

2017 IGHSAU State Swimming and Diving - 11/3/2017 to 11/4/2017
Psych Sheet

Event 1 Women 1 mtr Diving

State Record: 561.10		11/7/2014	Jacintha Thomas		Iowa City West
Name	Year	School	Year	School	Time
1	Jolynn Harris	SR	Des Moines, Lincoln		546.10
2	Jayna Misra	JR	Ames		536.40
3	Sydney Hanson	FR	Bettendorf		463.55
4	Ashton Syharath	SO	Cedar Falls		452.75
5	Ayla Taylor	JR	Cedar Rapids, Washington		448.95
6	Annie Noll	SR	Dowling Catholic		439.30
7	Joscelyn Buss	SO	Ames		437.75
8	Madison Schoppe	SR	Cedar Falls		433.80
9	Taylor Hogan	JR	Waterloo		424.45
10	Kaylee Clendenen	SR	Ames		420.65
11	Alli Trowbridge	JR	Marshalltown		420.65
12	Sami Trowbridge	JR	Marshalltown		408.30
13	Josie Hovey	JR	Johnston		404.70
14	Madelyn Solomon	JR	Waterloo		402.35
15	Madison Gatzlaff	JR	Ankeny		393.40
16	Anna Penning	JR	Cedar Rapids, Jefferson		392.80
17	Taylor Anderson	JR	Waukee		384.70
18	Megan Norris	SO	Linn-Mar		382.45
19	Chloe Pearson	SO	Des Moines, Lincoln		380.80
20	Alexis Peterson	SR	Cedar Rapids, Kennedy		379.75
21	Lauren Kimball	FR	Waterloo		379.50
22	Nicole Grossmann	JR	Dowling Catholic		375.70
23	Rachel Werner	SR	Valley, West Des Moines		373.80
24	Austyn Goodale	SO	Iowa City, West		372.50
25	Avery Markowski	SO	Dowling Catholic		367.25
26	Ciara Wheeler	FR	Johnston		360.85
27	Anna Cater	SO	Cedar Rapids, Kennedy		354.55
28	Trinity Shi	SR	Pleasant Valley		351.65
29	Maria Kircher	SO	Dubuque, Wahlert		351.35
30	Blair Pladsen	SO	Linn-Mar		346.85

Event 2 Women 200 Yard Medley Relay

State Record: 1:43.78		11/5/2016	Ames	Ames
Team	Relay	Seed Time		
1	Pleasant Valley	1:46.19		
2	Ames	1:46.39		
3	Dowling Catholic	1:46.44		
4	Cedar Falls	1:46.55		
5	Bettendorf	1:47.80		
6	Atlantic	1:48.77		
7	Ankeny	1:48.89		
8	Valley, West Des Moines	1:49.26		
9	Cedar Rapids, Washington	1:49.31		
10	Waukee	1:49.92		
11	Dubuque, Senior	1:50.24		
12	Dubuque, Wahlert	1:50.75		
13	Iowa City, City High	1:51.63		
14	Linn-Mar	1:52.02		
15	Johnston	1:52.39		
16	Cedar Rapids, Kennedy	1:52.50		

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Event 2 ... (Women 200 Yard Medley Relay)

17	Lewis Central	1:52.67
18	Des Moines, Lincoln	1:52.72
19	Spencer	1:52.78
20	Indianola	1:53.18
21	Carroll	1:53.78
22	Davenport, Central	1:54.35
23	Cedar Rapids, Jefferson	1:54.48
24	Dubuque, Hempstead	1:54.50

Event 3 Women 200 Yard Freestyle

State Record: 1:47.14 11/8/2014		Allyssa Fluit		Southeast Polk
Name	Year	School	Seed Time	
1	Clare Culver	JR Dowling Catholic	1:48.78	
2	Alex Thorson	SR Waukee	1:51.91	
3	Libby Staver	JR Pleasant Valley	1:52.63	
4	Erin Doruska	JR Ankeny	1:53.01	
5	Meg Susil	FR Dowling Catholic	1:53.17	
6	Aurora Roghair	FR Iowa City, West	1:53.28	
7	Brinley Horras	SO Ames	1:53.49	
8	Grace Considine	JR Cedar Falls	1:54.09	
9	Karlie Welbes	SO Dubuque, Wahlert	1:54.21	
10	Zoe Pawloski	JR Lewis Central	1:55.01	
11	Christina Ware	SR Ankeny	1:55.73	
12	Ellie Clark	FR Dowling Catholic	1:55.85	
13	Taylor Hartley	SR Fort Dodge	1:56.02	
14	Olivia Jenks	SR Ames	1:56.09	
15	Carly Weigel	SO Iowa City, City High	1:56.45	
16	Sammie Galvin	SR Bettendorf	1:56.53	
17	Emily Van De Wiele	JR Bettendorf	1:56.57	
18	Sammi Hall	SR Cedar Falls	1:56.60	
19	Alleyna Thomas	SR Iowa City, West	1:56.99	
20	Cambry Miller	JR Atlantic	1:57.39	
21	Eve Berg	SR Bettendorf	1:57.62	
22	Natalia Verastegui	JR Dubuque, Wahlert	1:57.71	
23	Trinity Sadecky	SO Iowa City, City High	1:57.73	
24	Delaney Ryken	JR Ames	1:57.83	

Event 4 Women 200 Yard IM

State Record: 2:00.33 11/3/2012		Emma Sougstad		Mason City
Name	Year	School	Seed Time	
1	Sophie Sorenson	SR Ames	2:04.71	
2	Arianna Ottavianelli	SO Bettendorf	2:07.53	
3	Olivia Clark	SR Cedar Falls	2:07.78	
4	Anna Hamling	SO Waukee	2:08.01	
5	Kayla Rinderknecht	SR Waukee	2:08.91	
6	Lily Ernst	SO Iowa City, West	2:09.07	
7	Molly Winer	JR Ames	2:09.60	
8	Rachelle Houlette	SR Southeast Polk	2:10.64	
9	Kendall Hostetler	SR Johnston	2:10.68	
10	Victoria Michel	SO Dubuque, Wahlert	2:10.80	
11	Alexis Beine	JR Bettendorf	2:11.72	
12	Lauren Tumey	JR Bettendorf	2:11.80	
13	Jazlyn Horras	SR Ames	2:11.90	

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Event 4 ... (Women 200 Yard IM)

14	Melanie Housenga	SR	Iowa City, West	2:12.09
15	Claire Wedewer	SO	Dubuque, Senior	2:12.13
16	Mary Martin	FR	Dowling Catholic	2:12.20
17	Rachel Studer	JR	Valley, West Des Moines	2:12.29
18	Carley Caughron	FR	Waterloo	2:12.42
19	Christy Bishop	JR	Pleasant Valley	2:12.86
20	Jordan Neymeyer	SO	Pleasant Valley	2:13.23
21	Caroline Schultz	FR	Dowling Catholic	2:13.73
22	Ellie Shimp	JR	Cedar Falls	2:14.09
23	Ella Wagner	FR	Linn-Mar	2:15.07
24	Jessica Hartwig	SR	Atlantic	2:15.09

Event 5 Women 50 Yard Freestyle

State Record:		22.51	11/8/2014	Maddie Gehrke		Waukee
Name		Year	School	Seed Time		
1	Jasmine Rumley	SO	Ankeny	22.29		
2	Amy Feddersen	JR	Ames	22.78		
3	Reilly Shaner	JR	Valley, West Des Moines	22.93		
4	Katie Broderick	SO	Dowling Catholic	23.80		
5	Anna Pfeiffer	SO	Dubuque, Senior	23.84		
6	Mary Sweetman	FR	Dowling Catholic	24.28		
7	Emma Clark	FR	Cedar Falls	24.29		
8	Aviana Zahara	SR	Pleasant Valley	24.30		
9	Courtney Schaeffer	SR	Davenport, West	24.40		
10	Hope Cvrk	FR	Sioux City Metro	24.41		
11	Lauren Groenenboom	JR	Pleasant Valley	24.50		
12	Megan Greenley	SO	Bettendorf	24.56		
13	Emma Bachelder	SO	Decorah	24.62		
14	Mia Moulden	FR	Ames	24.63		
15	Melea Axman	FR	Carroll	24.63		
16	Darby Manternach	SR	Cedar Rapids, Kennedy	24.77		
17	Lila Novak	FR	Cedar Rapids, Washington	24.85		
18	Madison Sieperda	SR	Spencer	24.88		
19	Alex Larson	JR	Bettendorf	25.00		
20	Katie Dennis	SR	Linn-Mar	25.04		
21	Zoe Beals	SR	Marshalltown	25.09		
22	Marissa Moore	JR	Valley, West Des Moines	25.09		
23	Staci Stillmunkes	JR	Ankeny	25.14		
24	Kathryn Landhuis	SO	Atlantic	25.16		
25	Kassidy Rinderknecht	SO	Waukee	25.28		

Event 6 Women 100 Yard Butterfly

State Record:		54.57	11/2/2007	Alexa Mehesan		WDM Valley
Name		Year	School	Seed Time		
1	Berit Quass	SO	Dowling Catholic	53.97		
2	Reilly Shaner	JR	Valley, West Des Moines	56.02		
3	Lily Ernst	SO	Iowa City, West	56.60		
4	Kayla Rinderknecht	SR	Waukee	57.35		
5	Arabella Shepard	JR	Vinton-Shellsburg	57.58		
6	Annie Galvin	FR	Ames	57.77		
7	Scout Bergwall	SO	Ankeny	57.88		
8	Anna Hamling	SO	Waukee	57.89		
9	Rachelle Houlette	SR	Southeast Polk	58.26		

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Event 6 ... (Women 100 Yard Butterfly)

10	Chloe Marquis	FR	Des Moines, Lincoln	58.42
11	Lauren Havertape	SR	Cedar Rapids, Washington	58.49
12	Maggie Eure	SO	Dowling Catholic	58.75
13	Elsie Novak	FR	Cedar Rapids, Washington	58.76
14	Hope Cvrk	FR	Sioux City Metro	58.79
15	Perapa Chotiprasidhi	SR	Pleasant Valley	59.12
16	Mary Sweetman	FR	Dowling Catholic	59.27
17	Abbie Montag	JR	Dubuque, Wahlert	59.43
18	Mia Moulden	FR	Ames	59.63
19	Carley Caughron	FR	Waterloo	59.70
20	Kelsey Hostetler	JR	Johnston	1:00.01
21	MaryKate Walling	JR	Des Moines, East	1:00.39
22	Kinzee Macho	SR	Cedar Rapids, Kennedy	1:00.55
23	Rebecca Weis	SR	Lewis Central	1:00.89
24	Emma Behrens	SR	Linn-Mar	1:01.03

Event 7 Women 100 Yard Freestyle

State Record: 50.29 11/5/2016 MyKenzie Leehy Lewis Central

Name	Year	School	Seed Time
1	Amy Feddersen	JR Ames	49.70
2	Jasmine Rumley	SO Ankeny	50.33
3	Clare Culver	JR Dowling Catholic	51.09
4	Erin Doruska	JR Ankeny	51.61
5	Anna Pfeiffer	SO Dubuque, Senior	51.85
6	Alex Thorson	SR Waukee	52.22
7	Christina Ware	SR Ankeny	52.97
8	Angela Cary	SR Johnston	53.07
9	Emma Clark	FR Cedar Falls	53.27
10	Natalia Verastegui	JR Dubuque, Wahlert	53.30
11	Sammi Hall	SR Cedar Falls	53.34
12	Courtney Schaeffer	SR Davenport, West	53.63
13	Cambry Miller	JR Atlantic	53.74
14	Lauren Groenenboom	JR Pleasant Valley	53.90
15	Melanie Housenga	SR Iowa City, West	54.00
16	Megan Greenley	SO Bettendorf	54.16
17	Emily Van De Wiele	JR Bettendorf	54.18
18	Lauren Roemer	JR Bettendorf	54.24
19	Lila Novak	FR Cedar Rapids, Washington	54.35
20	Darby Manternach	SR Cedar Rapids, Kennedy	54.44
21	Jenny Hughes	SR Cedar Rapids, Washington	54.46
22	Hayley Welbes	FR Dubuque, Wahlert	54.55
23	Gracie Wesselmann	FR Ames	54.70
24	Alexa Bell	SO Southeast Polk	54.81

Event 8 Women 500 Yard Freestyle

State Record: 4:50.27 11/8/2014 Allyssa Fluit Southeast Polk

Name	Year	School	Seed Time
1	Berit Quass	SO Dowling Catholic	4:56.11
2	Libby Staver	JR Pleasant Valley	5:02.30
3	Brinley Horras	SO Ames	5:02.63
4	Aurora Roghair	FR Iowa City, West	5:03.67
5	Meg Susil	FR Dowling Catholic	5:03.95
6	Karlie Welbes	SO Dubuque, Wahlert	5:04.86

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Event 8 ... (Women 500 Yard Freestyle)

7	Grace Considine	JR	Cedar Falls	5:06.03
8	Lydia Johnston	FR	Des Moines, Roosevelt	5:09.83
9	Alleyna Thomas	SR	Iowa City, West	5:12.03
10	Taylor Hartley	SR	Fort Dodge	5:12.34
11	Olivia Jenks	SR	Ames	5:13.72
12	Shannon Kelley	SO	Linn-Mar	5:14.93
13	Emily Goodman	SR	Pleasant Valley	5:15.15
14	Eve Berg	SR	Bettendorf	5:15.54
15	Andrea Rodriguez	JR	Ankeny	5:16.01
16	Delaney Ryken	JR	Ames	5:16.75
17	Abby Rastetter	FR	Johnston	5:16.83
18	Clare Sweetman	JR	Dowling Catholic	5:17.72
19	Jill Hughes	JR	Cedar Rapids, Washington	5:17.92
20	Lauren Nelson	SR	Pleasant Valley	5:18.60
21	Trinity Sadecky	SO	Iowa City, City High	5:18.74
22	Sammie Galvin	SR	Bettendorf	5:19.22
23	Abbie Montag	JR	Dubuque, Wahlert	5:19.26
24	Renee Plassman	SO	Cedar Falls	5:21.32

Event 9 Women 200 Yard Freestyle Relay

State Record: 1:33.83 11/2/2007

West Des Moines Valley

L Nathanson, D Harris, L Lamair, A Mehesan

Team	Relay	Seed Time
1	Ankeny	1:35.92
2	Ames	1:36.71
3	Dowling Catholic	1:37.58
4	Bettendorf	1:37.72
5	Atlantic	1:38.13
6	Pleasant Valley	1:38.59
7	Waukee	1:39.04
8	Iowa City, West	1:39.28
9	Valley, West Des Moines	1:39.79
10	Lewis Central	1:40.21
11	Cedar Rapids, Washington	1:40.24
12	Linn-Mar	1:40.67
13	Southeast Polk	1:41.26
14	Iowa City, City High	1:41.29
15	Decorah	1:41.30
16	Cedar Rapids, Kennedy	1:41.40
17	Spencer	1:41.79
18	Cedar Rapids, Jefferson	1:42.01
19	Sioux City Metro	1:42.32
20	Des Moines, Lincoln	1:42.80
21	Carroll	1:43.27
22	Fort Dodge	1:43.70
23	Des Moines, Roosevelt	1:43.88
24	Mason City	1:44.06

Event 10 Women 100 Yard Backstroke

State Record: 54.61 11/7/2015

Sophie Sorenson

Ames -UN

Name	Year	School	Seed Time	
1	Sophie Sorenson	SR	Ames	55.44
2	Aviana Zahara	SR	Pleasant Valley	56.52

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Event 10 ... (Women 100 Yard Backstroke)

3	Katie Broderick	SO	Dowling Catholic	57.10
4	Arabella Shepard	JR	Vinton-Shellsburg	57.61
5	Ellie Clark	FR	Dowling Catholic	57.93
6	Victoria Michel	SO	Dubuque, Wahlert	58.08
7	Annie Galvin	FR	Ames	58.11
8	Carly Weigel	SO	Iowa City, City High	58.59
9	Jazlyn Horras	SR	Ames	58.68
10	Kylie Collins	SO	Lewis Central	58.82
11	Cecile Lorenzen	FR	Des Moines, Roosevelt	59.12
12	Carson Slater	JR	Valley, West Des Moines	59.17
13	Emma VerSteege	JR	Spencer	59.24
14	Danielle Nauman	JR	Pleasant Valley	59.26
15	Perapa Chotiprasidhi	SR	Pleasant Valley	59.30
16	Zoe Pawloski	JR	Lewis Central	59.50
17	Luanne Xiao	SO	Fort Dodge	59.89
18	Angela Cary	SR	Johnston	1:00.13
19	Megan Latta	JR	Dowling Catholic	1:00.45
20	Sydney Jones	FR	Cedar Rapids, Washington	1:00.56
21	Sami Roemer	SO	Bettendorf	1:00.59
22	Taylor Purvis	SR	Indianola	1:00.62
23	Chloe Marquis	FR	Des Moines, Lincoln	1:00.76
24	Sydney Hiatt	JR	Ankeny	1:00.98

Event 11 Women 100 Yard Breaststroke

State Record: 1:01.18 11/3/2012

Katharine Ross

DM North

Name	Year	School	Seed Time
1	Molly Winer	JR Ames	1:03.49
2	Arianna Ottavianelli	SO Bettendorf	1:03.69
3	Mary Martin	FR Dowling Catholic	1:04.88
4	Jessica Hartwig	SR Atlantic	1:05.54
5	Olivia Clark	SR Cedar Falls	1:05.54
6	Lauren Havertape	SR Cedar Rapids, Washington	1:05.84
7	Emily Goodman	SR Pleasant Valley	1:06.86
8	Kirsti Robertson	SO Ames	1:06.96
9	Lauren Tumey	JR Bettendorf	1:07.45
10	Kendall Hostetler	SR Johnston	1:07.47
11	Rachel Studer	JR Valley, West Des Moines	1:07.50
12	Lindsey Blommers	JR Newton	1:07.64
13	Abbey Klostermann	SO Davenport, Central	1:07.73
14	Claire Wedewer	SO Dubuque, Senior	1:07.79
15	Gracie Wesselmann	FR Ames	1:07.96
16	Christy Bishop	JR Pleasant Valley	1:08.05
17	Ellie Shimp	JR Cedar Falls	1:08.31
18	Kassidy Rinderknecht	SO Waukee	1:08.54
19	Emma Bachelder	SO Decorah	1:08.67
20	Breazi Preston	SR Des Moines, Hoover	1:08.73
21	Bailey St.Peter	FR Carroll	1:08.89
22	Alexis Beine	JR Bettendorf	1:08.96
23	Jordan Neymeyer	SO Pleasant Valley	1:08.99
24	Grace Meier	SR Storm Lake	1:09.04

**2017 IGHS AU State Swimming and Diving - 11/3/2017 to 11/4/2017
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Event 12 Women 400 Yard Freestyle Relay

State Record: 3:28.74 11/5/2016

Ames

Ames

S Sorenson, O Jenks, M Rosser, A Feddersen

	Team	Relay	Seed Time
1	Ames		3:31.44
2	Dowling Catholic		3:31.98
3	Ankeny		3:32.73
4	Waukee		3:33.81
5	Pleasant Valley		3:34.75
6	Bettendorf		3:36.76
7	Dubuque, Wahlert		3:37.93
8	Iowa City, West		3:38.86
9	Atlantic		3:38.93
10	Dubuque, Senior		3:40.52
11	Cedar Falls		3:40.85
12	Fort Dodge		3:41.83
13	Lewis Central		3:42.11
14	Cedar Rapids, Washington		3:42.13
15	Southeast Polk		3:42.41
16	Spencer		3:42.51
17	Linn-Mar		3:43.18
18	Johnston		3:43.44
19	Decorah		3:43.59
20	Sioux City Metro		3:45.68
21	Valley, West Des Moines		3:45.89
22	Cedar Rapids, Jefferson		3:46.11
23	Cedar Rapids, Kennedy		3:46.51
24	Carroll		3:47.64