

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

Times until: 25-Sep-09

Ames High Swimming [AMES] Coach: Dan Flannery

Show Yards Only

Time	P/F/S	% Imprv	Event		
<b>Maddie Andersen G (Yr: 11)</b>					
27.42 Y	F	1.93 %	50 Free	9/8/2009	Johnston v Ames Dual
1:04.14 Y	F	2.55 %	100 Free	9/24/2009	Ankeny vs. Ames
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
6:20.73 Y	F	0.24 %	500 Free	9/24/2009	Ankeny vs. Ames
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
x1:16.37 Y	F	0.00 %	100 Free	9/1/2009	Ames v Boone v Grinnell
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>					
27.04 Y	F	2.35 %	50 Free	9/15/2009	Ames vs. Hoover
58.26 Y	F	2.30 %	100 Free	9/24/2009	Ankeny vs. Ames
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
1:10.02 Y	F	0.00 %	100 Back	9/1/2009	Ames v Boone v Grinnell
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>					
26.87 Y	F	1.47 %	50 Free	9/8/2009	Johnston v Ames Dual
1:00.73 Y	F	5.68 %	100 Free	9/24/2009	Ankeny vs. Ames
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>					
x33.27 Y	F	4.45 %	50 Free	9/15/2009	Ames vs. Hoover
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
50.35 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials

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<b>Gabby Brewer G (Yr: 9)</b>						
x28.71 Y	F	0.31 %	50 Free	9/1/2009	Ames v Boone v Grinnell	
1:05.05 Y L	F	0.57 %	100 Free	9/15/2009	Ames vs. Hoover	
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	
54.34 Y	F	0.49 %	100 Free	9/8/2009	Johnston v Ames Dual	
5:17.03 Y	F	0.00 %	500 Free	9/22/2009	Ft. Dodge vs. Ames	
27.06 Y L	F	0.26 %	50 Back	9/12/2009	Ames Invitational	
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	
x1:18.01 Y	F	0.00 %	100 Free	9/15/2009	Ames vs. Hoover	
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>						
196.05	F		% 1 Meter 6 Dives	9/15/2009	Ames vs. Hoover	
330.25	F		% 1 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	
5:52.95 Y	F	0.97 %	500 Free	9/24/2009	Ankeny vs. Ames	
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	

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<b>Emily Downard G (Yr: 12)</b>					
32.80 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
1:08.21 Y	F	2.00 %	100 Fly	9/12/2009	Ames Invitational
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>					
x32.69 Y L	F	4.64 %	50 Free	9/8/2009	Johnston v Ames Dual
x1:08.26 Y	F	7.39 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
2:37.29 Y	F	0.00 %	200 Free	9/15/2009	Ames vs. Hoover
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>					
31.25 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
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>					
24.62 Y	F	2.38 %	50 Free	9/12/2009	Ames Invitational
53.92 Y	F	1.95 %	100 Free	9/12/2009	Ames 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
1:01.81 Y	F	0.00 %	100 Fly	9/1/2009	Ames v Boone v Grinnell
2:18.29 Y	F	0.00 %	200 IM	9/22/2009	Ft. Dodge vs. Ames
<b>Stella Fritzell G (Yr: 12)</b>					
x33.17 Y	F	4.55 %	50 Free	9/22/2009	Ft. Dodge vs. Ames
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
x1:31.04 Y	F	6.85 %	100 Breast	9/22/2009	Ft. Dodge vs. Ames
<b>Ada Gent G (Yr: 10)</b>					
x30.51 Y	F	2.09 %	50 Free	9/1/2009	Ames v Boone v Grinnell
x1:10.92 Y	F	0.00 %	100 Free	9/1/2009	Ames v Boone v Grinnell
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
40.66 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
<b>Erin Gilligan G (Yr: 10)</b>					
x32.20 Y	F	0.46 %	50 Free	9/15/2009	Ames vs. Hoover
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

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<b>Erin Gilligan G (Yr: 10)</b>					
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>					
147.30	F	% 1 Meter	6 Dives	9/22/2009	Ft. Dodge vs. Ames
154.90	F	% 1 Meter	11 Dives	9/1/2009	Ames v Boone v Grinnell
<b>Anna Hansen G (Yr: 11)</b>					
x40.46 Y	F	5.31 %	50 Free	9/15/2009	Ames vs. Hoover
x1:34.77 Y	F	10.21 %	100 Free	9/15/2009	Ames vs. Hoover
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 Joerger G (Yr: 11)</b>					
153.05	F	% 1 Meter	6 Dives	9/8/2009	Johnston v Ames Dual
207.90	F	% 1 Meter	11 Dives	9/12/2009	Ames 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
2:13.61 Y	F	0.47 %	200 Free	9/8/2009	Johnston v Ames Dual
5:59.89 Y	F	0.86 %	500 Free	9/15/2009	Ames vs. Hoover
x33.38 Y L	F	3.36 %	50 Back	9/12/2009	Ames Invitational
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
2:37.89 Y	F	0.00 %	200 IM	9/15/2009	Ames vs. Hoover
<b>Kiera Kaufman G (Yr: 9)</b>					
x35.26 Y L	F	2.25 %	50 Free	9/15/2009	Ames vs. Hoover
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

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<b>Sarah Kemp G (Yr: 10)</b>					
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
222.20	F	% 1 Meter	6 Dives	9/15/2009	Ames vs. Hoover
332.95	F	% 1 Meter	11 Dives	9/12/2009	Ames Invitational
<b>Anna Kilzer G (Yr: 10)</b>					
x33.40 Y L	F	3.52 %	50 Free	9/1/2009	Ames v Boone v Grinnell
x1:14.15 Y	F	0.00 %	100 Free	9/8/2009	Johnston v Ames Dual
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>					
x39.01 Y	F	3.15 %	50 Free	9/15/2009	Ames vs. Hoover
x1:27.36 Y	F	0.95 %	100 Free	9/15/2009	Ames vs. Hoover
<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>					
34.83 Y	F	0.00 %	50 Free	8/28/2009	2009 Girls Swim Trials
40.74 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
<b>Anna Meese G (Yr: 12)</b>					
x32.42 Y	F	0.31 %	50 Free	9/22/2009	Ft. Dodge vs. Ames
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
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
2:33.33 Y	F	1.77 %	200 IM	9/24/2009	Ankeny vs. Ames
<b>Kendria Peterson G (Yr: 9)</b>					
x31.55 Y	F	3.61 %	50 Free	9/24/2009	Ankeny vs. Ames
x1:08.73 Y	F	8.98 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
x38.40 Y L	F	0.00 %	50 Back	9/15/2009	Ames vs. Hoover
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
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
2:47.12 Y	F	3.01 %	200 IM	9/24/2009	Ankeny vs. Ames
<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

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

Times until: 25-Sep-09

Show Yards Only

Time	P/F/S	% Imprv	Event			
<b>Charlotte Quant G (Yr: 11)</b>						
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	
1:06.17 Y	F	0.00 %	100 Fly	9/12/2009	Ames Invitational	
2:26.79 Y	F	0.00 %	200 IM	9/8/2009	Johnston v Ames Dual	
<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	
x1:11.15 Y	F	3.72 %	100 Free	9/15/2009	Ames vs. Hoover	
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	
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>						
x30.98 Y	F	0.10 %	50 Free	9/8/2009	Johnston v Ames Dual	
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	
57.46 Y	F	1.12 %	100 Free	9/24/2009	Ankeny vs. Ames	
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	
<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>						
197.35	F	% 1 Meter	6 Dives	9/8/2009	Johnston v Ames Dual	
187.50	F	% 1 Meter	11 Dives	9/1/2009	Ames v Boone v Grinnell	
<b>Christina Tringides G (Yr: 11)</b>						

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

Times until: 25-Sep-09

Show Yards Only

Time	P/F/S	% Imprv	Event		
<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
1:22.73 Y	F	0.95 %	100 Breast	9/15/2009	Ames vs. Hoover
1:22.73 Y	F	0.95 %	100 Breast	9/12/2009	Ames 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
1:02.36 Y	F	0.00 %	100 Free	8/28/2009	2009 Girls Swim Trials
2:19.83 Y	F	0.00 %	200 Free	9/15/2009	Ames vs. Hoover
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
1:10.14 Y	F	4.69 %	100 Fly	9/24/2009	Ankeny vs. Ames
2:40.01 Y	F	0.97 %	200 IM	9/8/2009	Johnston v Ames Dual
<b>Hannah Tuggle G (Yr: 12)</b>					
x29.35 Y	F	2.17 %	50 Free	9/8/2009	Johnston v Ames Dual
x1:07.93 Y	F	3.58 %	100 Free	9/22/2009	Ft. Dodge vs. Ames
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
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
x2:57.48 Y	F	0.77 %	200 IM	9/22/2009	Ft. Dodge vs. Ames
<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
5:34.80 Y	F	0.25 %	500 Free	9/24/2009	Ankeny vs. Ames
35.86 Y	F	0.00 %	50 Back	8/28/2009	2009 Girls Swim Trials
34.35 Y	F	0.00 %	50 Breast	8/28/2009	2009 Girls Swim Trials
1:15.65 Y	F	0.00 %	100 Breast	9/1/2009	Ames v Boone v Grinnell
30.26 Y	F	0.00 %	50 Fly	8/28/2009	2009 Girls Swim Trials
2:24.67 Y	F	0.00 %	200 IM	9/1/2009	Ames v Boone v Grinnell