

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



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

50 Freestyle: :26.94 // at Coyote Invite, 2-2-2024  
200 Freestyle: 1:59.97 // at Augie Invite, 11-17-2023  
500 Freestyle: 5:11.45 // at Summit Champs, 2-24-2024  
1,000 Freestyle: 10:48.55 // at Minnesota, 10-27-2023  
1,650 Freestyle: 17:49.60 // at Summit Champs, 2-24-2024  
100 Butterfly: 1:02.74 // at Augie Invite, 11-17-2023  
200 Butterfly: 2:14.13 // at Summit Champs, 2-24-2024  
400 Ind. Medley: 5:00.09 // at Coyote Invite, 2-2-2024



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

50 Freestyle: :25.14 // at Coyote Invite, 2-2-2024  
200 Freestyle: 2:02.62 // at Minnesota, 10-27-2023  
500 Freestyle: 5:44.22 // Dual vs. Iowa Central, 10-7-2023  
100 Backstroke: 1:01.34 // at Coyote Invite, 2-3-2024  
200 Backstroke: 2:13.03 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:13.28 // Dual vs. Iowa State, 10-28-2023  
200 Breaststroke: 2:36.26 // Dual vs. Augustana, 10-6-2023  
100 Butterfly: 1:02.17 // at Minnesota, 10-27-2023  
200 Butterfly: 2:15.48 // at Augie Invite, 11-18-2023  
100 Ind. Medley: 1:01.11 // at Augie Invite, 11-18-2023  
200 Ind. Medley: 2:11.56 // at Augie Invite, 11-16-2023  
400 Ind. Medley: 4:40.47 // at Augie Invite, 11-17-2023



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

50 Freestyle: :23.85 // at Augie Invite, 11-16-2023  
100 Freestyle: :51.71 // at Augie Invite, 11-18-2023  
200 Freestyle: 1:52.24 // at Summit Champs, 2-23-2024  
500 Freestyle: 5:22.86 // at Coyote Invite, 2-2-2024  
100 Backstroke: 1:05.79 // at Coyote Invite, 2-3-2024  
200 Backstroke: 2:22.99 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:08.53 // at Minnesota, 10-27-2023



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

50 Freestyle: :23.67 // at Augie Invite, 11-16-2023  
100 Freestyle: :51.58 // at Augie Invite, 11-18-2023  
200 Freestyle: 2:00.21 // Dual vs. Augustana, 10-6-2023  
100 Backstroke: :58.50 // at Augie Invite, 11-17-2023  
100 Breaststroke: 1:08.05 // at Coyote Invite, 2-3-2023  
200 Breaststroke: 2:28.93 // at Coyote Invite, 2-3-2023  
100 Butterfly: :56.42 // at Augie Invite, 11-17-2023  
200 Butterfly: 2:16.88 // at Minnesota, 10-27-2023  
200 Ind. Medley: 2:09.790 // at Coyote Invite, 2-2-2024



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

100 Backstroke: 1:03.99 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:05.11 // at Augie Invite, 11-17-2023  
200 Breaststroke: 2:19.94 // at Summit Champs, 2-24-2024  
100 Butterfly: 1:04.06 // Dual vs. Iowa Central, 10-7-2023  
200 Butterfly: 2:18.30 // at Minnesota, 10-27-2023  
100 Ind. Medley: 1:02.59 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:06.51 // at Augie Invite, 11-16-2023  
400 Ind. Medley: 4:32.23 // at Summit Champs, 2-23-2024



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

200 Freestyle: 1:58.69 // at Coyote Invite, 2-3-2024  
100 Backstroke: :57.97 // at Augie Invite, 11-17-2023  
200 Backstroke: 2:03.20 // at Augie Invite, 11-18-2023  
200 Butterfly: 2:11.50 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:06.67 // at Augie Invite, 11-16-2023  
400 Ind. Medley: 4:28.03 // at Augie Invite, 11-17-2023



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

50 Freestyle: :27.51 // at Coyote Invite, 2-2-2024  
100 Freestyle: :54.34 // at Augie Invite, 11-18-2023  
200 Freestyle: 1:57.38 // at Augie Invite, 11-17-2023  
500 Freestyle: 5:06.39 // at Augie Invite, 11-16-2023  
1,000 Freestyle: 11:17.45 // Dual at Omaha, 12-1-2023  
1,650 Freestyle: 17:56.53 // at Augie Invite, 11-18-2023  
100 Backstroke: 1:07.11 // at Coyote Invite, 2-3-2024  
100 Ind. Medley: 1:06.00 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:20.82 // at Coyote Invite, 2-2-2024



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

50 Freestyle: :24.43 // at Summit Champs, 2-22-2024  
100 Freestyle: :52.70 // at at Summit Champs, 2-24-2024  
200 Freestyle: 1:53.76 // at Augie Invite, 11-17-2023  
500 Freestyle: 5:20.50 // at Coyote Invite, 2-2-2024  
100 Breaststroke: 1:13.08 // at Coyote Invite, 2-3-2024  
100 Butterfly: :58.42 // at Augie Invite, 11-17-2023  
200 Butterfly: 2:14.44 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:15.00 // at Coyote Invite, 2-2-2024



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

1-Meter Diving: 249.35 // at Summit Champs, 2-23-2024  
3-Meter Diving: 261.20 // Dual vs. Iowa State, 10-28-2023



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

50 Freestyle: :26.34 // at Coyote Invite, 2-2-2024  
500 Freestyle: 5:43.54 // at Coyote Invite, 2-2-2024  
100 Backstroke: :55.10 // at Summit Champs, 2-23-2024  
200 Backstroke: 1:59.79 // at Augie Invite, 11-18-2023 [SR]  
100 Breaststroke: 1:09.87 // at Coyote Invite, 2-3-2024  
100 Butterfly: :58.77 // at Augie Invite, 11-17-2023  
100 Ind. Medley: 1:01.98 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:07.06 // at Summit Champs, 2-22-2024  
400 Ind. Medley: 5:00.14 // at Coyote Extravaganza, 11-3-2023

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



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

100 Backstroke: :59.98 // at Summit Champs, 2-23-2024  
200 Backstroke: 2:10.29 // at Summit Champs, 2-24-2024  
100 Butterfly: :58.71 // at Summit Champs, 2-23-2024  
100 Ind. Medley: 1:04.17 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:11.90 // at Summit Champs, 2-22-2024



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

50 Freestyle: :24.08 // at Coyote Invite, 2-2-2024  
100 Freestyle: :52.18 // at Augie Invite, 11-18-2023  
200 Freestyle: 1:51.13 // at Summit Champs, 2-23-2024  
500 Freestyle: 5:00.29 // at Augie Invite, 11-16-2023  
1,000 Freestyle: 10:54.10 // vs. Iowa State, 10-28-2023  
1,650 Freestyle: 17:30.43 // at Coyote Invite, 2-3-2024  
100 Butterfly: :57.78 // at Coyote Invite, 2-3-2024  
200 Butterfly: 2:08.06 // at Coyote Invite, 2-3-2024



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

50 Freestyle: :24.87 // at Augie Invite, 11-16-2023  
100 Freestyle: :55.88 // at Augie Invite, 11-18-2023  
200 Freestyle: 2:04.03 // at Coyote Invite, 2-3-2024  
100 Backstroke: :58.51 // at Augie Invite, 11-17-2023  
200 Backstroke: 2:05.36 // at Augie Invite, 11-18-2023  
100 Butterfly: 1:02.95 // at Augie Invite, 11-17-2023  
200 Ind Medley: 2:21.06 // at Coyote Invite, 2-2-2024



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

50 Freestyle: :24.32 // at Summit Champs, 2-22-2024  
100 Freestyle: :52.47 // at Augie Invite, 11-18-2023  
200 Freestyle: 1:54.46 // at Augie Invite, 11-17-2023  
500 Freestyle: 5:34.10 // at Coyote Extravaganza, 11-4-2023  
200 Backstroke: 2:18.90 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:13.94 // at Coyote Invite, 2-3-2024  
100 Butterfly: :57.71 // Augie Invite, 11-17-2023  
200 Butterfly: 2:21.16 // Dual at Nebraska, 10-20-2023  
100 Ind. Medley: :59.78 // at Augie Invite, 11-18-2023  
200 Ind. Medley: 2:10.13 // at Augie Invite, 11-16-2023



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

1-Meter Diving: 176.05 // at Summit Champs, 2-22-2024  
3-Meter Diving: 159.15 // at Summit Champs, 2-24-2024



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

50 Freestyle: :24.26 // at Coyote Invite, 2-2-2024  
100 Freestyle: :53.32 // at Coyote Invite, 2-3-2024  
200 Freestyle: 1:55.46 // at Augie Invite, 11-17-2023  
100 Backstroke: :55.54 // at Summit Champs, 2-23-2024  
200 Backstroke: 2:01.55 // at Summit Champs, 2-24-2024  
100 Ind. Medley: 1:00.59 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:06.56 // at Augie Invite, 11-16-2023  
400 Ind. Medley: 4:47.92 // at Coyote Invite, 2-3-2024



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

50 Freestyle: :24.51 // at Augie Invite, 11-16-2023  
100 Freestyle: :52.87 // at Augie Invite, 11-18-2023  
200 Freestyle: 1:52.93 // at Augie Invite, 11-17-2023  
500 Freestyle: 5:08.13 // at Augie Invite, 11-17-2023  
1,000 Freestyle: 11:06.44 // at Minnesota, 10-27-2023  
200 Backstroke: 2:19.71 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:12.75 // at Coyote Invite, 2-3-2024  
100 Butterfly: 1:00.14 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:14.46 // at Coyote Invite, 2-2-2024



**POPPY MEAD • Freshman**  
Derby, England • Alestree Woodlands

500 Freestyle: 5:10.73 // at Augie Invite, 11-16-2023  
1,000 Freestyle: 11:04.48 // at Coyote Extravaganza, 11-3-23  
1,650 Freestyle: 17:44.95 // at Summit Champs, 2-24-2024  
100 Butterfly: :58.40 // at Augie Invite, 11-17-2023  
200 Butterfly: 2:06.69 // at Summit Champs, 2-24-2024  
200 Ind. Medley: 2:12.14 // at Coyote Invite, 2-2-2024  
400 Ind. Medley: 4:33.89 // at Summit Champs, 2-23-2024



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

50 Freestyle: :25.77 // at Augie Invite, 11-16-2023  
100 Freestyle: :56.57 // at Summit Champs, 2-24-2024  
100 Backstroke: 1:04.86 // at Summit Champs, 2-23-2024  
100 Breaststroke: 1:14.55 // at Augie Invite, 11-17-2023  
100 Butterfly: 1:09.40 // Dual vs. Iowa Central, 10-7-2023  
100 Ind. Medley: 1:05.23 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:26.98 // at Coyote Invite, 2-2-2024

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



**MAVEN MOORE • Redshirt Freshman**  
Friendswood, Texas

500 Freestyle: 5:26.99 // at Coyote Invite, 2-2-2024  
100 Backstroke: 1:00.77 // at Coyote Invite, 2-3-2024  
200 Backstroke: 2:08.16 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:06.91 // at Augie Invite, 11-17-2023  
200 Breaststroke: 2:23.75 // at Augie Invite, 11-18-2023  
100 Butterfly: :59.74 // at Coyote Invite, 2-3-2024  
100 Ind. Medley: :59.34 // at Augie Invite, 11-18-2023  
200 Ind. Medley: 2:06.23 // at Summit Champs, 2-22-2024  
400 Ind. Medley: 4:30.34 // at Summit Champs, 2-23-2024



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

50 Freestyle: :24.57 // at Coyote Invite, 2-2-2024  
100 Freestyle: :54.95 // at Coyote Invite, 2-3-2024  
100 Backstroke: 1:00.60 // at Augie Invite, 11-17-2023



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

50 Freestyle: :27.25 // at Coyote Invite, 2-2-2024  
100 Freestyle: :58.98 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:05.07 // at Summit Champs, 2-23-2024  
200 Breaststroke: 2:27.60 // at Augie Invite, 11-18-2023  
100 Ind. Medley: 1:03.13 // at Augie Invite, 11-18-2023  
200 Ind. Medley: 2:16.69 // at Summit Champs, 2-22-2024



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

100 Freestyle: :57.00 // at Coyote Invite, 2-3-2024  
200 Freestyle: 1:59.17 // at Augie Invite, 11-17-2023  
500 Freestyle: 5:38.77 // at Coyote Extravaganza, 11-3-2024  
100 Backstroke: 1:04.30 // at Coyote Invite, 2-3-2024  
100 Butterfly: :59.27 // at Augie Invite, 11-17-2023  
200 Butterfly: 2:15.69 // at Augie Invite, 11-18-2023  
200 Ind. Medley: 2:14.86 // at Summit Champs, 2-22-2024



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

50 Freestyle: :24.00 // at Summit Champs, 2-22-2024  
100 Freestyle: :53.67 // at Summit Champs, 2-24-2024  
200 Freestyle: 2:06.30 // at Augie Invite, 11-17-2023  
500 Freestyle: 5:51.85 // at Coyote Invite, 2-2-2023  
1,650 Freestyle: 20:57.17 // at Coyote Invite, 2-3-2023  
100 Backstroke: 1:02.09 // at Summit Champs, 2-23-2024  
100 Butterfly: 1:07.41 // at Augie Invite, 11-17-2023



**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



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

50 Freestyle: :25.75 // at Coyote Invite, 2-2-2024  
100 Freestyle: :57.07 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:06.02 // at Augie Invite, 11-17-2023  
200 Breaststroke: 2:27.04 // at Summit Champs, 2-24-2024  
100 Butterfly: 1:04.35 // at Coyote Invite, 2-3-2024  
100 Ind. Medley: 1:02.01 // at Augie Invite, 11-18-2023  
200 Ind. Medley: 2:12.68 // at Summit Champs, 2-22-2024



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

50 Freestyle: :24.14 // at Augie Invite, 11-16-2023  
100 Freestyle: :53.01 // at Augie Invite, 11-18-2023  
200 Freestyle: 1:58.11 // Dual vs. Iowa State, 10-28-2024  
100 Backstroke: :56.50 // at Augie Invite, 11-17-2023  
200 Backstroke: 2:04.78 // at Augie Invite, 11-18-2023  
100 Breaststroke: 1:13.62 // at Coyote Invite, 2-3-2024  
100 Butterfly: :57.66 // at Augie Invite, 11-17-2023  
100 Ind. Medley: 1:01.53 // at Coyote Invite, 2-3-2024  
200 Ind. Medley: 2:14.65 // at Coyote Invite, 2-2-2023



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

50 Freestyle: :27.00 // at Coyote Invite, 2-2-2024  
100 Freestyle: :58.35 // at Coyote Invite, 2-3-2024  
100 Breaststroke: 1:07.40 // at Summit Champs, 2-23-2024  
200 Breaststroke: 2:25.97 // at Summit Champs, 2-24-2024  
100 Ind. Medley: 1:03.63 // at Augie Invite, 11-18-2023  
200 Ind. Medley: 2:14.10 // at Summit Champs, 2-22-2024  
400 Ind. Medley: 4:53.00 // at Augie Invite, 11-17-2023

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

### INDIVIDUAL

50 Freestyle	Jenna Currier	:23.67	Augie Invite, 11-16-2023
100 Freestyle	Jenna Currier	:51.58	Augie Invite, 11-18-2023
200 Freestyle	Gigi Hioki	1:51.13	Summit League Championships, 2-23-2024
500 Freestyle	Gigi Hioki	5:00.29	Augie Invite, 11-16-2023
1,000 Freestyle	Zoey Ahrens	10:48.55	Minnesota Tri-Dual, 10-27-2023
1,650 Freestyle	Gigi Hioki	17:30.43	Coyote Invite, 2-23-2024
50 Backstroke	N/A		
100 Backstroke	Sianne Downes	:55.10	Summit League Championships, 2-23-2024
200 Backstroke	Sianne Downes	1:59.79 [SR]	Augie Invite, 11-18-2023
50 Breaststroke	N/A		
100 Breaststroke	Morgan Nelson	1:05.07	Summit League Championships, 2-23-2024
200 Breaststroke	Marissa Branham	2:19.94	Summit League Championships, 2-24-2024
50 Butterfly	N/A		
100 Butterfly	Jenna Currier	:56.42	Augie Invite, 11-16-2023
200 Butterfly	Poppy Mead	2:06.69	Summit League Championships, 2-24-2024
100 Individual Medley	Maven Moore	:59.34	Augie Invite, 11-18-2023
200 Individual Medley	Maven Moore	2:06.23	Summit League Championships, 2-22-2024
400 Individual Medley	Kaylin de Almeida	4:28.03	Augie Invite, 11-17-2023
1-Meter Diving	Anna Mei Castro	249.35	Summit League Championships, 2-22-2024
3-Meter Diving	Anna Mei Castro	261.20	Dual vs. Iowa State, 10-28-2023

### RELAYS

200 Freestyle Relay	Pattee, Walz, Currier, Bachelder	1:34.12	Augie Invite, 11-16-2023
	Bachelder, Walz, Hioki, Currier	1:34.12	Summit League Championships, 2-24-2024
400 Freestyle Relay	Bachelder, Kocon, Currier, Hioki	3:26.35	Summit League Championships, 2-24-2024
800 Freestyle Relay	Hioki, Douds, Gnewuch, Bachelder	7:33.61	Summit League Championships, 2-21-2024
200 Medley Relay	Downes, Bachelder, Currier, Walz	1:43.24	Summit League Championships, 2-21-2024
400 Medley Relay	Downes, Branham, Currier, Hioki	3:48.15	Augie Invite, 11-16-2023