

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

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**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) Hoepfer, 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**

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

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

2	Frantum, Faith	SO	Johnston-UN	1:54.66
3	Frantum, Olivia	SR	Johnston-UN	1:55.21
4	Roghair, Jade	SR	Ic, West-UN	1:55.29
5	Snakenberg, Riley	SO	Ames-UN	1:55.60
6	Patee, Natalie	FR	Sc, West-UN	1:55.97
7	Woolums, Brynnly	FR	SE Polk-UN	1:56.61
8	He, Allison	JR	Valley, Wdm-UN	1:56.79
9	Habgood, Amelia	JR	Waukee-UN	1:56.82
10	Haars, Lucy	JR	Linn-Mar-UN	1:56.93
11	Reese, Kolby	JR	Ic, West-UN	1:57.06
12	Mahler-Moreno, Quin	SO	Perry-UN	1:57.18
13	Brown, Kylee	SR	Lewis Central-UN	1:57.24
14	Lehmann, Taytem	FR	Cedar Falls-UN	1:57.38
15	Witt, Alyssa	SR	Bettendorf-UN	1:58.01
16	Henry, Jenna	JR	Valley, Wdm-UN	1:58.12
17	Reynolds, Alexes	SR	Atlantic-UN	1:58.45
18	Kathan, Lauren	JR	Pleasant Valley-UN	1:58.57
19	Powers, Elizabeth	JR	Ames-UN	1:58.63
20	Huss, Anna	SO	Dowling Cath-UN	1:58.82
21	Judas, Taylor	JR	Waukee-UN	1:59.34
22	Mason, Emma	SO	Cedar Falls-UN	1:59.35
23	Honkamp, Mary	FR	Dowling Cath-UN	1:59.36
24	Worth, Zarah	SR	Dowling Cath-UN	1:59.51
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	Van Zee, Kate	JR	Valley, Wdm-UN	2:08.66	
5	Kell, Mallory	SR	Waukee-UN	2:08.66	
6	Robertson, Andra	SO	Ames-UN	2:08.77	
7	Honkamp, Annie	JR	Dowling Cath-UN	2:09.30	
8	Green, Dawsyn	SO	Pleasant Valley-UN	2:10.54	
9	Rolow, Rachel	SR	Ankeny-UN	2:11.00	
10	Adams, Lilly	SO	CR Kennedy-UN	2:11.00	
11	Sweetman, Julia	SR	Dowling Cath-UN	2:11.10	

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

12	Winer, Reese	JR	Ames-UN	2:11.53
13	Hogenson, Dylan	JR	Waukee-UN	2:11.63
14	Peck, Anja	JR	Ankeny-UN	2:11.73
15	Collins, Sydnie	JR	Lewis Central-UN	2:11.80
16	Oelke, Addison	FR	Sc, West-UN	2:11.84
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

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## 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

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## 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

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## 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 A 1) Cousins, Hannah JR	1:37.77 4) Valleroy, Lauren SO
2	Dowling Cath-UN A 1) Huss, Anna SO	1:38.26 4) Sweetman, Julia SR
3	CR Kennedy-UN A 1) Trotta, Maria JR	1:38.54 4) Hance, Ellie JR
4	Ames-UN A 1) Horras, Saylor SO	1:38.63 4) Hanson, Suri SO
5	Waukee-UN A 1) Kemp, Nora JR	1:38.92 4) Judas, Taylor JR
6	Sc, West-UN A 1) McGowan, Brigid SO	1:39.14 4) Oelke, Addison FR
7	Cedar Falls-UN A 1) Mason, Sophia JR	1:39.19 4) Lehmann, Taytem FR
8	Ic, West-UN A 1) Friessen, Bella SO	1:40.37 4) Roghair, Jade SR
9	Decorah-UN A 1) Werner, Paige SR	1:41.39 4) Alberts, Julia SR
10	Ankeny-UN A 1) Parton, Josie JR	1:41.42 4) Walker, Caroline SR
11	Fort Dodge-UN A 1) Fierke, Eileen SR	1:41.88 4) Vogel, Hailey SO

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**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) Ramaecker, 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	

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## 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	Van Zee, Kate	JR Valley, Wdm-UN	1:08.36
18	Gross, Lillian	SO Spencer-UN	1:08.50
19	Hogenson, Dylan	JR Waukee-UN	1:08.69
20	Barton, Harper	FR Newton-UN	1:08.95
21	Wilson, Paige	FR Cedar Falls-UN	1:08.96
22	Spanovic, Nina	FR Dowling Cath-UN	1:09.14

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

23	Halverson, Taylor	SR	Mason City-UN	1:09.22
24	Mougin, Addison	JR	CR Jefferson-UN	1:09.32
25	Shaffer, Haylee	SO	Dsm Lincoln-UN	1:09.46
26	Quinn, Caitlin	SO	Pleasant Valley-UN	1:09.48
27	Brown, Kylee	SR	Lewis Central-UN	1:09.60
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

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**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