko			FR	Waukee	2:19.61	2:19.80
	29.77	35.76	42.62	31.65			
21	Chloe Kuehner			SO	Marshalltown	2:19.15	2:20.27
	29.95	36.63	41.01	32.68			

2011 IGHSAA State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 4 Women 200 Yard IM)**

	Name			Yr	School	Seed Time	Finals Time
22	Elizabeth Barske			SR	Marshalltown	2:19.28	2:20.52
	30.15	35.25	41.77	33.35			
23	Kayla Kruse			JR	Pleasant Valley	2:19.18	2:21.09
	29.29	35.75	43.70	32.35			
24	Erika Dorff			JR	Des Moines Roosevelt	2:18.80	2:21.99
	29.68	35.56	43.17	33.58			

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	Taylor Flummerfelt			JR	Ames	24.49	23.98
2	Maddie Bro			SR	Ames	24.39	24.08
3	Molly Lembezeder			SO	Dubuque Senior	24.40	24.25
*4	Ashton Ehrecke			FR	Pleasant Valley	24.45	24.35
*4	Taylor Sieperda			FR	Spencer/Spirit Lake	24.20	24.35
6	Allison Moore			SO	West Des Moines Valley	24.92	24.57
7	Alex Flatness			SR	Ankeny	24.89	24.64
8	Maddie Gehrke			FR	Waukee	25.19	24.76
9	Katie Sailer			FR	Ames	24.99	24.88
10	Kailey Drake			SR	Cedar Rapids Jefferson	24.81	24.96
11	Lizzie Adams			FR	Linn-Mar	24.82	24.98
12	Loretta Kraling			SR	Mason City	25.05	25.01
13	Anna Bump			JR	Dowling Catholic	24.91	25.05
*14	Alex Dunn			SR	Linn-Mar	24.96	25.11
*14	Jennifer Lux			SR	Carroll	25.27	25.11
16	Amber Breitbarth			SR	Boone	24.98	25.16
*17	Mackenzie DiBlasi			SR	West Des Moines Valley	25.01	25.35
*17	Emilie Berg			SR	Linn-Mar	25.34	25.35
19	Abbey Fordyce			JR	Carroll	25.33	25.40
20	Martee Grainger			FR	Cedar Falls	25.45	25.45
21	Hallie Goss			SR	Muscatine	25.42	25.58
22	Emily Merritt			SR	Johnston	25.19	25.61
23	Mollie Greenwood			SO	Johnston	25.35	25.65
24	Mallory Smith			JR	Ankeny	25.21	25.83

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			JR	Mason City	58.30	56.42
	26.33	30.09					
2	Allison Orvis			SR	Decorah High School	57.25	56.49
	26.46	30.03					
3	Lilian Zhu			SO	Iowa City West	58.91	58.24
	27.34	30.90					
4	Rebecca Alves			SR	Bettendorf	59.66	58.61
	27.58	31.03					
5	Tereysa Lehnertz			SO	Iowa City West	1:00.76	58.70
	27.28	31.42					
6	Kelsey Abbas			SR	Cedar Falls	1:00.56	59.31
	27.30	32.01					
7	Michaela Kinter			JR	Dowling Catholic	1:01.52	59.64
	27.26	32.38					

2011 IGHS AU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 6 Women 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time
8	Lauren Rosser 27.53 32.13	SR	Ames	59.49	59.66
9	Sara Bentley 27.18 32.76	SO	Ames	1:01.28	59.94
10	Lexi Scharmer 27.26 33.31	SR	Cedar Rapids Kennedy	59.53	1:00.57
11	Ellen Colville 28.39 32.36	SR	Newton-CMP	1:00.60	1:00.75
12	Maddie Gehrke 27.88 32.91	FR	Wauke	1:00.32	1:00.79
*13	Melissa Veenstra 28.53 32.51	SR	Des Moines Roosevelt	1:00.69	1:01.04
*13	Nicole Oppel 28.59 32.45	FR	Pleasant Valley	1:02.00	1:01.04
15	Jordan Muir 27.78 33.50	SR	Cedar Rapids Kennedy	1:01.17	1:01.28
16	Carmen Vajgrt 28.12 33.20	SO	Johnston	1:01.24	1:01.32
17	Abbie Anderson 28.18 33.25	SR	Cedar Falls	1:00.74	1:01.43
18	Taylor Pherigo 28.97 32.66	JR	Waterloo West	1:01.61	1:01.63
19	Kathleen Bowman 29.04 32.62	SR	Iowa City West	1:01.69	1:01.66
20	Hannah Scotton 28.13 33.57	FR	Newton-CMP	1:00.86	1:01.70
21	Sammy Zuckerman 28.71 33.09	SR	West Des Moines Valley	1:01.52	1:01.80
22	Erica Johnson 29.08 32.88	SR	Dubuque Hempstead	1:02.00	1:01.96
23	Cheyenne Church 29.31 33.04	SO	Johnston	1:01.86	1:02.35
24	Amber Breitbarth 28.99 34.52	SR	Boone	1:01.62	1:03.51

Event 7 Women 100 Yard Freestyle

State Record: 51.46 # 11/5/2010		Juanita Barreto		WDMV	
	Name	Yr	School	Seed Time	Finals Time
1	Taylor Flummerfelt 24.85 27.12	JR	Ames	52.62	51.97
2	Alex Flatness 25.03 27.65	SR	Ankeny	53.07	52.68
3	Aftin Phyfe 25.57 27.39	JR	Cedar Falls	54.46	52.96
4	Rachael Schermer 25.42 27.56	SR	Bettendorf	53.87	52.98
5	Moriah Moore 25.88 27.18	FR	West Des Moines Valley	54.36	53.06
6	Taylor Sieperda 25.12 28.03	FR	Spencer/Spirit Lake	52.90	53.15
*7	Victoria Trost 25.71 27.84	JR	Johnston	53.54	53.55
*7	Molly Lembezeder 25.44 28.11	SO	Dubuque Senior	53.19	53.55

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	Name	Yr	School	Seed Time	Finals Time
9	Ashton Ehrecke	FR	Pleasant Valley	53.57	53.95
	25.91 28.04				
10	Shelby Cline	SO	Waterloo West	53.98	54.08
	25.93 28.15				
11	Hannah Newell	SO	Ames	54.97	54.31
	26.11 28.20				
12	Lauren Leehy	SO	Lewis Central	53.52	54.41
	25.94 28.47				
13	Loretta Kraling	SR	Mason City	54.98	54.62
	26.60 28.02				
14	Claire Larson	SR	Des Moines Roosevelt	54.30	54.79
	26.59 28.20				
15	Jessica Schmeiser	JR	Cedar Rapids Kennedy	54.46	54.84
	26.51 28.33				
16	Lauren Conte	FR	West Des Moines Valley	54.97	54.96
	26.39 28.57				
17	Anna Bump	JR	Dowling Catholic	54.52	55.07
	26.57 28.50				
18	Rachel Shriver	SR	Ames	55.24	55.20
	26.95 28.25				
19	Alex Dunn	SR	Linn-Mar	55.00	55.24
	26.96 28.28				
20	Jennifer Lux	SR	Carroll	55.06	55.48
	26.79 28.69				
21	Hallie Goss	SR	Muscatine	55.56	55.95
	27.07 28.88				
22	Lexie Hawkins	SO	Keokuk	55.10	56.20
	26.38 29.82				
23	Kailey Drake	SR	Cedar Rapids Jefferson	55.21	56.50
	27.25 29.25				
24	Sophia Seltz	FR	West Des Moines Valley	55.40	56.90
	27.03 29.87				

Event 8 Women 500 Yard Freestyle

State Record: 4:56.97 # 11/1993		Sheri Theisen		Anamosa	
	Name	Yr	School	Seed Time	Finals Time
1	McKenna Lynch	SO	Dowling Catholic	5:07.25	5:06.63
	26.29 29.58 30.84		30.83 31.63 31.44 31.93	31.74	
	31.90 30.45				
2	Jackie Hughes	SO	Cedar Rapids Washington	5:15.61	5:08.97
	27.77 30.34 31.32		31.47 31.66 31.60 31.39	31.44	
	31.55 30.43				
3	Evan Hundley	FR	Pleasant Valley	5:19.62	5:11.81
	26.96 30.02 31.21		32.05 32.10 32.17 32.20	32.03	
	31.80 31.27				
4	Jenny Brown	SO	Waukee	5:12.11	5:14.00
	28.09 30.13 31.19		31.76 32.22 32.29 32.72	32.61	
	32.15 30.84				
5	Brittany Moffatt	FR	Cedar Falls	5:16.65	5:14.27
	27.56 29.95 31.30		32.21 32.41 32.22 32.56	32.60	
	32.60 30.86				
6	Clare Slagel	SR	Dubuque Hempstead	5:20.38	5:14.67
	28.15 30.21 31.52		32.02 32.62 32.74 32.22	32.17	
	32.02 31.00				

2011 IGHS AU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 8 Women 500 Yard Freestyle)**

Name				Yr School				Seed Time	Finals Time
7	Kelsey Thoren			JR	Lewis Central			5:19.39	5:14.77
	28.32	31.03	31.83	31.77	32.03	31.80	32.32	32.57	
	32.28	30.82							
8	Alizah Wink			FR	Sioux City Metro			5:11.85	5:16.09
	27.20	30.02	30.87	31.69	32.24	32.30	32.62	33.22	
	33.12	32.81							
9	Samantha Kraft			SO	Mason City			5:20.18	5:19.82
	27.98	30.80	32.65	33.37	32.55	33.27	33.42	32.80	
	32.24	30.74							
10	Sarah Pfeiffer			SO	Muscatine			5:24.65	5:20.36
	28.28	30.90	31.79	32.37	32.50	32.55	33.20	33.58	
	33.24	31.95							
11	Alesha Rettenmeier			SR	Cedar Falls			5:19.63	5:21.44
	29.21	31.93	32.51	32.48	32.75	32.69	32.78	32.70	
	32.71	31.68							
12	Meredith Gorman			SO	Pleasant Valley			5:23.38	5:22.07
	28.41	31.63	32.61	32.62	33.41	32.93	32.79	33.87	
	32.75	31.05							
13	Jordan Summers			SO	Des Moines Roosevelt			5:23.14	5:22.26
	28.40	31.32	32.22	32.89	33.14	33.01	33.40	33.48	
	32.96	31.44							
14	Mikalalah Smith			SR	West Des Moines Valley			5:19.65	5:22.64
	27.46	30.47	31.93	32.41	32.63	33.19	33.55	33.80	
	34.14	33.06							
15	Maria Gannon			SR	Iowa City West			5:27.32	5:24.35
	28.01	30.68	32.28	33.56	33.74	33.77	33.65	33.54	
	33.30	31.82							
16	Anna Burriola			SO	Des Moines Hoover			5:22.85	5:25.55
	28.60	31.37	32.45	33.53	33.62	33.61	33.84	33.34	
	33.47	31.72							
17	Trisha Martin			JR	Pleasant Valley			5:28.43	5:25.76
	28.77	31.79	32.46	32.84	33.09	33.38	33.37	33.23	
	33.74	33.09							
18	Nicole Davis			SO	Johnston			5:22.60	5:26.20
	28.65	31.32	32.48	33.02	33.53	33.50	33.72	33.96	
	33.73	32.29							
19	McKenna Pierce			SO	Indianola			5:26.77	5:27.15
	28.57	31.35	32.39	32.95	33.21	33.40	33.76	34.14	
	34.28	33.10							
20	Jessie Stout			SR	Ankeny			5:23.16	5:28.18
	28.86	31.91	32.79	33.48	33.42	33.52	33.49	33.72	
	33.96	33.03							
21	Liz Auen			SR	Carroll			5:28.57	5:30.18
	28.97	31.91	32.75	32.85	34.02	33.91	34.42	34.29	
	34.33	32.73							
22	Harper Emswiler			SO	Lewis Central			5:24.47	5:30.94
	28.24	31.71	32.86	33.35	33.88	34.48	34.27	34.76	
	34.58	32.81							
23	Hannah Gillaspey			SO	West Des Moines Valley			5:26.70	5:31.60
	28.92	31.61	32.89	34.36	34.42	34.28	34.54	34.64	
	34.17	31.77							
24	Lauren Sweers			SO	Dowling Catholic			5:25.65	5:34.04
	28.87	32.31	33.01	34.22	34.05	34.03	34.37	34.65	
	34.62	33.91							

2011 IGHSAA State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****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 Linn-Mar		1:39.29	1:38.60
1) Emilie Berg SR	2) Lizzie Adams FR	3) Lauren Dalecky JR	4) Alex Dunn SR
25.30 24.44 24.76	24.10		
2 West Des Moines Valley		1:41.74	1:38.65
1) Mackenzie DiBlasi SR	2) Lauren Conte FR	3) Allison Moore SO	4) Moriah Moore FR
25.29 25.22 24.25	23.89		
3 Ankeny		1:39.75	1:39.16
1) Catherine DeFino SR	2) Mallory Smith JR	3) Brittney Buckner SR	4) Alex Flatness SR
25.72 24.80 24.97	23.67		
4 Mason City		1:42.18	1:39.79
1) Emma Sougstad JR	2) Loretta Kraling SR	3) Liz Olson SR	4) Samantha Kraft SO
24.09 24.70 25.83	25.17		
5 Pleasant Valley		1:40.66	1:39.89
1) Allie Stecker SR	2) Evan Hundley FR	3) Ashton Ehrecke FR	4) Nicole Oppel FR
25.87 24.24 24.51	25.27		
6 Ames		1:41.10	1:40.19
1) Sydney Sorenson SO	2) Katie Sailer FR	3) Rachel Shriver SR	4) Hannah Newell SO
25.17 24.97 25.38	24.67		
7 Carroll		1:40.88	1:40.33
1) Abbey Fordyce JR	2) Maggie Espenhover JR	3) Liz Auen SR	4) Jennifer Lux SR
25.29 25.13 25.22	24.69		
8 Decorah High School		1:41.67	1:40.63
1) Allison Orvis SR	2) Morgan Weis SR	3) Emily Spies JR	4) Jordyn Dixon SR
24.42 25.84 25.50	24.87		
9 Dowling Catholic		1:40.78	1:40.84
1) Michaela Kinter JR	2) Kayla Heille SR	3) Ann Marie Westercamp FR	4) Anna Bump JR
25.68 25.39 25.15	24.62		
10 Cedar Rapids Kennedy		1:40.25	1:40.95
1) Hannah Botkin SO	2) Jordan Muir SR	3) Amanda Jacobsen JR	4) Jessica Schmeiser JR
25.62 25.05 25.83	24.45		
11 Bettendorf		1:41.47	1:41.05
1) Rebecca Alves SR	2) Caroline Mooney FR	3) Hannah Crane SO	4) Rachael Schermer SR
25.14 26.03 26.11	23.77		
12 Cedar Falls		1:41.43	1:41.14
1) Martee Grainger FR	2) Natalie Shimp FR	3) Brittany Moffatt FR	4) Aftin Phyfe JR
25.79 26.11 25.26	23.98		
13 Waukee		1:40.88	1:41.19
1) Maddie Gehrke FR	2) Tori Haag SR	3) Maddie McCormick SO	4) Jenny Brown SO
25.43 25.30 25.65	24.81		
14 Des Moines Roosevelt		1:41.56	1:41.44
1) Jordan Summers SO	2) Melissa Veenstra SR	3) Erika Dorff JR	4) Claire Larson SR
25.87 25.31 25.37	24.89		
15 Lewis Central		1:41.81	1:41.48
1) Lauren Leehy SO	2) Sierra Edwards SR	3) Harper Emswiler SO	4) Kelsey Thoren JR
25.37 25.96 25.10	25.05		
16 Dubuque Senior		1:41.81	1:41.52
1) Molly Lembezeder SO	2) Olivia Knowles SO	3) Autumn Roepsch JR	4) Carolyn Davis FR
24.36 26.19 24.62	26.35		
17 Johnston		1:41.42	1:41.61
1) Mollie Greenwood SO	2) Nicole Davis SO	3) Emily Merritt SR	4) Caylee Shank JR
25.79 25.85 25.20	24.77		

2011 IGHS AU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 9 Women 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
18 Waterloo West		1:43.71	1:42.92
1) Shelby Cline SO	2) Kristine Day SR	3) Taylor Pherigo JR	4) McKenzie Trelka SR
25.36 25.84 26.29 25.43			
19 Muscatine		1:43.15	1:43.56
1) Hallie Goss SR	2) Sarah Pfeiffer SO	3) Regan Kilburn FR	4) Samantha Kokjohn SO
26.12 26.06 25.51 25.87			
20 Marshalltown		1:43.08	1:43.64
1) Chloe Kuehner SO	2) Elizabeth Barske SR	3) Leah Barkema SO	4) Mackenzie Beals SR
26.36 26.10 26.00 25.18			
21 Newton-CMP		1:43.29	1:43.66
1) Carly Colville SO	2) Hannah Scotton FR	3) Hannah Long SR	4) Ellen Colville SR
25.92 26.21 26.67 24.86			
22 Spencer/Spirit Lake		1:43.68	1:43.80
1) Tiffany Martindale JR	2) Ann Magnuson SR	3) Emma Dau FR	4) Taylor Sieperda FR
26.53 27.28 26.01 23.98			
23 Des Moines Hoover		1:43.94	1:44.07
1) Katie Kendeigh SO	2) Kerigan Torres FR	3) Olivia Boston SR	4) Anna Burriola SO
27.17 25.58 25.89 25.43			
24 Cedar Rapids Washington		1:44.42	1:45.06
1) Jackie Allen SO	2) McKenzie Asplund JR	3) Maddie Dietz JR	4) Jackie Hughes SO
26.20 26.82 26.12 25.92			

Event 10 Women 100 Yard Backstroke

State Record:	55.87	#	11/5/2010	Maddie Bro	AMES	
Name	Yr	School	Seed Time	Finals Time		
1 Maddie Bro	SR	Ames	58.52	56.62		
27.33 29.29						
2 Kelsey Abbas	SR	Cedar Falls	58.90	56.85		
27.55 29.30						
3 Clare Slagel	SR	Dubuque Hempstead	59.27	57.56		
27.94 29.62						
4 Kaitlin Wistey	SO	West Des Moines Valley	58.14	57.85		
27.98 29.87						
5 Katie Sailer	FR	Ames	1:00.50	59.54		
29.42 30.12						
6 Sara Bentley	SO	Ames	1:00.38	59.65		
28.73 30.92						
7 Victoria Trost	JR	Johnston	59.76	59.73		
29.20 30.53						
8 Trisha Martin	JR	Pleasant Valley	1:01.44	1:00.62		
29.47 31.15						
9 Lexie Hawkins	SO	Keokuk	59.47	1:00.76		
28.97 31.79						
10 Nicole Larsen	SR	Linn-Mar	1:01.84	1:01.03		
29.35 31.68						
11 Regan Kilburn	FR	Muscatine	1:01.22	1:01.06		
29.75 31.31						
12 Emily Tuazon	JR	Dowling Catholic	1:00.88	1:01.28		
29.15 32.13						
13 Sam Jacobsen	FR	Cedar Rapids Kennedy	1:01.05	1:01.30		
30.04 31.26						
14 Lexi Scharmer	SR	Cedar Rapids Kennedy	1:00.93	1:01.54		
30.15 31.39						

2011 IGHSAU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 10 Women 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time
15	Jordan Summers 30.28 32.07	SO	Des Moines Roosevelt	1:01.73	1:02.35
16	Katherine Bening 30.25 32.18	SO	Des Moines Roosevelt	1:02.77	1:02.43
17	Baylee Bowman 30.48 32.42	SO	Fairfield	1:02.43	1:02.90
18	Henna McCoy 29.99 33.01	JR	Cedar Rapids Kennedy	1:02.41	1:03.00
19	Taylor Martinek 31.39 31.72	FR	Decorah High School	1:03.67	1:03.11
20	Ann Marie Westercamp 30.40 32.83	FR	Dowling Catholic	1:03.51	1:03.23
21	Kaytlin Tippin 30.97 32.61	SR	Waukee	1:03.29	1:03.58
22	Harper Emswiler 30.95 32.65	SO	Lewis Central	1:03.30	1:03.60
23	Maddie Dietz 31.13 32.74	JR	Cedar Rapids Washington	1:03.39	1:03.87
24	Jessica Heim 30.27 33.90	SR	West Des Moines Valley	1:02.64	1:04.17

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	Brittany Purscell			SO	Des Moines Lincoln	1:05.21	1:05.55
	30.14	35.41					
2	Moriah Ross			FR	Des Moines North	1:07.57	1:06.14
	31.18	34.96					
3	Emilie Berg			SR	Linn-Mar	1:07.04	1:06.78
	31.13	35.65					
4	Rachael Schermer			SR	Bettendorf	1:08.44	1:07.32
	31.43	35.89					
5	Sydney Sorenson			SO	Ames	1:10.71	1:07.74
	31.25	36.49					
6	Lauren Rosser			SR	Ames	1:07.81	1:07.97
	31.97	36.00					
7	Savannah Butler			JR	Iowa City West	1:09.29	1:08.04
	31.68	36.36					
8	Hannah Aldridge			JR	Dowling Catholic	1:09.65	1:08.18
	31.44	36.74					
9	Autumn Roepsch			JR	Dubuque Senior	1:10.67	1:08.90
	31.49	37.41					
10	Kaija Bergdale			SR	Sioux City Metro	1:08.02	1:09.05
	31.82	37.23					
11	Allison Moore			SO	West Des Moines Valley	1:09.66	1:09.13
	32.36	36.77					
12	Mackenzie DiBlasi			SR	West Des Moines Valley	1:09.68	1:09.17
	31.75	37.42					
13	Carmen Vajgrt			SO	Johnston	1:10.37	1:09.62
	32.75	36.87					
14	Jackie Hughes			SO	Cedar Rapids Washington	1:11.05	1:09.73
	32.69	37.04					
15	Lizzie Brown			FR	Iowa City High	1:10.63	1:09.87
	32.76	37.11					

2011 IGHS AU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 11 Women 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
16	Catherine Sell	SO	Cedar Falls	1:11.36	1:10.44
	33.59 36.85				
17	Liz Olson	SR	Mason City	1:10.87	1:10.71
	33.09 37.62				
18	Natalie Shimp	FR	Cedar Falls	1:11.71	1:10.95
	33.42 37.53				
19	Payton Augustine	SO	Waterloo West	1:10.97	1:10.96
	33.09 37.87				
20	Malia Meyer	SR	Johnston	1:10.55	1:11.12
	34.15 36.97				
21	Hilary Schieffer	SO	Southeast Polk	1:11.55	1:11.16
	33.55 37.61				
22	Madelaine Thomas	SO	Dubuque Wahlert	1:10.58	1:11.25
	32.95 38.30				
23	Lauren Dalecky	JR	Linn-Mar	1:09.91	1:11.42
	33.20 38.22				
24	Emma Shie	JR	Davenport Central	1:09.97	1:11.82
	32.70 39.12				

Event 12 Women 400 Yard Freestyle Relay**State Record: 3:31.65 # 11/4/2011****Ames****AMES****T Flummerfelt, R Shriver, H Newell, M Bro**

	Team	Relay	Seed Time	Finals Time
1	Ames		3:37.54	3:31.65 #
	1) Taylor Flummerfelt JR	2) Rachel Shriver SR	3) Hannah Newell SO	4) Maddie Bro SR
	25.07 51.76 25.97	54.42 25.68 53.54	24.61 51.93	
2	Cedar Falls		3:39.57	3:36.05
	1) Brittany Moffatt FR	2) Aftin Phyfe JR	3) Abbie Anderson SR	4) Kelsey Abbas SR
	27.12 56.08 24.56	52.54 26.06 55.15	24.69 52.28	
3	Pleasant Valley		3:36.71	3:36.89
	1) Evan Hundley FR	2) Allie Stecker SR	3) Meredith Gorman SO	4) Ashton Ehrecke FR
	25.52 53.29 25.94	55.63 26.15 54.64	24.99 53.33	
4	West Des Moines Valley		3:41.75	3:37.50
	1) Sammy Zuckerman SR	2) Lauren Conte FR	3) Mikalah Smith SR	4) Moriah Moore FR
	26.56 55.27 25.69	53.84 26.41 55.54	25.19 52.85	
5	Johnston		3:39.64	3:38.39
	1) Nicole Davis SO	2) Mollie Greenwood SO	3) Caylee Shank JR	4) Victoria Trost JR
	26.39 55.18 25.60	55.14 25.68 54.87	25.39 53.20	
6	Iowa City West		3:39.81	3:39.10
	1) Lilian Zhu SO	2) Kathleen Bowman SR	3) Savannah Butler JR	4) Tereysa Lehnertz SO
	26.18 54.17 26.61	55.63 26.69 55.77	25.29 53.53	
7	Mason City		3:40.42	3:39.53
	1) Emma Sougstad JR	2) Loretta Kraling SR	3) Crystal Florman FR	4) Samantha Kraft SO
	25.91 53.37 25.66	54.73 26.39 55.75	26.36 55.68	
8	Dowling Catholic		3:38.83	3:40.53
	1) Emily Tuazon JR	2) Kayla Heille SR	3) Anna Bump JR	4) McKenna Lynch SO
	27.08 56.89 26.49	56.39 25.57 54.09	24.97 53.16	
9	Cedar Rapids Kennedy		3:40.48	3:43.10
	1) Jordan Muir SR	2) Sam Jacobsen FR	3) Lexi Scharmer SR	4) Jessica Schmeiser JR
	27.02 56.64 26.75	56.05 26.69 56.66	25.42 53.75	
10	Des Moines Roosevelt		3:41.49	3:43.36
	1) Jordan Summers SO	2) Melissa Veenstra SR	3) Erika Dorff JR	4) Claire Larson SR
	27.07 56.59 26.27	55.98 26.43 56.80	25.76 53.99	

2011 IGHSAU State Swimming and Diving Meet - 11/4/2011 to 11/5/2011**Results****(Event 12 Women 400 Yard Freestyle Relay)**

Team	Relay						Seed Time	Finals Time
11 Lewis Central							3:41.46	3:43.78
1) Lauren Leehy SO	2) Sierra Edwards SR	3) Harper Emswiler SO	4) Kelsey Thoren JR					
26.45	54.81	27.22	57.75	26.61	56.61	26.25	54.61	
12 Waukee							3:43.44	3:44.23
1) Jenny Brown SO	2) Tori Haag SR	3) Ellie Blazenko FR	4) Maddie Gehrke FR					
27.28	56.05	26.44	57.03	27.14	56.77	25.97	54.38	
13 Dubuque Senior							3:47.40	3:44.36
1) Molly Lembezeder SO	2) Olivia Knowles SO	3) Autumn Roepsch JR	4) Erin Hunt SR					
25.60	53.66	27.04	58.34	25.63	54.77	26.82	57.59	
14 Decorah High School							3:45.60	3:44.80
1) Allison Orvis SR	2) Marea Holkesvik SR	3) Katy Appler JR	4) Emily Spies JR					
25.32	52.49	26.93	57.38	27.13	57.70	27.17	57.23	
15 Carroll							3:45.18	3:45.76
1) Liz Auen SR	2) Abbey Fordyce JR	3) Maggie Espenhover JR	4) Jennifer Lux SR					
27.46	57.62	25.78	55.28	26.74	57.36	26.33	55.50	
16 Dubuque Hempstead							3:48.78	3:45.84
1) Clare Slagel SR	2) Erin Cram JR	3) Erica Johnson SR	4) Morgan Schill JR					
26.26	54.41	26.90	58.01	27.22	56.85	26.54	56.57	
*17 Waterloo West							3:47.29	3:46.65
1) Shelby Cline SO	2) Kristine Day SR	3) Taylor Pherigo JR	4) McKenzie Trelka SR					
26.62	55.13	26.50	56.94	27.22	57.40	26.55	57.18	
*17 Marshalltown							3:45.67	3:46.65
1) Hayley Lillibridge SO	2) Elizabeth Barske SR	3) Leah Barkema SO	4) Mackenzie Beals SR					
27.46	57.49	26.94	57.06	26.31	56.07	26.54	56.03	
19 Linn-Mar							3:45.07	3:47.11
1) Nicole Larsen SR	2) Jessica Arebaugh SR	3) Alexa Klimes JR	4) Lizzie Adams FR					
27.03	56.38	26.83	56.59	27.07	57.65	26.28	56.49	
20 Southeast Polk							3:48.98	3:47.96
1) Carey Zwaschka SR	2) Whitney Overlin JR	3) Hilary Schieffer SO	4) Hanna Hinze SR					
27.00	56.58	27.16	57.66	27.29	57.00	26.88	56.72	
21 Des Moines Hoover							3:48.95	3:48.61
1) Katie Kendeigh SO	2) Kerigan Torres FR	3) Olivia Boston SR	4) Anna Burriola SO					
27.95	59.16	26.67	57.54	26.51	57.67	25.95	54.24	
22 Newton-CMP							3:49.17	3:48.75
1) Carly Colville SO	2) Hannah Scotton FR	3) Rachel Prendergast FR	4) Hannah Long SR					
27.07	56.98	27.48	58.16	26.93	56.24	27.10	57.37	
23 Ankeny							3:48.56	3:49.52
1) Catherine DeFino SR	2) Hope Kramer SO	3) Jessie Stout SR	4) Mallory Smith JR					
27.11	57.11	26.98	57.25	27.81	59.50	26.02	55.66	
24 Dubuque Wahlert							3:49.89	3:50.84
1) Lauren Noel SO	2) Taylor Topping FR	3) Sean Kalb FR	4) Emily Schroeder JR					
27.28	56.67	27.92	59.94	28.01	58.18	26.40	56.05	