

**2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022**  
**Psych Sheet**

**Event 1 Women 1 mtr Diving**

	<b>Name</b>	<b>Year</b>	<b>School</b>	
1	Tollefson, Abby	JR	Marshalltown-UN	548.95
2	Kallemeier, Berit	SO	Dowling Cath-UN	506.10
3	Thompson, Trista	SR	Grinnell-UN	489.00
4	Freeman, Natalie	SR	CR Jefferson-UN	481.05
5	Flockhart, Jacie	SR	Boone-UN	476.45
6	Hogan, Avery	SR	Wat West-UN	474.65
7	Gisi, Sasha	JR	Dowling Cath-UN	471.80
8	Monarch, Rosa	SR	Mason City-UN	471.20
9	Doud, Audrey	SO	Dowling Cath-UN	458.90
10	Grady, Alise	JR	Johnston-UN	452.55
11	Kolars, Hannah	SR	Ankeny-UN	449.05
12	Stanley, Kaisa	SR	Marshalltown-UN	448.05
13	Miner, Liv	JR	Johnston-UN	446.30
14	Swanson, Kamila	SO	Ic, West-UN	416.15
15	Boehlert, Lydia	SR	Ankeny-UN	415.65
16	Taylor, Reese	FR	Algona-UN	411.85
17	Russell, Camryn	FR	Grinnell-UN	410.15
18	Noll, Liz	SR	Valley, Wdm-UN	405.45
19	Stanier, Greta	SR	Ic, City High-UN	403.05
20	Neighbor, Lacey	SR	CR Kennedy-UN	396.25
21	Hawker, Isabel	SR	CR Washington-UN	395.95
22	Link, Kylie	JR	CR Kennedy-UN	395.05
23	Glaus, Maddie	SR	Pleasant Valley-UN	389.40
24	Markutsya, Alina	SR	Ames-UN	385.75
25	Krivachek, Brinley	SR	Decorah-UN	385.40
26	Young, Ainsley	SR	Ic, West-UN	383.50
27	Denner, Kate	SR	Linn-Mar-UN	381.20
28	Mackey, Katelyn	JR	CR Kennedy-UN	378.70
29	Wyatt, Janie	JR	Valley, Wdm-UN	376.80
30	Hetzer, Holli	FR	SE Polk-UN	374.10
31	Hauser, Kate	SO	Marshalltown-UN	373.60
32	Kolker, Grace	SR	Dub Hempstead-UN	367.10

**Event 2 Women 200 Yard Medley Relay****1:44.21 AUTO Automatic AA****1:46.21 CONS Consideration AA**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>		
1	Dvpt, Central-UN 1) Cousins, Hannah JR	A 2) Heller, Isabel JR	1:46.07 4) Green, Simone JR	CONS
2	Waukee-UN 1) Rafferty, Payden JR	A 2) Hage, Willa SO	1:47.25 3) Kell, Mallory SR	4) Bailey, Hayden FR
3	Johnston-UN 1) Frantum, Olivia SR	A 2) Swalley, Olivia SR	1:48.45 3) Frantum, Faith SO	4) Jensen, Hailey JR
4	Dowling Cath-UN 1) Wilcox, Abby JR	A 2) Foth, Emma SR	1:48.61 3) Evans, Bri SR	4) Hassett, Sassy FR
5	Ames-UN 1) Ning, Melissa SO	A 2) Winer, Reese JR	1:48.69 3) Robertson, Andra SO	4) Horras, Saylor SO
6	Linn-Mar-UN 1) Raghwani, Mehal SO	A 2) Kimmel, Hayley SR	1:49.87 3) Carstensen, Maura SO	4) Brennom, Emily SR
7	CR Kennedy-UN 1) Hance, Ellie JR	A 2) Gannon, Casey SR	1:49.91 3) Trotta, Maria JR	4) Anctil, Lilly FR
8	Cedar Falls-UN 1) Paulsen, Sutton SR	A 2) Lehmann, Baylee JR	1:50.28 3) Kumazaki, Kokone SR	4) Wilson, Paige FR

**2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022**  
**Psych Sheet**

**Event 2 ... (Women 200 Yard Medley Relay)**

9	Mason City-UN	A		1:50.60
	1) Hehr, Grace JR	2) Cole, Aspen JR	3) Halverson, Taylor SR	4) Braun, Jenna SR
10	Ankeny-UN	A		1:50.87
	1) Rolow, Rachel SR	2) Peck, Anja JR	3) Walker, Caroline SR	4) Lindaman, Gracie SO
11	Pleasant Valley-UN	A		1:52.17
	1) Patton, Leah SR	2) Quinn, Caitlin SO	3) Tews, Ellen SR	4) Durick, Lindsay SO
12	Valley, Wdm-UN	A		1:52.37
	1) Dahlen, Lily JR	2) Van Zee, Kate JR	3) DeJong, Charlee FR	4) Nelson, Emily SR
13	Lewis Central-UN	A		1:52.42
	1) Collins, Sydnie JR	2) Brown, Kylee SR	3) Hansen, Mia JR	4) Crilly, Claire SR
14	Fort Dodge-UN	A		1:52.52
	1) Fierke, Eileen SR	2) Wooldridge, Raegan JR	3) Eastman, Julia SO	4) Vogel, Hailey SO
15	Dsm Lincoln-UN	A		1:52.63
	1) Douds, Samantha SO	2) Shaffer, Haylee SO	3) Dudley, Tori SR	4) Drymon, Shae SR
16	Ic, West-UN	A		1:52.93
	1) Hajek, Makala SR	2) Bilskemper, Ave SO	3) Liu, Karen JR	4) Friessen, Bella SO
17	Carroll-UN	A		1:53.35
	1) Burns, Hailey JR	2) Myers, Emma JR	3) Holt, Amelia JR	4) DeMoss, Zeldia JR
18	Dub Senior-UN	A		1:53.80
	1) Gilligan, Molly JR	2) Vantiger, Kaitlyn JR	3) Koch, Savanna JR	4) Hall, Evie JR
19	Newton-UN	A		1:53.89
	1) White, Tori FR	2) Barton, Harper FR	3) Ray, Lillie SR	4) Benson, Paige SO
20	Wahlert, Dub-UN	A		1:53.93
	1) Schmidt, Avery SR	2) Snyder, Kelly JR	3) Wuebker, Brooke SR	4) Borgerding, Taylor SO
21	Bettendorf-UN	A		1:54.35
	1) Morse, Peyton JR	2) Cortes, Juliana SR	3) Wehr, Riley SR	4) Farwell, Jenna FR
22	Ic, City High-UN	A		1:54.71
	1) Galloway, Ellie SO	2) Miller, Saoirse	3) Hoeper, Grace SO	4) Frank, Margalit
23	Dub Hempstead-UN	A		1:54.74
	1) Davis, Nora JR	2) Oberhoffer, Emma JR	3) Dolphin, Callie JR	4) Tomkins, Kenzie JR
24	Sc, West-UN	A		1:55.42
	1) McGowan, Maria JR	2) Mahoney, Alice SR	3) McGowan, Brigid SO	4) Mahoney, Erin FR
25	Spencer-UN	A		1:55.77
	1) Quanbeck, Emily JR	2) Gross, Lillian SO	3) Miller, Mya SR	4) Ferguson, Brooklyn JR
26	Boone-UN	A		1:56.01
	1) Brooks, Julia SR	2) Lile, Brooke SO	3) Gute, Anna SR	4) Gradoville, Lexi SR
27	SE Polk-UN	A		1:56.81
	1) Douglas, Elizabeth JR	2) Capman, Kennedy JR	3) Fertig, Jordan SO	4) Dayton, Emelia FR
28	Wat West-UN	A		1:56.83
	1) Mujic, Irma FR	2) Stainbrook, Haley JR	3) Clark, Molly JR	4) Schwickerath, Lily JR
29	CR Jefferson-UN	A		1:56.93
	1) Childers, Madison SR	2) Mouglin, Addison JR	3) Barber, Joselyn SO	4) Wilson, Sienna FR
30	CR Washington-UN	A		1:56.96
	1) Jones, Abby SR	2) Barker, Lily Belle FR	3) Wheeler, Cora JR	4) Piersall, Mattie SO
31	Marshalltown-UN	A		1:57.05
	1) Janssen, Maeve SR	2) Waltermire, Lesli JR	3) Wittkop, Averie JR	4) Case, Rachel FR
32	Indianola-UN	A		2:00.23
	1) Cram, Kodi SR	2) Mahlstadt, Faith SO	3) Bacon, Julian SR	4) Ramaeker, Olivia SR

**Event 3 Women 200 Yard Freestyle**

1:48.74 AUTO Automatic AA

1:50.57 CONS Consideration AA

Name	Year	School	Seed Time	
1 Kemp, Nora	JR	Waukee-UN	1:49.78	CONS

## 2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022

## Psych Sheet

## Event 3 ... (Women 200 Yard Freestyle)

2	Roghair, Jade	SR	Ic, West-UN	1:53.66
3	Frantum, Faith	SO	Johnston-UN	1:54.66
4	Frantum, Olivia	SR	Johnston-UN	1:55.21
5	Snakenberg, Riley	SO	Ames-UN	1:55.60
6	Patee, Natalie	FR	Sc, West-UN	1:55.97
7	Reese, Kolby	JR	Ic, West-UN	1:56.26
8	Woolums, Brynnly	FR	SE Polk-UN	1:56.61
9	He, Allison	JR	Valley, Wdm-UN	1:56.79
10	Worth, Zarah	SR	Dowling Cath-UN	1:56.81
11	Habgood, Amelia	JR	Waukee-UN	1:56.82
12	Huss, Anna	SO	Dowling Cath-UN	1:56.91
13	Haars, Lucy	JR	Linn-Mar-UN	1:56.93
14	Mahler-Moreno, Quin	SO	Perry-UN	1:57.18
15	Brown, Kylee	SR	Lewis Central-UN	1:57.24
16	Judas, Taylor	JR	Waukee-UN	1:57.32
17	Lehmann, Taytem	FR	Cedar Falls-UN	1:57.38
18	Witt, Alyssa	SR	Bettendorf-UN	1:58.01
19	Henry, Jenna	JR	Valley, Wdm-UN	1:58.12
20	Reynolds, Alexes	SR	Atlantic-UN	1:58.45
21	Kathan, Lauren	JR	Pleasant Valley-UN	1:58.57
22	Powers, Elizabeth	JR	Ames-UN	1:58.63
23	Mason, Emma	SO	Cedar Falls-UN	1:59.35
24	Honkamp, Mary	FR	Dowling Cath-UN	1:59.36
25	Sherry, Sierra	SR	Boone-UN	2:00.02
26	Fisher, Madeline	JR	Muscatine-UN	2:00.08
27	Sizemore, Emma	SO	Dsm Lincoln-UN	2:00.09
28	Parton, Josie	JR	Ankeny-UN	2:00.34
29	LaMark, Alla	SR	Dsm, Roosevelt-UN	2:00.35
30	Schmidt, Mikala	JR	Linn-Mar-UN	2:00.37
31	Gerke, Gretchen	FR	Ic, West-UN	2:00.42
32	Halverson, Taylor	SR	Mason City-UN	2:01.39

## Event 3A Women 200 Yard Freestyle Para 200 Free

1:48.74 AUTO Automatic AA

1:50.57 CONS Consideration AA

Name	Year	School	Seed Time
1	Worster, Addalyn	Keokuk-UN	2:23.66

## Event 4 Women 200 Yard IM

2:01.51 AUTO Automatic AA

2:03.64 CONS Consideration AA

Name	Year	School	Seed Time		
1	Swalley, Olivia	SR	Johnston-UN	2:03.49	CONS
2	Hage, Willa	SO	Waukee-UN	2:07.73	
3	Heller, Isabel	JR	Dvpt, Central-UN	2:07.83	
4	Kell, Mallory	SR	Waukee-UN	2:08.66	
5	Robertson, Andra	SO	Ames-UN	2:08.77	
6	Honkamp, Annie	JR	Dowling Cath-UN	2:09.30	
7	Green, Dawsyn	SO	Pleasant Valley-UN	2:10.54	
8	Rolow, Rachel	SR	Ankeny-UN	2:11.00	
9	Adams, Lilly	SO	CR Kennedy-UN	2:11.00	
10	Sweetman, Julia	SR	Dowling Cath-UN	2:11.10	
11	Winer, Reese	JR	Ames-UN	2:11.53	

**2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022**  
**Psych Sheet**

**Event 4 ... (Women 200 Yard IM)**

12	Hogenson, Dylan	JR	Waukee-UN	2:11.63
13	Peck, Anja	JR	Ankeny-UN	2:11.73
14	Collins, Sydney	JR	Lewis Central-UN	2:11.80
15	Oelke, Addison	FR	Sc, West-UN	2:11.84
16	Van Zee, Kate	JR	Valley, Wdm-UN	2:12.07
17	Lehmann, Baylee	JR	Cedar Falls-UN	2:12.09
18	Cole, Aspen	JR	Mason City-UN	2:12.10
19	Myers, Emma	JR	Carroll-UN	2:12.15
20	Gannon, Casey	SR	CR Kennedy-UN	2:13.40
21	Wilcox, Abby	JR	Dowling Cath-UN	2:13.49
22	Hajek, Makala	SR	Ic, West-UN	2:13.63
23	McGowan, Brigid	SO	Sc, West-UN	2:14.41
24	Wehr, Riley	SR	Bettendorf-UN	2:14.72
25	Larsen, Willow	JR	Ottumwa-UN	2:15.67
26	Paulsen, Sutton	SR	Cedar Falls-UN	2:16.50
27	Matheson, Abby	JR	Johnston-UN	2:16.67
28	Wilson, Paige	FR	Cedar Falls-UN	2:17.19
29	Owenson, Raegan	JR	Johnston-UN	2:17.44
30	Liu, Karen	JR	Ic, West-UN	2:17.92
31	Duehr, Kate	JR	Dub Hempstead-UN	2:18.08
32	Bilskemper, Ave	SO	Ic, West-UN	2:18.89

**Event 5 Women 50 Yard Freestyle****23.20 AUTO Automatic AA****23.54 CONS Consideration AA**

Name	Year	School	Seed Time	
1	Hoeper, Grace	SO	Ic, City High-UN	23.72
2	Trotta, Maria	JR	CR Kennedy-UN	24.18
3	Gute, Anna	SR	Boone-UN	24.40
4	Wandera, Athieno	SO	Waukee-UN	24.53
5	Vogel, Hailey	SO	Fort Dodge-UN	24.59
6	Rafferty, Payden	JR	Waukee-UN	24.68
7	Bailey, Hayden	FR	Waukee-UN	24.76
8	Mason, Sophia	JR	Cedar Falls-UN	24.83
9	DeJong, Charlee	FR	Valley, Wdm-UN	24.83
10	Schmidt, Avery	SR	Wahlert, Dub-UN	24.85
11	Lindaman, Gracie	SO	Ankeny-UN	24.85
12	Anctil, Lilly	FR	CR Kennedy-UN	24.90
13	Hassett, Sassy	FR	Dowling Cath-UN	24.96
14	Horras, Saylor	SO	Ames-UN	25.08
15	Werner, Paige	SR	Decorah-UN	25.14
16	Walker, Caroline	SR	Ankeny-UN	25.14
17	Janssen, Maeve	SR	Marshalltown-UN	25.14
18	Ray, Lillie	SR	Newton-UN	25.14
19	Green, Simone	JR	Dvpt, Central-UN	25.16
20	Braun, Jenna	SR	Mason City-UN	25.17
21	Waltermire, Lesli	JR	Marshalltown-UN	25.20
22	Hanson, Suri	SO	Ames-UN	25.20
23	Gilligan, Molly	JR	Dub Senior-UN	25.33
24	Friessen, Bella	SO	Ic, West-UN	25.34
25	Drymon, Shae	SR	Dsm Lincoln-UN	25.34
26	Dahlen, Lily	JR	Valley, Wdm-UN	25.39

## 2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022

## Psych Sheet

**Event 5 ... (Women 50 Yard Freestyle)**

27	Gaither, Leilah	SO	Bettendorf-UN	25.43
28	Jensen, Hailey	JR	Johnston-UN	25.44
29	Foth, Emma	SR	Dowling Cath-UN	25.47
30	Vrchoticky, Elaina	SR	Cb, A Lincoln-UN	25.52
31	Holt, Amelia	JR	Carroll-UN	25.55
32	Durick, Lindsay	SO	Pleasant Valley-UN	25.57

**Event 5A Women 50 Yard Freestyle Para 50 Free**

23.20 AUTO Automatic AA

23.54 CONS Consideration AA

	Name	Year	School	Seed Time
1	Longmire, Hannnah		Ic, West-UN	35.47
2	Darter, Alayna		Dub Hempstead-UN	46.10

**Event 6 Women 100 Yard Butterfly**

54.42 AUTO Automatic AA

55.49 CONS Consideration AA

	Name	Year	School	Seed Time
1	Cousins, Hannah	JR	Dvpt, Central-UN	56.01
2	Hoeper, Grace	SO	Ic, City High-UN	56.47
3	Green, Dawsyn	SO	Pleasant Valley-UN	58.27
4	Oelke, Addison	FR	Sc, West-UN	58.46
5	Kell, Mallory	SR	Waukee-UN	58.60
6	Bailey, Hayden	FR	Waukee-UN	58.68
7	Walker, Caroline	SR	Ankeny-UN	59.14
8	Worth, Zarah	SR	Dowling Cath-UN	59.26
9	Sweetman, Julia	SR	Dowling Cath-UN	59.28
10	Ning, Melissa	SO	Ames-UN	59.58
11	Flikkema, Mary	SO	Cedar Falls-UN	59.72
12	Witt, Alyssa	SR	Bettendorf-UN	59.80
13	Carstensen, Maura	SO	Linn-Mar-UN	59.87
14	Wehr, Riley	SR	Bettendorf-UN	1:00.03
15	Davis, Hailey	JR	Waukee-UN	1:00.39
16	Matheson, Abby	JR	Johnston-UN	1:00.44
17	Tews, Ellen	SR	Pleasant Valley-UN	1:00.55
18	Tecklenburg, Maia	SO	Johnston-UN	1:00.60
19	Koch, Savanna	JR	Dub Senior-UN	1:00.67
20	Schafer, Leah	SO	Ankeny-UN	1:00.77
21	Grueter, Maddy	SR	Ic, West-UN	1:01.02
22	Eastman, Julia	SO	Fort Dodge-UN	1:01.04
23	Liu, Karen	JR	Ic, West-UN	1:01.08
24	Hehr, Grace	JR	Mason City-UN	1:01.21
25	Harswick, Alex	SR	Ames-UN	1:01.22
26	Hanson, Gabbie	SO	Dvpt, Central-UN	1:01.33
27	Greer, Magdalene	SR	Ic, West-UN	1:01.41
28	Dolphin, Callie	JR	Dub Hempstead-UN	1:01.48
29	Evans, Bri	SR	Dowling Cath-UN	1:01.76
30	Kumazaki, Kokone	SR	Cedar Falls-UN	1:01.78
31	Aesoph, Grace	SO	Sc, West-UN	1:01.82
32	Fisher, Madeline	JR	Muscatine-UN	1:01.93

## 2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022

## Psych Sheet

## Event 7 Women 100 Yard Freestyle

50.19 AUTO Automatic AA

51.05 CONS Consideration AA

Name	Year	School	Seed Time
1 Kimmel, Hayley	SR	Linn-Mar-UN	51.24
2 Kemp, Nora	JR	Waukee-UN	52.12
3 Fierke, Eileen	SR	Fort Dodge-UN	53.21
4 Huss, Anna	SO	Dowling Cath-UN	53.30
5 Woolums, Brynnly	FR	SE Polk-UN	53.45
6 Trotta, Maria	JR	CR Kennedy-UN	53.58
7 Lehmann, Taytem	FR	Cedar Falls-UN	53.72
8 Schwickerath, Evan	SR	Waukee-UN	53.86
9 Wandera, Athieno	SO	Waukee-UN	53.89
10 Gute, Anna	SR	Boone-UN	53.96
11 Stasi, Gianna	JR	Johnston-UN	54.03
12 Lindaman, Gracie	SO	Ankeny-UN	54.21
13 Haars, Lucy	JR	Linn-Mar-UN	54.34
14 Mason, Sophia	JR	Cedar Falls-UN	54.35
15 Green, Simone	JR	Dvpt, Central-UN	54.47
16 Horras, Saylor	SO	Ames-UN	54.77
17 Vrchtoticky, Elaina	SR	Cb, A Lincoln-UN	54.87
18 Hance, Ellie	JR	CR Kennedy-UN	55.03
19 Jensen, Hailey	JR	Johnston-UN	55.10
20 Parton, Josie	JR	Ankeny-UN	55.10
21 Alberts, Julia	SR	Decorah-UN	55.21
22 Hassett, Sassy	FR	Dowling Cath-UN	55.29
23 Hajek, Makala	SR	Ic, West-UN	55.35
24 Salazar, Natalie	SO	Dowling Cath-UN	55.76
25 Hanson, Suri	SO	Ames-UN	55.78
26 Werner, Paige	SR	Decorah-UN	55.81
27 Waltermire, Lesli	JR	Marshalltown-UN	55.82
28 DeJong, Charlee	FR	Valley, Wdm-UN	55.83
29 Friessen, Bella	SO	Ic, West-UN	55.85
30 Ray, Peyton	SO	Newton-UN	55.94
31 Gaither, Leilah	SO	Bettendorf-UN	56.01
32 Wuebker, Brooke	SR	Wahlert, Dub-UN	56.05

## Event 7A Women 100 Yard Freestyle Para 100 Free

50.19 AUTO Automatic AA

51.05 CONS Consideration AA

Name	Year	School	Seed Time
1 Worster, Addalyn		Keokuk-UN	1:06.84
2 Longmire, Hannnah		Ic, West-UN	1:20.16
3 Darter, Alayna		Dub Hempstead-UN	1:41.13

## Event 8 Women 500 Yard Freestyle

4:52.18 AUTO Automatic AA

4:56.85 CONS Consideration AA

Name	Year	School	Seed Time
1 Roghair, Jade	SR	Ic, West-UN	5:04.99
2 Frantum, Faith	SO	Johnston-UN	5:05.21
3 Frantum, Olivia	SR	Johnston-UN	5:05.27
4 Snakenberg, Riley	SO	Ames-UN	5:06.12
5 Judas, Taylor	JR	Waukee-UN	5:09.16
6 Mahler-Moreno, Quin	SO	Perry-UN	5:10.57

## 2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022

## Psych Sheet

## Event 8 ... (Women 500 Yard Freestyle)

7	Reese, Kolby	JR	Ic, West-UN	5:12.58
8	Patee, Natalie	FR	Sc, West-UN	5:12.61
9	He, Allison	JR	Valley, Wdm-UN	5:12.64
10	Davey, Zoe	SO	Waukee-UN	5:14.95
11	Henry, Jenna	JR	Valley, Wdm-UN	5:15.10
12	Powers, Elizabeth	JR	Ames-UN	5:15.39
13	Habgood, Amelia	JR	Waukee-UN	5:15.41
14	Kathan, Lauren	JR	Pleasant Valley-UN	5:17.26
15	Gerke, Gretchen	FR	Ic, West-UN	5:18.22
16	Gannon, Casey	SR	CR Kennedy-UN	5:18.60
17	Quinn, Caitlin	SO	Pleasant Valley-UN	5:19.84
18	Schmidt, Mikala	JR	Linn-Mar-UN	5:20.47
19	Nedved, Allie	JR	Dowling Cath-UN	5:20.92
20	Halaczkiwicz, Mia	FR	Dowling Cath-UN	5:21.54
21	Sizemore, Emma	SO	Dsm Lincoln-UN	5:23.73
22	Reynolds, Alexes	SR	Atlantic-UN	5:24.32
23	Delarosa, Olivia	SR	Sc, West-UN	5:25.25
24	Mason, Emma	SO	Cedar Falls-UN	5:25.99
25	Sherry, Sierra	SR	Boone-UN	5:26.33
26	Madetzke, Sydney	SR	Ankeny-UN	5:27.16
27	Honkamp, Mary	FR	Dowling Cath-UN	5:27.37
28	Ford, Hannah	JR	Dvpt, Central-UN	5:27.97
29	Brennom, Emily	SR	Linn-Mar-UN	5:28.42
30	Assaad, Sarah	SO	Johnston-UN	5:28.60
31	Hopewell, Olivia	FR	Dvpt, Central-UN	5:29.07
32	Duehr, Kate	JR	Dub Hempstead-UN	5:30.60

## Event 9 Women 200 Yard Freestyle Relay

1:35.36 AUTO Automatic AA

1:36.94 CONS Consideration AA

Team	Relay	Seed Time		
1	Dvpt, Central-UN 1) Cousins, Hannah JR	A 2) Green, Simone JR	1:37.77 3) Heller, Isabel JR	4) Valleroy, Lauren SO
2	Dowling Cath-UN 1) Huss, Anna SO	A 2) Hassett, Sassy FR	3) Worth, Zarah SR	4) Sweetman, Julia SR
3	CR Kennedy-UN 1) Trotta, Maria JR	A 2) Ancitil, Lilly FR	3) Adams, Lilly SO	4) Hance, Ellie JR
4	Ames-UN 1) Horras, Saylor SO	A 2) Robertson, Andra SO	3) Winer, Reese JR	4) Hanson, Suri SO
5	Waukee-UN 1) Kemp, Nora JR	A 2) Hage, Willa SO	3) Wandera, Athieno SO	4) Judas, Taylor JR
6	Sc, West-UN 1) McGowan, Brigid SO	A 2) Patee, Natalie FR	3) Aesoph, Grace SO	4) Oelke, Addison FR
7	Cedar Falls-UN 1) Mason, Sophia JR	A 2) Paulsen, Sutton SR	3) Wilson, Paige FR	4) Lehmann, Taytem FR
8	Ic, West-UN 1) Friessen, Bella SO	A 2) Bilskemper, Ave SO	3) Reese, Kolby JR	4) Roghair, Jade SR
9	Decorah-UN 1) Werner, Paige SR	A 2) Nefzger, Maeley SR	3) Kovarik, Katerina SR	4) Alberts, Julia SR
10	Ankeny-UN 1) Parton, Josie JR	A 2) Lindaman, Gracie SO	3) Trosper, Madison FR	4) Walker, Caroline SR
11	Fort Dodge-UN 1) Fierke, Eileen SR	A 2) Eastman, Julia SO	3) Kammerer, Makenna SR	4) Vogel, Hailey SO

**2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022**  
**Psych Sheet**

**Event 9 ... (Women 200 Yard Freestyle Relay)**

12	Pleasant Valley-UN	A			1:41.98
	1) Smith, Savannah SO		2) Durick, Lindsay SO	3) Green, Dawsyn SO	4) Kathan, Lauren JR
13	Bettendorf-UN	A			1:42.06
	1) Gaither, Leilah SO		2) Boehm, Ella SO	3) Farwell, Jenna FR	4) Witt, Alyssa SR
14	Newton-UN	A			1:42.11
	1) Barton, Harper FR		2) Ray, Peyton SO	3) Ruggles, Maylei SR	4) Ray, Lillie SR
15	Spencer-UN	A			1:42.46
	1) Miller, Mya SR		2) Quanbeck, Emily JR	3) Gross, Lillian SO	4) Ferguson, Brooklyn JR
16	Carroll-UN	A			1:42.50
	1) Holt, Amelia JR		2) Kent, Natalie JR	3) Burns, Hailey JR	4) Myers, Emma JR
17	Valley, Wdm-UN	A			1:42.59
	1) Nelson, Emily SR		2) Dahlen, Lily JR	3) Henry, Jenna JR	4) He, Allison JR
18	Boone-UN	A			1:42.83
	1) Gute, Anna SR		2) Gradoville, Lexi SR	3) Lile, Brooke SO	4) Sherry, Sierra SR
19	SE Polk-UN	A			1:43.01
	1) Woolums, Brynnly FR		2) Douglas, Elizabeth JR	3) Fertig, Jordan SO	4) Torrence, Kaylen SO
20	Dub Hempstead-UN	A			1:43.05
	1) Tomkins, Kenzie JR		2) Davis, Nora JR	3) Duehr, Kate JR	4) Dolphin, Callie JR
21	Mason City-UN	A			1:43.29
	1) Manternach, Marie SR		2) Halverson, Taylor SR	3) Braun, Jenna SR	4) Eide, Kayla FR
22	Wahlert, Dub-UN	A			1:43.66
	1) Wuebker, Brooke SR		2) Snyder, Kelly JR	3) Wuebker, Kayla SO	4) Borgerding, Taylor SO
23	Marshalltown-UN	A			1:43.71
	1) Janssen, Maeve SR		2) Case, Rachel FR	3) Wittkop, Averie JR	4) Waltermire, Lesli JR
24	Linn-Mar-UN	A			1:44.09
	1) Junk, Ellie JR		2) Richard, Libby SO	3) Carstensen, Maura SO	4) Haars, Lucy JR
25	Johnston-UN	A			1:44.20
	1) Jensen, Hailey JR		2) Miner, Claire	3) Kazazic, Leyla SR	4) Yeutsy, Lydia SR
26	Lewis Central-UN	B			1:44.47
	1) Steinmetz, Hannah SR		2) Gordon, Emma JR	3) Hansen, Mia JR	4) Crilly, Claire SR
27	Wat West-UN	A			1:44.55
	1) Mujic, Irma FR		2) Clark, Molly JR	3) Schwickerath, Lily JR	4) Stainbrook, Haley JR
28	Burlington-UN	A			1:44.86
	1) Boyer, Elli SO		2) Kraus, Olivia JR	3) Ritter, Olivia FR	4) Boyer, Jordyn SR
29	Ottumwa-UN	A			1:44.99
	1) Payne, Mac SR		2) Johnson, Finley FR	3) Larsen, Willow JR	4) Johnson, Ava JR
30	Dub Senior-UN	A			1:45.13
	1) Koch, Savannah JR		2) Norton, Josie SO	3) Hall, Evie JR	4) Vantiger, Kaitlyn JR
31	Dsm Lincoln-UN	A			1:45.14
	1) Sizemore, Emma SO		2) Douds, Samantha SO	3) Shaffer, Haylee SO	4) Dudley, Tori SR
32	Indianola-UN	A			1:45.18
	1) Bacon, Julian SR		2) Cram, Kodi SR	3) Bacon, Olivia JR	4) Ramaeker, Olivia SR

**Event 10 Women 100 Yard Backstroke**

54.80 AUTO Automatic AA

55.92 CONS Consideration AA

Name	Year	School	Seed Time	
1 Cousins, Hannah	JR	Dvpt, Central-UN	55.54	CONS
2 Kimmel, Hayley	SR	Linn-Mar-UN	56.14	
3 Rafferty, Payden	JR	Waukee-UN	57.46	
4 Wilcox, Abby	JR	Dowling Cath-UN	57.99	
5 Schmidt, Avery	SR	Wahlert, Dub-UN	58.44	
6 Schwickerath, Evan	SR	Waukee-UN	58.52	
7 Rolow, Rachel	SR	Ankeny-UN	58.74	



## 2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022

## Psych Sheet

## Event 10 ... (Women 100 Yard Backstroke)

8	Larsen, Willow	JR	Ottumwa-UN	59.24
9	Ning, Melissa	SO	Ames-UN	59.50
10	Paulsen, Sutton	SR	Cedar Falls-UN	59.66
11	Salazar, Natalie	SO	Dowling Cath-UN	1:00.18
12	Stasi, Gianna	JR	Johnston-UN	1:00.32
13	Light, Jaylyn	FR	Ames-UN	1:00.33
14	Wilkins, Carlee	JR	Ic, West-UN	1:00.38
15	Collins, Sydnie	JR	Lewis Central-UN	1:00.56
16	Mallaro, Ava	SR	Cedar Falls-UN	1:00.67
17	Hehr, Grace	JR	Mason City-UN	1:00.72
18	Adams, Lilly	SO	CR Kennedy-UN	1:00.76
19	Hanson, Gabbie	SO	Dvpt, Central-UN	1:00.95
20	Mujic, Irma	FR	Wat West-UN	1:01.03
21	Vantiger, Kaitlyn	JR	Dub Senior-UN	1:01.64
22	Eastman, Julia	SO	Fort Dodge-UN	1:01.80
23	Dudley, Tori	SR	Dsm Lincoln-UN	1:01.89
24	Rossi, Ryann	JR	Dowling Cath-UN	1:01.97
25	Trosper, Abby	SR	Waukee-UN	1:02.00
26	Harswick, Alex	SR	Ames-UN	1:02.02
27	Hance, Ellie	JR	CR Kennedy-UN	1:02.24
28	Whisenand, Grace	JR	Linn-Mar-UN	1:02.41
29	Raghmani, Mehal	SO	Linn-Mar-UN	1:02.85
30	Patton, Leah	SR	Pleasant Valley-UN	1:03.03
31	Calonder, Avary	JR	Tipton-UN	1:03.11
32	Greer, Magdalene	SR	Ic, West-UN	1:03.13

## Event 11 Women 100 Yard Breaststroke

1:02.58 AUTO Automatic AA

1:03.80 CONS Consideration AA

Name	Year	School	Seed Time
1	Swalley, Olivia	SR Johnston-UN	1:04.09
2	Heller, Isabel	JR Dvpt, Central-UN	1:05.31
3	Robertson, Andra	SO Ames-UN	1:05.63
4	Hage, Willa	SO Waukee-UN	1:05.81
5	Myers, Emma	JR Carroll-UN	1:05.93
6	Fierke, Eileen	SR Fort Dodge-UN	1:06.00
7	Winer, Reese	JR Ames-UN	1:06.01
8	Honkamp, Annie	JR Dowling Cath-UN	1:06.20
9	Lehmann, Baylee	JR Cedar Falls-UN	1:06.72
10	Powers, Alex	FR Ames-UN	1:06.76
11	Cole, Aspen	JR Mason City-UN	1:07.10
12	Foth, Emma	SR Dowling Cath-UN	1:07.10
13	Vogel, Hailey	SO Fort Dodge-UN	1:07.31
14	Cerbin, Emy	SO Johnston-UN	1:07.49
15	Peck, Anja	JR Ankeny-UN	1:07.99
16	Davis, Hailey	JR Waukee-UN	1:08.18
17	Brown, Kylee	SR Lewis Central-UN	1:08.33
18	Van Zee, Kate	JR Valley, Wdm-UN	1:08.36
19	Gross, Lillian	SO Spencer-UN	1:08.50
20	Hogenson, Dylan	JR Waukee-UN	1:08.69
21	Barton, Harper	FR Newton-UN	1:08.95
22	Wilson, Paige	FR Cedar Falls-UN	1:08.96

**2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022**  
**Psych Sheet**

**Event 11 ... (Women 100 Yard Breaststroke)**

23	Spanovic, Nina	FR	Dowling Cath-UN	1:09.14
24	Halverson, Taylor	SR	Mason City-UN	1:09.22
25	Mougin, Addison	JR	CR Jefferson-UN	1:09.32
26	Shaffer, Haylee	SO	Dsm Lincoln-UN	1:09.46
27	Quinn, Caitlin	SO	Pleasant Valley-UN	1:09.48
28	Capman, Kennedy	JR	SE Polk-UN	1:09.74
29	Carstensen, Maura	SO	Linn-Mar-UN	1:10.54
30	Yeutsy, Lydia	SR	Johnston-UN	1:10.61
31	Halverson, Lauryn	SO	Mason City-UN	1:10.68
32	McGowan, Brigid	SO	Sc, West-UN	1:10.71

**Event 12 Women 400 Yard Freestyle Relay**

**3:27.65 AUTO Automatic AA**  
**3:31.02 CONS Consideration AA**

Team	Relay	Seed Time	
1 Dowling Cath-UN	A	3:33.71	
1) Huss, Anna SO	2) Worth, Zarah SR	3) Sweetman, Julia SR	4) Honkamp, Annie JR
2 Waukee-UN	A	3:34.71	
1) Kemp, Nora JR	2) Kell, Mallory SR	3) Wandera, Athieno SO	4) Rafferty, Payden JR
3 Linn-Mar-UN	A	3:37.11	
1) Schmidt, Mikala JR	2) Haars, Lucy JR	3) Raghvani, Mehal SO	4) Kimmel, Hayley SR
4 Johnston-UN	A	3:38.96	
1) Swalley, Olivia SR	2) Stasi, Gianna JR	3) Frantum, Olivia SR	4) Frantum, Faith SO
5 Ic, West-UN	A	3:39.03	
1) Reese, Kolby JR	2) Bilskemper, Ave SO	3) Hajek, Makala SR	4) Roghair, Jade SR
6 Sc, West-UN	A	3:39.43	
1) Patee, Natalie FR	2) Delarosa, Olivia SR	3) Aesoph, Grace SO	4) Oelke, Addison FR
7 Ames-UN	A	3:40.04	
1) Snakenberg, Riley SO	2) Hanson, Suri SO	3) Powers, Elizabeth JR	4) Harswick, Alex SR
8 Cedar Falls-UN	A	3:40.98	
1) Lehmann, Taytem FR	2) Mason, Molly FR	3) Smith, Zayda JR	4) Mason, Sophia JR
9 Pleasant Valley-UN	A	3:42.17	
1) Smith, Savanah SO	2) Kathan, Lauren JR	3) Green, Dawsyn SO	4) Quinn, Caitlin SO
10 Bettendorf-UN	A	3:43.18	
1) Gaither, Leilah SO	2) Morse, Peyton JR	3) Wehr, Riley SR	4) Witt, Alyssa SR
11 Valley, Wdm-UN	A	3:43.40	
1) DeJong, Charlee FR	2) Henry, Jenna JR	3) Van Zee, Kate JR	4) He, Allison JR
12 Lewis Central-UN	A	3:44.50	
1) Hoss, Abby SR	2) Crilly, Claire SR	3) Collins, Sydnie JR	4) Brown, Kylee SR
13 Mason City-UN	A	3:45.01	
1) Braun, Jenna SR	2) Hehr, Grace JR	3) Manternach, Marie SR	4) Cole, Aspen JR
14 Dub Hempstead-UN	A	3:45.66	
1) Tomkins, Kenzie JR	2) Duehr, Kate JR	3) Dolphin, Callie JR	4) Davis, Nora JR
15 Newton-UN	A	3:45.89	
1) Ray, Peyton SO	2) Riney, Alexandra SO	3) Van Maanen, Addison SO	4) Ray, Lillie SR
16 Ic, City High-UN	A	3:45.96	
1) Miller, Saoirse	2) Frank, Margalit	3) Mann, Avery JR	4) Hoeper, Grace SO
17 Ankeny-UN	A	3:46.01	
1) Parton, Josie JR	2) Huebsch, Charlotte FR	3) Peck, Anja JR	4) Rolow, Rachel SR
18 Wahlert, Dub-UN	A	3:46.26	
1) Wuebker, Brooke SR	2) Wuebker, Kayla SO	3) Borgerding, Taylor SO	4) Schmidt, Avery SR
19 Decorah-UN	A	3:46.42	
1) Werner, Paige SR	2) Kovarik, Katerina SR	3) Nefzger, Maeley SR	4) Alberts, Julia SR

**2022 IGHSAU State Swimming and Diving - 11/11/2022 to 11/12/2022**  
**Psych Sheet**

**Event 12 ... (Women 400 Yard Freestyle Relay)**

20	Dvpt, Central-UN	A			3:46.57
	1) Ford, Hannah JR		2) Hanson, Gabbie SO	3) Valleroy, Lauren SO	4) Pauwels, Annie JR
21	CR Kennedy-UN	A			3:47.40
	1) Anctil, Lilly FR		2) Adams, Laynie FR	3) Gannon, Casey SR	4) Adams, Lilly SO
22	SE Polk-UN	A			3:48.12
	1) Woolums, Brynnly FR		2) Douglas, Elizabeth JR	3) Torrence, Kaylen SO	4) Capman, Kennedy JR
23	Dsm, Roosevelt-UN	A			3:49.00
	1) Jenson, Greta SR		2) Lohmeier, Maddy SR	3) Smith, Kiley JR	4) LaMark, Alla SR
24	Spencer-UN	A			3:49.69
	1) Miller, Mya SR		2) Quanbeck, Emily JR	3) Gross, Lillian SO	4) Ferguson, Brooklyn JR
25	Dub Senior-UN	A			3:50.13
	1) Vantiger, Kaitlyn JR		2) Norton, Josie SO	3) Koch, Savanna JR	4) Gilligan, Molly JR
26	Dsm Lincoln-UN	A			3:51.06
	1) Drymon, Shae SR		2) Sizemore, Emma SO	3) Douds, Samantha SO	4) Santiago, Paola JR
27	Perry-UN	A			3:52.95
	1) Hibbert, Zoe JR		2) Riley, Lilly JR	3) McDevitt, Sophia JR	4) Mahler-Moreno, Quin SO
28	Muscatine-UN	A			3:53.64
	1) Fisher, Madeline JR		2) Tjebkes, Kaelen JR	3) Calderon, Vanessa SR	4) Butzen, Sarah JR
29	Ottumwa-UN	A			3:55.00
	1) Payne, Mac SR		2) Johnson, Finley FR	3) Larsen, Willow JR	4) Johnson, Ava JR
30	Indianola-UN	A			3:55.29
	1) Bacon, Julian SR		2) Cram, Kodi SR	3) Bacon, Olivia JR	4) Ramaeker, Olivia SR
31	CR Jefferson-UN	A			3:55.92
	1) Slosiarek, Katie SO		2) Childers, Madison SR	3) Barber, Joselyn SO	4) Mouglin, Addison JR
32	Wat West-UN	A			3:56.83
	1) Mujic, Irma FR		2) Clark, Molly JR	3) Schwickerath, Lily JR	4) Stainbrook, Haley JR