

SWIMMING & DIVING RECORD BOOK

Previous State Championship Results

1967	Des Moines Roosevelt	100
1968	Iowa City High	61
1969	Des Moines Hoover	53
1970	Des Moines Hoover	182
1971S	Des Moines Hoover	154
1972	Des Moines Roosevelt	139
1973	Des Moines Roosevelt	177
1974	West Des Moines Valley	166
1975	West Des Moines Valle	226
1976	Cedar Rapids Washington.	235
1977	Cedar Rapids Washington	352
1978	Cedar Rapids Kennedy	272
1979	Cedar Rapids Washington	235
1980	Des Moines Roosevelt	227.5
1981	Cedar Rapids Kennedy	227
1982	Muscatine	200
1983	Des Moines Hoover	239
1984	Cedar Rapids Washington	223
1985	Muscatine	174
1986	Cedar Falls	203
1987	Mason City	166.5
1988	Mason City	211.5
1989	Mason City	183
1990	Bettendorf	215
1991	Bettendorf	288
1992	Bettendorf	285
1993	Cedar Falls	310.5
1994	Cedar Falls.	365
1995	Cedar Falls	374
1996	Cedar Falls	381
1997	Cedar Falls	304
1998	Cedar Falls	250
1999	Bettendorf	229
2000	Bettendorf	274
2001	Bettendorf	269
2002	Bettendorf	276.5
2003	Cedar Falls	306
2004	Cedar Falls	227
2005	West Des Moines Valley	287.5
2006	West Des Moines Valley	355
2007	West Des Moines Valley	316
2009	Mason City	275
2010	Ames	293
2011	Ames.	336
2012	Ames	274
2013	Ames	302
2014	Pleasant Valley	301
2015	Ames	355
2016	Ames	341
2017	Ames	384
2018	Ames	372
2019	Dowling Catholic	360
2020	Ames	303
2021	Waukee	357
2022	Waukee	402
2023	Waukee	381
2024	Dowling Catholic	260

MOST INDIVIDUAL STATE TITLES

12	Alexa Mehesan, WDM Valley
10	Randi Peterson, Cedar Falls
9	Hillary Mason, Cedar Falls
9	Katie Galligan, Cedar Falls
9	Sophie Sorensen, Ames
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
7	Olivia Swalley, Johnston
7	Georganne Peterson, Glenwood
7	Barb Bacon, Ames
7	Ann Colloton, Iowa City West
7	Carie Goode, CR Kennedy

FOUR TIME WINNERS OF THE 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

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Swimming and Diving Hall of Fame

1980	Candace Bloodsworth Sausman Pat Bloomcamp (Coach) Peggy Anderson Barb Bacon Mary Taylor Sues	Des Moines Hoover Des Moines Hoover Dubuque Wahlert Ames Cedar Rapids Washington	1981	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	1982	Denise Buchheister Kay Kirkland Liz MacBride Janet Lindstrom Warren	Cedar Rapids Washington Des Moines Hoover Ames Des Moines Roosevelt	1983	Laura Millis Rene Sullivan	West Des Moines Valley Cedar Falls	1984	Jana Greig Terry Hand Lisa Hempelman Janet Ware	West Des Moines Valley Des Moines Hoover Des Moines Roosevelt Sioux City West	1985	Lori Anderson Carie Goode Jo Ellen Kelley Simpson	Cedar Rapids Washington Cedar Rapids Kennedy Cedar Rapids Jefferson	1986	Susanna Barry Rivera Carol Lensing (Coach)	Muscatine Cedar Rapids Washington	1987	Georganne Peterson Mary Fischbach	Glenwood Fort Dodge	1988	Theresa Ann Nissen Debi Janson Mark Wagner (Coach) Leslie Richard	Clinton Des Moines Hoover West Des Moines Valley Ames	1989	Dale Entyre Heidi Hecker Ann Williams	Cedar Rapids Kennedy Des Moines East West Des Moines Valley	1990	Vickie Nauman Renee Bunger Debbie Wells-Marshall	Des Moines Hoover Cedar Falls NU, DM Hoover West Des Moines Valley	1991	Jennifer Linder	Des Moines Hoover	1992	Jenni Adams Anne Packard	Cedar Rapids Kennedy Dubuque Senior	1993	Teri Ross	Waterloo East	1994	Ruth Johnson (Coach) Don Jepsen (Official) Ann Colloton	Davenport West Davenport West Iowa City West	1995	Harold Baeth (Official) Dave Linder (Coach) Kristy Frieden Nancy Behlmer Joy Johnson Carol Muyskens	West Des Moines Des Moines Hoover Mason City Dubuque Senior West Des Moines Valley Des Moines Hoover	1996	Jim Taylor (Coach) Robin Burns Erica Wockenfuss Meika Olson	Cedar Rapids Jefferson Des Moines Hoover Iowa City High Northern University High	1997	Jim Voss (Official) Katy Ketoff Jennifer Kollbaum-Adams	Cedar Rapids Dubuque Wahlert Boone	1998	Amy Kelling Heather Gross	Cedar Falls Marshalltown	1999	Frankie Hanson Jean Gordon	West Des Moines Dowling Mason City	2000	Mike Henderson, IGHSAU Bruce Verink (Official)	Des Moines Cedar Falls	2001	Erin Carew Wendy Stoeker	Cedar Rapids Prairie Cedar Rapids Jefferson	2002	Ben Myers (Coach) Stacy Wertz	Cedar Falls NU High Cedar Falls NU High	2003	Sarah Dougall Jennifer Maehl Tanya Henkels	Cedar Rapids Washington Cedar Rapids Prairie Dubuque Wahlert	2004	Nicole Widmyer Gary Winkler (Coach)	Dubuque Wahlert Fort Dodge	2005	Susan Trumbower Larry Swanson (Coach)	WDM Valley Davenport North	2006	Kara Hajek Leigh Taylor	Cedar Rapids Kennedy Bettendorf	2007	Dan Duclos (Coach) Heidi Landherr	Dubuque Senior Linn-Mar	2008	Whitney Jensen Brigit Brunsmann Bob Wren (Coach)	Grinnell Dubuque Hempstead Dubuque	2009	Nan West Les Santee (Coach)	Davenport Central Cedar Rapids Jefferson	2010	Jessica Martin	Cedar Falls	2011	Erin Petty Anne Callahan	Bettendorf West Des Moines Valley	2012	Hillary Mason Whitney Wodstrchill	Cedar Falls Cedar Rapids Jefferson	2013	Dick Marcusson Lynn Cambell Veronica Rydze Katie Martin	Cedar Falls Waterloo West Iowa City High Des Moines Roosevelt	2014	Ann Walker Megan Lonergan Meghan Sievertsen	Des Moines Roosevelt Bettendorf Cedar Rapids Kennedy	2015	Trudy Henkels Randi Peterson Alexa Mehesan	Dubuque Wahlert Cedar Falls West Des Moines Valley	2016	Kim Rogers Stephanie Koch Sheri Theisen	Cedar Falls Ames Anamosa	2017	Emma Sougstad Danielle Harris Jocelyn Wright	Mason City West Des Moines Valley Linn-Mar	2018	Hayley Fry Samantha Goldstein Maddie Bro	Linn-Mar Pleasant Valley Ames	2019	Mindy Schulte Katie Galligan Maggie James Dennis Peters (Official)	West Des Moines Valley Cedar Falls Ames Cedar Falls	2020	Taylor Flummerfelt Ashley Lawler Lisa Nathanson Dan Flannery (Coach)	Ames Iowa City West West Des Moines Valley Ames	2021	Abby Girard Emily Wiltsie	Cedar Falls Mason City	2022	Allyssa Fluit Maddie Gehrke Theresa Michal Erin Strub	Southeast Polk Waukee West Des Moines Valley Dubuque Senior	2023	Crissy Ahmann Lexi Horner Nicky Weiben	Muscatine Johnston Ankeny	2024	Sara Bentley Krista Ockenfels Bethany Olson	Ames Iowa City High Cedar Falls	2025
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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
2024	Camryn Russell, Grinnell	488.25

200 YARD MEDLEY RELAY

1967	Des Moines Roosevelt	2:12.30
1968	Cedar Rapids Kennedy	2:10.50
1969	Des Moines Hoover	2:02.80
1970	Des Moines Hoover	2:09.10
1971S	Des Moines Hoover	2:06.50
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
2024	Cedar Falls	1:45.36

200 YARD FREESTYLE

1970	Ann Full, Iowa City High	2:16.30
1971S	Mary Taylor, CR Washington	2:10.50
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	1:59.00
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	Ann Walker, DM Roosevelt	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
2024	Faith Frantum, Johnston	1:50.65

* 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, DM Hoover	1:06.8*
1970	Candy Bloodsworth, DM Hoover	2:33.20
1970S	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, CR Washington	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
2024	Willa Hage, Waukee Northwest	2:04.06

* 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
1970S	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 Petty, 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 Hoepfer, Iowa City High	:23.34
2023	Grace Hoepfer, Iowa City High	:23.44
2024	Grace Hoepfer, Iowa City High	:23.06

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
1970S	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
2024	Hayden Bailey, Waukee Northwest	:54.99

* 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	Reene 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 Hoeper, Iowa City High	:50.27
2024	Grace Hoeper, Iowa City High	:49.94

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
2024	Faith Frantum, Johnston	4:58.80

200 YARD FREESTYLE RELAY

1967	Des Moines Roosevelt	1:59.50
1968	Iowa City High	1:53.90
1969	West Des Moines Valley	1:52.50
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
2024	Bettendorf	1:35.07

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 Wodstchill, CR Jefferson	:59.10
2001	Jamie Wieben, Ankeny	:59.21
2002	Cassandra Nelson, WDM Valley	:58.43
2003	Whitney Wodstchill, 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
2024	Hayden Bailey, Waukee Northwest	:56.12

* 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 Brunnsman, 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
2024	Lucy Parson, Waterloo West	1:02.43

400 YARD FREESTYLE RELAY

1970	Davenport Central	4:20.50
1971S	Davenport Central	4:13.80
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	3:39.66
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
2024	Bettendorf	3:28.39

Iowa All-Time Leaders (through 2025 Regional Meet)

200-YARD MEDLEY RELAY

Dowling Catholic	2018	1:42.00
Dowling Catholic	2019	1:42.54
Waukee	2022	1:42.80
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
Grace Hoeper, Iowa City High	2024	:23.06
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

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
Hayden Bailey, Waukee	2024	:54.71
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

100-YARD FREESTYLE

Jasmine Rumley, Ankeny	2019	:49.03
Amy Feddersen, Ames	2017	:49.54
Grace Hoeper, Iowa City High	2024	:49.94
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
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
Bettendorf	2024	1:35.07
Ankeny	2017	1:35.19
Waukee	2021	1:35.37

100-YARD BACKSTROKE

Scarlet Martin, Iowa City West	2021	: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
Lucy Parson, Waterloo West	2024	1:02.43
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

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
Bettendorf	2024	3:28.39