

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.41	813	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	8/3/2018	2018 MN FOXJ Central Zone 14 & U Championships
2	27.48 r	847	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	7/26/2018	2018 IA Long Course Championsh
3	27.56	800	Martin, Scarlet Rose	14	IA Eastern Iowa Swim Federation	7/22/2018	2018 IA Summer Speedo Sectiona
4	27.74 r	785	Mallaro, Kendall J	14	IA Black Hawk Area Swim Team	7/26/2018	2018 IA Long Course Championsh
5	27.87	774	Donald, Meghan Ann	14	IA Ames Cyclone Aquatics Club	7/26/2018	2018 IA Long Course Championsh
6	28.11	795	Harswick, Alexandra Charlotte	13	IA Ames Cyclone Aquatics Club	7/26/2018	2018 IA Long Course Championsh
7	28.14	752	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	6/23/2018	2018 IA L4A Swim PINK A+ Invit
8	28.20	747	Kloth, Mikayla Leigh	14	IA Ames Cyclone Aquatics Club	8/3/2018	2018 MN FOXJ Central Zone 14 & U Championships
9	28.28	740	Miletich, Kathryn Faith	14	IA Lane Four Aquatics	7/26/2018	2018 IA Long Course Championsh
10	28.30 r	738	Fish, Samantha June	14	IA Dubuque Area Swimmin' Hurricanes	7/26/2018	2018 IA Long Course Championsh
11	28.31	738	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit
12	28.42	729	Currier, Jenna Olivia	14	IA Carroll Area Swim Team	7/26/2018	2018 IA Long Course Championsh
13	28.55	718	Severson, Elizabeth Carol	14	IA Eastern Iowa Swim Federation	6/2/2018	2018 IA CRAA Long Course Kick
14	28.64	751	Lenzer, Liliana Joy	13	IA Linn-Mar Swim Team	7/26/2018	2018 IA Long Course Championsh
15	28.76	741	Wigham, Jessica Marie	13	IA Dowling Catholic Riptide	6/17/2018	2018 MV CSC Summer Invite
16	28.81 r	697	Buhr, Taylor Olivia	14	IA Piranhas Swim Club	7/26/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.77	845	Martin, Scarlet Rose	14	IA Eastern Iowa Swim Federation	6/22/2018	2018 IA L4A Swim PINK A+ Invit
2	58.79 r	878	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	7/29/2018	2018 IA Long Course Championsh
3	1:00.00	790	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	7/29/2018	2018 IA Long Course Championsh
4	1:00.01	790	Wigham, Jessica Marie	14	IA Dowling Catholic Riptide	7/29/2018	2018 IA Long Course Championsh
5	1:00.59	765	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	7/29/2018	2018 IA Long Course Championsh
6	1:00.89	752	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	6/22/2018	2018 IA L4A Swim PINK A+ Invit
7	1:00.90	751	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	3/9/2018	2018 WI Spring Sectionals -- C
8	1:01.06	745	Kloth, Mikayla Leigh	14	IA Ames Cyclone Aquatics Club	6/22/2018	2018 IA L4A Swim PINK A+ Invit
9	1:01.09	778	Hala, Abby Lyn	13	IA Ames Cyclone Aquatics Club	6/22/2018	2018 IA L4A Swim PINK A+ Invit
10	1:01.32	768	Lenzer, Liliana Joy	13	IA Linn-Mar Swim Team	7/29/2018	2018 IA Long Course Championsh
11	1:01.94	707	Fish, Samantha June	14	IA Dubuque Area Swimmin' Hurricanes	7/29/2018	2018 IA Long Course Championsh
12	1:02.07	702	Currier, Jenna Olivia	14	IA Carroll Area Swim Team	7/29/2018	2018 IA Long Course Championsh
13	1:02.56	682	Miletich, Kathryn Faith	14	IA Lane Four Aquatics	7/29/2018	2018 IA Long Course Championsh
14	1:02.57	681	Carleton, Madison Marie	14	IA Des Moines Swimming Federation	7/29/2018	2018 IA Long Course Championsh
15	1:02.86	703	Witt, Alyssa Lou	13	IA Lane Four Aquatics	7/29/2018	2018 IA Long Course Championsh
16	1:03.14	658	Buechel, Abby M	14	IA Piranhas Swim Club	7/29/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.34	832	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	7/20/2018	2018 IA Summer Speedo Sectiona
2	2:07.54	828	Martin, Scarlet Rose	14	IA Eastern Iowa Swim Federation	7/20/2018	2018 IA Summer Speedo Sectiona
3	2:07.67 r	850	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	7/27/2018	2018 IA Long Course Championsh
4	2:09.06	793	Wigham, Jessica Marie	14	IA Dowling Catholic Riptide	7/27/2018	2018 IA Long Course Championsh
5	2:10.29	765	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	3/10/2018	2018 WI Spring Sectionals -- C
6	2:11.75	733	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	7/27/2018	2018 IA Long Course Championsh
7	2:12.50	717	Kaster, Brooklynn Elizabeth	14	IA Central Iowa Aquatics	7/27/2018	2018 IA Long Course Championsh
8	2:13.44	697	Carleton, Madison Marie	14	IA Des Moines Swimming Federation	7/27/2018	2018 IA Long Course Championsh
9	2:13.55	719	Witt, Alyssa Lou	13	IA Lane Four Aquatics	7/27/2018	2018 IA Long Course Championsh
10	2:13.70	716	Lenzer, Liliana Joy	13	IA Linn-Mar Swim Team	7/27/2018	2018 IA Long Course Championsh
11	2:14.97	664	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	7/27/2018	2018 IA Long Course Championsh
12	2:15.90	645	Fish, Samantha June	14	IA Dubuque Area Swimmin' Hurricanes	7/27/2018	2018 IA Long Course Championsh
13	2:16.12	640	Judas, Madison Elise	14	IA Greater Des Moines YMCA	7/27/2018	2018 IA Long Course Championsh
14	2:16.81	650	Wehr, Riley Mackenzie	13	IA Lane Four Aquatics	7/27/2018	2018 IA Long Course Championsh
15	2:17.15	619	Repko, Audrey Rose	14	IA Eastern Iowa Swim Federation	7/27/2018	2018 IA Long Course Championsh
16	2:17.67	609	Taeger, Olivia J	14	IA Iowa Flyers Swim Club	7/27/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:26.85	828	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	8/3/2018	2018 NCSA Summer Swimming Cham
2	4:27.44	822	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	7/28/2018	2018 IA Long Course Championsh
3	4:28.37	835	Martin, Scarlet Rose	13	IA Unattached	3/9/2018	2018 WI Spring Sectionals -- C
4	4:30.28	790	Wigham, Jessica Marie	14	IA Dowling Catholic Riptide	7/28/2018	2018 IA Long Course Championsh
5	4:35.46	733	Repko, Audrey Rose	14	IA Eastern Iowa Swim Federation	7/28/2018	2018 IA Long Course Championsh
6	4:35.53	733	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	7/28/2018	2018 IA Long Course Championsh
7	4:39.66	712	Hala, Abby Lyn	13	IA Ames Cyclone Aquatics Club	6/22/2018	2018 IA L4A Swim PINK A+ Invit
8	4:41.95	665	Carleton, Madison Marie	14	IA Des Moines Swimming Federation	8/4/2018	2018 MN FOXJ Central Zone 14 & U Championships
9	4:43.33	651	Weber, Lilly A	14	IA Linn-Mar Swim Team	8/4/2018	2018 MN FOXJ Central Zone 14 & U Championships
10	4:44.47	640	Kaster, Brooklynn Elizabeth	14	IA Central Iowa Aquatics	7/28/2018	2018 IA Long Course Championsh
11	4:45.36	653	Frantum, Olivia Madison	13	IA Central Iowa Aquatics	7/28/2018	2018 IA Long Course Championsh
12	4:45.74	627	Matta, Virginia T	14	IA Eastern Iowa Swim Federation	7/28/2018	2018 IA Long Course Championsh
13	4:46.60	641	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	6/29/2018	2018 IA NIS Ben Newell Memoria
14	4:48.11	626	McCorkle, Sophie Claire	13	IA Ames Cyclone Aquatics Club	7/28/2018	2018 IA Long Course Championsh
15	4:48.72	598	Geng, Jennifer Y	14	IA Iowa Flyers Swim Club	5/18/2018	2018 IA David Armbruster Open
16	4:49.26	615	Lenzer, Liliana Joy	13	IA Linn-Mar Swim Team	7/28/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:11.93	828	Wigham, Jessica Marie	14	IA Dowling Catholic Riptide	7/26/2018	2018 IA Long Course Championsh
2	9:12.33	826	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	7/26/2018	2018 IA Long Course Championsh
3	9:12.40	825	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	7/31/2018	2018 NCSA Summer Swimming Cham
4	9:24.31	766	Repko, Audrey Rose	14	IA Eastern Iowa Swim Federation	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
5	9:35.88	736	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	3/8/2018	2018 WI Spring Sectionals -- C
6	9:36.01	709	Weber, Lilly A	14	IA Linn-Mar Swim Team	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
7	9:46.63	660	Kaster, Brooklynn Elizabeth	14	IA Central Iowa Aquatics	7/26/2018	2018 IA Long Course Championsh
8	9:47.17	657	Carleton, Madison Marie	14	IA Des Moines Swimming Federation	7/26/2018	2018 IA Long Course Championsh
9	9:50.04	644	Matta, Virginia T	14	IA Eastern Iowa Swim Federation	6/1/2018	2018 IA CRAA Long Course Kick
10	9:54.23	650	Gannon, Casey A	13	IA Eastern Iowa Swim Federation	1/19/2018	Mallards Winter LC Invitational 2018
11	9:55.59	619	Judas, Madison Elise	14	IA Greater Des Moines YMCA	7/26/2018	2018 IA Long Course Championsh
12	9:59.41	602	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	7/8/2018	2018 IA CIA Beat the Heat in G
13	10:00.61	597	Trent, Lauren Rhys	14	IA Eastern Iowa Swim Federation	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
14	10:07.72	566	Ostermeier, Loretta Ann	14	IA Ames Cyclone Aquatics Club	7/26/2018	2018 IA Long Course Championsh
15	10:08.18	588	Frantum, Olivia Madison	13	IA Central Iowa Aquatics	7/26/2018	2018 IA Long Course Championsh
16	10:09.07	584	Hajek, Makala M	13	IA Iowa Flyers Swim Club	7/26/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:32.55	842	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	3/11/2018	2018 WI Spring Sectionals -- C
2	17:48.51	801	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	7/22/2018	2018 IA Summer Speedo Sectiona
3	17:51.65	793	Repko, Audrey Rose	14	IA Eastern Iowa Swim Federation	7/22/2018	2018 IA Summer Speedo Sectiona
4	18:05.44	758	Weber, Lilly A	14	IA Linn-Mar Swim Team	8/5/2018	2018 MN FOXJ Central Zone 14 & U Championships
5	18:31.42	694	Carleton, Madison Marie	14	IA Des Moines Swimming Federation	7/29/2018	2018 IA Long Course Championsh
6	18:42.09	669	Wigham, Jessica Marie	14	IA Dowling Catholic Riptide	7/6/2018	2018 IA CIA Beat the Heat in G
7	19:00.52	626	Trent, Lauren Rhys	14	IA Unattached	3/11/2018	2018 WI Spring Sectionals -- C
8	19:03.12	656	Gannon, Casey A	13	IA Eastern Iowa Swim Federation	7/29/2018	2018 IA Long Course Championsh
9	19:08.26	644	Hajek, Makala M	13	IA Iowa Flyers Swim Club	7/29/2018	2018 IA Long Course Championsh
10	19:11.72	636	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	5/5/2018	2018 IA ICE-Amanda-K-Schany-Op
11	19:12.23	599	Matta, Virginia T	14	IA Eastern Iowa Swim Federation	7/6/2018	2018 IA CIA Beat the Heat in G
12	19:19.10	584	Kaster, Brooklynn Elizabeth	14	IA Central Iowa Aquatics	7/6/2018	2018 IA CIA Beat the Heat in G
13	19:31.18	557	Ostermeier, Loretta Ann	14	IA Ames Cyclone Aquatics Club	7/29/2018	2018 IA Long Course Championsh
14	19:56.83	536	Brennom, Emily Marie	13	IA Linn-Mar Swim Team	7/29/2018	2018 IA Long Course Championsh
15	20:04.71	520	Hoefler, Rhyen D	13	IA Iowa Flyers Swim Club	7/15/2018	2018 IA ACAC Summer Detasseler
16	20:05.72	518	Wehr, Riley Mackenzie	13	IA Lane Four Aquatics	6/29/2018	2018 ILOP SST 24th Annual Fire

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.54	836	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	8/5/2018	2018 MN FOXJ Central Zone 14 & U Championships
2	32.24	828	Martin, Scarlet Rose	13	IA Eastern Iowa Swim Federation	4/14/2018	2018 TYR Pro Swim Series - Mes
3	32.44 r	763	Fish, Samantha June	14	IA Dubuque Area Swimmin' Hurricanes	7/26/2018	2018 IA Long Course Championsh
4	32.48	808	Wigham, Jessica Marie	13	IA Dowling Catholic Riptide	6/15/2018	2018 MV CSC Summer Invite
5	32.63 r	748	Henning, Alexis Anne	14	IA Central Iowa Aquatics	7/26/2018	2018 IA Long Course Championsh
6	32.64 r	748	Veach, Grace Monica	14	IA Piranhas Swim Club	7/26/2018	2018 IA Long Course Championsh
7	32.87 r	777	Lenzer, Liliana Joy	13	IA Linn-Mar Swim Team	7/26/2018	2018 IA Long Course Championsh
8	32.97 r	722	Hochstetler, Ella G	14	IA Iowa Flyers Swim Club	7/26/2018	2018 IA Long Course Championsh
9	33.35	692	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	6/8/2018	2018 IA ACAC Rock the Blocks J
10	33.68 r	667	Greenley, Mackenzie J	14	IA Lane Four Aquatics	7/26/2018	2018 IA Long Course Championsh
11	33.83 r	656	Ostermeier, Loretta Ann	14	IA Ames Cyclone Aquatics Club	7/26/2018	2018 IA Long Course Championsh
12	33.89 r	651	Matta, Virginia T	14	IA Eastern Iowa Swim Federation	7/26/2018	2018 IA Long Course Championsh
13	34.28	622	Severson, Elizabeth Carol	14	IA Eastern Iowa Swim Federation	6/1/2018	2018 IA CRAA Long Course Kick
14	34.86	627	Frantum, Olivia Madison	13	IA Central Iowa Aquatics	7/6/2018	2018 IA CIA Beat the Heat in G
15	35.30 r	549	Mariman, Brittan Elizabeth	14	IA Piranhas Swim Club	7/26/2018	2018 IA Long Course Championsh
16	35.31	548	Hunt, Morgan M	14	IA Greater Des Moines YMCA	6/1/2018	2018 IA CRAA Long Course Kick

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:05.57	876	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	8/4/2018	2018 MN FOXJ Central Zone 14 & U Championships
2	1:06.40	845	Wigham, Jessica Marie	14	IA Dowling Catholic Riptide	7/26/2018	2018 IA Long Course Championsh
3	1:06.58	885	Hala, Abby Lyn	13	IA Ames Cyclone Aquatics Club	6/24/2018	2018 IA L4A Swim PINK A+ Invit
4	1:07.16	863	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	8/4/2018	2018 MN RSC USA Swimming Futures Championships
5	1:07.47	805	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	7/26/2018	2018 IA Long Course Championsh
6	1:08.26 r	776	Veach, Grace Monica	14	IA Piranhas Swim Club	7/28/2018	2018 IA Long Course Championsh
7	1:08.30 r	775	Roghair, Aurora J	14	IA Iowa Flyers Swim Club	1/6/2018	2018 IA IFLY & CIA Dual Meet
8	1:08.55	765	Fish, Samantha June	14	IA Dubuque Area Swimmin' Hurricanes	7/26/2018	2018 IA Long Course Championsh
9	1:08.74	805	Martin, Scarlet Rose	13	IA Eastern Iowa Swim Federation	5/20/2018	2018 IA David Armbruster Open
10	1:09.60	728	Henning, Alexis Anne	14	IA Central Iowa Aquatics	7/26/2018	2018 IA Long Course Championsh
11	1:10.60	692	Hochstetler, Ella G	14	IA Iowa Flyers Swim Club	6/24/2018	2018 IA L4A Swim PINK A+ Invit
12	1:10.67 r	736	Lenzer, Liliana Joy	13	IA Linn-Mar Swim Team	7/28/2018	2018 IA Long Course Championsh
13	1:11.00	678	Buhr, Taylor Olivia	14	IA Piranhas Swim Club	7/26/2018	2018 IA Long Course Championsh
14	1:11.34 r	713	Frantum, Olivia Madison	13	IA Central Iowa Aquatics	7/28/2018	2018 IA Long Course Championsh
14	1:11.34	666	Dalmasso, Alix Jilliana	14	IA Piranhas Swim Club	7/26/2018	2018 IA Long Course Championsh
16	1:11.53	706	Kell, Mallory Elizabeth	13	IA Greater Des Moines YMCA	7/26/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.59	865	Hala, Abby Lyn	14	IA Ames Cyclone Aquatics Club	7/29/2018	2018 IA Long Course Championsh
2	2:20.77	862	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
3	2:22.13	840	Wigham, Jessica Marie	14	IA Dowling Catholic Riptide	7/29/2018	2018 IA Long Course Championsh
4	2:23.27	821	Rastetter, Abigail Lin	14	IA Central Iowa Aquatics	7/29/2018	2018 IA Long Course Championsh
5	2:27.97	747	Donald, Meghan Ann	14	IA Ames Cyclone Aquatics Club	7/29/2018	2018 IA Long Course Championsh
6	2:28.75	735	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit
7	2:29.35	760	Martin, Scarlet Rose	13	IA Eastern Iowa Swim Federation	5/19/2018	2018 IA David Armbruster Open
8	2:30.52	708	Hochstetler, Ella G	14	IA Iowa Flyers Swim Club	7/29/2018	2018 IA Long Course Championsh
9	2:31.04	700	Fish, Samantha June	14	IA Dubuque Area Swimmin' Hurricanes	7/29/2018	2018 IA Long Course Championsh
10	2:32.25	681	Henning, Alexis Anne	14	IA Central Iowa Aquatics	7/29/2018	2018 IA Long Course Championsh
11	2:32.60	676	Buhr, Taylor Olivia	14	IA Piranhas Swim Club	7/29/2018	2018 IA Long Course Championsh
12	2:32.75	674	Veach, Grace Monica	14	IA Piranhas Swim Club	7/29/2018	2018 IA Long Course Championsh
13	2:32.92	705	Frantum, Olivia Madison	13	IA Central Iowa Aquatics	7/29/2018	2018 IA Long Course Championsh
14	2:33.66	660	Dalmasso, Alix Jilliana	14	IA Piranhas Swim Club	7/29/2018	2018 IA Long Course Championsh
15	2:33.95	690	Kell, Mallory Elizabeth	13	IA Greater Des Moines YMCA	7/29/2018	2018 IA Long Course Championsh
16	2:34.30	650	Taeger, Olivia J	14	IA Iowa Flyers Swim Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	36.18	777	Bachman, Olivia Marie	14	IA Carroll Area Swim Team	8/4/2018	2018 MN FOXJ Central Zone 14 & U Championships
2	40.07	546	Geng, Jennifer Y	14	IA Iowa Flyers Swim Club	6/1/2018	2018 IA CRAA Long Course Kick
3	40.19	543	Foth, Emma Rose	13	IA Dowling Catholic Riptide	7/6/2018	2018 IA CIA Beat the Heat in G
4	40.31	536	Halverson, Taylor Ann	13	IA North Iowa Splash	6/1/2018	2018 IA CRAA Long Course Kick
5	40.45	528	Frantum, Olivia Madison	13	IA Central Iowa Aquatics	7/6/2018	2018 IA CIA Beat the Heat in G
6	40.47	527	He, Kristin	13	IA Unattached	4/22/2018	2018 IA APP DSMY First LCM Sp
7	40.55	519	Henning, Alexis Anne	14	IA Central Iowa Aquatics	7/6/2018	2018 IA CIA Beat the Heat in G
8	40.71	510	Heiar, Zoe K	14	IA Dubuque Area Swimmin' Hurricanes	7/12/2018	2018 IA BLAST Summer Sizzler
9	41.11	492	Gannon, Casey A	13	IA Eastern Iowa Swim Federation	6/8/2018	2018 IA ICE Splash Out Hunger
10	41.40	472	Haars, Lily Lemon	14	IA Linn-Mar Swim Team	6/8/2018	2018 IA ICE Splash Out Hunger
11	41.53	469	Block, Britney J	13	IA Greater Des Moines YMCA	6/17/2018	2018 IA DMSF Birdland Invitati
12	41.84	449	Mallaro, Kendall J	14	IA Black Hawk Area Swim Team	7/12/2018	2018 IA BLAST Summer Sizzler
13	42.02	439	Hamling, Emily L	14	IA Unattached	4/22/2018	2018 IA APP DSMY First LCM Sp
14	42.24	427	Hunt, Morgan M	14	IA Greater Des Moines YMCA	6/17/2018	2018 IA DMSF Birdland Invitati
15	42.32	427	Carlson, Maggie G	13	IA Greater Des Moines YMCA	4/22/2018	2018 IA APP DSMY First LCM Sp
16	42.46	416	Baumann, Anne E	14	IA Eastern Iowa Swim Federation	7/6/2018	2018 IA CIA Beat the Heat in G

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:15.00	847	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	7/21/2018	2018 IA Summer Speedo Sectiona
2	1:16.42	802	Donald, Meghan Ann	14	IA Ames Cyclone Aquatics Club	7/27/2018	2018 IA Long Course Championsh
3	1:18.42	745	Buhr, Taylor Olivia	14	IA Piranhas Swim Club	7/27/2018	2018 IA Long Course Championsh
4	1:19.08	726	Bachman, Olivia Marie	14	IA Carroll Area Swim Team	7/27/2018	2018 IA Long Course Championsh
5	1:21.18	671	Sweetman, Julia Kathleen	13	IA Dowling Catholic Riptide	7/27/2018	2018 IA Long Course Championsh
6	1:21.61	655	Heiar, Zoe K	14	IA Dubuque Area Swimmin' Hurricanes	7/27/2018	2018 IA Long Course Championsh
7	1:21.87	652	Jones, Abigail Josephine	13	IA MACR Sharks	7/27/2018	2018 IA Long Course Championsh
8	1:22.80	623	Fisher, Lauren Elizabeth	14	IA Ames Cyclone Aquatics Club	7/27/2018	2018 IA Long Course Championsh
9	1:23.10	618	Fierke, Eileen J	13	IA Ames Cyclone Aquatics Club	6/9/2018	2018 IA ACAC Rock the Blocks J
10	1:23.31	609	Geng, Jennifer Y	14	IA Iowa Flyers Swim Club	1/6/2018	2018 IA IFLY & CIA Dual Meet
10	1:23.31	613	Foth, Emma Rose	13	IA Dowling Catholic Riptide	7/14/2018	2018 IA ACAC Summer Detasseler
12	1:23.40	610	Halverson, Taylor Ann	13	IA North Iowa Splash	7/27/2018	2018 IA Long Course Championsh
13	1:23.60	601	Zillmer, Ella M	14	IA Piranhas Swim Club	7/27/2018	2018 IA Long Course Championsh
14	1:23.85	598	Netolicky, Caroline E	13	IA Unattached	6/2/2018	2018 IA CRAA Long Course Kick
15	1:24.09	588	Keeney, Ashlyn J	14	IA Iowa Flyers Swim Club	7/27/2018	2018 IA Long Course Championsh
16	1:24.75	574	Schmidt, Avery Marie	13	IA Dubuque Area Swimmin' Hurricanes	7/27/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:39.29	862	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	7/28/2018	2018 IA Long Course Championsh
2	2:44.85	780	Donald, Meghan Ann	14	IA Ames Cyclone Aquatics Club	7/28/2018	2018 IA Long Course Championsh
3	2:49.01	726	Buhr, Taylor Olivia	14	IA Piranhas Swim Club	7/28/2018	2018 IA Long Course Championsh
4	2:52.67	680	Bachman, Olivia Marie	14	IA Carroll Area Swim Team	7/28/2018	2018 IA Long Course Championsh
5	2:57.07	625	Geng, Jennifer Y	14	IA Iowa Flyers Swim Club	5/20/2018	2018 IA David Armbruster Open
6	2:57.23	623	Heiar, Zoe K	14	IA Dubuque Area Swimmin' Hurricanes	7/28/2018	2018 IA Long Course Championsh
7	2:57.47	620	Zillmer, Ella M	14	IA Piranhas Swim Club	7/28/2018	2018 IA Long Course Championsh
8	2:58.11	621	Fierke, Eileen J	13	IA Ames Cyclone Aquatics Club	7/28/2018	2018 IA Long Course Championsh
9	2:59.28	598	Keeney, Ashlyn J	14	IA Iowa Flyers Swim Club	7/15/2018	2018 IA ACAC Summer Detasseler
10	2:59.52	604	Jones, Abigail Josephine	13	IA MACR Sharks	7/28/2018	2018 IA Long Course Championsh
11	2:59.95	599	Sweetman, Julia Kathleen	13	IA Dowling Catholic Riptide	7/28/2018	2018 IA Long Course Championsh
12	3:00.53	592	Halverson, Taylor Ann	13	IA North Iowa Splash	7/28/2018	2018 IA Long Course Championsh
13	3:03.65	545	Schultz, Caroline Susanne	14	IA Central Iowa Aquatics	1/6/2018	2018 IA IFLY & CIA Dual Meet
14	3:03.69	554	Gannon, Casey A	13	IA Eastern Iowa Swim Federation	7/28/2018	2018 IA Long Course Championsh
15	3:05.09	528	Fisher, Lauren Elizabeth	14	IA Ames Cyclone Aquatics Club	7/28/2018	2018 IA Long Course Championsh
16	3:05.46	533	Foth, Emma Rose	13	IA Dowling Catholic Riptide	7/15/2018	2018 IA ACAC Summer Detasseler

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	28.95	873	Martin, Scarlet Rose	13	IA Eastern Iowa Swim Federation	4/14/2018	2018 TYR Pro Swim Series - Mes
2	29.24	814	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
3	29.44	798	Currier, Jenna Olivia	14	IA Carroll Area Swim Team	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
4	30.37	727	Kloth, Jordon Elaine	14	IA Ames Cyclone Aquatics Club	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
5	30.39	725	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	5/19/2018	2018 IA David Armbruster Open
6	30.61	708	Kloth, Mikayla Leigh	14	IA Ames Cyclone Aquatics Club	8/2/2018	2018 MN FOXJ Central Zone 14 & U Championships
7	31.77	623	Heiar, Zoe K	14	IA Dubuque Area Swimmin' Hurricanes	5/19/2018	2018 IA David Armbruster Open
7	31.77	659	Wigham, Jessica Marie	13	IA Dowling Catholic Riptide	6/16/2018	2018 MV CSC Summer Invite
9	31.95	610	Carleton, Madison Marie	14	IA Des Moines Swimming Federation	6/16/2018	2018 IA DMSF Birdland Invitati
10	32.14	596	Kaster, Brooklynn Elizabeth	14	IA Central Iowa Aquatics	7/6/2018	2018 IA CIA Beat the Heat in G
11	32.21	591	Nedder, Hannah Marie	14	IA South East Aquatics	7/6/2018	2018 IA CIA Beat the Heat in G
12	32.32	583	Geng, Jennifer Y	14	IA Iowa Flyers Swim Club	6/1/2018	2018 IA CRAA Long Course Kick
13	32.34	582	Henning, Alexis Anne	14	IA Central Iowa Aquatics	7/6/2018	2018 IA CIA Beat the Heat in G
14	32.73	554	Mallaro, Kendall J	14	IA Black Hawk Area Swim Team	7/12/2018	2018 IA BLAST Summer Sizzler
15	32.91	542	Greenley, Mackenzie J	14	IA Lane Four Aquatics	5/19/2018	2018 IA David Armbruster Open
16	33.10	565	Frazier, Tatum Cree	13	IA Eastern Iowa Swim Federation	5/19/2018	2018 IA David Armbruster Open
16	33.10	565	Harswick, Alexandra Charlotte	13	IA Ames Cyclone Aquatics Club	6/8/2018	2018 IA ACAC Rock the Blocks J

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.05	903	Martin, Scarlet Rose	14	IA Eastern Iowa Swim Federation	7/21/2018	2018 IA Summer Speedo Sectiona
2	1:04.59	849	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	6/22/2018	2018 IA L4A Swim PINK A+ Invit
3	1:06.00	765	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	6/22/2018	2018 IA L4A Swim PINK A+ Invit
4	1:06.13	761	Kaster, Brooklynn Elizabeth	14	IA Central Iowa Aquatics	7/28/2018	2018 IA Long Course Championsh
5	1:07.00	731	Kloth, Jordon Elaine	14	IA Ames Cyclone Aquatics Club	6/22/2018	2018 IA L4A Swim PINK A+ Invit
6	1:07.16	726	Currier, Jenna Olivia	14	IA Carroll Area Swim Team	7/28/2018	2018 IA Long Course Championsh
7	1:07.32	721	Frericks, Grace Marie	14	IA Black Hawk Area Swim Team	7/28/2018	2018 IA Long Course Championsh
8	1:07.78	705	Greenley, Mackenzie J	14	IA Lane Four Aquatics	6/22/2018	2018 IA L4A Swim PINK A+ Invit
9	1:08.28	689	Mallaro, Kendall J	14	IA Black Hawk Area Swim Team	7/28/2018	2018 IA Long Course Championsh
10	1:08.66	676	Rounds, Cassandra R	14	IA Greater Des Moines YMCA	7/28/2018	2018 IA Long Course Championsh
11	1:08.87	669	Fish, Samantha June	14	IA Dubuque Area Swimmin' Hurricanes	7/28/2018	2018 IA Long Course Championsh
12	1:09.05	664	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	6/15/2018	2018 MN RSC Rochester Open
13	1:09.07	663	Kloth, Mikayla Leigh	14	IA Ames Cyclone Aquatics Club	8/3/2018	2018 MN FOXJ Central Zone 14 & U Championships
14	1:09.13	697	Kell, Mallory Elizabeth	13	IA Greater Des Moines YMCA	7/28/2018	2018 IA Long Course Championsh
15	1:09.55	647	Nedder, Hannah Marie	14	IA South East Aquatics	7/28/2018	2018 IA Long Course Championsh
16	1:10.03	632	Caughron, Carley Jean	14	IA Black Hawk Area Swim Team	3/10/2018	2018 WI Spring Sectionals -- C

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club		Swim Date	Meet
1	2:18.79	871	Martin, Scarlet Rose	14	IA	Eastern Iowa Swim Federation	7/31/2018	2018 Speedo Junior Nationals
2	2:27.91	737	Kaster, Brooklynn Elizabeth	14	IA	Central Iowa Aquatics	7/29/2018	2018 IA Long Course Championsh
3	2:30.34	702	Greenley, Mackenzie J	14	IA	Lane Four Aquatics	7/29/2018	2018 IA Long Course Championsh
4	2:35.15	634	Currier, Jenna Olivia	14	IA	Carroll Area Swim Team	8/4/2018	2018 MN FOXJ Central Zone 14 & U Championships
5	2:35.36	631	Stalkfleet, Heidi L	14	IA	Iowa Flyers Swim Club	6/3/2018	2018 IA CRAA Long Course Kick
6	2:36.58	659	Wehr, Riley Mackenzie	13	IA	Lane Four Aquatics	7/29/2018	2018 IA Long Course Championsh
7	2:36.61	614	Susil, Meghan Elizabeth	14	IA	Eastern Iowa Swim Federation	6/3/2018	2018 IA CRAA Long Course Kick
8	2:38.08	638	Hala, Abby Lyn	13	IA	Ames Cyclone Aquatics Club	7/15/2018	2018 IA ACAC Summer Detasseler
9	2:38.49	633	Witt, Alyssa Lou	13	IA	Lane Four Aquatics	7/29/2018	2018 IA Long Course Championsh
10	2:38.86	583	Mallaro, Kendall J	14	IA	Black Hawk Area Swim Team	6/16/2018	2018 MN RSC Rochester Open
11	2:39.12	580	Dalmasso, Alix Jilliana	14	IA	Piranhas Swim Club	7/29/2018	2018 IA Long Course Championsh
12	2:39.20	623	Noel, Hailey K	13	IA	Iowa Flyers Swim Club	7/29/2018	2018 IA Long Course Championsh
13	2:39.65	617	Hajek, Makala M	13	IA	Iowa Flyers Swim Club	7/29/2018	2018 IA Long Course Championsh
14	2:42.44	579	Kimmel, Hayley L	13	IA	Linn-Mar Swim Team	7/13/2018	2018 IA BLAST Summer Sizzler
15	2:44.07	513	Kloth, Mikayla Leigh	14	IA	Ames Cyclone Aquatics Club	7/29/2018	2018 IA Long Course Championsh
16	2:44.95	502	Rhodes, Margaret M	14	IA	Northeastern Swim Team	7/29/2018	2018 IA Long Course Championsh

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.34	937	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	8/5/2018	2018 MN RSC USA Swimming Futures Championships
2	2:26.68	774	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	7/22/2018	2018 IA Summer Speedo Sectiona
3	2:28.27	747	Martin, Scarlet Rose	14	IA Eastern Iowa Swim Federation	7/22/2018	2018 IA Summer Speedo Sectiona
4	2:28.99	735	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	7/26/2018	2018 IA Long Course Championsh
5	2:29.04	734	Buhr, Taylor Olivia	14	IA Piranhas Swim Club	7/26/2018	2018 IA Long Course Championsh
6	2:30.08	768	Sweetman, Julia Kathleen	13	IA Dowling Catholic Riptide	7/26/2018	2018 IA Long Course Championsh
7	2:31.15	750	Hala, Abby Lyn	13	IA Ames Cyclone Aquatics Club	6/24/2018	2018 IA L4A Swim PINK A+ Invit
8	2:33.85	654	Carleton, Madison Marie	14	IA Des Moines Swimming Federation	7/26/2018	2018 IA Long Course Championsh
9	2:34.93	637	Mallaro, Kendall J	14	IA Black Hawk Area Swim Team	7/26/2018	2018 IA Long Course Championsh
10	2:35.33	631	Taeger, Olivia J	14	IA Iowa Flyers Swim Club	6/24/2018	2018 IA L4A Swim PINK A+ Invit
11	2:36.02	620	Donald, Meghan Ann	14	IA Ames Cyclone Aquatics Club	6/24/2018	2018 IA L4A Swim PINK A+ Invit
12	2:36.47	612	Geng, Jennifer Y	14	IA Iowa Flyers Swim Club	5/18/2018	2018 IA David Armbruster Open
13	2:36.72	659	Hajek, Makala M	13	IA Iowa Flyers Swim Club	7/26/2018	2018 IA Long Course Championsh
14	2:36.98	604	Ostermeier, Loretta Ann	14	IA Ames Cyclone Aquatics Club	7/26/2018	2018 IA Long Course Championsh
15	2:37.35	599	Bachman, Olivia Marie	14	IA Carroll Area Swim Team	7/26/2018	2018 IA Long Course Championsh
16	2:37.60	645	Frazier, Tatum Cree	13	IA Unattached	3/9/2018	2018 WI Spring Sectionals -- C

Girls 13/14**LSC: IA For Dates 9/1/2017 - 8/31/2018****Girls 13-14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:05.38	849	Kimmel, Hayley L	13	IA Linn-Mar Swim Team	8/3/2018	2018 MN RSC USA Swimming Futures Championships
2	5:08.62	784	Stalkfleet, Heidi L	14	IA Iowa Flyers Swim Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit
3	5:14.83	736	Susil, Meghan Elizabeth	14	IA Eastern Iowa Swim Federation	6/16/2018	2018 MN RSC Rochester Open
4	5:18.81	746	Hala, Abby Lyn	13	IA Ames Cyclone Aquatics Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit
5	5:20.28	695	Buhr, Taylor Olivia	14	IA Piranhas Swim Club	7/27/2018	2018 IA Long Course Championsh
6	5:29.47	667	Frantum, Olivia Madison	13	IA Central Iowa Aquatics	7/27/2018	2018 IA Long Course Championsh
7	5:32.59	644	Martin, Scarlet Rose	13	IA Eastern Iowa Swim Federation	5/5/2018	2018 IA ICE-Amanda-K-Schany-Op
8	5:32.61	605	Kaster, Brooklynn Elizabeth	14	IA Central Iowa Aquatics	6/23/2018	2018 IA L4A Swim PINK A+ Invit
9	5:33.52	599	Mallaro, Kendall J	14	IA Black Hawk Area Swim Team	7/27/2018	2018 IA Long Course Championsh
10	5:33.62	598	Ostermeier, Loretta Ann	14	IA Ames Cyclone Aquatics Club	7/27/2018	2018 IA Long Course Championsh
11	5:34.52	592	Taeger, Olivia J	14	IA Iowa Flyers Swim Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit
12	5:36.04	581	Weber, Lilly A	14	IA Linn-Mar Swim Team	7/27/2018	2018 IA Long Course Championsh
13	5:36.31	579	Kloth, Mikayla Leigh	14	IA Ames Cyclone Aquatics Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit
14	5:36.36	579	Matta, Virginia T	14	IA Eastern Iowa Swim Federation	7/27/2018	2018 IA Long Course Championsh
15	5:37.51	571	Geng, Jennifer Y	14	IA Iowa Flyers Swim Club	6/23/2018	2018 IA L4A Swim PINK A+ Invit
16	5:38.67	601	Gannon, Casey A	13	IA Eastern Iowa Swim Federation	7/27/2018	2018 IA Long Course Championsh