

## 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 Breaststroke: 1:22.50 // Dual vs. Omaha, 11-11-2022  
100 Butterfly: 1:02.58 // SDSU Triangular, 10-15-2022



**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

PR - SDSU Pool Record



**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.

50 Freestyle: :25.91 // Dual vs. Omaha, 11-11-2022  
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: :27.43 // Dual vs. Omaha, 11-11-2022  
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.

200 Freestyle: 2:10.58 // Dual vs. Omaha, 11-11-2022  
500 Freestyle: 5:40.63 // Dual vs. Omaha, 11-11-2022  
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: :56.63 // Dual vs. Omaha, 11-11-2022  
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: 2:14.00 // Dual vs. Omaha, 11-11-2022  
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: 2:15.39 // Dual vs. Omaha, 11-11-2022  
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



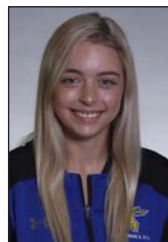
**MORGAN NELSON • Sophomore**  
**Pierre, South Dakota • T.F. Riggs H.S.**

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  
200 Ind. Medley: 2:27.16 // Dual vs. Omaha, 11-11-2022



**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: 224.85 // Dual vs. Omaha, 11-11-2022  
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: :26.37 // Dual vs. Omaha, 11-11-2022  
100 Freestyle: :57.56 // Dual at Augustana, 10-14-2022  
50 Butterfly: :29.93 // Dual vs. Nebraska, 10-7-2022  
100 Butterfly: 1:07.75 // Dual vs. Omaha, 11-11-2022



**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: :27.03 // Dual vs. Omaha, 11-11-2022  
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 | Sara Juez          | 2:14.00              | Dual vs. Omaha, 11-11-2022       |
| 400 Individual Medley | Kelsey Kocon       | 4:48.11              | Dual at Iowa State, 10-22-2022   |
| 1-Meter Diving        | Aleni Stoakes      | 224.85               | Dual vs. Omaha, 11-11-2022       |
| 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    |