

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



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

50 Freestyle: :26.80 // at Coyote Invitational, 2-3-2023
200 Freestyle: 1:59.02 // Augustana Invitational, 11-18-2022
500 Freestyle: 5:12.62 // Augustana Invitational, 11-17-2022
1,000 Freestyle: 10:54.35 // Dual vs. Nebraska, 10-7-2022
1,650 Freestyle: 18:06.96 // Augustana Invite, 11-19-2022
100 Breaststroke: 1:22.50 // Dual vs. Omaha, 11-11-2022
100 Butterfly: 1:02.58 // SDSU Triangular, 10-15-2022
200 Butterfly: 2:15.25 // Augustana Invitational, 11-19-2022



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

50 Freestyle: :23.95 // at Augustana Invitational, 11-17-2022
100 Freestyle: :55.46 // SDSU Triangular, 10-15-2022
500 Freestyle: 5:19.12 // at Coyote Invitational, 2-3-2023
100 Backstroke: :57.24 // Augustana Invitational, 11-18-2022
200 Backstroke: 2:12.11 // at Coyote Invitational, 2-4-2023
100 Breaststroke: 1:12.67 // at Coyote Invitational, 2-4-2023
50 Butterfly: :27.25 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: :56.46 // at Augustana Invitational, 11-17-2022
200 Butterfly: 2:11.71 // Augustana Invitational, 11-19-2022
100 Ind. Medley: :59.89 // Augustana Invitational, 11-19-22
400 Ind. Medley: 5:02.34 // Dual at Iowa State, 10-22-2022



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

50 Freestyle: :23.48 // at Augustana Invitational, 11-17-2022
100 Freestyle: :51.79 // Augustana Invitational, 11-19-2022
200 Freestyle: 1:58.15 // Dual at Iowa State, 10-22-2022
50 Breaststroke: :30.92 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:06.80 // Augustana Invitational, 11-18-22
200 Breaststroke: 2:27.48 // at Minnesota Tri, 10-28-2022
100 Butterfly: 1:02.63 // at Coyote Invitational, 2-3-2023
100 Ind. Medley: 1:03.22 // at Coyote Invitational, 2-4-2023
200 Ind. Medley: 2:10.22 // Augustana Invitational, 11-17-22



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

50 Freestyle: :24.45 // at Augustana Invitational, 11-17-2022
100 Freestyle: :53.03 // Augustana Invitational, 11-19-2022
200 Freestyle: 1:54.11 // Augustana Invitational, 11-18-2022
500 Freestyle: 5:23.56 // at Coyote Invitational, 2-3-2023
100 Breaststroke: 1:11.27 // at Coyote Invitational, 2-4-2023
200 Butterfly: :58.37 // at Augustana Invitational, 11-17-2022
100 Butterfly: 2:19.62 // at Coyote Invitational, 2-4-2023
100 Ind. Medley: 1:00.16 // at Coyote Invitational, 2-4-2023
200 Ind. Medley: 2:14.07 // at Coyote Invitational, 2-3-2023



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

50 Freestyle: :25.91 // at Coyote Invitational, 2-3-2023
100 Freestyle: 56.96 // at Coyote Invitational, 2-4-2023
100 Backstroke: 1:01.95 // at Coyote Invitational, 2-4-2023
50 Breaststroke: :32.99 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:06.58 // Augustana Invitational, 11-18-22
200 Breaststroke: 2:24.97 // Augustana Invite, 11-19-22
100 Butterfly: 1:01.96 // SDSU Triangular, 10-15-2022
200 Butterfly: 2:18.27 // at Coyote Invitational, 2-4-2023
100 Ind. Medley: :58.43 // Augustana Invitational, 11-19-2022
200 Ind. Medley: 2:13.24 // Dual vs. South Dakota, 1-21-23
400 Ind. Medley: 4:39.29 // Augustana Invite, 11-18-2022



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

50 Backstroke: :27.57 // Dual vs. Nebraska, 10-7-2022
100 Backstroke: :56.53 // at Augustana Invitational, 11-18-22
200 Backstroke: 2:05.52 // Dual at Augustana, 10-14-2022
100 Breaststroke: 1:10.22 // SDSU Triangular, 10-15-2022
200 Breaststroke: 2:34.05 // at Coyote Invitational, 2-4-2023
100 Ind. Medley: 1:03.69 // Dual vs. Nebraska, 10-7-2022
200 Ind. Medley: 2:09.92 // Augustana Invitational, 11-17-22
400 Ind. Medley: 4:53.17 // Augustana Invitational, 11-18-22



NATALIE CANNELL • Junior
Olathe, Kansas • Christ Preparatory Academy

50 Freestyle: :26.82 // at Coyote Invitational, 2-3-2023
100 Freestyle: :55.61 // at Augustana Invitational, 11-19-2022
200 Freestyle: 1:58.05 // at Augustana Invitational, 11-18-22
500 Freestyle: 5:12.69 // at Augustana Invitational, 11-17-22
1,000 Freestyle: 11:07.73 // at Minnesota Tri, 10-28-2022
1,650 Freestyle: 18:04.15 // at Augustana Invite, 11-19-2022
100 Backstroke: 1:06.03 // at Coyote Invitational, 2-4-2023
100 Butterfly: 1:07.94 // Dual at Iowa State, 10-22-2022
100 Ind. Medley: 1:04.36 // at Coyote Invitational, 2-4-2023
200 Ind. Medley: 2:19.39 // at Coyote Invitational, 2-3-2023



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

50 Freestyle: :23.95 // at Augustana Invitational, 11-17-2022
100 Freestyle: :54.08 // at Augustana Invitational, 11-19-22
200 Freestyle: 2:02.10 // Augustana Invitational, 11-18-2022
100 Backstroke: 1:07.89 // at Coyote Invitational, 2-4-2023
100 Breaststroke: 1:19.89 // at Coyote Invitational, 2-4-2023
100 Butterfly: :59.77 // Augustana Invitational, 11-17-2022
100 Ind. Medley: 1:03.28 // Augustana Invitational, 11-19-22
200 Ind. Medley: 2:32.86 // SDSU Triangular, 10-15-2022

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



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

50 Freestyle: :26.26 // at Coyote Invitational, 2-3-2023
 50 Backstroke: :29.63 // Dual vs. Nebraska, 10-7-2022
 100 Backstroke: 1:00.43 // at Augustana Invite, 11-18-22
 200 Backstroke: 2:19.80 // at Coyote Extravaganza, 11-5-22
 100 Breaststroke: 1:13.70 // at Coyote Extravaganza, 2-4-23
 200 Breaststroke: 2:47.54 // Dual vs. St. Cloud State, 1-13-23
 50 Butterfly: :38.53 // Dual vs. Nebraska, 10-7-2022
 100 Butterfly: :59.05 // at Augustana Invitational, 11-17-2022
 200 Butterfly: 2:29.34 // Dual at Iowa State, 10-22-2022
 100 Ind. Medley: 1:01.35 // Dual vs. Nebraska, 10-7-2022
 200 Ind. Medley: 2:14.39 // at Augustana Invite, 11-17-2022
 400 Ind. Medley: 4:47.11 // at Augustana Invite, 11-18-2022



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

50 Freestyle: :24.12 // at Coyote Invitational, 2-3-2023
 100 Freestyle: :52.28 // Augustana Invitational, 11-19-2022
 200 Freestyle: 2:01.47 // SDSU Triangular, 10-15-2022
 200 Backstroke: 2:12.14 // at Coyote Invitational, 2-4-2023
 100 Breaststroke: 1:12.69 // at Coyote Invitational, 2-4-2023
 50 Butterfly: :26.69 // Dual vs. Nebraska, 10-7-2022
 100 Butterfly: :56.83 // Augustana Invitational, 11-17-2022
 200 Butterfly: 2:12.54 // Augustana Invitational, 11-19-2022
 100 Ind. Medley: 1:02.10 // Coyote Extravaganza, 11-5-2022
 200 Ind. Medley: 2:10.82 // Augustana Invitational, 11-17-22
 400 Ind. Medley: 4:41.36 // Augustana Invitational, 11-18-22



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

50 Freestyle: :24.35 // at Augustana Invitational, 11-17-2022
 100 Freestyle: :52.99 // Augustana Invitational, 11-19-2022
 200 Freestyle: 1:53.84 // Augustana Invitational, 11-18-2022
 500 Freestyle: 5:08.77 // Augustana Invitational, 11-17-2022
 1,000 Freestyle: 11:13.61 // Coyote Extravaganza, 11-4-2022
 100 Butterfly: :59.73 // at Coyote Invitational, 2-3-2023



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

50 Freestyle: :24.85 // at Coyote Invitational, 2-3-2023
 100 Freestyle: :54.60 // at Coyote Invitational, 2-4-2023
 200 Freestyle: 2:01.54 // SDSU Triangular, 10-15-2022
 50 Backstroke: :27.83 // Dual vs. Nebraska, 10-7-2022
 100 Backstroke: :55.68 // Augustana Invitational, 11-18-2022
 200 Backstroke: 2:03.61 // Augustana Invitational, 11-19-22
 100 Breaststroke: 1:10.73 // at Coyote Invitational, 2-4-2023
 100 Ind. Medley: :59.63 // Augustana Invitational, 11-29-2022
 200 Ind. Medley: 2:08.34 // Augustana Invite, 11-27-2022
 400 Ind. Medley: 4:48.11 // Dual at Iowa State, 10-22-2022



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

50 Freestyle: :25.64 // at Augustana Invitational, 11-17-2022
 100 Freestyle: :57.07 // at Coyote Invitational, 2-4-2023
 100 Backstroke: 1:04.15 // Augustana Invitational, 11-18-22
 100 Breaststroke: 1:14.57 // at Coyote Invitational, 2-4-2023
 100 Ind. Medley: 1:05.07 // Augustana Invitational, 11-19-22
 200 Ind. Medley: 2:21.38 // at coyote Invitational, 2-3-2023



MAVEN MOORE • Freshman
Friendswood, Texas

No Official Times during the 2022-23 season thus far



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
 200 Ind Medley: 2:27.47 // at Augustana Invite 11-17-2022



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

50 Freestyle: :26.12 // at Coyote Invitational, 2-3-2023
 100 Freestyle: :58.53 // at Coyote Invitational, 2-4-2023
 100 Backstroke: 1:09.12 // at Coyote Invitational, 2-4-2023
 50 Breaststroke: :31.70 // Dual vs. Nebraska, 10-7-2022
 100 Breaststroke: 1:05.29 // Augustana Invitational, 11-18-22
 200 Breaststroke: 2:29.83 // Augustana Invitational, 11-19-22
 100 Ind. Medley: 1:02.57 // Augustana Invitational, 11-19-22
 200 Ind. Medley: 2:19.99 // Augustana Invitational, 11-17-22



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

50 Freestyle: :24.00 // at Augustana Invitational, 11-17-2022
 100 Freestyle: :59.03 // at Coyote Invitational, 2-4-2023
 50 Backstroke: :28.12 // Dual vs. Nebraska, 10-7-2022
 100 Backstroke: :56.61 // Augustana Invitational, 11-18-22
 200 Backstroke: 2:06.67 // Augustana Invitational, 11-19-22
 100 Ind. Medley: 1:01.11 // Augustana Invitational, 11-19-22
 200 Ind. Medley: 2:17.11 // Augustana Invitational, 11-17-22



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

50 Freestyle: :23.67 // at Augustana Invitational, 11-17-2022
 100 Freestyle: :53.44 // Augustana Invitational, 11-19-2022
 200 Freestyle: 2:02.16 // Augustana Invitational, 11-18-2022
 100 Backstroke: 1:02.39 // Augustana Invitational, 11-18-22
 100 Butterfly: 1:02.86 // Augustana Invitational, 11-17-2022
 200 Butterfly: 2:38.64 // at Coyote Invitational, 2-4-2023

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



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

50 Freestyle: :24.15 // at Augustana Invitational, 11-17-2022
100 Freestyle: :54.09 // at Coyote Invitational, 2-4-2023
200 Freestyle: 2:02.28 // Dual vs. South Dakota, 1-21-2023
50 Backstroke: :30.01 // Dual vs. Nebraska, 10-7-2022
100 Backstroke: 1:05.02 // Augustana Invitational, 11-18-22



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

100 Freestyle: :59.67 // at Coyote Invitational, 2-4-2023
50 Breaststroke: :33.13 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:07.01 // Augustana Invitational, 11-18-22
200 Breaststroke: 2:31.29 // Augustana Invitational, 11-19-22
100 Ind. Medley: 1:03.90 // Augustana Invitational, 11-19-22
200 Ind. Medley: 2:15.34 // Augustana Invitational, 11-17-22



EMILY SHUTTLEWORTH • Freshman
Bath, England • Ralph Allen School

50 Freestyle: :25.11 // at Coyote Invitational, 2-3-2023
100 Freestyle: :54.08 // at Augustana Invitational, 11-17-2022
200 Freestyle: 1:53.87 // Augustana Invitational, 11-18-2022
500 Freestyle: 5:01.84 // Augustana Invitational, 11-17-2022
1,000 Freestyle: 10:52.18 // at Minnesota Tri, 10-28-2022
1,650 Freestyle: 17:33.46 // Augustana Invitational, 11-19-22
100 Ind. Medley: 1:02.25 // at Coyote Invitational, 2-4-2023
400 Ind. Medley: 4:38.11 // at Coyote Invitational, 2-4-2023



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

50 Freestyle: :26.70 // at Coyote Invitational, 2-3-2023
100 Freestyle: :58.59 // at Coyote Invitational, 2-4-2023
50 Breaststroke: :33.64 // Dual vs. Nebraska, 10-7-2022
100 Breaststroke: 1:07.93 // Augustana Invitational, 11-18-22
200 Breaststroke: 2:28.01 // Augustana Invitational, 11-19-22
100 Ind. Medley: 1:03.39 // Augustana Invitational, 11-19-22
200 Ind. Medley: 2:14.05 // Augustana Invitational, 11-17-22



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

1-Meter: 232.35 // Augustana Invitational, 11-18-2022
3-Meter: 229.40 // Dual at Iowa State, 10-22-2022



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

50 Freestyle: :24.95 // at Augustana Invitational, 11-17-2022
100 Freestyle: :56.13 // Augustana Invitational, 11-19-2022
200 Freestyle: 2:08.94 // at Coyote Invitational, 2-4-2023
100 Backstroke: 1:00.52 // Augustana Invitational, 11-18-22
50 Butterfly: :29.93 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: 1:06.10 // Augustana Invitational, 11-17-2022
100 Ind. Medley: 1:03.30 // Augustana Invitational, 11-19-22



ELISABETH TIMMER • Senior
Savaneta, Aruba • Colegio Arubano

50 Freestyle: :22.77 // at Augustana Invitational, 11-17-2022
100 Freestyle: :50.63 // at Augustana Invitational, 11-19-2022
200 Freestyle: 1:50.85 // Augustana Invitational, 11-18-2022
500 Freestyle: 5:20.14 // SDSU Triangular, 10-15-2022
100 Breaststroke: 1:07.13 // at Coyote Invitational, 2-4-2023
100 Butterfly: :55.36 // at Augustana Invitational, 11-17-2022
100 Ind. Medley: :57.49 // Augustana Invitational, 11-19-22
200 Ind. Medley: 2:05.46 // at Coyote Invitational, 2-3-2023



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

50 Freestyle: :25.12 // at Augustana Invitational, 11-17-2022
100 Freestyle: :57.54 // at Coyote Invitational, 2-4-2023
200 Freestyle: 2:00.63 // Augustana Invitational, 11-18-2022
500 Freestyle: 5:49.89 // SDSU Triangular, 10-15-2022
50 Butterfly: :28.12 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: :58.53 // at Augustana Invitational, 11-17-22
200 Butterfly: 2:21.97 // at Augustana Invitational, 11-19-22
100 Ind. Medley: 1:02.54 // at Augustana Invite, 11-19-22
200 Ind. Medley: 2:17.67 // at Coyote Invitational, 2-3-2023



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

50 Freestyle: :23.77 // at Augustana Invitational, 11-17-2022
100 Freestyle: :53.57 // Augustana Invitational, 11-19-2022
200 Freestyle: 1:54.89 // Augustana Invitational, 11-18-2022
100 Backstroke: :56.96 // Augustana Invitational, 11-18-22
200 Backstroke: 2:03.92 // Augustana Invitational, 11-19-22
100 Breaststroke: 1:11.89 // at Coyote Invitational, 2-4-2023
100 Butterfly: 1:02.13 // Dual at Iowa State, 10-22-2022
100 Ind. Medley: 1:02.12 // at Coyote Invitational, 2-4-2023
200 Ind. Medley: 2:12.79 // at Coyote Invitational, 2-3-2023



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

50 Freestyle: :23.57 // at Augustana Invitational, 11-17-2022
100 Freestyle: :53.10 // Augustana Invitational, 11-19-2022
200 Freestyle: 2:04.05 // Augustana Invitational, 11-18-2022
100 Backstroke: 1:08.21 // at Coyote Invitational, 2-4-2023
100 Breaststroke: 1:19.90 // at Coyote Invitational, 2-4-2023
100 Ind. Medley: 1:02.59 // Augustana Invitational, 11-19-22
200 Ind. Medley: 2:26.19 // at Coyote Invitational, 2-3-2023



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

50 Freestyle: :25.47 // at Augustana Invitational, 11-17-2022
100 Freestyle: :55.78 // Augustana Invitational, 11-19-2022
200 Freestyle: 2:02.81 // Augustana Invitational, 11-18-2022
500 Freestyle: 5:52.54 // at Coyote Invitational, 2-3-2023
100 Breaststroke: 1:20.13 // at Coyote Invitational, 2-4-2023
50 Butterfly: :28.44 // Dual vs. Nebraska, 10-7-2022
100 Butterfly: 1:01.20 // Augustana Invitational, 11-17-2022
200 Butterfly: 2:35.95 // Coyote Extravaganza, 11-5-2022
100 Ind. Medley: 1:06.79 // Augustana Invitational, 11-19-22

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

INDIVIDUAL

50 Freestyle	Elisabeth Timmer	:22.77 [SR]	Augustana Invitational, 11-17-2022
100 Freestyle	Elisabeth Timmer	:50.63	Augustana Invitational, 11-19-2022
200 Freestyle	Elisabeth Timmer	1:50.85	Augustana Invitational, 11-18-2022
500 Freestyle	Emily Shuttleworth	5:01.84	Augustana Invitational, 11-17-2022
1,000 Freestyle	Emily Shuttleworth	10:52.18	Minnesota Triangular, 10-28-2022
1,650 Freestyle	Emily Shuttleworth	17:33.46	Augustana Invitational, 11-19-2022
50 Backstroke	Sianne Downes	:27.57	Dual vs. Nebraska, 10-7-2022
100 Backstroke	Kelsey Kocon	:55.68	Augustana Invitational, 11-18-2022
200 Backstroke	Kelsey Kocon	2:03.61	Augustana Invitational, 11-19-2022
50 Breaststroke	Emma Bachelder	:30.92	Dual vs. Nebraska, 10-7-2022
100 Breaststroke	Morgan Nelson	1:05.29	Augustana Invitational, 11-18-2022
200 Breaststroke	Marissa Branham	2:24.97	Augustana Invitational, 11-19-2022
50 Butterfly	Sara Juez	:26.69	Dual vs. Nebraska, 10-7-2022
100 Butterfly	Elisabeth Timmer	:55.36	Augustana Invitational, 11-17-2022
200 Butterfly	Jenna Currier	2:11.71	Augustana Invitational, 11-19-2022
100 Individual Medley	Elisabeth Timmer	:57.49	Augustana Invitational, 11-19-2022
200 Individual Medley	Elisabeth Timmer	2:05.46	Coyote Invitational, 2-3-2023
400 Individual Medley	Emily Shuttleworth	4:38.11	Coyote Invitational, 2-4-2023
1-Meter Diving	Aleni Stoakes	232.35	Augustana Invitational, 11-18-2022
3-Meter Diving	Aleni Stoakes	229.40	Dual at Iowa State, 10-22-2022

RELAYS

200 Freestyle Relay	Timmer, Bachelder, Pattee, Witherspoon	1:33.29 [SR]	Augustana Invitational, 11-18-2022
400 Freestyle Relay	Bachelder, Douds, Gnewuch, Timmer	3:26.94	Augustana Invitational, 11-19-2022
800 Freestyle Relay	Bachelder, Walz, Shuttleworth, Timmer	7:34.26	Augustana Invitational, 11-17-2022
200 Medley Relay	Downes, Bachelder, Juez, Timmer	1:44.42	Augustana Invitational, 11-17-2022
400 Medley Relay	Kocon, Nelson, Currier, Timmer	3:49.38	Augustana Invitational, 11-18-2022