

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 90 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	1:43.70 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	
7	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	
8	1:44.25 Y	F	A Relay	10/29/2009	2009 IGHSU Swimming and Diving	
	Hannah Bonestroo (9)		Lauren Bonett (12)		Chrisann Zuerner (11)	Rachel Shriver (10)
	26.28		26.16	26.16	25.65	
9	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	
10	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	
11	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	
12	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	
13	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	
14	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	
15	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)
16	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	
17	1:51.54 Y	F	B Relay	10/6/2009	Ames vs. WDM Valley	
	Abby Rewoldt (11)		Maddie Andersen (11)		Lauren Banwart (9)	Lauren Bonett (12)
	28.84		28.13	28.14	26.43	

Relay Top Times

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Time	P/F/S	Relay				
18	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
19	1:52.47 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
			Gabby Brewer (9)		Maddie Andersen (11)	Michelle Tsai (11)
20	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
21	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
22	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
23	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
24	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
25	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
26	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
27	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
28	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
29	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
30	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
31	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
32	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
33	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
34	1:58.31 Y	F	A Relay	9/24/2009	Ankeny vs. Ames	
			Christina Tringides (11)		Tess Hudson (10)	Michelle Tsai (11)
			29.48		30.38	28.12

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Time	P/F/S	Relay				
35	1:58.54 Y	F	A Relay	9/15/2009	Ames vs. Hoover	
			Taylor Messingham (9)		Jessica Walker (10)	Michelle Tsai (11)
			30.55		29.38	30.16
36	1:58.64 Y	F	A Relay	10/20/2009	Mason City vs. Ames	
			Breana Glenn (10)		Hannah Tuggle (12)	Shannon Dougherty (11)
37	1:58.76 Y	F	A Relay	10/13/2009	Ames vs. Marshalltown	
			Amber Duden (11)		Adriana Pitcher (11)	Shannon Dougherty (11)
			30.50		28.49	29.77
38	x 1:58.90 Y	F	E Relay	9/1/2009	Ames v Boone v Grinnell	
			Jessica Walker (10)		Christina Tringides (11)	Lauren Grant (11)
			31.34		29.63	29.06
39*	x 1:59.55 Y	F	D Relay	9/1/2009	Ames v Boone v Grinnell	
			Taylor Messingham (9)		Tess Hudson (10)	Hanna Vollbrecht (11)
			31.02		29.69	28.56
39*	x 1:59.55 Y	F	E Relay	9/22/2009	Ft. Dodge vs. Ames	
			Taylor Messingham (9)		Lauren Banwart (9)	Lauren Grant (11)
			31.22		28.80	29.90
41	x 1:59.73 Y	F	E Relay	10/22/2009	Iowa Conference Meet	
			Amber Duden (11)		Lindsey Shanks (11)	Ada Gent (10)
			29.97		31.00	29.36
42	2:00.19 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
			Ada Gent (10)		Lauren Banwart (9)	Taylor Messingham (9)
			31.32		28.68	30.55
43	2:01.28 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
			Hanna Vollbrecht (11)		Christina Tringides (11)	Taylor Messingham (9)
44	2:02.38 Y	F	C Relay	10/6/2009	Ames vs. WDM Valley	
			Lindsey Shanks (11)		Cori Fitzgerald (12)	Jessica Walker (10)
			30.66		32.29	29.26
45	x 2:03.47 Y	F	F Relay	10/22/2009	Iowa Conference Meet	
			Cori Fitzgerald (12)		Jessica Walker (10)	Kendria Peterson (9)
			31.02		30.53	31.13
46	2:04.35 Y	F	B Relay	9/24/2009	Ankeny vs. Ames	
			Hanna Vollbrecht (11)		Anna Meese (12)	Lindsey Shanks (11)
			30.32		32.82	30.72
47	2:04.81 Y	F	B Relay	10/6/2009	Ames vs. WDM Valley	
			Amber Duden (11)		Taylor Ring (11)	Kendria Peterson (9)
			30.05		32.29	31.00
48	x 2:04.94 Y	F	F Relay	9/22/2009	Ft. Dodge vs. Ames	
			Lindsey Shanks (11)		Jessica Walker (10)	Christina Tringides (11)
			32.02		32.12	30.52
49	2:05.18 Y	F	B Relay	10/13/2009	Ames vs. Marshalltown	
			Cori Fitzgerald (12)		Taylor Ring (11)	Kendria Peterson (9)
			32.88		31.25	29.66
50	2:05.67 Y	F	B Relay	9/15/2009	Ames vs. Hoover	
			Lindsey Shanks (11)		Anna Meese (12)	Cori Fitzgerald (12)
			31.69		32.56	30.53
51	x 2:06.49 Y	F	F Relay	9/1/2009	Ames v Boone v Grinnell	
			Ada Gent (10)		Lindsey Shanks (11)	Anna Meese (12)
			31.56		30.86	31.59
52	2:10.27 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
			Nora Benson (9)		Kendria Peterson (9)	Lindsey Shanks (11)
			33.39		35.17	30.87

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Time	P/F/S	Relay				
53	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	
54	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	
55	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	
56	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	
57	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	
58	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	
59	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	
60	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	
61	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	
62	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	
63	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	
64	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	
65	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	
66	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	
67	x 2:27.12 Y	F	I Relay	10/22/2009	Iowa Conference Meet	
	Christine Stammer (12)		Jazlyn Davis (10)		Juilya Kovalenko (9)	Maddie Chausse (10)
	43.09		32.28	38.28	33.47	
68	2:38.49 Y	F	F Relay	9/8/2009	Johnston v Ames Dual	
	Christine Stammer (12)		Joy Busch (11)		Juilya 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	1:51.18	Y REC 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		
2	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		
3	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)	
4	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		
5	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		
6	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		
7	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		
8	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		
9	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		
10	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		
11	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		
12	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		
13	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		
14	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		
15	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		
16	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		
17	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		

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Time	P/F/S	Relay				
18	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	
19	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	
20	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	
21	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	
22	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	
22	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)
24	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	
25	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	
26	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	
27	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)
28	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	
29	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	
30	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	
31	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	
32	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	
33	x 2:13.11 Y	F	D Relay	10/22/2009	Iowa Conference Meet	
	Hanna Vollbrecht (11)		Breeana Glenn (10)		Erin Gilligan (10)	Shannon Dougherty (11)
	35.72		36.68	33.17	27.54	
34	2:13.48 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
	Hanna Vollbrecht (11)		Breeana Glenn (10)		Michelle Tsai (11)	Gabby Brewer (9)
35	2:13.59 Y	F	A Relay	9/8/2009	Johnston v Ames Dual	
	Hanna Vollbrecht (11)		Breeana Glenn (10)		Emily Downard (12)	Hannah Tuggle (12)
	35.79		37.94	31.32	28.54	

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 90 Show Yards Only

Time	P/F/S	Relay				
54	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	
55	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	
56	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)
57	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	
58	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	
59	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	
60	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	
61	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	
62	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	
63	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	
64	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	
65	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	3:40.33 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	
2	3:42.65 Y	F	A Relay	10/22/2009	Iowa Conference Meet	
	Taylor Flummerfelt (9)		Rachel Shriver (10)		Chrisann Zuerner (11)	Maddie Bro (10)
	25.92		28.45	27.01	29.54	
	27.70		30.72	25.30	28.01	
3	3:44.07 Y	F	A Relay	10/6/2009	Ames vs. WDM Valley	
	Taylor Flummerfelt (9)		Rachel Shriver (10)		Chrisann Zuerner (11)	Maddie Bro (10)
	25.88		28.30	27.74	30.05	
	27.41		30.32	25.89	28.48	
4	3:45.30 Y	F	A Relay	9/8/2009	Johnston v Ames Dual	
	Taylor Flummerfelt (9)		Chrisann Zuerner (11)		Rachel Shriver (10)	Maddie Bro (10)

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 90 Show Yards Only

Time	P/F/S	Relay				
5	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
6	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
7	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
8	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
9	3:51.68 Y	F	A Relay	10/20/2009	Mason City vs. Ames	
			Taylor Flummerfelt (9)		Hannah Bonestroo (9)	Maddie Bro (10)
10	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
11	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
12	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
13	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		31.50	
			3:00.79		3:28.31	30.19
14	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
15	4:00.47 Y	F	B Relay	9/8/2009	Johnston v Ames Dual	
			Holly Johnson (9)		Charlotte Quant (11)	Hannah Bonestroo (9)
16	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
17	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
						33.37

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 90 Show Yards Only

Time	P/F/S	Relay				
18	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
19	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
20	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
21	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
22	4:10.99 Y	F	B Relay	10/20/2009	Mason City vs. Ames	
			Lauren Bonett (12)		Emily Downard (12)	Michelle Tsai (11)
23	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
24	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
25	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
26	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
27	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
28	4:15.78 Y	F	B Relay	9/1/2009	Ames v Boone v Grinnell	
			Michelle Tsai (11)		Abby Rewoldt (11)	Charlotte Quant (11)
			30.42		30.27	34.98
			30.98		28.30	32.27
29	4:16.76 Y	F	C Relay	9/8/2009	Johnston v Ames Dual	
			Emily Downard (12)		Michelle Tsai (11)	Lauren Banwart (9)
30	x 4:18.73 Y	F	C Relay	10/13/2009	Ames vs. Marshalltown	
			Holly Johnson (9)		Meredith Farrell (9)	Lauren Banwart (9)
			30.05		30.11	33.47
			31.17		31.50	34.71

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 90 Show Yards Only

Time	P/F/S	Relay				
31	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		
32	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		
33	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)	
34	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		
35	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		
36	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		
37	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		
38	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		
39	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		
40	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		
41	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		
42	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)	
43	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		

Relay Top Times

Ames [AMES] Coach: Dan Flannery
Number of Top Times: 90 Show Yards Only

Time	P/F/S	Relay			
56 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	
57 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	