

# Swimming and Diving State Champions

## Diving

### State Meet Record

#### 561.10, Jacintha Thomas, IC West, (2014)

1967	Sue Allender, Des Moines Roosevelt	153.95*
1968	Leslie O'Brien, Dubuque Wahlert	140.70*
1969	Nancy Terill, Des Moines Roosevelt	154.50*
1970	Peggy Anderson, Dubuque Wahlert	296.05#
1971S	Peggy Anderson, Dubuque Wahlert	384.10#
1971F	Peggy Anderson, Dubuque Wahlert	373.35
1972	Peggy Anderson, Dubuque Wahlert	424.05
1973	Nancy Watts, Des Moines Hoover	350.30
1974	Julie Van Etten, Dubuque Hempstead	361.80
1975	Denise Buchheister, CR Wash	413.31
1976	Denise Buchheister, CR Wash	435.90
1977	Lori Anderson, CR Washington	382.60
1978	Lori Anderson, CR Washington	454.10
1979	Mary Fischbach, Fort Dodge	486.70
1980	Mary Fischbach, Fort Dodge	510.45
1981	Mary Fischbach, Fort Dodge	512.85
1982	Mary Fischbach, Fort Dodge	535.70
1983	Theresa Michal, WDM Valley	412.45
1984	Nancy Behlmer, Dubuque Senior	405.00
1985	Ann Freed, Iowa City West	421.40
1986	Katy Ketoff, Dubuque Wahlert	413.15
1987	Chrissy Munn, CR Washington	432.70
1988	Heather Gross, Marshalltown	425.50
1989	Heather Gross, Marshalltown	412.10
1990	Angie Pillers, Clinton	374.70
1991	Angie Pillers, Clinton	406.10
1992	Amy Kaduce, Iowa City High	381.65
1993	Dani Pillers, Clinton	397.65
1994	Brooke Stahl, Cedar Falls	405.65
1995	Brooke Stahl, Cedar Falls	443.60
1996	Kara Hajek, Cedar Rapids Kennedy	428.80
1997	Darcee Newt, Dubuque Senior	398.85
1998	Lori Matthys, Davenport West	490.35
1999	Becky Miller, Iowa City High	412.90
2000	Andrea Shields, CR Kennedy	430.10
2001	Stacy Arkovich, Ames	430.35
2002	Meghan Sievertsen, CR Kennedy	442.85
2003	Meghan Sievertsen, CR Kennedy	437.10
2004	Meghan Sievertsen, CR Kennedy	470.95
2005	Veronica Rydze, Iowa City High	500.20
2006	Veronica Rydze, Iowa City High	495.70
2007	Bethany Olson, Cedar Falls	465.10
2008	Bethany Olson, Cedar Falls	476.50
2009	Kasey Williams, Southeast Polk	394.50
2010	Dahlia Gordon, Johnston	474.30
2011	Maggie James, Ames	447.80
2012	Maggie James, Ames	512.80
2013	Maggie James, Ames	532.05
2014	Jacintha Thomas, Iowa City West	561.10
2015	Claire Park, Pleasant Valley	517.95
2016	Claire Park, Pleasant Valley	495.85
2017	Jayna Misra, Ames	542.45
2018	Jayna Misra, Ames	554.95
2019	Sydney Jorgensen, Ankeny	513.20

\* Six Dives; # 10 Dives

## 200 Yard Medley Relay

### State Meet Record

#### 1:42.00, Dowling Catholic, 2018

1967	Des Moines Roosevelt	2:12.3
1968	Cedar Rapids Kennedy	2:10.5
1969	Des Moines Hoover	2:02.8
1970	Des Moines Hoover	2:09.1
1971S	Des Moines Hoover	2:06.5
1971F	Iowa City West	2:05.85
1972	Cedar Rapids Jefferson	2:04.53
1973	Ames	2:01.42
1974	Cedar Rapids Washington	1:56.38
1975	Des Moines Roosevelt	1:58.05

1976	Cedar Rapids Washington	1:55.08
1977	Cedar Rapids Washington	1:55.56
1978	Burlington	1:55.06
1979	Dubuque Hempstead	1:56.80
1980	West Des Moines Valley	1:54.77
1981	Muscatine	1:55.95
1982	Iowa City West	1:54.29
1983	Iowa City West	1:55.61
1984	Cedar Rapids Washington	1:54.62
1985	Muscatine	1:55.84
1986	Dubuque Senior	1:55.84
1987	West Des Moines Valley	1:54.00
1988	Dubuque Wahlert	1:54.10
1989	Dubuque Wahlert	1:51.28
1990	Fort Dodge	1:53.29
1991	Dubuque Wahlert	1:52.16
1992	Bettendorf	1:51.40
1993	Bettendorf	1:51.55
1994	Cedar Falls	1:51.99
1995	Cedar Falls	1:50.23
1996	Cedar Falls	1:50.08
1997	Dubuque Senior	1:51.42
1998	Linn-Mar	1:52.80
1999	West Des Moines Dowling	1:50.38
2000	West Des Moines Dowling	1:51.51
2001	West Des Moines Valley	1:49.40
2002	West Des Moines Valley	1:48.40
2003	West Des Moines Valley	1:50.11
2004	Ankeny	1:50.37
2005	West Des Moines Valley	1:52.65
2006	Ankeny	1:50.04
2007	West Des Moines Valley	1:46.72
2008	West Des Moines Valley	1:47.55
2009	Mason City	1:48.22
2010	Ames	1:46.67
2011	Ames	1:46.16
2012	Dowling Catholic	1:47.44
2013	Ames	1:45.50
2014	Waukee	1:46.57
2015	Ames	1:45.65
2016	Ames	1:43.78
2017	Ames	1:44.59
2018	Dowling Catholic	1:42.00
2019	Dowling Catholic	1:42.54

## 200 Yard Freestyle

### State Meet Record

#### 1:47.14, Alyssa Fluit, Southeast Polk, 2014

1970	Ann Full, Iowa City High	2:16.3
1971S	Mary Taylor, Cedar Rapids Washington	2:10.5
1971F	Robin Burns, Des Moines Hoover	2:16.27
1972	Mary Taylor, Cedar Rapids Washington	2:07.49
1973	Barb Bacon, Ames	2:02.09
1974	Barb Bacon, Ames	1:58.88
1975	Kay Kirkland, Des Moines Hoover	1:59.0
1976	Carie Goode, Cedar Rapids Kennedy	1:56.05
1977	Carie Goode, Cedar Rapids Kennedy	1:55.41
1978	Susanna Barry, Muscatine	1:56.67
1979	Susanna Barry, Muscatine	1:55.21
1980	Ann Williams, West Des Moines Valley	1:54.33
1981	Ann Williams, West Des Moines Valley	1:52.98
1982	Lynn Campbell, Waterloo West	1:57.80
1983	Ann Walker, Des Moines Roosevelt	1:55.63
1984	Ann Walker, Des Moines Roosevelt	1:53.71
1985	Jennifer Linder, Des Moines Hoover	1:52.48
1986	Teri Ross, Waterloo East	1:53.04
1987	Frankie Hanson, Urbandale	1:56.64
1988	Amy Walker, Des Moines Roosevelt	1:52.57
1989	Frankie Hanson, Dowling Catholic	1:53.79
1990	Frankie Hanson, Dowling Catholic	1:54.72
1991	Amy Kelling, Cedar Falls	1:54.45
1992	Sheri Theisen, Anamosa	1:54.31

1993	Sheri Theisen, Anamosa	1:53.48
1994	Jessica Martin, Cedar Falls	1:55.18
1995	Jessica Martin, Cedar Falls	1:54.47
1996	Stacey Wertz, Cedar Falls NU High	1:51.81
1997	Hillary Mason, Cedar Falls	1:54.45
1998	Abby Heinz, Sioux City East	1:55.77
1999	Leigh Taylor, Bettendorf	1:53.68
2000	Amy Halderman, Davenport North	1:55.45
2001	Erica Noah, Charles City	1:55.23
2002	Samantha Goldstein, Pleasant Valley	1:54.64
2003	Samantha Goldstein, Pleasant Valley	1:54.15
2004	Samantha Goldstein, Pleasant Valley	1:54.87
2005	Ashley Lawler, Iowa City West	1:54.06
2006	Lisa Nathanson, West Des Moines Valley	1:54.40
2007	Stephanie Koch, Ames	1:50.92
2008	Stephanie Koch, Ames	1:52.41
2009	Bailey Pons, Cedar Falls	1:51.70
2010	Juanita Barreto, West Des Moines Valley	1:51.35
2011	McKenna Lynch, Dowling Catholic	1:53.89
2012	Gabbie Stecker, Pleasant Valley	1:49.64
2013	Allyssa Fluit, Southeast Polk	1:49.43
2014	Alyssa Fluit, Southeast Polk	1:47.14
2015	Allyssa Fluit, Southeast Polk	1:47.53
2016	MyKenzie Leehy, Lewis Central	1:49.94
2017	Clare Culver, Dowling Catholic	1:49.86
2018	Clare Culver, Dowling Catholic	1:48.68
2019	Aurora Roghair, Iowa City West	1:48.85

## 200 Individual Medley

### State Meet Record

#### 2:00.33, Emma Sougstad, Mason City, 2012

1967	Lisa Hempelman, Des Moines Roosevelt	1:11.9*
1968	Lisa Hempelman, Des Moines Roosevelt	1:11.6*
1969	Candy Bloodsworth, Des Moines Hoover	1:06.8*
1970	Candy Bloodsworth, Des Moines Hoover	2:33.2
1971S	Candy Bloodsworth, Des Moines Hoover	2:31.8
1971F	Mary Taylor, Cedar Rapids Washington	2:31.48
1972	Barb Bacon, Ames	2:23.81
1973	Julie Baty, Cedar Rapids Washington	2:22.27
1974	Julie Baty, Cedar Rapids Washington	2:16.05
1975	Janet Lindstrom, Des Moines Roosevelt	2:14.14
1976	Janet Lindstrom, Des Moines Roosevelt	2:11.38
1977	Tanya Roach, Cedar Rapids Kennedy	2:18.35
1978	Carie Goode, Cedar Rapids Kennedy	2:13.65
1979	Georganne Peterson, Glenwood	2:10.87
1980	Georganne Peterson, Glenwood	2:10.87
1981	Georganne Peterson, Glenwood	2:10.87
1982	Georganne Peterson, Glenwood	2:10.87
1983	Ann Colloton, Iowa City West	2:12.17
1984	Teri Ross, Waterloo East	2:10.43
1985	Miekka Olson, Cedar Falls NU High	2:09.20
1986	Miekka Olson, Cedar Falls NU High	2:10.19
1987	Miekka Olson, Cedar Falls NU High	2:07.54
1988	Miekka Olson, Cedar Falls NU High	2:10.27
1989	Jenni Maehl, Cedar Rapids Prairie	2:10.98
1990	Jenni Maehl, Cedar Rapids Prairie	2:10.69
1991	Jami Strauss, Cedar Rapids Washington	2:11.62
1992	Jocelyn Wright, Linn-Mar	2:09.91
1993	Sarah Dougall, Cedar Rapids Washington	2:06.18
1994	Jinny Smedstad, Cedar Rapids Kennedy	2:11.14
1995	Sarah Dougall, Cedar Rapids Washington	2:06.10
1996	Sarah Dougall, Cedar Rapids Washington	2:06.13
1997	Heidi Landherr, Linn-Mar	2:08.62
1998	Heidi Landherr, Linn-Mar	2:09.67
1999	Erin Petty, Bettendorf	2:12.19
2000	Whitney Wodstrich, Cedar Rapids Jefferson	2:10.18
2001	Rachel Smith, Charles City	2:09.35
2002	Mindy Schulte, West Des Moines Valley	2:08.78
2003	Lauren Hohnstein, Bettendorf	2:12.02
2004	Hayley Fry, Linn-Mar	2:06.95
2005	Catie Baker, Cedar Rapids Kennedy	2:11.11
2006	Jaryn Studer, Ankeny	2:09.32

2007 Danielle Harris, West Des Moines Valley	2:06.98
2008 Danielle Harris, West Des Moines Valley	2:04.24
2009 Molly Counce, Bettendorf	2:05.84
2010 Allison Orvis, Decorah	2:05.32
2011 Emma Sougstad, Mason City	2:03.14
<b>2012 Emma Sougstad, Mason City</b>	<b>2:00.33</b>
2013 Sydney Angell, Pleasant Valley	2:04.52
2014 Kelsey Drake, Linn-Mar	2:02.05
2015 Lexi Horner, Johnston	2:05.04
2016 Lexi Horner, Johnston	2:02.31
2017 Sophie Sorenson, Ames	2:03.53
2018 Mary Martin, Dowling Catholic	2:02.96
2019 Scarlet Martin, Dowling Catholic	2:02.56
* 100 Yard Individual Medley	

## 50 Yard Freestyle

### State Meet Record

#### 22.51, Maddie Gehrke, Waukee, 2014

1967 Jana Greig, West Des Moines Valley	:28.6
1968 Jana Greig, West Des Moines Valley	:27.7
1969 Nan West, Davenport Central	:26.6
1970 Leslie Davidsen, Iowa City West	:26.9
1971S Peggy Anderson, Dubuque Wahlert	:26.0
1971F Peggy Anderson, Dubuque Wahlert	:25.94
1972 JoEllen Kelley, Cedar Rapids Jefferson	:25.99
1973 Patti Schropp, Des Moines Roosevelt	:25.41
1974 Liz MacBride, Ames	:25.64
1975 Liz MacBride, Ames	:25.17
1976 Rene Sullivan, Cedar Falls	:24.70
1977 Rene Sullivan, Cedar Falls	:24.69
1978 Krista Peterson, Iowa City High	:24.77
1979 Diane Kellenberger, CR Washington	:24.90
1980 Diane Kellenberger, CR Washington	:24.80
1981 Debbie Wells, West Des Moines Valley	:25.27
1982 Anne Packard, Dubuque Senior	:24.70
(Tie) Renee Bunger, Cedar Falls NU High	:24.70
1983 Anne Packard, Dubuque Senior	:24.58
1984 Renee Bunger, Cedar Falls NU High	:24.59
1985 Cris Ahmann, Muscatine	:24.54
1986 Jenni Adams, Cedar Rapids Kennedy	:24.71
1987 Barb Pranger, Davenport Assumption	:24.22
1988 Jennifer Kollbaum, Boone	:24.50
1989 Nicole Widmyer, Dubuque Wahlert	:24.48
1990 Erin Carew, Cedar Rapids Prairie	:24.24
1991 Erin Carew, Cedar Rapids Prairie	:24.41
1992 Erin Carew, Cedar Rapids Prairie	:24.20
1993 Erin Carew, Cedar Rapids Prairie	:24.39
1994 Randi Peterson, Cedar Falls	:24.12
1995 Melissa Fisher, Bettendorf	:24.66
1996 Randi Peterson, Cedar Falls	:24.41
1997 Katie Galligan, Cedar Falls	:24.03
1998 Erin Strub, Dubuque Senior	:24.19
1999 Katie Martin, Des Moines Roosevelt	:24.56
2000 Katie Martin, Des Moines Roosevelt	:24.41
2001 Whitney Jensen, Grinnell	:24.43
2002 Robin Samples, Des Moines Roosevelt	24.42
(Tie) Erin Pettty, Bettendorf	:24.42
2003 Hayley Fry, Linn-Mar	:24.24
2004 Nicky Wieben, Ankeny	:24.35
2005 Alexa Mehesan, West Des Moines Valley	23.69
2006 Alexa Mehesan, West Des Moines Valley	23.87
2007 Alexa Mehesan, West Des Moines Valley	22.92
2008 Becca Leffler, Des Moines Hoover	23.69
2009 Meredith Johnson, Marshalltown	24.16
2010 Maddie Bro, Ames & Taylor Flummerfelt, Ames	24.18
2011 Taylor Flummerfelt, Ames	23.98
2012 Maddie Gehrke, Waukee	23.34
2013 Maddy Burnham, Bettendorf	23.31
<b>2014 Maddie Gehrke, Waukee</b>	<b>22.51</b>
2015 Sarah Schemmel, Muscatine	23.24
2016 Sarah Schemmel, Muscatine	23.11
2017 Jasmine Rumley, Ankeny	22.93
2018 Jasmine Rumley, Ankeny	22.64

2019 Jasmine Rumley, Ankeny	22.53
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## 100 Yard Butterfly

### State Meet Record

#### 53.41, Scarlet Martin, Iowa City West, 2019

1967 Cyd Hempelman, Des Moines Roosevelt	:32.4*
1968 Debbie Witt, Des Moines Roosevelt	:30.8*
1969 Janine Stastney, Cedar Rapids Jefferson	:29.5*
1970 Barb Kunnert, Dubuque Wahlert	1:06.8
1971S Sue Winne, Dubuque Senior	1:07.8
1971F Barb Kunnert, Dubuque Wahlert	1:06.41
1972 Barb Bacon, Ames	1:03.21
1973 Janet Lindstrom, Des Moines Roosevelt	1:02.97
1974 Ann Griffin, Clinton	1:02.00
1975 Janet Lindstrom, Des Moines Roosevelt	1:02.97
1976 Janet Lindstrom, Des Moines Roosevelt	1:00.14
1977 Carie Goode, Cedar Rapids Kennedy	:59.38
1978 Susanna Barry, Muscatine	:59.53
1979 Susanna Barry, Muscatine	:58.75
1980 Georganne Peterson, Glenwood	:57.25
1981 Georganne Peterson, Glenwood	:58.24
1982 Georganne Peterson, Glenwood	:58.94
1983 Ann Walker, Des Moines Roosevelt	:56.86
1984 Ann Walker, Des Moines Roosevelt	:56.31
1985 Cris Ahmann, Muscatine	:56.82
1986 Barb Pranger, Davenport Assumption	:58.12
1987 Barb Pranger, Davenport Assumption	:56.34
1988 Miekka Olson, Cedar Falls NU High	:58.88
1989 Jean Gordon, Mason City	:58.15
1990 Jean Gordon, Mason City	:58.95
1991 Brandy Wince, Bettendorf	:59.16
1992 Trudy Henkels, Dubuque Wahlert	:59.18
1993 Jocelyn Wright, Linn-Mar	:58.87
1994 Calley Voorhees, West Des Moines Valley	:59.99
1995 Heidi Landherr, Linn-Mar	:58.84
1996 Heidi Landherr, Linn-Mar	:58.27
1997 Amber McDowell, Pleasant Valley	:58.32
1998 Heidi Landherr, Linn-Mar	:59.65
1999 Kim Rogers, Cedar Falls	1:00.59
2000 Kim Rogers, Cedar Falls	:58.95
2001 Kim Rogers Cedar Falls	:57.90
2002 Betsy Grover, Sioux City Metro	:57.09
2003 Melinda Schulte, West Des Moines Valley	:58.62
2004 Ella Doerge, West Des Moines Valley	:57.50
2005 Ella Doerge, West Des Moines Valley	:56.70
2006 Alexa Mehesan, West Des Moines Valley	:56.82
2007 Alexa Mehesan, West Des Moines Valley	:54.57
2008 Caitlin Campbell, Bettendorf	:56.79
2009 Emma Sougstad, Mason City	:56.68
2010 Caitlin Campbell, Bettendorf	:57.32
2011 Emma Sougstad, Mason City	:56.42
2012 Emma Sougstad, Mason City	:55.25
2013 Maddy Burnham, Bettendorf	:54.73
2014 Kelsey Drake, Linn-Mar	:54.79
2015 Samantha Hedrick, NCMP	:55.01
2016 Kelsey Drake, Linn-Mar	:55.13
2017 Berit Quass, Dowling Catholic	:54.38
2018 Berit Quass, Dowling Catholic	:54.16
2019 Scarlet Martin, Iowa City West	:53.41
* 50 Yard Butterfly	

## 100 Yard Freestyle

### State Meet Record

#### 49.03, Jasmine Rumley, Ankeny, 2019

1967 Lisa Hempelman, Des Moines Roosevelt	1:04.2
1968 Marcia Manseth, Iowa City High	1:01.7
1969 Sandy Durham, West Des Moines Valley	1:01.0
1970 Marlene Klouda, Cedar Rapids Prairie	1:00.6
1971SMary Taylor, Cedar Rapids Washington	:58.3
1971FMary Taylor, Cedar Rapids Washington	:58.04
1972 Mary Taylor, Cedar Rapids Washington	:57.25
1973 Barb Bacon, Ames	:56.12
1974 Barb Bacon, Ames	:54.57
1975 Liz MacBride, Ames	:55.01

1976 Rene Sullivan, Cedar Falls	:54.54
1977 Rene Sullivan, Cedar Falls	:54.54
1978 Leslie Richard, Ames	:53.71
1979 Donna Strilich, Cedar Rapids Washington	:54.22
1980 Erica Wockenfuss, Iowa City High	:53.75
1981 Erica Wockenfuss, Iowa City High	:54.19
1982 Debbie Wells, West Des Moines Valley	:54.00
1983 Renee Bunger, Cedar Falls NU High	:53.72
1984 Teri Ross, Waterloo East	:52.93
1985 Teri Ross, Waterloo East	:52.61
1986 Teri Ross, Waterloo East	:52.69
1987 Teri Ross, Waterloo East	:52.14
1988 Jennifer Kollbaum, Boone	:53.58
1989 Mikka Olson, Bettendorf	:53.17
1990 Jenni Maehl, Cedar Rapids Prairie	:53.43
1991 Erin Carew, Cedar Rapids Prairie	:53.31
1992 Erin Carew, Cedar Rapids Prairie	:52.63
1993 Stacey Wertz, Cedar Falls NU High	:53.06
1994 Stacey Wertz, Cedar Falls NU High	:52.67
1995 Stacey Wertz, Cedar Falls NU High	:52.30
1996 Stacey Wertz, Cedar Falls NU High	:51.56
1997 Katie Galligan, Cedar Falls	:51.77
1998 Erin Strub, Dubuque Senior	:52.59
1999 Katie Martin, Des Moines Roosevelt	:53.96
2000 Katie Martin, Des Moines Roosevelt	:52.87
2001 Katie Martin, Des Moines Roosevelt	:53.00
2002 Erin Petty, Bettendorf	:52.54
2003 Samantha Goldstein, Pleasant Valley	:53.34
2004 Nicky Wieben, Ankeny	:52.99
2005 Alexa Mehesan, West Des Moines Valley	:52.32
2006 Lisa Nathanson, West Des Moines Valley	:51.98
2007 Lisa Nathanson, West Des Moines Valley	:51.55
2008 Stephanie Koch, Ames	:51.67
2009 Meredith Johnson, Marshalltown	:52.02
2010 Juanita Barreto, West Des Moines Valley	:51.46
2011 Taylor Flummerfelt, Ames	:51.97
2012 Aftin Phylfe, Cedar Falls	:51.54
2013 Lauren Leehy, Lewis Central	:51.68
2014 MyKenzie Leehy, Lewis Central	:50.40
2015 Sarah Schemmel, Muscatine	:50.51
2016 MyKenzie Leehy, Lewis Central	:50.29
2017 Amy Feddersen, Ames	:49.54
2018 Amy Feddersen, Ames	:49.75
2019 Jasmine Rumley, Ankeny	:49.03

## 500 Yard Freestyle

### State Meet Record

#### 4:48.88, Berit Quass, Dowling Catholic, 2018 (Prelims)

1970 Ann Full, Iowa City High	4:55.5*
1971S Sandy Durham, Des Moines Hoover	4:54.0*
1971F Sandy Durham, Des Moines Hoover	4:52.50*
1972 Kim Carpenter, Des Moines Roosevelt	4:33.06*
1973 Sue Trumbower, West Des Moines Valley	4:26.83*
1974 Kathe Linn, Des Moines Roosevelt	5:27.20
1975 Kay Kirkland, Des Moines Hoover	5:17.34
1976 Kay Kirkland, Des Moines Hoover	5:10.48
1977 Kay Kirkland, Des Moines Hoover	5:07.11
1978 Ann Williams, West Des Moines Valley	5:09.29
1979 Becky Wilson, Cedar Rapids Washington	5:09.35
1980 Ann Williams, West Des Moines Valley	5:04.56
1981 Dale Etnyre, Cedar Rapids Kennedy	5:01.83
1982 Lynn Campbell, Waterloo West	5:14.84
1983 Lynn Campbell, Waterloo West	5:10.85
1984 Jennifer Linder, Des Moines Hoover	5:03.07
1985 Jennifer Linder, Des Moines Hoover	4:59.34
1986 Jennifer Linder, Des Moines Hoover	4:59.61
1987 Frankie Hanson, Urbandale	5:09.52
1988 Amy Walker, Des Moines Roosevelt	5:01.07
1989 Shell Olson, Cedar Falls NU High	5:10.84
1990 Frankie Hanson, West Des Moines Dowling	5:01.41
1991 Amy Kelling, Cedar Falls	5:07.07
1992 Sheri Theisen, Anamosa	5:00.38
1993 Sheri Theisen, Anamosa	4:56.97

1994	Jessica Martin, Cedar Falls	5:06.26
1995	Hillary Mason, Cedar Falls	5:05.73
1996	Hillary Mason, Cedar Falls	5:03.59
1997	Hillary Mason, Cedar Falls	4:59.60
1998	Leigh Taylor, Bettendorf	5:12.01
1999	Leigh Taylor, Bettendorf	5:04.33
2000	Leigh Taylor, Bettendorf	5:06.83
2001	Megan Lonergan, Bettendorf	5:05.86
2002	Megan Lonergan, Bettendorf	5:05.64
2003	Megan Lonergan, Bettendorf	5:00.82
2004	Megan Lonergan, Bettendorf	5:03.2
2005	Ashley Lawler, Iowa City West	4:58.96
2006	Liz Horvat, Pleasant Valley	5:05.41
2007	Stephanie Koch, Ames	5:03.59
2008	Allison Harding, West Des Moines Valley	5:00.33
2009	Bailey Pons, Cedar Falls	5:01.98
2010	Margaret Barber, Bettendorf	5:00.44
2011	McKenna Lynch, Dowling Catholic	5:06.63
2012	Gabbie Stecker, Pleasant Valley	4:52.91
2013	Allyssa Fluit, Southeast Polk	4:56.51
2014	Allyssa Fluit, Southeast Polk	4:50.27
2015	Allyssa Fluit, Southeast Polk	4:54.78
2016	Berit Quass, Dowling Catholic	4:45.50
2017	Berit Quass, Dowling Catholic	4:55.00
2018	Berit Quass, Dowling Catholic	4:50.96
2019	Aurora Roghair, Iowa City West	4:50.87

\* 400 Yard Freestyle

## 200 Yard Freestyle Relay

*State Meet Record*  
**1:33.50, Ames, 2018**

1967	Des Moines Roosevelt	1:59.5
1968	Iowa City High	1:53.9
1969	West Des Moines Valley	1:52.5
1990	Bettendorf	1:40.55
1991	Dubuque Senior	1:42.50
1992	Dubuque Senior	1:40.74
1993	Cedar Falls	1:39.89
1994	Cedar Falls	1:38.58
1995	Cedar Falls	1:38.43
1996	Cedar Falls	1:37.55
1997	Cedar Falls	1:39.14
1998	Cedar Falls	1:40.35
1999	Bettendorf	1:39.23
2000	Bettendorf	1:38.32
2001	Bettendorf	1:39.08
2002	Bettendorf	1:38.53
2003	Cedar Falls	1:40.54
2004	Cedar Falls	1:38.77
2005	Cedar Falls	1:38.28
2006	West Des Moines Valley	1:36.19
2007	West Des Moines Valley	1:33.83
2008	West Des Moines Valley	1:36.76
2009	Mason City	1:37.84
2010	Carroll	1:38.16
2011	Linn-Mar	1:38.60
2012	Pleasant Valley	1:36.15
2013	Bettendorf	1:35.83
2014	Pleasant Valley	1:35.96
2015	Ames	1:35.57
2016	Ames	1:34.88
2017	Ankeny	1:35.19
<b>2018</b>	<b>Ames</b>	<b>1:33.50</b>
2019	Ames	1:34.84

## 100 Yard Backstroke

*State Meet Record*  
**54.60, Sophie Sorensen, Ames, 2017**

1967	Cyd Hempelman, Des Moines Roosevelt	:34.3*
1968	Cyd Hempelman, Des Moines Roosevelt	:33.9*
1969	Debi Jansen, Des Moines Hoover	:31.9*
1970	Barb Kunnert, Dubuque Wahlert	1:08.0

1971S	Mary Phelan, Cedar Rapids Washington	1:06.8
1971F	Mary Phelan, Cedar Rapids Washington	1:06.91
1972	Mary Phelan, Cedar Rapids Washington	1:07.21
1973	Laura Millis, West Des Moines Valley	1:05.70
1974	Laura Millis, West Des Moines Valley	1:05.50
1975	Jana Happel, Cedar Rapids Washington	1:02.15
1976	Theresa Nissen, Clinton	1:04.20
1977	Theresa Morse, Davenport West	1:04.06
1978	Carie Goode, Cedar Rapids Kennedy	1:01.85
1979	Anne Callahan, West Des Moines Valley	1:02.37
1980	Marliese Wetzel, Burlington	1:01.01
1981	Vickie Nauman, Des Moines Hoover	1:00.30
1982	Debbie Wells, West Des Moines Valley	1:02.49
1983	Emily Kiehne, Des Moines Roosevelt	1:00.37
1984	Emily Kiehne, Des Moines Roosevelt	1:01.38
1985	Emily Kiehne, Des Moines Roosevelt	1:00.59
1986	Nancy Pugh, Waterloo West	1:00.56
1987	Carol Muyskens, Des Moines Hoover	1:01.18
1988	Joy Johnson, West Des Moines Valley	1:00.44
1989	Joy Johnson, West Des Moines Valley	:58.87
1990	Joy Johnson, West Des Moines Valley	:58.53
1991	Jayme Olson, Bettendorf	:59.06
1992	Jocelyn Wright, Linn-Mar	:57.53
1993	Jocelyn Wright, Linn-Mar	:57.09
1994	Libbie McCarthy, Bettendorf	:59.65
1995	Sarah Dougall, Cedar Rapids Washington	:58.37
1996	Sarah Dougall, Cedar Rapids Washington	:58.34
1997	Laurie Bratton, Ottumwa	:59.78
1998	Laurie Bratton, Ottumwa	:59.37
1999	Jessie Crawford, Cedar Falls	:58.67
2000	Whitney Wodstrchill, CR Jefferson	:59.10
2001	Jamie Wieben, Ankeny	:59.21
2002	Cassandra Nelson, WDM Valley	:58.43
2003	Whitney Wodstrchill, CR Jefferson	:59.08
2004	Abby Girard, Cedar Falls	:58.66
2005	Abby Girard, Cedar Falls	:59.24
2006	Beth Eyanson, Iowa City High	:58.57
2007	Courtney Busch, Mason City	:59.06
2008	Danielle Harris, West Des Moines Valley	:56.15
2009	Maddie Bro, Ames	:58.76
2010	Maddie Bro, Ames	:55.87
2011	Maddie Bro, Ames	:56.62
2012	Sara Bentley, Ames	:56.89
2013	Sara Bentley, Ames	:56.70
2014	Maddie Gehrke, Waukee	:54.83
2015	Sophie Sorensen, Ames	:54.94
2016	Sophie Sorensen, Ames	:54.61
<b>2017</b>	<b>Sophie Sorensen, Ames</b>	<b>:54.60</b>
2018	Katie Broderick, Dowling Catholic	:55.77
2019	Katie Broderick, Dowling Catholic	:55.53

## 100 Yard Breaststroke

*State Meet Record*

**1:01.18, Katharine Ross, Des Moines North, 2012**

1967	Sue Thomas, Bettendorf	:36.5*
1968	Margie Vanerloo, Dubuque Senior	:36.0*
1969	Candy Bloodsworth, DM Hoover	:33.2*
1970	Candy Bloodsworth, DM Hoover	1:14.8
1971S	Holly Richardson, Iowa City West	1:19.2
1971F	Vicki Hand, DM Hoover	1:17.68
1972	Terry Hand, DM Hoover	1:14.53
1973	Terry Hand, DM Hoover	1:14.10
1974	Julie Baty, CR Washington	1:12.31
1975	Janet Ware, Sioux City West	1:11.51
1976	Janet Ware, Sioux City West	1:11.67
1977	Debbie Ferguson, NCMP	1:13.93
1978	Pam York, Burlington	1:10.93
1979	Kristy Frieden, Mason City	1:11.25
1980	Kristy Frieden, Mason City	1:10.09
1981	Kristy Frieden, Mason City	1:10.53
1982	Ann Colloton, Iowa City West	1:09.52
1983	Ann Colloton, Iowa City West	1:07.45

1984	Ann Colloton, Iowa City West	1:08.02
1985	Ann Colloton, Iowa City West	1:06.09
1986	Jenni Adams, CR Kennedy	1:09.12
1987	Amy Rothell, WDM Valley	1:08.86
1988	Holly Mahan, Dubuque Senior	1:09.51
1989	Danielle Workman, CR Kennedy	1:08.89
1990	Tanya Henkels, Dubuque Wahlert	1:09.04
1991	Tanya Henkels, Dubuque Wahlert	1:07.82
1992	Sonja Casper, CR Washington	1:06.16
1993	Lacey Sheneman, Sioux City East	1:09.34
1994	Randi Peterson, Cedar Falls	1:08.99
1995	Sanami Fotrall, Cedar Rapids Prairie	1:07.60
1996	Allison Lyle, Iowa City West	1:06.95
1997	Allison Lyle, Iowa City West	1:06.97
1998	Erika Uthoff, Cedar Rapids Prairie	1:07.94
1999	Erika Uthoff, Cedar Rapids Prairie	1:08.18
2000	Kelly Quinn, West Des Moines Dowling	1:08.24
2001	Britt Brunzman, Dubuque Hempstead	1:07.54
2002	Hayley Fry, Linn-Mar	1:06.45
2003	Hayley Fry, Linn-Mar	1:03.96
2004	Hayley Fry, Linn-Mar	1:04.54
2005	Jaryn Studer, Ankeny	1:07.12
2006	Jaryn Studer, Ankeny	1:05.66
2007	Emily Wiltzie, Mason City	1:05.30
2008	Emily Wiltzie, Mason City	1:05.84
2009	Imelda Wistey, West Des Moines Valley	1:03.75
2010	Ali Stearns, Mason City	1:04.63
2011	Brittany Purscell, Des Moines Lincoln	1:05.55
<b>2012</b>	<b>Katharine Ross, Des Moines North</b>	<b>1:01.18</b>
2013	Lizzy Brown, Iowa City High	1:03.86
2014	Sydney Angell, Pleasant Valley	1:02.85
2015	Lexi Horner, Johnston	1:05.04
2016	Lexi Horner, Johnston	1:03.75
2017	Molly Winer, Ames	1:02.62
2018	Molly Winer, Ames	1:02.17
2019	Mary Martin, Dowling Catholic	1:03.33

## 400 Freestyle Relay

*State Meet Record*  
**3:25.55, Ames, 2017**

1970	Davenport Central	4:20.5
1971S	Davenport Central	4:13.8
1971F	Muscatine	4:11.21
1972	Cedar Rapids Washington	4:05.03
1973	Sioux City North	4:00.38
1974	Ames	3:46.75
1975	Des Moines Hoover	3:48.21
1976	Cedar Rapids Kennedy	3:42.14
1977	Cedar Rapids Washington	3:40.82
1978	Cedar Rapids Kennedy	3:41.18
1979	Cedar Rapids Washington	3:43.22
1980	West Des Moines Valley	3:39.63
1981	Cedar Rapids Kennedy	3:44.21
1982	Des Moines Hoover	3:46.17
1983	Des Moines Hoover	3:44.95
1984	Des Moines Hoover	3:42.46
1985	Des Moines Hoover	3:43.43
1986	Des Moines Hoover	3:42.66
1987	Des Moines Hoover	3:43.97
1988	Cedar Falls NU High	3:41.52
1989	Bettendorf	3:41.50
1990	Bettendorf	3:39.61
1991	Bettendorf	3:42.49
1992	Cedar Falls	3:37.78
1993	Cedar Falls	3:39.40
1994	Cedar Falls	3:38.68
1995	Cedar Falls	3:39.39
1996	Cedar Falls	3:36.93
1997	Cedar Falls	3:36.78
1998	Cedar Falls	3:35.75
1999	Bettendorf	3:34.28
2000	Bettendorf	3:36.40
2001	Ankeny	3:39.11

2002	Pleasant Valley	3:34.74
2003	Pleasant Valley	3:39.37
2004	Cedar Falls	3:38.74
2005	West Des Moines Valley	3:32.69
2006	West Des Moines Valley	3:32.65
2007	West Des Moines Valley	3:34.61
2008	West Des Moines Valley	3:35.61
2009	Bettendorf	3:37.37
2010	Ames	3:33.01
2011	Ames	3:31.65
2012	Pleasant Valley	3:31.31
2013	Lewis Central	3:29.27
2014	West Des Moines Valley	3:31.10
2015	Ames	3:29.15
2016	Ames	3:28.74
<b>2017</b>	<b>Ames</b>	<b>3:24.89</b>
2018	Ames	3:25.55
2019	Dowling Catholic	3:28.11

**Bold = current State Meet Record**

# Swimming & Diving Records (through 2020 Regional Meet)

## One Meter Diving:

Iowa Best -- 59.7.25, Jayna Misra, Ames, 2018  
State Meet Best -- 561.10, Jacintha Thomas, Iowa City West, 2014  
Regional Meet Best -- 583.45, Mary Fischbach, Fort Dodge, 1982

## 200 Yard Medley Relay

Iowa Best -- 1:42.00, Dowling Catholic, 2018 (Katie Broderick, Mary Martin, Berit Quass, Mary Sweetman)  
State Meet Best -- 1:42.00, Dowling Catholic, 2018 (Katie Broderick, Mary Martin, Berit Quass, Mary Sweetman)  
Regional Meet Best -- 1:44.32, Dowling Catholic, 2018 (Katie Broderick, Mary Martin, Berit Quass, Mary Sweetman)

## 200 Yard Freestyle

Iowa Best -- 1:47.14, Allyssa Fluit, Southeast Polk, 2014  
State Meet Best -- 1:47.14, Allyssa Fluit, Southeast Polk, 2014  
Regional Meet Best -- 1:48.78, Clare Culver, Dowling Catholic, 2017

## 200 Yard Individual Medley

Iowa Best -- 2:00.33, Emma Sougstad, Mason City, 2012  
State Meet Best -- 2:00.33 Emma Sougstad, Mason City, 2012  
Regional Meet Best -- 2:04.51, Kelsey Drake, Linn-Mar

## 50 Yard Freestyle

Iowa Best -- :22.29, Jasmine Rumley, Ankeny, 2017  
State Meet Best -- :22.51, Maddie Gehrke, Waukee, 2014  
Regional Meet Best -- :22.29, Jasmine Rumley, Ankeny, 2017

## 100 Yard Butterfly

Iowa Best -- :53.41, Scarlet Martin, Iowa City West, 2019  
State Meet Best -- :53.41, Scarlet Martin, Iowa City West, 2019  
Regional Meet Best -- :53.97, Berit Quass, Dowling Catholic, 2017,

## 100 Yard Freestyle

Iowa Best -- :49.03, Jasmine Rumley, Ankeny, 2019  
State Meet Best -- :49.03, Jasmine Rumley, Ankeny, 2019  
Regional Meet Best -- :49.70, Amy Feddersen, Ames, 2017

## 500 Yard Freestyle

Iowa Best -- 4:48.88, Berit Quass, Dowling Catholic, 2018  
State Meet Best -- 4:48.88, Berit Quass, Dowling Catholic, 2018  
Regional Meet Best -- 4:50.55, Jessi Wigham, Waukee, 2020

## 200 Yard Freestyle Relay

Iowa Best -- 1:33.50 Ames, 2018 (Amy Feddersen, Meghan Donald, Molly Winer, Brinley Horras)  
State Meet Best -- 1:33.50 Ames, 2018 (Amy Feddersen, Meghan Donald, Molly Winer, Brinley Horras)  
Regional Meet Best -- 1:35.92, Ankeny, 2017 (Christina Ware, Nikki Ault, Erin Doruska, Jasmine Rumley)

## 100 Yard Backstroke

Iowa Best -- :54.57, Katie Broderick, Dowling Catholic, 2019  
State Meet Best -- :54.57, Katie Broderick, Dowling Catholic, 2019 (prelims)  
Regional Meet Best -- :54.94, Sophie Sorenson, Ames, 2015

## 100 Yard Breaststroke

Iowa Best -- 1:01.18, Katharine Ross, Des Moines North, 2012  
State Meet Best -- 1:01.18, Katharine Ross, Des Moines North, 2012  
Regional Meet Best -- 1:03.49, Milly Winer, Ames, 2017

## 400 Freestyle Relay

Iowa Best -- 3:24.89, Ames, 2017 (Sophie Sorenson, Brinley Horras, Annie Galvin, Amy Feddersen)  
Iowa Best -- 3:24.89, Ames, 2017 (Sophie Sorenson, Brinley Horras, Annie Galvin, Amy Feddersen)  
Regional Meet Best -- 3:30.66, Ames, 2016 (Sophie Sorenson, Brinley Horras, Olivia Jenks, Amy Feddersen)

# TEAM CHAMPIONS

## Team Champion

1967	Des Moines Roosevelt (Bill Crispin) . . . . .	100
1968	Iowa City High (Denny Roberson) . . . . .	61
1969	Des Moines Hoover (Pat Bloomcamp) . . . . .	53
1970	Des Moines Hoover (Pat Bloomcamp) . . . . .	182
1971s	Des Moines Hoover (Pat Bloomcamp) . . . . .	217 1/2
1971f	Des Moines Hoover (Pat Bloomcamp) . . . . .	154
1972	Des Moines Roosevelt (Tom Reed) . . . . .	139
1973	Des Moines Roosevelt (Tom Reed) . . . . .	177
1974	West Des Moines Valley (Mark Wagner) . . . . .	166
1975	West Des Moines Valley (Mark Wagner) . . . . .	226
1976	Cedar Rapids Washington (Carol Lensing) . . . . .	235
1977	Cedar Rapids Washington (Carol Lensing) . . . . .	352
1978	Cedar Rapids Kennedy (Mark Onstott) . . . . .	272
1979	Cedar Rapids Washington (Carol Lensing) . . . . .	235
1980	Des Moines Roosevelt (Tom Reed) . . . . .	227 1/2
1981	Cedar Rapids Kennedy (Mark Onstott) . . . . .	227
1982	Muscatine (Judd Anderson) . . . . .	200
1983	Des Moines Hoover (Dave Linder) . . . . .	239
1984	Cedar Rapids Washington (Jim Herman) . . . . .	223
1985	Muscatine (Judd Anderson) . . . . .	174
1986	Cedar Falls (Dick Marcusson) . . . . .	203
1987	Mason City (Steve Hugo) . . . . .	166 1/2
1988	Mason City (Steve Hugo) . . . . .	211 1/2
1989	Mason City (Steve Hugo) . . . . .	183
1990	Bettendorf (Wayne Fatchett) . . . . .	215
1991	Bettendorf (Wayne Fatchett) . . . . .	288
1992	Bettendorf (Wayne Fatchett) . . . . .	285
1993	Cedar Falls (Dick Marcusson) . . . . .	310 1/2
1994	Cedar Falls (Dick Marcusson) . . . . .	365
1995	Cedar Falls (Dick Marcusson) . . . . .	374
1996	Cedar Falls (Dick Marcusson) . . . . .	381
1997	Cedar Falls (Dick Marcusson) . . . . .	304
1998	Cedar Falls (Dick Marcusson) . . . . .	250
1999	Bettendorf (Mike Ahrens) . . . . .	229
2000	Bettendorf (Mike Ahrens) . . . . .	274
2001	Bettendorf (Mike Ahrens) . . . . .	269
2002	Bettendorf (Mike Ahrens) . . . . .	276.5
2003	Cedar Falls (Dick Marcusson) . . . . .	306
2004	Cedar Falls (Dick Marcusson) . . . . .	227
2005	West Des Moines Valley (Shawn DeBoef) . . . . .	287.5
2006	West Des Moines Valley (Shawn DeBoef) . . . . .	355
2007	West Des Moines Valley (Shawn DeBoef) . . . . .	387
2008	West Des Moines Valley (Shawn DeBoef) . . . . .	316
2009	Mason City (Steve Hugo) . . . . .	275
2010	Ames (Dan Flannery) . . . . .	293
2011	Ames (Dan Flannery) . . . . .	336
2012	Ames (Dan Flannery) . . . . .	274
2013	Ames (Dan Flannery) . . . . .	302
2014	Pleasant Valley (Jay Smith) . . . . .	301
2015	Ames (Dan Flannery) . . . . .	355
2016	Ames (Dan Flannery) . . . . .	341
2017	Ames (Dan Flannery) . . . . .	384
2018	Ames (Dan Flannery) . . . . .	372
2019	Dowling Catholic (Frankie Hansen) . . . . .	360

## Runner-up

Bettendorf . . . . .	46
Des Moines Roosevelt . . . . .	57
West Des Moines Valley & Iowa City High . . . . .	38
West Des Moines Valley . . . . .	119
Cedar Rapids Washington . . . . .	127
West Des Moines Valley . . . . .	119
Des Moines Hoover . . . . .	137
Ames . . . . .	164
Cedar Rapids Washington . . . . .	154
Des Moines Hoover . . . . .	206
Des Moines Hoover . . . . .	206
Cedar Rapids Kennedy . . . . .	261
Cedar Rapids Washington . . . . .	226
West Des Moines Valley . . . . .	177
West Des Moines Valley . . . . .	209
West Des Moines Valley . . . . .	171
Des Moines Hoover . . . . .	182
Cedar Rapids Washington & Iowa City West . . . . .	164
Des Moines Hoover . . . . .	187
Cedar Falls . . . . .	151
Cedar Rapids Kennedy . . . . .	146
West Des Moines Valley . . . . .	153
Cedar Falls NU High . . . . .	147
West Des Moines Valley . . . . .	172
Mason City . . . . .	184
Cedar Falls . . . . .	239
Cedar Falls . . . . .	278
Bettendorf . . . . .	198
Marshalltown . . . . .	162
West Des Moines Valley . . . . .	162
Dubuque Senior . . . . .	193
Bettendorf . . . . .	197
Dubuque Senior . . . . .	246
Cedar Falls . . . . .	221
West Des Moines Dowling . . . . .	228
Cedar Falls . . . . .	210
West Des Moines Valley . . . . .	236
West Des Moines Valley . . . . .	250
Ankeny . . . . .	217
Cedar Falls . . . . .	270.5
Marsahlitown . . . . .	160
Marshalltown . . . . .	189
Cedar Falls . . . . .	201
Bettendorf . . . . .	260
West Des Moines Valley . . . . .	213
West Des Moines Valley . . . . .	246
Pleasant Valley . . . . .	224
Pleasant Valley . . . . .	249
Ames . . . . .	293
Pleasant Valley . . . . .	197.5
Johnston . . . . .	197
Dowling Catholic . . . . .	271.5
Dowling Catholic . . . . .	319
Ames . . . . .	328

## **State Championship Coaches**

9: Dick Marcusson, Cedar Falls

8: Dan Flannery, Ames

4: Pat Bloomcamp, Des Moines Hoover; Mike Ahrens, Bettendorf; Shawn DeBoef, West Des Moines Valley; Steve Hugo, Mason City

3: Wayne Fatchett, Bettendorf; Tom Reed, Des Moines Roosevelt; Carol Lensing, Cedar Rapids Washington

2: Judd Anderson, Muscatine; Mark Wagner, West Des Moines Valley;

1: Jim Herman, Cedar Rapids Washington; Bill Crispin, Des Moines Roosevelt; Denny Roberson, Iowa City High; Mark Onstott, Cedar Rapids Kennedy; Dave Linder, Des Moines Hoover; Jay Smith Pleasant Valley; Frankie Hansen, Dowling Catholic

# State Swimming & Diving Multi-Winners

## THREE TIME WINNERS OF SAME EVENT

Meghan Sievertsen .....	Cedar Rapids Kennedy .....	Diving .....	2002, 03, 04
Maggie James .....	Ames .....	Diving .....	2011, 12, 13
Frankie Hanson .....	Urbandale/Dowling Catholic .....	200 Freestyle .....	1987, 89, 90
Samantha Goldstein .....	Pleasant Valley .....	200 Freestyle .....	2002, 03, 04
Allyssa Fluit .....	Southeast Polk .....	200 Freestyle .....	2013, 14, 15
Candy Bloodsworth .....	Des Moines Hoover .....	200 IM .....	1969, 70, 71
Sarah Dougall .....	Cedar Rapids Washington .....	200 IM .....	1993, 95, 96
Alexa Mehesan .....	West Des Moines Valley .....	50 Freestyle .....	2005, 06, 07
Janet Lindstrom .....	Des Moines Roosevelt .....	100 Butterfly .....	1973, 75, 76
Georganne Peterson .....	Glenwood .....	100 Butterfly .....	1980, 81, 82
Heidi Landherr .....	Linn-Mar .....	100 Butterfly .....	1995, 96, 98
Kim Rogers .....	Cedar Falls .....	100 Butterfly .....	1999, 2000, 01
Emma Sougstad .....	Mason City .....	100 Butterfly .....	2009, 11, 12
Mary Taylor .....	Cedar Rapids Washington .....	100 Freestyle .....	1971, 71 (Fall), 72
Katie Martin .....	Des Moines Roosevelt .....	100 Freestyle .....	1999, 2000, 01
Kay Kirkland .....	Des Moines Hoover .....	500 Freestyle .....	1975, 76, 77
Jennifer Linder .....	Des Moines Hoover .....	500 Freestyle .....	1984, 85, 86
Leigh Taylor .....	Bettendorf .....	500 Freestyle .....	1998, 99, 2000
Allyssa Fluit .....	Southeast Polk .....	500 Freestyle .....	2013, 14, 15
Mary Phelan .....	Cedar Rapids Washington .....	100 Backstroke .....	1971, 1971 (Fall), 72
Emily Kiehne .....	Des Moines Roosevelt .....	100 Backstroke .....	1983, 84, 85
Joy Johnson .....	West Des Moines Valley .....	100 Backstroke .....	1988, 89, 90
Maddie Bro .....	Ames .....	100 Backstroke .....	2009, 10, 11
Sophie Sorensen .....	Ames .....	100 Backstroke .....	2015, 16, 17
Kristy Frieden .....	Mason City .....	100 Breaststroke .....	1979, 80, 81
Hayley Fry .....	Linn-Mar .....	100 Breaststroke .....	2002, 03, 04
Berit Quass .....	Dowling Catholic .....	500 Freestyle .....	2016, 17, 18

## FOUR TIME WINNERS OF SAME EVENT

Peggy Anderson .....	Dubuque Wahlert .....	Diving .....	1970, 71S, 71F, 72
Mary Fischbach .....	Fort Dodge .....	Diving .....	1980, 81, 82, 83
Georganne Peterson .....	Glenwood .....	Individual Medley .....	1979, 80, 81, 82
Ann Colloton .....	Iowa City West .....	Breaststroke .....	1982, 83, 84, 85
Jennifer Linder .....	Des Moines Hoover .....	Freestyle Relay .....	1983, 84, 85, 86
Teri Ross .....	Waterloo East .....	100 Freestyle .....	1984, 85, 86, 87
Miekka Olson .....	Cedar Falls NU High .....	Individual Medley .....	1985, 86, 87, 88
Erin Carew .....	Cedar Rapids Prairie .....	50 Freestyle .....	1990, 91, 92, 93
Stacey Wertz .....	Cedar Falls NU High .....	100 Freestyle .....	1993, 94, 95, 96
Megan Lonergan .....	Bettendorf .....	500 Freestyle .....	2001, 02, 03, 04

## MOST INDIVIDUAL STATE CHAMPIONSHIPS

12	Alexa Mehesan .....	West Des Moines Valley
10	Randi Peterson .....	Cedar Falls
9	Sophie Sorensen .....	Ames
9	Hillary Mason .....	Cedar Falls
9	Katie Galligan .....	Cedar Falls
8	Jennifer Linder .....	Des Moines Hoover
8	Lisa Nathanson .....	West Des Moines Valley
8	Maddie Bro .....	Ames
7	Georganne Peterson .....	Glenwood
	Barb Bacon .....	Ames
	Ann Colloton .....	Iowa City West
	Carie Goode .....	Cedar Rapids Kennedy

# Iowa All-Time Leaders (through 2020 Regional Meet)

## 200-YARD MEDLEY RELAY

Dowling Catholic	2018	1:42.00
Dowling Catholic	2019	1:42.54
Ames	2016	1:43.78
Ames	2018	1:44.31
Ames	2017	1:44.59
Dowling Catholic	2017	1:44.82
Ames	2019	1:45.16
Ankeny	2019	1:45.39
Cedar Falls	2017	1:45.45
Ames	2013	1:45.50

## 200-YARD FREESTYLE

Allyssa Fluit, Southeast Polk	2014	1:47.14
Aurora Roghair, Iowa City West	2019	1:48.40
Clare Culver, Dowling Catholic	2018	1:48.68
Amy Feddersen, Ames	2018	1:48.82
Jessi Wigham, Waukee	2020	1:49.00
Gabbie Stecker, Pleasant Valley	2012	1:49.64
MyKenzie Leehy, Lewis Central	2016	1:49.94
Emily Van De Wiele, Bettendorf	2018	1:50.22
Taylor Beadle, Muscatine	2016	1:50.36
Alex Thorson, Waukee	2017	1:50.47

## 200-YARD INDIVIDUAL MEDLEY

Emma Sougstad, Mason City	2012	2:00.33
Kelsey Drake, Linn-Mar	2014	2:02.05
Scarlet Martin, Iowa City West	2019	2:02.56
Sydney Angell, Pleasant Valley	2014	2:02.10
Lexi Horner, Johnston	2016	2:02.31
Mary Martin, Dowling Catholic	2018	2:02.96
Hayley Kimmel, Linn-Mar	2019	2:03.03
Sophie Sorenson, Ames	2016	2:03.15
Arianna Ottavianelli, Bettendorf	2018	2:03.16
Katharine Ross, Des Moines North	2012	2:03.47

## 50-YARD FREESTYLE

Jasmine Rumley, Ankeny	2017	:22.29
Maddie Gehrke, Waukee	2014	:22.51
Amy Feddersen, Ames	2017	:22.78
Alexa Mehesan, WDM Valley	2007	:22.92
Reilly Shaner, WDM Valley	2017	:23.27
Sarah Schemmel, Muscatine	2016	:23.11
Sophie Sorenson, Ames	2014	:23.11
Meghan Donald, Ames	2019	:23.16
Crystal Florman, Mason City	2014	:23.16
Maddy Burnham, Bettendorf	2013	:23.31

## DIVING (SIX DIVES)

Jayna Misra, Ames	2017	368.93
Maggie James, Ames	2014	360.50
Mary Fischbach, Fort Dodge	1982	352.75
Jacintha Thomas, Iowa City West	2014	336.20
Veronica Rydze, Iowa City High	2005	315.50
Taylor Hogan, Waterloo East	2018	313.50
Jolynn Harris, Des Moines Lincoln	2017	305.00
Heidi Hecker, DM East	1982	306.40
Mikaela Lengwin, Linn-Mar	2014	306.00
Katherine Mueller, Fairfield	2014	303.60

## DIVING (ELEVEN DIVES)

Jayna Misra, Ames	2018	597.25
Mary Fischbach, Fort Dodge	1980	583.45
Jacintha Thomas, Iowa City West	2014	581.25
Maggie James, Ames	2014	561.20
Jolynn Harris, Des Moines Lincoln	2017	546.10
Katherine Mueller, Fairfield	2014	542.60
Veronica Rydze, Iowa City	2006	534.00
Joscelyn Buss, Ames	2019	532.55
Ayla Taylor, Cedar Rapids Washington	2018	529.70
Sydney Jorgensen, Ankeny	2019	524.10

## 100-YARD BUTTERFLY

Scarlet Martin, Iowa City West	2019	:53.41
Berit Quass, Dowling Catholic	2018	:53.67
Kelsey Drake, Linn-Mar	2016	:54.48
Alexa Mehesan, WDM Valley	2007	:54.57
Maddy Burnham, Bettendorf	2013	:54.73
Samantha Hedrick, NCMF	2015	:55.01
Ruby Martin, Iowa City West	2017	:55.01
Emma Sougstad, Mason City	2012	:55.25
Annie Galvin, Ames	2018	:55.83

## 100-YARD FREESTYLE

Jasmine Rumley, Ankeny	2019	:49.03
Amy Feddersen, Ames	2017	:49.54
MyKenzie Leehy, Lewis Central	2016	:50.29
Sarah Schemmel, Muscatine	2016	:50.39
Crystal Florman, Mason City	2014	:50.86
Erin Doruska, Ankeny	2018	:50.91
Allyssa Fluit, Southeast Polk	2014	:51.06
Emma Sougstad, Mason City	2012	:51.08
Clare Culver, Dowling Catholic	2017	:51.09
Aurora Roghair, Iowa City West	2020	:51.21

## 500-YARD FREESTYLE

Berit Quass, Dowling Catholic	2018	4:48.88
Allyssa Fluit, Southeast Polk	2014	4:50.27
Jessi Wigham, Waukee	2019	4:50.55
Clare Culver, Dowling Catholic	2018	4:51.53
Aurora Roghair, Iowa City West	2018	4:51.55
Gabbie Stecker, Pleasant Valley	2012	4:52.97
Brinley Horras, Ames	2018	4:54.82
Sheri Thiesen, Anamosa	1993	4:56.97
Meg Susil, Dowling Catholic	2019	4:59.29
Amy Walker, DM Roosevelt	1988	4:58.66

## 200-YARD FREESTYLE RELAY

Ames	2018	1:33.30
West Des Moines Valley	2007	1:33.83
Ames	2019	1:34.83
Ames	2016	1:34.88
Ankeny	2017	1:35.19
Bettendorf	2018	1:35.42
Ames	2017	1:35.45
Ames	2015	1:35.57
Ankeny	2018	1:35.77
Dowling Catholic	2019	1:35.82

## 100-YARD BACKSTROKE

Katie Broderick, Dowling Catholic	2019	:54.57
Sophie Sorenson, Ames	2017	:54.60
Maddie Gehrke, Waukee	2014	:54.83
Annie Galvin, Ames	2019	:55.02
Amy Feddersen, Ames	2018	:55.56
Grace Frericks, Cedar Falls	2018	:55.69
Scarlet Martin, Iowa City West	2020	:55.85
Maddie Bro, Ames	2010	:55.87
Zoe Pawloski, Lewis Central	2018	:56.12
Danielle Harris, WDM Valley	2008	:56.15

## 100-YARD BREASTSTROKE

Katharine Ross, Des Moines North	2012	1:01.18
Molly Winer, Ames	2018	1:02.17
Mary Martin, Dowling Catholic	2018	1:02.42
Sydney Angell, Pleasant Valley	2014	1:02.85
Olivia Masterson, Iowa City High	2018	1:02.93
Imelda Wistey, WDM Valley	2009	1:03.58
Arianna Ottavianelli, Bettendorf	2017	1:03.69
Lexi Horner, Johnston	2016	1:03.75
Lizzie Brown, Iowa City High	2013	1:03.86
Haley Fry, Linn-Mar	2003	1:03.96

## 400-YARD FREESTYLE RELAY

Ames	2017	3:24.89
Ames	2018	3:25.55
Dowling Catholic	2018	3:26.04
Dowling Catholic	2019	3:28.11
Ames	2016	3:28.74
Dowling Catholic	2017	3:29.04
Ames	2015	3:29.15
Lewis Central	2013	3:29.27
Ankeny	2017	3:29.86
Iowa City West	2018	3:30.13



# Swimming and Diving Hall of Fame

<b>1980</b> Candace Bloodsworth Sausman Pat Bloomcamp (Coach) Peggy Anderson Barb Bacon Mary Taylor Suess	DM Hoover Des Moines Hoover Dubuque Wahlert Ames Cedar Rapids Washington	<b>1994</b> Ruth Johnson (Coach) Don Jepsen (Official) Ann Colloton	Davenport West Davenport West Iowa City West	<b>2010</b> Nan West Les Santee (Coach)	Davenport Central Cedar Rapids Jefferson
<b>1981</b> Mary Beth Phelan Barb Kunnert Stoffel Julie Baty Gutman Sandy Durham Steen Ann Griffin	Cedar Rapids Washington Dubuque Wahlert Cedar Rapids Washington WDM Valley, DM Hoover Clinton	<b>1995</b> Harold Baeth (Official) Dave Linder (Coach) Kristy Frieden	West Des Moines Des Moines Hoover Mason City	<b>2011</b> Jessica Martin	Cedar Falls
<b>1982</b> Denise Buchheister Kay Kirkland Liz MacBride Janet Lindstrom Warren	Cedar Rapids Washington Des Moines Hoover Ames Des Moines Roosevelt	<b>1996</b> Nancy Behlmer Joy Johnson Carol Muyskens	Dubuque Senior West Des Moines Valley Des Moines Hoover	<b>2012</b> Erin Petty Anne Callahan	Bettendorf West Des Moines Valley
<b>1983</b> Laura Millis Rene Sullivan	West Des Moines Valley Cedar Falls	<b>1997</b> Jim Taylor (Coach) Robin Burns Erica Wockenfuss Meika Olson	Cedar Rapids Jefferson Des Moines Hoover Iowa City High Northern University High	<b>2013</b> Hillary Mason Whitney Wodtstrichill	Cedar Falls Cedar Rapids Jefferson
<b>1984</b> Jana Greig Terry Hand Lisa Hempelman Janet Ware	West Des Moines Valley Des Moines Hoover Des Moines Roosevelt Sioux City West	<b>1998</b> Jim Voss (Official) Katy Ketoff Jennifer Kollbaum-Adams	Cedar Rapids Dubuque Wahlert Boone	<b>2014</b> Dick Marcusson (Coach) Lynn Cambell Veronica Rydze Katie Martin	Cedar Falls Waterloo West Iowa City High Des Moines Roosevelt
<b>1985</b> Lori Anderson Carie Goode Jo Ellen Kelley Simpson	Cedar Rapids Washington Cedar Rapids Kennedy Cedar Rapids Jefferson	<b>1999</b> Amy Kelling Heather Gross	Cedar Falls Marshalltown	<b>2015</b> Ann Walker Megan Lonergan Meghan Sievertsen	Des Moines Roosevelt Bettendorf Cedar Rapids Kennedy
<b>1986</b> Susanna Barry Rivera Carol Lensing (Coach)	Muscatine Cedar Rapids Washington	<b>2000</b> Frankie Hanson Jean Gordon	West Des Moines Dowling Mason City	<b>2016</b> Alexa Mehasan Trudi Henkels Randi Peterson	West Des Moines Valley Dubuque Wahlert Cedar Falls
<b>1987</b> Georganne Peterson Mary Fischbach	Glenwood Fort Dodge	<b>2001</b> Mike Henderson, IGHS AU Bruce Verink (Official)	Des Moines Cedar Falls	<b>2017</b> Kim Rogers Stephanie Koch Sheri Theisen	Cedar Falls Ames Anamosa
<b>1988</b> Theresa Ann Nissen Debi Janson Mark Wagner (Coach) Leslie Richard	Clinton Des Moines Hoover West Des Moines Valley Ames	<b>2002</b> Erin Carew Wendy Stoeker	Cedar Rapids Prairie Cedar Rapids Jefferson	<b>2018</b> Emma Sougstad Danielle Harris Jocelyn Wright	Mason City West Des Moines Valley Linn-Mar
<b>1989</b> Dale Entyre Heidi Hecker Ann Williams	Cedar Rapids Kennedy Des Moines East West Des Moines Valley	<b>2003</b> Ben Myers (Coach) Stacy Wertz	Cedar Falls NU High Cedar Falls NU High	<b>2019</b> Hayley Fry Samantha Goldstein Maddie Bro	Linn-Mar Pleasant Valley Ames
<b>1990</b> Vickie Nauman Renee Bunger Debbie Wells-Marshall	Des Moines Hoover Cedar Falls NU, DM Hoover West Des Moines Valley	<b>2004</b> Sarah Dougall Jennifer Maehl Tanya Henkels	Cedar Rapids Washington Cedar Rapids Prairie Dubuque Wahlert	<b>2020</b> Dennis Peters (Official) Katie Galligan Mindy Schulte Maggie James	Cedar Falls Cedar Falls West Des Moines Valley Ames
<b>1991</b> Jennifer Linder	Des Moines Hoover	<b>2005</b> Nicole Widmyer Gary Winkler (Coach)	Dubuque Wahlert Fort Dodge		
<b>1992</b> Jenni Adams Anne Packard	Cedar Rapids Kennedy Dubuque Senior	<b>2006</b> Susan Trumbower Larry Swanson (Coach)	WDM Valley Davenport North		
<b>1993</b> Teri Ross	Waterloo East	<b>2007</b> Kara Hajek Leigh Taylor	Cedar Rapids Kennedy Bettendorf		
		<b>2008</b> Dan Duclos (Coach) Heidi Landherr	Dubuque Senior Linn-Mar		
		<b>2009</b> Whitney Jensen Brigit Brunzman Rob Wren (Coach)	Grinnell Dubuque Hempstead Dubuque		