

2023-24 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



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

200 Freestyle: 2:04.74 // Dual vs. Iowa Central, 10-7-2023
500 Freestyle: 5:21.04 // Dual vs. Augustana, 10-6-2023
1,000 Freestyle: 10:57.96 // Dual vs. Augustana, 10-6-2023



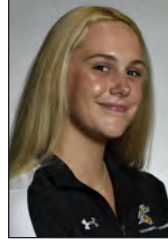
JENNA CURRIER • Sophomore
Denison, Iowa • Denison H.S.

100 Freestyle: :54.93 // Dual vs. Iowa Central, 10-7-2023
200 Freestyle: 2:00.21 // Dual vs. Augustana, 10-6-2023



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

50 Freestyle: :25.19 // Dual vs. Augustana, 10-6-2023
100 Freestyle: :55.85 // Dual vs. Iowa Central, 10-7-2023
200 Freestyle: 2:00.20 // Dual vs. Iowa Central, 10-7-2023



KAYLIN DE ALMEIDA • Junior
Johannesburg, South Africa • Northcliff H.S. •
Indian River State College (Fla.)

100 Backstroke: 1:02.22 // Dual vs. Iowa Central, 10-7-2023
200 Backstroke: 2:15.65 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:17.96 // Dual vs. Augustana, 10-6-2023



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

100 Breaststroke: 1:08.98 // Dual vs. Iowa Central, 10-7-2023
200 Breaststroke: 2:27.22 // Dual vs. Augustana, 10-6-2023
100 Butterfly: 1:04.06 // Dual vs. Iowa Central, 10-7-2023
200 Ind. Medley: 2:15.39 // Dual vs. Augustana, 10-6-2023



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

50 Freestyle: :30.51 // Dual vs. Iowa Central, 10-7-2023
100 Freestyle: :55.79 // Dual vs. Augustana, 10-6-2023



NATALIE CANNELL • Senior
Olathe, Kansas • Christ Preparatory Academy

100 Freestyle: :59.77 // Dual vs. Augustana, 10-6-2023
1,000 Freestyle: 11:34.66 // Dual vs. Iowa Central, 10-7-2023



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

100 Backstroke: ^:57.76 // Dual vs. Iowa Central, 10-7-2023
200 Backstroke: ^2:05.17 // Dual vs. Augustana, 10-6-2023
100 Breaststroke: 1:10.10 // Dual vs. Iowa Central, 10-7-2023
200 Ind. Medley: 2:13.91 // Dual vs. Augustana, 10-6-2023
^ denotes SDSU pool record



ANNA MEI CASTRO • Freshman
Barcelona, Spain • I.E.S. CAR

1-Meter Diving: 223.58 // Dual vs. Augustana, 10-6-2023
3-Meter Diving: 252.30 // Dual vs. Augustana, 10-6-2023



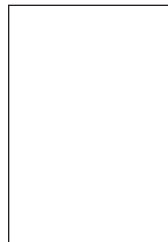
MIE DUE • Senior
Rancho Palos Verdes, California •
Palos Verdes Peninsula H.S.

No official swimming times yet this season



IZZY COX • Freshman
Lakeside, California • Granite Hills H.S.

500 Freestyle: 5:44.22 // Dual vs. Iowa Central, 10-7-2023
200 Breaststroke: 2:36.26 // Dual vs. Augustana, 10-6-2023
200 Butterfly: 2:21.65 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:17.91 // Dual vs. Iowa Central, 10-7-2023



LILY ESMAS • Freshman
Centennial, Colorado • Cherry Creek H.S.

No official swimming times yet this season

2023-24 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS

ANNABELLE GIFFORD • Freshman
St. Paul, Minnesota • Highland Park H.S.

No official diving marks yet this season



KELSEY KOCON • Senior
St. Michael, Minnesota •
St. Michael-Albertville H.S.

200 Freestyle: 2:00.57 // Dual vs. Iowa Central, 10-7-2023
100 Backstroke: :59.38 // Dual vs. Iowa Central, 10-7-2023
200 Backstroke: 2:08.21 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:13.60 // Dual vs. Augustana, 10-6-2023

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

100 Freestyle: :55.38 // Dual vs. Augustana, 10-6-2023
200 Freestyle: 1:59.38 // Dual vs. Augustana, 10-6-2023
1,000 Freestyle: 11:22.17 // Dual vs. Iowa Central, 10-7-2023



POPPY MEAD • Freshman
Derby, England • Alestree Woodlands

500 Freestyle: 5:27.89 // Dual vs. Augustana, 10-6-2023
1,000 Freestyle: 11:08.62 // Dual vs. Augustana, 10-6-2023
100 Butterfly: 1:00.87 // Dual vs. Iowa Central, 1:00.87
200 Butterfly: 2:12.02 // Dual vs. Augustana, 10-6-2023

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

50 Freestyle: :27.22 // Dual vs. Augustana, 10-6-2023
100 Freestyle: 1:00.92 // Dual vs. Augustana, 10-6-2023
100 Butterfly: 1:09.40 // Dual vs. Iowa Central, 10-7-2023



MAVEN MOORE • Redshirt Freshman
Friendswood, Texas

100 Backstroke: 1:04.57 // Dual vs. Iowa Central, 10-7-2023
100 Breaststroke: 1:11.03 // Dual vs. Iowa Central, 10-7-23
200 Breaststroke: 2:31.79 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:16.39 // Dual vs. Augustana, 10-6-2023

ALEXIS HENNING • Sophomore
Ankeny, Iowa • Ankeny Centennial H.S.

No official swimming times yet this season

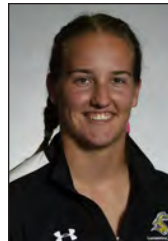


MORGAN NELSON • Junior
Pierre, South Dakota • T.F. Riggs H.S.

100 Breaststroke: 1:09.09 // Dual vs. Iowa Central, 10-7-2023
200 Breaststroke: 2:35.50 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:25.17 // Dual vs. Iowa Central, 10-7-2023

GIGI HIOKI • Freshman
Liberty Lake, Washington •
Sacred Hearts Academy

100 Freestyle: :54.50 // Dual vs. Augustana, 10-6-2023
200 Freestyle: 1:56.10 // Dual vs. Augustana, 10-6-2023
500 Freestyle: 5:16.77 // Dual vs. Iowa Central, 10-7-2023



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

50 Freestyle: :25.85 // Dual vs. Augustana, 10-6-2023
100 Backstroke: 1:05.88 // Dual vs. Iowa Central, 10-7-2023

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

500 Freestyle: 5:42.25 // Dual vs. Augustana, 10-6-2023
100 Butterfly: 1:00.50 // Dual vs. Iowa Central, 10-7-2023
200 Ind. Medley: 2:18.01 // Dual vs. Augustana, 10-6-2023



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

No official swimming times yet this season

2023-24 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



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

100 Breaststroke: 1:09.68 // Dual vs. Iowa Central, 10-7-2023
200 Breaststroke: 2:31.41 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:22.46 // Dual vs. Iowa Central, 10-7-2023



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

100 Butterfly: 1:02.59 // Dual vs. Iowa Central, 10-7-2023
200 Butterfly: 2:27.60 // Dual vs. Iowa Central, 10-7-2023



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

100 Breaststroke: 1:15.75 // Dual vs. Iowa Central, 10-7-2023
200 Breaststroke: 2:39.45 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:25.31 // Dual vs. Iowa Central, 10-7-2023



MARY THOMPSON • Freshman
Lincoln, Neb. • Pius X H.S.

1-Meter Diving: 169.88 // Dual vs. Augustana, 10-6-2023
3-Meter Diving: 184.43 // Dual vs. Augustana, 10-6-2023



OLIVIA TAGART • Sophomore
Thornton, Colorado • Horizon H.S.

50 Freestyle: :25:59 // Dual vs. Augustana, 10-6-2023
100 Freestyle: :57.24 // Dual vs. Augustana, 10-6-2023



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

50 Freestyle: :24.91 // Dual vs. Augustana, 10-6-2023
100 Backstroke: :58.73 // Dual vs. Iowa Central, 10-7-2023

2023-24 WOMEN'S SWIMMING AND DIVING TEAM SEASON BESTS

INDIVIDUAL

50 Freestyle	Emma Walz	:24.91	Dual vs. Augustana, 10-6-2023
100 Freestyle	Gigi Hioki	:54.50	Dual vs. Augustana, 10-6-2023
200 Freestyle	Gigi Hioki	1:56.10	Dual vs. Augustana, 10-6-2023
500 Freestyle	Gigi Hioki	5:16.77	Dual vs. Iowa Central, 10-7-2023
1,000 Freestyle	Zoey Ahrens	10:57.96	Dual vs. Augustana, 10-6-2023
1,650 Freestyle	N/A		
50 Backstroke	N/A		
100 Backstroke	Sianne Downes	:57.76 [Pool Record]	Dual vs. Iowa Central, 10-7-2023
200 Backstroke	Sianne Downes	2:05.17 [Pool Record]	Dual vs. Augustana, 10-6-2023
50 Breaststroke	N/A		
100 Breaststroke	Marissa Branham	1:08.98	Dual vs. Iowa Central, 10-7-2023
200 Breaststroke	Marissa Branham	2:27.22	Dual vs. Augustana, 10-7-2023
50 Butterfly	N/A		
100 Butterfly	Sara Juez	1:00.50	Dual vs. Iowa Central, 10-7-2023
200 Butterfly	Poppy Mead	2:12.02	Dual vs. Augustana, 10-6-2023
100 Individual Medley	N/A		
200 Individual Medley	Kelsey Kocon	2:13.60	Dual vs. Augustana, 10-6-2023
400 Individual Medley	N/A		
1-Meter Diving	Anna Mei Castro	223.58	Dual vs. Augustana, 10-6-2023
3-Meter Diving	Anna Mei Castro	252.30	Dual vs. Augustana, 10-6-2023

RELAYS

200 Freestyle Relay	Kocon, Pattee, Currier, Juez	1:39.51	Dual vs. Iowa Central, 10-7-2023
400 Freestyle Relay	Hioki, Gnewuch, Kocon, Walz	3:35.00	Dual vs. Augustana, 10-6-2023
800 Freestyle Relay	N/A		
200 Medley Relay	Downes, Bachelder, Currier, Walz	1:47.22	Dual vs. Augustana, 10-6-2023
400 Medley Relay	Downes, Branham, Currier, Hioki	3:59.65	Dual vs. Iowa Central, 10-7-2023