

2012 IGHSAA State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****Event 1 Women 1 mtr Diving**

State Record: 535.70 R 11/1982		Mary Fischbach		Fort Dodge	
Name	Yr	School			Finals Score
1 Maggie James	SO	Ames		479.15	512.80
2 Julie Dickinson	SR	West Des Moines Valley		426.00	464.65
3 Morgan Rafferty	JR	West Des Moines Valley		419.55	443.15
4 Jacintha Thomas	SO	Iowa City West		436.70	439.60
5 Ashlyn Clingman	SR	West Des Moines Valley		433.75	438.95
6 Jess Misra	JR	Ames		387.30	398.85
7 Emily Moore	JR	Johnston		359.35	385.50
8 Alyssa Deuso	SO	Linn-Mar		331.25	376.60
9 Becca Hilmer	SO	Iowa City West		344.95	375.50
10 Mariah Griffith	SR	Ames		340.35	373.50
11 Margaret Engel	FR	Dowling Catholic		339.30	367.35
12 Brittney Engel	SR	Dowling Catholic		342.15	366.95
13 Alex Aaberg	SO	Iowa City West		365.50	362.50
14 Hannah Brummel	JR	Cedar Falls		394.35	360.85
15 Katherine Mueller	FR	Fairfield		337.10	355.30
16 Haiden Jennings	SO	Boone		354.95	338.20
17 Paige Bennett	SR	Boone		318.50	257.35
18 Jaycie Klein	FR	Muscatine		333.10	250.70
19 Katelyn Canby	FR	Cedar Rapids Jefferson		301.70	247.70
20 Bailee Seger	JR	Linn-Mar		329.20	240.40
21 Kennedey Bass	FR	Boone		310.00	160.15
22 Natalie Wodniak	JR	Dowling Catholic		339.70	158.90
23 Limay Vong	SR	Waukee		354.85	157.30
24 Mallorie Goodale	JR	Johnston		318.80	152.90
25 Emilie Skartvedt	JR	Des Moines Lincoln		319.65	152.05
26 Mikaela Lengwin	SO	Linn-Mar		305.95	150.00
27 Rachel Sutton	JR	Dubuque Hempstead		309.95	148.65
28 Megan Broadbent	JR	Dubuque Hempstead		348.75	141.95
29 Victoria Spaulding	JR	Cedar Rapids Kennedy		316.65	141.35
--- Hannah Guy	SO	Davenport North		336.60	DQ

Event 2 Women 200 Yard Medley Relay

State Record: 1:46.16 R 11/4/2011				Ames	
				M Bro, S Sorenson, L Rosser, T Flummerfelt	
Team				Relay	Seed Time
				Finals Time	
1	Dowling Catholic			1:49.35	1:47.44
	1) Emily Tuazon SR	2) Hannah Aldridge SR	3) Anna Bump SR	4) McKenna Lynch JR	
	27.80 30.11 25.70	23.83			
2	Ames			1:50.55	1:47.83
	1) Bailey Moulden JR	2) Sydney Sorenson JR	3) Sara Bentley JR	4) Katie Sailer SO	
	27.97 29.96 25.80	24.10			
3	Bettendorf			1:49.31	1:48.38
	1) Lauren Ramirez SO	2) Hannah Crane JR	3) Maddy Burnham JR	4) Shannon Carney FR	
	28.82 30.90 24.33	24.33			
4	Cedar Falls			1:51.00	1:49.50
	1) Aftin Phyfe SR	2) Catherine Sell JR	3) Meghan Hackett FR	4) Martee Grainger SO	
	27.29 31.34 26.42	24.45			
5	West Des Moines Valley			1:52.88	1:49.84
	1) Kaitlin Wistey JR	2) Allison Moore JR	3) Kiley Davick JR	4) Annie LaMair SO	
	27.64 30.89 26.99	24.32			

2012 IGHS AU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 2 Women 200 Yard Medley Relay)**

Team	Relay			Seed Time	Finals Time
6 Johnston				1:50.30	1:50.04
1) Victoria Trost SR	2) Carmen Vajgrt JR	3) Cheyenne Church JR	4) Mollie Greenwood JR		
27.69 30.60 27.22	24.53				
7 Dubuque Senior				1:53.86	1:50.73
1) Autumn Ropsch SR	2) Olivia Knowles JR	3) Carolyn Davis SO	4) Molly Lembezeder JR		
28.06 31.54 27.81	23.32				
8 Iowa City West				1:52.47	1:50.77
1) Lilian Zhu JR	2) Savannah Butler SR	3) Sarah Ritchie SO	4) Eveline Dowling SO		
27.91 29.70 27.37	25.79				
9 Ankeny				1:51.09	1:50.95
1) Xan Westercamp FR	2) Hannah McCoid SR	3) Rachel Manderscheid FR	4) Mallory Smith SR		
28.08 31.38 27.35	24.14				
10 Linn-Mar				1:52.35	1:51.43
1) Lizzie Adams SO	2) Lauren Dalecky SR	3) Alexa Klimes SR	4) Samantha Fitzgerald JR		
28.69 30.51 27.28	24.95				
11 Des Moines North				1:53.77	1:51.77
1) Jessica Jensen SR	2) Katharine Ross SR	3) Moriah Ross SO	4) Rachael Nash SO		
30.63 28.29 25.55	27.30				
12 Des Moines Roosevelt				1:53.35	1:51.89
1) Claire Michelson SO	2) Emma Gaer SO	3) Erika Dorff SR	4) Jordan Summers JR		
28.49 31.56 27.07	24.77				
13 Waukee				1:52.39	1:52.26
1) Emma Georgeff SO	2) Tori Bussanmas JR	3) Maddie Gehrke SO	4) Camryn Somers FR		
30.89 32.90 24.21	24.26				
14 Pleasant Valley				1:53.33	1:53.54
1) Trisha Martin SR	2) Lauren Goeser SO	3) Nicole Oppel SO	4) Lydia Flores JR		
28.84 33.62 25.67	25.41				
15 Des Moines Lincoln				1:55.54	1:54.13
1) Abby Harrison JR	2) Brittany Purscell JR	3) Autum Song SR	4) Jordan Greenwood SO		
31.03 29.66 27.45	25.99				
16 Sioux City Metro				1:54.13	1:54.58
1) Abbey Speck SO	2) Adrienne Wesselius SR	3) Lindsey Stalheim FR	4) Alizah Wink SO		
29.77 32.65 27.73	24.43				
17 Cedar Rapids Kennedy				1:53.59	1:54.74
1) Henna McCoy SR	2) Amanda Jacobsen SR	3) Michele Wasta JR	4) Kirsten Siebenga FR		
29.09 32.19 28.40	25.06				
18 Iowa City High				1:54.88	1:54.76
1) Alayna McCafferty FR	2) Lizzie Brown SO	3) Emma Baxter SR	4) Alix Sharp FR		
28.56	26.11				
19 Dubuque Wahlert				1:54.96	1:55.36
1) Emily Schroeder SR	2) Madelaine Thomas JR	3) Lauren Noel JR	4) Sean Kalb SO		
29.83 32.35 28.03	25.15				
20 Marshalltown				1:56.08	1:55.39
1) Chloe Kuehner JR	2) Raechel Hannam FR	3) Therese Kuhlman JR	4) Leah Barkema JR		
30.22 32.07 27.78	25.32				
21 Cedar Rapids Washington				1:55.32	1:55.73
1) Maddie Dietz SR	2) Jackie Hughes JR	3) Kaitlin Ackerman SR	4) Jackie Allen JR		
29.42 31.87 28.90	25.54				
22 Keokuk				1:54.89	1:56.39
1) Lexie Hawkins JR	2) Paige Parker SR	3) Kelby Kies SO	4) Alexandra Logan JR		
28.37 33.72 28.43	25.87				
23 Carroll				1:56.75	1:56.63
1) Alicia Torres SR	2) Haley Blum SR	3) Abbey Fordyce SR	4) Anna Drees SR		
30.21 36.84 24.17	25.41				

2012 IGHSAU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 2 Women 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time
24 Muscatine		1:56.41	1:57.37
1) Regan Kilburn SO	2) Annabel Graettinger SO	3) Emma Kent SO	4) Samantha Kokjohn JR
28.05 33.94 29.37	26.01		

Event 3 Women 200 Yard Freestyle

State Record: 1:49.64 R 11/3/2012 Gabbie Stecker				Pleasant Valley	
Name	Yr	School	Seed Time	Finals Time	
1 Gabbie Stecker	SR	Pleasant Valley	1:53.91	1:49.64 R	
25.68 27.66 27.73	28.57				
2 McKenna Lynch	JR	Dowling Catholic	1:53.94	1:52.32	
25.99 27.73 28.83	29.77				
3 Allyssa Fluit	FR	Southeast Polk	1:54.70	1:53.50	
25.76 28.50 29.50	29.74				
4 Evan Hundley	SO	Pleasant Valley	1:56.14	1:53.68	
26.31 28.67 29.35	29.35				
5 Brittany Moffatt	SO	Cedar Falls	1:57.46	1:53.79	
26.75 28.53 29.18	29.33				
6 Moriah Moore	SO	West Des Moines Valley	1:56.64	1:55.96	
26.51 28.91 29.96	30.58				
7 Hannah Newell	JR	Ames	1:57.21	1:56.09	
26.35 28.40 29.86	31.48				
8 Alizah Wink	SO	Sioux City Metro	1:54.89	1:56.55	
26.69 28.79 29.80	31.27				
9 Nicole Davis	JR	Johnston	1:57.18	1:57.09	
26.56 29.18 30.49	30.86				
10 Jessica Schmeiser	SR	Cedar Rapids Kennedy	2:01.45	1:57.21	
26.90 29.39 30.01	30.91				
11 Jenny Brown	JR	Waukee	1:59.52	1:57.43	
27.26 29.58 30.49	30.10				
12 Sam Jacobsen	SO	Cedar Rapids Kennedy	2:00.84	1:58.16	
27.23 29.40 30.96	30.57				
13 Crystal Florman	SO	Mason City	1:57.83	1:58.41	
26.73 29.73 31.01	30.94				
14 Lauren Conte	SO	West Des Moines Valley	1:58.11	1:58.63	
27.13 29.09 30.69	31.72				
15 Meredith Gorman	JR	Pleasant Valley	1:58.78	1:58.72	
27.48 29.91 31.24	30.09				
16 Sarah Pfeiffer	JR	Muscatine	1:58.55	1:58.79	
27.18 29.68 31.00	30.93				
17 Shannon Carney	FR	Bettendorf	1:56.13	1:59.69	
27.72 30.22 31.04	30.71				
18 Anna Burriola	JR	Des Moines Hoover	2:00.09	1:59.81	
27.60 30.15 31.24	30.82				
19 Jasmine Roghair	JR	Iowa City West	2:00.74	2:00.58	
27.79 30.06 31.28	31.45				
20 Maria Seltz	SR	West Des Moines Valley	2:01.47	2:00.96	
27.44 29.82 31.48	32.22				
21 Carly Colville	JR	Newton/Colfax/Mingo/Pella	2:00.43	2:01.09	
27.45 29.93 31.35	32.36				
22 McKenzie Asplund	SR	Cedar Rapids Washington	2:00.32	2:01.15	
27.48 30.65 31.91	31.11				
23 Charlie Langer	FR	Cedar Falls	2:00.53	2:03.60	
27.36 30.60 32.58	33.06				

2012 IGHS AU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 3 Women 200 Yard Freestyle)**

Name				Yr	School	Seed Time	Finals Time
24	Hope Kramer			JR	Ankeny	2:01.41	2:03.82
	28.28	31.33	32.41	31.80			

Event 4 Women 200 Yard IM

State Record: 2:00.33 R 11/3/2012				Emma Sougstad				Mason City			
Name				Yr	School	Seed Time	Finals Time				
1	Emma Sougstad			SR	Mason City	2:06.10	2:00.33 R				
	26.33	29.41	34.67	29.92							
2	Katharine Ross			SR	Des Moines North	2:06.85	2:03.47				
	27.12	30.28	34.61	31.46							
3	Nicole Oppel			SO	Pleasant Valley	2:10.15	2:08.82				
	28.00	33.46	38.64	28.72							
4	Sara Bentley			JR	Ames	2:10.67	2:08.84				
	27.09	31.72	37.98	32.05							
5	Autumn Roepsch			SR	Dubuque Senior	2:12.44	2:10.25				
	28.03	32.93	37.42	31.87							
6	Kaitlin Wistey			JR	West Des Moines Valley	2:12.55	2:10.43				
	28.47	32.31	38.63	31.02							
7	Moriah Ross			SO	Des Moines North	2:12.96	2:10.73				
	28.16	34.39	37.31	30.87							
8	Catherine Sell			JR	Cedar Falls	2:12.33	2:11.22				
	28.49	34.37	38.30	30.06							
9	Sydney Sorenson			JR	Ames	2:13.70	2:11.99				
	29.02	34.47	37.12	31.38							
10	Jackie Hughes			JR	Cedar Rapids Washington	2:12.26	2:12.47				
	29.37	34.05	37.92	31.13							
11	McKenna Pierce			JR	Dowling Catholic	2:14.73	2:13.28				
	28.26	33.42	40.19	31.41							
12	Hilary Schieffer			JR	Southeast Polk	2:13.54	2:13.72				
	30.19	32.41	38.94	32.18							
13	Savannah Butler			SR	Iowa City West	2:15.67	2:13.87				
	29.46	35.55	37.19	31.67							
14	Mallorie Myers			FR	Johnston	2:17.51	2:16.23				
	29.72	33.23	41.73	31.55							
15	Lauren Anderson			JR	Pleasant Valley	2:17.06	2:16.87				
	29.02	34.82	40.52	32.51							
16	Emily Schroeder			SR	Dubuque Wahlert	2:15.16	2:16.96				
	28.91	35.13	40.59	32.33							
17	Emma Gaer			SO	Des Moines Roosevelt	2:16.99	2:17.06				
	29.18	35.52	40.21	32.15							
18	Erica Hsu			FR	Iowa City West	2:15.81	2:17.07				
	29.12	34.49	41.81	31.65							
19	Sarah Ritchie			SO	Iowa City West	2:17.15	2:17.20				
	29.08	35.05	40.97	32.10							
20	Jade Jacobs			SO	Cedar Falls	2:18.04	2:17.51				
	31.06	33.92	40.61	31.92							
21	Kayla Kruse			SR	Pleasant Valley	2:17.64	2:17.84				
	28.99	34.77	42.38	31.70							
22	Ellie Blazenko			SO	Waukee	2:18.02	2:18.03				
23	Regan Kilburn			SO	Muscatine	2:18.58	2:18.94				
	29.39	33.69	43.64	32.22							
24	Sophia Seltz			SO	West Des Moines Valley	2:18.05	2:19.00				
	30.25	35.31	41.92	31.52							

2012 IGHSAU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****Event 5 Women 50 Yard Freestyle**

State Record: 22.92 R 11/2/2007		Alexa Mehesan		WDM Valley	
Name	Yr	School	Seed Time	Finals Time	
1 Maddie Gehrke	SO	Waukee	23.77	23.34	
2 Maddy Burnham	JR	Bettendorf	24.35	23.72	
3 Taylor Sieperda	SO	Spencer/Spirit Lake	23.91	23.92	
4 Molly Lembezeder	JR	Dubuque Senior	24.55	23.93	
5 Taylor Flummerfelt	SR	Ames	24.59	23.96	
6 Anna Bump	SR	Dowling Catholic	24.49	24.44	
7 Lauren Leehy	JR	Lewis Central	24.62	24.61	
8 Ashton Ehrecke	SO	Pleasant Valley	25.02	24.85	
9 Samantha Hedrick	FR	Newton/Colfax/Mingo/Pella	24.82	24.97	
10 Lauren Ramirez	SO	Bettendorf	25.08	25.13	
11 Katie Sailer	SO	Ames	24.98	25.14	
12 Kerigan Torres	SO	Des Moines Hoover	25.09	25.16	
13 Hannah Botkin	JR	Cedar Rapids Kennedy	24.83	25.23	
14 Allison Moore	JR	West Des Moines Valley	24.98	25.25	
15 Shelby Davick	JR	West Des Moines Valley	25.17	25.26	
16 Mallory Smith	SR	Ankeny	25.28	25.31	
17 Mollie Greenwood	JR	Johnston	25.10	25.37	
18 Lauren Dalecky	SR	Linn-Mar	25.05	25.43	
19 Jenna Cornick	SO	Mason City	25.19	25.44	
20 Martee Grainger	SO	Cedar Falls	25.19	25.47	
21 Kennedy Voss	FR	Ankeny	25.24	25.52	
22 Lizzie Adams	SO	Linn-Mar	25.35	25.74	
23 Ann Marie Westercamp	SO	Dowling Catholic	25.31	25.76	
24 Olivia Knowles	JR	Dubuque Senior	25.26	25.90	

Event 6 Women 100 Yard Butterfly

State Record: 54.57 R 11/2/2007		Alexa Mehesan		WDM Valley	
Name	Yr	School	Seed Time	Finals Time	
1 Emma Sougstad	SR	Mason City	57.48	55.25	
25.91 29.34					
2 Maddy Burnham	JR	Bettendorf	57.70	56.06	
26.41 29.65					
3 Maddie Gehrke	SO	Waukee	56.71	56.24	
25.78 30.46					
4 Nicole Oppel	SO	Pleasant Valley	57.62	58.00	
27.48 30.52					
5 Hannah Scotton	SO	Newton/Colfax/Mingo/Pella	1:00.19	58.98	
27.45 31.53					
6 Anna Bump	SR	Dowling Catholic	59.54	59.01	
27.50 31.51					
7 Crystal Florman	SO	Mason City	59.56	59.46	
27.89 31.57					
8 Emily Tuazon	SR	Dowling Catholic	1:00.10	1:00.09	
27.89 32.20					
9 Carmen Vajgrt	JR	Johnston	1:00.33	1:00.42	
27.77 32.65					
10 Xan Westercamp	FR	Ankeny	1:00.39	1:00.69	
27.65 33.04					
11 Catherine Sell	JR	Cedar Falls	1:01.45	1:00.78	
28.64 32.14					

2012 IGHS AU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 6 Women 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time
12	Emily Schroeder 28.78 32.61	SR	Dubuque Wahlert	1:01.81	1:01.39
13	Carly Colville 28.64 32.86	JR	Newton/Colfax/Mingo/Pella	1:00.57	1:01.50
14	Olivia Snyder 28.56 32.99	JR	Ames	1:00.80	1:01.55
15	Lindsey Stalheim 28.34 33.29	FR	Sioux City Metro	1:02.57	1:01.63
16	Cheyenne Church 28.65 33.03	JR	Johnston	1:01.23	1:01.68
*17	Abbey Fordyce 28.48 33.42	SR	Carroll	1:02.09	1:01.90
*17	Meghan Hackett 28.27 33.63	FR	Cedar Falls	1:01.67	1:01.90
19	Taylor Pherigo 28.85 33.11	SR	Waterloo West	1:01.69	1:01.96
20	Sarah Ritchie 29.23 32.79	SO	Iowa City West	1:01.50	1:02.02
21	Lauren Anderson 28.56 33.68	JR	Pleasant Valley	1:01.93	1:02.24
22	Mallory Neubauer 28.68 34.25	JR	Williamsburg	1:02.09	1:02.93
23	Emma Shie 29.04 34.47	SR	Davenport Central	1:02.60	1:03.51
24	Bailey Moulden 29.27 34.79	JR	Ames	1:02.29	1:04.06

Event 7 Women 100 Yard Freestyle

State Record: 51.08 R 11/4/2012		Emma Sougstad		Mason City	
	Name	Yr	School	Seed Time	Finals Time
1	Aftin Phyfe 24.92 26.62	SR	Cedar Falls	52.98	51.54
2	Molly Lembezeder 25.04 26.81	JR	Dubuque Senior	53.41	51.85
3	Taylor Flummerfelt 25.53 26.97	SR	Ames	53.67	52.50
4	McKenna Lynch 25.24 27.37	JR	Dowling Catholic	52.11	52.61
5	Victoria Trost 25.39 27.34	SR	Johnston	52.90	52.73
6	Lauren Leehy 25.41 27.83	JR	Lewis Central	52.83	53.24
7	Moriah Moore 26.18 27.53	SO	West Des Moines Valley	54.34	53.71
8	Hannah Newell 26.04 27.76	JR	Ames	53.95	53.80
9	Ashton Ehrecke 25.92 28.28	SO	Pleasant Valley	54.08	54.20
10	Lilian Zhu 26.47 27.75	JR	Iowa City West	54.73	54.22
11	Jessica Schmeiser 26.23 28.08	SR	Cedar Rapids Kennedy	55.76	54.31
12	Lauren Conte 26.38 27.96	SO	West Des Moines Valley	54.94	54.34

2012 IGHS AU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 7 Women 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
13	Shannon Carney 26.26 28.12	FR	Bettendorf	53.66	54.38
14	Samantha Hedrick 26.08 28.56	FR	Newton/Colfax/Mingo/Pella	53.64	54.64
15	Niki Ferguson 26.88 28.13	SO	Johnston	55.17	55.01
16	Camryn Somers 26.51 28.99	FR	Waukee	56.08	55.50
17	Lexie Hawkins 26.59 29.05	JR	Keokuk	55.43	55.64
18	Adrienne Wesselius 26.78 28.94	SR	Sioux City Metro	55.03	55.72
19	Sophia Seltz 27.15 28.59	SO	West Des Moines Valley	56.00	55.74
20	Kerigan Torres 26.76 29.08	SO	Des Moines Hoover	55.62	55.84
21	Hannah Bonestroo 26.21 29.81	SR	Ames	56.03	56.02
22	Caylee Shank 26.62 29.58	SR	Johnston	55.75	56.20
23	Baylee Bowman 27.12 29.24	JR	Fairfield	55.98	56.36
24	Hannah Botkin 27.17 29.27	JR	Cedar Rapids Kennedy	55.61	56.44

Event 8 Women 500 Yard Freestyle

State Record: 4:52.91 R 11/3/2012		Gabbie Stecker		Pleasant Valley	
	Name	Yr	School	Seed Time	Finals Time
1	Gabbie Stecker 26.08 28.37 30.09 29.07	SR	Pleasant Valley	5:09.55 30.33	4:52.91 R
2	Brittany Moffatt 27.26 29.10 31.75 30.31	SO	Cedar Falls	5:16.09 31.57	5:05.04
3	Allyssa Fluit 25.64 28.75 32.01 30.26	FR	Southeast Polk	5:08.27 32.26	5:05.12
4	Evan Hundley 27.34 30.25 31.94 31.46	SO	Pleasant Valley	5:14.61 31.95	5:11.71
5	Jenny Brown 28.74 31.27 32.33 31.46	JR	Waukee	5:19.23 32.34	5:15.29
6	Meredith Gorman 28.00 31.15 32.79 31.11	JR	Pleasant Valley	5:17.91 32.71	5:15.50
7	Kelsey Thoren 27.49 30.50 32.29 31.62	SR	Lewis Central	5:25.17 32.62	5:15.67
8	Jackie Hughes 28.05 30.97 32.07 31.26	JR	Cedar Rapids Washington	5:19.96 31.94	5:16.98

2012 IGHS AU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 8 Women 500 Yard Freestyle)**

	Name			Yr	School			Seed Time	Finals Time
9	Nicole Davis			JR	Johnston			5:17.36	5:18.82
	27.74	30.40	31.48	32.05	32.73	32.87	32.96	33.14	
	33.19	32.26							
10	Alizah Wink			SO	Sioux City Metro			5:08.85	5:19.59
	27.14	30.19	31.32	31.78	32.70	33.04	33.57	33.73	
	33.47	32.65							
11	Natalie Shoultz			FR	Iowa City West			5:19.75	5:20.66
	28.56	30.84	31.58	32.35	32.66	33.01	33.17	32.85	
	33.10	32.54							
12	Sarah Pfeiffer			JR	Muscatine			5:21.54	5:20.72
	29.05	31.08	32.29	32.06	32.40	32.51	33.15	33.09	
	33.06	32.03							
13	Natalie Lammers			FR	Johnston			5:19.01	5:21.28
	28.72	31.06	31.59	32.37	32.38	32.84	33.34	33.38	
	33.59	32.01							
14	Jasmine Roghair			JR	Iowa City West			5:19.76	5:21.41
	29.49	31.33	32.15	32.43	32.56	33.01	33.06	32.92	
	32.99	31.47							
15	McKenna Pierce			JR	Dowling Catholic			5:21.10	5:22.07
	28.46	31.41	32.39	33.07	33.24	32.92	33.00	32.71	
	33.08	31.79							
16	Jordan Summers			JR	Des Moines Roosevelt			5:20.62	5:22.14
	28.35	31.34	31.86	32.23	32.79	32.96	33.09	33.39	
	33.48	32.65							
17	Samantha Kraft			JR	Mason City			5:23.55	5:25.28
	28.35	31.01	32.27	33.20	33.67	33.55	33.70	33.49	
	33.67	32.37							
18	Megan Siembieda			SO	Dowling Catholic			5:25.48	5:26.68
	28.93	31.96	32.83	33.54	33.55	33.45	33.32	33.90	
	33.47	31.73							
19	Charlie Langer			FR	Cedar Falls			5:22.27	5:26.99
	28.94	31.38	32.32	32.35	32.79	33.82	34.25	33.99	
	34.30	32.85							
20	Harper Emswiler			JR	Lewis Central			5:16.77	5:27.11
	27.62	30.82	32.37	33.50	33.78	33.95	33.95	34.13	
	33.93	33.06							
21	Leah Thompson			SR	West Des Moines Valley			5:24.17	5:28.02
	28.84	31.65	33.02	33.41	33.31	33.49	33.81	33.88	
	34.04	32.57							
22	Hope Kramer			JR	Ankeny			5:20.19	5:28.80
	28.75	31.30	32.72	33.34	33.54	33.87	34.01	34.38	
	34.23	32.66							
23	Sophie Shoultz			JR	Iowa City West			5:24.74	5:30.32
	28.65	31.43	32.53	33.43	33.48	33.98	34.16	34.38	
	34.70	33.58							
24	Anna Burriola			JR	Des Moines Hoover			5:25.84	5:33.24
	29.24	32.76	33.95	34.35	34.06	33.79	34.07	34.08	
	33.98	32.96							

2012 IGHS AU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****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**

Team	Relay			Seed Time	Finals Time
1 Pleasant Valley				1:37.36	1:36.15
1) Ashton Ehrecke SO	2) Evan Hundley SO	3) Meredith Gorman JR	4) Gabbie Stecker SR		
24.92 23.35 24.64	23.24				
2 Bettendorf				1:37.65	1:36.77
1) Lauren Ramirez SO	2) Hannah Crane JR	3) Shannon Carney FR	4) Maddy Burnham JR		
24.89 24.52 24.35	23.01				
3 Ames				1:39.74	1:36.93
1) Taylor Flummerfelt SR	2) Sydney Sorenson JR	3) Katie Sailer SO	4) Hannah Newell JR		
24.08 24.19 24.77	23.89				
4 Dubuque Senior				1:38.47	1:37.25
1) Molly Lembezeder JR	2) Autumn Roepsch SR	3) Olivia Knowles JR	4) Jenna Willer FR		
23.94 23.70 25.07	24.54				
5 Mason City				1:39.47	1:38.20
1) Emma Sougstad SR	2) Jenna Cornick SO	3) Crystal Florman SO	4) Samantha Kraft JR		
23.31 24.34 25.28	25.27				
6 West Des Moines Valley				1:39.61	1:39.11
1) Lauren Conte SO	2) Annie LaMair SO	3) Moriah Moore SO	4) Allison Moore JR		
25.52 24.87 24.21	24.51				
7 Cedar Rapids Kennedy				1:40.83	1:39.70
1) Hannah Botkin JR	2) Sam Jacobsen SO	3) Megan Berst SO	4) Jessica Schmeiser SR		
25.35 24.31 25.71	24.33				
8 Lewis Central				1:39.85	1:40.39
1) Paxton Hedrick SO	2) Harper Emswiler JR	3) Kelsey Thoren SR	4) Lauren Leehy JR		
26.21 25.00 24.82	24.36				
9 Cedar Falls				1:41.55	1:40.42
1) Natalie Shimp SO	2) Brittany Moffatt SO	3) Martee Grainger SO	4) Madison Hall FR		
25.84 24.82 24.59	25.17				
10 Linn-Mar				1:40.42	1:41.56
1) Lauren Dalecky SR	2) Samantha Fitzgerald JR	3) Paige Broghammer FR	4) Lizzie Adams SO		
25.70 25.49 25.59	24.78				
11 Des Moines Roosevelt				1:41.94	1:41.67
1) Erika Dorff SR	2) Katherine Bening JR	3) Emma Gaer SO	4) Jordan Summers JR		
26.22 25.26 25.04	25.15				
12 Johnston				1:40.81	1:42.00
1) Mollie Greenwood JR	2) Caylee Shank SR	3) Nicole Davis JR	4) Niki Ferguson SO		
25.73 25.50 25.27	25.50				
13 Waukee				1:42.82	1:42.09
1) Camryn Somers FR	2) Maddie McCormick JR	3) Emma Gerdis SO	4) Jenny Brown JR		
25.18 25.74 25.79	25.38				
*14 Newton/Colfax/Mingo/Pella				1:42.25	1:42.29
1) Carly Colville JR	2) Rachel Prendergast SO	3) Hannah Scotton SO	4) Samantha Hedrick FR		
26.14 25.93 25.43	24.79				
*14 Ankeny				1:41.50	1:42.29
1) Kennedy Voss FR	2) Mallory Smith SR	3) Cassie Frazier FR	4) Hope Kramer JR		
26.02 24.58 26.09	25.60				
16 Dowling Catholic				1:43.07	1:42.71
1) McKenna Pierce JR	2) Jaena Delahunt SO	3) Savannah Orewiler JR	4) Ann Marie Westercamp SO		
26.16 26.05 25.55	24.95				
17 Muscatine				1:43.70	1:42.81
1) Regan Kilburn SO	2) Annabel Graettinger SO	3) Sarah Pfeiffer JR	4) Samantha Kokjohn JR		
25.98 25.78 25.41	25.64				

2012 IGHS AU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 9 Women 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
18 Spencer/Spirit Lake		1:42.85	1:43.33
1) Emma Dau SO	2) Cassidy Fox FR	3) Abby Goodenow	4) Taylor Sieperda SO
25.88 26.26 27.23 23.96			
*19 Des Moines Hoover		1:42.46	1:43.57
1) Kimberly Gonzalez JR	2) Kerigan Torres SO	3) Megan MACRAE SR	4) Anna Burriola JR
26.51 25.09 26.79 25.18			
*19 Decorah High School		1:44.37	1:43.57
1) Monica Tappe FR	2) Taylor Martinek SO	3) Katy Appler SR	4) Katelyn Yee FR
26.94 25.48 25.94 25.21			
21 Southeast Polk		1:43.68	1:43.78
1) Hilary Schieffer JR	2) Ashleigh Houlette FR	3) Morgan Johnston SO	4) Allyssa Fluit FR
26.02 25.86 27.17 24.73			
22 Carroll		1:44.45	1:43.97
1) Alicia Torres SR	2) Abbey Fordyce SR	3) Anna Drees SR	4) Ann Steffen SR
26.91 25.15 25.83 26.08			
23 Dubuque Wahlert		1:43.31	1:44.06
1) Sean Kalb SO	2) Madelaine Thomas JR	3) Katie Anderson SO	4) Lauren Noel JR
25.58 26.44 25.99 26.05			
24 Iowa City West		1:43.60	1:45.16
1) Madie Miller SO	2) Eveline Dowling SO	3) Alison Hsu FR	4) Ariel Roghair FR
27.03 25.97 25.97 26.19			

Event 10 Women 100 Yard Backstroke

State Record:	55.87	R	11/5/2010	Maddie Bro	AMES	
Name	Yr	School	Seed Time	Finals Time		
1 Sara Bentley	JR	Ames	58.39	56.89		
27.43 29.46						
2 Taylor Sieperda	SO	Spencer/Spirit Lake	57.84	57.80		
27.74 30.06						
3 Victoria Trost	SR	Johnston	58.61	58.20		
28.79 29.41						
4 Kaitlin Wistey	JR	West Des Moines Valley	1:00.08	58.36		
28.61 29.75						
5 Aftin Phylfe	SR	Cedar Falls	1:00.45	58.71		
28.36 30.35						
6 Katie Sailer	SO	Ames	58.73	59.10		
29.01 30.09						
*7 Regan Kilburn	SO	Muscatine	59.34	59.72		
29.19 30.53						
*7 Emily Tuazon	SR	Dowling Catholic	59.87	59.72		
28.98 30.74						
9 Lilian Zhu	JR	Iowa City West	1:00.29	59.80		
28.60 31.20						
10 Xan Westercamp	FR	Ankeny	1:01.05	1:00.01		
28.85 31.16						
11 Lexie Hawkins	JR	Keokuk	1:01.10	1:00.21		
29.29 30.92						
12 Kelsey Thoren	SR	Lewis Central	1:01.17	1:00.28		
29.24 31.04						
13 Beth Mitchell	FR	Grinnell	1:01.76	1:00.89		
29.94 30.95						
14 Lindsey Stalheim	FR	Sioux City Metro	1:01.81	1:00.95		
29.82 31.13						

2012 IGHSAA State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 10 Women 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time
15	Taylor Martinek 29.59 31.69	SO	Decorah High School	1:01.87	1:01.28
16	Bailey Moulden 29.66 31.65	JR	Ames	59.85	1:01.31
17	Katherine Bening 30.02 31.43	JR	Des Moines Roosevelt	1:02.57	1:01.45
18	Trisha Martin 29.82 31.97	SR	Pleasant Valley	1:01.78	1:01.79
19	Mallorie Myers 30.59 31.24	FR	Johnston	1:02.36	1:01.83
20	Hilary Schieffer 30.54 31.58	JR	Southeast Polk	1:02.12	1:02.12
21	Lizzie Adams 30.40 31.99	SO	Linn-Mar	1:01.11	1:02.39
22	Ann Marie Westercamp 30.35 32.11	SO	Dowling Catholic	1:01.66	1:02.46
23	Claire Michelson 30.23 32.75	SO	Des Moines Roosevelt	1:02.01	1:02.98
24	Niki Ferguson 31.68 31.83	SO	Johnston	1:02.39	1:03.51

Event 11 Women 100 Yard Breaststroke

State Record: 1:01.18 R 11/3/2012		Katharine Ross		DM North	
	Name	Yr	School	Seed Time	Finals Time
1	Katharine Ross 28.59 32.59	SR	Des Moines North	1:03.64	1:01.18 R
2	Savannah Butler 30.99 33.98	SR	Iowa City West	1:07.12	1:04.97
3	Moriah Ross 31.00 34.30	SO	Des Moines North	1:07.33	1:05.30
4	Lizzie Brown 30.38 36.00	SO	Iowa City High	1:05.93	1:06.38
5	Sydney Sorenson 31.08 35.67	JR	Ames	1:07.98	1:06.75
6	Brittany Purscell 30.74 36.09	JR	Des Moines Lincoln	1:06.11	1:06.83
7	Autumn Roepsch 31.32 35.62	SR	Dubuque Senior	1:07.73	1:06.94
8	Hannah Aldridge 31.22 36.54	SR	Dowling Catholic	1:07.09	1:07.76
9	Emma Shie 32.07 35.88	SR	Davenport Central	1:07.26	1:07.95
10	Carmen Vajgrt 32.51 36.50	JR	Johnston	1:07.37	1:09.01
11	Lauren Dalecky 32.27 36.94	SR	Linn-Mar	1:08.84	1:09.21
12	Rachel Manderscheid 32.67 36.81	FR	Ankeny	1:10.52	1:09.48
13	Chloe Kuehner 32.61 37.22	JR	Marshalltown	1:10.09	1:09.83
14	Allison Moore 32.73 37.26	JR	West Des Moines Valley	1:09.74	1:09.99
15	Jenna Cornick 33.52 36.61	SO	Mason City	1:09.86	1:10.13

2012 IGHSAA State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 11 Women 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
16	Olivia Knowles	JR	Dubuque Senior	1:09.55	1:10.53
	32.69 37.84				
17	Natalie Shimp	SO	Cedar Falls	1:09.98	1:10.62
	33.15 37.47				
18	Hannah Crane	JR	Bettendorf	1:10.02	1:11.08
	33.29 37.79				
19	Hannah McCoid	SR	Ankeny	1:11.37	1:11.17
	32.74 38.43				
20	Raechel Hannam	FR	Marshalltown	1:11.83	1:11.20
	33.71 37.49				
21	Madelaine Thomas	JR	Dubuque Wahlert	1:11.78	1:11.31
	33.32 37.99				
22	Emma Gaer	SO	Des Moines Roosevelt	1:10.94	1:11.49
	32.75 38.74				
23	Lauren Reynolds	SR	Linn-Mar	1:10.41	1:11.66
	33.05 38.61				
24	Amanda Jacobsen	SR	Cedar Rapids Kennedy	1:11.34	1:11.93
	32.84 39.09				

Event 12 Women 400 Yard Freestyle Relay**State Record: 3:31.31 R 11/3/2012****Pleasant Valley****Pleasant Valley****E Hundley, N Oppel, A Ehrecke, G Stecker**

	Team	Relay	Seed Time	Finals Time
1	Pleasant Valley		3:36.98	3:31.31 R
	1) Evan Hundley SO	2) Nicole Oppel SO	3) Ashton Ehrecke SO	4) Gabbie Stecker SR
	25.55 53.04 25.89 54.32 24.97 53.01 24.38 50.94			
2	Ames		3:39.25	3:33.71
	1) Taylor Flummerfelt SR	2) Hannah Bonestroo SR	3) Sara Bentley JR	4) Hannah Newell JR
	25.22 52.76 26.00 55.09 25.12 53.35 25.02 52.51			
3	Cedar Falls		3:38.07	3:34.29
	1) Brittany Moffatt SO	2) Catherine Sell JR	3) Martee Grainger SO	4) Aftin Phyfe SR
	26.59 54.18 26.03 53.96 25.34 54.47 24.53 51.68			
4	Mason City		3:38.12	3:36.09
	1) Emma Sougstad SR	2) Crystal Florman SO	3) Samantha Kraft JR	4) McClaren Rodriguez FR
	24.96 51.08 26.05 54.52 26.16 55.38 26.13 55.11			
5	Dowling Catholic		3:35.49	3:36.23
	1) Anna Bump SR	2) Emily Tuazon SR	3) McKenna Pierce JR	4) McKenna Lynch JR
	25.90 53.42 26.17 55.57 26.28 55.14 24.86 52.10			
6	Johnston		3:36.02	3:37.15
	1) Niki Ferguson SO	2) Caylee Shank SR	3) Nicole Davis JR	4) Victoria Trost SR
	27.03 55.71 26.05 55.22 26.05 54.29 24.80 51.93			
7	Waukee		3:39.84	3:37.94
	1) Camryn Somers FR	2) Jenny Brown JR	3) Ellie Blazenko SO	4) Maddie Gehrke SO
	26.56 55.64 26.20 54.53 26.95 55.79 24.57 51.98			
8	West Des Moines Valley		3:38.38	3:38.03
	1) Lauren Conte SO	2) Sophia Seltz SO	3) Kaitlin Wistey JR	4) Moriah Moore SO
	26.82 55.03 26.23 55.39 26.14 54.88 25.43 52.73			
9	Lewis Central		3:42.31	3:39.88
	1) Paxton Hedrick SO	2) Harper Emswiler JR	3) Kelsey Thoren SR	4) Lauren Leehy JR
	27.38 57.25 25.90 55.19 26.09 54.79 24.70 52.65			
10	Cedar Rapids Kennedy		3:47.48	3:40.81
	1) Hannah Botkin JR	2) Sam Jacobsen SO	3) Lydia Yang FR	4) Jessica Schmeiser SR
	26.45 56.12 25.47 53.53 26.49 57.53 25.19 53.63			

2012 IGHSAU State Swimming and Diving - 11/2/2012 to 11/3/2012**Results****(Event 12 Women 400 Yard Freestyle Relay)**

	Team			Relay			Seed Time		Finals Time	
11	Sioux City Metro						3:43.25		3:41.09	
	1) Lindsey Stalheim FR			2) Ashley Vondrak SR			3) Adrienne Wesselius SR		4) Alizah Wink SO	
	27.13	56.52	27.02	57.14	25.62	54.71	25.27	52.72		
12	Iowa City West						3:44.39		3:41.86	
	1) Lilian Zhu JR			2) Jasmine Roghair JR			3) Erica Hsu FR		4) Savannah Butler SR	
	26.38	55.03	26.93	56.06	26.20	55.48	26.53	55.29		
13	Newton/Colfax/Mingo/Pella						3:43.31		3:44.28	
	1) Carly Colville JR			2) Rachel Prendergast SO			3) Sydney Jenkins FR		4) Samantha Hedrick FR	
	26.86	55.93	26.58	56.12	26.62	56.99	25.58	55.24		
14	Cedar Rapids Washington						3:46.46		3:46.08	
	1) McKenzie Asplund SR			2) Maddie Dietz SR			3) Jackie Allen JR		4) Jackie Hughes JR	
	27.36	57.33	26.38	57.16	26.54	55.99	26.64	55.60		
15	Des Moines Roosevelt						3:45.88		3:47.30	
	1) Erika Dorff SR			2) Katherine Bening JR			3) Molly Donnelly FR		4) Jordan Summers JR	
	27.33	57.64	27.36	56.25	27.31	58.20	26.30	55.21		
16	Ankeny						3:47.88		3:47.90	
	1) Hope Kramer JR			2) Taryn Ayers SO			3) Cassie Frazier FR		4) Xan Westercamp FR	
	27.94	58.00	27.25	58.50	27.15	57.51	25.46	53.89		
17	Dubuque Wahlert						3:46.62		3:48.29	
	1) Sean Kalb SO			2) Lauren Noel JR			3) Katie Anderson SO		4) Emily Schroeder SR	
	27.24	56.38	27.18	57.72	27.05	58.13	26.32	56.06		
18	Southeast Polk						3:49.18		3:48.49	
	1) Hilary Schieffer JR			2) Ashleigh Houlette FR			3) Morgan Johnston SO		4) Allyssa Fluit FR	
	27.99	57.52	27.74	58.07	28.01	59.66	25.08	53.24		
19	Dubuque Senior						3:45.32		3:48.59	
	1) Jenna Willer FR			2) Alice Tsui FR			3) Carolyn Davis SO		4) Brandi Peter JR	
	26.30	55.54	27.23	57.47	26.82	57.08	27.47	58.50		
20	Des Moines Hoover						3:47.66		3:48.72	
	1) Kimberly Gonzalez JR			2) Kerigan Torres SO			3) Taylor Williams JR		4) Anna Burriola JR	
	27.72	58.43	26.07	55.95	28.14	59.89	25.71	54.45		
21	Marshalltown						3:52.92		3:49.57	
	1) Hayley Lillibridge JR			2) Leah Barkema JR			3) Therese Kuhlman JR		4) Chloe Kuehner JR	
	27.25	58.10	26.36	56.83	26.59	57.54	27.22	57.10		
22	Bettendorf						3:50.15		3:50.95	
	1) Caroline Mooney SO			2) Kelsey Westerkamp JR			3) Veronica Broggini SR		4) Lauren Ramirez SO	
	27.56	57.61	27.58	59.13	27.35	58.66	26.45	55.55		
23	Linn-Mar						3:51.11		3:51.42	
	1) Alexa Klimes SR			2) Paige Broghammer FR			3) Hailey Harms FR		4) Lauren Reynolds SR	
	27.67	58.38	26.87	56.82	27.70	57.47	27.20	58.75		
24	Decorah High School						3:53.04		3:54.90	
	1) Jennison Jenkins JR			2) Katelyn Yee FR			3) Taylor Martinek SO		4) Katy Appler SR	
	28.57	1:01.01	27.23	57.37	28.22	59.56	26.71	56.96		