

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

Time	P/F/S	Relay				
Girls 200 Free Relay						
1	1:41.71 Y	F	A Relay	9/12/2009	Ames Invitational	
	Maddie Bro (10)		Chrisann Zuerner (11)		Hannah Bonestroo (9)	Taylor Flummerfelt (9)
	24.93		26.25	26.18	24.35	
2	1:42.12 Y	F	A Relay	10/22/2009	Iowa Conference Meet	
	Maddie Bro (10)		Lauren Rosser (10)		Hannah Bonestroo (9)	Taylor Flummerfelt (9)
	25.50		26.38	26.03	24.21	
3	1:42.25 Y	F	A Relay	10/13/2009	Ames vs. Marshalltown	
	Maddie Bro (10)		Lauren Rosser (10)		Chrisann Zuerner (11)	Taylor Flummerfelt (9)
	25.05		26.38	26.54	24.28	
4	1:42.64 Y	F	A Relay	9/1/2009	Ames v Boone v Grinnell	
	Taylor Flummerfelt (9)		Lauren Rosser (10)		Chrisann Zuerner (11)	Maddie Bro (10)
	25.28		26.85	26.06	24.45	
5	1:42.80 Y	F	A Relay	9/15/2009	Ames vs. Hoover	
	Taylor Flummerfelt (9)		Chrisann Zuerner (11)		Lauren Bonett (12)	Maddie Bro (10)
	25.11		26.42	26.42	24.85	
6	1:43.08 Y	F	A Relay	11/6/2009	2009 IGHS AU State Swimming and Diving	
	Hannah Bonestroo (9)		Lauren Bonett (12)		Chrisann Zuerner (11)	Rachel Shriver (10)
	26.80		25.00	25.65	25.63	
7	1:43.70 Y	F	A Relay	9/8/2009	Johnston v Ames Dual	
	Lauren Rosser (10)		Lauren Bonett (12)		Chrisann Zuerner (11)	Taylor Flummerfelt (9)
	26.62		26.45	26.24	24.39	
8	1:43.82 Y	F	A Relay	10/10/2009	Johnston Invitational	
	Hannah Bonestroo (9)		Lauren Rosser (10)		Lauren Bonett (12)	Taylor Flummerfelt (9)
	26.82		26.56	26.07	24.37	
9	1:44.25 Y	F	A Relay	10/29/2009	2009 IGHS AU Swimming and Diving	
	Hannah Bonestroo (9)		Lauren Bonett (12)		Chrisann Zuerner (11)	Rachel Shriver (10)
	26.28		26.16	26.16	25.65	
10	1:44.36 Y	F	A Relay	9/22/2009	Ft. Dodge vs. Ames	
	Chrisann Zuerner (11)		Lauren Bonett (12)		Lauren Rosser (10)	Maddie Bro (10)
	26.92		27.00	25.89	24.55	
11	1:45.10 Y	F	A Relay	10/6/2009	Ames vs. WDM Valley	
	Hannah Bonestroo (9)		Rachel Shriver (10)		Chrisann Zuerner (11)	Lauren Rosser (10)
	26.52		26.40	26.59	25.59	
12	1:45.18 Y	F	A Relay	9/24/2009	Ankeny vs. Ames	
	Rachel Shriver (10)		Hannah Bonestroo (9)		Chrisann Zuerner (11)	Lauren Rosser (10)
	27.06		26.25	27.26	24.61	
13	1:47.58 Y	F	B Relay	10/13/2009	Ames vs. Marshalltown	
	Hannah Bonestroo (9)		Maddie Andersen (11)		Lauren Bonett (12)	Rachel Shriver (10)
	27.12		27.59	26.51	26.36	
14	1:48.54 Y	F	B Relay	9/1/2009	Ames v Boone v Grinnell	
	Lauren Bonett (12)		Hannah Bonestroo (9)		Maddie Andersen (11)	Rachel Shriver (10)
	27.55		26.41	28.07	26.51	
15	1:48.71 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
	Maddie Andersen (11)		Abby Rewoldt (11)		Hannah Bonestroo (9)	Rachel Shriver (10)
	27.97		27.54	26.44	26.76	
16	1:49.62 Y	F	A Relay	10/20/2009	Mason City vs. Ames	
	Hannah Bonestroo (9)		Lauren Bonett (12)		Rachel Shriver (10)	Lauren Rosser (10)
17	1:50.49 Y	F	B Relay	10/10/2009	Johnston Invitational	
	Abby Rewoldt (11)		Gabby Brewer (9)		Maddie Andersen (11)	Rachel Shriver (10)
	28.25		28.44	26.99	26.81	

Relay Top Times

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Time	P/F/S	Relay				
18	1:51.54 Y	F	B Relay	10/6/2009	Ames vs. WDM Valley	
			Abby Rewoldt (11)		Lauren Banwart (9)	Lauren Bonett (12)
			28.84		28.14	26.43
19	1:51.85 Y	F	B Relay	9/24/2009	Ankeny vs. Ames	
			Abby Rewoldt (11)		Maddie Andersen (11)	Lauren Bonett (12)
			29.16		27.27	26.63
20	1:52.47 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
			Gabby Brewer (9)		Maddie Andersen (11)	Michelle Tsai (11)
21	x 1:52.52 Y	F	C Relay	10/22/2009	Iowa Conference Meet	
			Lauren Banwart (9)		Breeana Glenn (10)	Abby Rewoldt (11)
			29.25		28.07	27.58
22	x 1:54.67 Y	F	C Relay	9/12/2009	Ames Invitational	
			Lauren Banwart (9)		Shannon Dougherty (11)	Gabby Brewer (9)
			29.14		29.05	27.89
23	x 1:54.91 Y	F	C Relay	9/1/2009	Ames v Boone v Grinnell	
			Emily Downard (12)		Breeana Glenn (10)	Holly Johnson (9)
			28.94		28.74	28.47
24	1:55.28 Y	F	B Relay	9/15/2009	Ames vs. Hoover	
			Shannon Dougherty (11)		Breeana Glenn (10)	Maddie Andersen (11)
			29.22		28.45	28.09
25	1:55.44 Y	F	B Relay	9/22/2009	Ft. Dodge vs. Ames	
			Abby Rewoldt (11)		Charlotte Quant (11)	Maddie Andersen (11)
			28.95		28.09	29.28
26	x 1:55.46 Y	F	C Relay	10/13/2009	Ames vs. Marshalltown	
			Hannah Tuggle (12)		Gabby Brewer (9)	Abby Rewoldt (11)
			29.47		29.24	28.01
27	1:55.49 Y	F	C Relay	9/24/2009	Ankeny vs. Ames	
			Gabby Brewer (9)		Lauren Grant (11)	Shannon Dougherty (11)
			28.72		29.25	29.24
28	x 1:55.53 Y	F	C Relay	10/10/2009	Johnston Invitational	
			Taylor Messingham (9)		Christina Tringides (11)	Lauren Banwart (9)
			29.91		28.75	27.91
29	x 1:55.67 Y	F	C Relay	9/15/2009	Ames vs. Hoover	
			Hannah Tuggle (12)		Holly Johnson (9)	Lauren Banwart (9)
			30.15		29.00	28.50
30	x 1:55.90 Y	F	C Relay	9/22/2009	Ft. Dodge vs. Ames	
			Emily Downard (12)		Shannon Dougherty (11)	Holly Johnson (9)
			28.98		29.63	28.50
31	1:56.07 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
			Breeana Glenn (10)		Shannon Dougherty (11)	Gabby Brewer (9)
			29.04		29.48	28.22
32	x 1:56.16 Y	F	D Relay	10/22/2009	Iowa Conference Meet	
			Taylor Messingham (9)		Shannon Dougherty (11)	Hannah Tuggle (12)
			30.72		28.47	27.73
33	1:56.34 Y	F	A Relay	10/6/2009	Ames vs. WDM Valley	
			Taylor Messingham (9)		Hanna Vollbrecht (11)	Gabby Brewer (9)
			29.31		29.67	27.88
34	1:57.83 Y	F	A Relay	9/8/2009	Johnston v Ames Dual	
			Christina Tringides (11)		Holly Johnson (9)	Lauren Grant (11)
			30.26		28.44	28.96
						30.17

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Time	P/F/S	Relay				
35	1:58.31 Y	F	A Relay	9/24/2009	Ankeny vs. Ames	
			Christina Tringides (11)		Tess Hudson (10)	Michelle Tsai (11)
			29.48		30.33	
36	1:58.54 Y	F	A Relay	9/15/2009	Ames vs. Hoover	
			Taylor Messingham (9)		Jessica Walker (10)	Michelle Tsai (11)
			30.55		30.16	28.45
37	1:58.64 Y	F	A Relay	10/20/2009	Mason City vs. Ames	
			Breeana Glenn (10)		Lauren Banwart (9)	Shannon Dougherty (11)
38	1:58.76 Y	F	A Relay	10/13/2009	Ames vs. Marshalltown	
			Amber Duden (11)		Ada Gent (10)	Shannon Dougherty (11)
			30.50		29.77	30.00
39	x 1:58.90 Y	F	E Relay	9/1/2009	Ames v Boone v Grinnell	
			Jessica Walker (10)		Hannah Tuggle (12)	Lauren Grant (11)
			31.34		29.06	28.87
40*	x 1:59.55 Y	F	E Relay	9/22/2009	Ft. Dodge vs. Ames	
			Taylor Messingham (9)		Hannah Tuggle (12)	Lauren Grant (11)
			31.22		29.90	29.63
40*	x 1:59.55 Y	F	D Relay	9/1/2009	Ames v Boone v Grinnell	
			Taylor Messingham (9)		Shannon Dougherty (11)	Hanna Vollbrecht (11)
			31.02		28.56	30.28
42	x 1:59.73 Y	F	E Relay	10/22/2009	Iowa Conference Meet	
			Amber Duden (11)		Tess Hudson (10)	Ada Gent (10)
			29.97		29.36	29.40
43	2:00.19 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
			Ada Gent (10)		Tess Hudson (10)	Taylor Messingham (9)
			31.32		30.55	29.64
44	2:01.28 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
			Hanna Vollbrecht (11)		Adriana Pitcher (11)	Taylor Messingham (9)
45	2:02.38 Y	F	C Relay	10/6/2009	Ames vs. WDM Valley	
			Lindsey Shanks (11)		Christina Tringides (11)	Jessica Walker (10)
			30.66		29.26	30.17
46	x 2:03.47 Y	F	F Relay	10/22/2009	Iowa Conference Meet	
			Cori Fitzgerald (12)		Taylor Ring (11)	Kendria Peterson (9)
			31.02		31.13	30.79
47	2:04.35 Y	F	B Relay	9/24/2009	Ankeny vs. Ames	
			Hanna Vollbrecht (11)		Amber Duden (11)	Lindsey Shanks (11)
			30.32		30.72	30.49
48	2:04.81 Y	F	B Relay	10/6/2009	Ames vs. WDM Valley	
			Amber Duden (11)		Stella Fritzell (12)	Kendria Peterson (9)
			30.05		31.00	31.47
49	x 2:04.94 Y	F	F Relay	9/22/2009	Ft. Dodge vs. Ames	
			Lindsey Shanks (11)		Tess Hudson (10)	Christina Tringides (11)
			32.02		30.52	30.28
50	2:05.18 Y	F	B Relay	10/13/2009	Ames vs. Marshalltown	
			Cori Fitzgerald (12)		Jessica Walker (10)	Kendria Peterson (9)
			32.88		29.66	31.39
51	2:05.67 Y	F	B Relay	9/15/2009	Ames vs. Hoover	
			Lindsey Shanks (11)		Christina Tringides (11)	Cori Fitzgerald (12)
			31.69		30.53	30.89
52	x 2:06.49 Y	F	F Relay	9/1/2009	Ames v Boone v Grinnell	
			Ada Gent (10)		Cori Fitzgerald (12)	Anna Meese (12)
			31.56		31.59	32.48

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Time	P/F/S	Relay				
53	2:10.27 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
	Nora Benson (9)		Kendria Peterson (9)		Jessica Walker (10)	Lindsey Shanks (11)
	33.39		35.17	30.87	30.84	
54	x 2:11.28 Y	F	G Relay	10/22/2009	Iowa Conference Meet	
	Alyssa Bignall (10)		Stella Fritzell (12)		Anna Kilzer (10)	Anna Meese (12)
	34.06		31.56	34.18	31.48	
55	x 2:12.88 Y	F	G Relay	9/22/2009	Ft. Dodge vs. Ames	
	Anna Meese (12)		Taylor Ring (11)		Alyssa Bovinette (10)	Amber Duden (11)
	33.59		34.87	33.26	31.16	
56	x 2:13.08 Y	F	D Relay	9/8/2009	Johnston v Ames Dual	
	Amber Duden (11)		Jazlyn Davis (10)		Anna Meese (12)	Kiera Kaufman (9)
	32.69		33.53	32.28	34.58	
57	x 2:14.66 Y	F	E Relay	9/8/2009	Johnston v Ames Dual	
	Anna Kilzer (10)		Alyssa Bovinette (10)		Stella Fritzell (12)	Alyssa Bignall (10)
	39.02		27.98	35.03	32.63	
58	x 2:14.73 Y	F	C Relay	10/13/2009	Ames vs. Marshalltown	
	Jazlyn Davis (10)		Alyssa Bovinette (10)		Anna Kilzer (10)	Alyssa Bignall (10)
	34.10		34.17	34.40	32.06	
59	x 2:14.76 Y	F	G Relay	9/1/2009	Ames v Boone v Grinnell	
	Nora Benson (9)		Jazlyn Davis (10)		Kendria Peterson (9)	Taylor Ring (11)
	33.23		34.91	34.48	32.14	
60	x 2:14.90 Y	F	D Relay	10/13/2009	Ames vs. Marshalltown	
	Sue Lee (11)		Anna Meese (12)		Maddie Chausse (10)	Stella Fritzell (12)
	34.94		31.59	37.38	30.99	
61	x 2:15.39 Y	F	D Relay	9/15/2009	Ames vs. Hoover	
	Anna Kilzer (10)		Greer Brown (10)		Alyssa Bignall (10)	Stella Fritzell (12)
	34.75		35.83	31.66	33.15	
62	2:15.73 Y	F	C Relay	10/6/2009	Ames vs. WDM Valley	
	Alyssa Bovinette (10)		Alyssa Bignall (10)		Greer Brown (10)	Anna Kilzer (10)
	33.25		33.56	35.54	33.38	
63	x 2:15.88 Y	F	H Relay	9/1/2009	Ames v Boone v Grinnell	
	Anna Kilzer (10)		Alyssa Bignall (10)		Maddie Chausse (10)	Amber Duden (11)
	33.40		35.51	33.20	33.77	
64	x 2:17.97 Y	F	H Relay	10/22/2009	Iowa Conference Meet	
	Sue Lee (11)		Kiera Kaufman (9)		Greer Brown (10)	Alyssa Bovinette (10)
	34.69		34.30	34.92	34.06	
65	x 2:21.16 Y	F	C Relay	9/15/2009	Ames vs. Hoover	
	Kiera Kaufman (9)		Alyssa Bovinette (10)		Amber Duden (11)	Jazlyn Davis (10)
	35.26		33.88	32.56	39.46	
66	x 2:21.50 Y	F	D Relay	9/22/2009	Ft. Dodge vs. Ames	
	Kendria Peterson (9)		Stella Fritzell (12)		Kiera Kaufman (9)	Joy Busch (11)
	32.28		33.42	36.03	39.77	
67	x 2:25.13 Y	F	F Relay	10/13/2009	Ames vs. Marshalltown	
	Anna Joerger (11)		Megan Cohea (11)		Mariah Griffith (9)	Sarah Kemp (10)
	38.11		35.21	34.98	36.83	
68	x 2:27.12 Y	F	I Relay	10/22/2009	Iowa Conference Meet	
	Christine Stammer (12)		Jazlyn Davis (10)		Julya Kovalenko (9)	Maddie Chausse (10)
	43.09		32.28	38.28	33.47	
69	2:38.49 Y	F	F Relay	9/8/2009	Johnston v Ames Dual	
	Christine Stammer (12)		Joy Busch (11)		Julya Kovalenko (9)	Sarah Kemp (10)
	43.08		41.54	38.99	34.88	

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Time	P/F/S	Relay					
Girls 200 Medley Relay							
1	1:50.01	Y REC F	A Relay	11/6/2009	2009 IGHSAU State Swimming and Diving		
		Maddie Bro (10)	Abby Rewoldt (11)		Charlotte Quant (11)	Taylor Flummerfelt (9)	
	26.93		32.47	26.71	23.90		
2	1:51.18	Y F	A Relay	10/29/2009	2009 IGHSAU Swimming and Diving		
		Maddie Bro (10)	Abby Rewoldt (11)		Lauren Rosser (10)	Taylor Flummerfelt (9)	
	26.79		32.58	27.39	24.42		
3	1:53.07	Y F	A Relay	9/12/2009	Ames Invitational		
		Maddie Bro (10)	Abby Rewoldt (11)		Lauren Rosser (10)	Taylor Flummerfelt (9)	
	27.06		34.21	27.55	24.25		
4	1:53.63	Y F	A Relay	10/20/2009	Mason City vs. Ames		
		Maddie Bro (10)	Abby Rewoldt (11)		Lauren Rosser (10)	Taylor Flummerfelt (9)	
5	1:53.75	Y F	A Relay	10/6/2009	Ames vs. WDM Valley		
		Maddie Bro (10)	Abby Rewoldt (11)		Lauren Rosser (10)	Taylor Flummerfelt (9)	
	26.84		34.33	28.44	24.14		
6	1:53.92	Y F	A Relay	10/10/2009	Johnston Invitational		
		Maddie Bro (10)	Chrisann Zuerner (11)		Lauren Rosser (10)	Taylor Flummerfelt (9)	
	27.10		34.68	28.15	23.99		
7	1:53.97	Y F	A Relay	9/1/2009	Ames v Boone v Grinnell		
		Maddie Bro (10)	Chrisann Zuerner (11)		Lauren Rosser (10)	Taylor Flummerfelt (9)	
	27.62		33.62	28.14	24.59		
8	1:54.18	Y F	A Relay	9/24/2009	Ankeny vs. Ames		
		Maddie Bro (10)	Abby Rewoldt (11)		Lauren Rosser (10)	Taylor Flummerfelt (9)	
	27.49		34.47	27.67	24.55		
9	1:56.39	Y F	A Relay	9/8/2009	Johnston v Ames Dual		
		Maddie Bro (10)	Abby Rewoldt (11)		Lauren Rosser (10)	Lauren Bonett (12)	
	27.73		34.06	27.95	26.65		
10	1:58.29	Y F	A Relay	9/22/2009	Ft. Dodge vs. Ames		
		Maddie Bro (10)	Chrisann Zuerner (11)		Taylor Flummerfelt (9)	Hannah Bonestroo (9)	
	28.08		35.19	28.77	26.25		
11	1:59.58	Y F	A Relay	10/22/2009	Iowa Conference Meet		
		Lauren Rosser (10)	Abby Rewoldt (11)		Charlotte Quant (11)	Lauren Bonett (12)	
	30.90		33.42	28.94	26.32		
12	2:00.49	Y F	A Relay	9/15/2009	Ames vs. Hoover		
		Lauren Rosser (10)	Chrisann Zuerner (11)		Charlotte Quant (11)	Maddie Bro (10)	
	31.46		34.36	30.12	24.55		
13	2:02.56	Y F	A Relay	10/13/2009	Ames vs. Marshalltown		
		Charlotte Quant (11)	Abby Rewoldt (11)		Lauren Rosser (10)	Lauren Bonett (12)	
	32.98		34.76	28.74	26.08		
14	2:03.67	Y F	B Relay	9/1/2009	Ames v Boone v Grinnell		
		Meredith Farrell (9)	Abby Rewoldt (11)		Charlotte Quant (11)	Lauren Bonett (12)	
	33.73		34.82	29.04	26.08		
15	2:03.81	Y F	B Relay	10/10/2009	Johnston Invitational		
		Holly Johnson (9)	Abby Rewoldt (11)		Charlotte Quant (11)	Lauren Bonett (12)	
	33.86		34.03	29.64	26.28		
16	x 2:04.44	Y F	B Relay	9/12/2009	Ames Invitational		
		Holly Johnson (9)	Taylor Messingham (9)		Charlotte Quant (11)	Lauren Bonett (12)	
	33.38		35.25	28.99	26.82		
17	2:05.07	Y F	B Relay	10/6/2009	Ames vs. WDM Valley		
		Holly Johnson (9)	Taylor Messingham (9)		Charlotte Quant (11)	Lauren Bonett (12)	
	33.48		36.21	28.87	26.51		

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18	2:06.35 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
	Meredith Farrell (9)		Taylor Messingham (9)		Charlotte Quant (11)	Maddie Andersen (11)
	34.41		36.16	29.13	26.65	
19	2:06.81 Y	F	B Relay	9/22/2009	Ft. Dodge vs. Ames	
	Meredith Farrell (9)		Abby Rewoldt (11)		Charlotte Quant (11)	Rachel Shriver (10)
	34.92		35.08	30.57	26.24	
20	2:06.92 Y	F	B Relay	9/15/2009	Ames vs. Hoover	
	Hannah Bonestroo (9)		Abby Rewoldt (11)		Emily Downard (12)	Rachel Shriver (10)
	32.57		35.10	31.66	27.59	
21	x 2:07.54 Y	F	B Relay	10/22/2009	Iowa Conference Meet	
	Holly Johnson (9)		Taylor Messingham (9)		Emily Downard (12)	Maddie Andersen (11)
	33.20		37.07	30.89	26.38	
22	2:07.78 Y	F	C Relay	10/10/2009	Johnston Invitational	
	Meredith Farrell (9)		Taylor Messingham (9)		Emily Downard (12)	Maddie Andersen (11)
	35.05		35.97	30.37	26.39	
23	2:07.83 Y	F	C Relay	10/6/2009	Ames vs. WDM Valley	
	Meredith Farrell (9)		Christina Tringides (11)		Emily Downard (12)	Maddie Andersen (11)
	33.93		36.18	30.41	27.31	
23	2:07.83 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
	Holly Johnson (9)		Taylor Messingham (9)		Charlotte Quant (11)	Lauren Bonett (12)
25	2:08.01 Y	F	B Relay	9/24/2009	Ankeny vs. Ames	
	Holly Johnson (9)		Taylor Messingham (9)		Charlotte Quant (11)	Lauren Bonett (12)
	34.24		36.79	29.83	27.15	
26	x 2:08.66 Y	F	C Relay	10/22/2009	Iowa Conference Meet	
	Adriana Pitcher (11)		Christina Tringides (11)		Michelle Tsai (11)	Gabby Brewer (9)
	33.22		36.72	31.50	27.22	
27	2:09.11 Y	F	B Relay	10/13/2009	Ames vs. Marshalltown	
	Holly Johnson (9)		Taylor Messingham (9)		Emily Downard (12)	Maddie Andersen (11)
	33.31		36.90	30.93	27.97	
28	2:09.64 Y	F	A Relay	10/20/2009	Mason City vs. Ames	
	Adriana Pitcher (11)		Christina Tringides (11)		Emily Downard (12)	Maddie Andersen (11)
29	x 2:09.67 Y	F	C Relay	9/12/2009	Ames Invitational	
	Meredith Farrell (9)		Christina Tringides (11)		Emily Downard (12)	Maddie Andersen (11)
	34.18		36.77	31.34	27.38	
30	2:10.78 Y	F	C Relay	9/24/2009	Ankeny vs. Ames	
	Meredith Farrell (9)		Christina Tringides (11)		Emily Downard (12)	Gabby Brewer (9)
	34.72		38.00	30.76	27.30	
31	x 2:11.54 Y	F	C Relay	9/15/2009	Ames vs. Hoover	
	Holly Johnson (9)		Taylor Messingham (9)		Maddie Andersen (11)	Shannon Dougherty (11)
	33.49		37.93	31.34	28.78	
32	x 2:11.55 Y	F	C Relay	9/1/2009	Ames v Boone v Grinnell	
	Adriana Pitcher (11)		Taylor Messingham (9)		Michelle Tsai (11)	Shannon Dougherty (11)
	35.47		35.23	31.96	28.89	
33	2:12.31 Y	F	C Relay	9/22/2009	Ft. Dodge vs. Ames	
	Adriana Pitcher (11)		Taylor Messingham (9)		Emily Downard (12)	Maddie Andersen (11)
	35.18		37.54	31.72	27.87	
34	x 2:13.11 Y	F	D Relay	10/22/2009	Iowa Conference Meet	
	Hanna Vollbrecht (11)		Breana Glenn (10)		Erin Gilligan (10)	Shannon Dougherty (11)
	35.72		36.68	33.17	27.54	
35	2:13.48 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
	Hanna Vollbrecht (11)		Breana Glenn (10)		Michelle Tsai (11)	Gabby Brewer (9)

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

Time	P/F/S	Relay				
36	2:13.59 Y	F	A Relay	9/8/2009	Johnston v Ames Dual	
			Hanna Vollbrecht (11)		Emily Downard (12)	Hannah Tuggle (12)
			35.79		31.32	28.54
37	2:13.77 Y	F	A Relay	9/24/2009	Ankeny vs. Ames	
			Adriana Pitcher (11)		Maddie Andersen (11)	Shannon Dougherty (11)
			34.71		31.56	29.56
38	x 2:13.87 Y	F	D Relay	9/1/2009	Ames v Boone v Grinnell	
			Hanna Vollbrecht (11)		Maddie Andersen (11)	Lauren Grant (11)
			35.47		32.79	28.23
39	2:14.29 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
			Adriana Pitcher (11)		Michelle Tsai (11)	Shannon Dougherty (11)
			35.11			2:14.29
40	x 2:15.30 Y	F	E Relay	10/22/2009	Iowa Conference Meet	
			Hannah Tuggle (12)		Cori Fitzgerald (12)	Ada Gent (10)
			34.08		32.87	29.28
41	2:15.93 Y	F	A Relay	10/6/2009	Ames vs. WDM Valley	
			Adriana Pitcher (11)		Michelle Tsai (11)	Gabby Brewer (9)
42	x 2:16.10 Y	F	C Relay	10/13/2009	Ames vs. Marshalltown	
			Meredith Farrell (9)		Michelle Tsai (11)	Gabby Brewer (9)
			35.60		31.95	27.46
43	x 2:16.33 Y	F	E Relay	9/22/2009	Ft. Dodge vs. Ames	
			Hanna Vollbrecht (11)		Michelle Tsai (11)	Shannon Dougherty (11)
			35.66		33.06	28.99
44	2:17.79 Y	F	A Relay	9/15/2009	Ames vs. Hoover	
			Adriana Pitcher (11)		Erin Gilligan (10)	Lauren Grant (11)
			36.66		34.21	29.13
45	x 2:18.24 Y	F	E Relay	9/1/2009	Ames v Boone v Grinnell	
			Gabby Brewer (9)		Erin Gilligan (10)	Hannah Tuggle (12)
			38.53		33.88	28.41
46	2:20.08 Y	F	A Relay	10/13/2009	Ames vs. Marshalltown	
			Hanna Vollbrecht (11)		Erin Gilligan (10)	Shannon Dougherty (11)
			36.50		34.77	29.19
47	2:20.55 Y	F	B Relay	10/13/2009	Ames vs. Marshalltown	
			Kendria Peterson (9)		Cori Fitzgerald (12)	Hannah Tuggle (12)
			38.31		35.23	28.60
48	2:20.92 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
			Nora Benson (9)		Erin Gilligan (10)	Gabby Brewer (9)
			38.00		33.07	28.02
49	2:21.65 Y	F	B Relay	9/24/2009	Ankeny vs. Ames	
			Hanna Vollbrecht (11)		Lindsey Shanks (11)	Lauren Grant (11)
			36.34		31.54	28.83
50	x 2:23.25 Y	F	F Relay	9/22/2009	Ft. Dodge vs. Ames	
			Hannah Tuggle (12)		Taylor Ring (11)	Amber Duden (11)
			35.84		38.46	31.16
51	x 2:23.69 Y	F	C Relay	9/15/2009	Ames vs. Hoover	
			Tess Hudson (10)		Cori Fitzgerald (12)	Ada Gent (10)
			36.24		33.78	31.51
52	x 2:23.84 Y	F	F Relay	10/22/2009	Iowa Conference Meet	
			Kendria Peterson (9)		Taylor Ring (11)	Amber Duden (11)
			38.06		37.70	28.57

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

Time	P/F/S	Relay				
53	x 2:24.25 Y	F	F Relay	9/1/2009	Ames v Boone v Grinnell	
	Nora Benson (9)		Jessica Walker (10)		Cori Fitzgerald (12)	Lindsey Shanks (11)
	40.28		40.11	33.96	29.90	
54	2:24.45 Y	F	B Relay	10/6/2009	Ames vs. WDM Valley	
	Hanna Vollbrecht (11)		Stella Fritzell (12)		Cori Fitzgerald (12)	Ada Gent (10)
55	2:25.88 Y	F	C Relay	9/24/2009	Ankeny vs. Ames	
	Hannah Tuggle (12)		Anna Meese (12)		Amber Duden (11)	Stella Fritzell (12)
	36.92		41.24	35.60	32.12	
56	2:29.87 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
	Alyssa Bignall (10)		Anna Meese (12)		Lindsey Shanks (11)	Lauren Grant (11)
	44.93		40.22	35.54	29.18	
57	2:31.49 Y	F	C Relay	10/6/2009	Ames vs. WDM Valley	
	Alyssa Bovinette (10)		Kendria Peterson (9)		Lindsey Shanks (11)	Alyssa Bignall (10)
58	x 2:32.38 Y	F	D Relay	9/15/2009	Ames vs. Hoover	
	Alyssa Bignall (10)		Jessica Walker (10)		Taylor Ring (11)	Jazlyn Davis (10)
	41.81		40.85	36.89	32.83	
59	x 2:35.33 Y	F	E Relay	9/15/2009	Ames vs. Hoover	
	Kendria Peterson (9)		Joy Busch (11)		Lindsey Shanks (11)	Stella Fritzell (12)
	38.40		46.39	37.20	33.34	
60	x 2:36.18 Y	F	G Relay	10/22/2009	Iowa Conference Meet	
	Sue Lee (11)		Anna Meese (12)		Alyssa Bignall (10)	Alyssa Bovinette (10)
	42.56		42.31	37.76	33.55	
61	x 2:36.21 Y	F	D Relay	9/8/2009	Johnston v Ames Dual	
	Greer Brown (10)		Kendria Peterson (9)		Amber Duden (11)	Ada Gent (10)
	42.05		42.67	41.28	30.21	
62	x 2:37.05 Y	F	C Relay	10/13/2009	Ames vs. Marshalltown	
	Sue Lee (11)		Jazlyn Davis (10)		Kiera Kaufman (9)	Ada Gent (10)
	41.19		40.96	45.23	29.67	
63	x 2:37.73 Y	F	G Relay	9/22/2009	Ft. Dodge vs. Ames	
	Alyssa Bovinette (10)		Jessica Walker (10)		Lindsey Shanks (11)	Greer Brown (10)
	42.87		40.87	37.41	36.58	
64	x 2:41.23 Y	F	H Relay	10/22/2009	Iowa Conference Meet	
	Christine Stammer (12)		Jazlyn Davis (10)		Kiera Kaufman (9)	Anna Kilzer (10)
	49.33		39.06	40.53	32.31	
65	x 2:43.88 Y	F	D Relay	9/22/2009	Ft. Dodge vs. Ames	
	Kendria Peterson (9)		Anna Meese (12)		Kiera Kaufman (9)	Anna Kilzer (10)
	41.29		41.95	45.45	35.19	
66	x 2:46.17 Y	F	E Relay	9/8/2009	Johnston v Ames Dual	
	Alyssa Bovinette (10)		Jazlyn Davis (10)		Kiera Kaufman (9)	Joy Busch (11)
	42.96		47.33	37.02	38.86	
Girls 400 Free Relay						
1	3:37.44 Y	F	A Relay	11/6/2009	2009 IGHS AU State Swimming and Diving	
	Rachel Shriver (10)		Taylor Flummerfelt (9)		Chrisann Zuerner (11)	Maddie Bro (10)
	26.89		29.22	25.09	27.23	
	26.84		29.51	24.98	27.68	
2	3:40.33 Y	F	A Relay	10/29/2009	2009 IGHS AU Swimming and Diving	
	Rachel Shriver (10)		Taylor Flummerfelt (9)		Chrisann Zuerner (11)	Maddie Bro (10)
	27.17		28.72	25.92	28.41	
	27.40		29.98	24.98	27.75	

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

Time	P/F/S	Relay				
3	3:42.65 Y	F	A Relay	10/22/2009	Iowa Conference Meet	
			Taylor Flummerfelt (9)		Chrisann Zuerner (11)	Maddie Bro (10)
			25.92		27.01	29.54
			27.70		25.30	28.01
4	3:44.07 Y	F	A Relay	10/6/2009	Ames vs. WDM Valley	
			Taylor Flummerfelt (9)		Chrisann Zuerner (11)	Maddie Bro (10)
			25.88		27.74	30.05
			27.41		25.89	28.48
5	3:45.30 Y	F	A Relay	9/8/2009	Johnston v Ames Dual	
			Taylor Flummerfelt (9)		Rachel Shriver (10)	Maddie Bro (10)
6	3:46.08 Y	F	A Relay	10/13/2009	Ames vs. Marshalltown	
			Taylor Flummerfelt (9)		Hannah Bonestroo (9)	Maddie Bro (10)
			26.30		27.89	30.68
			27.84		25.61	28.48
7	3:47.32 Y	F	A Relay	9/24/2009	Ankeny vs. Ames	
			Taylor Flummerfelt (9)		Rachel Shriver (10)	Maddie Bro (10)
			26.33		28.03	31.83
			26.37		26.32	29.70
8	3:49.34 Y	F	A Relay	10/10/2009	Johnston Invitational	
			Hannah Bonestroo (9)		Chrisann Zuerner (11)	Maddie Bro (10)
			28.05		27.44	30.57
			28.09		25.34	28.10
9	3:50.22 Y	F	A Relay	9/1/2009	Ames v Boone v Grinnell	
			Taylor Flummerfelt (9)		Hannah Bonestroo (9)	Rachel Shriver (10)
			26.71		28.06	30.92
			27.70		27.73	29.86
10	3:51.68 Y	F	A Relay	10/20/2009	Mason City vs. Ames	
			Taylor Flummerfelt (9)		Hannah Bonestroo (9)	Maddie Bro (10)
11	3:52.12 Y	F	A Relay	9/12/2009	Ames Invitational	
			Chrisann Zuerner (11)		Hannah Bonestroo (9)	Rachel Shriver (10)
			28.02		27.34	29.92
			27.42		27.58	30.38
12	3:55.68 Y	F	A Relay	9/22/2009	Ft. Dodge vs. Ames	
			Holly Johnson (9)		Lauren Rosser (10)	Maddie Bro (10)
			29.97		28.02	31.85
			28.25		26.20	27.83
13	3:56.31 Y	F	B Relay	9/22/2009	Ft. Dodge vs. Ames	
			Lauren Bonett (12)		Hannah Bonestroo (9)	Taylor Flummerfelt (9)
			30.06		30.07	33.96
			27.31		25.33	27.64
14	3:58.50 Y	F	B Relay	10/6/2009	Ames vs. WDM Valley	
			Lauren Bonett (12)		Charlotte Quant (11)	Hannah Bonestroo (9)
			27.89			
			3:00.79		3:28.31	30.19
15	4:00.27 Y	F	B Relay	9/15/2009	Ames vs. Hoover	
			Rachel Shriver (10)		Lauren Rosser (10)	Hannah Bonestroo (9)
			29.26		29.23	31.75
			28.21		27.98	30.84
16	4:00.47 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
			Holly Johnson (9)		Charlotte Quant (11)	Hannah Bonestroo (9)

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

	Time	P/F/S	Relay				
17	4:03.56 Y	F	A Relay	9/15/2009	Ames vs. Hoover		
			Charlotte Quant (11)		Lauren Bonett (12)		Taylor Flummerfelt (9)
			30.10		31.38	33.75	
			29.63		25.43	28.31	
18	x 4:05.55 Y	F	B Relay	10/22/2009	Iowa Conference Meet		
			Emily Downard (12)		Michelle Tsai (11)		Hannah Bonestroo (9)
			29.73		29.00	33.25	
			29.55		27.10	30.72	
19	4:06.29 Y	F	B Relay	9/24/2009	Ankeny vs. Ames		
			Emily Downard (12)		Holly Johnson (9)		Hannah Bonestroo (9)
			30.02		29.84	34.63	
			29.65		27.30	30.23	
20	4:07.22 Y	F	B Relay	10/13/2009	Ames vs. Marshalltown		
			Emily Downard (12)		Lauren Rosser (10)		Chrisann Zuerner (11)
			30.03		29.45	33.22	
			29.56		28.13	31.23	
21	4:07.97 Y	F	B Relay	10/10/2009	Johnston Invitational		
			Emily Downard (12)		Lauren Bonett (12)		Holly Johnson (9)
			29.93		29.26	33.60	
			28.32		29.26	32.99	
22	x 4:08.53 Y	F	B Relay	9/12/2009	Ames Invitational		
			Emily Downard (12)		Charlotte Quant (11)		Lauren Bonett (12)
			30.02		30.47	32.49	
			29.24		29.04	32.34	
23	4:10.99 Y	F	B Relay	10/20/2009	Mason City vs. Ames		
			Lauren Bonett (12)		Emily Downard (12)		Michelle Tsai (11)
24	x 4:11.19 Y	F	C Relay	9/22/2009	Ft. Dodge vs. Ames		
			Meredith Farrell (9)		Michelle Tsai (11)		Emily Downard (12)
			30.56		30.98	32.76	
			30.43		29.35	32.78	
25	x 4:12.59 Y	F	C Relay	9/1/2009	Ames v Boone v Grinnell		
			Holly Johnson (9)		Tess Hudson (10)		Lauren Banwart (9)
			30.27		29.39	32.71	
			31.50		30.13	32.04	
26	4:12.88 Y	F	C Relay	10/6/2009	Ames vs. WDM Valley		
			Michelle Tsai (11)		Holly Johnson (9)		Christina Tringides (11)
			29.21		30.66	34.28	
			29.73		30.58	33.23	
27	4:14.32 Y	F	C Relay	9/24/2009	Ankeny vs. Ames		
			Michelle Tsai (11)		Meredith Farrell (9)		Gabby Brewer (9)
			30.18		31.06	33.44	
			29.85		30.54	33.25	
28	x 4:14.65 Y	F	C Relay	10/10/2009	Johnston Invitational		
			Maddie Andersen (11)		Meredith Farrell (9)		Lauren Banwart (9)
			29.48		30.88	33.02	
			30.25		30.51	32.63	

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

Time	P/F/S	Relay				
29	4:15.78 Y	F	B Relay	9/1/2009	Ames v Boone v Grinnell	
	Michelle Tsai (11)		Meredith Farrell (9)	Abby Rewoldt (11)	Charlotte Quant (11)	
	30.42		33.70	30.27	34.98	
	30.98		34.86	28.30	32.27	
30	4:16.76 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
	Emily Downard (12)		Meredith Farrell (9)	Michelle Tsai (11)	Lauren Banwart (9)	
31	x 4:18.73 Y	F	C Relay	10/13/2009	Ames vs. Marshalltown	
	Holly Johnson (9)		Michelle Tsai (11)	Meredith Farrell (9)	Lauren Banwart (9)	
	30.05		32.71	30.11	33.47	
	31.17		35.01	31.50	34.71	
32	x 4:19.19 Y	F	C Relay	9/12/2009	Ames Invitational	
	Shannon Dougherty (11)		Maddie Andersen (11)	Gabby Brewer (9)	Lauren Banwart (9)	
	31.53		34.13	29.59	35.22	
	30.19		34.39	31.45	32.69	
33	x 4:19.65 Y	F	C Relay	10/22/2009	Iowa Conference Meet	
	Holly Johnson (9)		Lauren Banwart (9)	Hanna Vollbrecht (11)	Meredith Farrell (9)	
	30.67		33.46	30.94	34.11	
	31.49		34.34	30.58	34.06	
34	4:23.01 Y	F	A Relay	10/20/2009	Mason City vs. Ames	
	Maddie Andersen (11)		Holly Johnson (9)	Meredith Farrell (9)	Lauren Banwart (9)	
35	x 4:24.79 Y	F	D Relay	9/1/2009	Ames v Boone v Grinnell	
	Gabby Brewer (9)		Hanna Vollbrecht (11)	Adriana Pitcher (11)	Lauren Grant (11)	
	31.91		33.51	31.85	34.54	
	31.95		35.59	31.20	34.24	
36	4:29.05 Y	F	A Relay	10/6/2009	Ames vs. WDM Valley	
	Hannah Tuggle (12)		Lindsey Shanks (11)	Adriana Pitcher (11)	Hanna Vollbrecht (11)	
	31.72		34.82	34.24	36.97	
	30.82		34.29	31.87	34.32	
37	4:29.47 Y	F	A Relay	9/15/2009	Ames vs. Hoover	
	Gabby Brewer (9)		Adriana Pitcher (11)	Tess Hudson (10)	Hanna Vollbrecht (11)	
	30.97		34.08	31.75	36.20	
	32.70		34.87	33.06	35.84	
38	4:31.22 Y	F	A Relay	9/24/2009	Ankeny vs. Ames	
	Tess Hudson (10)		Hanna Vollbrecht (11)	Adriana Pitcher (11)	Hannah Tuggle (12)	
	32.69		35.49	32.25	35.28	
	31.19		35.37	32.62	36.33	
39	4:31.34 Y	F	A Relay	9/8/2009	Johnston v Ames Dual	
	Tess Hudson (10)		Adriana Pitcher (11)	Hanna Vollbrecht (11)	Lauren Grant (11)	
	33.57		36.15	31.73	36.60	
	32.13		34.94	31.23	34.99	
40	x 4:31.94 Y	F	D Relay	9/22/2009	Ft. Dodge vs. Ames	
	Tess Hudson (10)		Lauren Grant (11)	Adriana Pitcher (11)	Hanna Vollbrecht (11)	
	33.18		35.72		2:16.28	
	31.79		36.75	32.69	34.43	
41	x 4:32.72 Y	F	D Relay	10/22/2009	Iowa Conference Meet	
	Tess Hudson (10)		Lindsey Shanks (11)	Erin Gilligan (10)	Adriana Pitcher (11)	
	31.79		34.05	35.19	38.36	
	33.67		37.20	29.58	32.88	

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

Time	P/F/S	Relay				
42	4:33.13 Y	F	A Relay	10/13/2009	Ames vs. Marshalltown	
			Tess Hudson (10)		Adriana Pitcher (11)	Hanna Vollbrecht (11) Taylor Messingham (9)
			33.49		37.13	32.13 35.24
			32.56		35.70	32.29 34.59
43	4:34.02 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
			Gabby Brewer (9)		Hanna Vollbrecht (11)	Adriana Pitcher (11) Hannah Tuggle (12)
44	4:34.58 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
			Shannon Dougherty (11)		Ada Gent (10)	Lindsey Shanks (11) Hannah Tuggle (12)
			31.19		33.38	32.84 37.76
			34.52		37.83	31.26 35.80
45	4:40.67 Y	F	B Relay	9/24/2009	Ankeny vs. Ames	
			Kendria Peterson (9)		Amber Duden (11)	Taylor Ring (11) Lindsey Shanks (11)
			33.15		35.64	32.71 36.31
			34.34		37.72	34.59 36.21
46	4:44.77 Y	F	B Relay	10/6/2009	Ames vs. WDM Valley	
			Amber Duden (11)		Ada Gent (10)	Cori Fitzgerald (12) Kendria Peterson (9)
			32.64		36.51	31.83 37.19
			35.43		38.83	35.09 37.25
47	4:44.78 Y	F	B Relay	10/13/2009	Ames vs. Marshalltown	
			Amber Duden (11)		Cori Fitzgerald (12)	Taylor Ring (11) Erin Gilligan (10)
			33.27		35.63	36.33 37.76
			33.58		37.10	33.70 37.41
48	4:58.37 Y	F	C Relay	10/6/2009	Ames vs. WDM Valley	
			Alyssa Bignall (10)		Alyssa Bovinette (10)	Anna Kilzer (10) Taylor Ring (11)
			34.94		40.43	35.26 39.85
			36.86		41.89	32.48 36.66
49	4:59.08 Y	F	B Relay	9/15/2009	Ames vs. Hoover	
			Amber Duden (11)		Alyssa Bovinette (10)	Taylor Ring (11) Lindsey Shanks (11)
			33.97		35.78	35.93 41.43
			34.25		39.35	36.72 41.65
50	5:00.57 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
			Nora Benson (9)		Erin Gilligan (10)	Amber Duden (11) Alyssa Bovinette (10)
			38.18		43.04	34.29 38.82
			34.17		37.41	34.70 39.96
51	x 5:01.35 Y	F	F Relay	9/1/2009	Ames v Boone v Grinnell	
			Cori Fitzgerald (12)		Taylor Ring (11)	Kendria Peterson (9) Erin Gilligan (10)
			36.37		38.81	34.41 38.41
			36.55		44.11	33.90 38.79
52	x 5:02.51 Y	F	E Relay	9/22/2009	Ft. Dodge vs. Ames	
			Lindsey Shanks (11)		Cori Fitzgerald (12)	Taylor Ring (11) Amber Duden (11)
			36.71		39.36	38.35 42.31
			37.33		38.98	33.26 36.21
53	x 5:02.57 Y	F	F Relay	9/22/2009	Ft. Dodge vs. Ames	
			Alyssa Bovinette (10)		Greer Brown (10)	Anna Kilzer (10) Kendria Peterson (9)
			35.46		40.38	38.64 41.15
			36.03		40.26	33.31 37.34

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 83 Show Yards Only

Time	P/F/S	Relay			
54	x 5:07.40 Y	F	E Relay	10/22/2009	Iowa Conference Meet
			Cori Fitzgerald (12)	Greer Brown (10)	Maddie Chausse (10) Joy Busch (11)
			33.99	35.45	37.02 40.78
			39.28	42.73	37.04 41.11
55	x 5:12.30 Y	F	C Relay	9/15/2009	Ames vs. Hoover
			Kendria Peterson (9)	Alyssa Bignall (10)	Greer Brown (10) Kiera Kaufman (9)
			36.61	39.61	36.40 40.00
			39.46	41.58	37.36 41.28
56	x 5:13.30 Y	F	D Relay	9/8/2009	Johnston v Ames Dual
			Alyssa Bignall (10)	Kiera Kaufman (9)	Greer Brown (10) Anna Kilzer (10)
57	x 5:18.65 Y	F	C Relay	10/13/2009	Ames vs. Marshalltown
			Alyssa Bignall (10)	Maddie Chausse (10)	Alyssa Bovinette (10) Anna Kilzer (10)
			36.07	39.80	1:26.29 37.43
			42.33	37.14	39.94 .35
58	x 5:46.60 Y	F	D Relay	9/15/2009	Ames vs. Hoover
			Stella Fritzell (12)	Anna Hansen (11)	Christine Stammer (12) Anna Kilzer (10)
			36.47	41.04	2:49.64
			47.12	53.24	5:46.60