

# Iowa All-Time Leaders (through 2009 State Meet)

## 200-YARD MEDLEY RELAY

West Des Moines Valley	2007	1:45.94
West Des Moines Valley	2008	1:47.55
Mason City	2009	1:48.22
West Des Moines Valley	2002	1:48.40
West Des Moines Valley	2005	1:48.53
West Des Moines Valley	2009	1:48.79
Bettendorf	2009	1:49.03
Cedar Falls	2005	1:49.09
West Des Moines Valley	2001	1:49.40
West Des Moines Valley	2006	1:49.47

## 200-YARD FREESTYLE

Stephanie Koch, Ames	2007	1:50.92
Amy Walker, DM Roosevelt	1988	1:51.61
<b>Bailey Pons, Cedar Falls</b>	<b>2009</b>	<b>1:51.70</b>
Stacey Wertz, CF NU High	1996	1:51.81
Jennifer Linder, DM Hoover	1985	1:52.48
Teri Ross, Waterloo East	1985	1:52.56
Ann Williams, WDM Valley	1981	1:52.93
Lisa Nathanson, WDM Valley	2007	1:53.30
Sheri Thiesen, Anamosa	1993	1:53.48
Amy Kelling, Cedar Falls	1993	1:53.67

## 200-YARD INDIVIDUAL MEDLEY

Danielle Harris, WDM Valley	2008	2:04.24
Molly Coonce, Bettendorf	2009	2:05.84
Sarah Dougall, CR Washington	1995	2:06.10
Hayley Fry, Linn-Mar	2004	2:06.95
Imelda Wistey, WDM Valley	2009	2:07.48
Miekka Olson, CF NU High	1987	2:07.54
Teri Ross, Waterloo East	1987	2:07.60
Heidi Landherr, Linn-Mar	1996	2:07.73
Mindy Schulte, WDM Valley	2002	2:07.78
Hannah Maher, Decorah	2009	2:07.81

## 50-YARD FREESTYLE

Alexa Mehesan, WDM Valley	2007	:22.92
Lisa Nathanson, WDM Valley	2007	:23.38
Becca Leffler, Des Moines Hoover	2008	:23.69
Katie Galligan, Cedar Falls	1997	:24.03
Amanda Firman, Cedar Falls	2005	:24.03
Lindsay LaMair, WDM Valley	2008	:24.09
Meredith Johnson, Marshalltown	2008	:24.09
Randi Peterson, Cedar Falls	1994	:24.12
Erin Strub, Dubuque Senior	1997	:24.18
Emma Sougstad, Mason City	2009	:24.19
Erin Carew, CR Prairie	1992	:24.20

## DIVING (SIX DIVES)

Mary Fischbach, Fort Dodge	1982	352.75
Veronica Rydze, Iowa City High	2005	315.50
Heidi Hecker, DM East	1982	306.40
Lori Matthys, Davenport West	1998	296.65
Kara Hajek, CR Kennedy	1996	295.00
Carrie Salem, DM Hoover	1985	291.20
Heather Gross, Marshalltown	1989	290.95
Bethany Olson, Cedar Falls	2008	289.60
Annie Cole, DM Roosevelt	1993	289.50
Michal Long, Ames	1980	286.00
Theresa Michal, WDM Valley	1983	286.00

## DIVING (ELEVEN DIVES)

Mary Fischbach, Fort Dodge	1980	583.45
Veronica Rydze, Iowa City	2006	534.00
Deidre Freeman, Grinnell	2005	491.25
Lori Matthys, Davenport West	1998	490.35
Jenny Twigg, Fort Dodge	1995	488.15
Kara Hajek, CR Kennedy	1996	485.10
Bethany Olson, Cedar Falls	2008	482.55
Brooke Stahl, Cedar Falls	1995	479.55
Megan Sievertsen, CR Kennedy	2004	474.10
Lauren Naeve, Ames	2007	472.00

## 100-YARD BUTTERFLY

Alexa Mehesan, WDM Valley	2007	:54.57
Ann Walker, DM Roosevelt	1984	:56.31
Barb Pranger, Dav. Assumption	1987	:56.34
Emma Sougstad, Mason City	2009	:56.68
Ella Doerge, WDM Valley	2005	:56.70
Caitlin Campbell, Bettendorf	2008	:56.79
Chris Ahmann, New London	1984	:56.81
Betsy Grover, Sioux City Metro	2002	:57.09
Mindy Schulte, WDM Valley	2002	:57.23

Georganne Peterson, Glenwood	1980	:57.25
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## 100-YARD FREESTYLE

Lisa Nathanson, WDM Valley	2007	:51.55
Stacey Wertz, CF NU High	1996	:51.56
Stephanie Koch, Ames	2008	:51.67
Alexa Mehesan, WDM Valley	2007	:51.71
Katie Galligan, Cedar Falls	1996	:51.85
Meredith Johnson, Marshalltown	2009	:52.02
Teri Ross, Waterloo East	1987	:52.14
Becca Leffler, Des Moines Hoover	2008	:52.21
Courtney Busch, Mason City	2009	:52.26
Erin Stub, Dubuque Senior	1997	:52.33

## 500-YARD FREESTYLE

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
Bailey Pons, Cedar Falls	2009	5:00.66
Frankie Hanson, WDM Dowling	1990	5:01.41
Dale Etnyre, CR Kennedy	1981	5:01.83

## 200-YARD FREESTYLE RELAY

West Des Moines Valley	2007	1:33.83
West Des Moines Valley	2006	1:36.19
West Des Moines Valley	2008	1:36.76
Cedar Falls	1996	1:37.55
Mason City	2009	1:37.84
Cedar Falls	2005	1:38.20
Ames	2008	1:38.41
Cedar Falls	1995	1:38.43
Bettendorf	2002	1:38.53
Cedar Falls	1994	1:38.58

## 100-YARD BACKSTROKE

Danielle Harris, WDM Valley	2008	:56.15
Jocelyn Wright, Linn-Mar	1993	:57.09
Sarah Dougall, CR Washington	1993	:57.23
Alexa Mehesan, WDM Valley	2007	:57.80
Jayne Olson, Bettendorf	1993	:57.82
Courtney Busch, Mason City	2008	:58.03
Maddie Bro, Ames	2009	:58.08
Beth Eyanson, Iowa City High	2009	:58.18
Jamie Wieben, Ankeny	2001	:58.21
Cassandra Nelson, WDM Valley	2002	:58.43

## 100-YARD BREASTSTROKE

Imelda Wistey, WDM Valley	2009	1:03.58
Hayley Fry, Linn-Mar	2003	1:03.96
Ali Stearns, Mason City	2009	1:04.53
Hannah Maher, Decorah	2009	1:04.95
Katharine Ross, Des Moines North	2009	1:05.00
Emily Wiltsie, Mason City	2007	1:05.30
Jaryn Studer, Ankeny	2006	1:05.66
Allison Lyle, Iowa City West	1996	1:05.96
Danielle Harris, WDM Valley	2007	1:06.00
Molly Coonce, Bettendorf	2009	1:06.03

## 400-YARD FREESTYLE RELAY

West Des Moines Valley	2006	3:32.65
West Des Moines Valley	2005	3:32.69
West Des Moines Valley	2007	3:33.43
Bettendorf	1999	3:34.28
Pleasant Valley	2002	3:34.74
Cedar Falls	2005	3:34.76
Bettendorf	2002	3:34.77
West Des Moines Valley	2008	3:35.61
Cedar Falls	1998	3:35.75
Ames	2008	3:36.26