

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

Times until: 14-Oct-09

Ames [AMES] Coach: Dan Flannery

Show Yards Only

| Time                               | P/F/S | % Imprv | Event     |            |                         |
|------------------------------------|-------|---------|-----------|------------|-------------------------|
| <b>Maddie Andersen G (Yr: 11)</b>  |       |         |           |            |                         |
| 27.41 Y                            | F     | 1.97 %  | 50 Free   | 10/6/2009  | Ames vs. WDM Valley     |
| 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         |
| <b>Rachel Andersen G (Yr: 9)</b>   |       |         |           |            |                         |
| 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  |
| <b>Lauren Banwart G (Yr: 9)</b>    |       |         |           |            |                         |
| 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  |
| <b>Nora Benson G (Yr: 9)</b>       |       |         |           |            |                         |
| 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  |
| <b>Alyssa Bignall G (Yr: 10)</b>   |       |         |           |            |                         |
| 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  |
| <b>Hannah Bonestroo G (Yr: 9)</b>  |       |         |           |            |                         |
| 26.43 Y                            | F     | 4.55 %  | 50 Free   | 10/6/2009  | Ames vs. WDM Valley     |
| 58.11 Y                            | F     | 2.55 %  | 100 Free  | 10/6/2009  | Ames vs. WDM Valley     |
| 2:07.43 Y                          | F     | 0.00 %  | 200 Free  | 9/1/2009   | Ames v Boone v Grinnell |
| 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         |
| 1:09.47 Y                          | F     | 0.79 %  | 100 Back  | 10/10/2009 | Johnston Invitational   |
| 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      |
| <b>Lauren Bonett G (Yr: 12)</b>    |       |         |           |            |                         |
| 26.49 Y                            | F     | 2.86 %  | 50 Free   | 10/6/2009  | Ames vs. WDM Valley     |
| 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  |
| <b>Alyssa Bovinette G (Yr: 10)</b> |       |         |           |            |                         |
| 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  |

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| Time                                | P/F/S | % Imprv | Event          |            |                         |
|-------------------------------------|-------|---------|----------------|------------|-------------------------|
| <b>Alyssa Bovinette G (Yr: 10)</b>  |       |         |                |            |                         |
| 50.35 Y                             | F     | 0.00 %  | 50 Fly         | 8/28/2009  | 2009 Girls Swim Trials  |
| <b>Gabby Brewer G (Yr: 9)</b>       |       |         |                |            |                         |
| 28.39 Y                             | F     | 1.42 %  | 50 Free        | 10/13/2009 | Ames vs. Marshalltown   |
| 1:05.01 Y                           | F     | 0.63 %  | 100 Free       | 10/13/2009 | Ames vs. Marshalltown   |
| 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  |
| <b>Maddie Bro G (Yr: 10)</b>        |       |         |                |            |                         |
| 24.68 Y                             | F     | 0.48 %  | 50 Free        | 9/12/2009  | Ames Invitational       |
| 53.72 Y                             | F     | 1.63 %  | 100 Free       | 10/13/2009 | Ames vs. Marshalltown   |
| 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      |
| 26.84 Y L                           | F     | 1.07 %  | 50 Back        | 10/6/2009  | Ames vs. WDM Valley     |
| 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         |
| <b>Greer Brown G (Yr: 10)</b>       |       |         |                |            |                         |
| x34.87 Y                            | F     | 0.26 %  | 50 Free        | 9/15/2009  | Ames vs. Hoover         |
| 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  |
| <b>Joy Busch G (Yr: 11)</b>         |       |         |                |            |                         |
| 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    |
| <b>Maddie Chausse G (Yr: 10)</b>    |       |         |                |            |                         |
| 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  |
| <b>Megan Cohea G (Yr: 11)</b>       |       |         |                |            |                         |
| 206.15                              | F     | %       | Meter 6 Dives  | 10/13/2009 | Ames vs. Marshalltown   |
| 330.25                              | F     | %       | Meter 11 Dives | 9/12/2009  | Ames Invitational       |
| <b>Jazlyn Davis G (Yr: 10)</b>      |       |         |                |            |                         |
| x33.03 Y                            | F     | 2.45 %  | 50 Free        | 9/1/2009   | Ames v Boone v Grinnell |
| x1:18.47 Y                          | F     | 0.00 %  | 100 Free       | 9/1/2009   | Ames v Boone v Grinnell |
| 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  |
| <b>Shannon Dougherty G (Yr: 11)</b> |       |         |                |            |                         |
| x28.71 Y                            | F     | 2.58 %  | 50 Free        | 9/1/2009   | Ames v Boone v Grinnell |
| 1:04.57 Y L                         | F     | 0.00 %  | 100 Free       | 9/8/2009   | Johnston v Ames Dual    |
| 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  |
| <b>Emily Downard G (Yr: 12)</b>     |       |         |                |            |                         |
| 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 |

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|-------------------------------------|-------|---------|------------|------------|-------------------------|
| <b>Emily Downard G (Yr: 12)</b>     |       |         |            |            |                         |
| 5:51.18 Y                           | F     | 1.46 %  | 500 Free   | 10/6/2009  | Ames vs. WDM Valley     |
| 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  |
| 1:07.15 Y                           | F     | 3.52 %  | 100 Fly    | 10/6/2009  | Ames vs. WDM Valley     |
| 2:34.29 Y                           | F     | 0.00 %  | 200 IM     | 9/24/2009  | Ankeny vs. Ames         |
| <b>Maggie Doyle G (Yr: 10)</b>      |       |         |            |            |                         |
| 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  |
| <b>Amber Duden G (Yr: 11)</b>       |       |         |            |            |                         |
| 30.05 Y L                           | F     | 12.34 % | 50 Free    | 10/6/2009  | Ames vs. WDM Valley     |
| x1:07.10 Y                          | F     | 8.97 %  | 100 Free   | 10/6/2009  | Ames vs. WDM Valley     |
| 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  |
| <b>Meredith Farrell G (Yr: 9)</b>   |       |         |            |            |                         |
| 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      |
| 2:14.01 Y                           | F     | 0.00 %  | 200 Free   | 9/15/2009  | Ames vs. Hoover         |
| x5:47.74 Y                          | F     | 0.84 %  | 500 Free   | 9/22/2009  | Ft. Dodge vs. Ames      |
| 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 |
| <b>Cori Fitzgerald G (Yr: 12)</b>   |       |         |            |            |                         |
| x30.91 Y                            | F     | 1.09 %  | 50 Free    | 10/13/2009 | Ames vs. Marshalltown   |
| x1:15.18 Y L                        | F     | 0.00 %  | 100 Free   | 9/1/2009   | Ames v Boone v Grinnell |
| 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 |
| <b>Taylor Flummerfelt G (Yr: 9)</b> |       |         |            |            |                         |
| 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      |
| <b>Stella Fritzell G (Yr: 12)</b>   |       |         |            |            |                         |
| x31.81 Y                            | F     | 8.46 %  | 50 Free    | 10/13/2009 | Ames vs. Marshalltown   |
| 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   |
| <b>Ada Gent G (Yr: 10)</b>          |       |         |            |            |                         |
| x30.13 Y                            | F     | 3.31 %  | 50 Free    | 10/6/2009  | Ames vs. WDM Valley     |
| x1:08.41 Y                          | F     | 3.54 %  | 100 Free   | 10/13/2009 | Ames vs. Marshalltown   |
| 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  |

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|----------------------------------|-------|---------|----------------|------------|-------------------------|
| <b>Ada Gent G (Yr: 10)</b>       |       |         |                |            |                         |
| 40.66 Y                          | F     | 0.00 %  | 50 Fly         | 8/28/2009  | 2009 Girls Swim Trials  |
| <b>Erin Gilligan G (Yr: 10)</b>  |       |         |                |            |                         |
| x32.14 Y                         | F     | 0.65 %  | 50 Free        | 10/13/2009 | Ames vs. Marshalltown   |
| 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  |
| 1:18.96 Y                        | F     | 0.00 %  | 100 Back       | 9/8/2009   | Johnston v Ames Dual    |
| 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  |
| <b>Breeana Glenn G (Yr: 10)</b>  |       |         |                |            |                         |
| 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  |
| <b>Lauren Grant G (Yr: 11)</b>   |       |         |                |            |                         |
| 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  |
| <b>Mariah Griffith G (Yr: 9)</b> |       |         |                |            |                         |
| 177.25                           | F     | %       | Meter 6 Dives  | 10/6/2009  | Ames vs. WDM Valley     |
| 224.15                           | F     | %       | Meter 11 Dives | 10/10/2009 | Johnston Invitational   |
| <b>Anna Hansen G (Yr: 11)</b>    |       |         |                |            |                         |
| 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  |
| <b>Tess Hudson G (Yr: 10)</b>    |       |         |                |            |                         |
| 29.47 Y                          | F     | 0.00 %  | 50 Free        | 8/28/2009  | 2009 Girls Swim Trials  |
| 1:06.51 Y                        | F     | 0.00 %  | 100 Free       | 8/28/2009  | 2009 Girls Swim Trials  |
| 2:22.64 Y                        | F     | 0.26 %  | 200 Free       | 9/24/2009  | Ankeny vs. Ames         |
| x6:27.73 Y                       | F     | 0.05 %  | 500 Free       | 9/22/2009  | Ft. Dodge vs. Ames      |
| 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         |
| <b>Anna Joeger G (Yr: 11)</b>    |       |         |                |            |                         |
| x38.11 Y L                       | F     | 0.00 %  | 50 Free        | 10/13/2009 | Ames vs. Marshalltown   |
| 153.05                           | F     | %       | Meter 6 Dives  | 9/8/2009   | Johnston v Ames Dual    |
| 279.95                           | F     | %       | Meter 11 Dives | 10/10/2009 | Johnston Invitational   |
| <b>Holly Johnson G (Yr: 9)</b>   |       |         |                |            |                         |
| 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         |
| 33.31 Y L                        | F     | 3.56 %  | 50 Back        | 10/13/2009 | Ames vs. Marshalltown   |
| 1:11.31 Y                        | F     | 0.00 %  | 100 Back       | 9/12/2009  | Ames Invitational       |
| 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  |
| 2:36.22 Y                        | F     | 1.06 %  | 200 IM         | 10/13/2009 | Ames vs. Marshalltown   |
| <b>Kiera Kaufman G (Yr: 9)</b>   |       |         |                |            |                         |
| x35.26 Y L                       | F     | 2.25 %  | 50 Free        | 9/15/2009  | Ames vs. Hoover         |

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

Times until: 14-Oct-09

Show Yards Only

| Time                               | P/F/S | % Imprv | Event          |            |                        |
|------------------------------------|-------|---------|----------------|------------|------------------------|
| <b>Kiera Kaufman G (Yr: 9)</b>     |       |         |                |            |                        |
| 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 |
| <b>Sarah Kemp G (Yr: 10)</b>       |       |         |                |            |                        |
| 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    |
| 351.35                             | F     | %       | Meter 11 Dives | 10/10/2009 | Johnston Invitational  |
| <b>Anna Kilzer G (Yr: 10)</b>      |       |         |                |            |                        |
| 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 |
| <b>Juilya Kovalenko G (Yr: 9)</b>  |       |         |                |            |                        |
| 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  |
| <b>Yuilya Kovalenko G (Yr: 9)</b>  |       |         |                |            |                        |
| 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 |
| <b>Sue Lee G (Yr: 11)</b>          |       |         |                |            |                        |
| x33.28 Y                           | F     | 4.45 %  | 50 Free        | 10/13/2009 | Ames vs. Marshalltown  |
| 40.74 Y                            | F     | 0.00 %  | 50 Back        | 8/28/2009  | 2009 Girls Swim Trials |
| <b>Anna Meese G (Yr: 12)</b>       |       |         |                |            |                        |
| x32.03 Y                           | F     | 1.51 %  | 50 Free        | 10/13/2009 | Ames vs. Marshalltown  |
| 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 |
| <b>Taylor Messingham G (Yr: 9)</b> |       |         |                |            |                        |
| 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 |
| 1:18.03 Y                          | F     | 3.42 %  | 100 Breast     | 9/12/2009  | Ames Invitational      |
| 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        |
| 2:33.23 Y                          | F     | 1.84 %  | 200 IM         | 10/6/2009  | Ames vs. WDM Valley    |
| <b>Kendria Peterson G (Yr: 9)</b>  |       |         |                |            |                        |
| 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     |
| 38.31 Y L                          | F     | 0.23 %  | 50 Back        | 10/13/2009 | Ames vs. Marshalltown  |
| 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 |
| <b>Adriana Pitcher G (Yr: 11)</b>  |       |         |                |            |                        |
| 29.19 Y                            | F     | 0.00 %  | 50 Free        | 8/28/2009  | 2009 Girls Swim Trials |
| x1:06.56 Y                         | F     | 2.16 %  | 100 Free       | 9/22/2009  | Ft. Dodge vs. Ames     |
| 2:25.44 Y                          | F     | 0.00 %  | 200 Free       | 10/13/2009 | Ames vs. Marshalltown  |

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

Times until: 14-Oct-09

Show Yards Only

| Time                              | P/F/S | % Imprv | Event      |            |                        |
|-----------------------------------|-------|---------|------------|------------|------------------------|
| <b>Adriana Pitcher G (Yr: 11)</b> |       |         |            |            |                        |
| 34.71 Y L                         | F     | 3.37 %  | 50 Back    | 9/24/2009  | Ankeny vs. Ames        |
| 1:15.56 Y                         | F     | 3.30 %  | 100 Back   | 9/24/2009  | Ankeny vs. Ames        |
| 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    |
| <b>Charlotte Quant G (Yr: 11)</b> |       |         |            |            |                        |
| 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 |
| 1:05.11 Y                         | F     | 1.60 %  | 100 Fly    | 10/10/2009 | Johnston Invitational  |
| 2:22.99 Y                         | F     | 2.59 %  | 200 IM     | 10/6/2009  | Ames vs. WDM Valley    |
| <b>Abby Rewoldt G (Yr: 11)</b>    |       |         |            |            |                        |
| 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 |
| 1:15.49 Y                         | F     | 0.97 %  | 100 Breast | 9/8/2009   | Johnston v Ames Dual   |
| 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   |
| <b>Taylor Ring G (Yr: 11)</b>     |       |         |            |            |                        |
| 31.36 Y                           | F     | 0.00 %  | 50 Free    | 8/28/2009  | 2009 Girls Swim Trials |
| 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 |
| <b>Lauren Rosser G (Yr: 10)</b>   |       |         |            |            |                        |
| 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     |
| 31.43 Y                           | F     | 0.00 %  | 50 Back    | 8/28/2009  | 2009 Girls Swim Trials |
| 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 |
| 1:02.69 Y                         | F     | 1.59 %  | 100 Fly    | 9/24/2009  | Ankeny vs. Ames        |
| 2:19.31 Y                         | F     | 1.83 %  | 200 IM     | 9/12/2009  | Ames Invitational      |
| <b>Lindsey Shanks G (Yr: 11)</b>  |       |         |            |            |                        |
| 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 |
| <b>Rachel Shriver G (Yr: 10)</b>  |       |         |            |            |                        |
| 26.97 Y                           | F     | 1.24 %  | 50 Free    | 9/15/2009  | Ames vs. Hoover        |
| 57.10 Y                           | F     | 1.74 %  | 100 Free   | 10/13/2009 | Ames vs. Marshalltown  |
| 2:05.71 Y                         | F     | 0.54 %  | 200 Free   | 9/24/2009  | Ankeny vs. Ames        |
| 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 |
| 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 |

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

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| Time                                  | P/F/S | % Imprv | Event          |            |                         |
|---------------------------------------|-------|---------|----------------|------------|-------------------------|
| <b>Christine Stammer G (Yr: 12)</b>   |       |         |                |            |                         |
| 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 |
| 52.79 Y                               | F     | 0.00 %  | 50 Back        | 8/28/2009  | 2009 Girls Swim Trials  |
| 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  |
| <b>Judy Syrkin-Nikolau G (Yr: 11)</b> |       |         |                |            |                         |
| 217.40                                | F     | %       | Meter 6 Dives  | 10/6/2009  | Ames vs. WDM Valley     |
| 187.50                                | F     | %       | Meter 11 Dives | 9/1/2009   | Ames v Boone v Grinnell |
| <b>Christina Tringides G (Yr: 11)</b> |       |         |                |            |                         |
| 29.48 Y L                             | F     | 1.47 %  | 50 Free        | 9/24/2009  | Ankeny vs. Ames         |
| 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  |
| 1:21.98 Y                             | F     | 1.84 %  | 100 Breast     | 10/10/2009 | Johnston Invitational   |
| 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      |
| <b>Michelle Tsai G (Yr: 11)</b>       |       |         |                |            |                         |
| 28.78 Y                               | F     | 0.00 %  | 50 Free        | 8/28/2009  | 2009 Girls Swim Trials  |
| 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    |
| <b>Hannah Tuggle G (Yr: 12)</b>       |       |         |                |            |                         |
| 29.09 Y                               | F     | 3.03 %  | 50 Free        | 10/6/2009  | Ames vs. WDM Valley     |
| 1:06.54 Y L                           | F     | 5.55 %  | 100 Free       | 10/6/2009  | Ames vs. WDM Valley     |
| x35.84 Y L                            | F     | 7.44 %  | 50 Back        | 9/22/2009  | Ft. Dodge vs. Ames      |
| 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  |
| <b>Hanna Vollbrecht G (Yr: 11)</b>    |       |         |                |            |                         |
| 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 |
| 1:17.70 Y                             | F     | 0.96 %  | 100 Back       | 9/24/2009  | Ankeny vs. Ames         |
| 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  |
| <b>Jessica Walker G (Yr: 10)</b>      |       |         |                |            |                         |
| 30.80 Y                               | F     | 0.00 %  | 50 Free        | 8/28/2009  | 2009 Girls Swim Trials  |
| x1:08.12 Y                            | F     | 0.00 %  | 100 Free       | 10/13/2009 | Ames vs. Marshalltown   |
| 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  |
| 1:29.37 Y                             | F     | 2.43 %  | 100 Breast     | 9/15/2009  | Ames vs. Hoover         |
| 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     |
| <b>Chrisann Zuerner G (Yr: 11)</b>    |       |         |                |            |                         |
| 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      |
| 2:04.57 Y                             | F     | 0.08 %  | 200 Free       | 9/24/2009  | Ankeny vs. Ames         |
| 5:33.70 Y                             | F     | 0.58 %  | 500 Free       | 10/10/2009 | Johnston Invitational   |
| 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 |

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

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| Time                               | P/F/S | % Imprv | Event  |           |                         |
|------------------------------------|-------|---------|--------|-----------|-------------------------|
| <b>Chrisann Zuerner G (Yr: 11)</b> |       |         |        |           |                         |
| 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 |