

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

State Record:

Automatic All-American:

National Record:

Last Updated: 10/30/2009

Consideration All-American:

| Place | Time        | School                  | Date                | Meet                                 |
|-------|-------------|-------------------------|---------------------|--------------------------------------|
| 1     | 1:39.83     | BETTENDORF              | 9/19/2009           | Little Hawk Invitational             |
|       | Name & Year | Caitlin Campbell 11     | Sarah Thompson 12   | Margaret Barber 11 Molly Coonce 10   |
| 2     | 1:40.09     | MASON CITY              | 10/12/2009          | MC Vs Ankeny                         |
|       | Name & Year | Loretta Kraling 10      | Anne Whalen 9       | Emma Sougstad 9 Courtney Busch 12    |
| 3     | 1:40.83     | CEDAR FALLS             | 10/2/2009           | Cedar Falls Vs. Marcussen Invit      |
|       | Name & Year | Bailey Pons 12          | Abbie Anderson 10   | Ashlee Graham 12 Kelsey Abbas 10     |
| 4     | 1:40.89     | DECORAH                 | 9/3/2009            | vs. Mason City                       |
|       | Name & Year | Hannah Maher 11         | Allison Orvis 10    | Samantha 12 Kenzie Smith 12          |
| 5     | 1:41.71     | AMES                    | 9/12/2009           | Ames Invitational                    |
|       | Name & Year | Maddie Bro 10           | Chrisann Zuerner 11 | Hannah 9 Taylor 9                    |
| 6     | 1:42.37     | MARSHALLTOWN            | 10/12/2009          | Johnston Invitational                |
|       | Name & Year | Emily Visser 12         | Mackenzie Beals 10  | Samantha Beals 12 Meredith 12        |
| 7     | 1:42.59     | WEST DES MOINES VALLEY  | 9/19/2009           | WDM Valley at Little Hawk Invite     |
|       | Name & Year | Imelda Wistey 12        | Nailah Bakari 11    | Megan Skold 11 Kelsey Galles 12      |
| 8     | 1:42.67     | JOHNSTON                | 9/22/2009           | Johnston v Marshalltown Dual         |
|       | Name & Year | Michaela Kinter 9       | Hannah Dankbar 12   | Lizzy Gerdis 12 Alex Gustafson 12    |
| 9     | 1:43.93     | CARROLL                 | 10.10.2009          | Carroll @ Johnston Inv               |
|       | Name & Year | Mary Halverson 10       | Lindsey Schwabe 12  | Jennifer Lux 10 Karli Payer 11       |
| 10    | 1:44.67     | DES MOINES ROOSEVELT    | 9/12/2009           |                                      |
|       | Name & Year | sarah larsen 11         | claire larsen 10    | melissa veenstra 10 eno agustine- 11 |
| 11    | 1:44.69     | ANKENY                  | 9/24/2009           | Ankeny vs. Ames                      |
|       | Name & Year | Catherine DeFino 10     | Mallory Smith 9     | Brittney Buckner 10 Alex Flatness 10 |
| 12    | 1:44.84     | CEDAR RAPIDS WASHINGTON | 9/26/2009           | Tiger Tankers                        |
|       | Name & Year | Sami Puk 12             | Maddie Dietz 9      | Greta Oldach 12 Jill Broghammer 11   |
| 13    | 1:45.72     | LINN-MAR                | 9/12/2009           | DCHS Sprint Meet                     |
|       | Name & Year | Emilie Berg 10          | Alex Dunn 10        | Sarah Wodnik 12 Kaitlin Ungs 11      |
| 14    | 1:46.81     | DUBUQUE HEMPSTEAD       | 10/1/2009           | Hempstead Vs. Iowa City West         |
|       | Name & Year | Lauren Slagel 12        | Hailey 9            | Katie Pape 11 Clare Slagel 10        |
| 15    | 1:47.01     | CEDAR RAPIDS KENNEDY    | 9/29/2009           | CRK @ CRJ                            |
|       | Name & Year | Kylee VonAhsen JR       | Alexandra SO        | Brooke Prouty SR Ashley Harris SR    |
| 16    | 1:47.08     | IOWA CITY WEST          | 10/6/2009           | Iowa City West vs. Iowa City City    |
|       | Name & Year | Megan Hingtgen 12       | Sanam Zarei 11      | Mackenzie 10 Kathleen 10             |
| 17    | 1:47.45     | IOWA CITY CITY          | 10/6/2009           | IC High v IC West                    |
|       | Name & Year | Lily Doershuk 12        | Devra Flatte 12     | Margaret Yapp 11 Allsion Davis 12    |
| 18    | 1:47.49     | SIOUX CITY NORTH        | 10/17/2009          | Lewis Central Melissa Fender Swim    |
|       | Name & Year | Katie Sawin 11          | Raven McDaniel 12   | Kajja Bergdale 10 Kirsten Gobell 11  |
| 19    | 1:47.62     | INDIANOLA               | 10/6/2009           | Indianola@SEP                        |
|       | Name & Year | Madison Hosey 10        | Alyssa Reding 12    | Megan Wickett 10 Kayla Halterman 10  |

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| 20          | 1:47.8               | CEDAR RAPIDS PRAIRIE   | 10/6/2009           | CR JEFF at CRP               |
| Name & Year | Shelby Doehrmann 12  | Katie Storey 11        | Caitlin Sullivan 11 | Erin Gerken 12               |
| 21          | 1:48                 | DOWLING CATHOLIC       | 10/19/2009          | vs. Ankeny                   |
| Name & Year | Ryan Emily 10        | Anna Bump 9            | Mary Kate 11        | Kayla Heille 10              |
| 22          | 1:48.03              | MUSCATINE              | 9/5/2009            | Muscatine Invite             |
| Name & Year | Arianna Calderon 10  | Jen Littlejohn 12      | Sarah Martin 12     | Laura Ewalt 12               |
| 23          | 1:48.46              | CEDAR RAPIDS JEFFERSON | 10/17/2009          | CRJ @ MVC                    |
| Name & Year | Abbey Wharton 12     | Jillyn Gerken 12       | Vicki Dostal 12     | Kylie Steimer 10             |
| 24          | 1:49.14              | DAVENPORT WEST         | 9/19/2009           | Clinton Invitational         |
| Name & Year | Jamie Johnson 11     | Megan Watson 11        | Hailey Kitzmann 11  | Paige Wolfe 12               |
| 25          | 1:49.31              | DAVENPORT CENTRAL      | 10/13/2009          | Central vs. West             |
| Name & Year | Emma Shie 9          | Kelsey Stanger 10      | Annie Delleman 10   | Mary Betsworth 11            |
| 26          | 1:49.45              | PLEASANT VALLEY        | 9/15/2009           | Central Dual                 |
| Name & Year | Cassie Batz 0        | Suzanne Davis 0        | Gabbie Stecker 0    | Allie Stecker 0              |
| 27          | 1:49.7               | SOUTHEAST POLK         | 10/15/2009          | SE Polk Rams Relays          |
| Name & Year | Sasha Weir 11        | Carey Zwaschka 10      | Olivia Anderson 11  | Hanna Hinze 10               |
| 28          | 1:49.77              | KEOKUK                 | Sept.,10,           | Macomb at Home               |
| Name & Year | Haley Fuller 12      | Beckah Swan 12         | Nicki McDowell 12   | Chelsea Kies 11              |
| 29          | 1:49.85              | FORT DODGE             | 9/12/2009           | Fort Dodge vs Spencer        |
| Name & Year | Ali Chambers 12      | Molly Hall 11          | Angie Ellendson 9   | Jaime Pearson 12             |
| 30          | 1:50.23              | DUBUQUE SENIOR         | 10/6/2009           | Dubuque Senior @ Dubuque     |
| Name & Year | Autumn Roesch FR     | Emily Weig JR          | Nicole Tallent SR   | Cathy Thies SR               |
| 31          | 1:50.23              | DUBUQUE WAHLERT        | 10/6/2009           | Wahlert Catholic vs. Senior  |
| Name & Year | Emily Schroeder 9    | Celia Morton 10        | Alaine Anderson 12  | Alyx Nugent 12               |
| 32          | 1:50.24              | LEWIS CENTRAL          | 10/3/2009           | Cedar Falls Invitational     |
| Name & Year | Molly Thomas 12      | Bridget Hall 12        | Emma 11             | Kelsey Thoren 9              |
| 33          | 1:50.34              | DES MOINES LINCOLN     | 9/22/2009           | DM Lincoln against DM Hoover |
| Name & Year | Autum Song 9         | Elizabeth 11           | Minge Song 11       | Megan La Suer 12             |
| 34          | 1:50.45              | SPENCER                | 10/6/2009           | Fort Dodge                   |
| Name & Year | Tiffany Martindale 9 | Ali Meister 9          | Melanie Harmon 11   | Hollee Mohni 11              |
| 35          | 1:51.19              | WATERLOO WEST          | 2/8/2009            | iowa City High               |
| Name & Year | Mackenzie 11         | Krista Kielty 10       | Sarah Gorsche 11    | Sadie Voigt 11               |
| 36          | 1:51.28              | TIPTON                 | 10/19/2009          | Fairfield vs. Tipton         |
| Name & Year | Sarah Becker 10      | Kristin Grimoskas 11   | Brittney Miller 10  | Kaitlyn McKinney 10          |
| 37          | 1:51.48              | DES MOINES HOOVER      | 40108               | CIML Metro Conference        |
| Name & Year | Megan MacRae 9       | Abby McNichols 10      | Amber Anderson 12   | Emily Dungan 12              |
| 38          | 1:51.78              | DES MOINES NORTH       | 9/29/2009           | POLARBEAR INVITATIONAL       |
| Name & Year | Karissa Bohn 12      | Amanda Prescott 11     | Jessica Jensen 9    | Katharine Ross 9             |

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| 39    | 1:52.67     | CEDAR RAPIDS XAVIER | 12/30/1899         | 0                                  |
|       | Name & Year | McKenzie Asplund 9  | Libby Collins 12   | Megan Iiams 12 Brandi Klimesh 12   |
| 40    | 1:53.09     | SIOUX CITY EAST     | 9/24/2009          | vs. Sioux City Metro               |
|       | Name & Year | Lauren Bennier 0    | Nellie Rorris 0    | Jordan 0 Megan Robinson 0          |
| 41    | 1:53.62     | FAIRFIELD           | 9/5/2009           | Muscatine Invitational             |
|       | Name & Year | Olivia Hunt 11      | Makenzie 11        | Abby McMahon 10 Rachel Swanson 11  |
| 42    | 1:54.38     | BOONE               | 9/26/2009          | DMS Lincoln Invitational           |
|       | Name & Year | Rachel Tometich 12  | Jessica Dearden 12 | Charissa 10 Amber Breitbarth 10    |
| 43    | 1:54.79     | ALGONA              | 9/8/2009           | BOONE                              |
|       | Name & Year | Hannah Priest 9     | Kendall Bosch 10   | Jenni Weaver 11 Hanna Degen 12     |
| 44    | 1:55.2      | DES MOINES EAST     | 10/6/2009          | DM East vs DM Lincoln              |
|       | Name & Year | Shannissy Catron 11 | Amanda Cantwell 12 | Riley Galvin 12 Vania Boland 12    |
| 45    | 1:58.52     | STORM LAKE          | 10/1/2009          | Storm Lake/Algona/Spencer-Double   |
|       | Name & Year | Paige Stieneke 12   | Madison Cerizo 11  | Jenna Harms 12 Lindsay Hall 10     |
| 46    | 1:58.57     | GRINNELL            | 10/1/2009          | CR Prairie and Boone               |
|       | Name & Year | Claire Francis 0    | Emily Kriegel 0    | Kaylee 0 Renee Beach 0             |
| 47    | 1:58.61     | BURLINGTON          | 9/26/2009          | Grayhound Invitational             |
|       | Name & Year | Betsy 12            | Brena Peterson 11  | Jordan Harris 11 Amy Seibert 10    |
| 48    | 1:59.23     | CLINTON             | 10/22/2009         | Clinton vs United Township, East   |
|       | Name & Year | Libby Hess 12       | Kendra Evers 12    | Alyssa Wells 12 Meagan 12          |
| 49    | 2:1.82      | DAVENPORT NORTH     | 9/8/2009           | Davenport North VS Bettendorf dual |
|       | Name & Year | Marguerite 12       | Elizabeth Hines 11 | Brittany 10 Samantha 11            |
| 50    | 2:4.27      | VINTON-SHELLSBURG   | 9/19/2009          | Charles City Invitational          |
|       | Name & Year | Brittany Ecklund 12 | Amy Krafka 10      | Paige Kreutner 11 Savannah 9       |
| 51    | 2:9.58      | CHARLES CITY        | 9/1/2009           | Double Dual vs. Cedar Falls and    |
|       | Name & Year | Ali Johnson 11      | Piper 12           | Cassie Glandon 10 Megan 12         |
| 52    | 2:14.64     | COUNCIL BLUFFS A L  | 9/29/2009          | CB A. Lincoln vs. Lewis Central    |
|       | Name & Year | Ali Lombardo 0      | Emily Story 0      | Katie Kinley 0 Zarah Taylor 0      |
| 53    | 2:25.06     | PERRY               | 9/3/2009           | Perry at DM Lincoln                |
|       | Name & Year | Chelsey Thomas Jr   | Brenda Campos Jr   | Natalie Zinnel Jr Sarah Salazar So |