

2022-23 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



ZOEY AHRENS • Junior
Bettendorf, Iowa • Bettendorf H.S.

200 Freestyle: 2:02.42 // Coyote Extravaganza, 11-4-2022
500 Freestyle: 5:18.98 // Dual vs. Nebraska, 10-7-2022
1,000 Freestyle: 10:54.35 // Dual vs. Nebraska, 10-7-2022
1,650 Freestyle: 18:28.45 // Coyote Extravaganza, 11-5-2022
100 Butterfly: 1:02.58 // SDSU Triangular, 10-15-2022



PR - SDSU Pool Record

SIANNE DOWNES • Junior
Edenvale, South Africa • Holy Rosary School

50 Backstroke: :27.57 // Dual vs. Nebraska, 10-7-2022
100 Backstroke: :57.51 // SDSU Triangular, 10-15-2022 [PR]
200 Backstroke: 2:05.52 // Dual at Augustana, 10-14-2022
100 Breaststroke: 1:10.22 // SDSU Triangular, 10-15-2022
100 Ind. Medley: 1:03.69 // Dual vs. Nebraska, 10-7-2022
200 Ind. Medley: 2:16.99 // Dual at Augustana, 10-14-2022
400 Ind. Medley: 4:57.39 // Coyote Extravaganza, 11-4-2022



EMMA BACHELDER • Junior
Decorah, Iowa • Decorah H.S.

50 Freestyle: :24.79 // Coyote Extravaganza, 11-5-2022
100 Freestyle: :53.54 // Dual at Augustana, 10-14-2022
200 Freestyle: 1:58.15 // Dual at Iowa State, 10-22-2022
50 Breaststroke: :30.92 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:07.56 // at Minnesota Tri, 10-28-2022
200 Breaststroke: 2:27.48 // at Minnesota Tri, 10-28-2022



KATIE DREZEN • Junior
Dixon, Illinois • Dixon H.S.

50 Freestyle: :25.55 // at Minnesota Triangular, 10-28-2022
100 Freestyle: :57.38 // Dual at Iowa State, 10-22-2022
200 Freestyle: 2:06.49 // at Minnesota Tri, 10-28-2022
100 Butterfly: 1:02.86 // Dual at Augustana, 10-14-2022
100 Ind. Medley: 1:06.53 // Coyote Extravaganza, 11-5-2022
200 Ind. Medley: 2:32.86 // SDSU Triangular, 10-15-2022



MARISSA BRANHAM • Freshman
Williston, North Dakota • Williston H.S.

50 Breaststroke: :32.99 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:09.04 // at Minnesota Tri, 10-28-2022
200 Breaststroke: 2:28.06 // at Minnesota Tri, 10-28-2022
100 Butterfly: 1:01.96 // SDSU Triangular, 10-15-2022
100 Ind. Medley: 1:01.28 // Coyote Extravaganza, 11-5-2022
200 Ind. Medley: 2:14.17 // at Minnesota Tri, 10-28-2022
400 Ind. Medley: 4:51.97 // Dual at Iowa State, 10-22-2022



MIE DUE • Junior
Rancho Palos Verdes, California • Palos Verdes Peninsula H.S.

50 Backstroke: :29.63 // Dual vs. Nebraska, 10-7-2022
100 Backstroke: 1:00.58 // Dual at Augustana, 10-14-2022
200 Backstroke: 2:19.80 // Coyote Extravaganza, 11-5-2022
50 Butterfly: :38.53 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: 1:00.98 // Dual at Augustana, 10-14-2022
200 Butterfly: 2:29.34 // Dual at Iowa State, 10-22-2022
100 Ind. Medley: 1:04.26 // Dual vs. Nebraska, 10-7-2022
200 Ind. Medley: 2:19.98 // SDSU Triangular, 10-15-2022
400 Ind. Medley: 5:06.27 // Coyote Extravaganza, 11-4-2022



NATALIE CANNELL • Junior
Olathe, Kansas • Christ Preparatory Academy

100 Freestyle: :59.64 // Dual at Iowa State, 10-22-2022
200 Freestyle: 2:03.42 // Coyote Extravaganza, 11-4-2022
500 Freestyle: 5:26.52 // at Minnesota Tri, 10-28-2022
1,000 Freestyle: 11:07.73 // at Minnesota Tri, 10-28-2022
1,650 Freestyle: 18:52.76 // Coyote Extravaganza, 11-5-2022
100 Butterfly: 1:07.94 // Dual at Iowa State, 10-22-2022



GABBY GNEWUCH • Senior
Verona, Wisconsin • Verona Area H.S.

100 Freestyle: :55.20 // SDSU Triangular, 10-15-2022
200 Freestyle: 1:58.22 // at Minnesota Tri, 10-28-2022
500 Freestyle: 5:20.37 // Coyote Extravaganza, 11-4-2022
1,000 Freestyle: 11:13.61 // Coyote Extravaganza, 11-4-2022



JENNA CURRIER • Freshman
Denison, Iowa • Denison H.S.

50 Freestyle: :25.75 // SDSU Triangular, 10-15-2022
100 Freestyle: :55.46 // SDSU Triangular, 10-15-2022
100 Backstroke: 1:02.84 // Dual at Iowa State, 10-22-2022
50 Butterfly: :27.25 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: :59.56 // at Minnesota Triangular, 10-28-2022
200 Butterfly: 2:17.14 // at Minnesota Tri, 10-28-2022
100 Ind. Medley: 1:03.80 // Dual vs. Nebraska, 10-7-2022
400 Ind. Medley: 5:02.34 // Dual at Iowa State, 10-22-2022



SOPHIE HAISE • Freshman
Charlottesville, Virginia • Albemarle H.S.

50 Freestyle: :27.52 // Dual vs. Nebraska, 10-7-2022
100 Freestyle: 1:01.38 // Dual vs. Nebraska, 10-7-2022



AUBREY DOUDS • Freshman
Des Moines, Iowa • Lincoln H.S.

50 Freestyle: :25.28 // Coyote Extravaganza, 11-4-2022
100 Freestyle: :55.10 // at Minnesota Tri, 10-22-2022
200 Freestyle: 1:59.04 // Dual at Augustana, 10-14-2022
100 Butterfly: 1:01.02 // at Minnesota Tri, 10-22-2022



ALISON HALL • Junior
Minnetonka, Minnesota • Hopkins H.S.

500 Freestyle: 5:41.23 // Coyote Extravaganza, 11-4-2022
1,000 Freestyle: 12:03.07 // SDSU Triangular, 10-15-2022
1,650 Freestyle: 19:41.70 // Coyote Extravaganza, 11-5-2022
50 Breaststroke: :34.93 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:17.95 // Dual vs. Nebraska, 10-7-2022
200 Butterfly: 2:39.16 // Coyote Extravaganza, 11-5-2022
100 Ind Medley: 1:09.45 // Dual vs. Nebraska, 10-7-2022

2022-23 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



ALEXIA HENNING • Freshman
Ankeny, Iowa • Ankeny Centennial H.S.

50 Freestyle: :26.28 // SDSU Triangular, 10-15-2022
50 Backstroke: :28.12 // Dual vs. Nebraska, 10-7-2022
100 Backstroke: :59.25 // at Minnesota Tri, 10-28-2022
200 Backstroke: 2:10.60 // at Minnesota Tri, 10-28-2022



KATIE PATTEE • Sophomore
Farmington, Minnesota • Lakeville North H.S.

50 Freestyle: :24.74 // Dual at Augustana, 10-14-2022
100 Freestyle: :57.06 // Dual vs. Nebraska, 10-7-2022
200 Freestyle: 2:11.76 // SDSU Triangular, 10-15-2022
100 Backstroke: 1:05.27 // SDSU Triangular, 10-15-2022



SARA JUEZ • Freshman
Zaragoza, Spain •
Colegio Sagrada Familia Zaragoza

200 Freestyle: 2:01.47 // SDSU Triangular, 10-15-2022
50 Butterfly: :26.69 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: :58.54 // Dual at Augustana, 10-14-2022
200 Butterfly: 2:13.57 // Dual at Augustana, 10-14-2022
100 Ind. Medley: 1:02.10 // Coyote Extravaganza, 11-5-2022
200 Ind. Medley: 2:14.34 // at Minnesota Tr, 10-28-2022
400 Ind. Medley: 4:48.22 // Dual at Iowa State, 10-22-2022



MIA PENDLETON • Freshman
Oologan, Oklahoma • Oologan H.S.

50 Freestyle: :24.96 // Dual at Augustana, 10-14-2022
100 Freestyle: :54.88 // Dual vs. Nebraska, 10-7-2022
200 Freestyle: 2:04.29 // at Minnesota Tri, 10-28-2022
50 Backstroke: :30.01 // Dual vs. Nebraska, 10-7-2022



KELSEY KOCCON • Junior
St. Michael, Minnesota •
St. Michael-Albertville H.S.

200 Freestyle: 2:01.54 // SDSU Triangular, 10-15-2022
50 Backstroke: :27.83 // Dual vs. Nebraska, 10-7-2022
100 Backstroke: :57.79 // Dual at Augustana, 10-14-2022
200 Backstroke: 2:08.57 // at Minnesota Tri, 10-28-2022
100 Ind. Medley: 1:01.63 // Coyote Extravaganza, 11-5-2022
200 Ind. Medley: 2:15.63 // Dual at Augustana, 10-14-2022
400 Ind. Medley: 4:48.11 // Dual at Iowa State, 10-22-2022



ANNEMARIE REHBEIN • Sophomore
Independence, Missouri • Blue Springs H.S.

50 Breaststroke: :33.13 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:10.68 // Dual at Augustana, 10-14-2022
200 Breaststroke: 2:36.85 // at Minnesota Tri, 10-28-2022
200 Ind. Medley: 2:23.66 // at Minnesota Tri, 10-28-2022



MAVEN MOORE • Freshman
Friendswood, Texas

No Official Times during the 2022-23 season thus far



EMILY SHUTTLEWORTH • Freshman
Bath, England • Ralph Allen School

100 Freestyle: :58.03 // SDSU Triangular, 10-15-2022
200 Freestyle: 1:58.50 // Dual at Augustana, 10-14-2022
500 Freestyle: 5:16.41 // Dual at Augustana, 10-14-2022
1,000 Freestyle: 10:52.18 // at Minnesota Tri, 10-28-2022



MORGAN NELSON • Sophomore
Pierre, South Dakota • T.F. Riggs H.S.

50 Breaststroke: :31.70 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:07.80 // Dual at Augustana, 10-14-2022
200 Breaststroke: 2:34.28 // Coyote Extravaganza, 11-5-2022
100 Ind. Medley: 1:06.82 // Dual vs. Nebraska, 10-7-2022



OLIVIA STIKELEATHER • Freshman
Lee's Summit, Missouri • Lee's Summit H.S.

50 Breaststroke: :33.64 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:09.64 // at Minnesota Tri, 10-28-2022
200 Breaststroke: 2:31.48 // Coyote Extravaganza, 11-5-2022
100 Ind. Medley: 1:05.98 // Dual vs. Nebraska, 10-7-2022
200 Ind. Medley: 2:23.43 // Dual at Augustana, 10-14-2022



ALENI STOAKES • Senior
Lincoln, Nebraska • Lincoln Southwest H.S.

1-Meter: 215.05 // Dual at Iowa State, 10-22-2022
3-Meter: 229.40 // Dual at Iowa State, 10-22-2022

2022-23 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



OLIVIA TAGART • Redshirt Freshman
Thornton, Colorado • Horizon H.S.

50 Freestyle: :26.50 // Dual vs. Nebraska, 10-7-2022
100 Freestyle: :57.56 // Dual at Augustana, 10-14-2022
50 Butterfly: :29.93 // Dual vs. Nebraska, 10-7-2022



EMMA WALZ • Junior
Fremont, Nebraska • Bergan Catholic H.S.

50 Freestyle: :24.71 // Dual at Augustana, 10-14-2022
200 Freestyle: 1:57.24 // Dual at Augustana, 10-14-2022
100 Backstroke: :59.27 // Coyote Extravaganza, 11-4-2022
200 Backstroke: 2:06.69 // Dual at Augustana, 10-14-2022
100 Butterfly: 1:02.13 // Dual at Iowa State, 10-22-2022
200 Ind. Medley: 2:16.70 // SDSU Triangular, 10-15-2022



ELISABETH TIMMER • Senior
Savaneta, Aruba • Colegio Arubano

50 Freestyle: :23.28 // Dual at Augustana, 10-14-2022
100 Freestyle: :51.37 // at Minnesota Triangular, 10-28-2022
200 Freestyle: 1:53.54 // at Minnesota Tri, 10-28-2022
500 Freestyle: 5:20.14 // SDSU Triangular, 10-15-2022
100 Butterfly: :58.90 // SDSU Triangular, 10-15-2022
100 Ind. Medley: :59.60 // Dual vs. Nebraska, 10-7-2022



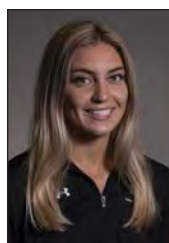
GRACE WITHERSPOON • Senior
Eden Prairie, Minnesota • Eden Prairie H.S.

50 Freestyle: :24.21 // Dual at Augustana, 10-14-2022
100 Freestyle: :55.40 // Dual at Augustana, 10-14-2022
200 Freestyle: 2:10.60 // SDSU Triangular, 10-15-2022



KAYLEE TRINGALI • Junior
Sussex, Wisconsin •
Waukesha Academy of Health Professions

500 Freestyle: 5:49.89 // SDSU Triangular, 10-15-2022
50 Butterfly: :28.12 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: 1:00.48 // Dual at Augustana, 10-14-2022
200 Butterfly: 2:26.80 // Dual at Augustana, 10-14-2022
200 Ind. Medley: 2:19.32 // SDSU Triangular, 10-15-2022



BREEANNA WOLKERSTORFER • Junior
Monticello, Minnesota • Monticello H.S.

50 Freestyle: :27.50 // Dual vs. Nebraska, 10-7-2022
500 Freestyle: 6:02.74 // SDSU Triangular, 10-15-2022
50 Butterfly: :28.44 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: 1:03.09 // Dual at Augustana, 10-14-2022
200 Butterfly: 2:35.95 // Coyote Extravaganza, 11-5-2022

2022-23 WOMEN'S SWIMMING AND DIVING TEAM SEASON BESTS

INDIVIDUAL

50 Freestyle	Elisabeth Timmer	:23.28	Dual at Augustana, 10-14-2022
100 Freestyle	Elisabeth Timmer	:51.37	Minnesota Triangular, 10-28-2022
200 Freestyle	Elisabeth Timmer	1:53.54	Minnesota Triangular, 10-28-2022
500 Freestyle	Emily Shuttleworth	5:16.41	Dual at Augustana, 10-14-2022
1,000 Freestyle	Emily Shuttleworth	10:52.18	Minnesota Triangular, 10-28-2022
1,650 Freestyle	Zoey Ahrens	18:28.45	Coyote Extravaganza, 11-5-2022
50 Backstroke	Sianne Downes	:27.57	Dual vs. Nebraska, 10-7-2022
100 Backstroke	Sianne Downes	:57.51 (pool record)	SDSU Triangular, 10-15-2022
200 Backstroke	Sianne Downes	2:05.52	Dual at Augustana, 10-14-2022
50 Breaststroke	Emma Bachelder	:30.92	Dual vs. Nebraska, 10-7-2022
100 Breaststroke	Emma Bachelder	1:07.56	Minnesota Triangular, 10-28-2022
200 Breaststroke	Emma Bachelder	2:27.48	Minnesota Triangular, 10-28-2022
50 Butterfly	Sara Juez	:26.69	Dual vs. Nebraska, 10-7-2022
100 Butterfly	Sara Juez	:58.54	Dual at Augustana, 10-14-2022
200 Butterfly	Sara Juez	2:13.57	Dual at Augustana, 10-14-2022
100 Individual Medley	Elisabeth Timmer	:59.60	Dual vs. Nebraska, 10-7-2022
200 Individual Medley	Marissa Branham	2:14.17	Minnesota Triangular, 10-28-2022
400 Individual Medley	Kelsey Kocon	4:48.11	Dual at Iowa State, 10-22-2022
1-Meter Diving	Aleni Stoakes	215.05	Dual at Iowa State, 10-22-2022
3-Meter Diving	Aleni Stoakes	229.40	Dual at Iowa State, 10-22-2022

RELAYS

200 Freestyle Relay	Walz, Witherspoon, Bachelder, Timmer	1:37.98	Dual at Iowa State, 10-22-2022
	Timmer, Walz, Pattee, Witherspoon	1:37.98	Coyote Extravaganza, 11-4-2022
400 Freestyle Relay	Bachelder, Timmer, Walz, Pendleton	3:33.50	Dual at Augustana, 10-14-2022
800 Freestyle Relay	N/A		
200 Medley Relay	Kocon, Bachelder, Juez, Pattee	1:47.01	Dual at Augustana, 10-14-2022
400 Medley Relay	Downes, Nelson, Currier, Timmer	3:58.20	SDSU Triangular, 10-15-2022