

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Ames [AMES] Coach: Dan Flannery

Show Yards Only

Time	P/F/S	% Imprv	Event		
Maddie Andersen G (Yr: 11)					
26.17 Y	F	6.40 %	50 Free	10/29/2009	2009 IGHSAU Swimming and Diving
1:03.13 Y	F	4.09 %	100 Free	10/13/2009	Ames vs. Marshalltown
38.37 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
38.93 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
31.12 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:20.56 Y	F	0.00 %	100 Fly	9/15/2009	Ames vs. Hoover
Rachel Andersen G (Yr: 9)					
x48.02 Y	F	11.22 %	50 Free	9/15/2009	Ames vs. Hoover
x1:56.62 Y	F	0.00 %	100 Free	9/1/2009	Ames v Boone v Grinnell
1:15.39 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:05.71 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:07.38 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Lauren Banwart G (Yr: 9)					
28.55 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
1:04.30 Y	F	0.00 %	100 Free	8/28/2009	2009 Girls Swim Trials
2:15.81 Y	F	0.32 %	200 Free	9/8/2009	Johnston v Ames Dual
6:13.79 Y	F	2.06 %	500 Free	10/13/2009	Ames vs. Marshalltown
34.50 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:13.65 Y	F	0.00 %	100 Back	9/1/2009	Ames v Boone v Grinnell
40.47 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
34.16 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Nora Benson G (Yr: 9)					
x32.54 Y	F	4.91 %	50 Free	9/1/2009	Ames v Boone v Grinnell
x1:13.75 Y	F	0.00 %	100 Free	9/1/2009	Ames v Boone v Grinnell
38.00 Y L	F	5.47 %	50 Back	9/8/2009	Johnston v Ames Dual
x1:32.66 Y	F	0.00 %	100 Back	9/8/2009	Johnston v Ames Dual
51.48 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
45.59 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Alyssa Bignall G (Yr: 10)					
x32.41 Y	F	5.73 %	50 Free	9/15/2009	Ames vs. Hoover
1:15.37 Y L	F	1.31 %	100 Free	10/6/2009	Ames vs. WDM Valley
x41.81 Y L	F	4.24 %	50 Back	9/15/2009	Ames vs. Hoover
50.11 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
43.68 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Hannah Bonestroo G (Yr: 9)					
26.28 Y L	F	5.09 %	50 Free	10/29/2009	2009 IGHSAU Swimming and Diving
58.11 Y	F	2.55 %	100 Free	10/6/2009	Ames vs. WDM Valley
2:06.51 Y	F	0.72 %	200 Free	10/29/2009	2009 IGHSAU Swimming and Diving
x5:48.65 Y	F	0.00 %	500 Free	9/22/2009	Ft. Dodge vs. Ames
32.57 Y L	F	0.21 %	50 Back	9/15/2009	Ames vs. Hoover
1:08.17 Y	F	2.64 %	100 Back	10/29/2009	2009 IGHSAU Swimming and Diving
39.51 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
32.27 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
2:34.15 Y	F	0.00 %	200 IM	9/22/2009	Ft. Dodge vs. Ames
Lauren Bonett G (Yr: 12)					
26.44 Y	F	3.04 %	50 Free	10/29/2009	2009 IGHSAU Swimming and Diving
59.39 Y L	F	7.77 %	100 Free	10/6/2009	Ames vs. WDM Valley
38.64 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
40.76 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
31.95 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Alyssa Bovinette G (Yr: 10)					
x33.00 Y	F	5.23 %	50 Free	10/6/2009	Ames vs. WDM Valley
x1:14.78 Y	F	0.45 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
x42.87 Y L	F	5.34 %	50 Back	9/22/2009	Ft. Dodge vs. Ames
46.75 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
Alyssa Bovinette G (Yr: 10)					
50.35 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Gabby Brewer G (Yr: 9)					
x27.62 Y	F	4.10 %	50 Free	10/22/2009	Iowa Conference Meet
x1:02.39 Y	F	4.63 %	100 Free	10/22/2009	Iowa Conference Meet
2:28.59 Y	F	0.00 %	200 Free	9/15/2009	Ames vs. Hoover
36.89 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
41.53 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
Maddie Bro G (Yr: 10)					
24.68 Y	F	0.48 %	50 Free	9/12/2009	Ames Invitational
53.36 Y	F	2.29 %	100 Free	10/29/2009	2009 IGHS AU Swimming and Diving
1:58.78 Y	F	2.12 %	200 Free	10/13/2009	Ames vs. Marshalltown
5:17.03 Y	F	0.00 %	500 Free	9/22/2009	Ft. Dodge vs. Ames
26.79 Y L	F	1.25 %	50 Back	10/29/2009	2009 IGHS AU Swimming and Diving
58.63 Y	REC F	2.10 %	100 Back	9/12/2009	Ames Invitational
34.83 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
28.05 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:04.11 Y	F	0.00 %	100 Fly	9/15/2009	Ames vs. Hoover
2:16.54 Y	F	0.00 %	200 IM	9/15/2009	Ames vs. Hoover
Greer Brown G (Yr: 10)					
x34.46 Y	F	1.43 %	50 Free	10/22/2009	Iowa Conference Meet
x1:16.90 Y	F	1.42 %	100 Free	10/6/2009	Ames vs. WDM Valley
x42.05 Y L	F	3.75 %	50 Back	9/8/2009	Johnston v Ames Dual
51.01 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
50.91 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Joy Busch G (Yr: 11)					
x38.42 Y	F	2.21 %	50 Free	9/1/2009	Ames v Boone v Grinnell
x1:26.67 Y	F	1.12 %	100 Free	9/15/2009	Ames vs. Hoover
49.86 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
47.04 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
x1:49.10 Y	F	0.00 %	100 Breast	9/8/2009	Johnston v Ames Dual
Maddie Chausse G (Yr: 10)					
34.47 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
x1:19.37 Y	F	0.00 %	100 Free	9/1/2009	Ames v Boone v Grinnell
45.53 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
55.97 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
47.91 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Megan Cohea G (Yr: 11)					
206.15	F	%	Meter 6 Dives	10/13/2009	Ames vs. Marshalltown
365.25	F	%	Meter 11 Dives	10/29/2009	2009 IGHS AU Swimming and Diving
Jazlyn Davis G (Yr: 10)					
x32.50 Y	F	4.02 %	50 Free	10/22/2009	Iowa Conference Meet
x1:15.50 Y	F	3.78 %	100 Free	10/22/2009	Iowa Conference Meet
49.02 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
44.41 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
x1:38.53 Y	F	0.00 %	100 Breast	9/8/2009	Johnston v Ames Dual
48.55 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Shannon Dougherty G (Yr: 11)					
x27.83 Y	F	5.56 %	50 Free	10/22/2009	Iowa Conference Meet
x1:02.63 Y	F	3.00 %	100 Free	10/22/2009	Iowa Conference Meet
40.58 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
45.12 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
37.22 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Emily Downard G (Yr: 12)					
x28.94 Y L	F	0.86 %	50 Free	9/1/2009	Ames v Boone v Grinnell
x1:02.05 Y L	F	13.29 %	100 Free	9/12/2009	Ames Invitational
2:14.90 Y	F	0.00 %	200 Free	9/1/2009	Ames v Boone v Grinnell

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
Emily Downard G (Yr: 12)					
5:46.83 Y	F	2.69 %	500 Free	10/29/2009	2009 IGHSAU Swimming and Diving
36.63 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:16.24 Y	F	0.00 %	100 Back	9/15/2009	Ames vs. Hoover
41.87 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
32.80 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:04.58 Y	F	7.21 %	100 Fly	10/29/2009	2009 IGHSAU Swimming and Diving
2:34.29 Y	F	0.00 %	200 IM	9/24/2009	Ankeny vs. Ames
Maggie Doyle G (Yr: 10)					
x33.45 Y	F	3.41 %	50 Free	9/1/2009	Ames v Boone v Grinnell
48.70 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
Amber Duden G (Yr: 11)					
x29.66 Y	F	13.48 %	50 Free	10/22/2009	Iowa Conference Meet
x1:06.07 Y	F	10.36 %	100 Free	10/22/2009	Iowa Conference Meet
2:36.72 Y	F	0.36 %	200 Free	10/6/2009	Ames vs. WDM Valley
42.61 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
49.94 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
43.68 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Meredith Farrell G (Yr: 9)					
29.19 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
x1:02.33 Y L	F	1.45 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
2:12.51 Y	F	1.12 %	200 Free	10/20/2009	Mason City vs. Ames
5:43.58 Y	F	2.03 %	500 Free	10/29/2009	2009 IGHSAU Swimming and Diving
33.73 Y L	F	1.72 %	50 Back	9/1/2009	Ames v Boone v Grinnell
1:12.97 Y	F	0.00 %	100 Back	9/12/2009	Ames Invitational
39.30 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
33.83 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:14.16 Y	F	0.00 %	100 Fly	9/15/2009	Ames vs. Hoover
2:34.30 Y	F	0.00 %	200 IM	9/1/2009	Ames v Boone v Grinnell
Cori Fitzgerald G (Yr: 12)					
x30.91 Y	F	1.09 %	50 Free	10/13/2009	Ames vs. Marshalltown
x1:09.44 Y L	F	7.64 %	100 Free	10/22/2009	Iowa Conference Meet
46.62 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
35.73 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
x1:26.25 Y	F	0.00 %	100 Fly	9/1/2009	Ames v Boone v Grinnell
Taylor Flummerfelt G (Yr: 9)					
24.55 Y	F	2.66 %	50 Free	10/6/2009	Ames vs. WDM Valley
53.86 Y	F	2.05 %	100 Free	10/10/2009	Johnston Invitational
2:00.65 Y	F	0.00 %	200 Free	9/15/2009	Ames vs. Hoover
5:35.54 Y	F	0.00 %	500 Free	9/15/2009	Ames vs. Hoover
32.43 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:07.98 Y	F	0.00 %	100 Back	9/22/2009	Ft. Dodge vs. Ames
34.52 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
28.11 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:01.80 Y	F	0.02 %	100 Fly	10/13/2009	Ames vs. Marshalltown
2:18.29 Y	F	0.00 %	200 IM	9/22/2009	Ft. Dodge vs. Ames
Stella Fritzell G (Yr: 12)					
x31.21 Y	F	10.19 %	50 Free	10/22/2009	Iowa Conference Meet
x1:17.31 Y	F	0.00 %	100 Free	9/1/2009	Ames v Boone v Grinnell
47.77 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
45.78 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:28.59 Y	F	9.36 %	100 Breast	10/13/2009	Ames vs. Marshalltown
Ada Gent G (Yr: 10)					
x29.70 Y	F	4.69 %	50 Free	10/22/2009	Iowa Conference Meet
x1:07.00 Y	F	5.53 %	100 Free	10/22/2009	Iowa Conference Meet
42.98 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
46.51 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
Ada Gent G (Yr: 10)					
40.66 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Erin Gilligan G (Yr: 10)					
x31.57 Y	F	2.41 %	50 Free	10/22/2009	Iowa Conference Meet
x1:11.22 Y	F	3.00 %	100 Free	9/8/2009	Johnston v Ames Dual
36.32 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
x1:18.27 Y	F	0.87 %	100 Back	10/22/2009	Iowa Conference Meet
45.14 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
34.12 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Breeana Glenn G (Yr: 10)					
28.28 Y	F	1.70 %	50 Free	9/8/2009	Johnston v Ames Dual
1:04.50 Y	F	1.99 %	100 Free	9/24/2009	Ankeny vs. Ames
39.90 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
37.69 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:25.20 Y	F	1.21 %	100 Breast	9/15/2009	Ames vs. Hoover
32.90 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Lauren Grant G (Yr: 11)					
x29.21 Y	F	0.95 %	50 Free	9/1/2009	Ames v Boone v Grinnell
x1:08.03 Y	F	1.49 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
38.45 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
42.29 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
39.71 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Mariah Griffith G (Yr: 9)					
177.25	F	%	Meter 6 Dives	10/6/2009	Ames vs. WDM Valley
224.15	F	%	Meter 11 Dives	10/10/2009	Johnston Invitational
Anna Hansen G (Yr: 11)					
x38.10 Y	F	10.84 %	50 Free	10/6/2009	Ames vs. WDM Valley
x1:28.89 Y	F	15.78 %	100 Free	10/6/2009	Ames vs. WDM Valley
55.55 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:04.89 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
54.94 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Tess Hudson G (Yr: 10)					
29.47 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
x1:05.84 Y L	F	1.01 %	100 Free	10/22/2009	Iowa Conference Meet
x2:22.53 Y	F	0.34 %	200 Free	10/22/2009	Iowa Conference Meet
x6:25.53 Y	F	0.62 %	500 Free	10/22/2009	Iowa Conference Meet
35.46 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:18.67 Y	F	0.00 %	100 Back	9/15/2009	Ames vs. Hoover
43.84 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
34.80 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
2:44.63 Y	F	0.00 %	200 IM	9/15/2009	Ames vs. Hoover
Anna Joeger G (Yr: 11)					
x38.11 Y L	F	0.00 %	50 Free	10/13/2009	Ames vs. Marshalltown
166.00	F	%	Meter 6 Dives	10/20/2009	Mason City vs. Ames
308.25	F	%	Meter 11 Dives	10/29/2009	2009 IGHS AU Swimming and Diving
Holly Johnson G (Yr: 9)					
28.83 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
1:02.17 Y L	F	2.63 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
2:12.77 Y	F	1.10 %	200 Free	10/10/2009	Johnston Invitational
5:59.89 Y	F	0.86 %	500 Free	9/15/2009	Ames vs. Hoover
x33.20 Y L	F	3.88 %	50 Back	10/22/2009	Iowa Conference Meet
1:07.37 Y	F	5.53 %	100 Back	10/29/2009	2009 IGHS AU Swimming and Diving
41.01 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
35.08 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
x2:35.97 Y	F	1.22 %	200 IM	10/22/2009	Iowa Conference Meet
Kiera Kaufman G (Yr: 9)					
x34.71 Y	F	3.77 %	50 Free	10/22/2009	Iowa Conference Meet

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
Kiera Kaufman G (Yr: 9)					
x1:16.71 Y	F	4.08 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
41.06 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
48.80 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
45.63 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Sarah Kemp G (Yr: 10)					
35.42 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
40.78 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
54.78 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
46.26 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
225.65	F	%	Meter 6 Dives	10/6/2009	Ames vs. WDM Valley
377.40	F	%	Meter 11 Dives	10/29/2009	2009 IGHSAU Swimming and Diving
Anna Kilzer G (Yr: 10)					
x33.10 Y	F	4.39 %	50 Free	10/6/2009	Ames vs. WDM Valley
x1:12.96 Y	F	1.60 %	100 Free	10/6/2009	Ames vs. WDM Valley
45.30 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:00.09 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
46.91 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Juilya Kovalenko G (Yr: 9)					
x36.03 Y	F	10.55 %	50 Free	10/13/2009	Ames vs. Marshalltown
x1:19.34 Y	F	10.05 %	100 Free	10/13/2009	Ames vs. Marshalltown
Yuilya Kovalenko G (Yr: 9)					
43.16 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
55.53 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
57.49 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:03.35 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Sue Lee G (Yr: 11)					
x33.28 Y	F	4.45 %	50 Free	10/13/2009	Ames vs. Marshalltown
x1:15.14 Y	F	0.00 %	100 Free	10/22/2009	Iowa Conference Meet
40.74 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
Anna Meese G (Yr: 12)					
x31.91 Y	F	1.88 %	50 Free	10/22/2009	Iowa Conference Meet
x1:12.80 Y	F	1.63 %	100 Free	9/15/2009	Ames vs. Hoover
45.90 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
42.67 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
x1:35.17 Y	F	1.02 %	100 Breast	9/22/2009	Ft. Dodge vs. Ames
41.86 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Taylor Messingham G (Yr: 9)					
29.30 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
1:04.71 Y	F	0.00 %	100 Free	8/28/2009	2009 Girls Swim Trials
35.04 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:13.78 Y	F	0.00 %	100 Back	10/13/2009	Ames vs. Marshalltown
35.13 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:14.89 Y	F	7.30 %	100 Breast	10/29/2009	2009 IGHSAU Swimming and Diving
32.42 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:17.94 Y	F	0.00 %	100 Fly	9/15/2009	Ames vs. Hoover
2:26.95 Y	F	5.86 %	200 IM	10/29/2009	2009 IGHSAU Swimming and Diving
Kendria Peterson G (Yr: 9)					
x30.78 Y	F	5.96 %	50 Free	10/6/2009	Ames vs. WDM Valley
x1:08.73 Y	F	8.98 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
x38.06 Y L	F	0.89 %	50 Back	10/22/2009	Iowa Conference Meet
43.15 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
x1:39.72 Y	F	0.00 %	100 Breast	9/8/2009	Johnston v Ames Dual
47.88 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Adriana Pitcher G (Yr: 11)					
x28.69 Y	F	1.71 %	50 Free	10/22/2009	Iowa Conference Meet
x1:06.56 Y	F	2.16 %	100 Free	9/22/2009	Ft. Dodge vs. Ames

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
Adriana Pitcher G (Yr: 11)					
2:25.44 Y	F	0.00 %	200 Free	10/13/2009	Ames vs. Marshalltown
x33.22 Y L	F	7.52 %	50 Back	10/22/2009	Iowa Conference Meet
x1:12.26 Y	F	7.52 %	100 Back	10/22/2009	Iowa Conference Meet
41.05 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
36.65 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
2:44.89 Y	F	4.30 %	200 IM	10/6/2009	Ames vs. WDM Valley
Charlotte Quant G (Yr: 11)					
27.69 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
1:02.74 Y L	F	0.19 %	100 Free	9/15/2009	Ames vs. Hoover
5:54.03 Y	F	0.00 %	500 Free	9/22/2009	Ft. Dodge vs. Ames
32.66 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:09.55 Y	F	0.30 %	100 Back	9/8/2009	Johnston v Ames Dual
39.64 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
29.37 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:01.07 Y	F	7.71 %	100 Fly	10/29/2009	2009 IGHS AU Swimming and Diving
2:17.28 Y	F	6.48 %	200 IM	10/29/2009	2009 IGHS AU Swimming and Diving
Abby Rewoldt G (Yr: 11)					
27.89 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
1:02.39 Y	F	0.00 %	100 Free	8/28/2009	2009 Girls Swim Trials
36.73 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
34.57 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:12.01 Y	F	5.54 %	100 Breast	10/29/2009	2009 IGHS AU Swimming and Diving
33.00 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:20.63 Y	F	0.00 %	100 Fly	9/22/2009	Ft. Dodge vs. Ames
2:36.42 Y	F	0.00 %	200 IM	9/8/2009	Johnston v Ames Dual
Taylor Ring G (Yr: 11)					
x31.29 Y	F	0.22 %	50 Free	10/22/2009	Iowa Conference Meet
x1:10.61 Y	F	4.45 %	100 Free	10/13/2009	Ames vs. Marshalltown
48.65 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
52.75 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
39.08 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Lauren Rosser G (Yr: 10)					
26.62 Y L	F	0.49 %	50 Free	9/8/2009	Johnston v Ames Dual
59.35 Y	F	0.45 %	100 Free	9/15/2009	Ames vs. Hoover
2:09.77 Y	F	0.00 %	200 Free	9/22/2009	Ft. Dodge vs. Ames
5:41.30 Y	F	0.00 %	500 Free	9/22/2009	Ft. Dodge vs. Ames
30.90 Y L	F	1.69 %	50 Back	10/22/2009	Iowa Conference Meet
1:07.92 Y	F	0.00 %	100 Back	9/15/2009	Ames vs. Hoover
35.62 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:17.23 Y	F	0.00 %	100 Breast	10/13/2009	Ames vs. Marshalltown
28.69 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:02.29 Y	F	2.21 %	100 Fly	10/29/2009	2009 IGHS AU Swimming and Diving
2:19.31 Y	F	1.83 %	200 IM	9/12/2009	Ames Invitational
Lindsey Shanks G (Yr: 11)					
30.66 Y L	F	1.13 %	50 Free	10/6/2009	Ames vs. WDM Valley
1:12.52 Y	F	0.00 %	100 Free	8/28/2009	2009 Girls Swim Trials
46.56 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
48.97 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
39.78 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
x1:26.17 Y	F	0.00 %	100 Fly	10/22/2009	Iowa Conference Meet
Rachel Shriver G (Yr: 10)					
26.97 Y	F	1.24 %	50 Free	9/15/2009	Ames vs. Hoover
55.51 Y	F	4.47 %	100 Free	10/29/2009	2009 IGHS AU Swimming and Diving
2:00.91 Y	F	4.34 %	200 Free	10/29/2009	2009 IGHS AU Swimming and Diving
5:55.87 Y	F	0.00 %	500 Free	9/15/2009	Ames vs. Hoover
34.53 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
Rachel Shriver G (Yr: 10)					
39.29 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
32.82 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Christine Stammer G (Yr: 12)					
41.59 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
x1:40.66 Y	F	0.00 %	100 Free	9/1/2009	Ames v Boone v Grinnell
x49.33 Y L	F	6.55 %	50 Back	10/22/2009	Iowa Conference Meet
1:08.86 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
57.37 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Judy Syrkin-Nikolau G (Yr: 11)					
217.40	F	%	Meter 6 Dives	10/6/2009	Ames vs. WDM Valley
207.10	F	%	Meter 11 Dives	10/22/2009	Iowa Conference Meet
Christina Tringides G (Yr: 11)					
x29.07 Y	F	2.84 %	50 Free	10/22/2009	Iowa Conference Meet
1:06.92 Y	F	0.00 %	100 Free	8/28/2009	2009 Girls Swim Trials
40.11 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
37.21 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:21.22 Y	F	2.75 %	100 Breast	10/22/2009	Iowa Conference Meet
36.36 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
x2:46.39 Y	F	0.82 %	200 IM	9/22/2009	Ft. Dodge vs. Ames
Michelle Tsai G (Yr: 11)					
x27.78 Y	F	3.47 %	50 Free	10/22/2009	Iowa Conference Meet
1:01.94 Y L	F	0.67 %	100 Free	10/6/2009	Ames vs. WDM Valley
2:19.83 Y	F	0.00 %	200 Free	9/15/2009	Ames vs. Hoover
6:17.27 Y	F	2.88 %	500 Free	10/13/2009	Ames vs. Marshalltown
35.33 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
1:16.05 Y	F	0.00 %	100 Back	9/22/2009	Ft. Dodge vs. Ames
41.33 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
30.63 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:10.01 Y	F	4.86 %	100 Fly	10/6/2009	Ames vs. WDM Valley
2:40.01 Y	F	0.97 %	200 IM	9/8/2009	Johnston v Ames Dual
Hannah Tuggle G (Yr: 12)					
x28.37 Y	F	5.43 %	50 Free	10/22/2009	Iowa Conference Meet
x1:06.03 Y	F	6.27 %	100 Free	10/22/2009	Iowa Conference Meet
x34.08 Y L	F	11.98 %	50 Back	10/22/2009	Iowa Conference Meet
1:21.93 Y	F	0.00 %	100 Back	9/24/2009	Ankeny vs. Ames
37.91 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Hanna Vollbrecht G (Yr: 11)					
29.83 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
x1:06.13 Y	F	4.31 %	100 Free	9/15/2009	Ames vs. Hoover
x35.47 Y L	F	2.93 %	50 Back	9/1/2009	Ames v Boone v Grinnell
x1:16.83 Y	F	2.07 %	100 Back	10/22/2009	Iowa Conference Meet
41.56 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
40.29 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
Jessica Walker G (Yr: 10)					
30.80 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
x1:07.54 Y	F	0.85 %	100 Free	10/22/2009	Iowa Conference Meet
39.49 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
40.90 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
x1:28.47 Y	F	3.42 %	100 Breast	10/22/2009	Iowa Conference Meet
41.04 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
2:55.95 Y	F	1.63 %	200 IM	10/6/2009	Ames vs. WDM Valley
Chrisann Zuerner G (Yr: 11)					
26.13 Y	F	0.99 %	50 Free	9/15/2009	Ames vs. Hoover
58.24 Y	F	0.51 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
1:59.97 Y	F	3.77 %	200 Free	10/29/2009	2009 IGHSU Swimming and Diving
5:24.11 Y	F	3.44 %	500 Free	10/29/2009	2009 IGHSU Swimming and Diving

Individual Top Times (Best Times and Improvement Since: 15-Aug-09)

Times until: 31-Oct-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
Chrisann Zuerner G (Yr: 11)					
35.86 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
34.35 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:15.65 Y	F	0.00 %	100 Breast	9/1/2009	Ames v Boone v Grinnell
30.26 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
2:24.67 Y	F	0.00 %	200 IM	9/1/2009	Ames v Boone v Grinnell