



2023

ANNUAL AWARDS

New Iowa Swimming Records

Parker Macho	IFLY	13-14 Boys	100 Butterfly SCY	51.20
Jacob Pins	DMSF	15-16 Boys	1000 Freestyle SCY	9:08.50
Jacob Pins	DMSF	15-16 Boys	1650 Freestyle SCY	15:05.72
Asher Havenhill	UN	15-16 Boys	100 Backstroke SCY	48.85
Hayden Hakes	IFLY	15-16 Boys	200 Med Relay SCY	1:33.90
Winston Fan	IFLY	15-16 Boys	200 Med Relay SCY	1:33.90
Parker Macho	IFLY	15-16 Boys	200 Med Relay SCY	1:33.90
Hudson Huberg	IFLY	15-16 Boys	200 Med Relay SCY	1:33.90
Hayden Hakes	IFLY	15-16 Boys	400 Med Relay SCY	3:26.74
Winston Fan	IFLY	15-16 Boys	400 Med Relay SCY	3:26.74
Parker Macho	IFLY	15-16 Boys	400 Med Relay SCY	3:26.74
Hudson Huberg	IFLY	15-16 Boys	400 Med Relay SCY	3:26.74
Miriam Sheehan	DASH	17-18 Girls	100 Backstroke SCY	51.99
Miriam Sheehan	DASH	17-18 Girls	200 Backstroke SCY	1:55.31
Miriam Sheehan	DASH	17-18 Girls	100 Butterfly SCY	51.67
Lance Swanepoel	DSMY	17-18 Boys	100 Butterfly SCY	47.33
Drew Reiter	DSMY	17-18 Boys	200 Butterfly SCY	1:46.51
Miriam Sheehan	DASH	17-18 Girls	50 Freestyle SCY	22.49
Miriam Sheehan	DASH	17-18 Girls	100 Freestyle SCY	48.89
Aurora Roghair	UN	17-18 Girls	200 Freestyle SCY	1:45.72
Aurora Roghair	UN	17-18 Girls	500 Freestyle SCY	4:42.01
Aurora Roghair	UN	17-18 Girls	1650 Freestyle SCY	16:01.55
AJ Abram	DSMY	17-18 Boys	200 Free Relay SCY	1:22.03
Asher Havenhill	DSMY	17-18 Boys	200 Free Relay SCY	1:22.03
Nick Rounds	DSMY	17-18 Boys	200 Free Relay SCY	1:22.03
Lance Swanepoel	DSMY	17-18 Boys	200 Free Relay SCY	1:22.03
Mikayla Kloth	ACAC	17-18 Girls	800 Free Relay SCY	7:34.68
Sophie McCorkle	ACAC	17-18 Girls	800 Free Relay SCY	7:34.68
Lauren Fisher	ACAC	17-18 Girls	800 Free Relay SCY	7:34.68
Meghan Donald	ACAC	17-18 Girls	800 Free Relay SCY	7:34.68

Lance Swanepoel	DSMY	17-18 Boys	800 Free Relay SCY	6:40.34
Asher Havenhill	DSMY	17-18 Boys	800 Free Relay SCY	6:40.34
Sam Davey	DSMY	17-18 Boys	800 Free Relay SCY	6:40.34
AJ Abram	DSMY	17-18 Boys	800 Free Relay SCY	6:40.34
Owen Chiles	IFLY	17-18 Boys	200 Med Relay SCY	1:30.45
Joe Polyak	IFLY	17-18 Boys	200 Med Relay SCY	1:30.45
Holden Carter	IFLY	17-18 Boys	200 Med Relay SCY	1:30.45
John Weigel	IFLY	17-18 Boys	200 Med Relay SCY	1:30.45
Hayden Hakes	IFLY	17-18 Boys	400 Med Relay SCY	3:16.71
Joe Polyak	IFLY	17-18 Boys	400 Med Relay SCY	3:16.71
Holden Carter	IFLY	17-18 Boys	400 Med Relay SCY	3:16.71
Owen Chiles	IFLY	17-18 Boys	400 Med Relay SCY	3:16.71
Miriam Sheehan	DASH	Open Women	100 Backstroke SCY	51.99
Miriam Sheehan	DASH	Open Women	200 Backstroke SCY	1:55.31
Miriam Sheehan	DASH	Open Women	100 Butterfly SCY	51.67
Aurora Roghair	IFLY	Open Women	500 Freestyle SCY	4:41.91
Jacob Pins	DMSF	Open Men	1000 Freestyle SCY	9:08.50
Aurora Roghair	UN	Open Women	1650 Freestyle SCY	16:01.55
Jacob Pins	DMSF	Open Men	1650 Freestyle SCY	15:05.72
Clayton Treharne	LMST	11-12 Boys	100 Backstroke LCM	1:06.66
Parker Macho	IFLY	13-14 Boys	100 Butterfly LCM	57.95
Hudson Huberg	IFLY	13-14 Boys	50 Freestyle LCM	23.93
Hayden Hakes	IFLY	15-16 Boys	200 Backstroke LCM	2:03.13
Grace Hoeper	IFLY	15-16 Girls	50 Freestyle LCM	26.35
Jacob Pins	DMSF	15-16 Boys	800 Freestyle LCM	8:15.86
Max Gerke	IFLY	15-16 Boys	200 Free Relay LCM	1:37.85
Holden Carter	IFLY	15-16 Boys	200 Free Relay LCM	1:37.85
Joe Polyak	IFLY	15-16 Boys	200 Free Relay LCM	1:37.85
John Weigel	IFLY	15-16 Boys	200 Free Relay LCM	1:37.85
Hannah Cousins	PSC	15-16 Girls	400 Free Relay LCM	4:01.77
Izzy Heller	PSC	15-16 Girls	400 Free Relay LCM	4:01.77
Cait Quinn	PSC	15-16 Girls	400 Free Relay LCM	4:01.77
Mary Selden	PSC	15-16 Girls	400 Free Relay LCM	4:01.77

Hayden Hakes	IFLY	15-16 Boys	400 Free Relay LCM	3:40.40
Philip Berry-Stoelzle	IFLY	15-16 Boys	400 Free Relay LCM	3:40.40
Winston Fan	IFLY	15-16 Boys	400 Free Relay LCM	3:40.40
Parker Macho	IFLY	15-16 Boys	400 Free Relay LCM	3:40.40
Hannah Cousins	PSC	15-16 Girls	200 Med Relay LCM	2:01.65
Izzy Heller	PSC	15-16 Girls	200 Med Relay LCM	2:01.65
Hailee Messerly	PSC	15-16 Girls	200 Med Relay LCM	2:01.65
Mary Selden	PSC	15-16 Girls	200 Med Relay LCM	2:01.65
Hayden Hakes	IFLY	15-16 Boys	200 Med Relay LCM	1:49.64
Winston Fan	IFLY	15-16 Boys	200 Med Relay LCM	1:49.64
Parker Macho	IFLY	15-16 Boys	200 Med Relay LCM	1:49.64
Philip Berry-Stoelzle	IFLY	15-16 Boys	200 Med Relay LCM	1:49.64
Hannah Cousins	PSC	15-16 Girls	400 Med Relay LCM	4:27.37
Izzy Heller	PSC	15-16 Girls	400 Med Relay LCM	4:27.37
Dawsyn Green	PSC	15-16 Girls	400 Med Relay LCM	4:27.37
Mary Selden	PSC	15-16 Girls	400 Med Relay LCM	4:27.37
Hayden Hakes	IFLY	15-16 Boys	400 Med Relay LCM	3:56.27
Joe Polyak	IFLY	15-16 Boys	400 Med Relay LCM	3:56.27
Holden Carter	IFLY	15-16 Boys	400 Med Relay LCM	3:56.27
John Weigel	IFLY	15-16 Boys	400 Med Relay LCM	3:56.27
Scarlet Martin	IFLY	15-18 Girls	400 Free Relay LCM	3:54.64
Grace Hoeper	IFLY	15-18 Girls	400 Free Relay LCM	3:54.64
Jade Roghair	IFLY	15-18 Girls	400 Free Relay LCM	3:54.64
Heidi Stalkfleet	IFLY	15-18 Girls	400 Free Relay LCM	3:54.64
Aiden Carstensen	IFLY	15-18 Boys	200 Med Relay LCM	1:44.51
Jordan Christensen	IFLY	15-18 Boys	200 Med Relay LCM	1:44.51
Holden Carter	IFLY	15-18 Boys	200 Med Relay LCM	1:44.51
Kirk Brotherton	IFLY	15-18 Boys	200 Med Relay LCM	1:44.51
Payden Rafferty	DSMY	15-18 Girls	400 Med Relay LCM	4:21.03
Anja Peck	DSMY	15-18 Girls	400 Med Relay LCM	4:21.03
Mallory Kell	DSMY	15-18 Girls	400 Med Relay LCM	4:21.03
Taylor Judas	DSMY	15-18 Girls	400 Med Relay LCM	4:21.03
Miriam Sheehan	DASH	17-18 Girls	100 Backstroke LCM	1:01.70

Hayden Hakes	IFLY	17-18 Boys	200 Backstroke LCM	2:04.12
Miriam Sheehan	DASH	17-18 Girls	100 Freestyle LCM	55.95
Jacob Pins	DMSF	17-18 Boys	800 Freestyle LCM	8:10.92
Jacob Pins	DMSF	17-18 Boys	1500 Freestyle LCM	15:31.13
Allison He	DSMY	17-18 Girls	800 Free Relay LCM	8:57.13
Dylan Hogenson	DSMY	17-18 Girls	800 Free Relay LCM	8:57.13
Jenna Henry	DSMY	17-18 Girls	800 Free Relay LCM	8:57.13
Rachel Rolow	DSMY	17-18 Girls	800 Free Relay LCM	8:57.13
Joe Hancock	DSMY	17-18 Boys	800 Free Relay LCM	7:46.90
Asher Havenhill	DSMY	17-18 Boys	800 Free Relay LCM	7:46.90
Tommy Hancock	DSMY	17-18 Boys	800 Free Relay LCM	7:46.90
Lance Swanepoel	DSMY	17-18 Boys	800 Free Relay LCM	7:46.90
Joe Polyak	IFLY	17-18 Boys	200 Ind Medley LCM	2:03.24
Owen Chiles	IFLY	17-18 Boys	200 Med Relay LCM	1:45.97
Joe Polyak	IFLY	17-18 Boys	200 Med Relay LCM	1:45.97
Holden Carter	IFLY	17-18 Boys	200 Med Relay LCM	1:45.97
John Weigel	IFLY	17-18 Boys	200 Med Relay LCM	1:45.97
Owen Chiles	IFLY	17-18 Boys	400 med Relay LCM	3:52.22
Joe Polyak	IFLY	17-18 Boys	400 med Relay LCM	3:52.22
Holden Carter	IFLY	17-18 Boys	400 med Relay LCM	3:52.22
John Weigel	IFLY	17-18 Boys	400 med Relay LCM	3:52.22
Miriam Sheehan	DASH	Open Women	100 Backstroke LCM	1:01.70
Jacob Pins	DMSF	Open Men	800 Freestyle LCM	8:10.92
Jacob Pins	DMSF	Open Men	1500 Freestyle LCM	15:31.13
Scarlet Martin	IFLY	Open Women	200 Free Relay LCM	1:47.84
Ella Hochstetler	IFLY	Open Women	200 Free Relay LCM	1:47.84
Jade Roghair	IFLY	Open Women	200 Free Relay LCM	1:47.84
Heidi Stalkfleet	IFLY	Open Women	200 Free Relay LCM	1:47.84

Iowa Outstanding Swimmers of the Year

Short Course

10 & Under

Aspen Fenton
Sheldon Lamb

11-12

Caite Schaffel
Misha Soloviov

13-14

Charlotte Qualley
Parker Macho

Long Course

10 & Under

Aspen Fenton
Layten Norem

11-12

Caite Schaffel
Clayton Treharne

13-14

Hannah Geng
Wesley Mooney

USA Swimming National Age Group Awards

2022-2023

Sheldon Lamb	DSMY	Boys Age 10	50 Freestyle SCY
Helena Mundisev	IFLY	Girls Age 11	500 Freestyle SCY
Helena Mundisev	IFLY	Girls Age 11	1000 Freestyle SCY
Helena Mundisev	IFLY	Girls Age 11	1650 Freestyle SCY
Helena Mundisev	IFLY	Girls Age 11	400 Ind Medley SCY
Caite Schaffel	IFLY	Girls Age 12	1650 Freestyle SCY
Wesley Mooney	DMSF	Boys Age 13	1000 Freestyle SCY
Faith Frantum	CIA	Girls Age 15	1000 Freestyle SCY
Jacob Pins	DMSF	Boys Age 16	1650 Freestyle SCY
Olivia Swalley	UN	Girls Age 17	200 Ind Medley SCY
Miriam Sheehan	DASH	Girls Age 18	50 Freestyle SCY
Miriam Sheehan	DASH	Girls Age 18	100 Backstroke SCY
Miriam Sheehan	DASH	Girls Age 18	100 Butterfly SCY
Clayton Treharne	LMST	Boys Age 12	50 Backstroke LCM
Clayton Treharne	LMST	Boys Age 12	200 Backstroke LCM
Wesley Mooney	DMSF	Boys Age 13	1500 Freestyle LCM
Hayden Hakes	IFLY	Boys Age 16	200 Backstroke LCM
Jacob Pins	DMSF	Boys Age 17	400 Freestyle LCM
Jacob Pins	DMSF	Boys Age 17	800 Freestyle LCM
Jacob Pins	DMSF	Boys Age 17	1500 Freestyle LCM
Joe Polyak	IFLY	Boys Age 17	200 Ind Medley LCM
Miriam Sheehan	DASH	Girls Age 18	100 Backstroke LCM
Miriam Sheehan	DASH	Girls Age 18	100 Butterfly LCM

USA Swimming Scholastic All Americans 2022-2023

3rd Year

Jessi Wigham	DSMY
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2nd Year

Reese Winer	ACAC
Faith Frantum	CIA
Jacob Pins	DMSF
Joe Polyak	IFLY

1st Year

Evan Feilmeyer	ACAC
Ian McCorkle	ACAC
John Butler	BLST
Dylan Herink	BLST
Cole Wilson	BLST
Brianna Cong	CIA
Holden Carter	IFLY
Grace Hoeper	IFLY
John Weigel	IFLY
Hudson Huberg	LMST
Mason Turner	LMST
Aiden Gerst	NST
Hannah Cousins	PSC
William Gorman	PSC