

Swimming and Diving State Champions

Diving

1967	Sue Allender, Des Moines Roosevelt	153.95*
1968	Leslie O'Brien, Dubuque Wahlert	140.70*
1969	Nancy Terril, 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

* 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

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

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

* 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 Pettty, 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

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	Miekka 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
* 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 Phylfe, Cedar Falls	:51.54
2013	Lauren Leehy, Lewis Central	:51.68

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
* 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

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	Marliese 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

* 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

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

Swimming & Diving Records (through 2013 State Meet)

One Meter Diving:

Iowa Best -- 583.45, Mary Fischbach, Fort Dodge, 1982
State Meet Best -- 535.70, Mary Fischbach, Fort Dodge, 1982
Regional Meet Best -- 583.45, Mary Fischbach, Fort Dodge, 1982

200 Yard Medley Relay

Iowa Best -- 1:45.50, Ames, 2013 (Sara Bentley, Sydney Sorensen, Grace Snyder, Katie Sailer)
State Meet Best -- 1:45.50, Ames, 2013 (Sara Bentley, Sydney Sorensen, Grace Snyder, Katie Sailer)
Regional Meet Best -- 1:45.94, West Des Moines Valley, 2007 (Danielle Harris, Imelda Wistey, Alexa Mehesan, Lisa Nathanson)

200 Yard Freestyle

Iowa Best -- 1:49.43, Allyssa Fluit, Southeast Polk, 2013
State Meet Best -- 1:49.43, Allyssa Fluit, Southeast Polk, 2013
Regional Meet Best -- 1:51.61, Amy Walker, Des Moines Roosevelt, 1988

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 -- 2:06.10, Emma Sougstad, Mason City, 2012

50 Yard Freestyle

Iowa Best -- :22.92, Alexa Mehesan, West Des Moines Valley, 2007
State Meet Best -- :22.92, Alexa Mehesan, West Des Moines Valley, 2007
Regional Meet Best -- :23.47, Maddie Burnham, Bettendorf, 2013

100 Yard Butterfly

Iowa Best -- :54:57, Alexa Mehesan, West Des Moines Valley, 2007
State Meet Best -- :54:57, Alexa Mehesan, West Des Moines Valley, 2007
Regional Meet Best -- :56.70, Maddy Burnham, Bettendorf, 2013

100 Yard Freestyle

Iowa Best -- :51.08, Emma Sougstad, Mason City, 2012
State Meet Best -- :51.46, Juanita Barreto, West Des Moines Valley, 2010
Regional Meet Best -- :51.30, Jenn Jenks, Linn-Mar, 2013

500 Yard Freestyle

Iowa Best -- 4:52.91, Gabbie Stecker, Pleasant Valley, 2012
State Meet Best -- 4:52.91, Gabbie Stecker, Pleasant Valley, 2012
Regional Meet Best -- 4:58.78; Amy Walker, Des Moines Roosevelt, 1988

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 -- 1:36.87, Bettendorf, 2013 (Lauren Ramirez, Hannah Crane, Shannon Carney, Maddy Burnham)

100 Yard Backstroke

Iowa Best -- :55.87, Maddie Bro, Ames, 2010
State Meet Best -- :55.87, Maddie Bro, Ames, 2010
Regional Meet Best -- :57.18, Sara Bentley, Ames, 2013

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 -- 3:29.27, Lewis Central, 2013 (MyKenzie Leehy, Harper Emswiler, Lindsay Keltch, Lauren Leehy)
State Meet Best -- 3:29.27, Lewis Central, 2013 (MyKenzie Leehy, Harper Emswiler, Lindsay Keltch, Lauren Leehy)
Regional Meet Best -- 3:35.09, Dowling Catholic, 2012 (Anna Bump, Emily Tuazon, McKenna Pierce, McKenna Lynch)

TEAM CHAMPIONS

Team Champion

1967	Des Moines Roosevelt	100
1968	Iowa City High	61
1969	Des Moines Hoover	53
1970	Des Moines Hoover	182
1971s	Des Moines Hoover	217 1/2
1971f	Des Moines Hoover	154
1972	Des Moines Roosevelt	139
1973	Des Moines Roosevelt	177
1974	West Des Moines Valley	166
1975	West Des Moines Valley	226
1976	Cedar Rapids Washington	235
1977	Cedar Rapids Washington	352
1978	Cedar Rapids Kennedy	272
1979	Cedar Rapids Washington	235
1980	Des Moines Roosevelt	227 1/2
1981	Cedar Rapids Kennedy	227
1982	Muscatine	200
1983	Des Moines Hoover	239
1984	Cedar Rapids Washington	223
1985	Muscatine	174
1986	Cedar Falls	203
1987	Mason City	166 1/2
1988	Mason City	211 1/2
1989	Mason City	183
1990	Bettendorf	215
1991	Bettendorf	288
1992	Bettendorf	285
1993	Cedar Falls	310 1/2
1994	Cedar Falls	365
1995	Cedar Falls	374
1996	Cedar Falls	381
1997	Cedar Falls	304
1998	Cedar Falls	250
1999	Bettendorf	229
2000	Bettendorf	274
2001	Bettendorf	269
2002	Bettendorf	276.5
2003	Cedar Falls	306
2004	Cedar Falls	227
2005	West Des Moines Valley	287.5
2006	West Des Moines Valley	355
2007	West Des Moines Valley	387
2008	West Des Moines Valley	316
2009	Mason City	275
2010	Ames	293
2011	Ames	336
2012	Ames	274
2013	Ames	302

Runner-up

Bettendorf	46
Des Moines Roosevelt	57
West Des Moines Valley & Iowa City High	38
West Des Moines Valley	119
Cedar Rapids Washington	127
West Des Moines Valley	119
Des Moines Hoover	137
Ames	164
Cedar Rapids Washington	154
Des Moines Hoover	206
Des Moines Hoover	206
Cedar Rapids Kennedy	261
Cedar Rapids Washington	226
West Des Moines Valley	177
West Des Moines Valley	209
West Des Moines Valley	171
Des Moines Hoover	182
Cedar Rapids Washington & Iowa City West	164
Des Moines Hoover	187
Cedar Falls	151
Cedar Rapids Kennedy	146
West Des Moines Valley	153
Cedar Falls NU High	147
West Des Moines Valley	172
Mason City	184
Cedar Falls	239
Cedar Falls	278
Bettendorf	198
Marshalltown	162
West Des Moines Valley	162
Dubuque Senior	193
Bettendorf	197
Dubuque Senior	246
Cedar Falls	221
West Des Moines Dowling	228
Cedar Falls	210
West Des Moines Valley	236
West Des Moines Valley	250
Ankeny	217
Cedar Falls	270.5
Marsahlitown	160
Marshalltown	189
Cedar Falls	201
Bettendorf	260
West Des Moines Valley	213
West Des Moines Valley	246
Pleasant Valley	224
Pleasant Valley	249