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

Psych Sheet

Event 1 Women 1 mtr Diving

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

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

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

Psych Sheet

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

	Team	Relay			Seed Time
1	Bettendorf-UN	A			1:45.81 CONS
	1) Andedo, Brielle JR	2) Stacy, Jaya SR	3) Surma, Emilia SR	4) Andedo, Lillian JR	
	5) Burns, Nora JR	6) Jacobson, Nicole JR	7) Fritz, Katelyn SR	8) Legendre, Callie SR	
2	Cedar Falls-UN	A			1:45.83 CONS
	1) Gardner, Ella SR	2) Rehmert, Corrine SO	3) Woltz, Maelyn SO	4) Nunez, Valentina SR	
	5) Bonzer, Ava SR	6) Van Mill, Makenna SR	7) Rehmert, Lydia SR	8) Boysen, Abigayle SR	
3	Linn-Mar-UN	A			1:47.31
	1) Zhang, Teresa SO	2) Schaffel, Caite SO	3) Williams, Shay FR	4) Luck, Addison SR	
	5) Gates, Kennedee SO	6) Lang, Lauren FR	7) Caldwell, Kylie FR	8) Vick-Tope, Sydney SR	
4	Dowling Cath-UN	A			1:47.45
	1) Qualley, Charlotte SR	2) Fay, Ginger	3) Corwin, Kimber JR	4) Hall, Taylor SR	
	5) Huss, Lucy SR	6) Lovell, Colette SR	7) Textor, Hannah FR	8) Peterson, Brooklyn SO	
5	Waterloo-UN	A			1:48.84
	1) Tudor, Sophia SO	2) Parson, Lucy SR	3) Tudor, Amelia SO	4) Karr, Mallory SR	
	5) Anderson, Reese JR	6) Clark, Aidyn SR	7) Keegan, Finley SO	8) Rohrbach, Alayna SO	
6	Spencer-UN	A			1:49.28
	1) Wittrock, Emerson	2) Sears, Halle JR	3) Paterson, Aubrey	4) McFarland, Aubrey SO	
	5) Stuckey, Lauren JR	6) Ries, Ava	7) Quanbeck, Anna SR	8) Schmidt, Maisy JR	
7	Wahlert, Dub-UN	A			1:49.46
	1) Ward, Evelyn FR	2) Cloos, Lauren FR	3) Snyder, Molly SR	4) Thier, Malin FR	
	5) Cloos, Elyse SR	6) Powers, Ruth JR	7) Zahradnik, Annabelle SR	8) Kurt, Nora FR	
8	Waukee-UN	A			1:49.94
	1) Moore, Maya JR	2) Burns, Ashlyn FR	3) Plasier, Mandy JR	4) Burns, Finlee SR	
	5) Kettles, Tenley	6) Hudson, Natalie FR	7) Hoffman, Molly SR	8) Jernberg, Neleh SO	
9	Waukee NW-UN	A			1:50.01
	1) DeYoung, Addie SO	2) Sabers, Maddie FR	3) Trosper, Kate SR	4) Rowland, Avery FR	
	5) Gojkovich, Riley SR	6) Newton, Merryn JR	7) Andrews, Violet SR	8) Bykova, Sasha	
10	Dub Hempstead-UN	A			1:51.08
	1) Tigges, Taylor SR	2) Duehr, Maisey SR	3) McFadden, Lily SO	4) Vilar, Tessa SO	
	5) Mairet, Adalyn SR	6) Mason, Morgan JR	7) Kelzer, Maggie SR	8) Roling, Rebecca SR	
11	CR Kennedy-UN	A			1:51.71
	1) Martino, Francesca FR	2) Wilson, Shea SR	3) Nunez, Lucy JR	4) Montgomery, Cierra SR	
	5) Carolan, Gabriella SR	6) Visek, Sydney JR	7) Crist, Josie JR	8) Goldberg, Elise JR	
12	Ic, City High-UN	A			1:52.05
	1) Remme, Ava SO	2) Berry-Stoelzle, Louisa JR	3) Waas, Maeve SO	4) Mundisev, Helena SO	
	5) Solt Espinosa, Clara SO	6) Rowlette, Lily FR	7) Elkins, Madelyn SR	8) White, Norah FR	
13	Valley, Wdm-UN	A			1:52.33
	1) Reid, Abigail SR	2) Leder, Maeve FR	3) Dahlen, Ella SO	4) Cline, Haven SR	
14	Ames-UN	A			1:53.36
	1) Thompson, Ky SR	2) Hermsen, Mady SR	3) Thompson, Chloe FR	4) Mogard, Miah SR	
	5) Binkowski, Addyson SO	6) Doolittle, Ali JR	7) Dohrman, Claire FR	8) McCorkle, Ellie JR	
15	Burlington-UN	A			1:53.84
	1) Blodgett, Avery	2) Dixon, Brynlee JR	3) Hill, Kylee SR	4) Brimhall, Betsy Cate SO	
	5) Guyton, Alisan SR	6) Speers, Elizabeth SR	7) Dascher, Emma SR	8) Beekman, Adah SR	
16	Ankeny-UN	A			1:54.00
	1) Brugman, Abigail SO	2) Hutzell, Rowen FR	3) Villhauer, Charlie JR	4) Hedrick, Piper SO	
	5) Stone, Kylee SR	6) Kearney, Allie JR	7) Villhauer, Holland FR	8) Breuner, Allie SR	
17	Muscatine-UN	A			1:54.01
	1) Thomas, Amelia JR	2) Lee, Audrey FR	3) Michael, Tenley SO	4) Krieger, Kinsley	
	5) Kassel, McKenna FR	6) McKee, Camryn FR	7) Tolle, Brielle SO	8) Hunter, Eden FR	

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

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

18	Johnston-UN	A			1:54.02
	1) Baker, Norah SO	2) Gruenisen, Samantha SO	3) Assaad, Dana FR	4) Harms, Lily SO	
	5) Kiekhaefer, Chloe JR	6) Dahm, Evie JR	7) Meyer, Addie FR		
19	Boone-UN	A			1:54.28
	1) Klatt, Makenzie SO	2) Hughes, Ellie JR	3) Enabnit, Claire SR	4) Houser, Finley SO	
	5) Lucht, Lillian FR	6) Houston, Harper SO	7) Hughes, Kilee SO	8) Gute, Sara JR	
20	Indianola-UN	A			1:54.85
	1) Burkhart, Bea FR	2) Powers, Chloe JR	3) Kingland, Claire SO	4) Costigan, Olivia	
	5) Burns, Taylor JR	6) Loyd, Makenna SR	7) Grissom, Elena JR	8) Costigan, Makayla FR	
21	Dsm, North-UN	A			1:55.18
	1) Weinheimer, Haylie SR	2) Cunningham, Lydia FR	3) Patricio, Yaretzi SO	4) Powell, Morgynne SO	
	5) Konchalski, Delaney SO	6) Kowlessar, Lorelei	7) Alexander, Carissa JR	8) Noble, Harper SO	
22	Carroll-UN	A			1:55.26
	1) Harmon, Josie	2) Borkowski, Alexis JR	3) Behrens, Brylie JR	4) Malone, Sophia JR	
	5) Schrum, Caroline FR	6) Janssen, Sarah			
23	Marshalltown-UN	A			1:55.35
	1) Elmore, Addison SO	2) Beek, Adele JR	3) Case, Emma JR	4) Ceren, Drea JR	
	5) Pals, Zoey SO	6) Hernandez, Leia SR	7) Lasack, Alex SR	8) Long, Frankie SR	
24	Pleasant Valley-UN	A			1:55.40
	1) Tallman, Tabitha SR	2) Pelham, Isla SO	3) Howell, Elly SO	4) Fossey, Reagan SR	
	5) Cunningham, Cameron SR	6) Hatz, Isla FR	7) Rohm, Gabriella FR	8) Gray, Ivy JR	
25	Dub Senior-UN	A			1:55.80
	1) Beimborn, Kaley JR	2) Wilson, Althea SO	3) Coyle, Evelyn SO	4) Steines, Lily JR	
	5) Radloff, Livia SR	6) Ressler, Mia FR	7) Radloff, Emelyn JR	8) Cue, Estella FR	
26	Tipton-UN	A			1:55.87
	1) Calonder, Hadley	2) Bodecker, Mya SR	3) Bohlmann, Callie FR	4) Pharr, Jaimee SR	
	5) Barber, Emory FR	6) Banowetz, Hayden SO			
27	Grinnell-UN	A			1:56.45
	1) Zylstra, Kyliee	2) Lindberg, Anna SO	3) Lindberg, Lucy SR	4) Sieck, Katelyn JR	
	5) Laug, Macy SO	6) Rundall, Zoe JR	7) Behounek, Avery FR	8) Zimsen-Campe, Ruby JR	
28	Lewis Central-UN	A			1:57.15
	1) Schnackel, Anissa SR	2) McCaw, Madison SR	3) Lockey, Ainsley SR	4) Stefanic, Danika FR	
	5) Wright, Mia SO	6) Murray, Jillian SO	7) Lynch, Lucy SR	8) Gruber, Lupita SO	
29	Decorah-UN	A			1:57.42
	1) Sailor, Lilly FR	2) Alstad, Karly SO	3) Webb, Payge SO	4) Jones, Sutton FR	
	5) Shimek, Sophie SO	6) Bollinger, Adeline JR	7) Bucksa, Elizabeth SR	8) Schissel, Jenna JR	
30	Mason City-UN	A			1:58.31
	1) Driscoll, Rylee JR	2) Murray, Brynn SO	3) Haakenstad, Skye SR	4) Cook, Mallory SR	
	5) Sorenson, Brooklyn FR	6) Fisher, Corinne FR	7) Martin-Hertzel, Ella SR	8) Rattay, Tessa SO	
31	Oskaloosa-UN	A			1:58.91
	1) Walter, Ella SR	2) Sisul, Jolie	3) Fross, Ellie SR	4) Klyn, Rylee SR	
	5) Lamb, Nora SR	6) Walker, Rayanna FR	7) Morrison, Penelope SO		
32	Prairie, CR-UN	A			2:00.09
	1) Wachtl, Kylie SR	2) Walker, Jacey	3) Brokel, Michaela FR	4) Zozaya, Isabelle JR	
	5) Petersen, Katelyn SR	6) Knebel, Kayley	7) Johnson, Kara JR	8) Sandau, Madelyn FR	

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

Psych Sheet

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

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

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

Psych Sheet

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

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

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

Psych Sheet

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

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

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

Psych Sheet

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**		

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

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

Psych Sheet

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**

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

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

Psych Sheet

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

	Name	Year	School	Seed Time
1	Thier, Malin	FR	Wahlert, Dub-UN	5:00.25
2	Woltz, Maelyn	SO	Cedar Falls-UN	5:00.71
3	Schaffel, Caite	SO	Linn-Mar-UN	5:00.84
4	McCorkle, Ellie	JR	Ames-UN	5:03.86
5	Mundisev, Helena	SO	Ic, City High-UN	5:07.55
6	Landon, Elsie		Ic, West-UN	5:10.03
7	Blackmore, Maggie	JR	Ankeny-UN	5:10.22
8	Qualley, Charlotte	SR	Dowling Cath-UN	5:10.40
9	McCloud, Reid	SO	Newton-UN	5:14.07
10	Rehmert, Lydia	SR	Cedar Falls-UN	5:14.10
11	Remme, Ava	SO	Ic, City High-UN	5:15.26
12	Bucksa, Elizabeth	SR	Decorah-UN	5:15.92
13	Ernsperger, Izzy	SR	Johnston-UN	5:17.76
14	Gevock, Piper	SO	Ottumwa-UN	5:17.95
15	Vaske, Elena	SO	Dowling Cath-UN	5:18.69
16	McFadden, Lily	SO	Dub Hempstead-UN	5:18.77
17	Leder, Maeve	FR	Valley, Wdm-UN	5:19.10
18	Cline, Haven	SR	Valley, Wdm-UN	5:19.25
19	Hoffman, Ellie	JR	Dub Senior-UN	5:20.09
20	Bykova, Sasha		Waukee NW-UN	5:20.31
21	Thomas, Amelia	JR	Muscatine-UN	5:20.78
22	Dani, Korol		Ames-UN	5:21.23
23	Nguyen, Ngoc (Maggie)	JR	Ic, West-UN	5:21.64
24	Anderson, Avery	JR	Ankeny-UN	5:22.55
25	Harder, Lily		SC Metro-UN	5:23.25
26	Freeman, Aria	FR	SC Metro-UN	5:24.66
27	Freeseman, Gabby	FR	Dowling Cath-UN	5:25.18
28	Meyer, Addie	FR	Johnston-UN	5:25.82
29	Lutz, Ava	SO	CR Kennedy-UN	5:26.01
30	Swaim, Maddy	FR	Waukee-UN	5:27.09
31	Hughes, Kilee	SO	Boone-UN	5:28.99
32	Frantum, Maddie	FR	Johnston-UN	5:29.24

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

Psych Sheet

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

	Team	Relay			Seed Time
1	Bettendorf-UN	A			1:34.93 AUTO
	1) Stacy, Jaya SR	2) Surma, Emilia SR	3) Andedo, Brielle JR	4) Andedo, Lillian JR	
	5) Legendre, Callie SR	6) Fritz, Katelyn SR	7) Jacobson, Nicole JR	8) Alicea, Evangelysie FR	
2	Waukee-UN	A			1:37.48
	1) Burns, Ashlyn FR	2) Burns, Finlee SR	3) Kettles, Tenley	4) Kettles, Tori SR	
	5) Moore, Maya JR	6) Christopherson, Natalie JR	7) Peterson, Maisy SR	8) Cleveland, Adelyn SR	
3	Ames-UN	A			1:37.92
	1) Nakama, Naya SO	2) Binkowski, Addyson SO	3) Thompson, Ky SR	4) McCorkle, Ellie JR	
	5) Dani, Korol	6) Hermsen, Mady SR	7) Thompson, Chloe FR	8) Mogard, Miah SR	
4	Pleasant Valley-UN	A			1:37.99
	1) Steining, Camryn SR	2) Fossey, Reagan SR	3) Peters, Sarah FR	4) Tallman, Tabitha SR	
	5) Gray, Ivy JR	6) Pelham, Isla SO	7) Rohm, Gabriella FR	8) Cunningham, Cameron SR	
5	Waukee NW-UN	A			1:38.82
	1) Trosper, Kate SR	2) Sabers, Maddie FR	3) Bykova, Sasha	4) Gojkovich, Riley SR	
	5) DeYoung, Addie SO	6) Rowland, Avery FR	7) Andrews, Violet SR	8) Newton, Merryn JR	
6	Boone-UN	A			1:38.83
	1) Howie, Avery SR	2) Houston, Quinn SO	3) Hughes, Ellie JR	4) Karolus, Aleah SR	
	5) Gute, Sara JR	6) Houser, Finley SO	7) Houston, Harper SO	8) Hughes, Kilee SO	
7	Dowling Cath-UN	A			1:39.39
	1) Hall, Taylor SR	2) Lovell, Colette SR	3) Fay, Ginger	4) Vaske, Elena SO	
	5) Qualley, Charlotte SR	6) Corwin, Kimber JR	7) Freeseman, Gabby FR	8) Peterson, Brooklyn SO	
8	Cedar Falls-UN	A			1:39.91
	1) Rehmert, Lydia SR	2) Rehmert, Corrine SO	3) Boysen, Abigayle SR	4) Nunez, Valentina SR	
	5) Jacobson, Sydney FR	6) Van Mill, Makenna SR	7) Schweigel, Ava FR	8) McGrane, Dublin SO	
9	Spencer-UN	A			1:40.02
	1) McFarland, Aubrey SO	2) Vogt, Ava JR	3) Paterson, Aubrey	4) Sears, Halle JR	
	5) Schmidt, Maisy JR	6) Henson, Jade JR	7) Stuckey, Lauren JR	8) Quanbeck, Anna SR	
10	Ankeny-UN	A			1:40.27
	1) Brugman, Abigail SO	2) Blackmore, Maggie JR	3) Villhauer, Charlie JR	4) Breuner, Allie SR	
	5) Villhauer, Holland FR	6) Kearney, Allie JR	7) Hutzell, Rowen FR	8) Anderson, Avery JR	
11	Ic, West-UN	A			1:40.98
	1) Cwiertny, Gabriella JR	2) Leza-Parks, Lucia SO	3) Parker, Malia SO	4) Geng, Hannah SR	
	5) Liu, Emily SR	6) Rouwenhorst, Katelyn SO	7) Landon, Elsie	8) Swanson, Ariana SO	
12	Johnston-UN	A			1:41.36
	1) Loo, Ivy SR	2) Mettenbrink, Amelia	3) Molis, Ashley SR	4) Ernsperger, Izzy SR	
	5) Harms, Lily SO	6) Baker, Norah SO			
12	Dub Senior-UN	A			1:41.36
	1) Gilligan, Annie SR	2) Wilson, Althea SO	3) Coyle, Evelyn SO	4) Hoffman, Ellie JR	
	5) Steines, Lily JR	6) Beimborn, Kaley JR	7) Radloff, Livia SR	8) Cue, Estella FR	
14	Valley, Wdm-UN	A			1:41.48
	1) Reid, Abigail SR	2) Melling, Kathryn FR	3) Crowley, Quinn	4) Cline, Haven SR	
15	Grinnell-UN	A			1:42.15
	1) Lindberg, Lucy SR	2) Zimsen-Campe, Ruby JR	3) Behounek, Avery FR	4) Sieck, Katelyn JR	
	5) Laug, Macy SO	6) Zylstra, Peyton SO	7) Lindberg, Anna SO	8) Rundall, Zoe JR	
16	Marshalltown-UN	A			1:42.45
	1) Beek, Adele JR	2) Elmore, Addison SO	3) Ceren, Drea JR	4) Hernandez, Leia SR	
	5) Pals, Zoey SO	6) Lasack, Alex SR	7) Long, Frankie SR		
17	CR Kennedy-UN	A			1:42.61
	1) Wilson, Shea SR	2) Montgomery, Cierra SR	3) Nunez, Lucy JR	4) Martino, Francesca FR	
	5) Goldberg, Elise JR	6) Gardner, Chandler SO	7) Lutz, Ava SO	8) Hunt, Martavia JR	

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Event 9 ... (Women 200 Yard Freestyle Relay)

18	Newton-UN	A			1:42.64
	1) Barton, Temple JR	2) Miller, Kimberlee SR	3) Woodcock, Isabella FR	4) McCloud, Reid SO	
	5) Groenenboom, Kinzley FR	6) Phillips, Peyton JR	7) Cervantes, Josalyn SO	8) Nedder, Julia JR	
19	Lewis Central-UN	A			1:42.75
	1) Stefanic, Danika FR	2) Lockey, Ainsley SR	3) Knispel, Elise SO	4) Knispel, Madeline SR	
	5) Schnackel, Anissa SR	6) McCaw, Madison SR	7) Murray, Jillian SO	8) Wright, Mia SO	
20	Ic, City High-UN	A			1:42.92
	1) Elkins, Madelyn SR	2) Berry-Stoelzle, Louisa JR	3) White, Norah FR	4) Solt Espinosa, Clara SO	
	5) Remme, Ava SO	6) Cilek, Adel SR	7) Rowlette, Lily FR		
21	Burlington-UN	A			1:43.01
	1) Hill, Kylee SR	2) Brimhall, Betsy Cate SO	3) Guyton, Alisan SR	4) Speers, Elizabeth SR	
	5) Dixon, Brynlee JR	6) Blodgett, Avery	7) Beekman, Adah SR	8) Dascher, Emma SR	
22	Wahlert, Dub-UN	A			1:43.30
	1) Cloos, Elyse SR	2) Cloos, Lauren FR	3) Zahradnik, Annabelle SR	4) Kurt, Nora FR	
	5) Thier, Malin FR	6) Rahm, Phoebe SO	7) Powers, Ruth JR	8) Ward, Evelyn FR	
23	SC Metro-UN	A			1:43.35
	1) Laws, Aaliyah SO	2) Rustwick, Rylee SO	3) Freeman, Natalie JR	4) Freeman, Aria FR	
	5) Harder, Lily	6) Delarosa, Natalie SO	7) Delgadillo, Frida FR	8) Feauto, Alex JR	
24	Linn-Mar-UN	A			1:43.48
	1) Williams, Shay FR	2) Gates, Kennedee SO	3) Yetter, Beth SO	4) Luck, Addison SR	
25	Dub Hempstead-UN	A			1:43.56
	1) Vilar, Tessa SO	2) Kelzer, Maggie SR	3) Duehr, Maisey SR	4) Tigges, Taylor SR	
	5) Blum, Mallory JR	6) Roling, Rebecca SR	7) McFadden, Lily SO	8) Mason, Morgan JR	
26	Waterloo-UN	A			1:43.91
	1) Karr, Mallory SR	2) Anderson, Reese JR	3) Keegan, Finley SO	4) Rohrbach, Alayna SO	
	5) Sheffler, Olivia SR	6) Cook, Cali JR	7) Kuehl, Vivian FR	8) Clark, Aidyn SR	
27	Carroll-UN	A			1:44.00
	1) Behrens, Brylie JR	2) Weber, Mya	3) Malone, Sophia JR	4) Schoonover, Grace SO	
	5) Janssen, Sarah	6) Schrum, Caroline FR	7) Stein, Izzy		
28	CR Washington-UN	A			1:44.06
	1) Tyler, Sam FR	2) Wickum, Maija JR	3) Robinson, Josie SO	4) Ripke, Jada JR	
	5) Millsap, Morgan JR	6) Hall, Alaina SR	7) Decker, Harper SR	8) Altorfer, Kate SO	
29	Dsm, North-UN	A			1:44.14
	1) Powell, Morgynne SO	2) Cunningham, Lydia FR	3) Kowlessar, Lorelei	4) Weinheimer, Haylie SR	
	5) Patricio, Yaretzi SO	6) Konchalski, Delaney SO	7) Alexander, Carissa JR	8) Noble, Harper SO	
30	Indianola-UN	A			1:44.26
	1) Kingland, Claire SO	2) Dykstra, Kaylee	3) Powers, Chloe JR	4) Costigan, Olivia	
	5) Burkhart, Bea FR	6) Carr, Emerson	7) Costigan, Makayla FR	8) Loyd, Makenna SR	
31	Decorah-UN	A			1:44.40
	1) Jones, Sutton FR	2) Schissel, Jenna JR	3) Alstad, Karly SO	4) Bucksa, Elizabeth SR	
	5) Pattison, Kate JR	6) Kapler, Carley FR	7) Bollinger, Adeline JR	8) Webb, Payge SO	
32	SE Polk-UN	A			1:44.80
	1) Ludwig, Mia FR	2) Roberts, Kelyn SO	3) Douglas, Allie JR	4) Woolums, Zoe JR	

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

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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**		

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

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Psych Sheet

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

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

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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

	Team	Relay			Seed Time
1	Cedar Falls-UN	A			3:30.73 CONS
	1) Woltz, Maelyn SO	2) Nunez, Valentina SR	3) Rehmert, Lydia SR	4) Gardner, Ella SR	
	5) Jacobson, Sydney FR	6) Boysen, Abigayle SR	7) McGrane, Dublin SO	8) Van Mill, Makenna SR	
2	Dowling Cath-UN	A			3:33.66
	1) Qualley, Charlotte SR	2) Lovell, Colette SR	3) Vaske, Elena SO	4) Corwin, Kimber JR	
	5) Hall, Taylor SR	6) Huss, Lucy SR	7) Freeseman, Gabby FR	8) Peterson, Brooklyn SO	
3	Wahlert, Dub-UN	A			3:35.32
	1) Ward, Evelyn FR	2) Cloos, Elyse SR	3) Thier, Malin FR	4) Snyder, Molly SR	
	5) Kurt, Nora FR	6) Cloos, Lauren FR	7) Zahradnik, Annabelle SR	8) Powers, Ruth JR	
4	Ames-UN	A			3:35.95
	1) Nakama, Naya SO	2) Binkowski, Addyson SO	3) Dani, Korol	4) McCorkle, Ellie JR	
	5) Dohrman, Claire FR	6) Mogard, Miah SR	7) Hermsen, Mady SR	8) Thompson, Ky SR	
5	Ic, West-UN	A			3:36.20
	1) Geng, Hannah SR	2) Nguyen, Ngoc (Maggie) JR	3) Cwiertny, Gabriella JR	4) Landon, Nora SO	
	5) Leza-Parks, Lucia SO	6) Landon, Elsie	7) Liu, Emily SR	8) Rouwenhorst, Katelyn SO	
6	Pleasant Valley-UN	A			3:37.18
	1) Steining, Camryn SR	2) Howell, Elly SO	3) Peters, Sarah FR	4) Tallman, Tabitha SR	
	5) Gray, Ivy JR	6) Cunningham, Cameron SR	7) Pelham, Isla SO	8) Rohm, Gabriella FR	
7	Waukee-UN	A			3:38.00
	1) Kettles, Tori SR	2) Peterson, Maisy SR	3) Kettles, Tenley	4) Swaim, Maddy FR	
	5) Christopherson, Natalie JR	6) Burns, Ashlyn FR	7) Burns, Finlee SR	8) Larson, Ellie JR	
8	Ic, City High-UN	A			3:38.05
	1) White, Norah FR	2) Remme, Ava SO	3) Mundisev, Helena SO	4) Waas, Maeve SO	
	5) Solt Espinosa, Clara SO	6) Rowlette, Lily FR	7) Elkins, Madelyn SR	8) Berry-Stoelzle, Louisa JR	
9	Linn-Mar-UN	A			3:38.36
	1) Zhang, Teresa SO	2) Luck, Addison SR	3) Williams, Shay FR	4) Schaffel, Caite SO	
10	Boone-UN	A			3:38.70
	1) Houston, Quinn SO	2) Howie, Avery SR	3) Hughes, Kilee SO	4) Karolus, Aleah SR	
	5) Houser, Finley SO	6) Gute, Sara JR	7) Hughes, Ellie JR	8) Klatt, Makenzie SO	
11	Waukee NW-UN	A			3:39.57
	1) DeYoung, Addie SO	2) Bykova, Sasha	3) Newton, Merryn JR	4) Gojkovich, Riley SR	
	5) Sabers, Maddie FR	6) Trosper, Kate SR	7) Johnson, Madison FR	8) Andrews, Violet SR	
12	Dub Senior-UN	A			3:40.10
	1) Gilligan, Annie SR	2) Wilson, Althea SO	3) Coyle, Evelyn SO	4) Hoffman, Ellie JR	
	5) Steines, Lily JR	6) Beimborn, Kaley JR	7) Radloff, Livia SR	8) Cue, Estella FR	
13	Ankeny-UN	A			3:40.43
	1) Blackmore, Maggie JR	2) Anderson, Avery JR	3) Breuner, Allie SR	4) Villhauer, Charlie JR	
	5) Hedrick, Piper SO	6) Kearney, Allie JR	7) Hutzell, Rowen FR	8) Villhauer, Holland FR	
14	Waterloo-UN	A			3:41.45
	1) Tudor, Sophia SO	2) Rohrbach, Alayna SO	3) Tudor, Amelia SO	4) Parson, Lucy SR	
	5) Karr, Mallory SR	6) Anderson, Reese JR	7) Sheffler, Olivia SR	8) Cook, Cali JR	
15	Johnston-UN	A			3:43.33
	1) Mettenbrink, Amelia	2) Molis, Ashley SR	3) Loo, Ivy SR	4) Ernsperger, Izzy SR	
	5) Kiekhaefer, Chloe JR	6) Meyer, Addie FR			
16	Dub Hempstead-UN	A			3:44.43
	1) Tigges, Taylor SR	2) Mason, Morgan JR	3) Duehr, Maisey SR	4) McFadden, Lily SO	
	5) Kelzer, Maggie SR	6) Vilar, Tessa SO	7) Blum, Mallory JR		
17	Decorah-UN	A			3:45.23
	1) Schissel, Jenna JR	2) Jones, Sutton FR	3) Webb, Payge SO	4) Bucksa, Elizabeth SR	
	5) Pattison, Kate JR	6) Bollinger, Adeline JR	7) Shimek, Sophie SO	8) Alstad, Karly SO	

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

Psych Sheet

Event 12 ... (Women 400 Yard Freestyle Relay)

18	Spencer-UN	A			3:45.60
	1) McFarland, Aubrey SO	2) Vogt, Ava JR	3) Wittrock, Emerson	4) Paterson, Aubrey	
	5) Schmidt, Maisy JR	6) Quanbeck, Anna SR	7) Stuckey, Lauren JR	8) Henson, Jade JR	
19	Muscatine-UN	A			3:46.48
	1) Michael, Tenley SO	2) Thomas, Amelia JR	3) Engelkemier, Birdie SR	4) Lee, Audrey FR	
	5) Tolle, Brielle SO	6) Kassel, McKenna FR	7) McKee, Camryn FR	8) Schmidt, Shayla JR	
20	SC Metro-UN	A			3:46.49
	1) Laws, Aaliyah SO	2) Freeman, Natalie JR	3) Harder, Lily	4) Freeman, Aria FR	
	5) Delarosa, Natalie SO	6) Rustwick, Rylee SO	7) Gabriel, Carlie FR	8) Delgadillo, Frida FR	
21	Newton-UN	A			3:46.72
	1) Barton, Temple JR	2) Woodcock, Isabella FR	3) Barton, Frances FR	4) McCloud, Reid SO	
	5) Van Maanen, Alexa JR	6) Van Kley, Victoria SO	7) Weuve, Abigail FR	8) Phillips, Peyton JR	
22	Lewis Central-UN	A			3:47.15
	1) Stefanic, Danika FR	2) Lockey, Ainsley SR	3) Knispel, Elise SO	4) Knispel, Madeline SR	
	5) Schnackel, Anissa SR	6) Wright, Mia SO			
23	SE Polk-UN	A			3:48.10
	1) Ludwig, Mia FR	2) Roberts, Kelyn SO	3) Douglas, Allie JR	4) Woolums, Zoe JR	
24	Valley, Wdm-UN	A			3:48.14
	1) Richey, Kaisa JR	2) Cline, Haven SR	3) Crowley, Quinn	4) Leder, Maeve FR	
25	Burlington-UN	A			3:48.92
	1) Hill, Kylee SR	2) Brimhall, Betsy Cate SO	3) Blodgett, Avery	4) Speers, Elizabeth SR	
	5) Guyton, Alisan SR	6) Dixon, Brynlee JR	7) Dascher, Emma SR	8) Beekman, Adah SR	
26	Grinnell-UN	A			3:49.61
	1) Lindberg, Lucy SR	2) Zimsen-Campe, Ruby JR	3) Zylstra, Kyliee	4) Sieck, Katelyn JR	
	5) Laug, Macy SO	6) Zylstra, Peyton SO	7) Lindberg, Anna SO	8) Rundall, Zoe JR	
27	Dvpt-UN	A			3:50.09
	1) Cosby, Quinn JR	2) Pitzer, Kayla SR	3) Hanson, Izzie JR	4) Thiessen, Katie JR	
	5) Ott, Aubrey FR	6) Lum, Sophia SO	7) Gilbert, Julia SR	8) Buchter, Marley JR	
28	Marshalltown-UN	A			3:50.26
	1) Elmore, Addison SO	2) Case, Emma JR	3) Ceren, Drea JR	4) Hernandez, Leia SR	
	5) Beek, Adele JR	6) Beek, Lydia FR	7) Pals, Zoey SO	8) Long, Frankie SR	
29	Tipton-UN	A			3:51.34
	1) Pharr, Jaimee SR	2) Bohlmann, Callie FR	3) Bodecker, Mya SR	4) Calonder, Hadley	
	5) Barber, Emory FR	6) Banowetz, Hayden SO			
30	CR Washington-UN	A			3:52.51
	1) Millsap, Morgan JR	2) Decker, Harper SR	3) Robinson, Josie SO	4) Wickum, Maija JR	
	5) Ripke, Jada JR	6) Hall, Alaina SR	7) Altorfer, Kate SO	8) Clymer, Lilah FR	
31	Indianola-UN	A			3:52.78
	1) Kingland, Claire SO	2) Costigan, Olivia	3) Powers, Chloe JR	4) Dykstra, Kaylee	
	5) Burkhart, Bea FR	6) Grissom, Elena JR	7) Carr, Emerson	8) Costigan, Makayla FR	
32	Carroll-UN	A			3:53.03
	1) Weber, Mya	2) Schrum, Caroline FR	3) Janssen, Sarah	4) Schoonover, Grace SO	
	5) Borkowski, Alexis JR	6) Harmon, Josie	7) Jacobsen, Malia JR		

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

Psych Sheet

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**		

	Name	Year	School	Seed Time
1	Wears-Aesa, Taylor		Dsm, East-UN	3:24.71

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

Psych Sheet

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**		

	Name	Year	School	Seed Time
1	Beeler, Natalie		Oskaloosa-UN	39.49
2	Robbins, Jordyn		Ankeny-UN	44.32

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

Psych Sheet

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**		

	Name	Year	School	Seed Time
1	Beeler, Natalie		Oskaloosa-UN	1:03.90
2	Wears-Aesa, Taylor		Dsm, East-UN	1:33.49

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

Psych Sheet

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**		

	Name	Year	School	Seed Time
1	Robbins, Jordyn		Ankeny-UN	2:36.84