

2024-25 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



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

500 Freestyle: 5:28.77 // Coyote Invite, 1-31-2025
100 Breaststroke: 1:06.51 // Tommie Invitational, 11-22-2024-p
200 Breaststroke: 2:20.44 // Tommie Invitational, 11-23-2024-f
100 Butterfly: 1:02.21 // Dual vs. Iowa Central, 11-15-2024
200 Butterfly: 2:21.49 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:08.23 // Tommie Invitational, 11-21-2024-f
400 Ind. Medley: 4:41.21 // Tommie Invitational, 11-22-2024-p



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

50 Freestyle: :23.62 // Tommie Invitational, 11-21-2024-f
100 Freestyle: :51.88 // Tommie Invitational, 11-23-2024-f
500 Freestyle: 5:14.70 // Coyote Invite, 1-31-2025
100 Backstroke: :57.43 // Tommie Invitational, 11-22-2024-p
100 Breaststroke: 1:08.64 // Coyote Invite, 2-1-2025
200 Breaststroke: 2:28.06 // Coyote Invite, 2-1-2025
100 Butterfly: :55.41 // Tommie Invitational, 11-22-2024-p
200 Ind. Medley: 2:17.32 // Dual vs. Iowa Central, 11-15-2024



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

1-Meter Diving: 230.48 // Dual vs. Omaha, 12-6-2024
3-Meter Diving: 282.00 // Tommie Invitational, 11-22-2024-f [ZQ]



LILY DAVIS • Freshman
Fairbury, Nebraska • Fairbury Senior H.S.

1-Meter Diving: 202.05 // Dual at Augustana, 1-10-2025
3-Meter Diving: 207.95 // Coyote Invite, 2-1-2025



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

50 Freestyle: :25.32 // Tommie Invitational, 11-21-2024-p
100 Freestyle: :55.48 // Tommie Invitational, 11-23-2024-p
100 Butterfly: 1:02.19 // Tommie Invitational, 11-22-2024-p



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

200 Freestyle: 2:02.58 // Coyote Invite, 2-1-2025
500 Freestyle: 5:26.45 // Coyote Invite, 1-31-2025
100 Backstroke: :58.96 // Tommie Invitational, 11-22-2024-p
200 Backstroke: 2:04.48 // Tommie Invitational, 11-23-2024-f
100 Breaststroke: 1:11.51 // Dual vs. Iowa Central, 11-15-2024
100 Ind. Medley: 1:03.46 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:09.00 // Tommie Invitational, 11-21-2024-p
400 Ind. Medley: 4:33.61 // Tommie Invitational, 11-22-2024-f



KAILEE CRANE • Freshman
Edmonton, Alberta • Vimy Ridge Academy

200 Freestyle: 1:58.55 // Coyote Invite, 2-1-2025
500 Freestyle: 5:20.87 // Coyote Invite, 1-31-2025
100 Backstroke: 1:00.23 // Dual vs. Nebraska, 11-8-2024
200 Backstroke: 2:06.68 // Tommie Invitational, 11-23-2024-f
200 Breaststroke: 2:30.56 // Coyote Invite, 2-1-2025
200 Butterfly: 2:15.36 // Dual vs. Iowa Central, 11-15-2024
100 Ind. Medley: 1:00.23 // Minnesota Tri-Dual, 10-18-2024
200 Ind. Medley: 2:07.81 // Tommie Invitational, 11-21-2024-f
400 Ind. Medley: 4:32.76 // Tommie Invitational, 11-22-2024-p



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

50 Freestyle: :24.11 // Tommie Invitational, 11-21-2024-f
100 Freestyle: :53.08 // Tommie Invitational, 11-23-2024-tt
200 Freestyle: 1:54.42 // Tommie Invitational, 11-22-2024-f
500 Freestyle: 5:36.40 // Dual vs. Nebraska, 11-8-2024
200 Breaststroke: 2:29.25 // Coyote Invite, 2-1-2025
100 Butterfly: :58.73 // Tommie Invitational, 11-22-2024-p
200 Ind. Medley: 2:12.11 // Coyote Invite, 1-31-2024



HAILEY CREARY • Freshman
Gillette, Wyoming • Campbell County H.S.

50 Freestyle: :25.06 // Coyote Invite, 1-31-2025
100 Freestyle: :54.07 // Tommie Invitational, 11-23-2024-p
100 Backstroke: 1:01.81 // Tommie Invitational, 11-22-2024-p
200 Backstroke: 2:14.79 // Huskies Invite, 11-2-2024
100 Breaststroke: 1:12.26 // Huskies Invite, 11-1-2024
200 Breaststroke: 2:36.04 // Coyote Invite, 2-1-2025
100 Butterfly: 1:00.53 // Coyote Invite, 2-1-2025
100 Ind. Medley: 1:02.35 // Minnesota Tri-Dual, 10-18-2024
200 Ind. Medley: 2:09.23 // Tommie Invitational, 11-21-2024-f
400 Ind. Medley: 4:36.97 // Tommie Invitational, 11-22-2024-f



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

50 Freestyle: :24.63 // Tommie Invitational, 11-21-2024-p
100 Freestyle: :56.56 // Tommie Invitational, 11-23-2024-p
200 Freestyle: 2:03.58 // Coyote Invite, 2-1-2025
100 Backstroke: :58.75 // Tommie Invitational, 11-22-2024-f
200 Backstroke: 2:07.99 // Tommie Invitational, 11-23-2024-f
100 Ind. Medley: 1:07.07 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:21.55 // Coyote Invite, 1-31-2024

2024-25 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



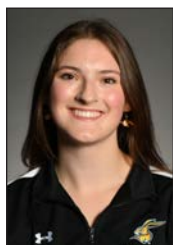
BROOKLYN FLEMMING • Freshman **Spearfish, South Dakota • Spearfish H.S.**

50 Freestyle: :25.75 // Coyote Invite, 1-31-2025
100 Freestyle: :56.46 // Dual vs. Iowa Central, 11-15-2024
100 Backstroke: 1:00.76 // Tommie Invitational, 11-22-2024-f
200 Backstroke: 2:13.13 // Huskies Invite, 11-2-24
100 Butterfly: 1:05.45 // Coyote Invite, 2-1-2025
100 Ind. Medley: 1:04.46 // Coyote Invite, 2-1-2025



EMMA INGALLS • Freshman **Spokane, Washington • Mead Senior H.S.**

50 Freestyle: :25.53 // Coyote Invite, 1-31-2025
100 Freestyle: :54.62 // Coyote Invite, 2-1-2025
200 Freestyle: 1:57.89 // Huskies Invite, 11-2-2024
500 Freestyle: 5:20.67 // Coyote Invite, 1-31-2025
200 Backstroke: 2:22.35 // Dual vs. Iowa Central, 11-15-2024
100 Breaststroke: 1:08.35 // Coyote Invite, 2-1-2025
100 Butterfly: :56.21 // Tommie Invitational, 11-22-2024-p
200 Butterfly: 2:05.13 // Tommie Invitational, 11-23-2024-f
200 Ind. Medley: 2:07.44 // Tommie Invitational, 11-21-2024-p
400 Ind. Medley: 4:28.54 // Tommie Invitational, 11-22-2024-f



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

1-Meter Diving: 193.95 // Coyote Invite, 2-1-2025
3-Meter Diving: 211.20 // Minnesota Tri-Dual, 10-18-2024



ELYSE JAHN • Freshman **St. Paul, Minnesota • Two Rivers H.S.**

100 Freestyle: :55.58 // Tommie Invitational, 11-23-2024-p
200 Freestyle: 1:57.47 // Tommie Invitational, 11-22-2024-f
500 Freestyle: 5:11.73 // Coyote Invite, 1-31-2025
1,000 Freestyle: 10:46.67 // Tommie Invitational, 11-23-2024-f
1,650 Freestyle: 17:49.43 // Tommie Invitational, 11-23-2024-f
200 Breaststroke: 2:34.92 // Coyote Invite, 2-1-2025



ISABELLA GNEWUCH • Freshman **Verona, Wisconsin • Verona Area H.S.**

200 Freestyle: 1:59.28 // Coyote Invite, 2-1-2025
500 Freestyle: 5:17.08 // Coyote Invite, 1-31-2025
1,000 Freestyle: 11:04.47 // Dual vs. Iowa Central, 11-15-2024
100 Backstroke: :59.40 // Coyote Invite, 2-1-2025
200 Backstroke: 2:09.33 // Tommie Invitational, 11-23-2024-p
100 Butterfly: :57.02 // Tommie Invitational, 11-22-2024-p
200 Butterfly: 2:10.16 // Tommie Invitational, 11-23-2024-p
100 Ind. Medley: 1:01.83 // Minnesota Tri-Dual, 10-18-2024
200 Ind. Medley: 2:10.48 // Tommie Invitational, 11-21-2024-p
400 Ind. Medley: 4:45.87 // Huskies Invite, 11-1-2024



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

50 Freestyle: :24.98 // Dual vs. Iowa Central, 11-15-2024
100 Freestyle: :52.25 // Tommie Invitational, 11-23-2024-f
200 Freestyle: 1:54.25 // Tommie Invitational, 11-22-2024-p
500 Freestyle: 5:11.91 // Coyote Invite, 1-31-2025
100 Backstroke: 1:02.10 // Coyote Invite, 2-1-2025
200 Breaststroke: 2:38.10 // Coyote Invite, 2-1-2025
100 Butterfly: :56.99 // Tommie Invitational, 11-22-2024-p
100 Ind. Medley: 1:02.10 // Minnesota Tri-Dual, 10-18-2024
200 Ind. Medley: 2:10.04 // Tommie Invitational, 11-21-2024-p



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

50 Freestyle: :23.63 // Coyote Invite, 1-31-2025
100 Freestyle: :56.74 // Tommie Invitational, 11-23-2024-p
100 Backstroke: 1:04.49 // Tommie Invitational, 11-22-2024-p
100 Butterfly: 1:03.83 // Tommie Invitational, 11-22-2024-p



ANNABELLE MacADAMS • Freshman **Ponte Vedra Beach, Florida •** **Ponte Vedra H.S.**

50 Freestyle: :26.23 // Coyote Invite, 1-31-2025
200 Freestyle: 2:02.58 // Dual at Augustana, 1-10-2025
100 Backstroke: 1:02.96 // Coyote Invite, 2-1-2025
100 Breaststroke: 1:07.61 // Tommie Invitational, 11-22-2024-p
200 Breaststroke: 2:27.08 // Tommie Invitational, 11-23-2024-f
100 Butterfly: :59.78 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:08.70 // Tommie Invitational, 11-21-2024-p
400 Ind. Medley: 4:32.42 // Tommie Invitational, 11-22-2024-f



GIGI HIOKE • Sophomore **Honolulu, Hawaii •** **Sacred Hearts Academy**

50 Freestyle: :23.75 // Coyote Invite, 1-31-2025
100 Freestyle: :51.33 // Tommie Invitational, 11-23-2024-p
200 Freestyle: 1:50.70 // Tommie Invitational, 11-22-2024-p
500 Freestyle: 5:02.63 // Tommie Invitational, 11-21-2024-p
1,650 Freestyle: 18:26.94 // Huskies Invite, 11-2-2024
100 Butterfly: :57.15 // Coyote Invite, 2-1-2025
200 Butterfly: 2:05.46 // Coyote Invite, 2-1-2025



POPPY MEAD • Sophomore **Derby, England • Alestree Woodlands School**

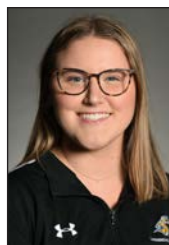
200 Freestyle: 1:59.49 // Coyote Invite, 2-1-2025
500 Freestyle: 5:06.67 // Tommie Invitational, 11-21-2024-p
1,000 Freestyle: 10:44.22 // Dual at Iowa State, 10-10-2024
1,650 Freestyle: 18:00.10 // Huskies Invite, 11-2-2024
100 Butterfly: :58.32 // Coyote Invite, 2-1-2025
200 Butterfly: 2:06.23 // Tommie Invitational, 11-23-2024-p
200 Ind. Medley: 2:12.61 // Coyote Invite, 1-31-2024
400 Ind. Medley: 4:33.52 // Tommie Invitational, 11-22-2024-f

2024-25 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



HANNAH MILLER • Freshman
Rice Lake, Wisconsin • Rice Lake H.S.

50 Freestyle: :24.40 // Tommie Invitational, 11-21-2024-f
100 Freestyle: :52.61 // Tommie Invitational, 11-23-2024-p
200 Freestyle: 1:56.21 // Tommie Invitational, 11-22-2024-p
1,000 Freestyle: 11:15.87 // Dual vs. Iowa Central, 11-15-2024
100 Backstroke: 1:01.20 // Coyote Invite, 2-1-2025
100 Breaststroke: 1:06.15 // Tommie Invitational, 11-22-2024-p
100 Butterfly: 1:02.49 // Coyote Invite, 2-1-2025
100 Ind. Medley: 1:01.25 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:12.58 // Coyote Invite, 1-31-2024



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

50 Freestyle: :27.23 // Tommie Invitational, 11-21-2024-p
100 Breaststroke: 1:10.58 // Tommie Invitational, 11-22-2024-p
200 Breaststroke: 2:33.86 // Tommie Invitational, 11-23-2024-f
200 Ind. Medley: 2:23.46 // Tommie Invitational, 11-21-2024-p



BRAYLYNN MOORE • Freshman
Friendswood, Texas • Abeka Academy

100 Freestyle: :57.95 // Tommie Invitational, 11-23-2024-p
200 Freestyle: 2:03.83 // Tommie Invitational, 11-22-2024-p
500 Freestyle: 5:28.00 // Tommie Invitational, 11-21-2024-p
1,000 Freestyle: 11:17.55 // Tommie Invitational, 11-23-2024-f
1,650 Freestyle: 18:31.23 // Coyote Invite, 2-1-2025



EMMA (BACHELDER) SCHULTZ • Senior
Decorah, Iowa • Decorah H.S.

50 Freestyle: :23.96 // Tommie Invitational, 11-21-2024-p
100 Freestyle: :51.90 // Tommie Invitational, 11-23-2024-f
200 Freestyle: 1:51.92 // Tommie Invitational, 11-22-2024-p
500 Freestyle: 5:05.24 // Coyote Invite, 2-1-2025-tt
1,650 Freestyle: 19:59.77 // Coyote Invite, 2-1-2025
100 Breaststroke: 1:06.37 // Coyote Invite, 2-1-2025
100 Ind. Medley: 1:02.47 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:08.39 // Coyote Invite, 1-31-2025



MAVEN MOORE • Sophomore
Friendswood, Texas

1,000 Freestyle: 11:45.02 // Dual vs. Iowa Central, 11-15-2024
200 Backstroke: 2:11.88 // Coyote Invite, 2-1-2025
100 Breaststroke: 1:09.17 // Tommie Invitational, 11-22-2024-p
200 Breaststroke: 2:28.32 // Tommie Invitational, 11-23-2024-f
200 Ind. Medley: 2:13.95 // Tommie Invitational, 11-21-2024-p
400 Ind. Medley: 4:47.59 // Tommie Invitational, 11-22-2024-p



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

50 Freestyle: :26.30 // Coyote Invite, 1-31-2025
100 Freestyle: :56.58 // Coyote Invite, 2-1-2025
100 Breaststroke: 1:07.03 // Tommie Invitational, 11-22-2024-f
200 Breaststroke: 2:26.54 // Tommie Invitational, 11-23-2024-p
100 Butterfly: 1:06.87 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:12.35 // Tommie Invitational, 11-21-2024-p



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

100 Breaststroke: 1:05.82 // Tommie Invitational, 11-22-2024-f
200 Breaststroke: 2:26.64 // Tommie Invitational, 11-23-2024-p
100 Ind. Medley: 1:04.29 // Coyote Invite, 2-1-2025
200 Ind. Medley: 2:16.96 // Tommie Invitational, 11-21-2024-p



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

50 Freestyle: :26.24 // Dual vs. Iowa Central, 11-15-2024
100 Freestyle: :58.30 // Dual vs. Iowa Central, 11-15-2024



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

50 Freestyle: :24.38 // Tommie Invitational, 11-21-2024-p
100 Freestyle: :54.82 // Tommie Invitational, 11-23-2024-p
200 Freestyle: 2:04.98 // Coyote Invite, 2-1-2025
100 Backstroke: 1:03.34 // Tommie Invitational, 11-22-2024-p



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

1-Meter Diving: 196.65 // Dual vs. Nebraska, 11-8-2024
3-Meter Diving: 196.60 // Huskies Invite, 11-1-2024



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

50 Freestyle: :24.53 // Tommie Invitational, 11-21-2024-f
100 Freestyle: :54.17 // Coyote Invite, 2-1-2025
200 Freestyle: 2:01.37 // Tommie Invitational, 11-22-2024-p
100 Backstroke: 1:04.65 // Coyote Invite, 2-1-2025
200 Breaststroke: 2:42.11 // Dual vs. Omaha, 12-6-2024

2024-25 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



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

100 Freestyle: :58.12 // Dual vs. Iowa Central, 11-15-2024
 200 Freestyle: 2:01.08 // Tommie Invitational, 11-22-2024-p
 100 Butterfly: :59.61 // Tommie Invitational, 11-22-2024-f
 200 Butterfly: 2:20.76 // Tommie Invitational, 11-23-2024-p
 100 Ind. Medley: 1:04.33 // Coyote Invite, 2-1-2025
 200 Ind. Medley: 2:13.83 // Tommie Invitational, 11-21-2024-p
 400 Ind. Medley: 4:54.41 // Coyote Invite, 2-1-2025



HANNAH WARMBRAND • Junior
Pukwana, South Dakota •
University of Sioux Falls

50 Freestyle: :25.98 // Coyote Invite, 1-31-2025
 200 Freestyle: 2:03.54 // Huskies Invite, 11-2-2024
 100 Backstroke: 1:01.70 // Tommie Invitational, 11-22-2024-p
 200 Backstroke: 2:11.53 // Tommie Invitational, 11-23-2024-f
 100 Butterfly: :58.75 // Tommie Invitational, 11-22-2024-p
 200 Butterfly: 2:11.89 // Tommie Invitational, 11-23-2024-f

2024-25 WOMEN'S SWIMMING AND DIVING TEAM SEASON BESTS

INDIVIDUAL

50 Freestyle	Jenna Currier	:23.62	Tommie Invitational, 11-21-2024
100 Freestyle	Gigi Hioki	:51.33	Tommie Invitational, 11-23-2024
200 Freestyle	Gigi Hioki	1:50.70	Tommie Invitational, 11-22-2024
500 Freestyle	Gigi Hioki	5:02.63	Tommie Invitational, 11-21-2024
1,000 Freestyle	Poppy Mead	10:44.22	Dual at Iowa State, 10-10-2024
1,650 Freestyle	Elyse Jahn	17:49.43	Tommie Invitational, 11-23-2024
50 Backstroke	N/A		
100 Backstroke	Jenna Currier	:57.43	Tommie Invitational, 11-22-2024
200 Backstroke	Kaylin de Almeida	2:04.48	Tommie Invitational, 11-23-2024
50 Breaststroke	N/A		
100 Breaststroke	Morgan Nelson	1:05.82	Tommie Invitational, 11-22-2024
200 Breaststroke	Marissa Branham	2:20.44	Tommie Invitational, 11-23-2024
50 Butterfly	N/A		
100 Butterfly	Jenna Currier	:55.41	Tommie Invitational, 11-22-2024
200 Butterfly	Emma Ingalls	2:05.13	Tommie Invitational, 11-23-2024
100 Individual Medley	Kailee Crane	1:00.23	Minnesota Tri-Dual, 10-18-2024
200 Individual Medley	Kailee Crane	2:07.81	Tommie Invitational, 11-21-2024
400 Individual Medley	Emma Ingalls	4:28.54	Tommie Invitational, 11-22-2024
1-Meter Diving	Anna Mei Castro	230.48	Dual vs. Omaha, 12-6-2024
3-Meter Diving	Anna Mei Castro	282.00 [ZQ]	Tommie Invitational, 11-22-2024

RELAYS

200 Freestyle Relay	Pattee, Currier, Miller, Schultz	1:35.29	Tommie Invitational, 11-21-2024
400 Freestyle Relay	Currier, Juez, Hioki, Schultz	3:27.05	Tommie Invitational, 11-23-2024
800 Freestyle Relay	Hioki, Schultz, Douds, Ingalls	7:41.90	Tommie Invitational, 11-22-2024
200 Medley Relay	Currier, Schultz, Gnewuch, Hioki	1:44.23	Coyote Invite, 2-1-2025
400 Medley Relay	Esmas, Miller, Juez, Hioki	3:52.60	Tommie Invitational, 11-21-2024

ZQ – NCAA Zones Qualifying mark