

Washington High School  
 IGHSAU State Swimming and Diving Meet - 11/3/2000 to 11/4/2000

Final Team Scoring

1	Bettendorf	274
2	West Des Moines Dowling	228
3	Cedar Falls	185
4	West Des Moines Valley	162
5	Des Moines Roosevelt	128
6	Pleasant Valley	84
7	Cedar Rapids Washington	78.50
8	Clinton	73.50
9	Ankeny	71
10	Linn-Mar	70
11	Charles City	67
12	Ottumwa	64.50
12	Ames	64.50
14	Cedar Rapids Kennedy	63
14	Dubuque Senior	63
16	Council Bluffs Lewis Central	61
17	Cedar Falls NU High	59
18	Davenport North	51
18	Cedar Rapids Prairie	51
20	Cedar Rapids Jefferson	45
21	Marshalltown	42
22	Iowa City West	39.50
23	Sioux City East	31
24	Iowa City High	31
25	Grinnell	30.50
26	Keokuk	24
27	Urbandale/Johnston	22
28	Tipton	21
28	Newton	21
30	Davenport West	20
31	Indianola	18
31	Davenport Central	18
33	Dubuque Hempstead	16
34	Muscatine	14
35	Estherville-Lincoln Central	11
35	Fort Dodge	11
37	Boone	5
38	Council Bluffs Abraham Lincoln	4
39	Sioux City Metro	3

Washington High School  
 IGHSAU State Swimming and Diving Meet - 11/3/2000 to 11/4/2000  
 Results

Event 1 Women 1 mtr Diving

=====

State Record: *	535.70	1982	Mary Fischbach		
Iowa Best: #	583.45	1982	Mary Fischbach		
Name	Year	School	Seed	Finals	Points
=====					

1	Andrea Shields	SR CR Kennedy	435.70	430.10	20
2	Stacey Arkovich	JR Ames	391.55	408.10	17
3	Abi Fangman	SR Urban/Johnston	420.75	392.95	16
4	Becky Olson	JR Cedar Falls	364.40	383.00	15
5	Jennifer Meeker	SR IC West	428.00	382.95	14
6	Megan Seibert	SR Bettendorf	376.25	375.35	13
7	Elisa Arkovich	SR Ames	339.30	371.45	12
8	Betsy Stone	SR CR Washington	357.85	367.20	11
9	Katie Bures	SR CR Kennedy	420.10	365.30	9
10	Amanda Richardson	SR Newton	365.60	361.15	7
11	Kaitlin Schneider	JR Davenport North	372.90	356.70	6
12	Steph O'Rourke	SO Boone	333.55	346.75	5
13	Cindy Christensen	SO CB Abe Lincoln	348.00	343.55	4
14	Kim Lorenzen	SR CR Jefferson	349.40	343.45	3
15	Carrie Haveman	SR Muscatine	347.75	340.05	2
16	Amy McCalley	SO Pleasant Valley	361.95	336.30	1
17	Jenna Lindberg	SO IC City High	339.35	249.00	
18	Teresa Reiss	JR Dubuque Senior	349.95	246.45	
19	Kelly Mellecker	JR IC West	343.10	236.90	
20	Maggie Connolly	SO Dubuque Hempstea	346.10	222.65	
21	Emily Hull	SR Wdm Dowling	337.25	152.35	
22	Shannon Kerper	SO Ames	324.65	151.65	
23	Ellie Osterberger	SO Dubuque Wahlert	344.35	143.85	
24	Sarah Aagarrd	SR Wdm Valley	320.80	138.30	

## Event 2 Women 200 Yard Medley Relay

State Record: \* 1:50.23 1996 Cedar Falls  
 Peterson, Peterson, Martin, Galligan  
 Iowa Best: # 1:50.08 1996 Cedar Falls  
 Peterson, Peterson, Martin, Galligan  
 1:48.80 AUTO  
 1:53.50 CONS

School	Seed	Finals	Points
1 West Des Moines Dowling 'A'	1:52.97	1:51.51 CONS	40
1) Chrissy Hermann SR	2) Kelly Quinn SR		
3) Megan Taylor SO	4) Erin Fitzgerald SR		
27.78 30.89 27.70 25.14			
2 West Des Moines Valley 'A'	1:53.78	1:51.80 CONS	34
1) Melinda Schulte FR	2) Laura Burke SR		
3) Sarah Best SO	4) Katie Funk JR		
27.81 32.34 26.61 25.04			
3 Cedar Falls 'A'	1:53.75	1:52.30 CONS	32
1) Kim Rogers JR	2) Lauren Hohnstein FR		
3) Brittany Schminke SO	4) Bicky Cam SR		
27.07 32.45 27.02 25.76			
4 Bettendorf 'A'	1:54.81	1:52.33 CONS	30
1) Andrea Ryan FR	2) Kelsey Klein SR		
3) Shannan Schoenig SO	4) Erin Petty SO		
28.47 31.69 28.14 24.03			
5 Ankeny 'A'	1:54.39	1:54.10	28
1) Jamie Wieben JR	2) Angie White SR		
3) Cassi Sutherland SR	4) Abbey Ackermann FR		
27.87 32.80 27.67 25.76			
6 Cedar Rapids Prairie 'A'	1:53.82	1:54.67	26
1) Chantelle Shea SR	2) Chelsea Bueter SO		

3) Naomi Fottral SO	29.80	32.13	27.89	24.85	4) Erinn Croco SO			
7 Clinton 'A'						1:55.38	1:56.00	24
1) Ashley Eizenga SR					2) Kristen Tucker SR			
3) Shannon Parker JR	30.05	31.46	28.27	26.22	4) Sheena James SO			
8 CF Northern University HS 'A'						1:55.28	1:56.57	22
1) Elizabeth Gansen SO					2) Amanda Wieck FR			
3) Sarah Wambold JR	29.00	33.48	28.36	25.73	4) Brittany Rogge JR			
9 Linn-Mar 'A'						1:57.04	1:56.67	18
1) Darby Hollinrake JR					2) Amy Smith SO			
3) Meghan Oglesby JR	28.20	34.20	27.66	26.61	4) Liz Jobe SO			
10 Ottumwa 'A'						1:58.20	1:56.74	14
1) Tasia Guitter SO					2) Jenny Foster SO			
3) Stephanie Bergman FR	29.55	32.40	30.32	24.47	4) Rachel Lenox SR			
11 Marshalltown 'A'						1:55.30	1:56.83	12
1) Abbie Kremer JR					2) Sarah Allen SR			
3) Mary McCann SO	30.99	32.14	28.89	24.81	4) Katie Blum JR			
12 Des Moines Roosevelt 'A'						1:57.72	1:57.42	10
1) Dani Kunz SR					2) Elizabeth Crispin SO			
3) Katy McCormick JR	30.09	35.07	27.71	24.55	4) Robin Samples SO			
13 Muscatine 'A'						1:56.98	1:58.60	8
1) Erin Carl FR					2) Kourtney Shay JR			
3) Traci Lee SO	30.07	33.18	30.02	25.33	4) Ann Sondrol SO			
14 Urbandale/Johnston 'A'						1:59.53	1:58.61	6
1) Erin Danielson FR					2) Lindsey Kroeger SR			
3) Katie Petersen SR	29.73	33.43	29.55	25.90	4) Holly Heckman JR			
15 Dubuque Senior 'A'						1:58.75	1:58.64	4
1) Sarah Tschiggfrie JR					2) Sarah Wallis SO			
3) Kari Bentz JR	31.21	32.99	28.63	25.81	4) Lindsay Steinbeck SR			
16 Cedar Rapids Jefferson 'A'						1:59.36	1:58.66	2
1) Whitney Wodstrchill FR					2) Claire Kendall SO			
3) Beth Cope SR	28.08	35.34	29.39	25.85	4) Heather Youngberg FR			
17 Council Bluffs Lewis Central 'A'						2:00.12	1:59.83	
1) Mara Kellogg JR					2) Samantha Smith JR			
3) Melissa Fender JR	31.23	34.50	28.26	25.84	4) Allison Ambrose SR			
18 Iowa City West 'A'						1:59.15	1:59.90	
1) Courtney Hitchon FR					2) Amanda Knight SO			
3) Rebecca Witnok-Huber JR	31.76	32.99	27.96	27.19	4) Andrea Siefers SO			
19 Fort Dodge 'A'						1:59.80	2:00.20	
1) Katie Gronbach JR					2) Kim Grossnickle SO			
3) Kendra Loots JR	31.77	32.59	28.75	27.09	4) Maren Loving SO			
20 Grinnell 'A'						1:59.84	2:00.30	
1) Whitney Jensen JR					2) Casi Pearson FR			
3) Jenny Cox FR					4) Jamie Clay SR			

21	Cedar Rapids Washington	'A'	29.01	35.42	29.21	26.66	1:59.28	2:00.42
	1) Natalie Dyer	SO					2) Jenni White	SR
	3) Keeley Hearn	JR					4) Christina Erb	SR
			30.55	34.14	29.32	26.41		
22	Cedar Rapids Kennedy	'A'					1:59.37	2:00.55
	1) Lindsey Kurtz	FR					2) Ashley Rusch	FR
	3) Natalie Ross	SR					4) Jenny Wollitz	SO
			33.12	32.46	28.98	25.99		
23	Dubuque Wahlert	'A'					1:58.60	2:01.16
	1) Sarah Castaneda	JR					2) Katie Burbach	SR
	3) Danelle Marsden	JR					4) Hillary Vogt	SR
			31.45	33.56	29.87	26.28		
--	Pleasant Valley	'A'					1:59.67	DQ
	1) Heather Hartman	FR					2) Kristin Keith	SR
	3) Kara Kupresin	FR					4) Kristin Delleman	SR
			30.10	35.62	28.87	25.76		

## Event 3 Women 200 Yard Freestyle

State Record: \* 1:51.81 1996 Stacey Wertz  
 Iowa Best: # 1:51.61 1988 Amy Walker  
 1:51.00 AUTO  
 1:55.00 CONS

Name	Year	School	Seed	Finals	Points
1 Amy Halderman		SR Davenport North	1:57.57	1:55.45	20
	27.69	28.78	29.32	29.66	
2 Erica Noah		JR Charles City	1:58.28	1:56.01	17
	26.87	29.31	30.06	29.77	
3 Leigh Taylor		SR Bettendorf	2:01.26	1:56.93	16
	27.06	28.58	30.10	31.19	
4 Nichole DeKlotz		SO CR Washington	1:58.96	1:57.93	15
	27.77	29.86	30.14	30.16	
5 Michelle Collins		JR CB Lewis Central	1:59.30	1:58.17	14
	28.34	29.87	30.07	29.89	
6 Katie Koenig		JR Dubuque Senior	2:00.48	1:58.81	13
	26.92	29.61	31.01	31.27	
7 Shannan Schoenig		SO Bettendorf	2:01.38	1:58.95	12
	27.83	30.82	30.83	29.47	
8 Jenna Kubat		SR Wdm Dowling	2:01.87	1:59.56	11
	27.94	30.21	31.06	30.35	
9 Allison Gleichman		SO Wdm Dowling	2:02.98	2:00.57	9
	28.43	30.21	30.84	31.09	
10 Keaghan Winterhof		FR Cedar Falls	2:01.51	2:00.82	7
	28.18	30.58	31.20	30.86	
11 Lauren Gehbauer		SO Davenport West	2:01.37	2:01.87	6
	27.84	30.64	31.82	31.57	
12 Mariah Cunnick		JR Davenport Centra	2:00.75	2:02.24	5
	27.95	30.54	31.54	32.21	
13 Allie Middendorf		SO Wdm Dowling	2:03.28	2:02.30	4
	28.84	31.14	31.38	30.94	
14 Natalie Radtke		SO Muscatine	2:01.90	2:02.66	3
	28.40	31.08	31.83	31.35	
15 Katie Funk		JR Wdm Valley	1:59.27	2:02.93	2
	28.10	31.05	31.94	31.84	
16 Kathryn Crawford		JR Cedar Falls	2:03.92	2:04.35	1

	28.60	31.66	32.16	31.93		
17	Natalie Ross		SR CR Kennedy		2:04.38	2:04.40
	28.20	31.39	32.17	32.64		
18	Molly Dowd		SO Cedar Falls		2:02.73	2:04.59
	28.71	31.23	32.12	32.53		
19	Katie Rathje		SR Davenport Centra		2:04.31	2:05.04
	28.87	31.74	32.79	31.64		
20	Hillary Vogt		SR Dubuque Wahlert		2:03.39	2:05.34
	28.72	31.88	32.76	31.98		
21	Roya Maghsoodi		SR Ames		2:04.28	2:05.66
	28.84	31.50	32.58	32.74		
22	Sara Brammann		JR Davenport North		2:04.67	2:06.17
	29.03	31.84	32.84	32.46		
23	Stephanie Gable		SO DM Hoover		2:05.53	2:06.79
	28.57	31.91	33.46	32.85		
24	Carolyn Grammens		SO Muscatine		2:04.28	2:07.78
	28.60	31.96	33.66	33.56		

## Event 4 Women 200 Yard IM

=====  
 State Record: \* 2:06.10 1995 Sarah Dougall  
 Iowa Best: # 2:06.10 1995 Sarah Dougall  
 2:04.30 AUTO  
 2:10.00 CONS

Name	Year	School	Seed	Finals	Points
1 Whitney Wodstrchil	FR CR	Jefferson	2:10.98	2:10.18	20
	28.20	31.64	40.31	30.03	
2 Abby Heinz	JR SC	East	2:13.17	2:10.62	17
	28.07	33.03	38.26	31.26	
3 Rachel Smith	JR	Charles City	2:12.49	2:12.06	16
	28.98	31.68	40.90	30.50	
4 Andrea Ryan	FR	Bettendorf	2:14.50	2:12.44	15
	29.92	33.68	38.14	30.70	
5 Lauren Hohnstein	FR	Cedar Falls	2:14.60	2:13.98	14
	29.15	35.54	39.10	30.19	
6 Meghan Oglesby	JR	Linn-Mar	2:14.62	2:14.67	13
	28.92	34.56	38.97	32.22	
7 Megan Taylor	SO	Wdm Dowling	2:16.85	2:15.24	12
	29.66	33.21	41.12	31.25	
8 Chelsea Bueter	SO	CR Prairie	2:14.05	2:15.59	11
	29.24	35.44	38.52	32.39	
9 Ashley Eizenga	SR	Clinton	2:16.09	2:16.24	9
	29.60	35.06	39.20	32.38	
10 Kristen Tucker	SR	Clinton	2:15.75	2:16.58	7
	29.19	36.54	38.71	32.14	
11 Bridget Walsh	SO	Keokuk	2:18.35	2:18.60	6
	30.66	35.64	40.30	32.00	
12 Katey Dorweiler	SR	Wdm Dowling	2:18.72	2:19.19	5
	30.43	36.86	40.39	31.51	
13 Ashley Rusch	FR	CR Kennedy	2:17.83	2:19.25	4
	30.58	36.03	39.96	32.68	
14 Kelly Quinn	SR	Wdm Dowling	2:22.48	2:19.83	3
	30.16	37.13	38.94	33.60	
15 Kelsey Klein	SR	Bettendorf	2:21.48	2:20.09	2
	31.16	36.66	38.87	33.40	
16 Sarah Allen	SR	Marshalltown	2:19.87	2:20.25	1

	31.27	36.99	39.09	32.90		
17	Natalie Dyer		SO CR	Washington	2:18.49	2:20.81
	30.52	34.93	43.41	31.95		
18	Kara Kupresin		FR	Pleasant Valley	2:21.93	2:22.32
	31.03	36.30	42.05	32.94		
18	Sarah Peters		FR	Waterloo West	2:18.34	2:22.32
	31.87	36.17	40.69	33.59		
20	Elizabeth Lohmulle		FR	Davenport Centra	2:22.71	2:22.71
	29.15	37.52	41.99	34.05		
21	Heather Hartman		FR	Pleasant Valley	2:20.92	2:22.74
	30.88	35.74	43.01	33.11		
22	Brigit Brunzman		SO	Dubuque Hempstea	2:22.46	2:22.95
	30.95	38.31	39.28	34.41		
23	Kourtney Shay		JR	Muscatine	2:19.76	2:24.74
	32.20	38.40	41.19	32.95		
24	Kelsey Underwood		JR	Wdm Valley	2:20.12	2:26.09
	30.74	38.24	41.09	36.02		

## Event 5 Women 50 Yard Freestyle

State Record: \* 24.03 1997 Katie Galligan  
 Iowa Best: # 24.03 1997 Katie Galligan  
 23.61 AUTO  
 24.85 CONS

Name	Year	School	Seed	Finals	Points
1 Katie Martin	JR	DM Roosevelt	24.47	24.41 CONS	20
2 Whitney Jensen	JR	Grinnell	24.71	24.51 CONS	16.5
2 Abby Van Maaren	SR	Ames	24.63	24.51 CONS	16.5
4 Sarah Best	SO	Wdm Valley	25.28	24.62 CONS	15
5 Katie Blum	JR	Marshalltown	24.96	24.90	14
6 Erin Petty	SO	Bettendorf	25.39	24.95	13
7 Audrey Clark	SR	Bettendorf	25.33	24.98	12
8 Molly Gable	SR	IC City High	25.19	25.08	11
9 Robin Samples	SO	DM Roosevelt	25.32	25.12	9
10 Rachel Lenox	SR	Ottumwa	25.47	25.23	6.5
10 Rebecca Witnok-Hub	JR	IC West	25.58	25.23	6.5
12 Emily Bensink	FR	Newton	25.29	25.33	5
13 Michaela Osborn	SR	Tipton	25.78	25.35	4
14 Erinn Croco	SO	CR Prairie	25.53	25.55	3
15 Jamie Wieben	JR	Ankeny	25.65	25.57	2
16 Erin Bell	SO	CR Washington	25.85	25.76	0.5
16 Betsy Grover	FR	SC Metro	25.79	25.76	0.5
18 Cassandra Nelson	SO	Wdm Valley	25.74	26.03	
19 Maria Zimmerman	SR	CR Kennedy	25.79	26.05	
20 Hannah Quandt	SO	Carroll	25.46	26.28	
21 Amanda Wieck	FR	CF Nuhs	26.18	26.30	
22 Chantelle Shea	SR	CR Prairie	25.95	26.44	
23 Kendra Loots	JR	Fort Dodge	25.90	26.47	
24 Ann Sondrol	SO	Muscatine	25.96	26.64	

## Event 6 Women 100 Yard Butterfly

State Record: \* 56.31 1984 Ann Walker  
 Iowa Best: # 56.31 1984 Ann Walker  
 56.50 AUTO  
 59.00 CONS

Name	Year School	Seed	Finals	Points
1 Kim Rogers 27.36 31.59	JR Cedar Falls	1:00.21	58.95 CONS	20
2 Sarah Bicknell 28.30 30.80	SO Pleasant Valley	59.46	59.10	17
3 Darby Hollinrake 27.61 31.67	JR Linn-Mar	1:00.71	59.28	16
4 Nichole DeKlotz 28.15 31.80	SO CR Washington	59.86	59.95	15
5 Abby Heinz 28.83 31.76	JR SC East	1:01.07	1:00.59	14
6 Emily Welborn 28.75 32.24	FR Keokuk	1:00.93	1:00.99	13
7 Melinda Schulte 27.96 33.49	FR Wdm Valley	1:02.19	1:01.45	12
8 Elizabeth Gansen 28.88 32.58	SO CF Nuhs	1:00.97	1:01.46	11
9 Katy McCormick 28.51 33.04	JR DM Roosevelt	1:01.33	1:01.55	9
10 Meghan Oglesby 28.49 33.39	JR Linn-Mar	1:01.16	1:01.88	7
11 Rebecca Witnok-Hub 29.34 32.60	JR IC West	1:03.25	1:01.94	6
12 Brittany Schminke 28.62 33.48	SO Cedar Falls	1:02.14	1:02.10	5
13 Naomi Fottral 28.86 33.51	SO CR Prairie	1:00.64	1:02.37	4
14 Kristen Tucker 29.27 33.31	SR Clinton	1:02.68	1:02.58	2.5
14 Betsy Grover 29.23 33.35	FR SC Metro	1:01.85	1:02.58	2.5
16 Melissa Fender 29.59 33.17	JR CB Lewis Central	1:02.53	1:02.76	1
17 Mariah Cunnick 28.99 34.39	JR Davenport Centra	1:02.04	1:03.38	
18 Shannon Parker 29.30 34.39	JR Clinton	1:02.83	1:03.69	
19 Sara Brammann 29.63 34.29	JR Davenport North	1:03.28	1:03.92	
20 Elizabeth Lohmulle 29.81 34.23	FR Davenport Centra	1:04.41	1:04.04	
21 Katey Dorweiler 30.76 33.37	SR Wdm Dowling	1:04.11	1:04.13	
22 Chrissy Hermann 29.97 34.63	SR Wdm Dowling	1:04.25	1:04.60	
23 Cassi Sutherland 30.16 35.31	SR Ankeny	1:04.44	1:05.47	
24 Sarah Bzdega 30.51 35.07	SR Wdm Dowling	1:04.48	1:05.58	

## Event 7 Women 100 Yard Freestyle

State Record: *	51.56	1996	Stacey Wertz
Iowa Best: #	51.56	1996	Stacey Wertz
	51.31	AUTO	
	53.70	CONS	

Name	Year School	Seed	Finals	Points
1 Katie Martin 25.55 27.32	JR DM Roosevelt	52.95	52.87 CONS	20
2 Erin Petty 25.56 27.65	SO Bettendorf	55.35	53.21 CONS	17
3 Rachel Smith 26.20 27.74	JR Charles City	54.74	53.94	16
4 Audrey Clark 25.71 28.58	SR Bettendorf	54.78	54.29	15
5 Whitney Jensen 26.33 28.16	JR Grinnell	55.01	54.49	14
6 Abby Van Maaren 26.47 28.28	SR Ames	55.23	54.75	13
7 Rachel Lenox 26.06 29.11	SR Ottumwa	56.38	55.17	12
8 Molly Gable 26.43 28.80	SR IC City High	54.97	55.23	11
9 Emily Bensink 26.57 28.86	FR Newton	55.17	55.43	9
10 Jessica Ginther 26.97 29.11	JR Wdm Dowling	56.92	56.08	7
11 Lauren Hohnstein 27.59 28.61	FR Cedar Falls	55.64	56.20	6
12 Katie Rathje 27.54 29.43	SR Davenport Centra	56.61	56.97	5
13 Lauren Gehbauer 27.12 30.00	SO Davenport West	55.21	57.12	4
14 Allison Ambrose 27.67 29.58	SR CB Lewis Central	56.83	57.25	3
15 Erinn Croco 27.03 30.28	SO CR Prairie	55.65	57.31	2
16 Lindsay Steinbeck 27.48 29.87	SR Dubuque Senior	57.33	57.35	1
17 Maria Zimmerman 27.24 30.21	SR CR Kennedy	56.46	57.45	
18 Audrey Sloan 27.71 29.89	FR Wdm Valley	57.77	57.60	
19 Holly Danker 27.78 30.19	SR CB Abe Lincoln	57.63	57.97	
20 Holly Heckman 28.29 29.77	JR Urban/Johnston	57.10	58.06	
21 Kathryn Crawford 27.99 30.18	JR Cedar Falls	57.72	58.17	
22 Ingrid Gronstal 28.05 30.17	SR Carroll	57.05	58.22	
23 Carolyn Grammens 28.14 30.11	SO Muscatine	57.25	58.25	
-- Katie Blum	JR Marshalltown	55.28	DQ	

## Event 8 Women 500 Yard Freestyle

State Record: \* 4:56.97 1993 Sheri Theisen  
Iowa Best: # 4:56.97 1993 Sheri Theisen  
4:55.75 AUTO  
5:05.00 CONS

Name	Year School	Seed	Finals	Points
------	-------------	------	--------	--------



1	Leigh Taylor	SR Bettendorf	5:19.18	5:06.83	20
	27.82 30.55	30.71 30.84 30.27	30.55 30.87	31.50	
	31.92 31.80				
2	Amy Halderman	SR Davenport North	5:14.23	5:09.85	17
	28.98 30.77	31.10 31.36 31.14	31.16 31.42	31.71	
	31.60 30.61				
3	Sarah Bicknell	SO Pleasant Valley	5:11.24	5:09.99	16
	28.68 30.86	31.40 31.48 31.57	31.16 31.43	31.28	
	31.47 30.66				
4	Katie Koenig	JR Dubuque Senior	5:17.75	5:13.98	15
	28.09 30.76	31.24 31.46 31.73	32.54 32.50	32.28	
	32.19 31.19				
5	Erica Noah	JR Charles City	5:17.30	5:15.70	14
	28.73 31.24	31.54 31.65 31.70	32.36 32.46	32.57	
	32.29 31.16				
6	Katie Funk	JR Wdm Valley	5:18.97	5:16.37	13
	28.29 31.22	31.39 31.95 32.32	32.45 32.76	32.46	
	32.46 31.07				
7	Jenna Kubat	SR Wdm Dowling	5:23.82	5:18.18	12
	28.98 31.28	31.87 31.94 32.31	32.63 32.63	32.52	
	32.47 31.55				
8	Keaghan Winterhof	FR Cedar Falls	5:16.95	5:20.05	11
	29.08 31.50	32.27 32.18 31.75	32.22 32.82	32.89	
	33.03 32.31				
9	Allie Middendorf	SO Wdm Dowling	5:28.62	5:21.03	9
	29.36 31.78	32.36 32.43 32.52	32.54 32.41	33.00	
	32.76 31.87				
10	Michelle Collins	JR CB Lewis Central	5:22.69	5:21.90	7
	29.81 31.93	32.17 32.34 32.62	32.41 32.68	32.78	
	32.69 32.47				
11	Allison Gleichman	SO Wdm Dowling	5:30.21	5:23.96	6
	30.59 32.01	32.69 32.87 32.80	33.13 33.21	33.07	
	32.56 31.03				
12	Ashley Eizenga	SR Clinton	5:23.66	5:24.10	5
	29.18 31.45	32.09 32.46 32.82	33.00 33.28	33.76	
	33.62 32.44				
13	Molly Dowd	SO Cedar Falls	5:28.05	5:30.42	4
	30.26 32.87	32.93 33.03 33.61	33.80 33.52	33.74	
	33.70 32.96				
14	Laura Hansen	JR Wdm Valley	5:35.71	5:31.40	3
	29.28 32.41	33.19 33.54 33.79	34.47 34.31	34.31	
	33.75 32.35				
15	Kate Eberle	FR Clinton	5:39.47	5:31.53	2
	30.29 32.35	32.98 33.52 33.87	34.02 34.07	33.97	
	34.32 32.14				
16	Natalie Radtke	SO Muscatine	5:32.13	5:32.29	1
	30.66 32.52	33.24 33.32 34.17	34.17 33.89	34.17	
	33.56 32.59				
17	Sarah Bloom	SO Pleasant Valley	5:31.46	5:35.05	
	29.87 32.76	33.56 33.47 33.96	34.22 34.61	34.49	
	34.61 33.50				
18	Stephanie Gable	SO DM Hoover	5:34.71	5:35.17	
	29.07 32.78	33.92 34.89 34.95	35.21 34.35	34.22	
	33.63 32.15				
19	Hillary Vogt	SR Dubuque Wahlert	5:32.82	5:40.48	
	29.49 32.49	33.47 34.49 34.65	35.12 35.38	35.43	

	35.67	34.29						
20	Katie Skogsbergh		FR	Wdm Valley		5:37.94	5:40.77	
	29.58	33.29	34.19	34.50	35.32	35.22	35.20	35.37
	34.89	33.21						
21	Roya Maghsoodi		SR	Ames		5:39.53	5:43.57	
	30.86	32.71	34.19	34.95	34.97	35.18	35.38	35.25
	35.28	34.80						
22	Megan Dyer		SO	CR Washington		5:39.11	5:44.84	
	31.65	33.45	34.69	35.64	35.45	35.24	35.86	35.80
	34.08	32.98						
23	Mary Sue Nowacki		JR	Dubuque Wahlert		5:39.85	5:45.12	
	30.12	33.23	34.63	35.04	34.99	35.35	35.83	36.02
	35.53	34.38						
24	Jenni White		SR	CR Washington		5:39.72	5:48.34	
	30.76	33.82	34.93	35.82	35.88	35.78	35.83	36.22
	35.02	34.28						

## Event 9 Women 200 Yard Freestyle Relay

State Record: \* 1:37.55 1995 Cedar Falls  
 Peterson, Peterson, Galligan, Cook  
 Iowa Best: # 1:37.55 1995 Cedar Falls  
 Peterson, Peterson, Galligan, Cook  
 1:38.08 AUTO  
 1:43.00 CONS

School	Seed	Finals	Points
1 Bettendorf 'A'	1:41.10	1:38.32 CONS	40
1) Erin Petty SO		2) Shannan Schoenig SO	
3) Leigh Taylor SR		4) Audrey Clark SR	
24.66 24.60 25.09 23.97			
2 Des Moines Roosevelt 'A'	1:41.14	1:39.87 CONS	34
1) Robin Samples SO		2) Katy McCormick JR	
3) Elizabeth Crispin SO		4) Katie Martin JR	
25.00 25.37 25.54 23.96			
3 West Des Moines Valley 'A'	1:42.56	1:40.45 CONS	32
1) Sarah Best SO		2) Melinda Schulte FR	
3) Laura Burke SR		4) Cassandra Nelson SO	
24.55 24.94 25.43 25.53			
4 West Des Moines Dowling 'A'	1:44.03	1:41.32 CONS	30
1) Jessica Ginther JR		2) Erin Fitzgerald SR	
3) Kathleen Rameriz FR		4) Jenna Kubat SR	
25.70 25.10 25.12 25.40			
5 Pleasant Valley 'A'	1:41.82	1:42.29 CONS	28
1) Kyanne Mayne SR		2) Kristin Delleman SR	
3) Sarah Bloom SO		4) Sarah Bicknell SO	
26.64 25.17 25.64 24.84			
6 Ankeny 'A'	1:44.31	1:42.64 CONS	26
1) Jamie Wieben JR		2) Abbey Ackermann FR	
3) Angie White SR		4) Kelsey McKimpson SO	
25.02 25.96 25.74 25.92			
7 Cedar Rapids Kennedy 'A'	1:42.86	1:42.96 CONS	24
1) Maria Zimmerman SR		2) Jenny Wollitz SO	
3) Ashley Rusch FR		4) Natalie Ross SR	
26.36 25.49 25.66 25.45			
8 Ottumwa 'A'	1:46.06	1:43.46	22
1) Rachel Lenox SR		2) Tasia Guter SO	

3) Jenny Foster SO	25.42	25.94	25.75	26.35	4) Stephanie Bergman FR			
9 Indianola 'A'						1:44.45	1:43.61	18
1) Mary Beth Wims JR					2) Kris Peterson SO			
3) Alex Titus JR	25.71	26.27	25.81	25.82	4) Becki Adams JR			
10 Cedar Falls 'A'						1:43.88	1:43.82	14
1) Bicky Cam SR					2) Keaghan Winterhof FR			
3) Molly Dowd SO	26.49	25.80	26.49	25.04	4) Lauren Hohnstein FR			
11 Dubuque Senior 'A'						1:45.70	1:43.86	12
1) Kari Bentz JR					2) Lindsay Steinbeck SR			
3) Tessa Blocker FR	26.77	26.06	25.97	25.06	4) Katie Koenig JR			
12 Cedar Rapids Washington 'A'						1:44.28	1:43.89	10
1) Christina Erb SR					2) Amanda Faas JR			
3) Erin Bell SO	26.98	26.37	25.23	25.31	4) Nichole DeKlotz SO			
13 Council Bluffs Lewis Central 'A'						1:44.83	1:44.36	8
1) Melissa Fender JR					2) Samantha Smith JR			
3) Allison Ambrose SR	26.36	26.28	25.77	25.95	4) Michelle Collins JR			
14 Davenport Central 'A'						1:44.82	1:44.45	6
1) Elizabeth Lohmuller FR					2) Kate Lohmuller FR			
3) Mariah Cunnick JR	27.18	26.28	25.65	25.34	4) Katie Rathje SR			
15 Charles City 'A'						1:44.68	1:44.50	4
1) Katie Kelly SR					2) Rachel Smith JR			
3) Gina Soifer FR	27.39	25.52	26.87	24.72	4) Erica Noah JR			
16 CF Northern University HS 'A'						1:43.93	1:44.58	2
1) Elizabeth Gansen SO					2) Sara Boeckmann FR			
3) Amanda Wieck FR	26.71	26.99	25.49	25.39	4) Brittany Rogge JR			
17 Davenport West 'A'						1:43.74	1:44.64	
1) Stacey Brewer SR					2) Jenny Sadd JR			
3) Steph Barnhart SR	26.83	26.72	25.54	25.55	4) Lauren Gehbauer SO			
18 Urbandale/Johnston 'A'						1:45.13	1:44.80	
1) Holly Heckman JR					2) Jamie Lee SR			
3) Erin Danielson FR	26.72	26.97	25.39	25.72	4) Lindsey Kroeger SR			
18 Iowa City High 'A'						1:45.03	1:44.80	
1) Gayle Dunlap SO					2) Kaela Kramer FR			
3) Kristen Lee SO	26.86	27.25	25.36	25.33	4) Molly Gable SR			
20 Ames 'A'						1:44.88	1:45.05	
1) Erin Belcher SR					2) Crystal Cline SR			
3) Roya Maghsoodi SR	27.58	26.36	26.19	24.92	4) Abby Van Maaren SR			
21 Grinnell 'A'						1:46.44	1:45.91	
1) Carrie Cotts JR					2) McKenna Cornish SO			
3) Melissa Eiler SO	27.41	27.38	26.85	24.27	4) Whitney Jensen JR			
22 Cedar Rapids Prairie 'A'						1:45.48	1:45.92	
1) Chantelle Shea SR					2) Jenna Uthoff SO			
3) Chelsea Bueter SO					4) Kelly Marine FR			

23	27.17	26.34	26.47	25.94		
	Carroll	'A'			1:45.74	1:46.90
	1)	Ingrid Gronstal	SR		2)	Rachel Stork SR
	3)	Becky Gray	SR		4)	Hannah Quandt SO
	27.07	27.24	26.71	25.88		
24	Dubuque	Wahlert	'A'		1:46.40	1:48.36
	1)	Emily Schneider	JR		2)	Katie Burbach SR
	3)	Mary Sue Nowacki	JR		4)	Hillary Vogt SR
	27.65	26.50	27.35	26.86		

## Event 10 Women 100 Yard Backstroke

=====  
 State Record: \* 57.09 1993 Jocelyn Wright  
 Iowa Best: # 57.09 1993 Jocelyn Wright  
 57.07 AUTO  
 59.70 CONS

Name	Year	School	Seed	Finals	Points
1 Whitney Wodstrchil	FR	CR Jefferson	59.31	59.10 CONS	20
29.09 30.01					
2 Kim Rogers	JR	Cedar Falls	1:00.32	59.24 CONS	17
28.59 30.65					
3 Darby Hollinrake	JR	Linn-Mar	1:01.45	59.80	16
29.10 30.70					
4 Megan Taylor	SO	Wdm Dowling	1:00.73	59.98	15
29.17 30.81					
5 Andrea Ryan	FR	Bettendorf	1:01.53	1:00.24	14
29.69 30.55					
6 Jamie Wieben	JR	Ankeny	1:00.57	1:00.56	13
29.33 31.23					
7 Chrissy Hermann	SR	Wdm Dowling	1:01.87	1:00.76	12
29.47 31.29					
8 Maggie Peterson	JR	Estherville-LC	1:03.70	1:01.89	11
29.61 32.28					
9 Erin Bell	SO	CR Washington	1:02.28	1:01.94	9
29.85 32.09					
10 Brittany Schminke	SO	Cedar Falls	1:01.37	1:01.95	7
29.70 32.25					
11 Audrey Sloan	FR	Wdm Valley	1:02.74	1:02.00	6
30.22 31.78					
12 Cassandra Nelson	SO	Wdm Valley	1:02.63	1:02.92	5
29.93 32.99					
13 Emily Welborn	FR	Keokuk	1:03.23	1:02.98	4
31.09 31.89					
14 Tasia Guiter	SO	Ottumwa	1:03.75	1:03.01	3
29.96 33.05					
15 Kirby Fort	JR	Ankeny	1:03.88	1:03.02	2
29.81 33.21					
16 Mandy Lopez	FR	Bettendorf	1:03.70	1:04.19	1
31.23 32.96					
17 Traci Lee	SO	Muscatine	1:03.20	1:04.54	
30.98 33.56					
18 Erin Carl	FR	Muscatine	1:04.64	1:04.61	
30.97 33.64					
19 Natalie Dyer	SO	CR Washington	1:03.65	1:04.99	
31.73 33.26					
20 Sarah Bzdega	SR	Wdm Dowling	1:04.59	1:05.32	

	31.72	33.60			
21	Ann Sondrol		SO Muscatine	1:04.19	1:05.91
	32.14	33.77			
22	Heather Hartman		FR Pleasant Valley	1:04.79	1:05.94
	31.47	34.47			
23	Dani Kunz		SR DM Roosevelt	1:05.28	1:06.00
	31.65	34.35			
24	Chantelle Shea		SR CR Prairie	1:05.11	1:08.07
	33.23	34.84			

## Event 11 Women 100 Yard Breaststroke

=====  
 State Record: \* 1:06.09 1985 Ann Colloton  
 Iowa Best: # 1:05.96 1996 Allison Lyle  
 1:04.29 AUTO  
 1:08.30 CONS

Name	Year	School	Seed	Finals	Points
1 Kelly Quinn		SR Wdm Dowling	1:08.68	1:08.24 CONS	20
	31.63	36.61			
2 Michaela Osborn		SR Tipton	1:09.49	1:09.02	17
	32.09	36.93			
3 Brigit Brunzman		SO Dubuque Hempstea	1:09.62	1:09.57	16
	32.74	36.83			
4 Sarah Allen		SR Marshalltown	1:09.57	1:09.94	15
	33.06	36.88			
5 Kelsey Klein		SR Bettendorf	1:10.21	1:09.97	14
	32.92	37.05			
6 Amanda Knight		SO IC West	1:09.92	1:10.08	13
	32.58	37.50			
7 Shannon Parker		JR Clinton	1:11.02	1:10.35	12
	33.85	36.50			
8 Kim Grossnickle		SO Fort Dodge	1:10.72	1:10.77	11
	33.22	37.55			
9 Kristen Lee		SO IC City High	1:10.93	1:10.81	9
	32.99	37.82			
10 Jenny Foster		SO Ottumwa	1:12.37	1:11.00	7
	34.16	36.84			
11 Kelsey Underwood		JR Wdm Valley	1:10.75	1:11.17	6
	33.90	37.27			
12 Chelsea Bueter		SO CR Prairie	1:10.92	1:11.36	5
	34.09	37.27			
13 Sarah Wallis		SO Dubuque Senior	1:10.99	1:11.49	4
	33.54	37.95			
14 Kathleen Rameriz		FR Wdm Dowling	1:12.75	1:11.88	3
	33.71	38.17			
15 Ashley Rusch		FR CR Kennedy	1:10.54	1:11.91	2
	33.91	38.00			
16 Bridget Walsh		SO Keokuk	1:12.15	1:11.98	1
	34.22	37.76			
17 Katy McCormick		JR DM Roosevelt	1:12.33	1:12.03	
	33.69	38.34			
18 Jenna Uthoff		SO CR Prairie	1:12.03	1:13.54	
	34.65	38.89			
18 Michelle Wells		SO Bettendorf	1:12.35	1:13.54	
	34.20	39.34			
20 Megan Allen		SO Marshalltown	1:10.60	1:13.80	

34.26	39.54				
21 Naomi Fottral		SO CR Prairie	1:11.22	1:14.10	
34.63	39.47				
22 Sarah Peters		FR Waterloo West	1:11.50	1:14.64	
34.79	39.85				
23 Angie White		SR Ankeny	1:13.00	1:15.00	
35.00	40.00				
24 Kourtney Shay		JR Muscatine	1:13.03	1:16.62	
35.73	40.89				

## Event 12 Women 400 Yard Freestyle Relay

State Record: \* 3:34.28 1999 Bettendorf  
 Petty, Schoening, Taylor, Clark  
 Iowa Best: # 3:34.28 1999 Bettendorf  
 Petty, Schoening, Taylor, Clark  
 3:33.18 AUTO  
 3:43.50 CONS

School	Seed	Finals	Points
1 Bettendorf 'A'	3:43.22	3:36.40 CONS	40
1) Audrey Clark SR	2) Shannan Schoenig SO		
3) Andrea Ryan FR	4) Leigh Taylor SR		
25.66 28.50 25.75 27.84	26.41 28.07 25.59 28.58		
2 West Des Moines Valley 'A'	3:45.89	3:43.46 CONS	34
1) Sarah Best SO	2) Melinda Schulte FR		
3) Laura Burke SR	4) Katie Funk JR		
26.46 29.14 26.87 30.42	26.35 29.61 26.11 28.50		
3 Cedar Falls 'A'	3:43.46	3:45.15	32
1) Kim Rogers JR	2) Keaghan Winterhof FR		
3) Kathryn Crawford JR	4) Brittany Schminke SO		
26.76 29.21 27.03 29.65	26.77 29.94 26.71 29.08		
4 West Des Moines Dowling 'A'	3:47.71	3:45.36	30
1) Jessica Ginther JR	2) Megan Taylor SO		
3) Chrissy Hermann SR	4) Jenna Kubat SR		
27.30 29.19 26.99 29.76	27.01 29.74 26.50 28.87		
5 Council Bluffs Lewis Central 'A'	3:46.29	3:45.40	28
1) Allison Ambrose SR	2) Melissa Fender JR		
3) Mara Kellogg JR	4) Michelle Collins JR		
27.62 29.54 26.53 29.61	26.87 29.94 26.72 28.57		
6 Des Moines Roosevelt 'A'	3:45.23	3:45.90	26
1) Robin Samples SO	2) Jeanette Neumann SR		
3) Dani Kunz SR	4) Katie Martin JR		
26.30 29.44 26.99 30.70	28.00 31.14 25.47 27.86		
7 CF Northern University HS 'A'	3:48.54	3:47.27	24
1) Amanda Wieck FR	2) Sarah Wambold JR		
3) Elizabeth Gansen SO	4) Brittany Rogge JR		
27.33 28.50 27.74 30.77	26.85 28.94 27.19 29.95		
8 Pleasant Valley 'A'	3:46.22	3:48.20	22
1) Heather Hartman FR	2) Kara Kupresin FR		
3) Sarah Bloom SO	4) Sarah Bicknell SO		
27.49 30.01 27.73 30.83	27.29 30.05 26.15 28.65		
9 Cedar Rapids Washington 'A'	3:46.47	3:48.37	18
1) Natalie Dyer SO	2) Megan Dyer SO		
3) Erin Bell SO	4) Nichole DeKlotz SO		
28.18 30.45 28.29 30.81	26.19 29.41 26.42 28.62		
10 Dubuque Senior 'A'	3:51.71	3:48.83	14

1) Lindsay Steinbeck SR	2) Kari Bentz JR								
3) Ashley McClain JR	4) Katie Koenig JR								
27.61 30.24 27.06 30.65	27.50 30.70 26.23 28.84								
11 Clinton 'A'		3:49.72	3:50.32						12
1) Shannon Parker JR	2) Krista Dolan JR								
3) Ashley Eizenga SR	4) Kristen Tucker SR								
27.80 29.84 27.37 31.86	28.00 30.56 26.06 28.83								
12 Davenport West 'A'		3:47.74	3:50.37						10
1) Stacey Brewer SR	2) Jenny Sadd JR								
3) Steph Barnhart SR	4) Lauren Gehbauer SO								
27.75 30.00 27.27 31.76	26.63 30.83 26.48 29.65								
13 Davenport North 'A'		3:53.66	3:50.87						8
1) Amy Halderman SR	2) Heather Reynolds SR								
3) Colleen Murphy FR	4) Sara Brammann JR								
27.00 27.46 27.63 29.78	28.23 32.91 27.60 30.26								
14 Ames 'A'		3:51.77	3:51.15						6
1) Roya Maghsoodi SR	2) Parisa Maghsoodi SO								
3) Erin Belcher SR	4) Abby Van Maaren SR								
28.06 30.69 27.83 30.92	27.78 31.12 26.12 28.63								
15 Cedar Rapids Kennedy 'A'		3:51.62	3:52.56						4
1) Maria Zimmerman SR	2) Jenny Wollitz SO								
3) Lindsey Kurtz FR	4) Natalie Ross SR								
27.32 29.62 28.57 30.72	27.89 31.88 26.68 29.88								
16 Davenport Central 'A'		3:50.31	3:52.61						2
1) Marissa Truesdell SR	2) Elizabeth Lohmuller FR								
3) Katie Rathje SR	4) Mariah Cunnick JR								
28.53 31.92 27.20 31.58	26.97 29.52 26.95 29.94								
17 Muscatine 'A'		3:52.86	3:52.78						
1) Natalie Radtke SO	2) Carolyn Grammens SO								
3) Traci Lee SO	4) Ann Sondrol SO								
27.90 29.82 27.24 30.64	27.65 31.84 27.52 30.17								
18 Charles City 'A'		3:54.05	3:52.94						
1) Erica Noah JR	2) Gina Soifer FR								
3) Abbie Leavens SR	4) Rachel Smith JR								
26.30 28.29 28.63 32.46	28.79 34.43 15.24 38.80								
19 Marshalltown 'A'		3:53.85	3:54.72						
1) Natalie Chizek SO	2) Natalie Clark FR								
3) Molly Gervich SR	4) Abbie Kremer JR								
28.70 30.78 27.11 30.90	27.48 31.00 27.86 30.89								
20 Carroll 'A'		3:51.86	3:55.05						
1) Ingrid Gronstal SR	2) Rachel Stork SR								
3) Becky Gray SR	4) Hannah Quandt SO								
28.25 31.01 28.12 32.16	27.89 30.91 27.24 29.47								
21 Cedar Rapids Prairie 'A'		3:50.19	3:55.65						
1) Naomi Fottral SO	2) Kelly Marine FR								
3) Jenna Uthoff SO	4) Erinn Croco SO								
28.34 30.60 28.66 30.86	27.79 30.93 27.06 31.41								
22 Indianola 'A'		3:54.75	3:56.35						
1) Mary Beth Wims JR	2) Amanda Rigg SO								
3) Alex Titus JR	4) Becki Adams JR								
27.86 30.35 28.71 32.66	26.91 31.76 27.45 30.65								
23 Iowa City High 'A'		3:53.70	3:56.36						
1) Gayle Dunlap SO	2) Kaela Kramer FR								
3) Kristen Lee SO	4) Molly Gable SR								
27.97 32.21 29.61 32.51	27.24 31.92 15.13 39.77								
24 Linn-Mar 'A'		3:54.53	3:59.35						
1) Meghan Oglesby JR	2) Lindsey Keoppel								

3) Amy Smith SO

28.33 30.39 29.41 32.45

4) Liz Jobe SO

27.44 30.82 28.42 32.09