

Iowa Girls High School Athletic Union
Girls' Power Ratings
400 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	3:40.57	CEDAR FALLS	10/2/2009	Cedar Falls Vs.Marcussen Invit
Name & Year	Bailey Pons 11	Montana Clasby 10	Ashlee Graham 12	Kelsey Abbas 10
2	3:40.64	MASON CITY	10/20/2009	MC vs Ames
Name & Year	Loretta Kraling 10	Courtney Busch 12	Anne Whalen 9	Emily Wiltsie 12
3	3:42.01	BETTENDORF	9/19/2009	Little Hawk Invitational
Name & Year	Rebecca Alves 10	Sarah Thompson 12	Rachael Schermer 10	Margaret Barber 11
4	3:42.65	AMES	10/22/2009	CIML Iowa Conference Meet
Name & Year	Taylor Flummerfelt 9	Rachel Shriver 10	Chrisann Zuerner 11	Maddie Bro 10
5	3:42.76	DECORAH	9/26/2009	Cougar Invite
Name & Year	Allison Orvis 10	MacKenzie Smith 12	Mary Kathryn 11	Hannah Maher 11
6	3:44.33	WEST DES MOINES VALLEY	9/19/2009	WDM Valley at Little Hawk Invite
Name & Year	Kelsey Galles 12	Sammy Zuckerman 10	Megan Skold 11	Imelda Wistey 12
7	3:44.46	JOHNSTON	9/12/2009	Ames Invitational
Name & Year	Lizzy Gerdis 12	Michaela Kinter 9	Kelsey Staub 12	Alex Gustafson 12
8	3:47.18	IOWA CITY WEST	10/6/2009	Iowa City West vs. Iowa City City High
Name & Year	Kathleen Bowman 10	Savannah Butler 9	Grace Murray 12	Sarah Weihe 11
9	3:47.36	CARROLL	9.12.2009	Carroll@AmesInvite.9.12.09
Name & Year	Mary Halverson 10	Abbey Fordyce 9	Jennifer Lux 10	Karli Payer 11
10	3:47.74	MARSHALLTOWN	10/12/2009	Johnston Invitational
Name & Year	Emily Visser 12	Mackenzie Beals 10	Micaela McCarville 11	Meredith Johnson 12
11	3:47.75	DES MOINES ROOSEVELT	9/12/2009	
Name & Year	sarah larson 11	annie sullivan 11	claire larson 10	eno agustine-akpan 11
12	3:48.12	DECORAH	10/24/2009	North Central Swim Conference
Name & Year	Allison Orvis 10	Katie Blocker 12	MacKenzie Smith 12	Samantha Cuvelier 12
13	3:48.39	IOWA CITY CITY	9/10/2009	City High vs Cedar Falls
Name & Year	Margaret Yapp 11	Lily Doershuk 12	Beth Eyanson 12	Allison Davis 12
14	3:50.3	NEWTON	9/26/2009	WDM Valley Tiger Tanker
Name & Year	Ellen Colville 10	Stephanie Griffith 11	Michelle 12	Courtney Meyer 10
15	3:52.8	ANKENY	9/24/2009	Ankeny vs. Ames
Name & Year	Alex Flatness 10	Elle Westercamp 9	Gwen Sorensen 12	Brittney Buckner 10
16	3:54.64	CR WASHINGTON	10/17/2009	MVC Super Conference
Name & Year	Zoey Dietz 12	Greta Oldach 12	Jill Broghammer 11	Sami Puk 12
17	3:55	DOWLING CATHOLIC	40064	DM Roosevelt
Name & Year	Emily Tuazon 9	Hanna Burkle 10	Kayla Heille 10	Liza Myers 11
18	3:56.1	CEDAR RAPIDS KENNEDY	10/13/2009	DubH @ CRK
Name & Year	Val Ross JR	Alexandra SO	Carmen McCoy JR	Kylee VonAhsen JR
19	3:56.4	PLEASANT VALLEY	9/26/2009	Burlington Invitational
Name & Year	Gabbie Stecker 0	Kayla Kruse 0	Kelli Golvinghorst 0	Allie Stecker 0
20	3:56.67	DUBUQUE HEMPSTEAD	10/17/2009	MVC Varsity
Name & Year	Clare Slagel 10	Erin Cram 9	Katie Pape 11	Lauren Slagel 12
21	3:58.07	LEWIS CENTRAL	10/17/2009	Lewis Central Invitational
Name & Year	Kelsey Thoren 9	Bridget Hall 12	Emma Maass 11	Molly Thomas 12
22	3:58.32	LINN-MAR	9/8/2009	Linn-Mar vs Kenndy
Name & Year	Jessica Arebaugh 10	Kaitlin Unga 11	Alex Dunn 10	Emilie Berg 10
23	3:59.8	WATERLOO WEST	9/22/2009	Dubuque Hempstead Dual
Name & Year	Kristine Day 10	Sadie Voigt 11	Taylor Pherigo 9	Mackenzie 11
24	4:53	SOUTHEAST POLK	10/22/2009	SE Polk at CIML Meet
Name & Year	Sasha Weir 11	Carey Zwaschka 10	Olivia Anderson 11	Hanna Hinze 10
25	4:99	DUBUQUE WAHLERT	10/17/2009	MVC Varsity
Name & Year	Alyx Nugent 12	Claire Morton 12	Jaclyn Trannel 11	Emily Schroeder 9

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26	4:1.28	CEDAR RAPIDS PRAIRIE	9/5/2009	Muscatine
Name & Year	Erin Gerken 12	Julia Wolter 11	Katie Storey 11	Shelby Doehrmann 11
27	4:1.92	INDIANOLA	10/6/2009	Indianola@SEP
Name & Year	Christina Amburgy 10	Kayla Halterman 10	Megan Wickett 10	Alyssa Reding 12
28	4:2.86	KEOKUK	Sept. 5,	Muscatine Kick Off
Name & Year	Chelsea Kies 11	Haley Fuller 12	Beckah Swan 12	Nicki McDowell 12
29	4:3.17	DUBUQUE SENIOR	10/6/2009	Dubuque Senior @ Dubuque Wahler
Name & Year	Autumn Roepsch FR	Nicole Tallent SR	Cathy Thies SR	Emily Weig JR
30	4:3.65	MUSCATINE	9/5/2009	Muscatine Invite
Name & Year	Sarah Martin 12	Hannah 11	Arianna Calderon 10	Avery Morgan 11
31	4:4.5	DAVENPORT CENTRAL	9/29/2009	DC vs. Bettendorf
Name & Year	Annie Delleman 9	Rachael Herman 10	Emma Shie 9	Mary Betsworth 11
32	4:6.97	CEDAR RAPIDS JEFFERSON	10/24/2009	CRJ @ Soph MVC
Name & Year	Kailey Drake 10	Brittany Rains 10	Kylie Steimer 10	Jourdan 10
33	4:7.12	DES MOINES LINCOLN	10/6/2009	DM Lincoln at East
Name & Year	Elizabeth Wierenga 11	Brooke Gillen 12	Minge Song 11	Megan La Suer 12
34	4:8.33	SPENCER	9/19/2009	Charles City Invite 9/19/09
Name & Year	Erin Rossiter 11	Tiffany Martindale 9	Hannah Cacek 12	Hollie Mohni 11
35	4:9.18	DES MOINES HOOVER	40108	CIML Metro Conference
Name & Year	Megan MacRae 9	Amber Anderson 12	Aleksandra Vujicic 10	Emily Dungan 12
36	4:10.84	SIOUX CITY EAST	10/10/2009	@ Johnston Invitational
Name & Year	Megan Robinson 0	Lauren Bennier 0	Elizabeth Cvrk 0	Nellie Rorris 0
37	4:11.17	SIOUX CITY NORTH	9/24/2009	Sioux City Metro at Sioux City East 9-24
Name & Year	Kara Martin 11	Katherine Merritt 12	Raven McDaniel 12	Kirsten Gobell 11
38	4:13.39	DAVENPORT WEST	9/1/2009	Davenport West V Moline II
Name & Year	Hailey Kitzmann 11	Jamie Johnson 11	Bailie Koster 12	Paige Wolfe 12
39	4:19.54	DES MOINES EAST	10/6/2009	DM East vs DM Lincoln
Name & Year	Shannissy Catron 11	Hannah Bailey 9	Abbey Mendenhall 9	Megan Lein 11
40	4:19.69	ALGONA	SEPT. 17,09	ALGONA 09
Name & Year	Hannah Priest 9	Jenni Weaver 11	Kendall Bosch 10	Hanna Degen 12
41	4:22.45	TIPTON	10/12/2009	CR Prairie Invitational 10-12-09
Name & Year	Sally Weets 11	Danielle 12	Kirsten Grimoskas 11	Micki Kruse 11
42	4:22.69	BURLINGTON	9/24/2009	vs. Rock Island
Name & Year	Amy Seibert 10	Jordan Harris 11	Elly Eibes 10	Betsy 12
43	4:26.09	GRINNELL	10/10/2009	Grinnell vs Johnston Invite
Name & Year	Claire Francis 0	Emily Kriegel 0	Kayla Hall 0	Renee Beach 0
44	4:31.29	DES MOINES NORTH	9/15/2009	DES MOINES NORTH vs ANKENY
Name & Year	Victoria Baker 10	Jessica Jensen 9	Jessica Nash 11	Katharine Ross 9
45	4:31.78	FORT DODGE	9/12/2009	Ames Invite
Name & Year	Molly Hall 11	Zoey Miller 9	Katy Bocken 9	Brittany Graham 10
46	4:38.63	FAIRFIELD	10/6/2009	Keokuk
Name & Year	Olivia Hunt 11	Allison Delker 12	Caylee Johnson 10	Emily Slechta 12
47	4:40.09	CLINTON	10/22/2009	Clinton vs United Township, East Moline
Name & Year	Jenna Strait 12	Laura Callan 12	Libby Hess 12	Kayla Hernandez 10
48	4:40.36	BOONE	9/26/2009	DMS Lincoln Invitational
Name & Year	Jessica Dearden 12	Charissa Trudeau 10	Jill Hansen 10	Alexandra Lee 10
49	4:41.99	VINTON-SHELLSBURG	9/1/2009	DD at CR Jefferson with CR Xavier
Name & Year	Katie King 9	Kersten King 10	Brittany Ecklund 12	Savannah Jensen 9
50	4:43.66	STORM LAKE	10/8/2009	Sioux City North-Dual
Name & Year	Jenna Harms 12	Casey Larson 9	Alex Larson 9	Mary Mooney 12

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51	4:46.75	PERRY	9/24/2009		Perry VS DM East			
Name & Year	Ashly Landals	9	Taylor Fessler	10	Kayla Pentico	12	Laura Finneseth	9
52	5:2.82	COUNCIL BLUFFS A L	9/15/2009		CB A. Lincoln vs. Sioux City Metro			
Name & Year	Ali Lombardo	0	Katle Kinley	0	Michaela Long	0	Zarah Taylor	0
53	5:46.67	DAVENPORT NORTH	9/8/2009		Davenport North VS Bettendorf dual			
Name & Year	Kaytlyn Palkoner	11	Erica Osborne	10	Melissa Kern	12	Kelly Burke	12
54	5:59.28	CHARLES CITY	9/1/2009		Double Dual vs. Cedar Falls and			
Name & Year	Celina Flores	11	Schae Greenzweig	10	Alexis Watkins	9	Michaela	9