

**Iowa Girls High School Athletic Union
Girls' Power Ratings
200 Yard Freestyle Relay Top Times**

State Record:

Automatic All-American:

National Record:

Last Updated: 10/24/2008

Consideration All-American:

Place	Time	School	Date	Meet
1	1:40.42	WEST DES MOINES VALLEY	10/23/2008	WDM Valley vs CIML 'Iowa'
	Name & Year	Danielle Harris 12	Kelsey Galles 11	Allison Harding 12 Lindsey LaMair 12
2	1:41.21	CEDAR FALLS	9/27/2008	Cedar Falls vs. Kennedy Invit
	Name & Year	Bailey Pons 11	Sarah Hedeem 12	Ashlee Graham 11 Kelsey Abbas 9
3	1:41.61	JOHNSTON	9/16/2008	Johnston - Valley Dual
	Name & Year	Lizzy Gerdis 11	Steph Ferguson 12	Alex Gustafson 11 Meredith 12
4	1:41.72	AMES	10/7/2008	Ames vs. WDM Valley
	Name & Year	Maddie Bro 9	Tess Hawley 10	Stephanie Koch 12 Chrisann Zuerner 10
5	1:42.34	MARSHALLTOWN	10/11/2008	Johnston Invite
	Name & Year	Meredith Johnson 11	Emily Visser 11	Anna Buzbee 12 Lauren Mason 12
6	1:42.86	CEDAR RAPIDS KENNEDY	10/18/2008	MVC VARSITY CHAMPIONSHIPS
	Name & Year	Ashley Harris JR	Kylee VonAhsen SO	Jody Petersen SR April Allen SR
7	1:43.1	DES MOINES ROOSEVELT	10/7/2008	DM Roosevelt vs. NCMP
	Name & Year	Sarah Larson 10	Rebecca Prueitt 12	Annie Sullivan 10 Eno Akpan 10
8	1:43.5	CARROLL	10/11/2008	Johnston Invite
	Name & Year	Mary Halverson 9	Lindsey Schwabe 11	Krystin Winker 12 Karli Payer 10
9	1:43.55	IOWA CITY WEST	9/9/2008	Iowa City West High vs. Cedar Falls
	Name & Year	Sarah Weihe 10	Vivian Zhu 10	Kathleen 9 Grace Murray 11
10	1:43.87	MASON CITY	9/30/2008	Mason City Vs. Fort Dodge
	Name & Year	Courtney Busch 10	Emily Wiltsie 10	Loretta Kraling 12 Shea Brunsvold 9
11	1:44.08	BETTENDORF	10/7/2008	Bettendorf vs Dav West
	Name & Year	Caitlin Campbell 10	Rebecca Alves 9	Rachael 9 Margaret Barber 10
12	1:44.18	DECORAH	Sept. 6,	Ram Relays
	Name & Year	Kenzie Smith 11	Logan Thompson 11	Kristin Bouska 10 Hannah Maher 10
13	1:44.52	CEDAR RAPIDS WASHINGTON	10/7/2008	Washington vs. Kennedy
	Name & Year	Greta Oldach 11	Laura Seyfer 12	Sami Puk 11 Jill Broghammer 10
14	1:45.15	DES MOINES LINCOLN	10/23/2008	Metro Conf. Meet
	Name & Year	Gina Song 12	Ann Keller 12	Megan La Suer 11 Ashley Williams 12
15	1:45.33	LINN-MAR	10/14/2008	LM vs Kennedy vs Decorah
	Name & Year	Kaitlin Ungs 10	Emile Berg 9	Sarah Wodnik 11 Katherine Cote 11
16	1:45.49	ANKENY	10-230-08	CIML Conference Meet
	Name & Year	Allie Hable 10	Ashley Johnson 12	Alex Flatness 9 Brittney Buckner 9
17	1:46.56	TIPTON	10/2/2008	Tipton vs. Davenport North
	Name & Year	Mackenzie Moritz 10	Kaitlyn McKinney 9	Amanda Gavin 12 Alicia Goetz 12
18	1:46.62	DUBUQUE HEMPSTEAD	10/7/2008	Hempstead vs Iowa City West
	Name & Year	Lydia Feldman 12	Lauren Slagel 11	Sarah Duster 12 Katie Pape 10
19	1:46.82	FORT DODGE	39693	FORT DODGE Vs Roosevelt and SC
	Name & Year	Ali Chambers Jr	Ellie Savery Sr	Katelyn Post Sr Jaime Pearson Jr

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20	1:46.84	DAVENPORT WEST	9/2/2008	Davenport West V Moline IL.
	Name & Year	Kristi Hanno 12	Paige Wolfe 11	Hailey Kitzman 10 Laura 12
21	1:46.92	NEWTON	9/4/2008	NCMP vs. Indianola/Grinnell
	Name & Year	Ellen Colville 9	Michelle 11	Lindsey Hook 10 Caitlyn Meyer 12
22	1:46.97	IOWA CITY CITY	10/7/2009	City High School v. CR
	Name & Year	Amy Gray 12	Beth Eyanson 11	Lily Doershuk 11 Allison Davis 11
23	1:47.07	MUSCATINE	10/7/2008	Muscatine v. Clinton
	Name & Year	Hannah Howard 12	Jennifer Littlejohn 11	Laura Ewalt 11 Sarah Martin 11
24	1:47.65	CLINTON	8/23/2008	Clinton vs. Bettendorf
	Name & Year	Libby Hess 11	Larissa Wilden 12	Katie Stanley 11 Taylor Rippon 12
25	1:47.91	KEOKUK	9/6/2008	Muscatine Invitational
	Name & Year	Alicia Logan 12	Beckah Swan 11	Nicki McDowell 11 Haley Fuller 11
26	1:48.26	DOWLING CATHOLIC	10/23/2008	CIML Conference
	Name & Year	Hanna Burkle 9	Keeley Driscoll 12	Ryan Emily 9 Liza Myers 10
27	1:48.52	SOUTHEAST POLK	10/23/2008	SE Polk at Conference
	Name & Year	Hannah Norris 12	Alex Pasker 12	Olivia Anderson 10 Dani Yaw 11
28	1:48.83	CEDAR RAPIDS JEFFERSON	9/2/2008	CRJ vs CRW
	Name & Year	Abbey Wharton 11	Stacy Carnahan 12	Emily Leary 11 Jillyn Gerken 11
29	1:49	BOONE	10/23/2008	Boone vs Carol
	Name & Year	Amber Breitbarth 9	Rachel Tometich 11	Alexa Pomerenk 12 Jess Stoll 12
30	1:49.33	DES MOINES HOOVER	9/25/2008	Hoover vs. SE Polk
	Name & Year	Emily Dungan 11	Abby McNichols 9	Amber Anderson 11 Becca Leffler 12
31	1:49.54	INDIANOLA	10/14/2008	Indianola@DCHS
	Name & Year	Anna Aldridge 12	Amber Gathers 12	Maia Alberts 12 Maddie Hosey 9
32	1:49.7	DUBUQUE WAHLERT	9/16/2008	Wahlert Catholic vs. Waterloo West
	Name & Year	Tabby Temperley 12	Ali Houselog 12	Jordan Trannel 12 Alyx Nugent 11
33	1:50.23	CEDAR RAPIDS PRAIRIE	10/7/2008	Prairei at IC City High
	Name & Year	Amanda Wiesender 12	Srah McWilliams 12	Erin Gerken 11 Katie Storey 10
34	1:51.07	SIOUX CITY NORTH	10/18/2008	Sioux City Metro at Lewis Central
	Name & Year	Katie Sawin 11	Brennan Gill 12	Kaija Bergdale 9 Kirsten Gobell 10
35	1:52.48	LEWIS CENTRAL	9/23/2008	Sioux City Metro at Lewis Central
	Name & Year	Lydia Bienlien 12	Bri Bowman 9	Molly Thomas 11 Bridget Hall 11
36	1:52.75	WATERLOO WEST	9/30/2008	West VS East VS Vinton-Shellsburg-
	Name & Year	Betsy Meany 0	Mackenzie 0	Sarah Gorsche 0 Sadie Voigt 0
37	1:53.03	PLEASANT VALLEY	9/9/2008	Muscatine
	Name & Year	Marissa Belk 12	Rachel Vens 10	Allie Stecker 9 Kelli Golinghorst 10
38	1:53.47	SPENCER	9/16/2008	Algona
	Name & Year	Hannah Cacek 11	Ann Magnuson 9	Monica Harmon 12 Hollie Mohni 10

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39	1:54.05	DES MOINES NORTH	9/27/2008	Polar Bear Invitational
	Name & Year	Barb Pearson 12	Glenna Goldman 12	Jessica Nash 10 Karissa Bohn 11
40	1:54.22	CEDAR RAPIDS XAVIER	10/11/2008	JV Warrior Invite
	Name & Year	0 0	0 0	0 0 0 0
41	1:54.35	DUBUQUE SENIOR	10/18/2008	MVC Conference
	Name & Year	Caitlyn Crawford 12	Nicole Tallent 11	Ellen Motsch 12 Emily Weig 10
42	1:54.41	DAVENPORT CENTRAL	10/14/2008	Davenport Central at West
	Name & Year	Katie Beale 11	Ellie Wilder 9	Kathleen 10 Mary Betsworth 10
43	1:54.56	SIOUX CITY EAST	9/27/2008	Tiger Tanker
	Name & Year	Lauren Bennier 0	Megan Robinson 0	Elizabeth Cvrk 0 Carolyn Lyons 0
44	1:54.6	DES MOINES EAST	10/9/2008	east vs fairfield
	Name & Year	brittany wilkinson 12	riley galvin 11	kyle rowe 12 amanda cantwell 11
45	1:55.09	STORM LAKE	9/27/2008	Polar Bear Invitational 2008
	Name & Year	Erin Tucker 12	Sophia Haselhoff 12	Lindsay Hall 9 Paige Stieneke 11
46	1:55.21	FAIRFIELD	9/30/2008	Fairfield VS Tipton
	Name & Year	Allison Delker 11	Abby McMahon 9	Olivia Hunt 10 Rachel Swanson 10
47	1:56.5	GRINNELL	9/11/2008	Grinnell vs Des Moines East
	Name & Year	Renee Beach 0	Sarah Robbins 0	Emily Kriegel 0 Claire Francis 0
48	1:56.71	BURLINGTON	9/30/2008	vs. Clinton
	Name & Year	Hannah Johnson 10	Natasha Yee 10	Jordan Harris 10 Emily Peterson 12
49	1:57.45	ALGONA	OCTOBER	CHARLES CITY
	Name & Year	MISSY ZADOW 10	JENNI WEAVER 10	KENDALL 9 HANNA DEGEN 11
50	1:58.3	DAVENPORT NORTH	9/9/2008	Bettendorf vs. Davenport North
	Name & Year	Sam Johannson 10	Amanda Banas 12	Marguerite 11 Erica Osborne 9
51	1:58.54	COUNCIL BLUFFS A L	10/11/2008	Council Bluffs AL at Johnston Invite
	Name & Year	Meredith 0	Katie Kinley 0	Ali Lombardo 0 Sofia Miuczuzzi 0
52	2:2.27	VINTON-SHELLSBURG	8/30/2008	VSU Outdoor Invitational
	Name & Year	Chelsea Ecklund 12	Abby Getz 9	Brittany Ecklund 11 Karissa Davis 9
53	2:6.8	CHARLES CITY	9/20/2008	CC Invite
	Name & Year	Katelin Fuchs 12	Piper 11	Lisa Berns 10 Megan 11
54	2:8.1	PERRY	10/7/2008	Grinnell at Perry
	Name & Year	Grace Hayes Jr	Kelsey Vodenik Sr	Tiffany Harris Sr Allison Vincent Sr
55	2:16.58	WATERLOO EAST	9-30-0208	Waterloo West VS Waterloo East vs
	Name & Year	Miranda Dewitt 12	Nicole Gilbert 12	Jessica Colvin 11 Katy Shull 12