

2003 IGHSAA State Swimming and Diving - 11/7/2003 to 11/8/2003

Results

Event 1 Women 1 mtr Diving

State Record: 535.70 # 1982		Mary Fischbach		Fort Dodge	
Name	Yr	School	Finals Score		
1	Meghan Sievertsen	JR Cedar Rapids Kennedy	415.10	437.10	
2	Veronica Rydze	FR Iowa City High	424.60	425.70	
3	Aimee Moylen	SR Davenport North	425.45	423.60	
4	Rebecca McCord	SR Cedar Falls	406.60	411.05	
5	Libby Utesch	JR Ames	376.30	393.95	
6	Deidre Freeman	SO Grinnell	379.40	384.70	
7	Jordan Jesse	JR Cedar Falls	379.35	379.45	
8	Erin Kelly	SR Cedar Falls	369.75	368.55	
9	Selena Ulrick	SR Boone	355.30	360.95	
10	Amber Hoerner	JR Dubuque Senior	360.65	357.60	
11	Chloe Mellecker	JR Iowa City West	351.45	350.45	
12	Mary Atchison	JR West Des Moines Valley	344.40	343.90	
13	Stephanie Crowlie	JR Cedar Rapids Jefferson	326.10	342.55	
14	Heidi Hanson	SR Cedar Rapids Kennedy	317.40	341.60	
15	Brianne Bumpus	FR Marshalltown	324.90	337.15	
16	Brooke Archibald	SR Bettendorf	330.00	325.95	
17	Sara Bradley	SR West Des Moines Valley	356.20	238.85	
18	Danae Carroll	SR Grinnell	283.40	232.85	
19	Alicia Owens	JR Dubuque Hempstead	391.45	228.15	
20	Colleen Fowler	JR Cedar Rapids Washington	345.35	226.50	
21	Margaret Lindquist	JR Davenport North	313.90	145.55	
22	Kaylee McAnally	FR Newton/Colfax-Mingo/Pella	320.65	138.30	
23	Sarah Cutter	FR Urbandale/Johnston	277.45	133.40	
24	Lauren Godlasky	SR Dowling Catholic	275.45	128.60	

Event 2 Women 200 Yard Medley Relay

State Record: 1:48.40 # 2002		West Des Moines Valley			
Team	Relay	Seed Time	Finals Time		
1 West Des Moines Valley		1:52.75	1:50.11		
1) Ella Doerge SO	2) Kayla Bowcutt JR	3) Melinda Schulte SR	4) Audrey Sloan SR		
28.36 30.87 25.51	25.37				
2 Cedar Falls		1:53.42	1:52.33		
1) Abby Girard SO	2) Lauren Hohnstein SR	3) Maggie Rickert SO	4) Amanda Firman SO		
28.87 32.12 27.41	23.93				
3 Cedar Rapids Jefferson		1:53.18	1:52.93		
1) Whitney Wodstrchill SR	2) Ashley Mangrich FR	3) Whitney Gorsegner FR	4) April Mangrich FR		
28.74 31.38 27.04	25.77				
4 Ankeny		1:56.21	1:53.30		
1) Nicky Wieben JR	2) Melissa Eggleston SR	3) Marin Bisdorf SO	4) Amanda Johnson FR		
28.70 31.88 27.45	25.27				
5 Linn-Mar		1:56.47	1:54.95		
1) Megan Burkman JR	2) Amanda Mickelson JR	3) Rachel Aune SR	4) Hayley Fry JR		
30.88 31.67 28.81	23.59				
6 Cedar Rapids Kennedy		1:55.82	1:55.55		
1) Heather Youngberg SR	2) Ashley Rusch SR	3) Lindsey Kurtz SR	4) Katie Fairlie JR		
30.23 31.51 29.55	24.26				
7 Dowling Catholic		1:56.35	1:55.97		
1) Clarie Dupey FR	3) Tyrrell Dupey JR	4) Kathleen Rameriz SR			
29.29 32.51 29.14	25.03				

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(Event 2 Women 200 Yard Medley Relay)

Team	Relay	Seed Time	Finals Time
8 Spencer		1:55.43	1:56.12
1) Jamie Keefer SR	2) Liz Davis SR	3) Dani Merchant JR	4) Anne Morgan SR
29.71 32.70 28.34	25.37		
9 Cedar Rapids Prairie/Williamsb		1:55.40	1:56.19
1) Kelly Marine SR	2) Stacia Johns SO	3) Annie Jones JR	4) Jordan Banes FR
29.62 32.88 27.76	25.93		
10 Pleasant Valley		1:56.36	1:56.65
1) Ramsey Vens JR	2) Sarah McCracken JR	3) Kara Kupresin SR	4) Liz Horvat FR
28.72 34.32 28.46	25.15		
11 Council Bluffs Lewis Central		1:57.74	1:56.78
1) Tessa Edwards SO	2) Lindsey Behrens SO	3) Hannah Sebek FR	4) Shanna Delfs FR
31.35 32.46 27.26	25.71		
12 Bettendorf		1:56.29	1:56.88
1) Andrea Ryan SR	2) Erin Anderson JR	3) Lauren Lehenbauer JR	4) Kim Quinn JR
29.40 33.02 28.10	26.36		
13 Dubuque Wahlert		1:57.64	1:57.38
1) Sara Kessler SO	2) Mikaela Tully JR	3) Jodi Knaeble SO	4) Alexia Murray JR
30.53 34.94 27.26	24.65		
14 Ottumwa		1:59.10	1:59.15
1) Vicky Corbin JR	2) Jennifer Parker JR	3) Katie Jay SO	4) Alyssa Schwenk SO
29.87 34.62 28.50	26.16		
15 Ames		1:57.66	1:59.56
1) Audrey Wiedemeier SR	2) Kelly Matters SO	3) Sarah Spencer JR	4) Colleen Armstrong SR
30.04 34.58 28.69	26.25		
16 Iowa City High		1:57.90	1:59.58
1) Taylor Seemuth FR	2) Jody Olsen SO	3) Heather Gray SR	4) Alyssa Cohen SR
30.45 34.14 27.96	27.03		
17 Dubuque Senior		1:58.38	1:59.78
1) Brienna Barber SR	2) Kristin Crawford SO	3) Tessa Blocker SR	4) Caroline Egan JR
31.36 34.24 32.97	21.21		
18 Sioux City East		1:58.98	1:59.95
1) Autumn Peck JR	2) Hillary Gibson SO	3) Abby Moes JR	4) Danielle Protexter SO
31.50 33.34 28.09	27.02		
19 Muscatine		1:58.64	2:00.20
1) Erin Carl SR	2) Mackenzie Murray FR	3) Alison Krieger SO	4) Emily Monahan SO
30.25 34.31 29.74	25.90		
20 Fairfield		1:59.36	2:00.33
1) Amanda Kuiken SO	2) Natalie Horras SO	3) Jean Matzen SO	4) Molly McMahon SO
31.12 35.21 28.33	25.67		
21 Mason City		1:58.98	2:00.35
1) Tara Fitzpatrick JR	2) Stacy Allen SR	3) Charity Hunt SR	4) Rachel Busch SO
32.71 32.83 28.49	26.32		
22 Charles City		1:59.02	2:00.67
1) Maggie Leavens FR	2) Natalie Woolm SO	3) Jennie Domino FR	4) Brianna Read SR
30.38 34.89 28.96	26.44		
23 Davenport Central		1:58.77	2:01.30
1) Ellen Archer SO	2) Sarah Collins SO	3) Elizabeth Lohmuller SR	4) Becky Lorentzen SO
31.94 33.32 28.53	27.51		
24 Carroll		1:59.80	2:01.44
1) Jessica Vaux JR	2) Joy Carroll SO	3) Kristin Corey SR	4) Justine Carroll SO
31.93 35.25 28.56	25.70		

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Results

Event 3 Women 200 Yard Freestyle

State Record: 1:51.81 # 1996				Stacey Wertz		CF NUHS	
Name				Yr	School	Seed Time	Finals Time
1	Sam Goldstein			JR	Pleasant Valley	1:57.20	1:54.15
	26.90	28.58	29.51	29.16			
2	Megan Lonergan			JR	Bettendorf	1:57.00	1:54.54
	27.60	29.17	29.00	28.77			
3	Ashley Lawler			SO	Iowa City West	1:56.39	1:56.20
	27.54	29.61	29.78	29.27			
4	Aubrey Welp			SO	Des Moines North	2:01.39	2:00.17
	27.40	30.56	31.38	30.83			
5	Jackie Itzen			FR	Cedar Falls	2:04.68	2:01.23
	27.91	30.40	31.40	31.52			
6	Krysten Redinbaugh			SR	Cedar Falls	2:03.45	2:01.72
	28.13	30.49	31.48	31.62			
7	Natalie Clark			SR	Marshalltown	2:01.61	2:01.85
	27.83	30.11	31.65	32.26			
8	Elizabeth Wandling			SR	Ames	2:02.06	2:01.88
	28.32	30.42	31.77	31.37			
9	Lauren Origer			SR	West Des Moines Valley	2:01.11	2:02.08
	27.76	29.88	31.65	32.79			
10	Heather Gray			SR	Iowa City High	2:02.54	2:02.29
	28.90	30.52	31.03	31.84			
11	Anna Kampling			SO	Iowa City West	2:01.48	2:02.60
	27.41	30.78	32.21	32.20			
12	Lydia Clark			SR	Des Moines Roosevelt	2:01.36	2:02.71
	27.82	30.55	32.02	32.32			
13	Keaghan Winterhof			SR	Cedar Falls	2:01.62	2:02.94
	29.22	31.14	31.43	31.15			
14	Amy Schneider			JR	Dubuque Wahlert	2:01.46	2:02.96
	28.13	30.71	32.10	32.02			
15	Jennifer Berge			JR	Pleasant Valley	2:03.98	2:04.34
	28.55	31.22	31.84	32.73			
16	Kelsey Schomberg			FR	Council Bluffs Lewis Central	2:05.15	2:04.68
	28.94	31.49	32.57	31.68			
17	Jackie Astor			SO	Iowa City West	2:03.87	2:05.25
	29.01	31.18	32.33	32.73			
18	Melody Burgus			SR	Des Moines Hoover	2:04.97	2:05.34
	28.72	32.20	32.77	31.65			
19	Jane Poynter			SR	Newton/Colfax-Mingo/Pella	2:05.63	2:05.39
	28.77	31.54	32.85	32.23			
20	Amy Hadow			SO	Cedar Rapids Washington	2:04.99	2:05.41
	28.65	31.31	33.21	32.24			
21	Erin Anderson			JR	Bettendorf	2:05.11	2:05.91
	29.07	31.66	32.60	32.58			
22	April Mangrich			FR	Cedar Rapids Jefferson	2:03.20	2:06.58
	29.41	32.06	32.75	32.36			
23	Kelly McCullough			FR	Spencer	2:05.52	2:06.64
	29.16	32.18	33.16	32.14			
24	Ashley Matteson			FR	Cedar Rapids Prairie/Williamsb	2:03.94	2:06.81
	28.96	31.41	33.29	33.15			

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Results

Event 4 Women 200 Yard IM

State Record: 2:06.10 # 1995				Sarah Dougall		CR Washington	
Name				Yr	School	Seed Time	Finals Time
1	Lauren Hohnstein			SR	Cedar Falls	2:12.82	2:12.02
	29.18	35.55	38.10	29.19			
2	Kayla Bowcutt			JR	West Des Moines Valley	2:15.22	2:12.17
	29.80	34.66	37.48	30.23			
3	Whitney Wodstrchill			SR	Cedar Rapids Jefferson	2:12.26	2:12.22
	29.51	31.42	41.66	29.63			
4	Betsy Grover			SR	Sioux City Metro	2:14.32	2:14.01
	27.30	32.88	40.47	33.36			
5	Andrea Ryan			SR	Bettendorf	2:15.66	2:14.09
	29.85	33.91	38.62	31.71			
6	Liz Horvat			FR	Pleasant Valley	2:16.99	2:14.25
	30.14	33.92	39.54	30.65			
7	Ashley Rusch			SR	Cedar Rapids Kennedy	2:17.09	2:15.19
	29.44	36.03	38.55	31.17			
8	Annie Jones			JR	Cedar Rapids Prairie/Williamsb	2:16.79	2:16.53
	30.29	34.98	40.26	31.00			
9	Melissa Eggleston			SR	Ankeny	2:17.29	2:16.58
	31.00	34.67	38.26	32.65			
10	Lindsey Behrens			SO	Council Bluffs Lewis Central	2:15.78	2:16.61
	28.67	34.96	39.87	33.11			
11	Stacia Johns			SO	Cedar Rapids Prairie/Williamsb	2:16.22	2:17.27
	30.19	36.57	38.85	31.66			
12	Audrey Sloan			SR	West Des Moines Valley	2:19.98	2:17.40
	30.43	33.00	42.66	31.31			
13	Lauren Talman			JR	Iowa City West	2:18.58	2:17.41
	29.43	36.77	40.18	31.03			
14	Ashley Mangrich			FR	Cedar Rapids Jefferson	2:17.72	2:18.02
	30.78	36.59	37.35	33.30			
15	Abby Kremer			SR	Marshalltown	2:19.92	2:19.17
	30.40	35.80	40.67	32.30			
16	Amanda Johnson			FR	Ankeny	2:17.84	2:19.47
	30.59	34.45	40.86	33.57			
17	Molly Slavin			JR	Bettendorf	2:20.27	2:20.79
	30.31	37.81	39.52	33.15			
18	McKensie Carr			FR	West Des Moines Valley	2:19.74	2:20.92
	30.31	35.97	41.59	33.05			
19	Amanda Wieck			SR	Cedar Falls	2:18.93	2:20.95
	29.59	35.57	41.16	34.63			
20	Elizabeth Lohmuller			SR	Davenport Central	2:21.13	2:22.22
	30.15	36.37	42.57	33.13			
21	Ellen Archer			SO	Davenport Central	2:21.01	2:22.48
	30.24	35.92	43.64	32.68			
22	Maggie Mountsier			SO	Urbandale/Johnston	2:22.12	2:23.80
	32.29	36.90	40.79	33.82			
23	Meghan Wallis			SO	Dubuque Senior	2:22.29	2:25.59
	31.37	37.85	41.93	34.44			
24	Charity Hunt			SR	Mason City	2:22.51	2:28.05
	31.18	39.04	41.61	36.22			

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Results

Event 5 Women 50 Yard Freestyle

State Record: 24.03 # 1997		Katie Galligan		Cedar Falls	
Name	Yr	School	Seed Time	Finals Time	
1	Hayley Fry	JR Linn-Mar	24.81	24.24	
2	Melinda Schulte	SR West Des Moines Valley	24.36	24.25	
3	Emily Bensink	SR Newton/Colfax-Mingo/Pella	24.77	24.36	
4	Amanda Firman	SO Cedar Falls	24.95	24.79	
5	Liz Wong	SR Urbandale/Johnston	24.96	25.04	
6	Teresa Johnson	SR Des Moines Lincoln	25.21	25.36	
7	Alexia Murray	JR Dubuque Wahlert	25.19	25.43	
8	Dana Ketcher	SR Des Moines Roosevelt	25.88	25.53	
9	Jennifer Kuiken	SO Fairfield	25.17	25.61	
10	Heather Hartman	SR Pleasant Valley	25.52	25.62	
11	Katie Fairlie	JR Cedar Rapids Kennedy	25.28	25.63	
12	Jamie Keefer	SR Spencer	25.50	25.80	
13	Mattie Thompson	JR Cedar Falls	25.74	25.85	
14	Shannon Nelson	JR Davenport West	25.57	25.86	
15	Hannah Sebek	FR Council Bluffs Lewis Central	25.69	25.97	
16	Kathleen Rameriz	SR Dowling Catholic	25.34	26.01	
17	Alex Frakes	SO Urbandale/Johnston	26.14	26.14	
18	Maggie Rickert	SO Cedar Falls	26.08	26.20	
19	Shanna Delfs	FR Council Bluffs Lewis Central	25.90	26.23	
20	Whitney Gorsegner	FR Cedar Rapids Jefferson	25.56	26.24	
21	Lindsay Lee	JR Urbandale/Johnston	25.97	26.30	
22	Theresa Kerr	SO Dowling Catholic	26.24	26.36	
23	Kristin Corey	SR Carroll	26.21	26.50	
24	Rachel Busch	SO Mason City	26.19	26.76	

Event 6 Women 100 Yard Butterfly

State Record: 56.31 # 1984		Ann Walker		DM Roosevelt	
Name	Yr	School	Seed Time	Finals Time	
1	Melinda Schulte	SR West Des Moines Valley	59.02	58.62	
	27.58 31.04				
2	Betsy Grover	SR Sioux City Metro	58.17	58.78	
	27.52 31.26				
3	Emily Welborn	SR Keokuk	1:03.42	59.21	
	27.65 31.56				
4	Ella Doerge	SO West Des Moines Valley	1:01.32	59.81	
	28.00 31.81				
5	Anna Kampling	SO Iowa City West	1:00.89	1:00.97	
	28.69 32.28				
6	Heather Gray	SR Iowa City High	1:01.58	1:02.46	
	29.99 32.47				
7	Hannah Sebek	FR Council Bluffs Lewis Central	1:02.36	1:02.86	
	29.13 33.73				
8	Ashley Rusch	SR Cedar Rapids Kennedy	1:02.88	1:02.87	
	29.27 33.60				
9	Lindsey Osborne	SR Cedar Falls	1:02.72	1:03.07	
	29.53 33.54				
10	Lauren Lehenbauer	JR Bettendorf	1:02.12	1:03.10	
	29.55 33.55				
11	Maggie Rickert	SO Cedar Falls	1:04.85	1:03.20	
	29.41 33.79				

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(Event 6 Women 100 Yard Butterfly)

Name	Yr	School	Seed Time	Finals Time
12 Kara Kupresin 29.43 33.91	SR	Pleasant Valley	1:03.52	1:03.34
13 Jodi Knaeble 29.70 33.92	SO	Dubuque Wahlert	1:03.51	1:03.62
14 Marin Bisdorf 29.28 34.80	SO	Ankeny	1:02.99	1:04.08
15 Tessa Blocker 29.85 34.38	SR	Dubuque Senior	1:03.59	1:04.23
16 Annie Jones 30.53 34.31	JR	Cedar Rapids Prairie/Williamsb	1:04.77	1:04.84
17 Elizabeth Lohmuller 29.86 35.00	SR	Davenport Central	1:03.94	1:04.86
18 Melissa Kilfoy 30.13 34.78	JR	Bettendorf	1:04.38	1:04.91
19 Abby Kremer 30.42 34.83	SR	Marshalltown	1:04.07	1:05.25
20 Ally Green 29.98 35.32	SO	Bettendorf	1:04.78	1:05.30
21 Andrea Schubert 30.79 34.98	FR	Iowa City West	1:04.99	1:05.77
22 Lindsy Garner 30.28 35.51	SO	Cedar Falls	1:04.32	1:05.79
23 Sarah Spencer 30.99 35.15	JR	Ames	1:04.90	1:06.14
24 Molly McMahon 31.30 35.73	SO	Fairfield	1:05.02	1:07.03

Event 7 Women 100 Yard Freestyle

State Record: 51.56 # 1996	Stacey Wertz	CF NUHS
Name	Yr School	Seed Time Finals Time
1 Sam Goldstein 26.00 27.34	JR Pleasant Valley	55.09 53.34
2 Lauren Hohnstein 26.34 27.60	SR Cedar Falls	54.07 53.94
3 Nicky Wieben 25.97 28.08	JR Ankeny	54.34 54.05
4 Emily Bensink 25.71 28.49	SR Newton/Colfax-Mingo/Pella	53.84 54.20
5 Liz Wong 25.81 28.67	SR Urbandale/Johnston	55.12 54.48
6 Lindsey Behrens 26.19 29.11	SO Council Bluffs Lewis Central	54.96 55.30
7 Heather Hartman 26.79 28.98	SR Pleasant Valley	55.76 55.77
8 Josie Itzen 27.00 28.85	FR Cedar Falls	55.71 55.85
9 Clarie Dupey 27.00 28.86	FR Dowling Catholic	55.80 55.86
10 Holly Broadwater	JR Cedar Rapids Washington	56.83 55.91
11 Heather Youngberg 26.88 29.37	SR Cedar Rapids Kennedy	55.69 56.25
12 Caitlyn Carlyle	FR Carroll	56.64 56.28
13 Teresa Johnson 26.83 29.73	SR Des Moines Lincoln	55.40 56.56

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(Event 7 Women 100 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time
14 Elizabeth Wandling	SR	Ames	56.80	56.70
15 Ramsey Vens	JR	Pleasant Valley	56.52	56.87
27.26 29.61				
16 Katie Fairlie	JR	Cedar Rapids Kennedy	56.33	57.03
27.04 29.99				
17 Amanda Wieck	SR	Cedar Falls	56.84	57.27
18 Kelly Marine	SR	Cedar Rapids Prairie/Williamsb	56.61	57.34
27.59 29.75				
19 Jennifer Kuiken	SO	Fairfield	56.28	57.37
27.22 30.15				
20 Sarah Taucher	SR	Clinton	57.51	57.40
21 Whitney Gorsegner	FR	Cedar Rapids Jefferson	56.56	57.59
27.40 30.19				
22 Lindsay Lee	JR	Urbandale/Johnston	56.62	57.73
23 Kari Kolsrud	FR	Cedar Rapids Washington	57.08	57.92
24 Colleen Armstrong	SR	Ames	57.56	59.48

Event 8 Women 500 Yard Freestyle

State Record: 4:56.97 # 1993

Sheri Theisen

Anamosa

Name	Yr	School	Seed Time	Finals Time
1 Megan Lonergan	JR	Bettendorf	5:10.70	5:00.82
27.83 29.51 29.90				
30.64 29.98				
2 Ashley Lawler	SO	Iowa City West	5:02.70	5:01.77
28.01 29.49 30.38				
30.64 29.50				
3 Liz Horvat	FR	Pleasant Valley	5:26.07	5:16.45
28.70 31.16 31.56				
32.34 31.56				
4 Keaghan Winterhof	SR	Cedar Falls	5:22.63	5:16.66
29.58 31.60 32.17				
31.90 30.14				
5 Aubrey Welp	SO	Des Moines North	5:20.07	5:16.80
28.33 31.39 31.91				
32.45 30.94				
6 Lauren Talman	JR	Iowa City West	5:24.27	5:18.75
29.54 31.65 32.38				
32.71 32.00				
7 Krysten Redinbaugh	SR	Cedar Falls	5:30.07	5:26.90
29.67 31.87 32.52				
33.52 32.75				
8 Natalie Clark	SR	Marshalltown	5:22.67	5:27.37
28.82 31.52 32.18				
34.21 33.59				
9 Jackie Itzen	FR	Cedar Falls	5:36.29	5:27.47
29.18 32.44 33.03				
33.81 31.39				
10 Megan Harding	SO	West Des Moines Valley	5:29.10	5:29.62
30.03 32.41 33.76				
33.70 32.07				
11 Lydia Clark	SR	Des Moines Roosevelt	5:29.40	5:30.63
29.40 32.84 34.24				
32.99 30.91				

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(Event 8 Women 500 Yard Freestyle)

Name		Yr	School	Seed Time	Finals Time
12	Ally Green		SO Bettendorf	5:35.37	5:32.62
	29.83 32.82 33.09		33.43 34.03 34.03 34.17	34.43	
	33.96 32.83				
13	April Mangrich		FR Cedar Rapids Jefferson	5:31.08	5:32.71
	30.46 32.53 33.51		33.66 33.45 34.09 33.88	34.06	
	34.20 32.87				
14	Amy Schneider		JR Dubuque Wahlert	5:32.58	5:33.69
	29.98 32.67 33.51		33.93 33.87 34.29 34.58	34.25	
	34.19 32.42				
15	Leigh Rutherford		SR Marshalltown	5:35.71	5:34.34
	29.59 32.41 33.43		34.12 34.40 34.74 34.59	34.89	
	33.68 32.49				
16	Lauren Origer		SR West Des Moines Valley	5:26.40	5:34.57
	29.95 31.97 32.58		32.94 33.50 34.33 34.89	34.98	
	35.13 34.30				
17	Melody Burgus		SR Des Moines Hoover	5:37.06	5:34.61
	29.57 32.96 33.92		34.14 34.48 34.46 34.32	34.48	
	33.99 32.29				
18	Allie Griffiths		JR Des Moines East	5:37.91	5:35.56
	30.07 33.34 34.01		34.16 34.38 34.53 34.38	34.46	
	33.91 32.32				
19	Kelly McCullough		FR Spencer	5:32.94	5:35.69
	29.96 33.19 33.58		34.57 34.11 34.36 34.86	34.27	
	34.19 32.60				
20	Ashley Matteson		FR Cedar Rapids Prairie/Williamsb	5:36.39	5:35.95
	30.72 33.33 33.56		33.80 34.45 34.67 34.75	34.32	
	34.45 31.90				
21	Jennifer Berge		JR Pleasant Valley	5:37.10	5:36.06
	30.76 33.47 33.05		33.52 33.46 33.90 34.29	34.50	
	34.78 34.33				
22	Jackie Astor		SO Iowa City West	5:36.20	5:36.09
	30.29 32.91 33.42		33.55 33.86 34.27 34.86	34.96	
	34.78 33.19				
23	Lauren Lehenbauer		JR Bettendorf	5:32.61	5:36.96
	32.34 37.49 33.06		33.74 33.54 33.58 33.55	33.46	
	33.48 32.72				
24	Jane Poynter		SR Newton/Colfax-Mingo/Pella	5:37.12	5:39.50
	29.32 33.06 34.29		34.90 34.88 34.85 34.92	35.02	
	35.09 33.17				

Event 9 Women 200 Yard Freestyle Relay

State Record: 1:37.55 # 1996

Cedar Falls
Peterson, Peterson, Galligan, Cook

Team	Relay	Seed Time	Finals Time
1 Cedar Falls		1:42.57	1:40.54
1) Amanda Firman SO	2) Maggie Rickert SO	3) Mattie Thompson JR	4) Josie Itzen FR
25.31 25.19 25.14	24.90		
2 Pleasant Valley		1:43.32	1:41.51
1) Heather Hartman SR	2) Ramsey Vens JR	3) Kara Kupresin SR	4) Sam Goldstein JR
25.49 25.55 26.19	24.28		
3 Carroll		1:42.69	1:41.62
1) Kristin Corey SR	2) Ann McMinimee SO	3) Justine Carroll SO	4) Caitlyn Carlyle FR
26.20 25.09 25.50	24.83		

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(Event 9 Women 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time
4 West Des Moines Valley		1:43.09	1:42.05
1) Melinda Schulte SR	2) Audrey Sloan SR	3) Lauren Origer SR	4) Jeana Studer SO
24.57 25.81 26.11	25.56		
5 Dowling Catholic		1:42.67	1:42.23
1) Clarie Dupey FR	2) Anne Marie Mahoney	3) Theresa Kerr SO	4) Kathleen Rameriz SR
25.70 25.95 25.51	25.07		
6 Urbandale/Johnston		1:43.00	1:42.52
1) Alex Frakes SO	2) Kelsey Knight	3) Lindsay Lee JR	4) Liz Wong SR
26.29 26.63 25.59	24.01		
7 Linn-Mar		1:43.71	1:42.96
1) Hayley Fry JR	2) Caitlin Kuempel FR	3) Ainslee Barnes JR	4) Megan Burkman JR
24.28 26.22 26.93	25.53		
8 Fairfield		1:43.23	1:43.15
1) Jennifer Kuiken SO	2) Amanda Kuiken SO	3) Jean Matzen SO	4) Molly McMahon SO
25.98 25.51 26.14	25.52		
9 Ankeny		1:44.57	1:43.25
1) Amanda Johnson FR	2) Marin Bisdorf SO	3) Abbey Ackermann SR	4) Stephanie Kristensen FR
26.48 24.68 25.78	26.31		
10 Iowa City West		1:44.04	1:43.79
1) Anna Kampling SO	2) Steph Liebe SR	3) Ashley Lawler SO	4) Lauren Talman JR
25.99 27.07 25.23	25.50		
11 Dubuque Wahlert		1:44.30	1:44.09
1) Mikaela Tully JR	2) Jodi Knaeble SO	3) Amy Schneider JR	4) Alexia Murray JR
27.60 25.91 25.88	24.70		
12 Bettendorf		1:45.40	1:44.22
1) Mandy Lopez SR	2) Kim Quinn JR	3) Ally Green SO	4) Megan Lonergan JR
26.70 26.31 26.23	24.98		
13 Newton/Colfax-Mingo/Pella		1:43.81	1:44.38
1) Lyra Wikert SR	2) Christy Hodges JR	3) Jane Poynter SR	4) Emily Bensink SR
26.90 26.80 26.60	24.08		
14 Ottumwa		1:44.85	1:44.73
1) Katie Jay SO	2) Jennifer Parker JR	3) Abby Rhodes SR	4) Alyssa Schwenk SO
26.54 26.13 25.72	26.34		
15 Ames		1:43.51	1:44.78
1) Colleen Armstrong SR	2) Audrey Wiedemeier SR	3) Anja Dekkers FR	4) Elizabeth Wandling SR
27.02 25.83 26.32	25.61		
16 Dubuque Senior		1:45.96	1:44.99
1) Tessa Blocker SR	2) Kristin Crawford SO	3) Meghan Wallis SO	4) Caroline Egan JR
27.19 25.84 26.62	25.34		
17 Cedar Rapids Washington		1:46.38	1:45.18
1) Amy Hadow SO	2) Molly Mildner JR	3) Claire Mattison SO	4) Kari Kolsrud FR
26.52 26.09 26.51	26.06		
18 Dubuque Hempstead		1:45.85	1:45.87
1) Alexa Armstrong	2) Meredith Moodie	3) Lindsey Hosier	4) Chelsea Griswold
26.78 26.94 26.12	26.03		
19 Spencer		1:46.40	1:46.08
1) Dani Merchant JR	2) Whitney Baker JR	3) Dani Wigen JR	4) Anne Morgan SR
26.98 26.85 26.61	25.64		
20 Des Moines Roosevelt		1:46.08	1:46.17
1) Dana Ketcher SR	2) Kelsey Smith	3) Jackie Hilmes JR	4) Lydia Clark SR
26.49 27.22 26.47	25.99		
21 Tipton		1:46.43	1:46.69
1) Elizabeth O'Donnell SO	2) Jackie Osborn SO	3) Melissa Lafrenz SO	4) Megan Grunder FR
27.33 26.47 26.72	26.17		

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Results

(Event 9 Women 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time
22 Davenport Central		1:46.42	1:47.63
1) Sarah Collins SO	2) Becky Lorentzen SO	3) Ellen Archer SO	4) Elizabeth Lohmuller SR
27.36 27.52 26.22	26.53		
23 Cedar Rapids Kennedy		1:45.67	1:49.78
1) Jen McCabe SO	2) Lindsey Kurtz SR	3) Sydney Harman FR	4) Audrey Smith SR
28.14 26.98 27.16	27.50		
--- Cedar Rapids Prairie/Williamsb		1:46.30	DQ
1) Rachel Halder SR	2) Jordan Baner FR	3) Stacia Johns SO	4) Jennifer St. John FR
26.70 25.87 25.96	26.03		

Event 10 Women 100 Yard Backstroke

State Record:	57.09	#	1993	Jocelyn Wright	Linn-Mar
Name	Yr	School	Seed Time	Finals Time	
1 Whitney Wodstrchill	SR	Cedar Rapids Jefferson	1:00.03	59.08	
29.47 29.61					
2 Ella Doerge	SO	West Des Moines Valley	1:01.41	1:00.26	
29.46 30.80					
3 Nicky Wieben	JR	Ankeny	1:01.27	1:00.52	
29.37 31.15					
4 Audrey Sloan	SR	West Des Moines Valley	1:01.43	1:01.01	
29.85 31.16					
5 Andrea Ryan	SR	Bettendorf	1:02.25	1:01.38	
30.28 31.10					
6 Ramsey Vens	JR	Pleasant Valley	1:02.02	1:01.47	
29.64 31.83					
7 Mandy Lopez	SR	Bettendorf	1:04.25	1:01.58	
30.48 31.10					
8 Abby Girard	SO	Cedar Falls	1:02.29	1:02.70	
29.67 33.03					
9 Emily Welborn	SR	Keokuk	1:05.84	1:02.80	
30.75 32.05					
10 Abby Moes	JR	Sioux City East	1:03.68	1:03.00	
30.06 32.94					
11 Valarie Sloan	SR	West Des Moines Valley	1:03.91	1:03.87	
30.99 32.88					
12 Kelly Marine	SR	Cedar Rapids Prairie/Williamsb	1:03.50	1:04.11	
31.37 32.74					
13 Erin Carl	SR	Muscatine	1:03.76	1:04.28	
31.33 32.95					
14 Heather Youngberg	SR	Cedar Rapids Kennedy	1:04.34	1:04.63	
31.14 33.49					
15 Audrey Wiedemeier	SR	Ames	1:04.16	1:04.70	
30.93 33.77					
16 Meghan White	SR	Boone	1:05.51	1:04.97	
31.49 33.48					
17 Sara Kessler	SO	Dubuque Wahlert	1:04.59	1:05.01	
31.38 33.63					
18 Amanda Johnson	FR	Ankeny	1:04.48	1:05.13	
30.92 34.21					
19 Jamie Keefer	SR	Spencer	1:04.61	1:05.73	
31.53 34.20					
20 Ellen Archer	SO	Davenport Central	1:05.79	1:06.36	
32.47 33.89					

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Results

(Event 10 Women 100 Yard Backstroke)

Name	Yr	School	Seed Time	Finals Time
21 Taylor Seemuth 32.12 34.80	FR	Iowa City High	1:05.30	1:06.92
22 Kim Fager 32.33 35.03	SR	Dubuque Hempstead	1:04.80	1:07.36
23 Danielle Rude 33.93 34.89	SR	Ankeny	1:05.92	1:08.82
24 Emily Keller 32.57 36.43	JR	Des Moines Lincoln	1:05.98	1:09.00

Event 11 Women 100 Yard Breaststroke

State Record: 1:03.96 # 11/7/2003		Hayley Fry	Linn-Mar	
Name	Yr	School	Seed Time	Finals Time
1 Hayley Fry 30.27 33.69	JR	Linn-Mar	1:05.67	1:03.96#
2 Kayla Bowcutt 32.63 35.41	JR	West Des Moines Valley	1:09.20	1:08.04
3 Ashley Mangrich 32.76 36.33	FR	Cedar Rapids Jefferson	1:09.43	1:09.09
4 Shannon Nelson 32.47 36.69	JR	Davenport West	1:09.85	1:09.16
5 Melissa Eggleston 33.22 37.47	SR	Ankeny	1:10.40	1:10.69
6 Amanda Mickelson 33.28 38.05	JR	Linn-Mar	1:11.20	1:11.33
*7 Holly Broadwater 33.29 38.10	JR	Cedar Rapids Washington	1:13.46	1:11.39
*7 Kelly Meade 33.34 38.05	SR	Des Moines Hoover	1:12.30	1:11.39
9 Rachel Busch 33.69 37.80	SO	Mason City	1:11.82	1:11.49
10 Stacia Johns 34.15 37.49	SO	Cedar Rapids Prairie/Williamsb	1:11.47	1:11.64
11 Amelia Payne 34.18 37.76	FR	Dowling Catholic	1:12.88	1:11.94
12 Allison Miller 34.40 37.58	JR	Bettendorf	1:12.46	1:11.98
13 Erin Anderson 34.28 37.74	JR	Bettendorf	1:12.21	1:12.02
14 Rachel Nathanson 33.99 38.60	SO	West Des Moines Valley	1:12.53	1:12.59
15 McKensie Carr 34.43 38.56	FR	West Des Moines Valley	1:13.17	1:12.99
16 Stacy Allen 32.99 40.02	SR	Mason City	1:10.71	1:13.01
17 Jackie Osborn 34.29 38.90	SO	Tipton	1:13.15	1:13.19
18 Liz Davis 34.71 38.60	SR	Spencer	1:11.06	1:13.31
19 Josie Itzen 34.49 39.13	FR	Cedar Falls	1:13.11	1:13.62
20 Maggie Mountsier 34.71 39.22	SO	Urbandale/Johnston	1:13.70	1:13.93
21 Sarah Collins 35.52 38.46	SO	Davenport Central	1:13.20	1:13.98

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Results

(Event 11 Women 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Finals Time
22 Kristin Crawford	SO	Dubuque Senior	1:13.63	1:14.61
35.12 39.49				
23 Jody Olsen	SO	Iowa City High	1:13.61	1:14.75
35.12 39.63				
24 Sarah McCracken	JR	Pleasant Valley	1:13.88	1:16.73
35.59 41.14				

Event 12 Women 400 Yard Freestyle Relay

State Record: 3:34.28 # 1999

Bettendorf

E. Petty, S. Schoening, L. Taylor, A. Clark

Team	Relay	Seed Time	Finals Time
1 Pleasant Valley		3:44.51	3:39.37
1) Heather Hartman SR	2) Jennifer Berge JR	3) Sam Goldstein JR	4) Liz Horvat FR
26.39 55.29 26.87	57.01 25.34 52.71	25.88 54.36	
2 Cedar Falls		3:41.65	3:40.40
1) Amanda Firman SO	2) Amanda Wieck SR	3) Josie Itzen FR	4) Lauren Hohnstein SR
26.27 54.90 26.99	56.83 26.30 1:01.72	19.40 46.95	
3 Ankeny		3:46.05	3:41.79
1) Marin Bisdorf SO	2) Abbey Ackermann SR	3) Melissa Eggleston SR	4) Nicky Wieben JR
26.73 55.00 26.82	56.75 26.15 55.94	25.56 54.10	
4 Cedar Rapids Kennedy		3:48.34	3:42.95
1) Katie Fairlie JR	2) Misty Hackney SR	3) Heather Youngberg SR	4) Ashley Rusch SR
26.48 56.09 27.85	58.18 26.33 54.86	25.48 53.82	
5 Iowa City West		3:44.39	3:43.18
1) Ashley Lawler SO	2) Anna Kampling SO	3) Jackie Astor SO	4) Lauren Talman JR
27.05 55.38 26.42	55.37 27.31 57.14	26.28 55.29	
6 Bettendorf		3:48.83	3:43.51
1) Ally Green SO	2) Mandy Lopez SR	3) Andrea Ryan SR	4) Megan Lonergan JR
27.82 58.50 27.04	55.96 26.65 55.36	25.90 53.69	
7 West Des Moines Valley		3:46.90	3:47.58
1) Jeana Studer SO	2) Stephanie Jacobs SR	3) Lauren Origer SR	4) Ella Doerge SO
27.89 57.75 27.38	58.34 27.35 57.10	25.86 54.39	
8 Urbandale/Johnston		3:47.97	3:48.06
1) Alex Frakes SO	2) Maggie Mountsier SO	3) Lindsay Lee JR	4) Liz Wong SR
28.09 58.02 27.76	58.88 26.48 56.68	25.56 54.48	
9 Ames		3:47.36	3:48.82
1) Anja Dekkers FR	2) Sarah Spencer JR	3) Audrey Wiedemeier SR	4) Elizabeth Wandling SR
27.76 57.63 27.99	58.03 26.96 57.33	26.37 55.83	
10 Council Bluffs Lewis Central		3:52.84	3:49.16
1) Shanna Delfs FR	2) Kelsey Schomberg FR	3) Hannah Sebek FR	4) Lindsey Behrens SO
27.70 59.84 27.63	57.81 26.99 57.30	25.69 54.21	
11 Cedar Rapids Washington		3:49.51	3:49.49
1) Amy Hadow SO	2) Katie Phelan SR	3) Kari Kolsrud FR	4) Holly Broadwater JR
27.96 57.53 28.12	59.37 26.99 57.50	26.57 55.09	
12 Ottumwa		3:51.29	3:49.85
1) Katie Jay SO	2) Alyssa Schwenk SO	3) Abby Rhodes SR	4) Jennifer Parker JR
28.01 57.60 26.97	57.19 27.46 57.70	27.09 57.36	
13 Newton/Colfax-Mingo/Pella		3:50.34	3:50.01
1) Jane Poynter SR	2) Lyra Wikert SR	3) Christy Hodges JR	4) Emily Bensink SR
28.38 58.65 27.22	58.06 28.22 59.74	25.35 53.56	
14 Dubuque Wahlert		3:49.35	3:50.32
1) Amy Schneider JR	2) Sara Kessler SO	3) Jodi Knaeble SO	4) Alexia Murray JR
28.24 57.75 28.13	59.42 27.40 57.77	26.23 55.38	

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(Event 12 Women 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time
15 Carroll		3:51.66	3:50.45
1) Mindy Sorenson SR	2) Ann McMinimee SO	3) Ashley Coffman JR	4) Caitlyn Carlyle FR
28.03 58.70 27.14	57.31 27.91 59.34	25.88 55.10	
16 Dowling Catholic		3:49.36	3:50.67
1) Kathleen Rameriz SR	2) Theresa Kerr SO	3) Tyrrell Dupey JR	4) Clarie Dupey FR
27.69 58.01 26.26	57.46 27.96 58.98	26.75 56.22	
17 Cedar Rapids Jefferson		3:46.54	3:51.08
1) Whitney Gorseigner FR	2) April Mangrich FR	3) Ashley Mangrich FR	4) Whitney Wodstrchill SR
27.31 57.54 27.96	59.17 28.51 59.81	26.17 54.56	
18 Marshalltown		3:49.83	3:51.45
1) Abby Kremer SR	2) Jane Collison SO	3) Leigh Rutherford SR	4) Natalie Clark SR
28.09 58.53 28.14	59.47 28.00 58.40	26.33 55.05	
19 Cedar Rapids Prairie/Williamsb		3:48.90	3:51.65
1) Rachel Halder SR	2) Annie Jones JR	3) Ashley Matteson FR	4) Kelly Marine SR
27.63 58.22 26.52	56.28 27.71 58.81	27.72 58.34	
20 Spencer		3:52.12	3:53.28
1) Kelly McCullough FR	2) Dani Wigen JR	3) Anne Morgan SR	4) Jamie Keefer SR
28.95 59.87 27.95	59.77 27.58 58.23	26.20 55.41	
21 Iowa City High		3:54.70	3:53.30
1) Gabi MacKay JR	2) Kayla Casavant	3) Paige Knebel SR	4) Heather Gray SR
28.79 59.61 28.25	59.97 27.72 57.90	26.39 55.82	
22 Fairfield		3:49.87	3:53.62
1) Robin Hekker SR	2) Jean Matzen SO	3) Molly McMahon SO	4) Jennifer Kuiken SO
29.06 59.91 27.54	58.86 27.50 58.08	26.71 56.77	
23 Dubuque Senior		3:54.60	3:55.70
1) Tessa Blocker SR	2) Meghan Wallis SO	3) Brienna Barber SR	4) Caroline Egan JR
28.20 1:00.03 27.89	59.00 28.08 58.80	27.06 57.87	
24 Sioux City Metro		3:54.64	3:55.79
1) Regan Roat JR	2) Anna Butler JR	3) Tiffany Reitmeier SO	4) Betsy Grover SR
28.79 1:00.33 28.87	1:00.02 29.26 1:01.71	25.25 53.73	