

2009 All-State Swimming and Diving Teams

First Team All-State

(Top Three Individual Finishers and Top Two Relay Finishers at the State Meet)

Diving

Kasey Williams, Southeast Polk
Savanah Schott, Cedar Rapids Kennedy
Dahlia Gordon, Johnston

200 Medley Relay

Mason City (Courtney Busch, Emily Wiltsie, Ali Stearns, Emma Sougstad)
West Des Moines Valley (Nailah Bakari, Imelda Wistey, Sammy Zuckerman, Kelsey Galles)

200 Freestyle

Bailey Pons, Cedar Falls
Margaret Barber, Bettendorf
Sarah Weihe, Iowa City West

200 Individual Medley

Molly Coonce, Bettendorf
Imelda Wistey, West Des Moines Valley
Hannah Maher, Decorah

50 Freestyle

Meredith Johnson, Marshalltown
Emma Sougstad, Mason City
Taylor Flummerfelt, Ames

100 Butterfly

Emma Sougstad, Mason City
Caitlin Campbell, Bettendorf
Molly Coonce, Bettendorf

100 Freestyle

Meredith Johnson, Marshalltown
Courtney Busch, Mason City
Maddie Bro, Ames

500 Freestyle

Bailey Pons, Cedar Falls
Emily Wiltsie, Mason City
Gabbie Stecker, Pleasant Valley

200 Freestyle Relay

Mason City (Courtney Busch, Anne Whalen, Emma Sougstad, Loretta Kraling)
Bettendorf (Caitlin Campbell, Sarah Thompson, Margaret Barber, Molly Coonce)

100 Backstroke

Maddie Bro, Ames
Kelsey Abbas, Cedar Falls
Beth Eyanson, Iowa City High

100 Breaststroke

Imelda Wistey, West Des Moines Valley
Ali Stearns, Mason City
Hannah Maher, Decorah

400 Freestyle Relay

Bettendorf (Rebecca Alves, Rachael Schermer, Margaret Barber, Molly Coonce)
Ames (Rachel Shriver, Taylor Flummerfelt, Chrisann Zuerner, Maddi Bro)

Second Team All-State
(4th-6th Individual Finishers and 3rd-4th Relay Finishers at the State Meet)

Diving

Taylor Erwine, Johnston
Nicolette Freeman, Grinnell
Marea Holkesvik, Decorah

200 Medley Relay

Bettendorf (Rebecca Alves, Rachael Schermer, Caitlin Campbell, Sarah Thompson)
Ames (Maddie Bro, Abby Rewoldt, Charlotte Quant, Taylor Flummerfelt)

200 Freestyle

Courtney Busch, Mason City
Alex Gustafson, Johnston
Allison Orvis, Decorah

200 Individual Medley

Ali Stearns, Mason City
Katharine Ross, Des Moines North
Ellen Colville, NCMP

50 Freestyle

Caitlin Campbell, Bettendorf
Mary Halverson, Carroll
Loretta Kraling, Mason City

100 Butterfly

Beth Eyanson, Iowa City High
Kelsey Staub, Johnston
Cat Vercillo, Bettendorf

100 Freestyle

Taylor Flummerfelt, Ames
Alex Flatness, Ankeny
Margaret Barber, Bettendorf

500 Freestyle

Grace Murray, Iowa City West
Allison Orvis, Decorah
Kathleen Bowman, Iowa City West

200 Freestyle Relay

Decorah (Allison Orvis, Samantha Cuvelier, MacKenzie Smith, Hannah Maher)
Johnston (Michaela Kinter, Lizzy Gerdis, Kelsey Staub, Alex Gustafson)

100 Backstroke

Annie Sullivan, Des Moines Roosevelt
Sami Puk, Cedar Rapids Washington
Clare Slagel, Dubuque Hempstead

100 Breaststroke

Katharine Ross, Des Moines North
Emily Wiltsie, Mason City
Abbey Wharton, Cedar Rapids Jefferson

400 Freestyle Relay

Cedar Falls (Bailey Pons, Ashlee Graham, Abbie Anderson, Kelsey Abbas)
Mason City (Loretta Kraling, Anne Whalen, Ali Stearns, Emily Wiltsie)