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# 1995 STATE SWIMMING AND DIVING RESULTS

## TEAM SCORING

1. Cedar Falls	374
2. West Des Moines Valley	162
3. Cedar Falls NU High	158
4. Bettendorf	152.5
5. Marshalltown	127.5
6. Dubuque Senior	117
7. Des Moines Roosevelt	100
8. Pleasant Valley	98
9. Cedar Rapids Jefferson	94
10. Indianola	85
11. Dubuque Wahlert	83
12. Sioux City East	75
13. Cedar Rapids Kennedy	72
13. Mason City	72
15. Cedar Rapids Washington	70
16. Linn-Mar	59
17. Ottumwa	57
18. Urbandale	50
19. West Des Moines Dowling	47
20. Ames	38
21. Cedar Rapids Prairie	33
22. Davenport North	30
23. Burlington	25
24. Iowa City West	22
25. Dubuque Hempstead	20
26. Fort Dodge	17
27. Charles City	15
27. Clinton	15
29. Council Bluffs A. Lincoln	13
30. Boone	12
31. Des Moines Lincoln	11
32. Southeast Polk	10
33. Ankeny	6
34. Davenport West	3

35. Iowa City High	2
Carroll	0
Des Moines East	0
Grinnell	0
Lewis Central	0
Newton	0
Sioux City Metro	0
Tipton	0
Waterloo West	0

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## DIVING

1	Brooke Stahl, Cedar Falls	SR	443.60
2	Jenny Twigg, Fort Dodge	SR	419.50
3	Kara Hajek, Cedar Rapids Kennedy	JR	391.35
4	Dani Pillers, Clinton	SR	388.85
5	Missy Mars, West Des Moines Valley	SR	373.25
6	Dawn Joseph, Cedar Rapids Jefferson	SR	371.95
7	Amy Hemmer, Cedar Falls	SR	365.80
8	Angela Hennesy, Des Moines Lincoln	SR	346.35
9	Hilarie Welsh, Dubuque Wahlert	JR	346.00
10	Alisha Capps, Southeast Polk	JR	330.95
11	Jenny Gilland, Des Moines Roosevelt	JR	323.70
12	Beth Leytem, Dubuque Senior	SR	317.25
13	Lissy Anderson, West Des Moines Valley	SO	314.95
14	Stephanie Barge, Mason City	JR	314.40
15	Jill Hoefer, Dubuque Wahlert	SR	308.25
16	Erin McNamara, Davenport West	SR	283.35
17	Calista Mitchell, Sioux City Metro	SR	224.15
18	Erin Jones, Council Bluffs Abraham Lincoln	JR	222.85
19	Shannon Schauer, Dubuque Hempstead	SR	217.15
20	Gina James, Davenport West	FR	209.50
21	Laura Schaffer, Des Moines Roosevelt	SR	125.80
22	Darla Kaisand, Grinnell	SO	124.25
23	Anne Trudo, Boone	SR	123.40
24	Katie Divelbess, Iowa City High	JR	122.50

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## 200-YARD MEDLEY RELAY

1	CEDAR FALLS	1:50.23
	Abbie Peterson-FR, Randi Peterson-JR	
	Jessica Martin-JR, Katie Galligan-SO	

2	CEDAR FALLS NU HIGH Sara Cordes-FR, Brooke Penaluna-SR Stacey Wertz-JR, Brooke Rogge-FR	1:50.54
3	DES MOINES ROOSEVELT Carla Holtze-SO, Emily Woodburn-SR Kristin Jackson-SR, Christine Ritland-SR	1:53.97
4	WEST DES MOINES VALLEY Andrea Newton-JR, Mandy Schulte-SO Calley Voorhees-SO, Jill Catone-JR	1:55.14
5	DUBUQUE SENIOR Meghan Hesseling-FR, Emily Pearson-SR Erin Strub-FR, Molly Gavin-SR	1:55.38
6	SIOUX CITY EAST Sarah Ullrich-JR, Lacey Sheneman-JR Alison Pick-SR, Keely O'Harrow-SO	1:56.13
7	MARSHALLTOWN Melissa Schrader-SO, Molly Fruin-SR Liz Tyler-SO, Susan Briggs-SO	1:56.62
8	CEDAR RAPIDS WASHINGTON K. C. Grafft-SO, Sarah Dougall-JR Brooke Croshier-SO, Joanna Aiels-SO	1:56.77
9	OTTUMWA Tarah Shannon-SO, Angela Boender-JR Sarah Harned-SO, Lana Conner-JR	1:56.81
10	MASON CITY Elizabeth Morris-FR, Sara Larson-SR Jennifer Marsters-SR, Emily Afdahl-FR	1:56.84
11	CEDAR RAPIDS KENNEDY Megan Schmidt-JR, Staci Schmidt-SO Jinny Smedstad-SO, Angie Peden-SR	1:57.11
12	DUBUQUE WAHLERT Sarah Burbach-FR, Kelly Sheehan-SO Lauren Schrup-SO, Kristen Murray-SO	1:57.12
13	LINN-MAR Lisa Moorhead-SR, Mary Beth Russell-FR Heidi Landherr-FR, Brittney Smith-FR	1:57.28
14	BETTENDORF Jessica Brenner-FR, Sara Marriott-FR Kelly Thomasson-JR, Katie Joseph-SR	1:57.59
15	AMES Michelle Marvick-SO, Nicole Shaul-JR Brooke Winton-SO, Margo Levine-SO	1:57.69
16	BURLINGTON Tiffanie Huson-JR, Reagan King-FR Karin Demijan-SO, Alison Paullin-JR	1:58.64
17	IOWA CITY WEST Sara Rasley-JR, Allison Lyle-SO	1:59.14

	Kelley Herweg-FR, Brandi Kurth-SR	
18	DAVENPORT WEST	2:00.28
	Melanie Brewer-FR, Heather Bennett-SR	
	Michelle Sortor-SR, Carmen Steward-JRT	
19	ANKENY	2:00.29
	Amanda Gibbons-JR, Sarah Van Oort-JR	
	Amanda Cross-JR, Shelley McQuinn-SO	
20	SOUTHEAST POLK	2:00.92
	Andrea Boeding-SR, Emily Pesek-SR	
	Meghen West-JR, Tammie Mumford-SR	
21	DUBUQUE HEMPSTEAD	2:02.20
	Desirae Foust-SO, Jill Sutter-SO	
	Kelsey Collins-FR, Heather Heins-SR	
22	SIOUX CITY METRO	2:03.38
	Sara Herbek-SR, Sara Horst-FR	
	Erica Van Meeteren-SR, Jana Tufty-SR	
23	PLEASANT VALLEY	2:03.86
	Meghan Billups-SR, Jackie Brown-SO	
	Mandy Motto-SO, Mandy Thompson-SR	
DQ	WEST DES MOINES DOWLING	DQ--2:03.71
	Misti Brady-SR, Ann Bender-SO	
	Emily Sanders-FR, Lauren Gallo-SO	

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## 200-YARD FREESTYLE

1	Jessica Martin, Cedar Falls	JR	1:54.47
2	Beth Hunsicker, Ottumwa	SR	1:56.21
3	Emily Sickels, Indianola	SR	1:57.29
4	Stacey Wertz, Cedar Falls NU High	JR	1:57.72
5	Hillary Mason, Cedar Falls	SO	1:57.76
6	Jennifer Marsters, Mason City	SR	1:58.08
7	Calley Voorhees, West Des Moines Valley	SO	2:00.26
8	Sommer Uhl, Pleasant Valley	SO	2:00.85
9	Emily Skow, Urbandale	SR	2:01.61
10	Nicole Rubin, Davenport North	SO	2:02.58
11	Jenny Vogt, Dubuque Wahlert	JR	2:02.95
12	Staci Nelson, Marshalltown	SR	2:03.09
13	Shannon Pullen, Ottumwa	JR	2:03.65
14	Michelle Morton, West Des Moines Valley	JR	2:04.33
15	Diana Kuykendall, Pleasant Valley	JR	2:04.43
16	Amy Schaben, Council Bluffs Abraham Lincoln	SR	2:04.47
17	Melissa Matz, Dubuque Senior	SO	2:04.48
18	Kim Graper, Cedar Falls	JR	2:04.52

19	Christine Van Meter, Ames	FR	2:04.55
20	Sara Sager, West Des Moines Dowling	SO	2:04.64
21	Adrienne Clark, West Des Moines Valley	SO	2:05.37
22	Allison Pick, Sioux City East	SR	2:06.60
22	Connie Wysocki, Dubuque Hempstead	JR	2:06.60
24	Sarah Stadie, Cedar Rapids Jefferson	FR	2:09.58

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## 200-YARD INDIVIDUAL MEDLEY

1	Sarah Dougall, Cedar Rapids Washington	JR	2:06.10
2	Heidi Landherr, Linn-Mar	FR	2:07.93
3	Jinny Smedstad, Cedar Rapids Kennedy	SO	2:11.24
4	Libbie McCarthy, Bettendorf	SR	2:11.48
5	Jenny Fletcher, Cedar Falls	SR	2:13.66
6	Sanami Fottral, Cedar Rapids Prairie	SO	2:14.31
7	Kirstin Ferguson, West Des Moines Dowling	SR	2:14.91
8	Amber McDowell, Pleasant Valley	SO	2:16.33
8	Lacey Sheneman, Sioux City East	JR	2:16.33
10	Sarah Miller, Dubuque Hempstead	SO	2:16.95
11	Katie Galligan, Cedar Falls	SO	2:17.15
12	Andrea Newton, West Des Moines Valley	JR	2:19.15
13	Jamie Gallagher, West Des Moines Valley	SO	2:19.57
14	Bridget Lubavs, West Des Moines Dowling	JR	2:19.87
15	Kelly Thomasson, Bettendorf	SR	2:20.92
16	Erin Strub, Dubuque Senior	FR	2:21.94
17	Karly Klein, Bettendorf	FR	2:22.05
18	K.C. Grafft, Cedar Rapids Washington	SO	2:23.01
19	Meghan Hesseling, Dubuque Senior	FR	2:23.39
20	Jenna Courts, Cedar Falls	JR	2:23.61
21	Elizabeth Morris, Mason City	FR	2:24.27
22	Brooke Winton, Ames	SO	2:24.53
23	Erin Erford, West Des Moines Dowling	SO	2:25.26
24	Melissa Schrader, Marshalltown	SO	2:32.67

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## 50-YARD FREESTYLE

1	Melissa Fisher, Bettendorf	JR	24.66
2	Randi Peterson, Cedar Falls	JR	24.71
3	Katie Bloom, Marshalltown	SR	24.75
4	Emily Woodburn, Des Moines Roosevelt	SR	24.90

5	Abbie Peterson, Cedar Falls	FR	24.96
6	Sara Cordes, Cedar Falls NU High	FR	25.09
7	Traci Koch, Cedar Rapids Jefferson	JR	25.12
8	Brooke Rogge, Cedar Falls NU High	FR	25.20
9	Amanda Modlin, Indianola	JR	25.34
10	Allison Lyle, Iowa City West	SO	25.36
11	Nicole Shaul, Ames	JR	25.38
12	Amanda Atkins, Davenport North	SR	25.47
13	Reagan King, Burlington	FR	25.51
14	Emily Afdahl, Mason City	FR	25.52
15	Kari Redenius, Charles City	SO	25.74
16	Justine Archer, Sioux City East	FR	25.82
17	Jill Catone, West Des Moines Valley	JR	25.84
18	Alethea Butler-Nalin, Cedar Falls	SR	25.96
19	Katie Knott, Lewis Central	JR	26.01
20	Lindsey Horner, West Des Moines Valley	JR	26.09
20	Keely O'Harrow, Sioux City East	SO	26.09
22	Sarah Burbach, Dubuque Wahlert	FR	26.15
23	Alisa Santage, Boone	SR	26.18
24	Emily Pearson, Dubuque Senior	SR	26.49

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## 100-YARD BUTTERFLY

1	Heidi Landherr, Linn-Mar	FR	:58.84
2	Amber McDowell, Pleasant Valley	SO	:59.80
3	Jessica Martin, Cedar Falls	JR	:59.84
4	Shannon Dowd, Cedar Falls	SO	1:00.03
5	Calley Voorhees, West Des Moines Valley	SO	1:00.10
6	Molly Gavin, Dubuque Senior	JR	1:01.67
7	Amy Schaben, Council Bluffs Abraham Lincoln	SR	1:01.93
8	Erin Strub, Dubuque Senior	FR	1:02.16
9	Lauren Schrup, Dubuque Wahlert	SO	1:02.26
10	Brooke Winton, Ames	SO	1:03.09
11	Liz Tyler, Marshalltown	SO	1:03.14
12	Kelly Thomasson, Bettendorf	SR	1:03.35
13	Bridget Lubavs, West Des Moines Dowling	JR	1:03.87
14	Mary Beth Russell, Linn-Mar	FR	1:03.95
15	Allison Pick, Sioux City East	SR	1:04.04
16	Lynn Stolley, West Des Moines Valley	JR	1:04.45
17	Shannon Pullen, Ottumwa	JR	1:04.80
18	Kerry Fear, Bettendorf	FR	1:05.09
19	Meghen West, Southeast Polk	JR	1:05.25
20	Sam Gervich, Marshalltown	SO	1:05.68

21	Angela Bossard, Linn-Mar	SO	1:06.26
22	Amber Mahrer, Cedar Rapids Kennedy	JR	1:06.77
23	Sarah Harned, Ottumwa	SO	1:06.82
24	Cassie Sampson, Bettendorf	SO	1:08.51

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## 100-YARD FREESTYLE

1	Stacey Wertz, Cedar Falls NU High	JR	52.30
2	Katie Galligan, Cedar Falls	SO	53.61
3	Randi Peterson, Cedar Falls	JR	53.93
4	Traci Koch, Cedar Rapids Jefferson	JR	54.24
5	Melissa Fisher, Bettendorf	JR	54.52
6	Katie Bloom, Marshalltown	SR	54.95
7	Kari Redenius, Charles City	SO	55.49
8	Sommer Uhl, Pleasant Valley	SO	55.50
9	Amanda Atkins, Davenport North	SR	55.52
10	Amanda Modlin, Indianola	JR	55.65
11	Kirstin Ferguson, West Des Moines Dowling	SR	55.90
12	Emily Skow, Urbandale	SR	56.55
13	Emily Joseph, Bettendorf	SO	56.63
13	Staci Nelson, Marshalltown	SR	56.63
15	Keely O'Harrow, Sioux City East	SO	56.79
16	Kristen Murray, Dubuque Wahlert	SO	56.88
17	Justine Archer, Sioux City East	FR	56.98
18	Joanna Aiels, Cedar Rapids Washington	SO	57.31
19	Katie Knott, Lewis Central	JR	57.76
20	Sara Sager, West Des Moines Dowling	SO	57.78
21	Andrea Gronstal, Carroll	SR	57.99
22	Katie Joseph, Bettendorf	SR	58.43
23	Angela Peden, Cedar Rapids Kennedy	SR	58.95
24	Stacy Hoffman, Dubuque Hempstead	JR	59.37

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## 500-YARD FREESTYLE

1	Hillary Mason, Cedar Falls	SO	5:05.73
2	Emily Sickels, Indianola	SR	5:09.63
3	Beth Hunsicker, Ottumwa	SR	5:12.72
4	Jennifer Marsters, Mason City	SR	5:17.01
5	Sara Myer, Urbandale	SR	5:20.37
6	Shannon Dowd, Cedar Falls	SO	5:23.28

7	Michelle Morton, West Des Moines Valley	JR	5:26.26
8	Melissssa Matz, Dubuque Senior	SO	5:28.55
9	Nicole Rubin, Davenport North	SO	5:30.89
10	Diana Kuykendall, Pleasant Valley	JR	5:31.27
11	Kim Graper, Cedar Falls	JR	5:31.29
12	Christine Van Meter, Ames	FR	5:35.21
13	Anna McGee, Bettendorf	SR	5:35.51
14	Michelle Stoffel, Dubuque Wahlert	FR	5:36.30
15	Sandra Smalley, Iowa City High	SR	5:37.00
16	Adrienne Clark, West Des Moines Valley	SO	5:37.19
17	Kelly Fear, Bettendorf	JR	5:40.39
18	Tara Hanson, Iowa City West	FR	5:40.82
19	Sarah Nosbisch, West Des Moines Dowling	SO	5:41.09
20	Sarah Stadie, Cedar Rapids Jefferson	FR	5:42.06
21	Kerry Fear, Bettendorf	FR	5:42.72
22	Sara Rasley, Iowa City West	JR	5:43.27
23	Connie Wysocki, Dubuque Hempstead	JR	5:45.94
24	Erin Erford, West Des Moines Dowling	SO	5:55.68

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## 200-YARD FREESTYLE RELAY

1	CEDAR FALLS	1:38.43
	Katie Galligan-SO, Randi Peterson-JR Abbie Peterson-FR, Jennifer Fletcher-SR	
2	CEDAR FALLS NU HIGH	1:39.01
	Sara Cordes-FR, Brooke Penaluna-SR Brooke Rogge-FR, Stacey Wertz-JR	
3	BETTENDORF	1:39.83
	Libbie McCarthy-SR, Kelly Thomasson-SR Emily Joseph-SO, Melissa Fisher-JR	
4	DES MOINES ROOSEVELT	1:42.51
	Kristin Jackson-SR, Mandi Hill-SR Christine Ritland-SR, Emily Woodburn-SR	
5	MARSHALLTOWN	1:43.11
	Diana Kersbergen-FR, Liz Tyler-SO Staci Nelson-SR, Katie Bloom-SR	
6	CEDAR RAPIDS JEFFERSON	1:43.12
	Tracie Keizer-SR, Traci Koch-JR Lindsey Raabe-SO, Laura Marz-JR	
7	WEST DES MOINES VALLEY	1:43.37
	Jill Catone-JR, Azure Eddy-SR Shelley Beal-SR, Lindsey Horner-JR	
8	DUBUQUE SENIOR	1:43.72



	Kate Tabor-JR, Emily Pearson-SR Erin Strub-FR, Molly Gavin-SR	
9	INDIANOLA	1:43.87
	Amanda Modlin-JR, Shawna Headlee-JR Amy Franken-SR, Emily Sickels-SR	
10	PLEASANT VALLEY	1:44.03
	Amber McDowell-SO, Mandy Thompson-SR Diana Kuykendall-SO, Sommer Uhl-SO	
11	CEDAR RAPIDS KENNEDY	1:45.62
	Cori Beccario-SR, Angie Peden-SR Amanda Wuest-JR, Jinny Smedstad-SO	
12	URBANDALE	1:45.87
	Emily Skow-SR, Tyelene Cervetti-FR Sara Myer-SR, Rachel Broek-SO	
13	WEST DES MOINES DOWLING	1:45.97
	Morgan Day-JR, Bridget Lubavs-JR Sara Sager-SO, Kirstin Ferguson-SR	
14	SIOUX CITY EAST	1:46.16
	Justine Archer-FR, Amber Reinking-SR Erin Hugen-JR, Nikki Gibson-FR	
15	DUBUQUE HEMPSTEAD	1:46.25
	Jill Sutter-SO, Stacy Hoffman-JR Connie Wysocki-JR, Sarah Miller-SO	
16	BURLINGTON	1:46.75
	Alison Paullin-SR, Jenny Clark-FR Demaris Levinson-FR, Reagan King-FR	
17	AMES	1:47.20
	Angie Lankford-SO, Laurie Anderson-SR Megan Stephenson-JR, Christine Van Meter-FR	
18	CHARLES CITY	1:48.48
	Heather Ethington-JR, Noelle Noah-FR Heather Loge-FR, Kari Redenius-SO	
19	SOUTHEAST POLK	1:48.55
	Meghen West-JR, Shannon Clark-SR Tammie Mumford-SR, Alissa White-SO	
20	NEWTON	1:48.56
	Anne Heggen-SR, Julia Skinner-SO Nicole Brooks-SO, Megan ParkerJR	
21	WATERLOO WEST	1:48.64
	Courtney Altfillisch-SR, Katie Blasberg-SO Erin Duggan-FR, Heather Witt-SR	
22	DAVENPORT NORTH	1:48.66
	Nicole Rubin-SO, Gina Brammann-SR Erin Reynolds-SO, Amanda Atkins-SR	
DQ	DUBUQUE WAHLERT	DQ-1:46.11
	Jenny Vogt-JR, Anna Kramer-SO Michelle Stoffel-FR, Kristen Murray-SO	

DQ OTTUMWA

DQ-1:44.04

Lana Conner-JR, Sarah Harned-SO  
Shannon Pullen-JR, Beth Hunsicker-SR

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## 100-YARD BACKSTROKE

1	Sarah Dougall, Cedar Rapids Washington	JR	:58.37
2	Libbie McCarthy, Bettendorf	SR	:59.78
3	Jinny Smedstad, Cedar Rapids Kennedy	SO	1:00.05
4	Abbie Peterson, Cedar Falls	FR	1:00.98
5	Jenna Courts, Cedar Falls	JR	1:01.23
6	Jenny Vogt, Dubuque Wahlert	JR	1:01.63
7	Alisa Santage, Boone	SR	1:01.80
8	Sara Cordes, Cedar Falls NU High	FR	1:02.15
9	Andrea Newton, West Des Moines Valley	JR	1:02.23
10	Emily Afdahl, Mason City	FR	1:02.65
11	Sara Myer, Urbandale	SR	1:02.90
12	Jenny Fletcher, Cedar Falls	SR	1:03.34
13	Meghan Hesseling, Dubuque Senior	FR	1:03.73
14	Andrea Boeding, Southeast Polk	SR	1:03.77
15	Elizabeth Morris, Mason City	FR	1:03.90
16	Bonnie Pedersen, Cedar Falls NU High	SO	1:04.55
17	Jessica Brenner, Bettendorf	FR	1:04.79
18	Sarah Burbach, Dubuque Wahlert	FR	1:04.89
18	Lisa Moorhead, Linn-Mar	SR	1:04.89
20	K.C. Grafft, Cedar Rapids Washington	SO	1:04.90
21	Carla Holtze, Des Moines Roosevelt	SO	1:05.07
22	Megan Schmidt, Cedar Rapids Kennedy	SR	1:05.55
23	Amanda Suggett, Des Moines East	SR	1:05.82
24	Sara Herbek, Sioux City Metro	SR	1:06.46

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## 100-YARD BREASTSTROKE

1	Sanami Fottrral, Cedar Rapids Prairie	SO	1:07.60
2	Reagan King, Burlington	FR	1:07.76
3	Nicole Shaul, Ames	JR	1:07.84
4	Allison Lyle, Iowa City West	SO	1:08.23
5	Brooke Penaluna, Cedar Falls NU High	SR	1:09.67
6	Emily Woodburn, Des Moines Roosevelt	SR	1:09.68
7	Emily Pearson, Dubuque Senior	SR	1:10.10

8	Mary Beth Russell, Linn-Mar	FR	1:10.65
9	Sarah Miller, Dubuque Hempstead	SO	1:11.05
10	Mandy Schulte, West Des Moines Valley	SO	1:11.39
11	Sarah Van Oort, Ankeny	JR	1:11.40
12	Brooke Rogge, Cedar Falls NU High	FR	1:11.46
13	Lacey Sheneman, Sioux City East	JR	1:12.08
14	Sarah Larson, Mason City	JR	1:12.99
15	Heather Bennett, Davenport West	SR	1:13.54
16	Noelle Noah, Charles City	FR	1:13.57
17	Lara Jones, Des Moines East	JR	1:13.74
18	Katie Miller, Mason City	JR	1:13.80
19	Jill Sutter, Dubuque Hempstead	SO	1:14.04
20	Staci Schmidt, Cedar Rapids Kennedy	SO	1:14.15
21	Meghan Osborn, Tipton	FR	1:14.24
22	Alethea Butler-Nalin, Cedar Falls	SR	1:14.29
23	Kathryn Northrup, Dubuque Senior	FR	1:15.95
24	Sara Mariott, Bettendorf	FR	1:16.21

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## 400-YARD FREESTYLE RELAY

1	CEDAR FALLS	3:39.39
	Jessica Martin-JR, Jennifer Fletcher-SR Shannon Dowd-SO, Hillary Mason-SO	
2	BETTENDORF	3:41.80
	Melissa Fisher-JR, Katie Joseph-SR Emily Joseph-SO, Libbie McCarthy-SR	
3	MARSHALLTOWN	3:44.48
	Staci Nelson-SR, Diana Kersbergen-FR Ingrid Aarthum-SR, Katie Bloom-SR	
4	DUBUQUE WAHLERT	3:46.79
	Lauren Schrup-SO, Kristen Murray-SO Sarah Burbach-FR, Jenny Vogt-JR	
5	CEDAR RAPIDS JEFFERSON	3:47.39
	Tracie Keizer-SR, Traci Koch-JR Lindsey Raabe-SO, Laura Marz-JR	
6	PLEASANT VALLEY	3:47.61
	Amber McDowell-SO, Mandy Thompson-SR Diana Kuykendall-SO, Sommer Uhl-SO	
7	SIOUX CITY EAST	3:48.41
	Alison Pick-SR, Justine Archer-FR Lacey Sheneman-JR, Keely O'Harrow-SO	
8	WEST DES MOINES VALLEY	3:49.40
	Calley Voorhees-SO, Shelley Beal-SR	

9	Jill Catone-JR, Jamie Gallagher-SO INDIANOLA	3:50.41
10	Katie Fisher-SO, Amanda Modlin-JR Amy Franken-SR, Emily Sickels-SR WEST DES MOINES DOWLING	3:50.47
11	Bridget Lubavs-JR, Morgan Day-SO Sara Sager-SO, Kirstin Ferguson-SR MASON CITY	3:50.52
12	Jennifer Marsters-SR, Emily Afdahl-FR Katie Miller-JR, Elizabeth Morris-FR DUBUQUE SENIOR	3:50.66
13	Kate Tabor-JR, Meghan Hessling-SO Melissa Matz-SO, Molly Gavin-SR CEDAR RAPIDS WASHINGTON	3:51.39
14	Joanna Aiels-SO, Akwi Nji-SR Brooke Croshier-SO, Sarah Dougall-JR URBANDALE	3:52.40
15	Sara Myer-SR, Kelsi Michael-SO Rachel Broek-SO, Emily Skow-SR DES MOINES ROOSEVELT	3:52.47
16	Mandi Hill-SR, Christine Ritland-SR Christina Freese-JR, Kristin Jackson-SR OTTUMWA	3:53.65
17	Lana Conner-JR, Shannon Pullen-JR Beth Hunsicker-SR, Sarah Harned-SO IOWA CITY WEST	3:55.24
18	Abbie Theobald-SO, Tara Hanson-FR Brandi Kurth-SR, Allison Lyle-SO LINN-MAR	3:56.00
19	Heidi Landherr-FR, Angela Bossard-SO Brittney Smith-FR, Mary Beth Russell-FR SOUTHEAST POLK	3:56.04
20	Meghen West-JR, Bridgette Long-SR Alissa White-SO, Andrea Boeding-SR DUBUQUE HEMPSTEAD	3:56.75
21	Stacy Hoffman-JR, Katie Beadle-SO Connie Wysocki-JR, Sarah Miller-SO DAVENPORT NORTH	4:00.85
22	Nicole Rubin-JR, Gina Brammann-SR Erin Reynolds-SO, Amanda Atkins-SR CEDAR RAPIDS KENNEDY	4:01.21
DQ	Cori Beccario-SO, Angie Peden-SR Amanda Wuest-JR, Katie Nelson-SR AMES	DQ--3:52.51
DQ	Christine Van Meter-FR, Megan Stephenson-JR Margo Levine-SO, Nicole Shaull-JR LEWIS CENTRAL	DQ--3:56.65

Megan Fender-SO, Jessica McElvain-SR  
Emily Bendorf-SR, Katie Knott-JR