2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 1 Women 1 mtr Diving

State Record: 561.10 11/7/2014 Jacintha Thomas Iowa City West

Lane	Name	Year	School	
Flight 1 of 1 Timed Finals				
1	Wheeler, Alyssa	JR	Dsm Lincoln-UN	329.40
2	Carnes, Tessa	SR	Waukee NW-UN	369.30
3	Freundl, Olivia	SR	Johnston-UN	339.65
4	Stecher, Hannah	SR	Wahlert, Dub-UN	322.05
5	Lewis, Aubrey	JR	SE Polk-UN	336.45
6	Kolpek, Bella	SO	Cedar Falls-UN	320.25
7	Drugg, Marina	FR	Ic, West-UN	359.40
8	Dirks, Mylee	SR	Dowling Cath-UN	432.50
9	Eley, Lydia	SR	Linn-Mar-UN	334.35
10	Thatcher, Harlie	SR	Marshalltown-UN	351.25
11	Kellogg, Cora	JR	Grinnell-UN	392.40
12	Clow, Sage	JR	CR Kennedy-UN	325.10
13	Whipple, Eleanor	JR	Dowling Cath-UN	349.85
14	Hanson, Kendal	SO	Bettendorf-UN	359.80
15	Corron, Isla	SR	Ankeny-UN	319.75
16	Maas, Sailor	FR	Johnston-UN	315.85
17	Holder, Aubrie	JR	Grinnell-UN	412.10
18	Haggard, Ellie	SR	Waukee NW-UN	323.85
19	Sparrgrove, Carsyn	SO	Cedar Falls-UN	316.15
20	Steward, Ari	SR	Pleasant Valley-UN	378.05
21	Bult, Elisabeth	SR	CR Washington-UN	346.10
22	Braunschweig-Norris, Emory	SR	SE Polk-UN	444.00
23	Schoneman, Abigail	JR	Cedar Falls-UN	350.60
24	Gassman, Darcy	SO	Dub Hempstead-UN	322.00
25	Ortiz, Reyata	SR	CR Washington-UN	337.15
26	Doty, Audra	SR	SE Polk-UN	372.20
27	Kurtz, Kasyn	SR	Dvpt-UN	337.85
28	Gunn, Addyson	SR	Waukee-UN	365.35
29	Huebl, Ellie	JR	Dvpt-UN	334.75
30	Subbert, Kambelle	SR	Ankeny-UN	326.25
31	Udelhofen-Clark, Grace		Ames-UN	344.35
32	Streit, Neelie	SR	Waukee-UN	391.90

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 2 Women 200 Yard Medley Relay

State Record: 1:42.00 11/3/2018 Dowling Catholic Dowling Catholic
K Broderick, M Martin, B Quass, M Sweetman

1:43.97 AUTO Automatic AA

1:46.15 CONS Consideration AA

Lane	Team	Relay	Seed Time	
Heat 1 of 4 Timed Finals				
1	Oskaloosa-UN	A	1:58.91	
2	Decorah-UN	A	1:57.42	
3	Grinnell-UN	A	1:56.45	
4	Dub Senior-UN	A	1:55.80	
5	Tipton-UN	A	1:55.87	
6	Lewis Central-UN	A	1:57.15	
7	Mason City-UN	A	1:58.31	
8	Prairie, CR-UN	A	2:00.09	
Heat 2 of 4 Timed Finals				
1	Marshalltown-UN	A	1:55.35	
2	Dsm, North-UN	A	1:55.18	
3	Boone-UN	A	1:54.28	
4	Muscatine-UN	A	1:54.01	
5	Johnston-UN	A	1:54.02	
6	Indianola-UN	A	1:54.85	
7	Carroll-UN	A	1:55.26	
8	Pleasant Valley-UN	A	1:55.40	
Heat 3 of 4 Timed Finals				
1	Burlington-UN	A	1:53.84	
2	Valley, Wdm-UN	A	1:52.33	
3	CR Kennedy-UN	A	1:51.71	
4	Waukee NW-UN	A	1:50.01	
5	Dub Hempstead-UN	A	1:51.08	
6	Ic, City High-UN	A	1:52.05	
7	Ames-UN	A	1:53.36	
8	Ankeny-UN	A	1:54.00	
Heat 4 of 4 Timed Finals				
1	Wahlert, Dub-UN	A	1:49.46	
2	Waterloo-UN	A	1:48.84	
3	Linn-Mar-UN	A	1:47.31	
4	Bettendorf-UN	A	1:45.81	CONS
5	Cedar Falls-UN	A	1:45.83	CONS
6	Dowling Cath-UN	A	1:47.45	
7	Spencer-UN	A	1:49.28	
8	Waukee-UN	A	1:49.94	

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 3 Women 200 Yard Freestyle

State Record:	**1:47.14**	**11/8/2014**	**Allyssa Fluit**	**South East Polk**
	1:48.77	**AUTO Automatic AA**		
	1:50.62	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 4 Prelims				
1	Howell, Elly	SO	Pleasant Valley-UN	2:01.30
2	Harder, Lily		SC Metro-UN	2:00.56
3	Houston, Quinn	SO	Boone-UN	2:00.41
4	Hughes, Kilee	SO	Boone-UN	2:00.19
5	Anderson, Avery	JR	Ankeny-UN	2:00.36
6	Ludwig, Mia	FR	SE Polk-UN	2:00.47
7	Webb, Payge	SO	Decorah-UN	2:01.22
8	Swaim, Maddy	FR	Waukee-UN	2:01.43
Heat 2 of 4 Prelims				
1	White, Norah	FR	Ic, City High-UN	1:59.30
2	Freeman, Aria	FR	SC Metro-UN	1:57.65
3	Rehmert, Lydia	SR	Cedar Falls-UN	1:56.12
4	Gilligan, Annie	SR	Dub Senior-UN	1:52.37
5	Nakama, Naya	SO	Ames-UN	1:53.24
6	Freeseman, Gabby	FR	Dowling Cath-UN	1:56.27
7	Thiessen, Katie	JR	Dvpt-UN	1:58.03
8	Nguyen, Ngoc (Maggie)	JR	Ic, West-UN	2:00.13
Heat 3 of 4 Prelims				
1	Crowley, Quinn		Valley, Wdm-UN	1:58.67
2	Blackmore, Maggie	JR	Ankeny-UN	1:57.64
3	Geng, Hannah	SR	Ic, West-UN	1:54.33
4	McCorkle, Ellie	JR	Ames-UN	1:51.25
5	Qualley, Charlotte	SR	Dowling Cath-UN	1:52.56
6	Kettles, Tori	SR	Waukee-UN	1:56.20
7	McCloud, Reid	SO	Newton-UN	1:57.97
8	Hoffman, Ellie	JR	Dub Senior-UN	1:59.90
Heat 4 of 4 Prelims				
1	Mettenbrink, Amelia		Johnston-UN	1:58.38
2	Bucksa, Elizabeth	SR	Decorah-UN	1:57.32
3	McFadden, Lily	SO	Dub Hempstead-UN	1:54.08
4	Woltz, Maelyn	SO	Cedar Falls-UN	1:50.70
5	Thier, Malin	FR	Wahlert, Dub-UN	1:52.55
6	Mundisev, Helena	SO	Ic, City High-UN	1:56.20
7	Vaske, Elena	SO	Dowling Cath-UN	1:57.84
8	Surma, Emilia	SR	Bettendorf-UN	1:59.82

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 4 Women 200 Yard IM

State Record:	**1:58.59**	**11/3/2022**	**Olivia Swalley**	**Johnston**
	2:01.55	**AUTO Automatic AA**		
	2:03.71	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 4 Prelims				
1	Melling, Kathryn	FR	Valley, Wdm-UN	2:20.69
2	Enabnit, Claire	SR	Boone-UN	2:19.98
3	Schissel, Jenna	JR	Decorah-UN	2:19.77
4	Hedrick, Piper	SO	Ankeny-UN	2:18.68
5	Pelham, Isla	SO	Pleasant Valley-UN	2:18.73
6	Binkowski, Addyson	SO	Ames-UN	2:19.84
7	Gruenisen, Samantha	SO	Johnston-UN	2:20.54
8	Beek, Adele	JR	Marshalltown-UN	2:20.79
Heat 2 of 4 Prelims				
1	Kiekhaefer, Chloe	JR	Johnston-UN	2:16.83
2	Hermsen, Mady	SR	Ames-UN	2:13.91
3	Knispel, Elise	SO	Lewis Central-UN	2:12.09
4	Corwin, Kimber	JR	Dowling Cath-UN	2:07.21
5	DeYoung, Addie	SO	Waukee NW-UN	2:11.36
6	Rehmert, Corrine	SO	Cedar Falls-UN	2:12.64
7	Assaad, Dana	FR	Johnston-UN	2:15.69
8	Newton, Merryn	JR	Waukee NW-UN	2:18.42
Heat 3 of 4 Prelims				
1	Sabers, Maddie	FR	Waukee NW-UN	2:16.51
2	Calonder, Hadley		Tipton-UN	2:13.89
3	Fay, Ginger		Dowling Cath-UN	2:12.09
4	Sears, Halle	JR	Spencer-UN	2:07.08
5	Andedo, Brielle	JR	Bettendorf-UN	2:10.35
6	Huss, Lucy	SR	Dowling Cath-UN	2:12.45
7	Snyder, Molly	SR	Wahlert, Dub-UN	2:14.80
8	Kearney, Allie	JR	Ankeny-UN	2:18.22
Heat 4 of 4 Prelims				
1	Freeman, Natalie	JR	SC Metro-UN	2:16.26
2	Swanson, Ariana	SO	Ic, West-UN	2:12.79
3	Landon, Elsie		Ic, West-UN	2:11.61
4	Parson, Lucy	SR	Waterloo-UN	2:05.95
5	Steining, Camryn	SR	Pleasant Valley-UN	2:08.44
6	Gevock, Piper	SO	Ottumwa-UN	2:12.37
7	Remme, Ava	SO	Ic, City High-UN	2:14.39
8	Lutz, Ava	SO	CR Kennedy-UN	2:17.31

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 5 Women 50 Yard Freestyle

State Record:	**22.51**	**11/8/2014**	**Maddie Gehrke**	**Waukee**
	23.07	**AUTO Automatic AA**		
	23.48	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time	
Heat 1 of 5 Prelims					
1					
2					
3	Cwiertny, Gabriella	JR	Ic, West-UN	25.75	
4	Mogard, Miah	SR	Ames-UN	25.67	
5	Molis, Ashley	SR	Johnston-UN	25.75	
6					
7					
8					
Heat 2 of 5 Prelims					
1					
2	Breuner, Allie	SR	Ankeny-UN	25.64	
3	Rowland, Avery	FR	Waukee NW-UN	25.63	
4	Elkins, Madelyn	SR	Ic, City High-UN	25.61	
5	Rohrbach, Alayna	SO	Waterloo-UN	25.63	
6	Parker, Malia	SO	Ic, West-UN	25.63	
7	Cloos, Elyse	SR	Wahlert, Dub-UN	25.64	
8					
Heat 3 of 5 Prelims					
1	Speers, Elizabeth	SR	Burlington-UN	25.21	
2	Lee, Audrey	FR	Muscatine-UN	24.80	
3	Knispel, Madeline	SR	Lewis Central-UN	24.34	
4	Landon, Nora	SO	Ic, West-UN	23.93	
5	Trosper, Kate	SR	Waukee NW-UN	24.28	
6	Hernandez, Leia	SR	Marshalltown-UN	24.54	
7	Laws, Aaliyah	SO	SC Metro-UN	24.96	
8	Loo, Ivy	SR	Johnston-UN	25.39	
Heat 4 of 5 Prelims					
1	Solt Espinosa, Clara	SO	Ic, City High-UN	25.20	
2	Burns, Finlee	SR	Waukee-UN	24.70	
3	Stacy, Jaya	SR	Bettendorf-UN	24.32	
4	Weinheimer, Haylie	SR	Dsm, North-UN	23.74	
5	Hall, Taylor	SR	Dowling Cath-UN	23.97	
6	Morrison, Penelope	SO	Oskaloosa-UN	24.47	
7	Lovell, Colette	SR	Dowling Cath-UN	24.82	
8	Brugman, Abigail	SO	Ankeny-UN	25.32	
Heat 5 of 5 Prelims					
1	Fossey, Reagan	SR	Pleasant Valley-UN	25.19	
2	Nunez, Valentina	SR	Cedar Falls-UN	24.56	
3	Peters, Sarah	FR	Pleasant Valley-UN	24.29	
4	Andedo, Lillian	JR	Bettendorf-UN	23.29	CONS
5	Karolus, Aleah	SR	Boone-UN	23.94	
6	Howie, Avery	SR	Boone-UN	24.37	
7	Barton, Temple	JR	Newton-UN	24.81	
8	Boysen, Abigayle	SR	Cedar Falls-UN	25.26	

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Meet Program

Event 6 Women 100 Yard Butterfly

State Record:	**53.01**	**11/13/2020**	**Scarlet Martin**	**Iowa City West**
	54.22	**AUTO Automatic AA**		
	55.48	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 4 Prelims				
1	Peterson, Brooklyn	SO	Dowling Cath-UN	1:01.95
2	Assaad, Dana	FR	Johnston-UN	1:01.84
3	Schissel, Jenna	JR	Decorah-UN	1:01.64
4	Binkowski, Addyson	SO	Ames-UN	1:01.27
5	Behrens, Brylie	JR	Carroll-UN	1:01.42
6	Coyle, Evelyn	SO	Dub Senior-UN	1:01.66
7	Dahlen, Ella	SO	Valley, Wdm-UN	1:01.86
8	Leza-Parks, Lucia	SO	Ic, West-UN	1:01.99
Heat 2 of 4 Prelims				
1	Hill, Kylee	SR	Burlington-UN	1:00.38
2	Villhauer, Charlie	JR	Ankeny-UN	59.35
3	Knispel, Elise	SO	Lewis Central-UN	58.51
4	Landon, Nora	SO	Ic, West-UN	56.84
5	Steining, Camryn	SR	Pleasant Valley-UN	58.27
6	Ernsperger, Izzy	SR	Johnston-UN	58.84
7	Huss, Lucy	SR	Dowling Cath-UN	59.79
8	Pelham, Isla	SO	Pleasant Valley-UN	1:00.90
Heat 3 of 4 Prelims				
1	Surma, Emilia	SR	Bettendorf-UN	1:00.31
2	Tudor, Amelia	SO	Waterloo-UN	59.30
3	Trosper, Kate	SR	Waukee NW-UN	58.45
4	Andedo, Lillian	JR	Bettendorf-UN	56.81
5	Waas, Maeve	SO	Ic, City High-UN	57.22
6	Burns, Finlee	SR	Waukee-UN	58.79
7	Snyder, Molly	SR	Wahlert, Dub-UN	59.48
8	Michael, Tenley	SO	Muscatine-UN	1:00.81
Heat 4 of 4 Prelims				
1	Webb, Payge	SO	Decorah-UN	1:00.02
2	Zhang, Teresa	SO	Linn-Mar-UN	58.98
3	Burns, Ashlyn	FR	Waukee-UN	58.38
4	Corwin, Kimber	JR	Dowling Cath-UN	56.66
5	Sears, Halle	JR	Spencer-UN	56.91
6	Martino, Francesca	FR	CR Kennedy-UN	58.65
7	Paterson, Aubrey		Spencer-UN	59.38
8	Plasier, Mandy	JR	Waukee-UN	1:00.39

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 7 Women 100 Yard Freestyle

State Record:	**49.03**	**11/9/2019**	**Jasmine Rumley**	**Ankeny**
	50.17	**AUTO Automatic AA**		
	51.03	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time	
Heat 1 of 5 Prelims					
1					
2					
3	Kingland, Claire	SO	Indianola-UN	55.69	
4	Tallman, Tabitha	SR	Pleasant Valley-UN	55.54	
5	Ludwig, Mia	FR	SE Polk-UN	55.69	
6					
7					
8					
Heat 2 of 5 Prelims					
1					
2	Houston, Quinn	SO	Boone-UN	55.45	
3	Laws, Aaliyah	SO	SC Metro-UN	55.39	
4	Luck, Addison	SR	Linn-Mar-UN	55.22	
5	Morrison, Penelope	SO	Oskaloosa-UN	55.36	
6	Douglas, Allie	JR	SE Polk-UN	55.41	
7	Tudor, Sophia	SO	Waterloo-UN	55.46	
8					
Heat 3 of 5 Prelims					
1	Lovell, Colette	SR	Dowling Cath-UN	54.83	
2	Ripke, Jada	JR	CR Washington-UN	54.11	
3	Karolus, Aleah	SR	Boone-UN	53.03	
4	Andedo, Brielle	JR	Bettendorf-UN	51.78	
5	Kettles, Tori	SR	Waukee-UN	52.67	
6	Barton, Temple	JR	Newton-UN	53.71	
7	Peters, Sarah	FR	Pleasant Valley-UN	54.39	
8	Loo, Ivy	SR	Johnston-UN	55.21	
Heat 4 of 5 Prelims					
1	Mettenbrink, Amelia		Johnston-UN	54.68	
2	Reid, Abigail	SR	Valley, Wdm-UN	54.05	
3	Geng, Hannah	SR	Ic, West-UN	52.92	
4	Gilligan, Annie	SR	Dub Senior-UN	51.74	
5	Ward, Evelyn	FR	Wahlert, Dub-UN	52.13	
6	Kettles, Tenley		Waukee-UN	53.63	
7	Fossey, Reagan	SR	Pleasant Valley-UN	54.39	
8	Boysen, Abigayle	SR	Cedar Falls-UN	55.10	
Heat 5 of 5 Prelims					
1	Thiessen, Katie	JR	Dvpt-UN	54.57	
2	Knispel, Madeline	SR	Lewis Central-UN	53.75	
3	Hall, Taylor	SR	Dowling Cath-UN	52.77	
4	Gardner, Ella	SR	Cedar Falls-UN	50.86	CONS
5	Nakama, Naya	SO	Ames-UN	51.80	
6	Gojkovich, Riley	SR	Waukee NW-UN	53.39	
7	Hernandez, Leia	SR	Marshalltown-UN	54.25	
8	Wilson, Shea	SR	CR Kennedy-UN	54.85	

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 8 Women 500 Yard Freestyle

State Record: 4:45.78 11/14/2020 Aurora Roghair Iowa City West

4:52.42 AUTO Automatic AA

4:57.57 CONS Consideration AA

Lane	Name	Year	School	Seed Time
Heat 1 of 4 Prelims				
1	Hughes, Kilee	SO	Boone-UN	5:28.99
2	Lutz, Ava	SO	CR Kennedy-UN	5:26.01
3	Harder, Lily		SC Metro-UN	5:23.25
4	Nguyen, Ngoc (Maggie)	JR	Ic, West-UN	5:21.64
5	Anderson, Avery	JR	Ankeny-UN	5:22.55
6	Meyer, Addie	FR	Johnston-UN	5:25.82
7	Swaim, Maddy	FR	Waukee-UN	5:27.09
8	Frantum, Maddie	FR	Johnston-UN	5:29.24
Heat 2 of 4 Prelims				
1	Bykova, Sasha		Waukee NW-UN	5:20.31
2	Vaske, Elena	SO	Dowling Cath-UN	5:18.69
3	McCloud, Reid	SO	Newton-UN	5:14.07
4	Schaffel, Caite	SO	Linn-Mar-UN	5:00.84
5	Landon, Elsie		Ic, West-UN	5:10.03
6	Bucksa, Elizabeth	SR	Decorah-UN	5:15.92
7	Leder, Maeve	FR	Valley, Wdm-UN	5:19.10
8	Dani, Korol		Ames-UN	5:21.23
Heat 3 of 4 Prelims				
1	Hoffman, Ellie	JR	Dub Senior-UN	5:20.09
2	Gevock, Piper	SO	Ottumwa-UN	5:17.95
3	Qualley, Charlotte	SR	Dowling Cath-UN	5:10.40
4	Woltz, Maelyn	SO	Cedar Falls-UN	5:00.71
5	Mundisev, Helena	SO	Ic, City High-UN	5:07.55
6	Remme, Ava	SO	Ic, City High-UN	5:15.26
7	Freeseman, Gabby	FR	Dowling Cath-UN	5:18.92
8	Thomas, Amelia	JR	Muscatine-UN	5:20.78
Heat 4 of 4 Prelims				
1	Cline, Haven	SR	Valley, Wdm-UN	5:19.25
2	Ernsperger, Izzy	SR	Johnston-UN	5:17.76
3	Blackmore, Maggie	JR	Ankeny-UN	5:10.22
4	Thier, Malin	FR	Wahlert, Dub-UN	5:00.25
5	McCorkle, Ellie	JR	Ames-UN	5:03.86
6	Rehmert, Lydia	SR	Cedar Falls-UN	5:14.10
7	McFadden, Lily	SO	Dub Hempstead-UN	5:18.77
8	Freeman, Aria	FR	SC Metro-UN	5:20.42

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 9 Women 200 Yard Freestyle Relay

State Record: 1:33.50 11/3/2018 Ames Ames

A Feddersen, M Donald, M Winer, B Horras

1:35.36 AUTO Automatic AA

1:37.03 CONS Consideration AA

Lane	Team	Relay	Seed Time	
Heat 1 of 4 Timed Finals				
1	Decorah-UN	A	1:44.40	
2	Dsm, North-UN	A	1:44.14	
3	Carroll-UN	A	1:44.00	
4	Dub Hempstead-UN	A	1:43.56	
5	Waterloo-UN	A	1:43.91	
6	CR Washington-UN	A	1:44.06	
7	Indianola-UN	A	1:44.26	
8	SE Polk-UN	A	1:44.80	
Heat 2 of 4 Timed Finals				
1	SC Metro-UN	A	1:43.35	
2	Burlington-UN	A	1:43.01	
3	Lewis Central-UN	A	1:42.75	
4	CR Kennedy-UN	A	1:42.61	
5	Newton-UN	A	1:42.64	
6	Ic, City High-UN	A	1:42.92	
7	Wahlert, Dub-UN	A	1:43.30	
8	Linn-Mar-UN	A	1:43.48	
Heat 3 of 4 Timed Finals				
1	Grinnell-UN	A	1:42.15	
2	Dub Senior-UN	A	1:41.36	
3	Ic, West-UN	A	1:40.98	
4	Spencer-UN	A	1:40.02	
5	Ankeny-UN	A	1:40.27	
6	Johnston-UN	A	1:41.36	
7	Valley, Wdm-UN	A	1:41.48	
8	Marshalltown-UN	A	1:42.45	
Heat 4 of 4 Timed Finals				
1	Dowling Cath-UN	A	1:39.39	
2	Waukee NW-UN	A	1:38.82	
3	Ames-UN	A	1:37.92	
4	Bettendorf-UN	A	1:34.93	AUTO
5	Waukee-UN	A	1:37.48	
6	Pleasant Valley-UN	A	1:37.99	
7	Boone-UN	A	1:38.83	
8	Cedar Falls-UN	A	1:39.91	

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 10 Women 100 Yard Backstroke

State Record:	**54.17**	**11/13/2020**	**Scarlet Martin**	**Iowa City West**
	54.70	**AUTO Automatic AA**		
	55.82	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 4 Prelims				
1	Thompson, Ky	SR	Ames-UN	1:02.83
2	Frantum, Maddie	FR	Johnston-UN	1:02.82
3	Schoonover, Grace	SO	Carroll-UN	1:02.74
4	Henning, Joelle	SO	Waukee NW-UN	1:02.52
5	Meyer, Addie	FR	Johnston-UN	1:02.66
6	Stone, Kylee	SR	Ankeny-UN	1:02.81
7	Kettles, Tenley		Waukee-UN	1:02.83
8	Kearney, Allie	JR	Ankeny-UN	1:02.89
Heat 2 of 4 Prelims				
1	Crowley, Quinn		Valley, Wdm-UN	1:01.87
2	White, Norah	FR	Ic, City High-UN	1:01.37
3	Reid, Abigail	SR	Valley, Wdm-UN	59.02
4	Zhang, Teresa	SO	Linn-Mar-UN	57.44
5	Ward, Evelyn	FR	Wahlert, Dub-UN	58.28
6	Brugman, Abigail	SO	Ankeny-UN	1:00.26
7	Howie, Avery	SR	Boone-UN	1:01.63
8	Thomas, Amelia	JR	Muscatine-UN	1:02.16
Heat 3 of 4 Prelims				
1	McFarland, Aubrey	SO	Spencer-UN	1:01.86
2	Michael, Tenley	SO	Muscatine-UN	1:01.02
3	Ripke, Jada	JR	CR Washington-UN	58.77
4	Weinheimer, Haylie	SR	Dsm, North-UN	56.49
5	DeYoung, Addie	SO	Waukee NW-UN	57.95
6	Tudor, Amelia	SO	Waterloo-UN	59.94
7	Jacobson, Sydney	FR	Cedar Falls-UN	1:01.46
8	Leza-Parks, Lucia	SO	Ic, West-UN	1:02.15
Heat 4 of 4 Prelims				
1	Gates, Kennedee	SO	Linn-Mar-UN	1:01.70
2	Tigges, Taylor	SR	Dub Hempstead-UN	1:00.74
3	Waas, Maeve	SO	Ic, City High-UN	58.39
4	Gardner, Ella	SR	Cedar Falls-UN	55.91
5	Gojkovich, Riley	SR	Waukee NW-UN	57.50
6	Wittrock, Emerson		Spencer-UN	59.89
7	Douglas, Allie	JR	SE Polk-UN	1:01.44
8	Freeman, Natalie	JR	SC Metro-UN	1:02.06

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 11 Women 100 Yard Breaststroke

State Record:	**1:01.18**	**11/3/2012**	**Katharine Ross**	**DM North**
	1:02.59	**AUTO Automatic AA**		
	1:03.85	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time	
Heat 1 of 4 Prelims					
1	Bodecker, Mya	SR	Tipton-UN	1:11.93	
2	Calonder, Hadley		Tipton-UN	1:11.69	
3	Behounek, Avery	FR	Grinnell-UN	1:11.29	
4	Welp, Ella	SR	Algona-UN	1:10.79	
5	Lindberg, Anna	SO	Grinnell-UN	1:11.04	
6	Brimhall, Betsy Cate	SO	Burlington-UN	1:11.63	
7	Ruan, Catherine	SR	Dowling Cath-UN	1:11.91	
8	Gruenisen, Samantha	SO	Johnston-UN	1:11.99	
Heat 2 of 4 Prelims					
1	Cloos, Lauren	FR	Wahlert, Dub-UN	1:10.47	
2	Kiekhaefer, Chloe	JR	Johnston-UN	1:09.70	
3	Hermsen, Mady	SR	Ames-UN	1:07.86	
4	Burns, Ashlyn	FR	Waukee-UN	1:04.72	
5	Duehr, Maisey	SR	Dub Hempstead-UN	1:06.15	
6	Swanson, Ariana	SO	Ic, West-UN	1:09.12	
7	Lang, Lauren	FR	Linn-Mar-UN	1:10.36	
8	Hoffman, Molly	SR	Waukee-UN	1:10.76	
Heat 3 of 4 Prelims					
1	Hurley, Brooklyn	SO	SE Polk-UN	1:10.42	
2	Wilson, Shea	SR	CR Kennedy-UN	1:09.32	
3	Beek, Adele	JR	Marshalltown-UN	1:07.60	
4	Schaffel, Caite	SO	Linn-Mar-UN	1:04.09	
5	Rehmert, Corrine	SO	Cedar Falls-UN	1:05.78	
6	Leder, Maeve	FR	Valley, Wdm-UN	1:09.01	
7	Lee, Audrey	FR	Muscatine-UN	1:10.26	
8	Sabers, Maddie	FR	Waukee NW-UN	1:10.73	
Heat 4 of 4 Prelims					
1	Parker, Malia	SO	Ic, West-UN	1:10.40	
2	Doolittle, Ali	JR	Ames-UN	1:09.28	
3	Fay, Ginger		Dowling Cath-UN	1:06.76	
4	Parson, Lucy	SR	Waterloo-UN	1:01.72	AUTO
5	Stacy, Jaya	SR	Bettendorf-UN	1:04.95	
6	Van Mill, Makenna	SR	Cedar Falls-UN	1:08.95	
7	Textor, Hannah	FR	Dowling Cath-UN	1:09.75	
8	Hughes, Ellie	JR	Boone-UN	1:10.71	

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 12 Women 400 Yard Freestyle Relay

State Record: **3:23.73** **11/14/2020** **Iowa City West** **Iowa City West**
J Roghair, O Taeger, A Roghair, S Martin

3:27.43 **AUTO Automatic AA**

3:31.02 **CONS Consideration AA**

Lane	Team	Relay	Seed Time	
Heat 1 of 4 Timed Finals				
1	Indianola-UN	A	3:52.78	
2	Tipton-UN	A	3:51.34	
3	Dvpt-UN	A	3:50.09	
4	Burlington-UN	A	3:48.92	
5	Grinnell-UN	A	3:49.61	
6	Marshalltown-UN	A	3:50.26	
7	CR Washington-UN	A	3:52.51	
8	Carroll-UN	A	3:53.03	
Heat 2 of 4 Timed Finals				
1	SE Polk-UN	A	3:48.10	
2	Newton-UN	A	3:46.72	
3	Muscatine-UN	A	3:46.48	
4	Decorah-UN	A	3:45.23	
5	Spencer-UN	A	3:45.60	
6	SC Metro-UN	A	3:46.49	
7	Lewis Central-UN	A	3:47.15	
8	Valley, Wdm-UN	A	3:48.14	
Heat 3 of 4 Timed Finals				
1	Johnston-UN	A	3:43.33	
2	Ankeny-UN	A	3:40.43	
3	Waukee NW-UN	A	3:39.57	
4	Linn-Mar-UN	A	3:38.36	
5	Boone-UN	A	3:38.70	
6	Dub Senior-UN	A	3:40.10	
7	Waterloo-UN	A	3:41.45	
8	Dub Hempstead-UN	A	3:44.43	
Heat 4 of 4 Timed Finals				
1	Waukee-UN	A	3:38.00	
2	Ic, West-UN	A	3:36.20	
3	Wahlert, Dub-UN	A	3:35.32	
4	Cedar Falls-UN	A	3:30.73	CONS
5	Dowling Cath-UN	A	3:33.66	
6	Ames-UN	A	3:35.95	
7	Pleasant Valley-UN	A	3:37.18	
8	Ic, City High-UN	A	3:38.05	

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 103 Women 200 Yard Freestyle Para 200 Freestyle

State Record:	**2:23.12**	**11/8/2022**	**Addalyn Worster**	**Keokuk**
	1:48.77	**AUTO Automatic AA**		
	1:50.62	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 1 Timed Finals				
1				
2				
3				
4	Wears-Aesa, Taylor		Dsm, East-UN	3:24.71
5				
6				
7				
8				

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 105 Women 50 Yard Freestyle Para 50 Free

State Record:	**30.99**	**11/8/2023**	**Addalyn Worster**	**Keokuk**
	23.07	**AUTO Automatic AA**		
	23.48	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 1 Timed Finals				
1				
2				
3				
4	Beeler, Natalie		Oskaloosa-UN	39.49
5	Robbins, Jordyn		Ankeny-UN	44.32
6				
7				
8				

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 107 Women 100 Yard Freestyle Para 100 Free

State Record:	**1:05.89**	**11/9/2022**	**Addalyn Worster**	**Keokuk**
	50.17	**AUTO Automatic AA**		
	51.03	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 1 Timed Finals				
1				
2				
3				
4	Beeler, Natalie		Oskaloosa-UN	1:03.90
5	Wears-Aesa, Taylor		Dsm, East-UN	1:33.49
6				
7				
8				

2026 IGHSAU State Swimming and Diving - 11/12/2026 to 11/13/2026

Meet Program

Event 110 Women 100 Yard Backstroke Para 100 Back

State Record:	**1:09.09**	**11/14/2023**	**Addalyn Worster**	**Keokuk**
	54.70	**AUTO Automatic AA**		
	55.82	**CONS Consideration AA**		

Lane	Name	Year	School	Seed Time
Heat 1 of 1 Timed Finals				
1				
2				
3				
4	Robbins, Jordyn		Ankeny-UN	2:36.84
5				
6				
7				
8				