

## 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  
100 Butterfly: :59.78 // Dual at Nebraska, 10-20-2023



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

50 Freestyle: :25.09 // Dual at Nebraska, 10-20-2023  
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: 1:02.20 // Dual at Nebraska, 10-20-2023  
200 Backstroke: 2:12.31 // Dual at Nebraska, 10-20-2023  
200 Ind. Medley: 2:17.04 // Dual at Nebraska, 10-20-2023



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

100 Breaststroke: 1:08.07 // Dual at Nebraska, 10-20-2023  
200 Breaststroke: 2:26.35 // Dual at Nebraska, 10-20-2023  
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: :25.32 // Dual at Nebraska, 10-20-2023  
100 Freestyle: :55.11 // Dual at Nebraska, 10-20-2023  
100 Butterfly: 1:02.62 // Dual at Nebraska, 10-20-2023



**NATALIE CANNELL • Senior**  
**Olathe, Kansas • Christ Preparatory Academy**

100 Freestyle: :59.77 // Dual vs. Augustana, 10-6-2023  
500 Freestyle: 5:38.33 // Dual at Nebraska, 10-20-2023  
1,000 Freestyle: 11:27.19 // Dual at Nebraska, 10-20-2023



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

100 Backstroke: ^:57.76 // Dual vs. Iowa Central, 10-7-2023  
200 Backstroke: 2:04.41 // Dual at Nebraska, 10-20-2023  
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: 228.83 // Dual at Nebraska, 10-20-2023  
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.**

200 Freestyle: 2:05.29 // Dual at Nebraska, 10-20-2023  
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.**

100 Backstroke: 1:00.19 // Dual at Nebraska, 10-20-2023  
200 Backstroke: 2:10.65 // Dual at Nebraska, 10-20-2023

## 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: :58.61 // Dual at Nebraska, 10-20-2023  
200 Backstroke: 2:06.79 // Dual at Nebraska, 10-20-2023  
200 Ind. Medley: 2:13.11 // Dual at Nebraska, 10-20-2023



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

100 Freestyle: :54.31 // Dual at Nebraska, 10-20-2023  
200 Freestyle: 1:56.40 // Dual at Nebraska, 10-20-2023  
500 Freestyle: 5:27.46 // Dual at Nebraska, 10-20-2023  
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: 11:06.33 // Dual at Nebraska, 10-20-2023  
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: :26.93 // Dual at Nebraska, 10-20-2023  
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: 1:08.57 // Dual at Nebraska, 10-20-2023  
200 Breaststroke: 2:28.06 // Dual at Nebraska, 10-20-2023  
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: 1:07.61 // Dual at Nebraska, 10-20-2023  
200 Breaststroke: 2:32.28 // Dual at Nebraska, 10-20-2023  
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: :25.56 // Dual at Nebraska, 10-20-2023  
100 Freestyle: :58.17 // Dual at Nebraska, 10-20-2023  
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 Butterfly: 2:21.16 // Dual at Nebraska, 10-20-2023  
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: 1:07.90 // Dual at Nebraska, 10-20-2023  
200 Breaststroke: 2:28.67 // Dual at Nebraska, 10-20-2023  
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: 2:21.48 // Dual at Nebraska, 10-20-2023



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

100 Breaststroke: 1:12.73 // Dual at Nebraska, 10-20-2023  
200 Breaststroke: 2:37.40 // Dual at Nebraska, 10-20-2023  
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: :58.54 // Dual at Nebraska, 10-20-2023  
200 Backstroke: 2:06.94 // Dual at Nebraska, 10-20-2023

## 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	Gabby Gnewuch	:54.31	Dual at Nebraska, 10-20-2023
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	2:04.41	Dual at Nebraska, 10-20-2023
50 Breaststroke	N/A		
100 Breaststroke	Morgan Nelson	1:07.61	Dual at Nebraska, 10-20-2023
200 Breaststroke	Marissa Branham	2:26.35	Dual at Nebraska, 10-20-2023
50 Butterfly	N/A		
100 Butterfly	Jenna Currier	:59.78	Dual at Nebraska, 10-20-2023
200 Butterfly	Poppy Mead	2:12.02	Dual vs. Augustana, 10-6-2023
100 Individual Medley	N/A		
200 Individual Medley	Kelsey Kocon	2:13.11	Dual at Nebraska, 10-20-2023
400 Individual Medley	N/A		
1-Meter Diving	Anna Mei Castro	228.83	Dual at Nebraska, 10-20-2023
3-Meter Diving	Anna Mei Castro	252.30	Dual vs. Augustana, 10-6-2023

### RELAYS

200 Freestyle Relay	Walz, Currier, Bachelder, Hioki	1:37.57	Dual at Nebraska, 10-20-2023
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