

All-Time State Champions

ONE METER DIVING

| | | |
|-------|------------------------------------|---------|
| 1967 | Sue Allender, Des Moines Roosevelt | 153.95* |
| 1968 | Leslie O'Brien, Dubuque Wahlert | 140.70* |
| 1969 | Nancy Terril, 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 | 555.35 |
| 2019 | Sydney Jorgensen, Ankeny | 513.20 |
| 2020 | Makayla Hughbanks, Bettendorf | 505.70 |
| 2021 | Avery Hogan, Waterloo | 470.10 |
| 2022 | Trista Thompson, Grinnell | 538.30 |
| 2023 | Abby Tollefson, Marshalltown | 504.55 |

200 YARD MEDLEY RELAY

| | | |
|-------|-------------------------|---------|
| 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 | 1:45.40 |
| 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 |
| 2020 | Johnston | 1:46.74 |
| 2021 | Ames | 1:44.14 |
| 2022 | Waukee | 1:42.89 |
| 2023 | Waukee | 1:44.78 |

200 YARD FREESTYLE

| | | |
|-------|---------------------------------|---------|
| 1970 | Ann Full, Iowa City High | 2:16.3 |
| 1971S | Mary Taylor, CR Washington | 2:10.5 |
| 1971F | Robin Burns, DM Hoover | 2:16.27 |
| 1972 | Mary Taylor, CR Washington | 2:07.49 |
| 1973 | Barb Bacon, Ames | 2:02.09 |
| 1974 | Barb Bacon, Ames | 1:58.88 |
| 1975 | Kay Kirkland, DM Hoover | 1:59.0 |
| 1976 | Carie Goode, CR Kennedy | 1:56.05 |
| 1977 | Carie Goode, CR Kennedy | 1:55.41 |
| 1978 | Susanna Barry, Muscatine | 1:56.67 |
| 1979 | Susanna Barry, Muscatine | 1:55.21 |
| 1980 | Ann Williams, WDM Valley | 1:54.33 |
| 1981 | Ann Williams, WDM Valley | 1:52.98 |
| 1982 | Lynn Campbell, Waterloo West | 1:57.80 |
| 1983 | Teri Ross, Waterloo East | 1:55.63 |
| 1984 | Ann Walker, DM Roosevelt | 1:53.71 |
| 1985 | Jennifer Linder, DM Hoover | 1:52.48 |
| 1986 | Teri Ross, Waterloo East | 1:53.04 |
| 1987 | Frankie Hanson, Urbandale | 1:56.64 |
| 1988 | Amy Walker, DM Roosevelt | 1:52.57 |
| 1989 | Frankie Hanson, Dowling | 1:53.79 |
| 1990 | Frankie Hanson, Dowling | 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 | 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, Dav North | 1:55.45 |
| 2001 | Erica Noah, Charles City | 1:55.23 |
| 2002 | Samantha Goldstein, PI Valley | 1:54.64 |
| 2003 | Samantha Goldstein, PI Valley | 1:54.15 |
| 2004 | Samantha Goldstein, PI Valley | 1:54.87 |
| 2005 | Ashley Lawler, Iowa City West | 1:54.06 |
| 2006 | Lisa Nathanson, WDM 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, WDM Valley | 1:51.35 |
| 2011 | McKenna Lynch, Dowling | 1:53.89 |
| 2012 | Gabbie Stecker, Pleasant Valley | 1:49.64 |
| 2013 | Allyssa Fluit, Southeast Polk | 1:49.43 |
| 2014 | Allyssa 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 |
| 2020 | Aurora Roghair, Iowa City West | 1:47.30 |
| 2021 | Jessi Wigham, Waukee | 1:50.12 |
| 2022 | Nora Kemp, Waukee | 1:48.73 |
| 2023 | Faith Frantum, Johnston | 1:48.57 |

* Six Dives; # 10 Dives

All-Time State Champions

200 YARD INDIVIDUAL MEDLEY

| | | |
|-------|-----------------------------------|---------|
| 1967 | Lisa Hempelman, DM Roosevelt | 1:11.9* |
| 1968 | Lisa Hempelman, DM Roosevelt | 1:11.6* |
| 1969 | Candy Bloodsworth, DMHoover | 1:06.8* |
| 1970 | Candy Bloodsworth, DMHoover | 2:33.20 |
| 1971S | Candy Bloodsworth, DM Hoover | 2:31.80 |
| 1971F | Mary Taylor, CR Washington | 2:31.48 |
| 1972 | Barb Bacon, Ames | 2:23.81 |
| 1973 | Julie Baty, CR Washington | 2:22.27 |
| 1974 | Julie Baty, CRWashington | 2:16.05 |
| 1975 | Janet Lindstrom, DM Roosevelt | 2:14.14 |
| 1976 | Janet Lindstrom, DM Roosevelt | 2:11.38 |
| 1977 | Tanya Roach, CR Kennedy | 2:18.35 |
| 1978 | Carie Goode, CR 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 | 2:09.20 |
| 1986 | Miekka Olson, Cedar Falls NU | 2:10.19 |
| 1987 | Miekka Olson, Cedar Falls NU | 2:07.54 |
| 1988 | Miekka Olson, Cedar Falls NU | 2:10.27 |
| 1989 | Jenni Maehl, CeR Prairie | 2:10.98 |
| 1990 | Jenni Maehl, CR Prairie | 2:10.69 |
| 1991 | Jami Strauss, CR Washington | 2:11.62 |
| 1992 | Jocelyn Wright, Linn-Mar | 2:09.91 |
| 1993 | Sarah Dougall, CR Washington | 2:06.18 |
| 1994 | Jinny Smedstad, CR 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 Wodstrchill, CR Jefferson | 2:10.18 |
| 2001 | Rachel Smith, Charles City | 2:09.35 |
| 2002 | Mindy Schulte, WDM alley | 2:08.78 |
| 2003 | Lauren Hohnstein, Bettendorf | 2:12.02 |
| 2004 | Hayley Fry, Linn-Mar | 2:06.95 |
| 2005 | Catie Baker, CRKennedy | 2:11.11 |
| 2006 | Jaryn Studer, Ankeny | 2:09.32 |
| 2007 | Danielle Harris, WDM Valley | 2:06.98 |
| 2008 | Danielle Harris, WDM Valley | 2:04.24 |
| 2009 | Molly Coonce, Bettendorf | 2:05.84 |
| 2010 | Allison Orvis, Decorah | 2:05.32 |
| 2011 | Emma Sougstad, Mason City | 2:03.14 |
| 2012 | Emma Sougstad, Mason City | 2:00.33 |
| 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, Iowa City West | 2:02.56 |
| 2020 | Olivia Swalley, Johnston | 2:03.28 |
| 2021 | Olivia Swalley, Johnston | 2:01.85 |
| 2022 | Olivia Swalley, Johnston | 1:58.59 |
| 2023 | Willa Hage, Waukee | 2:02.43 |

* 100 Yard Individual Medley

50 YARD FREESTYLE

| | | |
|-------|----------------------------------|--------|
| 1967 | Jana Greig, WDM Valley | :28.6 |
| 1968 | Jana Greig, WDM 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, CR Jefferson | :25.99 |
| 1973 | Patti Schropp, DM 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 Wash | :24.90 |
| 1980 | Diane Kellenberger, CR Wash: | 24.80 |
| 1981 | Debbie Wells, WDM Valley | :25.27 |
| 1982 | Anne Packard, Dubuque Senior | :24.70 |
| (Tie) | Renee Bunger, Cedar Falls NU | :24.70 |
| 1983 | Anne Packard, Dubuque Senior | :24.58 |
| 1984 | Renee Bunger, Cedar Falls NU | :24.59 |
| 1985 | Cris Ahmann, Muscatine | :24.54 |
| 1986 | Jenni Adams, CR Kennedy | :24.71 |
| 1987 | Barb Pranger, Dav 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, DM Roosevelt | :24.56 |
| 2000 | Katie Martin, DM Roosevelt | :24.41 |
| 2001 | Whitney Jensen, Grinnell | :24.43 |
| 2002 | Robin Samples, DM Roosevelt | :24.42 |
| | Erin Pettty, Bettendorf (Tie) | :24.42 |
| 2003 | Hayley Fry, Linn-Mar | :24.24 |
| 2004 | Nicky Wieben, Ankeny | :24.35 |
| 2005 | Alexa Mehesan, WDM Valley | :23.69 |
| 2006 | Alexa Mehesan, WDM Valley | :23.87 |
| 2007 | Alexa Mehesan, WDM Valley | :22.92 |
| 2008 | Becca Leffler, DM Hoover | :23.69 |
| 2009 | Meredith Johnson, Marshalltown | :24.16 |
| 2010 | Maddie Bro, Ames | :24.18 |
| | Taylor Flummerfelt, Ames. (Tie) | :24.18 |
| 2011 | Taylor Flummerfelt, Ames | :23.98 |
| 2012 | Maddie Gehrke, Waukee | :23.98 |
| 2013 | Maddy Burnham, Bettendorf | :23.31 |
| 2014 | Maddie Gehrke, Waukee | :22.51 |
| 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 |
| 2020 | Meghan Donald, Ames | :22.99 |
| 2021 | Meghan Donald, Ames | :23.17 |
| 2022 | Grace Hoeper, Iowa City High | :23.34 |
| 2023 | Grace Hoeper, Iowa City High | :23.44 |

100 YARD BUTTERFLY

| | | |
|-------|------------------------------------|---------|
| 1967 | Cyd Hempelman, DM Roosevelt | :32.4* |
| 1968 | Debbie Witt, Des Moines Roosevelt: | 30.8* |
| 1969 | Janine Stastney, CR 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, DM Roosevelt | 1:02.97 |
| 1974 | Ann Griffin, Clinton | 1:02.00 |
| 1975 | Janet Lindstrom, DM Roosevelt | 1:02.97 |
| 1976 | Janet Lindstrom, DM Roosevelt | 1:00.14 |
| 1977 | Carie Goode, CR 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, DM Roosevelt | :56.86 |
| 1984 | Ann Walker, DM Roosevelt | :56.31 |
| 1985 | Cris Ahmann, Muscatine | :56.82 |
| 1986 | Barb Pranger, Dav Assumption | :58.12 |
| 1987 | Barb Pranger, Dav Assumption | :56.34 |
| 1988 | Miekka Olson, Cedar Falls NU | :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, WDM 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, WDM Valley | :58.62 |
| 2004 | Ella Doerge, WDM Valley | :57.50 |
| 2005 | Ella Doerge, WDM Valley | :56.70 |
| 2006 | Alexa Mehesan, WDM Valley | :56.82 |
| 2007 | Alexa Mehesan, WDM 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 |
| 2020 | Scarlet Martin, Iowa City West | :53.01 |
| 2021 | Scarlet Martin, Iowa City West | :53.44 |
| 2022 | Mallory Kell, Waukee | :55.71 |
| 2023 | Hayden Bailey, Waukee | :55.65 |

* 50 Yard Butterfly

All-Time State Champions

100 YARD FREESTYLE

| | | |
|-------|----------------------------------|--------|
| 1967 | Lisa Hempelman, DM Roosevelt | 1:04.2 |
| 1968 | Marcia Manseth, Iowa City High | 1:01.7 |
| 1969 | Sandy Durham, WDM Valley | 1:01.0 |
| 1970 | Marlene Klouda, CR Prairie | 1:00.6 |
| 1971S | Mary Taylor, CR Washington | :58.30 |
| 1971F | Mary Taylor, CR Washington | :58.04 |
| 1972 | Mary Taylor, CR 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, CR Washington | :54.22 |
| 1980 | Erica Wockenfuss, Iowa City High | :53.75 |
| 1981 | Erica Wockenfuss, Iowa City High | :54.19 |
| 1982 | Debbie Wells, WDM Valley | :54.00 |
| 1983 | Renee Bunger, Cedar Falls NU | :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, CR Prairie | :53.43 |
| 1991 | Erin Carew, CR Prairie | :53.31 |
| 1992 | Erin Carew, CR Prairie | :52.63 |
| 1993 | Stacey Wertz, Cedar Falls NU | :53.06 |
| 1994 | Stacey Wertz, Cedar Falls NU | :52.67 |
| 1995 | Stacey Wertz, Cedar Falls NU | :52.30 |
| 1996 | Stacey Wertz, Cedar Falls NU | :51.56 |
| 1997 | Katie Galligan, Cedar Falls | :51.77 |
| 1998 | Erin Strub, Dubuque Senior | :52.59 |
| 1999 | Katie Martin, DM Roosevelt | :53.96 |
| 2000 | Katie Martin, DM Roosevelt | :52.87 |
| 2001 | Katie Martin, DM Roosevelt | :53.00 |
| 2002 | Erin Petty, Bettendorf | :52.54 |
| 2003 | Samantha Goldstein, PI Valley | :53.34 |
| 2004 | Nicky Wieben, Ankeny | :52.99 |
| 2005 | Alexa Mehesan, WDM Valley | :52.32 |
| 2006 | Lisa Nathanson, WDM Valley | :51.98 |
| 2007 | Lisa Nathanson, WDM Valley | :51.55 |
| 2008 | Stephanie Koch, Ames | :51.67 |
| 2009 | Meredith Johnson, Marshalltown | :52.02 |
| 2010 | Juanita Barreto, WDM Valley | :51.46 |
| 2011 | Taylor Flummerfelt, Ames | :51.97 |
| 2012 | Aftin Phye, 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 |
| 2020 | Meghan Donald, Ames | :50.63 |
| 2021 | Meghan Donald, Ames | :50.49 |
| 2022 | Nora Kemp, Waukee | :51.08 |
| 2023 | Grace Hoepfer, Iowa City High | :50.27 |

500 YARD FREESTYLE

| | | |
|-------|---------------------------------|----------|
| 1970 | Ann Full, Iowa City High | 4:55.5* |
| 1971S | Sandy Durham, DM Hoover | 4:54.0* |
| 1971F | Sandy Durham, DM Hoover | 4:52.50* |
| 1972 | Kim Carpenter, DM Roosevelt | 4:33.06* |
| 1973 | Sue Trumbower, WDM Valley | 4:26.83* |
| 1974 | Kathe Linn, DM Roosevelt | 5:27.20 |
| 1975 | Kay Kirkland, DM Hoover | 5:17.34 |
| 1976 | Kay Kirkland, DM Hoover | 5:10.48 |
| 1977 | Kay Kirkland, DM Hoover | 5:07.11 |
| 1978 | Ann Williams, WDM Valley | 5:09.29 |
| 1979 | Becky Wilson, CR Washington | 5:09.35 |
| 1980 | Ann Williams, WDM Valley | 5:04.56 |
| 1981 | Dale Etnyre, CR Kennedy | 5:01.83 |
| 1982 | Lynn Campbell, Waterloo West | 5:14.84 |
| 1983 | Lynn Campbell, Waterloo West | 5:10.85 |
| 1984 | Jennifer Linder, DM Hoover | 5:03.07 |
| 1985 | Jennifer Linder, DM Hoover | 4:59.34 |
| 1986 | Jennifer Linder, DM Hoover | 4:59.61 |
| 1987 | Frankie Hanson, Urbandale | 5:09.52 |
| 1988 | Amy Walker, DM Roosevelt | 5:01.07 |
| 1989 | Shelli Olson, Cedar Falls NU | 5:10.84 |
| 1990 | Frankie Hanson, 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 | 5:03.20 |
| 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, WDM Valley | 5:00.33 |
| 2009 | Bailey Pons, Cedar Falls | 5:01.98 |
| 2010 | Margaret Barber, Bettendorf | 5:00.44 |
| 2011 | McKenna Lynch, Dowling | 5:06.63 |
| 2012 | Gabbie Stecker, Pleasant Valley | 4:52.91 |
| 2013 | Allyssa Fluit, Southeast Polk | 4:56.61 |
| 2014 | Allyssa Fluit, Southeast Polk | 4:50.27 |
| 2015 | Allyssa Fluit, Southeast Polk | 4:54.78 |
| 2016 | Berit Quass, Dowling Catholic | 4:58.50 |
| 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 |
| 2020 | Aurora Roghair, Iowa City West | 4:45.78 |
| 2021 | Jessi Wigham, Waukee | 4:56.64 |
| 2022 | Faith Frantum, Johnston | 4:56.25 |
| 2023 | Faith Frantum, Johnston | 4:50.67 |

200 YARD FREESTYLE RELAY

| | | |
|------|------------------------|---------|
| 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 |
| 2018 | Ames | 1:33.50 |
| 2019 | Ames | 1:34.83 |
| 2020 | Iowa City West | 1:34.34 |
| 2021 | Ames | 1:35.00 |
| 2022 | Waukee | 1:36.69 |
| 2023 | Waukee | 1:36.97 |

200 Freestyle Relay was discontinued in 1970 and re-instated in 1990.

All-Time State Champions

100 YARD BACKSTROKE

| | | |
|-------|-----------------------------------|---------|
| 1967 | Cyd Hempelman, DM Roosevelt | :34.3* |
| 1968 | Cyd Hempelman, DM Roosevelt | :33.9* |
| 1969 | Debi Jansen, DM Hoover | :31.9* |
| 1970 | Barb Kunnert, Dubuque Wahlert | 1:08.0 |
| 1971S | Mary Phelan, CR Washington | 1:06.8 |
| 1971F | Mary Phelan, CR Washington | 1:06.91 |
| 1972 | Mary Phelan, CR Washington | 1:07.21 |
| 1973 | Laura Millis, WDM Valley | 1:05.70 |
| 1974 | Laura Millis, WDM Valley | 1:05.50 |
| 1975 | Jana Happel, CR Washington | 1:02.15 |
| 1976 | Theresa Nissen, Clinton | 1:04.20 |
| 1977 | Theresa Morse, Davenport West | 1:04.06 |
| 1978 | Carie Goode, CR Kennedy | 1:01.85 |
| 1979 | Anne Callahan, WDM Valley | 1:02.37 |
| 1980 | Marliese Wetzel, Burlington | 1:01.01 |
| 1981 | Vickie Nauman, DM Hoover | 1:00.30 |
| 1982 | Debbie Wells, WDM Valley | 1:02.49 |
| 1983 | Emily Kiehne, DM Roosevelt | 1:00.37 |
| 1984 | Emily Kiehne, DM Roosevelt | 1:01.38 |
| 1985 | Emily Kiehne, DM Roosevelt | 1:00.59 |
| 1986 | Nancy Pugh, Waterloo West | 1:00.56 |
| 1987 | Carol Muyskens, DM Hoover | 1:01.18 |
| 1988 | Joy Johnson, WDM Valley | 1:00.44 |
| 1989 | Joy Johnson, WDM Valley | :58.87 |
| 1990 | Joy Johnson, WDM Valley | :58.53 |
| 1991 | Jayne 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, CR Washington | :58.37 |
| 1996 | Sarah Dougall, CR 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, WDM 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 Sorenson, Ames | :54.61 |
| 2016 | Sophie Sorenson, Ames | :54.61 |
| 2017 | Sophie Sorenson, Ames | :54.60 |
| 2018 | Katie Broderick, Dowling Catholic | :55.77 |
| 2019 | Katie Broderick, Dowling Catholic | :55.53 |
| 2020 | Scarlet Martin, Iowa City West | :54.14 |
| 2021 | Grace Frericks, Cedar Falls | :54.67 |
| 2022 | Hannah Cousins, Dav Central | :54.98 |
| 2023 | Payden Rafferty, Waukee | :55.52 |

* 50 Yard Backstroke

100 YARD BREASTSTROKE

| | | |
|-------|----------------------------------|---------|
| 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, SC East | 1:09.34 |
| 1994 | Randi Peterson, Cedar Falls | 1:08.99 |
| 1995 | Sanami Fotrall, CR 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, CR Prairie | 1:07.94 |
| 1999 | Erika Uthoff, CR Prairie | 1:08.18 |
| 2000 | Kelly Quinn, WDM Dowling | 1:08.24 |
| 2001 | Brigit Brunzman, Dub 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 Wiltsie, Mason City | 1:05.30 |
| 2008 | Emily Wiltsie, Mason City | 1:05.84 |
| 2009 | Imelda Wistey, WDM Valley | 1:03.75 |
| 2010 | Ali Stearns, Mason City | 1:04.63 |
| 2011 | Brittany Purscell, DM Lincoln | 1:05.55 |
| 2012 | Katharine Ross, DM North | 1:01.18 |
| 2013 | Lizzie 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 |
| 2020 | Olivia Swalley, Johnston | 1:04.12 |
| 2021 | Olivia Swalley, Johnston | 1:02.98 |
| 2022 | Olivia Swalley, Johnston | 1:01.50 |
| 2023 | Willa Hage, Waukee | 1:02.17 |

400 YARD FREESTYLE RELAY

| | | |
|-------|-------------------------|---------|
| 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 |
| 2017 | Ames | 3:24.89 |
| 2018 | Ames | 3:25.55 |
| 2019 | Dowling Catholic | 3:28.11 |
| 2020 | Iowa City West | 3:23.73 |
| 2021 | Waukee | 3:28.09 |
| 2022 | Waukee | 3:27.66 |
| 2023 | Waukee | 3:28.36 |

All-Time Para State Champions

100 YARD BACKSTROKE

| | | |
|------|-------------------------|---------|
| 2023 | Addalyn Worster, Keokuk | 1:19.09 |
|------|-------------------------|---------|

50 YARD FREESTYLE

| | | |
|------|---------------------------------|-------|
| 2022 | Hannah Longmire, Iowa City West | 35.53 |
| 2023 | Addalyn Worster, Keokuk | 30.99 |

200 YARD FREESTYLE

| | | |
|------|-------------------------|---------|
| 2022 | Addalyn Worster, Keokuk | 2:23.12 |
|------|-------------------------|---------|

100 YARD BREASTSTROKE

| | | |
|------|--------------------------------|---------|
| 2023 | Ally Darter, Dubuque Hempstead | 2:20.11 |
|------|--------------------------------|---------|

100 YARD FREESTYLE

| | | |
|------|---------------------------------|---------|
| 2022 | Addalyn Worster, Keokuk | 1:05.89 |
| 2023 | Hannah Longmire, Iowa City West | 1:24.62 |

Iowa All-Time Leaders (through 2024 Regional Meet)

200-YARD MEDLEY RELAY

| | | |
|------------------|------|---------|
| Dowling Catholic | 2018 | 1:42.00 |
| Dowling Catholic | 2019 | 1:42.54 |
| Waukee | 2022 | 1:42.9 |
| Ames | 2016 | 1:43.78 |
| Ames | 2021 | 1:44.14 |
| Waukee | 2021 | 1:44.17 |
| Ames | 2018 | 1:44.31 |
| Ames | 2017 | 1:44.59 |
| Waukee | 2023 | 1:44.78 |
| Dowling Catholic | 2017 | 1:44.82 |

200-YARD FREESTYLE

| | | |
|---------------------------------|------|---------|
| Allyssa Fluit, Southeast Polk | 2014 | 1:47.14 |
| Aurora Roghair, Iowa City West | 2020 | 1:47.30 |
| Jessi Wigham, Waukee | 2020 | 1:48.14 |
| Nora Kemp, Waukee | 2023 | 1:48.47 |
| Faith Frantum, Johnston | 2023 | 1:48.57 |
| Clare Culver, Dowling Catholic | 2018 | 1:48.68 |
| Amy Feddersen, Ames | 2018 | 1:48.82 |
| 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 |

200-YARD INDIVIDUAL MEDLEY

| | | |
|--------------------------------|------|---------|
| Olivia Swalley, Johnston | 2022 | 1:58.59 |
| Emma Sougstad, Mason City | 2012 | 2:00.33 |
| Kelsey Drake, Linn-Mar | 2014 | 2:02.05 |
| Sydney Angell, Pleasant Valley | 2014 | 2:02.10 |
| Lexi Horner, Johnston | 2016 | 2:02.31 |
| Willa Hage, Waukee | 2023 | 2:02.43 |
| Scarlet Martin, Iowa City West | 2019 | 2:02.56 |
| Mary Martin, Dowling Catholic | 2018 | 2:02.96 |
| Hayley Kimmel, Linn-Mar | 2019 | 2:03.03 |
| Sophie Sorenson, Ames | 2016 | 2:03.15 |

50-YARD FREESTYLE

| | | |
|-----------------------------|------|--------|
| Jasmine Rumley, Ankeny | 2017 | :22.29 |
| Maddie Gehrke, Waukee | 2014 | :22.51 |
| Meghan Donald, Ames | 2021 | :22.60 |
| Amy Feddersen, Ames | 2017 | :22.78 |
| Alexa Mehesan, WDM Valley | 2007 | :22.92 |
| Reilly Shaner, WDM Valley | 2017 | 23.16 |
| Sarah Schemmel, Muscatine | 2016 | :23.11 |
| Sophie Sorenson, Ames | 2014 | :23.11 |
| Crystal Florman, Mason City | 2014 | :23.16 |
| Lilian Andedo, Bettendorf | 2024 | :23.29 |

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 |
| Abby Tollefson, Marshalltown | 2023 | 320.85 |
| 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 |

DIVING (ELEVEN DIVES)

| | | |
|--------------------------------------|------|--------|
| Jayna Misra, Ames | 2018 | 597.25 |
| Abby Tollefson, Marshalltown | 2023 | 588.45 |
| 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 |

100-YARD BUTTERFLY

| | | |
|----------------------------------|------|--------|
| Scarlet Martin, Iowa City West | 2020 | :53.01 |
| 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, NCMP | 2015 | :55.01 |
| Ruby Martin, Iowa City West | 2017 | :55.01 |
| Emma Sougstad, Mason City | 2012 | :55.25 |
| Heidi Stalkfleet, Iowa City High | 2020 | :55.37 |
| Hayden Bailey, Waukee | 2023 | :55.59 |

100-YARD FREESTYLE

| | | |
|-------------------------------|------|--------|
| Jasmine Rumley, Ankeny | 2019 | :49.03 |
| Amy Feddersen, Ames | 2017 | :49.54 |
| Meghan Donald, Ames | 2021 | :49.97 |
| MyKenzie Leehy, Lewis Central | 2016 | :50.29 |
| Sarah Schemmel, Muscatine | 2016 | :50.39 |
| Grace Frericks, Cedar Falls | 2021 | :50.40 |
| Nora Kemp, Waukee | 2023 | :50.43 |
| Grace Hoeper, Iowa City High | 2023 | :50.73 |
| Crystal Florman, Mason City | 2014 | :50.86 |
| Erin Doruska, Ankeny | 2018 | :50.91 |

500-YARD FREESTYLE

| | | |
|----------------------------------|------|---------|
| Aurora Roghair, Iowa City West | 2020 | 4:45.78 |
| Jessi Wigham, Waukee | 2020 | 4:47.43 |
| Berit Quass, Dowling Catholic | 2018 | 4:48.88 |
| Heidi Stalkfleet, Iowa City High | 2020 | 4:49.86 |
| Allyssa Fluit, Southeast Polk | 2014 | 4:50.27 |
| Faith Frantum, Johnston | 2023 | 4:50.67 |
| Clare Culver, Dowling Catholic | 2018 | 4:51.53 |
| Gabbie Stecker, Pleasant Valley | 2012 | 4:52.97 |
| Brinley Horras, Ames | 2018 | 4:54.82 |
| Faith Frantum, Johnston | 2022 | 4:56.25 |

200-YARD FREESTYLE RELAY

| | | |
|------------------------|------|---------|
| Ames | 2018 | 1:33.30 |
| West Des Moines Valley | 2007 | 1:33.83 |
| Iowa City West | 2020 | 1:34.34 |
| Ames | 2020 | 1:34.74 |
| Ames | 2019 | 1:34.83 |
| Ames | 2016 | 1:34.88 |
| Ames | 2021 | 1:35.00 |
| Ankeny | 2017 | 1:35.19 |
| Waukee | 2021 | 1:35.37 |
| Bettendorf | 2018 | 1:35.42 |

100-YARD BACKSTROKE

| | | |
|-----------------------------------|------|--------|
| Scarlet Martin, Iowa City West | 2020 | :54.14 |
| Grace Frericks, Cedar Falls | 2021 | :54.33 |
| Katie Broderick, Dowling Catholic | 2019 | :54.57 |
| Sophie Sorenson, Ames | 2017 | :54.60 |
| Maddie Gehrke, Waukee | 2014 | :54.83 |
| Hannah Cousins, Davenport Central | 2022 | :54.98 |
| Annie Galvin, Ames | 2019 | :55.02 |
| Amy Feddersen, Ames | 2018 | :55.56 |
| Payden Rafferty, Waukee | 2021 | :55.39 |
| Maddie Bro, Ames | 2010 | :55.87 |

100-YARD BREASTSTROKE

| | | |
|----------------------------------|------|---------|
| Katharine Ross, Des Moines North | 2012 | 1:01.18 |
| Olivia Swalley, Johnston | 2022 | 1:01.50 |
| Molly Winer, Ames | 2018 | 1:02.17 |
| Willa Hage, Waukee | 2023 | 1:02.17 |
| Mary Martin, Dowling Catholic | 2018 | 1:02.40 |
| Sydney Angell, Pleasant Valley | 2014 | 1:02.85 |
| Olivia Masterson, Iowa City High | 2018 | 1:02.93 |
| Hayley Kimmel, Linn-Mar | 2019 | 1:03.54 |
| Imelda Wistey, WDM Valley | 2009 | 1:03.58 |
| Arianna Ottavianelli, Bettendorf | 2017 | 1:03.69 |

400-YARD FREESTYLE RELAY

| | | |
|------------------|------|---------|
| Iowa City West | 2020 | 3:23.73 |
| Ames | 2017 | 3:24.89 |
| Ames | 2018 | 3:25.55 |
| Dowling Catholic | 2018 | 3:26.04 |
| Waukee | 2022 | 3:27.66 |
| Waukee | 2021 | 3:28.09 |
| Dowling Catholic | 2019 | 3:28.11 |
| Iowa City High | 2021 | 3:28.28 |
| Waukee | 2023 | 3:28.36 |
| Ames | 2016 | 3:28.74 |

Previous State Championship Results

| | | | | | |
|-------|-------------------------|-------|------|------------------------|-------|
| 1967 | Des Moines Roosevelt | 100 | 1995 | Cedar Falls | 374 |
| 1968 | Iowa City High | 61 | 1996 | Cedar Falls | 381 |
| 1969 | Des Moines Hoover | 53 | 1997 | Cedar Falls | 304 |
| 1970 | Des Moines Hoover | 182 | 1998 | Cedar Falls | 250 |
| 1971S | Des Moines Hoover | 217.5 | 1999 | Bettendorf | 229 |
| 1971F | Des Moines Hoover | 154 | 2000 | Bettendorf | 274 |
| 1972 | Des Moines Roosevelt | 139 | 2001 | Bettendorf | 269 |
| 1973 | Des Moines Roosevelt | 177 | 2002 | Bettendorf | 276.5 |
| 1974 | West Des Moines Valley | 166 | 2003 | Cedar Falls | 306 |
| 1975 | West Des Moines Valley | 226 | 2004 | Cedar Falls | 227 |
| 1976 | Cedar Rapids Washington | 235 | 2005 | West Des Moines Valley | 287.5 |
| 1977 | Cedar Rapids Washington | 352 | 2006 | West Des Moines Valley | 355 |
| 1978 | Cedar Rapids Kennedy | 272 | 2007 | West Des Moines Valley | 387 |
| 1979 | Cedar Rapids Washington | 235 | 2008 | West Des Moines Valley | 316 |
| 1980 | Des Moines Roosevelt | 227.5 | 2009 | Mason City | 275 |
| 1981 | Cedar Rapids Kennedy | 227 | 2010 | Ames | 293 |
| 1982 | Muscatine | 200 | 2011 | Ames | 336 |
| 1983 | Des Moines Hoover | 239 | 2012 | Ames | 274 |
| 1984 | Cedar Rapids Washington | 223 | 2013 | Ames | 302 |
| 1985 | Muscatine | 174 | 2014 | Pleasant Valley | 301 |
| 1986 | Cedar Falls | 203 | 2015 | Ames | 355 |
| 1987 | Mason City | 166.5 | 2016 | Ames | 341 |
| 1988 | Mason City | 211.5 | 2017 | Ames | 384 |
| 1989 | Mason City | 183 | 2018 | Ames | 372 |
| 1990 | Bettendorf | 215 | 2019 | Dowling Catholic | 360 |
| 1991 | Bettendorf | 288 | 2020 | Ames | 303 |
| 1992 | Bettendorf | 285 | 2021 | Waukee | 357 |
| 1993 | Cedar Falls | 310.5 | 2022 | Waukee | 402 |
| 1994 | Cedar Falls | 365 | 2023 | Waukee | 381 |

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, WDM Valley | 7 | Olivia Swalley, Johnston |
| 10 | Randi Peterson, Cedar Falls | 7 | Georganne Peterson, Glenwood |
| 9 | Hillary Mason, Cedar Falls | 7 | Barb Bacon, Ames |
| 9 | Katie Galligan, Cedar Falls | 7 | Ann Colloton, Iowa City West |
| 9 | Sophie Sorensen, Ames | 7 | Carie Goode, CR Kennedy |
| 9 | Emma Sougstad, Mason City | | |
| 8 | Jennifer Linder, DM Hoover | | |
| 8 | Lisa Nathanson, WDM Valley | | |
| 8 | Maddie Bro, Ames | | |
| 8 | Meghan Donald, Ames | | |
| 7 | Scarlet Martin, Iowa City West | | |