

1999 IOWA GIRLS STATE SWIMMING AND DIVING MEET

November 5 and 6--Fort Dodge High School

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TEAM SCORING

| | | |
|----|-------------------------|-----|
| 1 | Bettendorf | 229 |
| 2 | Cedar Falls | 221 |
| 3 | West Des Moines Dowling | 193 |
| 4 | Cedar Rapids Prairie | 135 |
| 5 | Des Moines Roosevelt | 130 |
| 6 | West Des Moines Valley | 129 |
| 7 | Marshalltown | 127 |
| 8 | Clinton | 92 |
| 9 | Dubuque Senior | 90 |
| 10 | Charles City | 85 |
| 11 | Iowa City City High | 76 |
| 11 | Ankeny | 76 |
| 13 | Cedar Rapids Washington | 70 |
| 14 | Pleasant Valley | 58 |
| 15 | Linn-Mar | 50 |
| 16 | Tipton | 45 |
| 17 | Ames | 43 |
| 18 | Davenport North | 40 |
| 18 | Lewis Central | 40 |
| 20 | Decorah | 38 |
| 21 | Fort Dodge | 37 |
| 21 | Carroll | 37 |
| 23 | Dubuque Hempstead | 36 |
| 24 | Sioux City East | 28 |
| 25 | Iowa City West | 25 |
| 26 | Cedar Rapids Kennedy | 22 |
| 27 | Grinnell | 21 |
| 28 | Keokuk | 17 |
| 29 | Mason City | 16 |
| 30 | Newton | 13 |

| | | |
|----|--------------------------------|----|
| 30 | Davenport West | 13 |
| 32 | Boone | 12 |
| 33 | Ottumwa | 12 |
| 34 | Estherville-Lincoln Central | 11 |
| 34 | Muscatine | 11 |
| 34 | Council Bluffs Abraham Lincoln | 11 |
| 34 | Urbandale/Johnston | 11 |
| 38 | Fairfield | 7 |
| 38 | Dubuque Wahlert | 7 |
| 40 | Davenport Central | 6 |
| 41 | Perry | 2 |
| 41 | Cedar Rapids Jefferson | 2 |
| 43 | Waterloo West | 1 |
| | Cedar Falls NU High | 0 |

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DIVING

State Meet Record--535.70, Mary Fischbach, Fort Dodge, 1982

Iowa All-Time Best--583.45, Mary Fischbach, Fort Dodge, 1982.

All American (Automatic)--by film; All American (Consideration)--by film

| | | | | | |
|----|-------------------|----|-------------------------|--------|----|
| 1 | Becky Miller | SR | Iowa City City High | 412.90 | 20 |
| 2 | Andrea Shields | JR | Cedar Rapids Kennedy | 410.30 | 17 |
| 3 | Tasha Splinter | SR | Dubuque Hempstead | 398.85 | 16 |
| 4 | Jennifer Meeker | JR | Iowa City West | 392.40 | 15 |
| 5 | Trisha Splinter | SR | Dubuque Hempstead | 388.25 | 14 |
| 6 | Hannah Rapson | SR | Iowa City City High | 385.30 | 13 |
| 7 | Holly Hampton | SR | Boone | 383.90 | 12 |
| 8 | Lindsay Parks | SR | CB Abraham Lincoln | 382.05 | 11 |
| 9 | Katy Byington | SR | Davenport West | 378.25 | 9 |
| 10 | Abi Fangman | JR | Urbandale/Johnston | 375.60 | 7 |
| 11 | Elisa Arkovich | JR | Ames | 360.30 | 6 |
| 12 | Carrie Havermann | JR | Muscatine | 358.10 | 5 |
| 13 | Megan Flaws | SR | Ames | 357.90 | 4 |
| 14 | Kaitlin Schneider | SO | Davenport North | 349.60 | 3 |
| 15 | Stacey Arkovich | SO | Ames | 333.45 | 2 |
| 16 | Lindsey Bauer | SR | Waterloo West | 327.75 | 1 |
| 17 | Kim Lorenzen | JR | Cedar Rapids Jefferson | 246.05 | |
| 18 | Katie Bures | JR | Cedar Rapids Kennedy | 244.45 | |
| 19 | Betsy Stone | JR | Cedar Rapids Washington | 243.75 | |
| 20 | Emily Hull | JR | West Des Moines Dowling | 237.80 | |
| 21 | Becky Olson | SO | Cedar Falls | 147.75 | |
| 22 | Megan Seibert | JR | Bettendorf | 144.10 | |
| 23 | Sarah Aagard | JR | West Des Moines Valley | 143.60 | |
| 24 | Teresa Reiss | SO | Dubuque Senior | 141.35 | |

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200-YARD MEDLEY RELAY

State Meet Record--1:50.23, CEDAR FALLS (Abbie Peterson, Randi Peterson, Jessica Martin, Katie Galligan), 1996.

Iowa All-Time Best--1:50.23, CEDAR FALLS (Abbie Peterson, Randi Peterson, Jessica Martin, Katie Galligan), 1996.

All American (Automatic)--1:48.80; All American (Condsideration)--1:53.50

| | | | | |
|---|-----------------------------|-----------------------------|-------------------------------|----------------------------|
| 1 | West Des Moines Dowling | 1:50.38 | CONSIDERATION | 40 |
| | 1) Chrissy Hermann-JR 28.04 | 2) Kelly Quinn-JR 30.99 | 3) Alison Blyth-SR 27.36 | 4) Maria Kerr-SR 23.99 |
| 2 | Marshalltown | 1:52.94 | CONSIDERATION | 34 |
| | 1) Beth Muckler-SR 30.01 | 2) Sarah Allen-JR 31.19 | 3) Whitney Sondall-SR 26.97 | 4) Katie Blum-SO 24.77 |
| 3 | Cedar Rapids Prairie | 1:52.95 | CONSIDERATION | 32 |
| | 1) Chelsea Beuter-FR 29.40 | 2) Erika Uthoff-SR 30.73 | 3) Masumi Fottral-SR 27.61 | 4) Erinn Croco-FR 25.21 |
| 4 | Cedar Falls | 1:53.60 | | 30 |
| | 1) Kim Rogers-SO 28.21 | 2) Jessie Crawford-SR 32.21 | 3) Brittany Schminke-FR 27.36 | 4) Bicky Cam-JR 25.82 |
| 5 | Des Moines Roosevelt | 1:54.38 | | 28 |
| | 1) Dani Kunz-JR 29.99 | 2) Sarah Kalthorn-SR 32.61 | 3) Katy McCormick-FR 27.27 | 4) Robin Samples-FR 24.51 |
| 6 | Clinton | 1:55.02 | | 26 |
| | 1) Ashley Eizenga-JR 30.79 | 2) Michelle Larson-SR 31.11 | 3) Kristen Tucker-JR 27.55 | 4) Shannon Parker-SO 25.57 |
| 7 | Ankeny | 1:55.23 | | 24 |
| | 1) Rachel Roth-SR 28.58 | 2) Angie White-JR 32.63 | 3) Kelsey McCarville-SR 29.07 | 4) Jamie Wieben-SO 24.95 |
| 8 | Bettendorf | 1:55.92 | | 22 |

| | | | | |
|----|---|---------------------------------|-----------------------------------|----------------------------------|
| | 1) Shannon Schoening-FR 30.05 | 2) Kelsey Klein-JR 31.78 | 3) Paige Taylor-JR 28.97 | 4) Marcy Thomasson-SR 25.12 |
| 9 | Tipton 1) Kelly Foley-SR 29.52 | 2) Michaela Osborn-JR 31.53 | 3) Erica Esbeck-SR 28.82 | 4) Jenny Riggs-SR 26.19 |
| 10 | Dubuque Senior 1) Megan Hemmer-SR 29.57 | 2) Dana Wallis-SR 32.27 | 3) Kristen Walz-SR 28.48 | 4) Lindsay Steinbeck-JR 25.79 |
| 11 | West Des Moines Valley 1) Olivia Doerge-JR 29.52 | 2) Kelsey Underwood-SO 33.78 | 3) Sarah Best-FR 27.21 | 4) Laura Burke-JR 26.07 |
| 12 | Cedar Rapids Washington 1) Amy Thompson-SR 30.92 | 2) Elisabeth Nims-SR 30.83 | 3) Christina Erb-JR 28.24 | 4) Megan McCright-SR 26.63 |
| 13 | Linn-Mar 1) Darby Hollinrake-SO 28.34 | 2) Molly Charley-SR 34.37 | 3) Meghan Oglesby-SO 27.80 | 4) Liz Jobe-FR 26.60 |
| 14 | Ottumwa 1) Tasia Guiter-FR 29.89 | 2) Jenny Foster-FR 33.12 | 3) Rachel Lenox-JR 27.72 | 4) Katy Rucinski-SO 26.84 |
| 15 | Lewis Central 1) Liz Payne-SR 30.82 | 2) Samantha Smith-SO 33.26 | 3) Melissa Fender-SO 28.70 | 4) Candice Netz-SR 25.59 |
| 16 | Fort Dodge 1) Megan Taylor-FR 28.88 | 2) Kim Grossnickle-FR 33.25 | 3) Kendra Loots-SO 29.17 | 4) Katie Gronbach-SO 27.27 |
| 17 | Mason City 1) Sandra Palm-SR 30.42 | 2) Sarah Wagner-SO 34.35 | 3) Amber Nolan-JR 29.13 | 4) Laurel Gladish-SR 24.68 |
| 18 | Muscatine 1) Amalia Sarmes-SR 29.74 | 2) Kourtney Shay-SO 33.93 | 3) Traci Lee-FR 28.86 | 4) Carolyn Grammens-FR 26.20 |
| 19 | Sioux City East 1) Samantha Reinking-SR 31.19 | 2) Michelle Wells-FR 34.48 | 3) Stefenie Miller-SR 28.93 | 4) Abby Heinz-SO 25.54 |
| 20 | Iowa City West 1) Katie Kreder-JR 33.00 | 2) Amanda Knight-FR 32.24 | 3) Becky Witnok-Huber-SO 28.58 | 4) Moriah Reiman-SR 26.56 |
| 21 | Cedar Rapids Jefferson 1) Brooke Ralston-SR | 2) Jessie Popelka-SO | 3) Ashley Baker-JR | 4) Christina Schmaltz-SR |

| | | | | |
|----|----------------------|-------------------------|---------------------|-----------------------|
| | 29.72 | 34.94 | 29.71 | 26.03 |
| 22 | Iowa City City High | | 2:00.56 | |
| | 1) Mollie McBreen-FR | 2) Kristin Lee-FR | 3) Jenny Harper-SR | 4) Molly Gable-JR |
| | 34.28 | 33.05 | 27.92 | 25.31 |
| 23 | Ames | | 2:01.09 | |
| | 1) Steph Carroll-JR | 2) Elizabeth Talbert-JR | 3) Crystal Cline-JR | 4) Lindsay Kiliper-SR |
| | 31.15 | 33.77 | 30.24 | 25.93 |
| 24 | Dubuque Hempstead | | 2:01.38 | |
| | 1) Sarah Hoffman-SR | 2) Brigit Brunsman-FR | 3) Dani Kutsch-JR | 4) Valerie Kramer-SR |
| | 30.52 | 32.74 | 30.63 | 27.49 |

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200-YARD FREESTYLE

State Meet Record--1:52.48, Jennifer Linder, Des Moines Hoover, 1985
 Iowa All-Time Best--1:51.61, Amy Walker, Des Moines Roosevelt, 1988.
 All American (Automatic)--1:51.00; All American (Consideration)--1:55.00

| | | | | | | |
|----|-------------------|----|--|---------|------|----|
| 1 | Leigh Taylor | JR | Bettendorf 26.4527.6729.0330.53 | 1:53.68 | CONS | 20 |
| 2 | Erica Noah | SO | Charles City 27.1929.5329.7230.17 | 1:56.61 | | 17 |
| 3 | Katie Koenig | SO | Dubuque Senior 27.5229.8230.4229.51 | 1:57.27 | | 16 |
| 4 | Amy Haldeman | JR | Davenport North 27.5628.9829.8131.36 | 1:57.71 | | 15 |
| 5 | Jenna Kubat | JR | West Des Moines Dowling | 1:58.45 | | 14 |
| 6 | Katie Funk | SO | West Des Moines Valley 27.5030.0830.8130.59 | 1:58.98 | | 13 |
| 7 | Abby Pape | JR | Cedar Falls 28.0930.0530.8230.53 | 1:59.49 | | 12 |
| 8 | Becky Lyons | SR | Cedar Falls 27.9829.4430.8731.48 | 1:59.77 | | 11 |
| 9 | Masumi Fottral | SR | Cedar Rapids Prairie 28.1130.1730.8331.18 | 2:00.29 | | 9 |
| 10 | Shannon Schoening | FR | Bettendorf | 2:00.36 | | 7 |
| 11 | Katie Rathje | JR | Davenport Central | 2:00.79 | | 6 |
| 12 | Natalie Ross | JR | Cedar Rapids Kennedy 28.3530.4631.2832.06 | 2:02.15 | | 5 |
| 13 | Kristy Hirokawa | SR | Iowa City City High | 2:02.28 | | 4 |

| | | | | | |
|----|------------------|----|-------------------------|---------|---|
| 14 | Beth Muckler | SR | Marshalltown | 2:02.51 | 3 |
| 15 | Michelle Collins | SO | Lewis Central | 2:02.59 | 2 |
| 16 | Allie Middendorf | FR | West Des Moines Dowling | 2:02.76 | 1 |
| | | | 29.0031.1131.4631.19 | | |
| 17 | Marcy Thomasson | SR | Bettendorf | 2:02.97 | |
| 18 | Molly Dowd | FR | Cedar Falls | 2:03.70 | |
| | | | 29.05 31.31 32.10 31.24 | | |
| 19 | Jeanette Neumann | JR | Des Moines Roosevelt | 2:04.01 | |
| | | | 28.7531.3731.9831.91 | | |
| 20 | Amber Gedlinske | SR | Iowa City West | 2:04.06 | |
| 21 | Natalie Radtke | FR | Muscatine | 2:05.36 | |
| | | | 28.7731.5732.7632.26 | | |
| 22 | Hillary Vogt | JR | Dubuque Wahlert | 2:05.38 | |
| | | | 28.7731.8432.9331.84 | | |
| 23 | Heather Reynolds | SO | Davenport North | 2:07.52 | |
| | | | 29.2032.2033.3432.78 | | |
| 24 | Sarah Kalhorn | SR | Des Moines Roosevelt | 2:08.18 | |
| | | | 28.3632.2233.2234.38 | | |

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200-YARD INDIVIDUAL MEDLEY

State Meet Record--2:06.10, Sarah Dougall, Cedar Rapids Washington, 1995
 Iowa All-Time Best--2:06.10, Sarah Dougall, Cedar Rapids Washington, 1995.
 All American (Automatic)--2:04.30; All American (Consideration)--2:10.00

| | | | | | |
|----|-----------------|----|-------------------------|---------|----|
| 1 | Erin Petty | FR | Bettendorf | 2:12.19 | 20 |
| | | | 28.2832.6140.2531.05 | | |
| 2 | Jessie Crawford | SR | Cedar Falls | 2:12.56 | 17 |
| | | | 29.9533.6338.9929.99 | | |
| 3 | Abby Heinz | SO | Sioux City East | 2:13.28 | 16 |
| | | | 28.6833.6839.1731.75 | | |
| 4 | Megan Taylor | FR | Fort Dodge | 2:14.68 | 15 |
| | | | 29.0732.8840.5532.18 | | |
| 5 | Chelsea Bueter | FR | Cedar Rapids Prairie | 2:14.89 | 14 |
| | | | 29.4833.5039.1232.79 | | |
| 6 | Rachel Smith | SO | Charles City | 2:14.91 | 13 |
| | | | 29.8933.1540.0731.80 | | |
| 7 | Alison Blyth | SR | West Des Moines Dowling | 2:15.20 | 12 |
| | | | 28.5636.4939.7630.39 | | |
| 8 | Tashia Welling | SR | West Des Moines Valley | 2:15.88 | 11 |
| | | | 29.4633.5041.2231.70 | | |
| 9 | Kristen Tucker | JR | Clinton | 2:15.98 | 9 |
| | | | 28.5735.2439.7832.39 | | |
| 10 | Alex Cook | SR | Decorah | 2:16.20 | 7 |
| | | | 29.2533.5441.1332.28 | | |
| 11 | Michelle Larson | SR | Clinton | 2:16.26 | 6 |
| | | | 28.7934.9339.5233.02 | | |
| 12 | Bridget Walsh | FR | Keokuk | 2:17.13 | 5 |

| | | | | | |
|----|-----------------|----|---|---------|---|
| 13 | Erika Uthoff | SR | 29.8034.6840.1032.55 Cedar Rapids Prairie | 2:17.62 | 4 |
| 14 | Meghan Oglesby | SO | 30.1836.5139.0731.86 Linn-Mar | 2:17.91 | 3 |
| 15 | Ashley Eizenga | JR | 29.2335.6540.7232.31 Clinton | 2:18.21 | 2 |
| 16 | Kristen Walz | SR | 30.9535.9038.6132.75 Dubuque Senior | 2:18.30 | 1 |
| 17 | Katey Dorweiler | JR | 29.5036.1139.9332.76 West Des Moines Dowling | 2:18.76 | |
| 18 | Sarah Crane | SR | 30.1136.4640.5231.67 Mason City | 2:19.47 | |
| 19 | Christina Dowd | SO | 29.3035.9941.1932.99 Perry | 2:19.65 | |
| 20 | Naomi Fottral | FR | 30.9936.4739.0633.13 Cedar Rapids Prairie | 2:20.89 | |
| 21 | Brooke Ralston | SR | 29.2137.0640.1534.47 Cedar Rapids Jefferson | 2:21.19 | |
| 22 | Kelly Quinn | JR | 29.7234.3243.1434.01 West Des Moines Dowling | 2:21.90 | |
| 23 | Sarah Wallis | FR | 31.4338.6437.9833.85 Dubuque Senior | 2:22.76 | |
| 24 | Katie Weber | JR | 31.4837.2140.0434.03 Marshalltown | 2:27.91 | |
| | | | 32.9237.9342.6834.38 | | |

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50-YARD FREESTYLE

State Meet Record--:24.03, Katie Galligan, Cedar Falls, 1997.

Iowa All-Time Best--:24.03, Katie Galligan, Cedar Falls, 1997

All American (Automatic)--:23.61; All American (Consideration)--:24.85

| | | | | | |
|----|-----------------|----|-------------------------|-------|-----------------|
| 1 | Katie Martin | SO | Des Moines Roosevelt | 24.56 | CONSIDERATON 20 |
| 2 | Maria Kerr | SR | West Des Moines Dowling | 24.58 | CONSIDERATION17 |
| 3 | Abby Van Maaren | JR | Ames | 24.65 | CONSIDERATON 16 |
| 4 | Robin Samples | FR | Des Moines Roosevelt | 24.80 | CONSIDERATON 15 |
| 5 | Whitney Jensen | SO | Grinnell | 25.04 | 14 |
| 6 | Audrey Clark | JR | Bettendorf | 25.16 | 13 |
| 7 | Katie Blum | SO | Marshalltown | 25.36 | 12 |
| 8 | Michaela Osborn | JR | Tipton | 25.39 | 11 |
| 9 | Jamie Wieben | SO | Ankeny | 25.42 | 9 |
| 10 | Sara Becker | SR | Carroll | 25.45 | 7 |
| 11 | Abby Townsend | SR | Newton | 25.57 | 6 |
| 12 | Laurel Gladish | SR | Mason City | 25.64 | 5 |
| 13 | Rachel Lenox | JR | Ottumwa | 25.68 | 4 |
| 14 | Molly Gable | JR | Iowa City City High | 25.81 | 3 |
| 15 | Jenny Murray | SR | Dubuque Wahlert | 25.84 | 2 |
| 16 | Afor Nji | SR | Cedar Rapids Washington | 25.89 | 1 |
| 17 | Shannon Parker | SO | Clinton | 25.90 | |
| 18 | Hannah Quandt | FR | Carroll | 25.93 | |
| 19 | Maggie Peterson | SO | Estherville-LC | 26.00 | |
| 20 | Chantelle Shea | JR | Cedar Rapids Prairie | 26.03 | |
| 21 | Tina Wolfe | SR | Pleasant Valley | 26.15 | |
| 22 | Becky Marston | SO | Cedar Falls | 26.24 | |
| 23 | Stef Barnhart | JR | Davenport West | 26.38 | |
| 24 | Bicky Cam | JR | Cedar Falls | 26.53 | |

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100-YARD FREESTYLE

State Meet Record--:51.56, Stacey Wertz, Cear Falls NU High, 1996
 Iowa All-Time Best--:51.56, Stacey Wertz, Cedar Falls NU High, 1996
 All American (Automatic)--:51.31; All American (Consideration)--:53.70

| | | | | | | |
|----|-----------------|----|-------------------------|-------|---------------|----|
| 1 | Katie Martin | SO | Des Moines Roosevelt | 53.51 | CONSIDERATION | 20 |
| | | | 25.6527.86 | | | |
| 2 | Audrey Clark | JR | Bettendorf | 53.96 | 17 | |
| | | | 25.6928.27 | | | |
| 3 | Maria Kerr | SR | West Des Moines Dowling | 54.08 | 16 | |
| | | | 26.2727.81 | | | |
| 4 | Abby Van Maaren | JR | Ames | 54.11 | 15 | |
| | | | 26.2227.89 | | | |
| 5 | Becky Lyons | SR | Cedar Falls | 54.22 | 14 | |
| | | | 26.2927.93 | | | |
| 6 | Amy Haldeman | JR | Davenport North | 54.29 | 13 | |
| | | | 26.0428.25 | | | |
| 7 | Whitney Sondall | SR | Marshalltown | 54.42 | 12 | |
| | | | 25.8328.59 | | | |
| 8 | Erin Petty | FR | Bettendorf | 54.46 | 11 | |
| | | | 26.0828.38 | | | |
| 9 | Alex Cook | SR | Decorah | 55.07 | 9 | |
| | | | 26.3328.74 | | | |
| 10 | Abby Townsend | SR | Newton | 55.32 | 7 | |
| | | | 26.3129.01 | | | |
| 11 | Tashia Welling | SR | West Des Moines Valley | 55.52 | 6 | |
| | | | 26.7928.73 | | | |
| 12 | Whitney Jensen | SO | Grinnell | 55.57 | 5 | |
| | | | 26.9428.63 | | | |
| 13 | Sarah Best | FR | West Des Moines Valley | 55.61 | 4 | |

| | | | | | |
|----|-------------------|----|---------------------------------------|-------|---|
| 14 | Katie Blum | SO | 26.2029.41 Marshalltown | 55.67 | 3 |
| 15 | Marcy Thomasson | SR | 26.7528.92 Bettendorf | 55.99 | 2 |
| 16 | Afor Nji | SR | 27.1228.87 Cedar Rapids Washington | 56.06 | 1 |
| 17 | Katie Rathje | JR | 26.9129.15 Davenport Central | 56.16 | |
| 18 | Jenny Murray | SR | 27.5128.65 Dubuque Wahlert | 56.45 | |
| 19 | Kristy Hirokawa | SR | 27.1229.33 Iowa City City High | 56.73 | |
| 20 | Sara Becker | SR | 27.3929.34 Carroll | 56.85 | |
| 21 | Lindsay Steinbeck | JR | 27.6929.16 Dubuque Senior | 56.97 | |
| 22 | Kara Swindler | SO | 27.4129.56 Clinton | 56.98 | |
| 23 | Rachel Lenox | JR | 27.7429.24 Ottumwa | 57.21 | |
| 24 | Molly Dowd | FR | 27.4729.74 Cedar Falls | 58.76 | |
| | | | 28.3430.42 | | |

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500-YARD FREESTYLE

State Meet Record--4:56.97, Sheri Theisen, Anamosa, 1993

Iowa All-Time Best--4:56.97, Sheri Theisen, Anamosa, 1993

All American (Automatic)--4:55.75; All American (Consideration)--5:05.00

| | | | | | | |
|---|----------------|----|--|---------|---------------|----|
| 1 | Leigh Taylor | JR | Bettendorf 28.1830.3329.6730.33 30.4230.5930.9731.26 31.4031.18 | 5:04.33 | CONSIDERATION | 20 |
| 2 | Katie Koenig | SO | Dubuque Senior 28.5031.5831.6331.93 31.4531.4931.8331.57 31.8330.20 | 5:12.01 | 17 | |
| 3 | Katie Funk | SO | West Des Moines Valley 28.0730.3231.1131.94 31.9832.3232.5632.71 32.3631.72 | 5:15.09 | 16 | |
| 4 | Erica Noah | SO | Charles City 28.6431.1931.6731.70 32.1431.8132.3632.66 32.4131.72 | 5:16.30 | 15 | |
| 5 | Sarah Bicknell | FR | Pleasant Valley 28.4030.9931.9032.22 32.2932.3232.5132.48 32.4730.89 | 5:16.47 | 14 | |
| 6 | Jenna Kubat | JR | West Des Moines Dowling 28.5131.0831.8332.06 32.1832.1232.7532.89 | 5:17.13 | 13 | |

| | | | | | |
|----|------------------|----|--|---------|----|
| 7 | Kim Rogers | SO | 32.5431.17 Cedar Falls | 5:18.07 | 12 |
| | | | 28.8431.1331.9932.22 32.3232.4832.3832.65 32.6031.46 | | |
| 8 | Abby Pape | JR | Cedar Falls | 5:21.71 | 11 |
| | | | 28.8631.5232.5132.43 32.6432.7432.7333.10 33.0232.16 | | |
| 9 | Michelle Collins | SO | Lewis Central | 5:22.00 | 9 |
| | | | 29.8332.4332.7532.71 32.6132.5932.5932.48 32.5731.44 | | |
| 10 | Masumi Fottral | SR | Cedar Rapids Prairie | 5:22.26 | 7 |
| | | | 29.7132.3132.6232.38 32.7932.0532.1232.60 33.0532.63 | | |
| 11 | Amber Gedlinske | SR | Iowa City West | 5:27.69 | 6 |
| | | | 30.3233.2733.5333.31 32.7233.2533.2133.13 33.00 | 31.95 | |
| 12 | Beth Muckler | SR | Marshalltown | 5:27.98 | 5 |
| | | | 29.6032.7233.8433.97 33.7033.3933.1533.13 32.5831.90 | | |
| 13 | Sarah Bzdega | JR | West Des Moines Dowling | 5:31.12 | 4 |
| | | | 29.2231.8832.6833.38 33.5433.8134.3334.13 34.3633.79 | | |
| 14 | Megan McDermott | SR | Mason City | 5:31.57 | 3 |
| | | | 29.9732.4933.2933.58 33.6934.0034.0534.10 34.0532.35 | | |
| 15 | Kathryn Crawford | SO | Cedar Falls | 5:31.72 | 2 |
| | | | 29.9532.9433.1633.69 33.7734.1933.9033.89 33.8732.36 | | |
| 16 | Hillary Vogt | JR | Dubuque Wahlert | 5:33.20 | 1 |
| | | | 29.7832.6533.5433.72 33.8434.3134.2334.41 34.3232.40 | | |
| 17 | Ashley Eizenga | JR | Clinton | 5:34.06 | |
| | | | 30.0632.4533.1833.57 33.4934.1134.1834.75 34.7033.57 | | |
| 18 | Sarah Crane | SR | Mason City | 5:34.97 | |
| | | | 29.6833.3833.7234.02 | | |

| | | | | |
|----|-------------------|----|---|---------|
| | | | 34.7033.3934.3034.58 34.6332.57 | |
| 19 | Laura Hansen | SO | West Des Moines Valley 30.2233.2633.6334.51 34.7934.3434.4234.27 33.9532.63 | 5:36.02 |
| 20 | Mary Bender | JR | West Des Moines Dowling 30.5032.9833.8534.65 34.9234.9035.0634.75 34.4432.56 | 5:38.61 |
| 21 | Sarah Bloom | FR | Pleasant Valley 30.7633.9334.1834.37 34.3834.6334.6035.04 34.8333.35 | 5:40.07 |
| 22 | Brittany Duvall | SR | Davenport West 30.2333.2033.7434.38 34.6835.2135.3635.67 35.8434.32 | 5:42.63 |
| 23 | Jenna Uthoff | FR | Cedar Rapids Prairie 30.8234.6834.2934.78 35.3335.2235.4835.45 34.7433.52 | 5:44.31 |
| 24 | Kelsey McCarville | SR | Ankeny 30.2433.1834.1234.58 34.8735.4735.5635.86 35.7234.90 | 5:44.50 |

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200-YARD FREESTYLE RELAY

State Meet Record--1:38.43, CEDAR FALLS (Katie Galligan, Randi Peterson, Abbie Peterson, Jennifer Fletcher), 1995
 Iowa All-Time Best--1:38.43, CEDAR FALLS (Katie Galligan, Randi Peterson, Abbie Peterson, Jennifer Fletcher), 1995
 All American (Automatic)--1:38.08; All American (Consideration)--1:43.00

| | | | | |
|---|------------------------|---------|----------------------|----|
| 1 | Bettendorf | 1:39.23 | CONSIDERATION | 40 |
| | 1) Erin Petty-FR | | 4) Audrey Clark-JR | |
| | 25.06 | | 24.29 | |
| | 2) Marcy Thomasson-SR | | | |
| | 25.40 | | | |
| | 3) Leigh Taylor-JR | | | |
| | | 24.48 | | |
| 2 | Des Moines Roosevelt | 1:39.28 | CONSIDERATION | 34 |
| | 1) Sarah Kalhorn-SR | | 4) Katie Martin-SO | |
| | 25.63 | | 23.94 | |
| | 2) Jeanette Neumann-JR | | | |
| | 25.86 | | | |
| | 3) Robin Samples-FR | | | |
| | | 23.85 | | |
| 3 | West Des Moines Valley | 1:41.60 | CONSIDERATION | 32 |
| | 1) Sarah Best-FR | | 4) Katie Funk-SO | |
| | 25.37 | | 24.71 | |
| | 2) Laura Burke-JR | | | |
| | 26.14 | | | |
| | 3) Tashia Welling-SR | | | |
| | | 25.38 | | |
| 4 | Pleasant Valley | 1:41.88 | CONSIDERATION | 30 |
| | 1) Tina Wolfe-SR | | 4) Sarah Bicknell-FR | |
| | 25.80 | | 24.86 | |
| | 2) Kristen Delleman-JR | | | |
| | 25.48 | | | |
| | 3) Sarah Bloom-FR | | | |
| | | 25.74 | | |
| 5 | Cedar Falls | 1:42.31 | CONSIDERATION | 28 |
| | 1) Bicky Cam-JR | | 4) Becky Lyons-SR | |
| | 26.34 | | 24.58 | |
| | 2) Becky Marston-SO | | | |
| | 25.40 | | | |
| | 3) Kim Rogers-SO | | | |
| | | 25.99 | | |
| 6 | Iowa City City High | 1:42.43 | CONSIDERATION | 26 |
| | 1) Kristy Hirokawa-SR | | 4) Molly Gable-JR | |
| | 26.12 | | 25.03 | |
| | 2) Kristin Lee-FR | | | |
| | 25.54 | | | |
| | 3) Jenny Harper-SR | | | |
| | | 25.74 | | |
| 7 | Ankeny | 1:43.53 | | |
| | 1) Jamie Wieben-SO | | 4) Rachel Roth-SR | |
| | 25.52 | | 25.59 | |
| | 2) Angie White-JR | | | |
| | 26.33 | | | |
| | 3) Kimber Jones-JR | | | |
| | | 26.09 | | |

| | | | | |
|----|-------------------------|-------------------------|----------------------------|------------------------|
| 8 | Decorah | | 1:43.76 | 22 |
| | 1) Katie Wanless-SO | 2) Courtney Pedersen-SR | 3) Katherine Reifenrath-JR | 4) Alex Cook-SR |
| | 27.44 | 25.72 | 25.95 | 24.65 |
| 9 | Carroll | | 1:44.04 | 18 |
| | 1) Ingrid Gronstal-JR | 2) Becky Gray-JR | 3) Hannah Quandt-FR | 4) Sara Becker-SR |
| | 26.62 | 26.60 | 25.05 | 25.77 |
| 10 | Cedar Rapids Washington | | 1:44.12 | 14 |
| | 1) Erin Bell-FR | 2) Christina Erb-JR | 3) Megan McCright-SR | 4) Afor Nji-SR |
| | 26.43 | 26.33 | 26.21 | 25.15 |
| 11 | Cedar Rapids Prairie | | 1:44.24 | 12 |
| | 1) Chantelle Shea-JR | 2) Erika Uthoff-SR | 3) Greta Ackerman-SR | 4) Erinn Croco-FR |
| | 26.78 | 25.41 | 26.31 | 25.74 |
| 12 | Clinton | | 1:44.31 | 10 |
| | 1) Shannon Parker-SO | 2) Monica Schmidt-SR | 3) Kara Swindler-SO | 4) Kristen Tucker-JR |
| | 26.50 | 26.86 | 25.96 | 24.99 |
| 13 | Dubuque Senior | | 1:44.61 | 7 |
| | 1) Lindsay Steinbeck-JR | 2) Dana Wallis-SR | 3) Kari Bentz-SO | 4) Katie Koenig-SO |
| | 26.66 | 26.53 | 26.09 | 25.33 |
| 13 | Charles City | | 1:44.61 | 7 |
| | 1) Rachel Smith-SO | 2) Mandy Jones-SR | 3) Haley Hippen-JR | 4) Erica Noah-SO |
| | 26.61 | 25.29 | 27.10 | 25.61 |
| 15 | Urbandale/Johnston | | 1:45.02 | 4 |
| | 1) Holly Heckman-SO | 2) Jamie Lee-JR | 3) Katie Petersen-SO | 4) Lindsey Kroeger-JR |
| | 26.26 | 26.79 | 26.63 | 25.34 |
| 16 | Grinnell | | 1:45.06 | 2 |
| | 1) Jamie Clay-JR | 2) Tasha Fenner-SR | 3) Tonya Fenner-SR | 4) Whitney Jensen-SO |
| | 26.71 | 27.49 | 26.47 | 24.39 |
| 17 | Ames | | 1:45.21 | |
| | 1) Erin Belcher-JR | 2) Roya Maghsoodi-JR | 3) Lindsay Kiliper-SR | 4) Abby Van Maaren-JR |
| | 27.46 | 26.48 | 26.42 | 24.85 |
| 18 | Newton | | 1:45.43 | |
| | 1) Anna Poulter-SR | 2) Amanda Wetter-FR | 3) Kara Venteicher-SR | 4) Abby Townsend-SR |
| | 26.60 | 27.32 | 26.65 | 24.86 |
| 19 | Ottumwa | | 1:45.44 | |
| | 1) Rachel Lenox-JR | 2) Tasia Guiter-FR | 3) Kristen Foster-SO | 4) Katy Rucinski-SO |
| | 25.83 | 26.77 | 26.09 | 26.75 |
| 20 | West Des Moines Dowling | | 1:45.47 | |
| | 1) Erin Fitzgerald-JR | 2) Meredith Boecker-SR | 3) Jenna Kubat-JR | 4) Allie Middendorf-FR |
| | 26.57 | 26.69 | 26.17 | 26.04 |
| 21 | Dubuque Wahlert | | 1:45.49 | |
| | 1) Michelle Pickel-SR | 2) Katie Burbach-JR | 3) Hillary Vogt-JR | 4) Jenny Murray-SR |
| | 27.29 | 26.07 | 26.79 | 25.34 |
| 22 | Tipton | | 1:45.56 | |
| | 1) Michaela Osborn-JR | 2) Kelly Foley-SR | 3) Erica Esbeck-SR | 4) Jenny Riggs-SR |

| | | | |
|----------------------|-----------------------|-----------------------|----------------------|
| 25.65 | 26.17 | 27.40 | 26.34 |
| 23 Davenport Central | | 1:46.25 | |
| 1) Tricia Collins-FR | 2) Kate Lohmuller-JR | 3) Katie Rathje-JR | 4) Mariah Cunnick-SO |
| 27.33 | 27.15 | 25.67 | 26.10 |
| 24 Davenport West | | 1:46.74 | |
| 1) Stacey Brewer-JR | 2) Brittany Duvall-SR | 3) Lauren Gehbauer-FR | 4) Stef Barnhart-JR |
| 27.53 | 27.17 | 25.98 | 26.06 |

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100-YARD BACKSTROKE

State Meet Record--:57.09, Jocelyn Wright, Linn-Mar, 1993

Iowa All-Time Best--:57.09, Jocelyn Wright, Linn-Mar, 1993

All American (Automatic)--:57.07; All American (Consideration)--:59.70

| | | | | | | |
|----|-------------------|----|---------------------------------------|---------|---------------|----|
| 1 | Jessie Crawford | SR | Cedar Falls 28.8929.78 | 58.67 | CONSIDERATION | 20 |
| 2 | Whitney Sondall | SR | Marshalltown 28.4530.71 | 59.16 | CONSIDERATION | 17 |
| 3 | Darby Hollinrake | SO | Linn-Mar 29.2430.80 | 1:00.04 | | 16 |
| 4 | Megan Taylor | FR | Fort Dodge 29.5431.18 | 1:00.72 | | 15 |
| 5 | Erin Bell | FR | Cedar Rapids Washington 29.5931.53 | 1:01.12 | | 14 |
| 6 | Chrissy Hermann | JR | West Des Moines Dowling 29.5331.88 | 1:01.41 | | 13 |
| 7 | Jamie Wieben | SO | Ankeny 30.1431.59 | 1:01.73 | | 12 |
| 8 | Maggie Peterson | SO | Estherville-LC 29.9432.15 | 1:02.09 | | 11 |
| 9 | Rachel Smith | SO | Charles City 30.1831.93 | 1:02.11 | | 9 |
| 10 | Rachel Roth | SR | Ankeny 30.1632.25 | 1:02.41 | | 7 |
| 11 | Amalia Sarmes | SR | Muscatine 30.8132.14 | 1:02.95 | | 6 |
| 12 | Brittany Schminke | FR | Cedar Falls 31.0132.14 | 1:03.15 | | 5 |
| 13 | Lauren Gehbauer | FR | Davenport West | 1:03.32 | | 4 |

| | | | | | |
|----|------------------|----|---------------------------------------|---------|---|
| 14 | Olivia Doerge | JR | 30.8732.45 West Des Moines Valley | 1:03.49 | 3 |
| 15 | Brooke Ralston | SR | 30.9432.55 Cedar Rapids Jefferson | 1:03.53 | 2 |
| 16 | Tasia Guter | FR | 30.5333.00 Ottumwa | 1:03.88 | 1 |
| 17 | Cassandra Nelson | FR | 30.5433.34 West Des Moines Valley | 1:04.10 | |
| 18 | Traci Lee | FR | 29.8034.30 Muscatine | 1:04.33 | |
| 19 | Mara Kellogg | SO | 30.7533.58 Lewis Central | 1:04.70 | |
| 20 | Kelly Foley | SR | 31.2733.43 Tipton | 1:04.72 | |
| 21 | Megan Hemmer | SR | 31.6633.06 Dubuque Senior | 1:04.88 | |
| 22 | Sandra Palm | SR | 31.0834.40 Mason City | 1:05.48 | |
| 23 | Kirby Fort | SO | 31.9534.72 Ankeny | 1:06.67 | |
| 24 | Natalie Dyer | FR | 32.7635.06 Cedar Rapids Washington | 1:07.82 | |

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100-YARD BREASTSTROKE

State Meet Record--1:06.09, Ann Colloton, Iowa City West, 1985

Iowa All-Time Best--1:05.96, Allison Lyle, Iowa City West, 1985

All American (Automatic)--1:04.29; All American (Consideration)--1:08.30

| | | | | | | |
|----|-----------------|----|---------------------------------------|---------|---------------|----|
| 1 | Erika Uthoff | SR | Cedar Rapids Prairie 31.9336.25 | 1:08.18 | CONSIDERATION | 20 |
| 2 | Kelly Quinn | JR | West Des Moines Dowling 31.6436.60 | 1:08.24 | CONSIDERATION | 17 |
| 3 | Michaela Osborn | JR | Tipton 32.2536.73 | 1:08.98 | | 16 |
| 4 | Kelsey Klein | JR | Bettendorf 32.8336.50 | 1:09.33 | | 15 |
| 5 | Chelsea Bueter | FR | Cedar Rapids Prairie 33.0036.40 | 1:09.40 | | 14 |
| 6 | Sarah Allen | JR | Marshalltown 33.4936.47 | 1:09.96 | | 13 |
| 7 | Bridget Walsh | FR | Keokuk 33.6236.59 | 1:10.21 | | 12 |
| 8 | Kara Swindler | SO | Clinton 33.0337.20 | 1:10.23 | | 11 |
| 9 | Sarah Wallis | FR | Dubuque Senior 33.3837.33 | 1:10.71 | | 9 |
| 10 | Dana Kuiken | SR | Fairfield 33.1037.68 | 1:10.78 | | 7 |
| 11 | Brigit Brunzman | FR | Dubuque Hempstead 33.4637.42 | 1:10.88 | | 6 |
| 12 | Kim Grossnickle | FR | Fort Dodge 33.4637.47 | 1:10.93 | | 5 |
| 13 | Elisabeth Nims | SR | Cedar Rapids Washington | 1:11.63 | | 4 |

| | | | | | |
|----|------------------|----|---------------------------------------|---------|---|
| 14 | Dana Wallis | SR | 33.5638.07 Dubuque Senior | 1:11.82 | 3 |
| 15 | Christina Dowd | SO | 33.3838.44 Perry | 1:11.91 | 2 |
| 16 | Jenny Foster | FR | 32.6939.22 Ottumwa | 1:12.11 | 1 |
| 17 | Kristin Lee | FR | 33.8838.23 Iowa City City High | 1:12.72 | |
| 18 | Greta Ackerman | SR | 34.1438.58 Cedar Rapids Prairie | 1:12.89 | |
| 19 | Katy McCormick | SO | 34.4138.48 Des Moines Roosevelt | 1:12.99 | |
| 20 | Selina Heilskov | SR | 33.6339.36 West Des Moines Dowling | 1:13.25 | |
| 21 | Laura Burke | JR | 33.3039.95 West Des Moines Valley | 1:13.59 | |
| 22 | Kelsey Underwood | SO | 34.5239.07 West Des Moines Valley | 1:14.98 | |
| 23 | Erin Belcher | JR | 35.5039.48 Ames | 1:15.52 | |
| 24 | Natalie Hyde | SR | 35.4640.06 West Des Moines Dowling | 1:15.82 | |
| | | | 36.0539.77 | | |

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400-YARD FREESTYLE RELAY

State Meet Record--3:34.28, BETTENDORF (Erin Petty, Shannon Schoening, Leigh Taylor, Audrey Clark), 1999<

Iowa All-Time Best--3:34.28, BETTENDORF (Erin Petty, Shannon Schoening, Leigh Taylor, Audrey Clark), 1999

All American (Automatic)--3:33.18; All American (Consideration)--3:43.50

| | | | | |
|---|-------------------------|-------------------------|---------------------------|-----------------------|
| 1 | Bettendorf | 3:34.28 | RECORD & CONS. | 40 |
| | 1) Erin Petty-FR | 2) Shannon Schoening-FR | 3) Leigh Taylor-JR | 4) Audrey Clark-JR |
| | 25.6628.06 | 26.5628.77 | 24.9127.52 | 24.6828.12 |
| 2 | Cedar Falls | 3:38.31 | CONSIDERATION | 34 |
| | 1) Becky Lyons-SR | 2) Abby Pape-JR | 3) Molly Dowd-FR | 4) Jessie Crawford-SR |
| | 26.0827.85 | 26.5128.38 | 26.2429.89 | 25.3727.99 |
| 3 | West Des Moines Valley | 3:41.68 | CONSIDERATION | 32 |
| | 1) Katie Funk-SO | 2) Olivia Doerge-JR | 3) Sarah Best-FR | 4) Tashia Welling-SR |
| | 26.3028.80 | 27.4829.60 | 26.0628.91 | 25.8428.69 |
| 4 | West Des Moines Dowling | 3:44.28 | 30 | |
| | 1) Chrissy Hermann-JR | 2) Alison Blyth-SR | 3) Jenna Kubat-JR | 4) Maria Kerr-SR |
| | 27.0429.66 | 26.5429.62 | 27.1829.44 | 25.8628.94 |
| 5 | Marshalltown | 3:45.37 | 28 | |
| | 1) Beth Muckler-SR | 2) Molly Gervich-JR | 3) Katie Blum-SO | 4) Whitney Sondall-SR |
| | 27.3229.60 | 27.1131.11 | 26.5428.94 | 26.0328.72 |
| 6 | Cedar Rapids Washington | 3:47.64 | 26 | |
| | 1) Megan McCright-SR | 2) Elisabeth Nims-SR | 3) Erin Bell-FR | 4) Afor Nji-SR |
| | 27.7630.29 | 26.7430.27 | 26.3230.12 | 26.0830.06 |
| 7 | Charles City | 3:48.10 | 24 | |
| | 1) Rachel Smith-SO | 2) Mandy Jones-SR | 3) Haley Hippen-JR | 4) Erica Noah-SO |

| | | | |
|-------------------------|-------------------------|-----------------------|-------------------------|
| 27.5129.30 | 26.9729.87 | 28.6231.68 | 26.1028.05 |
| 8 Dubuque Senior | | 3:48.42 | 22 |
| 1) Lindsay Steinbeck-JR | 2) Kristen Walz-SR | 3) Dana Wallis-SR | 4) Katie Koenig-SO |
| 27.3529.64 | 27.2630.52 | 27.2730.68 | 55.70 |
| 9 Lewis Central | | 3:48.63 | 18 |
| 1) Allison Ambrose-JR | 2) Samantha Smith-SO | 3) Mara Kellogg-SO | 4) Michelle Collins-SO |
| 27.7929.83 | 27.6330.72 | 26.6529.66 | 27.2029.15 |
| 10 Cedar Rapids Prairie | | 3:48.99 | 14 |
| 1) Masumi Fottral-SR | 2) Erinn Croco-FR | 3) Greta Ackerman-SR | 4) Chantelle Shea-JR |
| 27.4229.25 | 27.1235.03 | 23.0130.65 | 27.1629.35 |
| 11 Carroll | | 3:50.34 | 12 |
| 1) Ingrid Gronstal-JR | 2) Becky Gray-JR | 3) Hannah Quandt-FR | 4) Sara Becker-SR |
| 27.8730.38 | 27.8931.61 | 26.3829.70 | 26.7229.79 |
| 12 Iowa City City High | | 3:50.38 | 10 |
| 1) Kristy Hirokawa-SR | 2) Allison Thomas-SR | 3) Jenny Harper-SR | 4) Molly Gable-JR |
| 27.3729.16 | 27.7131.13 | 27.3531.39 | 27.4328.84 |
| 13 Mason City | | 3:51.75 | 8 |
| 1) Laurel Gladish-SR | 2) Megan McDermott-SR | 3) Sandra Palm-SR | 4) Sarah Crane-SR |
| 26.8829.16 | 27.5630.74 | 27.8732.22 | 27.3230.00 |
| 14 Davenport North | | 3:52.39 | 6 |
| 1) Heather Reynolds-SO | 2) Colleen Murphy-JR | 3) Sara Brammann-SO | 4) Amy Haldeman-JR |
| 28.1930.40 | 29.2332.35 | 27.5930.46 | 26.2927.88 |
| 15 Dubuque Wahlert | | 3:52.68 | 4 |
| 1) Hillary Vogt-JR | 2) Michelle Pickel-SR | 3) Katie Burbach-JR | 4) Jenny Murray-SR |
| 28.3830.59 | 28.5531.21 | 27.3530.27 | 26.4429.89 |
| 16 Clinton | | 3:52.77 | 2 |
| 1) Michelle Larson-SR | 2) Ashley Eizenga-JR | 3) Monica Schmidt-SR | 4) Kara Swindler-SO |
| 27.2329.43 | 29.0131.18 | 27.8530.80 | 27.1830.09 |
| 17 Ames | | 3:52.86 | |
| 1) Roya Maghsoodi-JR | 2) Erin Belcher-JR | 3) Lindsay Kiliper-SR | 4) Abby Van Maaren-JR |
| 27.9230.67 | 29.0532.15 | 27.7230.96 | 26.0928.30 |
| 18 Grinnell | | 3:53.43 | |
| 1) Tonya Fenner-SR | 2) Tasha Fenner-SR | 3) Jamie Clay-JR | 4) Whitney Jensen-SO |
| 28.4931.01 | 29.1131.78 | 27.6330.43 | 25.9329.05 |
| 19 Davenport West | | 3:54.72 | |
| 1) Stacey Brewer-JR | 2) Brittany Duvall-SR | 3) Lauren Gehbauer-FR | 4) Stef Barnhart-JR |
| 28.2030.97 | 28.3831.91 | 27.3330.17 | 26.8230.94 |
| 20 Davenport Central | | 3:54.98 | |
| 1) Mariah Cunnick-SO | 2) Marissa Truesdell-JR | 3) Kate Lohmuller-JR | 4) Katie Rathje-JR |
| 28.8331.03 | 27.6631.84 | 28.2432.00 | 26.2429.14 |
| 21 Sioux City East | | 3:55.86 | |
| 1) Abby Heinz-SO | 2) Sara Frank-JR | 3) Stefenie Miller-SR | 4) Samantha Reinking-SR |
| 27.6229.46 | 28.1931.13 | 27.9231.29 | 28.0532.20 |
| 22 Fort Dodge | | 3:56.98 | |
| 1) Kendra Loots-SO | 2) Katie Gronbach-SO | 3) Megan Taylor-FR | 4) Kim Grossnickle-FR |

| | | | |
|---------------------|------------------------|----------------------|-------------------------|
| 28.4831.29 | 28.4732.66 | 26.8930.04 | 28.2430.91 |
| 23 Ankeny | | 4:00.63 | |
| 1) Kimber Jones-JR | 2) Jenni Cross-JR | 3) Jessica George-SO | 4) Kelsey McCarville-SR |
| 28.4330.85 | 27.9333.15 | 28.3431.56 | 28.2632.11 |
| --- Pleasant Valley | | DQ | |
| 1) Sandi Bunch-JR | 2) Kristen Delleman-JR | 3) Sarah Bloom-FR | 4) Sarah Bicknell-FR |
| 28.4531.18 | 26.8130.55 | 27.6330.48 | 26.1728.45 |