

Event	Time	Athletes	Swim Date	Meet Name
<b>Female 8 &amp; Under 200 Free Relay</b>				
1	3:10.99L	Schaffel, Caite J Adams, Libby L Gardner, Ella M Mason, Leah M	07/21/2018	2018 IA Long Course Silver / 8
<b>Female 8 &amp; Under 200 MR</b>				
1	3:26.40L	Thompson, Alana J Schaffel, Caite J Mason, Leah M Gardner, Ella M	07/21/2018	2018 IA Long Course Silver / 8
<b>Female 10 &amp; Under 200 Free Relay</b>				
1	2:19.85L	Grovo, Hailee M Caughron, Carley J Clark, Emma E Frericks, Grace M	07/27/2013	2013 Iowa Swimming Long Course
<b>Female 10 &amp; Under 200 MR</b>				
1	2:38.25L	Frericks, Grace M Clark, Emma E Grovo, Hailee M Caughron, Carley J	07/26/2013	2013 Iowa Swimming Long Course
<b>Female 12 &amp; Under 200 Free Relay</b>				
1	2:06.03L	Frericks, Grace M Clark, Emma E Grovo, Hailee M Caughron, Carley J	07/12/2015	2015 BLAST Summer Sizzler
<b>Female 12 &amp; Under 200 MR</b>				
1	2:25.59L	Borglum, Macy G Bobeldyk, Grace A Frericks, Grace M Mallaro, Kendall J	07/09/2016	2016 BLAST Summer Sizzler
<b>Female 14 &amp; Under 800 Free Relay</b>				
1	9:55.02L	Plassman, Renee F Considine, Grace O Shimp, Ellie T Murra, Riley K	07/24/2015	2015 Iowa Swimming Long Course
<b>Female 9-10 200 Free Relay</b>				
1	2:25.70L	O'BRIEN, KEELIN N Abbas, Kelsey A	06/20/2006	Best Times LO
<b>Female 9-10 200 MR</b>				
1	2:48.90L	Sund, Jessica M Banwart, Courtney R Hackett, Meghan M Langner, Charlie M	07/31/2008	2008 Iowa Swimming Summer Stat
<b>Female 11-12 200 Free Relay</b>				
1	2:00.24L	Grovo, Hailee M Clark, Emma E Frericks, Grace M Caughron, Carley J	07/23/2015	2015 Iowa Swimming Long Course
<b>Female 11-12 400 Free Relay</b>				
1	4:30.78L	Frericks, Grace M Mallaro, Kendall J Borglum, Macy G Bobeldyk, Grace A	07/31/2016	2016 Iowa Swimming Long Course
<b>Female 11-12 200 MR</b>				
1	2:15.13L	Frericks, Grace M Clark, Emma E Caughron, Carley J Grovo, Hailee M	07/25/2015	2015 Iowa Swimming Long Course
<b>Female 11-12 400 MR</b>				

	1	5:05.10L	Frericks, Grace M Borglum, Macy G Mallaro, Kendall J Bobeldyk, Grace A	07/29/2016	2016 Iowa Swimming Long Course
<b>Female 13 &amp; Over 200 Free Relay</b>					
	1	2:00.64L	Abbas, Kelsey A Langner, Charlie M Grainger, Martee M Pons, Bailey E	05/22/2011	2011 I-Fly Armbruster Open
<b>Female 13 &amp; Over 200 MR</b>					
	1	2:15.53L	Abbas, Kelsey A Langner, Charlie M Hackett, Meghan M Pons, Bailey E	05/21/2011	2011 I-Fly Armbruster Open
<b>Female 13-14 200 Free Relay</b>					
	1	1:53.28L	Clark, Emma E Frericks, Grace M Mallaro, Kendall J Caughron, Carley J	07/27/2017	2017 ISI Long Course Champions
<b>Female 13-14 400 Free Relay</b>					
	1	4:15.15L	Clark, Emma E Mallaro, Kendall J Frericks, Grace M Caughron, Carley J	07/30/2017	2017 ISI Long Course Champions
<b>Female 13-14 800 Free Relay</b>					
	1	9:25.58L	Caughron, Carley J Clark, Emma E Mallaro, Kendall J Butler, Katherine M	07/28/2017	2017 ISI Long Course Champions
<b>Female 13-14 200 MR</b>					
	1	2:06.60L	Frericks, Grace M Clark, Emma E Mallaro, Kendall J Caughron, Carley J	07/27/2017	2017 ISI Long Course Champions
<b>Female 13-14 400 MR</b>					
	1	4:47.10L	Frericks, Grace M Clark, Emma E Mallaro, Kendall J Caughron, Carley J	07/29/2017	2017 ISI Long Course Champions
<b>Female 15 &amp; Over 200 Free Relay</b>					
	1	1:53.81L		06/20/2006	Best Times LO
<b>Female 15 &amp; Over 400 Free Relay</b>					
	1	4:08.46L	Abbas, Kelsey A NOAH, KELSEY J ITZEN, JOCELYN R Pons, Bailey E	07/30/2009	2009 Iowa Swimming Summer Stat
<b>Female 15 &amp; Over 800 Free Relay</b>					
	1	8:53.89L	Pons, Bailey E Graham, Ashlee K Abbas, Kelsey A NOAH, KELSEY J	07/30/2009	2009 Iowa Swimming Summer Stat
<b>Female 15 &amp; Over 200 MR</b>					
	1	2:08.02L		06/20/2006	Best Times LO
<b>Female 15 &amp; Over 400 MR</b>					
	1	4:47.86L	Abbas, Kelsey A ITZEN, JOCELYN R Pons, Bailey E NOAH, KELSEY J	07/30/2009	2009 Iowa Swimming Summer Stat
<b>Female Open 200 Free Relay</b>					

	1	1:51.08L	Hall, Madison C Grainger, Martee M Phyfe, Aftin M Moffatt, Brittany A	07/25/2014	2014 Iowa Swimming Long Course
<b>Female Open 400 Free Relay</b>					
	1	4:02.05L	Cline, Shelby L Abbas, Kelsey A Moffatt, Brittany A Phyfe, Aftin M	07/29/2012	2012 Iowa Swimming Summer Stat
<b>Female Open 800 Free Relay</b>					
	1	8:53.62L	Phyfe, Aftin M Moffatt, Brittany A Langner, Charlie M Sell, Catherine C	07/25/2013	2013 Iowa Swimming Long Course
<b>Female Open 200 MR</b>					
	1	2:03.21L	Hall, Samantha M Clark, Olivia K Hackett, Meghan M Hall, Madison C	07/23/2015	2015 Iowa Swimming Long Course
<b>Female Open 400 MR</b>					
	1	4:32.58L	Frericks, Grace M Caughron, Carley J Mallaro, Kendall J Bobeldyk, Grace A	07/31/2021	2021 IASI 13-14_Senior Long Co
<b>Male 8 &amp; Under 200 Free Relay</b>					
	1	2:53.68L	Easter, Lincoln A L'Heureux, August L Castle, Wayne H Engelhardt, Alex J	07/21/2018	2018 IA Long Course Silver / 8
<b>Male 8 &amp; Under 200 MR</b>					
	1	3:24.05L	L'Heureux, August L Engelhardt, Alex J Easter, Lincoln A Castle, Wayne H	07/21/2018	2018 IA Long Course Silver / 8
<b>Male 10 &amp; Under 200 Free Relay</b>					
	1	2:15.04L	Fry, Graham S Langner, Andrew L Butler, John A Wilson, Cole R	07/24/2015	2015 Iowa Swimming Long Course
<b>Male 10 &amp; Under 200 MR</b>					
	1	2:38.07L	Fry, Graham S Langner, Andrew L Butler, John A Wilson, Cole R	07/25/2015	2015 Iowa Swimming Long Course
<b>Male 12 &amp; Under 200 Free Relay</b>					
	1	2:00.04L	Mattson, Jared G Moffatt, Dylan T Bremner, Dawson L Frericks, Jackson P	07/14/2013	BLAST Summer Sizzler
<b>Male 12 &amp; Under 200 MR</b>					
	1	2:14.72L	Frericks, Jackson P Mattson, Jared G Bremner, Dawson L Moffatt, Dylan T	07/13/2013	BLAST Summer Sizzler
<b>Male 14 &amp; Under 200 Free Relay</b>					
	1	1:48.09L	CHRISTENSEN, CHARLES P	06/20/2006	Best Times LO
<b>Male 14 &amp; Under 800 Free Relay</b>					

	1	8:50.25L	Bremner, Dawson L Moffatt, Dylan T Mattson, Jared G Redfern, Benson J	07/24/2015	2015 Iowa Swimming Long Course
<b>Male 14 &amp; Under 200 MR</b>					
	1	2:03.28L	CHRISTENSEN, CHARLES P	06/20/2006	Best Times LO
<b>Male 9-10 200 Free Relay</b>					
	1	2:17.34L	Moffatt, Dylan T Butler, David H Mattson, Jared G Frericks, Jackson P	07/30/2011	2011 Iowa Swimming Summer Stat
<b>Male 9-10 200 MR</b>					
	1	2:38.88L	Butler, David H Mattson, Jared G Frericks, Jackson P Moffatt, Dylan T	07/29/2011	2011 Iowa Swimming Summer Stat
<b>Male 11-12 200 Free Relay</b>					
	1	1:54.56L	Wessels, Jordan D	06/20/2006	Best Times LO
<b>Male 11-12 400 Free Relay</b>					
	1	4:20.33L	Mattson, Jared G Frericks, Jackson P Moffatt, Dylan T Bremner, Dawson L	07/26/2013	2013 Iowa Swimming Long Course
<b>Male 11-12 200 MR</b>					
	1	2:08.81L		06/20/2006	Best Times LO
<b>Male 11-12 400 MR</b>					
	1	4:53.25L	Frericks, Jackson P Mattson, Jared G Bremner, Dawson L Moffatt, Dylan T	07/28/2013	2013 Iowa Swimming Long Course
<b>Male 13 &amp; Over 200 Free Relay</b>					
	1	1:50.41L	Clements, Connor J Stern, Brady A Sund, Jacob M Stern, Nick A	05/22/2011	2011 I-Fly Armbruster Open
<b>Male 13 &amp; Over 200 MR</b>					
	1	1:54.65L	Clements, Connor J Abbas, Sean A Wessels, Jordan D Moses, Garrett S	05/21/2011	2011 I-Fly Armbruster Open
<b>Male 13-14 200 Free Relay</b>					
	1	1:43.15L		06/20/2006	Best Times LO
<b>Male 13-14 400 Free Relay</b>					
	1	3:44.34L		06/20/2006	Best Times LO
<b>Male 13-14 800 Free Relay</b>					
	1	9:07.41L	Mattson, Jared G O'Bryon, Sebastian T Bremner, Dawson L Frericks, Jackson P	07/24/2014	2014 Iowa Swimming Long Course
<b>Male 13-14 200 MR</b>					
	1	1:59.59L	Herink, Ryan T Weaver, Sam R Woltz, Mason L Arenholz, Jaxon J	07/22/2022	2022 IA Long Course Championsh
<b>Male 13-14 400 MR</b>					
	1	4:17.85L		06/20/2006	Best Times LO
<b>Male 15 &amp; Over 200 Free Relay</b>					

	1	1:39.24L	Abbas, Sean A Trelka, Kyle D Sund, Joshua D Wessels, Jordan D	07/30/2010	2010 Iowa Swimming Summer Stat
<b>Male 15 &amp; Over 400 Free Relay</b>					
	1	3:37.98L	Moses, Garrett S VERINK, TYLER S Wessels, Jordan D	07/31/2008	2008 Iowa Swimming Summer Stat
<b>Male 15 &amp; Over 800 Free Relay</b>					
	1	8:07.94L	Abbas, Sean A VERINK, TYLER S Wessels, Jordan D	07/31/2008	2008 Iowa Swimming Summer Stat
<b>Male 15 &amp; Over 200 MR</b>					
	1	1:52.36L	Clements, Connor J Pinter, Scott D Hagensick, Michael Sund, Joshua D	07/31/2011	2011 Iowa Swimming Summer Stat
<b>Male 15 &amp; Over 400 MR</b>					
	1	4:05.29L	Abbas, Sean A Wessels, Jordan D Moses, Garrett S	07/31/2008	2008 Iowa Swimming Summer Stat
<b>Male Open 200 Free Relay</b>					
	1	1:40.89L	Gehling, Nicholas J Reinart, Samuel R Bremner, Dawson L Mattson, Jared C	07/27/2017	2017 ISI Long Course Champions
<b>Male Open 400 Free Relay</b>					
	1	3:35.59L	Abbas, Sean A Moses, Garrett S Sund, Joshua D Wessels, Jordan D	07/22/2011	2011 IA Sec 1 Speedo Champions
<b>Male Open 800 Free Relay</b>					
	1	8:04.64L	Verink, Brian L Wessels, Jordan D VERINK, TYLER S	07/17/2008	2008 Summer Central Zone Secti
<b>Male Open 200 MR</b>					
	1	1:53.79L	Herink, Dylan S Wilson, Cole R Redfern, Grant D Butler, John A	07/22/2022	2022 IA Long Course Championsh
<b>Male Open 400 MR</b>					
	1	4:02.20L	Abbas, Sean A Wessels, Jordan D Moses, Garrett S Sund, Joshua D	07/24/2011	2011 IA Sec 1 Speedo Champions
<b>Mixed 8 &amp; Under 200 Free Relay</b>					
	1	2:40.18L	Koenig, Madison M Engelhardt, Alex J Sundwall, Hunter D Bobeldyk, Ella M	06/10/2018	2018 IA ICE Splash Out Hunger
<b>Mixed Open 200 Free Relay</b>					
	1	1:54.50L		06/21/2018	2018 IA BLAST Under the Lights
<b>Mixed Open 200 MR</b>					
	1	2:09.37L	Gehling, Nicholas J Langner, Gabriel J Langner, Charlie M Moffatt, Brittany A	06/12/2015	2015 Tri Under the Lights
<b>Mixed Open 400 MR</b>					

	5:24.55L 1	Seliga, Emily K Fry, Graham S Mallaro, Kendall J Schaffel, Connor J	05/05/2018	2018-IA-ICE-Amanda-K-Schany-Op
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