

Swimming and Diving State Champions

Diving

1967	Sue Allender, Des Moines Roosevelt	153.95*
1968	Leslie O'Brien, Dubuque Wahlert	140.70*
1969	Nancy Terill, Des Moines Roosevelt	154.50*
1970	Peggy Anderson, Dubuque Wahlert	296.05#
1971S	Peggy Anderson, Dubuque Wahlert	384.10#
1971F	Peggy Anderson, Dubuque Wahlert	373.35
1972	Peggy Anderson, Dubuque Wahlert	424.05
1973	Nancy Watts, Des Moines Hoover	350.30
1974	Julie Van Etten, Dubuque Hempstead	361.80
1975	Denise Buchheister, CR Wash	413.31
1976	Denise Buchheister, CR Wash	435.90
1977	Lori Anderson, CR Washington	382.60
1978	Lori Anderson, CR Washington	454.10
1979	Mary Fischbach, Fort Dodge	486.70
1980	Mary Fischbach, Fort Dodge	510.45
1981	Mary Fischbach, Fort Dodge	512.85
1982	Mary Fischbach, Fort Dodge	535.70
1983	Theresa Michal, WDM Valley	412.45
1984	Nancy Behlmer, Dubuque Senior	405.00
1985	Ann Freed, Iowa City West	421.40
1986	Katy Ketoff, Dubuque Wahlert	413.15
1987	Christy Munn, CR Washington	432.70
1988	Heather Gross, Marshalltown	425.50
1989	Heather Gross, Marshalltown	412.10
1990	Angie Pillers, Clinton	374.70
1991	Angie Pillers, Clinton	406.10
1992	Amy Kaduce, Iowa City High	381.65
1993	Dani Pillers, Clinton	397.65
1994	Brooke Stahl, Cedar Falls	405.65
1995	Brooke Stahl, Cedar Falls	443.60
1996	Kara Hajek, Cedar Rapids Kennedy	428.80
1997	Darcee Newt, Dubuque Senior	398.85
1998	Lori Matthys, Davenport West	490.35
1999	Becky Miller, Iowa City High	412.90
2000	Andrea Shields, CR Kennedy	430.10
2001	Stacy Arkovich, Ames	430.35
2002	Meghan Sievertsen, CR Kennedy	442.85
2003	Meghan Sievertsen, CR Kennedy	437.10
2004	Meghan Sievertsen, CR Kennedy	470.95
2005	Veronica Rydze, Iowa City High	500.20
2006	Veronica Rydze, Iowa City High	495.70
2007	Bethany Olson, Cedar Falls	465.10
2008	Bethany Olson, Cedar Falls	476.50
2009	Kasey Williams, Southeast Polk	394.50
2010	Dahlia Gordon, Johnston	474.30
2011	Maggie James, Ames	447.80
2012	Maggie James, Ames	512.80
2013	Maggie James, Ames	532.05
2014	Jacintha Thomas, Iowa City West	561.10
2015	Claire Park, Pleasant Valley	517.95
2016	Claire Park, Pleasant Valley	495.85

* Six Dives; # 10 Dives

200 Yard Medley Relay

1967	Des Moines Roosevelt	2:12.3
1968	Cedar Rapids Kennedy	2:10.5
1969	Des Moines Hoover	2:02.8
1970	Des Moines Hoover	2:09.1
1971S	Des Moines Hoover	2:06.5
1971F	Iowa City West	2:05.85
1972	Cedar Rapids Jefferson	2:04.53
1973	Ames	2:01.42
1974	Cedar Rapids Washington	1:56.38
1975	Des Moines Roosevelt	1:58.05
1976	Cedar Rapids Washington	1:55.08
1977	Cedar Rapids Washington	1:55.56
1978	Burlington	1:55.06
1979	Dubuque Hempstead	1:56.80
1980	West Des Moines Valley	1:54.77
1981	Muscatine	1:55.95
1982	Iowa City West	1:54.29

1983	Iowa City West	1:55.61
1984	Cedar Rapids Washington	1:54.62
1985	Muscatine	1:55.84
1986	Dubuque Senior	1:55.84
1987	West Des Moines Valley	1:54.00
1988	Dubuque Wahlert	1:54.10
1989	Dubuque Wahlert	1:51.28
1990	Fort Dodge	1:53.29
1991	Dubuque Wahlert	1:52.16
1992	Bettendorf	1:51.40
1993	Bettendorf	1:51.55
1994	Cedar Falls	1:51.99
1995	Cedar Falls	1:50.23
1996	Cedar Falls	1:50.08
1997	Dubuque Senior	1:51.42
1998	Linn-Mar	1:52.80
1999	West Des Moines Dowling	1:50.38
2000	West Des Moines Dowling	1:51.51
2001	West Des Moines Valley	1:49.40
2002	West Des Moines Valley	1:48.40
2003	West Des Moines Valley	1:50.11
2004	Ankeny	1:50.37
2005	West Des Moines Valley	1:52.65
2006	Ankeny	1:50.04
2007	West Des Moines Valley	1:46.72
2008	West Des Moines Valley	1:47.55
2009	Mason City	1:48.22
2010	Ames	1:46.67
2011	Ames	1:46.16
2012	Dowling Catholic	1:47.44
2013	Ames	1:45.50
2014	Waukee	1:46.57
2015	Ames	1:45.65
2016	Ames	1:43.78

200 Yard Freestyle

1970	Ann Full, Iowa City High	2:16.3
1971S	Mary Taylor, Cedar Rapids Washington	2:10.5
1971F	Robin Burns, Des Moines Hoover	2:16.27
1972	Mary Taylor, Cedar Rapids Washington	2:07.49
1973	Barb Bacon, Ames	2:02.09
1974	Barb Bacon, Ames	1:58.88
1975	Kay Kirkland, Des Moines Hoover	1:59.0
1976	Carie Goode, Cedar Rapids Kennedy	1:56.05
1977	Carie Goode, Cedar Rapids Kennedy	1:55.41
1978	Susanna Barry, Muscatine	1:56.67
1979	Susanna Barry, Muscatine	1:55.21
1980	Ann Williams, West Des Moines Valley	1:54.33
1981	Ann Williams, West Des Moines Valley	1:52.98
1982	Lynn Campbell, Waterloo West	1:57.80
1983	Ann Walker, Des Moines Roosevelt	1:55.63
1984	Ann Walker, Des Moines Roosevelt	1:53.71
1985	Jennifer Linder, Des Moines Hoover	1:52.48
1986	Teri Ross, Waterloo East	1:53.04
1987	Frankie Hanson, Urbandale	1:56.64
1988	Amy Walker, Des Moines Roosevelt	1:52.57
1989	Frankie Hanson, Dowling Catholic	1:53.79
1990	Frankie Hanson, Dowling Catholic	1:54.72
1991	Amy Kelling, Cedar Falls	1:54.45
1992	Sheri Theisen, Anamosa	1:54.31
1993	Sheri Theisen, Anamosa	1:53.48
1994	Jessica Martin, Cedar Falls	1:55.18
1995	Jessica Martin, Cedar Falls	1:54.47
1996	Stacey Wertz, Cedar Falls NU High	1:51.81
1997	Hillary Mason, Cedar Falls	1:54.45
1998	Abby Heinz, Sioux City East	1:55.77
1999	Leigh Taylor, Bettendorf	1:53.68
2000	Amy Halderman, Davenport North	1:55.45
2001	Erica Noah, Charles City	1:55.23
2002	Samantha Goldstein, Pleasant Valley	1:54.64
2003	Samantha Goldstein, Pleasant Valley	1:54.15
2004	Samantha Goldstein, Pleasant Valley	1:54.87

2005	Ashley Lawler, Iowa City West	1:54.06
2006	Lisa Nathanson, West Des Moines Valley	1:54.40
2007	Stephanie Koch, Ames	1:50.92
2008	Stephanie Koch, Ames	1:52.41
2009	Bailey Pons, Cedar Falls	1:51.70
2010	Juanita Barreto, West Des Moines Valley	1:51.35
2011	McKenna Lynch, Dowling Catholic	1:53.89
2012	Gabbie Stecker, Pleasant Valley	1:49.64
2013	Allyssa Fluit, Southeast Polk	1:49.43
2014	Allyssa Fluit, Southeast Polk	1:47.14
2015	Allyssa Fluit, Southeast Polk	1:47.53
2016	MyKenzie Leehy, Lewis Central	1:49.94

200 Individual Medley

1967	Lisa Hempelman, Des Moines Roosevelt	1:11.9*
1968	Lisa Hempelman, Des Moines Roosevelt	1:11.6*
1969	Candy Bloodsworth, Des Moines Hoover	1:06.8*
1970	Candy Bloodsworth, Des Moines Hoover	2:33.2
1971S	Candy Bloodsworth, Des Moines Hoover	2:31.8
1971F	Mary Taylor, Cedar Rapids Washington	2:31.48
1972	Barb Bacon, Ames	2:23.81
1973	Julie Baty, Cedar Rapids Washington	2:22.27
1974	Julie Baty, Cedar Rapids Washington	2:16.05
1975	Janet Lindstrom, Des Moines Roosevelt	2:14.14
1976	Janet Lindstrom, Des Moines Roosevelt	2:11.38
1977	Tanya Roach, Cedar Rapids Kennedy	2:18.35
1978	Carie Goode, Cedar Rapids Kennedy	2:13.65
1979	Georganne Peterson, Glenwood	2:10.87
1980	Georganne Peterson, Glenwood	2:10.87
1981	Georganne Peterson, Glenwood	2:10.87
1982	Georganne Peterson, Glenwood	2:10.87
1983	Ann Colloton, Iowa City West	2:12.17
1984	Teri Ross, Waterloo East	2:10.43
1985	Miekka Olson, Cedar Falls NU High	2:09.20
1986	Miekka Olson, Cedar Falls NU High	2:10.19
1987	Miekka Olson, Cedar Falls NU High	2:07.54
1988	Miekka Olson, Cedar Falls NU High	2:10.27
1989	Jenni Maehl, Cedar Rapids Prairie	2:10.98
1990	Jenni Maehl, Cedar Rapids Prairie	2:10.69
1991	Jami Strauss, Cedar Rapids Washington	2:11.62
1992	Jocelyn Wright, Linn-Mar	2:09.91
1993	Sarah Dougall, Cedar Rapids Washington	2:06.18
1994	Jinny Smedstad, Cedar Rapids Kennedy	2:11.14
1995	Sarah Dougall, Cedar Rapids Washington	2:06.10
1996	Sarah Dougall, Cedar Rapids Washington	2:06.13
1997	Heidi Landherr, Linn-Mar	2:08.62
1998	Heidi Landherr, Linn-Mar	2:09.67
1999	Erin Petty, Bettendorf	2:12.19
2000	Whitney Wodstrchill, Cedar Rapids Jefferson	2:10.18
2001	Rachel Smith, Charles City	2:09.35
2002	Mindy Schulte, West Des Moines Valley	2:08.78
2003	Lauren Hohnstein, Bettendorf	2:12.02
2004	Hayley Fry, Linn-Mar	2:06.95
2005	Catie Baker, Cedar Rapids Kennedy	2:11.11
2006	Jaryn Studer, Ankeny	2:09.32
2007	Danielle Harris, West Des Moines Valley	2:06.98
2008	Danielle Harris, West Des Moines Valley	2:04.24
2009	Molly Coonce, Bettendorf	2:05.84
2010	Allison Orvis, Decorah	2:05.32
2011	Emma Sougstad, Mason City	2:03.14
2012	Emma Sougstad, Mason City	2:00.33
2013	Sydney Angell, Pleasant Valley	2:04.52
2014	Kelsey Drake, Linn-Mar	2:02.05
2015	Lexi Horner, Johnston	2:05.04
2016	Lexi Horner, Johnston	2:02.31

* 100 Yard Individual Medley

50 Yard Freestyle

1967	Jana Greig, West Des Moines Valley	:28.6
1968	Jana Greig, West Des Moines Valley	:27.7
1969	Nan West, Davenport Central	:26.6
1970	Leslie Davidsen, Iowa City West	:26.9

1971S	Peggy Anderson, Dubuque Wahlert	:26.0
1971F	Peggy Anderson, Dubuque Wahlert	:25.94
1972	JoEllen Kelley, Cedar Rapids Jefferson	:25.99
1973	Patti Schropp, Des Moines Roosevelt	:25.41
1974	Liz MacBride, Ames	:25.64
1975	Liz MacBride, Ames	:25.17
1976	Rene Sullivan, Cedar Falls	:24.70
1977	Rene Sullivan, Cedar Falls	:24.69
1978	Krista Peterson, Iowa City High	:24.77
1979	Diane Kellenberger, CR Washington	:24.90
1980	Diane Kellenberger, CR Washington	:24.80
1981	Debbie Wells, West Des Moines Valley	:25.27
1982	Anne Packard, Dubuque Senior	:24.70
(Tie)	Renee Bunger, Cedar Falls NU High	:24.70
1983	Anne Packard, Dubuque Senior	:24.58
1984	Renee Bunger, Cedar Falls NU High	:24.59
1985	Cris Ahmann, Muscatine	:24.54
1986	Jenni Adams, Cedar Rapids Kennedy	:24.71
1987	Barb Pranger, Davenport Assumption	:24.22
1988	Jennifer Kollbaum, Boone	:24.50
1989	Nicole Widmyer, Dubuque Wahlert	:24.48
1990	Erin Carew, Cedar Rapids Prairie	:24.24
1991	Erin Carew, Cedar Rapids Prairie	:24.41
1992	Erin Carew, Cedar Rapids Prairie	:24.20
1993	Erin Carew, Cedar Rapids Prairie	:24.39
1994	Randi Peterson, Cedar Falls	:24.12
1995	Melissa Fisher, Bettendorf	:24.66
1996	Randi Peterson, Cedar Falls	:24.41
1997	Katie Galligan, Cedar Falls	:24.03
1998	Erin Strub, Dubuque Senior	:24.19
1999	Katie Martin, Des Moines Roosevelt	:24.56
2000	Katie Martin, Des Moines Roosevelt	:24.41
2001	Whitney Jensen, Grinnell	:24.43
2002	Robin Samples, Des Moines Roosevelt	:24.42
(Tie)	Erin Petty, Bettendorf	:24.42
2003	Hayley Fry, Linn-Mar	:24.24
2004	Nicky Wieben, Ankeny	:24.35
2005	Alexa Mehesan, West Des Moines Valley	:23.69
2006	Alexa Mehesan, West Des Moines Valley	:23.87
2007	Alexa Mehesan, West Des Moines Valley	:22.92
2008	Becca Leffler, Des Moines Hoover	:23.69
2009	Meredith Johnson, Marshalltown	:24.16
2010	Maddie Bro, Ames & Taylor Flummerfelt, Ames	:24.18
2011	Taylor Flummerfelt, Ames	:23.98
2012	Maddie Gehrke, Waukee	:23.34
2013	Maddy Burnham, Bettendorf	:23.31
2014	Maddie Gehrke, Waukee	:22.51
2015	Sarah Schemmel, Muscatine	:23.24
2016	Sarah Schemmel, Muscatine	:23.11

100 Yard Butterfly

1967	Cyd Hempelman, Des Moines Roosevelt	:32.4*
1968	Debbie Witt, Des Moines Roosevelt	:30.8*
1969	Janine Stastney, Cedar Rapids Jefferson	:29.5*
1970	Barb Kunnert, Dubuque Wahlert	:1:06.8
1971S	Sue Winne, Dubuque Senior	:1:07.8
1971F	Barb Kunnert, Dubuque Wahlert	:1:06.41
1972	Barb Bacon, Ames	:1:03.21
1973	Janet Lindstrom, Des Moines Roosevelt	:1:02.97
1974	Ann Griffin, Clinton	:1:02.00
1975	Janet Lindstrom, Des Moines Roosevelt	:1:02.97
1976	Janet Lindstrom, Des Moines Roosevelt	:1:00.14
1977	Carie Goode, Cedar Rapids Kennedy	:59.38
1978	Susanna Barry, Muscatine	:59.53
1979	Susanna Barry, Muscatine	:58.75
1980	Georganne Peterson, Glenwood	:57.25
1981	Georganne Peterson, Glenwood	:58.24
1982	Georganne Peterson, Glenwood	:58.94
1983	Ann Walker, Des Moines Roosevelt	:56.86
1984	Ann Walker, Des Moines Roosevelt	:56.31
1985	Cris Ahmann, Muscatine	:56.82
1986	Barb Pranger, Davenport Assumption	:58.12
1987	Barb Pranger, Davenport Assumption	:56.34
1988	Mieka Olson, Cedar Falls NU High	:58.88
1989	Jean Gordon, Mason City	:58.15

1990	Jean Gordon, Mason City	:58.95
1991	Brandy Wince, Bettendorf	:59.16
1992	Trudy Henkels, Dubuque Wahlert	:59.18
1993	Jocelyn Wright, Linn-Mar	:58.87
1994	Calley Voorhees, West Des Moines Valley	:59.99
1995	Heidi Landherr, Linn-Mar	:58.84
1996	Heidi Landherr, Linn-Mar	:58.27
1997	Amber McDowell, Pleasant Valley	:58.32
1998	Heidi Landherr, Linn-Mar	:59.65
1999	Kim Rogers, Cedar Falls	:1:00.59
2000	Kim Rogers, Cedar Falls	:58.95
2001	Kim Rogers, Cedar Falls	:57.90
2002	Betsy Grover, Sioux City Metro	:57.09
2003	Melinda Schulte, West Des Moines Valley	:58.62
2004	Ella Doerge, West Des Moines Valley	:57.50
2005	Ella Doerge, West Des Moines Valley	:56.70
2006	Alexa Mehesan, West Des Moines Valley	:56.82
2007	Alexa Mehesan, West Des Moines Valley	:54.57
2008	Caitlin Campbell, Bettendorf	:56.79
2009	Emma Sougstad, Mason City	:56.68
2010	Caitlin Campbell, Bettendorf	:57.32
2011	Emma Sougstad, Mason City	:56.42
2012	Emma Sougstad, Mason City	:55.25
2013	Maddy Burnham, Bettendorf	:54.73
2014	Kelsey Drake, Linn-Mar	:54.79
2015	Samantha Hedrick, NCMC	:55.01
2016	Kelsey Drake, Linn-Mar	:55.13
* 50 Yard Butterfly		

100 Yard Freestyle

1967	Lisa Hempelman, Des Moines Roosevelt	:1:04.2
1968	Marcia Manseth, Iowa City High	:1:01.7
1969	Sandy Durham, West Des Moines Valley	:1:01.0
1970	Marlene Klouda, Cedar Rapids Prairie	:1:00.6
1971S	Mary Taylor, Cedar Rapids Washington	:58.3
1971F	Mary Taylor, Cedar Rapids Washington	:58.04
1972	Mary Taylor, Cedar Rapids Washington	:57.25
1973	Barb Bacon, Ames	:56.12
1974	Barb Bacon, Ames	:54.57
1975	Liz MacBride, Ames	:55.01
1976	Rene Sullivan, Cedar Falls	:54.54
1977	Rene Sullivan, Cedar Falls	:54.54
1978	Leslie Richard, Ames	:53.71
1979	Donna Strilich, Cedar Rapids Washington	:54.22
1980	Erica Wockenfuss, Iowa City High	:53.75
1981	Erica Wockenfuss, Iowa City High	:54.19
1982	Debbie Wells, West Des Moines Valley	:54.00
1983	Renee Bunger, Cedar Falls NU High	:53.72
1984	Teri Ross, Waterloo East	:52.93
1985	Teri Ross, Waterloo East	:52.61
1986	Teri Ross, Waterloo East	:52.69
1987	Teri Ross, Waterloo East	:52.14
1988	Jennifer Kollbaum, Boone	:53.58
1989	Mikka Olson, Bettendorf	:53.17
1990	Jenni Maehl, Cedar Rapids Prairie	:53.43
1991	Erin Carew, Cedar Rapids Prairie	:53.31
1992	Erin Carew, Cedar Rapids Prairie	:52.63
1993	Stacey Wertz, Cedar Falls NU High	:53.06
1994	Stacey Wertz, Cedar Falls NU High	:52.67
1995	Stacey Wertz, Cedar Falls NU High	:52.30
1996	Stacey Wertz, Cedar Falls NU High	:51.56
1997	Katie Galligan, Cedar Falls	:51.77
1998	Erin Strub, Dubuque Senior	:52.59
1999	Katie Martin, Des Moines Roosevelt	:53.96
2000	Katie Martin, Des Moines Roosevelt	:52.87
2001	Katie Martin, Des Moines Roosevelt	:53.00
2002	Erin Petty, Bettendorf	:52.54
2003	Samantha Goldstein, Pleasant Valley	:53.34
2004	Nicky Wieben, Ankeny	:52.99
2005	Alexa Mehesan, West Des Moines Valley	:52.32
2006	Lisa Nathanson, West Des Moines Valley	:51.98
2007	Lisa Nathanson, West Des Moines Valley	:51.55
2008	Stephanie Koch, Ames	:51.67
2009	Meredith Johnson, Marshalltown	:52.02

2010	Juanita Barreto, West Des Moines Valley	:51.46
2011	Taylor Flummerfelt, Ames	:51.97
2012	Aftin Phyfee, Cedar Falls	:51.54
2013	Lauren Leehy, Lewis Central	:51.68
2014	MyKenzie Leehy, Lewis Central	:50.40
2015	Sarah Schemmel, Muscatine	:50.51
2016	MyKenzie Leehy, Lewis Central	:50.29

500 Yard Freestyle

1970	Ann Full, Iowa City High	:4:55.5*
1971S	Sandy Durham, Des Moines Hoover	:4:54.0*
1971F	Sandy Durham, Des Moines Hoover	:4:52.50*
1972	Kim Carpenter, Des Moines Roosevelt	:4:33.06*
1973	Sue Trumbower, West Des Moines Valley	:4:26.83*
1974	Kathe Linn, Des Moines Roosevelt	:5:27.20
1975	Kay Kirkland, Des Moines Hoover	:5:17.34
1976	Kay Kirkland, Des Moines Hoover	:5:10.48
1977	Kay Kirkland, Des Moines Hoover	:5:07.11
1978	Ann Williams, West Des Moines Valley	:5:09.29
1979	Becky Wilson, Cedar Rapids Washington	:5:09.35
1980	Ann Williams, West Des Moines Valley	:5:04.56
1981	Dale Etnyre, Cedar Rapids Kennedy	:5:01.83
1982	Lynn Campbell, Waterloo West	:5:14.84
1983	Lynn Campbell, Waterloo West	:5:10.85
1984	Jennifer Linder, Des Moines Hoover	:5:03.07
1985	Jennifer Linder, Des Moines Hoover	:4:59.34
1986	Jennifer Linder, Des Moines Hoover	:4:59.61
1987	Frankie Hanson, Urbandale	:5:09.52
1988	Amy Walker, Des Moines Roosevelt	:5:01.07
1989	Shelli Olson, Cedar Falls NU High	:5:10.84
1990	Frankie Hanson, West Des Moines Dowling	:5:01.41
1991	Amy Kelling, Cedar Falls	:5:07.07
1992	Sheri Theisen, Anamosa	:5:00.38
1993	Sheri Theisen, Anamosa	:4:56.97
1994	Jessica Martin, Cedar Falls	:5:06.26
1995	Hillary Mason, Cedar Falls	:5:05.73
1996	Hillary Mason, Cedar Falls	:5:03.59
1997	Hillary Mason, Cedar Falls	:4:59.60
1998	Leigh Taylor, Bettendorf	:5:12.01
1999	Leigh Taylor, Bettendorf	:5:04.33
2000	Leigh Taylor, Bettendorf	:5:06.83
2001	Megan Lonergan, Bettendorf	:5:05.86
2002	Megan Lonergan, Bettendorf	:5:05.64
2003	Megan Lonergan, Bettendorf	:5:00.82
2004	Megan Lonergan, Bettendorf	:5:03.2
2005	Ashley Lawler, Iowa City West	:4:58.96
2006	Liz Horvat, Pleasant Valley	:5:05.41
2007	Stephanie Koch, Ames	:5:03.59
2008	Allison Harding, West Des Moines Valley	:5:00.33
2009	Bailey Pons, Cedar Falls	:5:01.98
2010	Margaret Barber, Bettendorf	:5:00.44
2011	McKenna Lynch, Dowling Catholic	:5:06.63
2012	Gabbie Stecker, Pleasant Valley	:4:52.91
2013	Allyssa Fluit, Southeast Polk	:4:56.51
2014	Allyssa Fluit, Southeast Polk	:4:50.27
2015	Allyssa Fluit, Southeast Polk	:4:54.78
2016	Berit Quass, Dowling Catholic	:4:45.50
* 400 Yard Freestyle		

200 Yard Freestyle Relay

1967	Des Moines Roosevelt	:1:59.5
1968	Iowa City High	:1:53.9
1969	West Des Moines Valley	:1:52.5
1990	Bettendorf	:1:40.55
1991	Dubuque Senior	:1:42.50
1992	Dubuque Senior	:1:40.74
1993	Cedar Falls	:1:39.89
1994	Cedar Falls	:1:38.58
1995	Cedar Falls	:1:38.43
1996	Cedar Falls	:1:37.55
1997	Cedar Falls	:1:39.14
1998	Cedar Falls	:1:40.35
1999	Bettendorf	:1:39.23

2000	Bettendorf	1:38.32
2001	Bettendorf	1:39.08
2002	Bettendorf	1:38.53
2003	Cedar Falls	1:40.54
2004	Cedar Falls	1:38.77
2005	Cedar Falls	1:38.28
2006	West Des Moines Valley	1:36.19
2007	West Des Moines Valley	1:33.83
2008	West Des Moines Valley	1:36.76
2009	Mason City	1:37.84
2010	Carroll	1:38.16
2011	Linn-Mar	1:38.60
2012	Pleasant Valley	1:36.15
2013	Bettendorf	1:35.83
2014	Pleasant Valley	1:35.96
2015	Ames	1:35.57
2016	Ames	1:34.88

100 Yard Backstroke

1967	Cyd Hempelman, Des Moines Roosevelt	:34.3*
1968	Cyd Hempelman, Des Moines Roosevelt	:33.9*
1969	Debi Jansen, Des Moines Hoover	:31.9*
1970	Barb Kunnert, Dubuque Wahlert	1:08.0
1971S	Mary Phelan, Cedar Rapids Washington	1:06.8
1971F	Mary Phelan, Cedar Rapids Washington	1:06.91
1972	Mary Phelan, Cedar Rapids Washington	1:07.21
1973	Laura Millis, West Des Moines Valley	1:05.70
1974	Laura Millis, West Des Moines Valley	1:05.50
1975	Jana Happel, Cedar Rapids Washington	1:02.15
1976	Theresa Nissen, Clinton	1:04.20
1977	Theresa Morse, Davenport West	1:04.06
1978	Carie Goode, Cedar Rapids Kennedy	1:01.85
1979	Anne Callahan, West Des Moines Valley	1:02.37
1980	Mariese Wetzel, Burlington	1:01.01
1981	Vickie Nauman, Des Moines Hoover	1:00.30
1982	Debbie Wells, West Des Moines Valley	1:02.49
1983	Emily Kiehne, Des Moines Roosevelt	1:00.37
1984	Emily Kiehne, Des Moines Roosevelt	1:01.38
1985	Emily Kiehne, Des Moines Roosevelt	1:00.59
1986	Nancy Pugh, Waterloo West	1:00.56
1987	Carol Muyskens, Des Moines Hoover	1:01.18
1988	Joy Johnson, West Des Moines Valley	1:00.44
1989	Joy Johnson, West Des Moines Valley	:58.87
1990	Joy Johnson, West Des Moines Valley	:58.53
1991	Jayne Olson, Bettendorf	:59.06
1992	Jocelyn Wright, Linn-Mar	:57.53
1993	Jocelyn Wright, Linn-Mar	:57.09
1994	Libbie McCarthy, Bettendorf	:59.65
1995	Sarah Dougall, Cedar Rapids Washington	:58.37
1996	Sarah Dougall, Cedar Rapids Washington	:58.34
1997	Laurie Bratton, Ottumwa	:59.78
1998	Laurie Bratton, Ottumwa	:59.37
1999	Jessie Crawford, Cedar Falls	:58.67
2000	Whitney Wodstrchill, CR Jefferson	:59.10
2001	Jamie Wieben, Ankeny	:59.21
2002	Cassandra Nelson, WDM Valley	:58.43
2003	Whitney Wodstrchill, CR Jefferson	:59.08
2004	Abby Girard, Cedar Falls	:58.66
2005	Abby Girard, Cedar Falls	:59.24
2006	Beth Eyanson, Iowa City High	:58.57
2007	Courtney Busch, Mason City	:59.06
2008	Danielle Harris, West Des Moines Valley	:56.15
2009	Maddie Bro, Ames	:58.76
2010	Maddie Bro, Ames	:55.87
2011	Maddie Bro, Ames	:56.62
2012	Sara Bentley, Ames	:56.89
2013	Sara Bentley, Ames	:56.70
2014	Maddie Gehrke, Waukee	:54.83
2015	Sophie Sorensen, Ames	:54.94
2016	Sophie Sorensen, Ames	:54.61

* 50 Yard Backstroke

100 Yard Breaststroke

1967	Sue Thomas, Bettendorf	:36.5*
1968	Margie Vanerloo, Dubuque Senior	:36.0*
1969	Candy Bloodsworth, DM Hoover	:33.2*
1970	Candy Bloodsworth, DM Hoover	1:14.8
1971S	Holly Richardson, Iowa City West	1:19.2
1971F	Vicki Hand, DM Hoover	1:17.68
1972	Terry Hand, DM Hoover	1:14.53
1973	Terry Hand, DM Hoover	1:14.10
1974	Julie Baty, CR Washington	1:12.31
1975	Janet Ware, Sioux City West	1:11.51
1976	Janet Ware, Sioux City West	1:11.67
1977	Debbie Ferguson, NCMP	1:13.93
1978	Pam York, Burlington	1:10.93
1979	Kristy Frieden, Mason City	1:11.25
1980	Kristy Frieden, Mason City	1:10.09
1981	Kristy Frieden, Mason City	1:10.53
1982	Ann Colloton, Iowa City West	1:09.52
1983	Ann Colloton, Iowa City West	1:07.45
1984	Ann Colloton, Iowa City West	1:08.02
1985	Ann Colloton, Iowa City West	1:06.09
1986	Jenni Adams, CR Kennedy	1:09.12
1987	Amy Rothell, WDM Valley	1:08.86
1988	Holly Mahan, Dubuque Senior	1:09.51
1989	Danielle Workman, CR Kennedy	1:08.89
1990	Tanya Henkels, Dubuque Wahlert	1:09.04
1991	Tanya Henkels, Dubuque Wahlert	1:07.82
1992	Sonja Casper, CR Washington	1:06.16
1993	Lacey Sheneman, Sioux City East	1:09.34
1994	Randi Peterson, Cedar Falls	1:08.99
1995	Sanami Fotrall, Cedar Rapids Prairie	1:07.60
1996	Allison Lyle, Iowa City West	1:06.95
1997	Allison Lyle, Iowa City West	1:06.97
1998	Erika Uthoff, Cedar Rapids Prairie	1:07.94
1999	Erika Uthoff, Cedar Rapids Prairie	1:08.18
2000	Kelly Quinn, West Des Moines Dowling	1:08.24
2001	Brigit Brunzman, Dubuque Hempstead	1:07.54
2002	Hayley Fry, Linn-Mar	1:06.45
2003	Hayley Fry, Linn-Mar	1:03.96
2004	Hayley Fry, Linn-Mar	1:04.54
2005	Jaryn Studer, Ankeny	1:07.12
2006	Jaryn Studer, Ankeny	1:05.66
2007	Emily Wiltsie, Mason City	1:05.30
2008	Emily Wiltsie, Mason City	1:05.84
2009	Imelda Wistey, West Des Moines Valley	1:03.75
2010	Ali Stearns, Mason City	1:04.63
2011	Brittany Purscell, Des Moines Lincoln	1:05.55
2012	Katharine Ross, Des Moines North	1:01.18
2013	Lizzy Brown, Iowa City High	1:03.86
2014	Sydney Angell, Pleasant Valley	1:02.85
2015	Lexi Horner, Johnston	1:05.04
2016	Lexi Horner, Johnston	1:03.75

400 Freestyle Relay

1970	Davenport Central	4:20.5
1971S	Davenport Central	4:13.8
1971F	Muscatine	4:11.21
1972	Cedar Rapids Washington	4:05.03
1973	Sioux City North	4:00.38
1974	Ames	3:46.75
1975	Des Moines Hoover	3:48.21
1976	Cedar Rapids Kennedy	3:42.14
1977	Cedar Rapids Washington	3:40.82
1978	Cedar Rapids Kennedy	3:41.18
1979	Cedar Rapids Washington	3:43.22
1980	West Des Moines Valley	3:39.63
1981	Cedar Rapids Kennedy	3:44.21
1982	Des Moines Hoover	3:46.17
1983	Des Moines Hoover	3:44.95
1984	Des Moines Hoover	3:42.46
1985	Des Moines Hoover	3:43.43
1986	Des Moines Hoover	3:42.66
1987	Des Moines Hoover	3:43.97

1988	Cedar Falls NU High	3:41.52
1989	Bettendorf	3:41.50
1990	Bettendorf	3:39.61
1991	Bettendorf	3:42.49
1992	Cedar Falls	3:37.78
1993	Cedar Falls	3:39.40
1994	Cedar Falls	3:38.68
1995	Cedar Falls	3:39.39
1996	Cedar Falls	3:36.93
1997	Cedar Falls	3:36.78
1998	Cedar Falls	3:35.75
1999	Bettendorf	3:34.28
2000	Bettendorf	3:36.40
2001	Ankeny	3:39.11
2002	Pleasant Valley	3:34.74
2003	Pleasant Valley	3:39.37
2004	Cedar Falls	3:38.74
2005	West Des Moines Valley	3:32.69
2006	West Des Moines Valley	3:32.65
2007	West Des Moines Valley	3:34.61
2008	West Des Moines Valley	3:35.61
2009	Bettendorf	3:37.37
2010	Ames	3:33.01
2011	Ames	3:31.65
2012	Pleasant Valley	3:31.31
2013	Lewis Central	3:29.27
2014	West Des Moines Valley	3:31.10
2015	Ames	3:29.15
2016	Ames	3:28.74

Bold = current State Meet Record

Swimming & Diving Records (through 2016 State Meet)

One Meter Diving:

Iowa Best -- 583.45, Mary Fischbach, Fort Dodge, 1982
State Meet Best -- 561.10, Jacintha Thomas, Iowa City West, 2014
Regional Meet Best -- 583.45, Mary Fischbach, Fort Dodge, 1982

200 Yard Medley Relay

Iowa Best -- 1:43.78, Ames, 2015 (Jazlyn Horras, Molly Winer, Grace Snyder, Sophie Sorensen)
State Meet Best -- 1:43.78, Ames, 2015 (Jazlyn Horras, Molly Winer, Grace Snyder, Sophie Sorensen)
Regional Meet Best -- 1:45.94, West Des Moines Valley, 2007 (Danielle Harris, Imelda Wistey, Alexa Mehesan, Lisa Nathanson)

200 Yard Freestyle

Iowa Best -- 1:47.14, Allyssa Fluit, Southeast Polk, 2014
State Meet Best -- 1:47.14, Allyssa Fluit, Southeast Polk, 2014
Regional Meet Best -- 1:49.18, Allyssa Fluit, Southeast Polk, 2014

200 Yard Individual Medley

Iowa Best -- 2:00.33, Emma Sougstad, Mason City, 2012
State Meet Best -- 2:00.33 Emma Sougstad, Mason City, 2012
Regional Meet Best -- 2:04.51, Kelsey Drake, Linn-Mar

50 Yard Freestyle

Iowa Best -- :22.51, Maddie Gehrke, Waukee, 2014
State Meet Best -- :22.51, Maddie Gehrke, Waukee, 2014
Regional Meet Best -- :23.23, Reilly Shaner, West Des Moines Valley, 2016

100 Yard Butterfly

Iowa Best -- :54.48, Kelsey Drake, Linn-Mar, 2016
State Meet Best -- :54:57, Alexa Mehesan, West Des Moines Valley, 2007
Regional Meet Best -- :54.48, Kelsey Drake, Linn-Mar, 2016

100 Yard Freestyle

Iowa Best -- :50.29, MyKenzie Leehy, Lewis Central, 2016
State Meet Best -- :50.29, MyKenzie Leehy, Lewis Central, 2016
Regional Meet Best -- :50.65, Amy Fedderson, Ames, 2016

500 Yard Freestyle

Iowa Best -- 4:50.27, Alyssa Fluit, Southeast Polk, 2014
State Meet Best -- 4:50.27, Alyssa Fluit, Southeast Polk, 2014
Regional Meet Best -- 4:53.52, Allyssa Fluit, Southeast Polk, 2014

200 Yard Freestyle Relay

Iowa Best -- 1:33.83, West Des Moines Valley, 2007, (Lisa Nathanson, Danielle Harris, Lindsey Lamair, Alexa Mehesan)
State Meet Best -- 1:33.83, West Des Moines Valley, 2007, (Lisa Nathanson, Danielle Harris, Lindsey Lamair, Alexa Mehesan)
Regional Meet Best -- 1:36.73, Ames, 2015 (Sophie Sorensen, Sarah Bell, Olivia Jenks, Amy Fedderson)

100 Yard Backstroke

Iowa Best -- :54.61, Sophie Sorensen, Ames, 2015 & 2016
State Meet Best -- :54.61, Sophie Sorensen, Ames, 2015 & 2016
Regional Meet Best -- :54.94, Sophie Sorensen, Ames, 2015

100 Yard Breaststroke

Iowa Best -- 1:01.18, Katharine Ross, Des Moines North, 2012
State Meet Best -- 1:01.18, Katharine Ross, Des Moines North, 2012
Regional Meet Best -- 1:03.64, Katharine Ross, Des Moines North, 2012

400 Freestyle Relay

Iowa Best -- 3:28.74, Ames, 2016 (Sophie Sorensen, Olivia Jenks, Morgan Rosser, Amy Fedderson)
State Meet Best -- 3:28.74, Ames, 2016 (Sophie Sorensen, Olivia Jenks, Morgan Rosser, Amy Fedderson)
Regional Meet Best -- 3:30.66, Ames, 2016 (Sophie Sorensen, Brinley Horras, Olivia Jenks, Amy Fedderson)

TEAM CHAMPIONS

<u>Team Champion</u>		<u>Runner-up</u>	
1967	Des Moines Roosevelt (Bill Crispin) 100	Bettendorf 46	
1968	Iowa City High (Denny Roberson) 61	Des Moines Roosevelt 57	
1969	Des Moines Hoover (Pat Bloomcamp) 53	West Des Moines Valley & Iowa City High 38	
1970	Des Moines Hoover (Pat Bloomcamp) 182	West Des Moines Valley 119	
1971s	Des Moines Hoover (Pat Bloomcamp) 217 1/2	Cedar Rapids Washington 127	
1971f	Des Moines Hoover (Pat Bloomcamp) 154	West Des Moines Valley 119	
1972	Des Moines Roosevelt (Tom Reed) 139	Des Moines Hoover 137	
1973	Des Moines Roosevelt (Tom Reed) 177	Ames 164	
1974	West Des Moines Valley (Mark Wagner) 166	Cedar Rapids Washington 154	
1975	West Des Moines Valley (Mark Wagner) 226	Des Moines Hoover 206	
1976	Cedar Rapids Washington (Carol Lensing) 235	Des Moines Hoover 206	
1977	Cedar Rapids Washington (Carol Lensing) 352	Cedar Rapids Kennedy 261	
1978	Cedar Rapids Kennedy (Mark Onstott) 272	Cedar Rapids Washington 226	
1979	Cedar Rapids Washington (Carol Lensing) 235	West Des Moines Valley 177	
1980	Des Moines Roosevelt (Tom Reed) 227 1/2	West Des Moines Valley 209	
1981	Cedar Rapids Kennedy (Mark Onstott) 227	West Des Moines Valley 171	
1982	Muscatine (Judd Anderson) 200	Des Moines Hoover 182	
1983	Des Moines Hoover (Dave Linder) 239	Cedar Rapids Washington & Iowa City West 164	
1984	Cedar Rapids Washington (Jim Herman) 223	Des Moines Hoover 187	
1985	Muscatine (Judd Anderson) 174	Cedar Falls 151	
1986	Cedar Falls (Dick Marcusson) 203	Cedar Rapids Kennedy 146	
1987	Mason City (Steve Hugo) 166 1/2	West Des Moines Valley 153	
1988	Mason City (Steve Hugo) 211 1/2	Cedar Falls NU High 147	
1989	Mason City (Steve Hugo) 183	West Des Moines Valley 172	
1990	Bettendorf (Wayne Fatchett) 215	Mason City 184	
1991	Bettendorf (Wayne Fatchett) 288	Cedar Falls 239	
1992	Bettendorf (Wayne Fatchett) 285	Cedar Falls 278	
1993	Cedar Falls (Dick Marcusson) 310 1/2	Bettendorf 198	
1994	Cedar Falls (Dick Marcusson) 365	Marshalltown 162	
1995	Cedar Falls (Dick Marcusson) 374	West Des Moines Valley 162	
1996	Cedar Falls (Dick Marcusson) 381	Dubuque Senior 193	
1997	Cedar Falls (Dick Marcusson) 304	Bettendorf 197	
1998	Cedar Falls (Dick Marcusson) 250	Dubuque Senior 246	
1999	Bettendorf (Mike Ahrens) 229	Cedar Falls 221	
2000	Bettendorf (Mike Ahrens) 274	West Des Moines Dowling 228	
2001	Bettendorf (Mike Ahrens) 269	Cedar Falls 210	
2002	Bettendorf (Mike Ahrens) 276.5	West Des Moines Valley 236	
2003	Cedar Falls (Dick Marcusson) 306	West Des Moines Valley 250	
2004	Cedar Falls (Dick Marcusson) 227	Ankeny 217	
2005	West Des Moines Valley (Shawn DeBoef) 287.5	Cedar Falls 270.5	
2006	West Des Moines Valley (Shawn DeBoef) 355	Marsahlitown 160	
2007	West Des Moines Valley (Shawn DeBoef) 387	Marshalltown 189	
2008	West Des Moines Valley (Shawn DeBoef) 316	Cedar Falls 201	
2009	Mason City (Steve Hugo) 275	Bettendorf 260	
2010	Ames (Dan Flannery) 293	West Des Moines Valley 213	
2011	Ames (Dan Flannery) 336	West Des Moines Valley 246	
2012	Ames (Dan Flannery) 274	Pleasant Valley 224	
2013	Ames (Dan Flannery) 302	Pleasant Valley 249	
2014	Pleasant Valley (Jay Smith) 301	Ames 293	
2015	Ames (Dan Flannery) 355	Pleasant Valley 197.5	
2016	Ames (Dan Flannery) 341	Johnston 197	

State Championship Coaches

9: Dick Marcusson, Cedar Falls;

6: Dan Flannery, Ames;

4: Pat Bloomcamp, Des Moines Hoover; Mike Ahrens, Bettendorf; Shawn DeBoef, West Des Moines Valley; Steve Hugo, Mason City

3: Wayne Fatchett, Bettendorf; Tom Reed, Des Moines Roosevelt; Carol Lensing, Cedar Rapids Washington

2: Judd Anderson, Muscatine

State Swimming & Diving Multi-Winners

THREE TIME WINNERS OF SAME EVENT

Meghan Sievertsen	Cedar Rapids Kennedy	Diving	2002, 03, 04
Maggie James	Ames	Diving	2011, 12, 13
Frankie Hanson	Urbandale/Dowling Catholic	200 Freestyle	1987, 89, 90
Samantha Goldstein	Pleasant Valley	200 Freestyle	2002, 03, 04
Allyssa Fluit	Southeast Polk	200 Freestyle	2013, 14, 15
Candy Bloodsworth	Des Moines Hoover	200 IM	1969, 70, 71
Sarah Dougall	Cedar Rapids Washington	200 IM	1993, 95, 96
Alexa Mehesan	West Des Moines Valley	50 Freestyle	2005, 06, 07
Janet Lindstrom	Des Moines Roosevelt	100 Butterfly	1973, 75, 76
Georganne Peterson	Glenwood	100 Butterfly	1980, 81, 82
Heidi Landherr	Linn-Mar	100 Butterfly	1995, 96, 98
Kim Rogers	Cedar Falls	100 Butterfly	1999, 2000, 01
Emma Sougstad	Mason City	100 Butterfly	2009, 11, 12
Mary Taylor	Cedar Rapids Washington	100 Freestyle	1971, 71 (Fall), 72
Katie Martin	Des Moines Roosevelt	100 Freestyle	1999, 2000, 01
Kay Kirkland	Des Moines Hoover	500 Freestyle	1975, 76, 77
Jennifer Linder	Des Moines Hoover	500 Freestyle	1984, 85, 86
Leigh Taylor	Bettendorf	500 Freestyle	1998, 99, 2000
Allyssa Fluit	Southeast Polk	500 Freestyle	2013, 14, 15
Mary Phelan	Cedar Rapids Washington	100 Backstroke	1971, 1971 (Fall), 72
Emily Kiehne	Des Moines Roosevelt	100 Backstroke	1983, 84, 85
Joy Johnson	West Des Moines Valley	100 Backstroke	1988, 89, 90
Maddie Bro	Ames	100 Backstroke	2009, 10, 11
Kristy Frieden	Mason City	100 Breaststroke	1979, 80, 81
Hayley Fry	Linn-Mar	100 Breaststroke	2002, 03, 04

FOUR TIME WINNERS OF SAME EVENT

Peggy Anderson	Dubuque Wahlert	Diving	1970, 71S, 71F, 72
Mary Fischbach	Fort Dodge	Diving	1980, 81, 82, 83
Georganne Peterson	Glenwood	Individual Medley	1979, 80, 81, 82
Ann Colloton	Iowa City West	Breaststroke	1982, 83, 84, 85
Jennifer Linder	Des Moines Hoover	Freestyle Relay	1983, 84, 85, 86
Teri Ross	Waterloo East	100 Freestyle	1984, 85, 86, 87
Miekka Olson	Cedar Falls NU High	Individual Medley	1985, 86, 87, 88
Erin Carew	Cedar Rapids Prairie	50 Freestyle	1990, 91, 92, 93
Stacey Wertz	Cedar Falls NU High	100 Freestyle	1993, 94, 95, 96

MOST INDIVIDUAL STATE CHAMPIONSHIPS

12	Alexa Mehesan	West Des Moines Valley
10	Randi Peterson	Cedar Falls
9	Hillary Mason	Cedar Falls
9	Katie Galligan	Cedar Falls
8	Jennifer Linder	Des Moines Hoover
8	Lisa Nathanson	West Des Moines Valley
8	Maddie Bro	Ames
7	Georganne Peterson	Glenwood
	Barb Bacon	Ames
	Ann Colloton	Iowa City West
	Carie Goode	Cedar Rapids Kennedy

Iowa All-Time Leaders (through 2016 State Meet)

200-YARD MEDLEY RELAY

Ames	2016	1:43.78
Ames	2013	1:45.50
Ames	2015	1:45.65
West Des Moines Valley	2007	1:45.94
Ames	2011	1:46.16
Ankeny	2015	1:46.24
Johnston	2016	1:46.49
Waukee	2014	1:46.57
Ames	2010	1:46.67
Bettendorf	2016	1:46.81

200-YARD FREESTYLE

Allyssa Fluit, Southeast Polk	2014	1:47.14
Gabbie Stecker, Pleasant Valley	2012	1:49.64
MyKenzie Leehy, Lewis Central	2016	1:49.94
Taylor Beadle, Muscatine	2016	1:50.36
Stephanie Koch, Ames	2007	1:50.92
Juanita Barreto, WDM Valley	2010	1:51.35
Samantha Hedrick, NCMP	2015	1:51.60
Amy Walker, DM Roosevelt	1988	1:51.61
Bailey Pons, Cedar Falls	2009	1:51.70
Stacey Wertz, CF NU High	1996	1:51.81

200-YARD INDIVIDUAL MEDLEY

Emma Sougstad, Mason City	2012	2:00.33
Kelsey Drake, Linn-Mar	2014	2:02.05
Sydney Angell, Pleasant Valley	2014	2:02.10
Lexi Horner, Johnston	2016	2:02.31
Sophie Sorensen, Ames	2016	2:03.15
Katharine Ross, Des Moines North	2012	2:03.47
Danielle Harris, WDM Valley	2008	2:04.24
Allison Orvis, Decorah	2011	2:04.97
Molly Coonce, Bettendorf	2009	2:05.84
Sarah Dougall, CR Washington	1995	2:06.10

50-YARD FREESTYLE

Maddie Gehrke, Waukee	2014	:22.51
Alexa Mehesan, WDM Valley	2007	:22.92
Sarah Schemmel, Muscatine	2016	:23.11
Sophie Sorensen, Ames	2014	:23.11
Crystal Florman, Mason City	2014	:23.16
Maddy Burnham, Bettendorf	2013	:23.31
Lexie Winnett, Johnston	2016	:23.31
Emma Sougstad, Mason City	2012	:23.31
Lisa Nathanson, WDM Valley	2007	:23.38
Jasmine Rumley, Ankeny	2016	:23.40

DIVING (SIX DIVES)

Maggie James, Ames	2014	360.50
Mary Fischbach, Fort Dodge	1982	352.75
Jacintha Thomas, Iowa City West	2014	336.20
Veronica Rydze, Iowa City High	2005	315.50
Heidi Hecker, DM East	1982	306.40
Mikaela Lengwin, Linn-Mar	2014	306.00
Katherine Mueller, Fairfield	2014	303.60
Lori Matthys, Davenport West	1998	296.65
Kara Hajek, CR Kennedy	1996	295.00
Carrie Salem, DM Hoover	1985	291.20

DIVING (ELEVEN DIVES)

Mary Fischbach, Fort Dodge	1980	583.45
Jacintha Thomas, Iowa City West	2014	581.25
Maggie James, Ames	2014	561.20
Katherine Mueller, Fairfield	2014	542.60
Veronica Rydze, Iowa City	2006	534.00
Alex Aaberg, Iowa City West	2014	518.35
Claire Park, Pleasant Valley	2015	517.95
Jayna Misra, Ames	2015	517.10
Margaret Engel, Dowling Catholic	2014	510.45
Jaycie Klein, Muscatine	2015	507.55

100-YARD BUTTERFLY

Kelsey Drake, Linn-Mar	2016	:54.48
Alexa Mehesan, WDM Valley	2007	:54.57
Maddy Burnham, Bettendorf	2013	:54.73
Samantha Hedrick, NCMP	2015	:55.01
Emma Sougstad, Mason City	2012	:55.25
Crystal Florman, Mason City	2014	:56.01
Sarah Schemmel, Muscatine	2015	:56.22
Maddie Gehrke, Waukee	2012	:56.24
Ann Walker, Des Moines Roosevelt	1984	:56.31

100-YARD FREESTYLE

MyKenzie Leehy, Lewis Central	2016	:50.29
Amy Feddersen, Ames	2016	:50.34
Sarah Schemmel, Muscatine	2016	:50.39
Crystal Florman, Mason City	2014	:50.86
Allyssa Fluit, Southeast Polk	2014	:51.06
Emma Sougstad, Mason City	2012	:51.08
Jenn Jenks, Linn-Mar	2013	:51.30
Juanita Barreto, WDM Valley	2010	:51.46
Aftin Phylfe, Cedar Falls	2012	:51.54
Lisa Nathanson, WDM Valley	2007	:51.55

500-YARD FREESTYLE

Allyssa Fluit, Southeast Polk	2014	4:50.27
Gabbie Stecker, Pleasant Valley	2012	4:52.97
Sheri Thiesen, Anamosa	1993	4:56.97
Amy Walker, DM Roosevelt	1988	4:58.78
Ashley Lawler, Iowa City West	2005	4:58.96
Jennifer Linder, DM Hoover	1985	4:59.34
Hillary Mason, Cedar Falls	1997	4:59.60
Megan Lonergan, Bettendorf	2003	5:00.32
Allison Harding, WDM Valley	2008	5:00.33

200-YARD FREESTYLE RELAY

West Des Moines Valley	2007	1:33.83
Ames	2016	1:34.88
Ames	2015	1:35.57
Bettendorf	2013	1:35.83
Pleasant Valley	2014	1:35.96
Pleasant Valley	2012	1:36.15
West Des Moines Valley	2006	1:36.19
Ankeny	2016	1:36.54
West Des Moines Valley	2014	1:36.73
Waukee	2014	1:36.74

100-YARD BACKSTROKE

Sophie Sorensen, Ames	2015 & 2016	:54.61
Maddie Gehrke, Waukee	2014	:54.83
Maddie Bro, Ames	2010	:55.87
Danielle Harris, WDM Valley	2008	:56.15
Jazlyn Horras, Ames	2014	:56.29
Sara Bentley, Ames	2013	:56.70
Sarah Bell, Ames	2016	:56.79
Aviana Zahara, Pleasant Valley	2016	:56.80
Kelsey Abbas, Cedar Falls	2011	:56.85
Katie Sailer, Ames	2014	:57.04

100-YARD BREASTSTROKE

Katharine Ross, Des Moines North	2012	1:01.18
Sydney Angell, Pleasant Valley	2014	1:02.85
Imelda Wistey, WDM Valley	2009	1:03.58
Lexi Horner, Johnston	2016	1:03.75
Lizzie Brown, Iowa City High	2013	1:03.86
Haley Fry, Linn-Mar	2003	1:03.96
Kelsey Drake, Linn-Mar	2016	1:04.23
Ali Stearns, Mason City	2009	1:04.53
Lindsay Blommers, NCMP	2016	1:04.61
Emma Sougstad, Mason City	2012	1:04.70

400-YARD FREESTYLE RELAY

Ames	2016	3:28.74
Ames	2015	3:29.15
Lewis Central	2013	3:29.27
Southeast Polk	2015	3:30.87
West Des Moines Valley	2014	3:31.10
Pleasant Valley	2012	3:31.31
Waukee	2016	3:31.44
West Des Moines Valley	2013	3:31.63
Ames	2011	3:31.65
West Des Moines Valley	2006	3:32.65

Swimming and Diving Hall of Fame

1980 Candace Bloodsworth Sausman Pat Bloomcamp (Coach) Peggy Anderson Barb Bacon Mary Taylor Suess	DM Hoover Des Moines Hoover Dubuque Wahlert Ames Cedar Rapids Washington	1994 Ruth Johnson (Coach) Don Jepsen (Official) Ann Colloton	Davenport West Davenport West Iowa City West	2010 Nan West Les Santee (Coach)	Davenport Central Cedar Rapids Jefferson
1981 Mary Beth Phelan Barb Kunnert Stoffel Julie Baty Gutman Sandy Durham Steen Ann Griffin	Cedar Rapids Washington Dubuque Wahlert Cedar Rapids Washington WDM Valley, DM Hoover Clinton	1995 Harold Baeth (Official) Dave Linder (Coach) Kristy Frieden	West Des Moines Des Moines Hoover Mason City	2011 Jessica Martin	Cedar Falls
1982 Denise Buchheister Kay Kirkland Liz MacBride Janet Lindstrom Warren	Cedar Rapids Washington Des Moines Hoover Ames Des Moines Roosevelt	1996 Nancy Behlmer Joy Johnson Carol Muyskens	Dubuque Senior West Des Moines Valley Des Moines Hoover	2012 Erin Petty Anne Callahan	Bettendorf West Des Moines Valley
1983 Laura Millis Rene Sullivan	West Des Moines Valley Cedar Falls	1997 Jim Taylor (Coach) Robin Burns Erica Wockenfuss Meika Olson	Cedar Rapids Jefferson Des Moines Hoover Iowa City High Northern University High	2013 Hillary Mason Whitney Wodtstrich	Cedar Falls Cedar Rapids Jefferson
1984 Jana Greig Terry Hand Lisa Hempelman Janet Ware	West Des Moines Valley Des Moines Hoover Des Moines Roosevelt Sioux City West	1998 Jim Voss (Official) Katy Ketoff Jennifer Kollbaum-Adams	Cedar Rapids Dubuque Wahlert Boone	2014 Dick Marcusson (Coach) Lynn Cambell Veronica Rydze Katie Martin	Cedar Falls Waterloo West Iowa City High Des Moines Roosevelt
1985 Lori Anderson Carie Goode Jo Ellen Kelley Simpson	Cedar Rapids Washington Cedar Rapids Kennedy Cedar Rapids Jefferson	1999 Amy Kelling Heather Gross	Cedar Falls Marshalltown	2015 Ann Walker Megan Lonergan Meghan Sievertsen	Des Moines Roosevelt Bettendorf Cedar Rapids Kennedy
1986 Susanna Barry Rivera Carol Lensing (Coach)	Muscatine Cedar Rapids Washington	2000 Frankie Hanson Jean Gordon	West Des Moines Dowling Mason City	2016 Alexa Mehesan Trudi Henkels Randi Peterson	West Des Moines Valley Dubuque Wahlert Cedar Falls
1987 Georganne Peterson Mary Fischbach	Glenwood Fort Dodge	2001 Mike Henderson, IGHS AU Bruce Verink (Official)	Des Moines Cedar Falls		
1988 Theresa Ann Nissen Debi Janson Mark Wagner (Coach) Leslie Richard	Clinton Des Moines Hoover West Des Moines Valley Ames	2002 Erin Carew Wendy Stoeker	Cedar Rapids Prairie Cedar Rapids Jefferson		
1989 Dale Entyre Heidi Hecker Ann Williams	Cedar Rapids Kennedy Des Moines East West Des Moines Valley	2003 Ben Myers (Coach) Stacy Wertz	Cedar Falls NU High Cedar Falls NU High		
1990 Vickie Nauman Renee Bunger Debbie Wells-Marshall	Des Moines Hoover Cedar Falls NU, DM Hoover West Des Moines Valley	2004 Sarah Dougall Jennifer Maehl Tanya Henkels	Cedar Rapids Washington Cedar Rapids Prairie Dubuque Wahlert		
1991 Jennifer Linder	Des Moines Hoover	2005 Nicole Widmyer Gary Winkler (Coach)	Dubuque Wahlert Fort Dodge		
1992 Jenni Adams Anne Packard	Cedar Rapids Kennedy Dubuque Senior	2006 Susan Trumbower Larry Swanson (Coach)	WDM Valley Davenport North		
1993 Teri Ross	Waterloo East	2007 Kara Hajek Leigh Taylor	Cedar Rapids Kennedy Bettendorf		
		2008 Dan Duclos (Coach) Heidi Landherr	Dubuque Senior Linn-Mar		
		2009 Whitney Jensen Brigit Brunsmann Rob Wren (Coach)	Grinnell Dubuque Hempstead Dubuque		