

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

ALL-TIME LEADERS

50 Freestyle

1. Camryn Gonzales	23.73	2025
2. Madeline Peak	24.04	2019
3. Ciara Vogler	24.14	2024
4. Sophie Juethner	24.19	2026
5. Katy Furnish	24.27	1988
6. November Brown	24.38	2023
7. Beth Tsuha	24.42	2017
8. Chloe Briney	24.62	2017
9. Kailee Shermak	24.64	2022
10. Sophia Carroll	24.65	2025
11. Tory Morse	24.66	2026
12. Erinn Croco	24.67	2005
13. Taylor Hurney	24.71	2017
14. Greta Dunn	24.72	2026
14. Aliya Swearngin	24.72	2025
16. Enya Gamble	24.75	2019
17. Kaia Clarke	24.81	2018
18. Valerie Stimac	24.86	2009
19. Jacqueline Anderson	24.86	2011
20. Samantha Cook	24.88	2025

100 Freestyle

1. Sophia Carroll	52.42	2025
2. Kailee Shermak	52.82	2022
3. Ciara Vogler	52.86	2024
4. Beth Tsuha	53.10	2016
5. Chloe Briney	53.22	2015
6. Beth Gillig	53.23	2015
7. Camryn Gonzales	53.28	2025
8. Valerie Stimac	53.34	2009
9. Samantha Cook	53.54	2025
10. Madeline Peak	53.55	2019
11. Ana Karin Kozjek	53.87	2017
12. Taylor Hurney	53.90	2017
13. Tory Morse	53.92	2026
14. Katy Furnish	54.01	1988
15. Nikki Schlegel	54.09	2020
16. Haley O'Neill	54.19	2016
17. Aliya Swearngin	54.21	2025
18. Erinn Croco	54.29	2005
19. Jacqueline Anderson	54.34	2011
20. Lauren Gehbauer	54.47	2006

200 Freestyle

1. Sophia Carroll	1:52.11	2025
2. Beth Tsuha	1:54.10	2017
3. Samantha Cook	1:54.71	2025
4. Hayley Levin	1:54.75	2013
5. Beth Gillig	1:55.56	2015
6. Ciara Vogler	1:55.79	2024
7. Ana Karin Kozjek	1:57.01	2015
8. Chloe Briney	1:57.35	2015
9. Aliya Swearngin	1:57.72	2025
10. Valerie Stimac	1:57.87	2008
11. Carrie Sibbald	1:58.07	2015
12. Haley O'Neill	1:58.17	2016
12. Marguerite Devine-Mraz	1:58.17	2018
14. Nina Lyons	1:59.08	2026
15. Greta Dunn	1:59.10	2024
16. McKynley Larson	1:59.18	2019
17. Lauren Gehbauer	1:59.21	2006
18. Kendra Howard	1:59.25	2022
19. Jenn Holm	1:59.39	2004
20. Madeline Peak	1:59.54	2019

500 Freestyle

1. Sophia Carroll	5:03.15	2022
2. Beth Tsuha	5:05.54	2016
3. McKynley Larson	5:10.94	2018
4. Marguerite Devine-Mraz	5:12.00	2018
5. Samantha Cook	5:12.37	2025
6. Rachel Sellon	5:13.42	2003
7. Maya Comer	5:13.84	2026
8. Jenn Holm	5:14.88	2001
9. Nina Lyons	5:14.97	2026
10. Ana Karin Kozjek	5:15.28	2016
11. Zeb O'Hara	5:16.06	2026
12. Morgan Horton	5:16.13	2011
13. Meghan McDaniel	5:16.36	2010
14. Felicia Bender	5:16.59	2014
15. Annie Galloway	5:16.86	2016
16. Amber Gedlinske	5:17.96	2001
17. Megan Gawlick	5:18.09	2025
18. Eva Cuevas	5:19.19	2022
19. Carrie Sibbald	5:19.55	2015

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

ALL-TIME LEADERS

1000 Freestyle

1. Sophia Carroll	10:33.32	2022
2. Rachel Sellon	10:43.98	2003
3. Jenn Holm	10:47.08	2001
4. Beth Tsuha	10:48.96	2017
5. Amber Gedlinske	10:50.39	2001
6. Nina Lyons	10:50.74	2026
7. McKynley Larson	10:50.77	2018
8. Jalyn Marks	10:53.88	2014
9. Josie Bircher	10:55.19	2014
10. Megan Gawlick	10:59.55	2025
11. Zeb O'Hara	11:02.96	2026
12. Annie Galloway	11:05.28	2016
13. Beth Gillig	11:06.65	2015
14. Malena Maxwell	11:08.06	2015
15. Hayley Levin	11:09.82	2015
16. Natasha Zettler	11:11.35	2025
17. Josephine Hopkins	11:11.71	2025
18. Felicia Bender	11:13.36	2014
19. Aleia McCord	11:13.56	2003
20. Jenna Beeler	11:14.33	2013

1650 Freestyle

1. Sophia Carroll	17:24.84	2022
2. Jenn Holm	17:55.58	2001
3. Nina Lyons	17:59.79	2026
4. McKynley Larson	18:00.14	2018
5. Amber Gedlinske	18:00.27	2001
6. Beth Tsuha	18:04.57	2017
7. Jalyn Marks	18:05.66	2014
8. Josie Bircher	18:09.55	2014
9. Megan Gawlick	18:13.98	2025
10. Zeb O'Hara	18:16.95	2026
11. Malena Maxwell	18:18.80	2015
12. Rachel Sellon	18:19.61	2003
13. Beth Gillig	18:20.53	2015
14. Annie Galloway	18:23.32	2016
15. Aleia McCord	18:31.37	2003
16. Natasha Zettler	18:32.39	2025
17. Felicia Bender	18:35.57	2014
18. Martha Reilly	18:35.93	2010
19. Josephine Hopkins	18:36.40	2025
20. Morgan Horton	18:37.52	2008

100 Backstroke

1. Simone Bennett	57.08	2026
2. Maria Venneri	57.22	2016
3. Sarah Lopez	57.65	2025
4. Nikki Schlegel	57.79	2022
5. Molly Ryan	58.83	2025
6. McKynley Larson	59.10	2018
7. Jenna Kollevoll	59.20	2024
8. Val Ishchenko	1:00.16	2022
9. Olivia Pluska	1:00.22	2025
10. Olivia Klein	1:00.22	2022
11. Sara Hannemann	1:00.58	2013
12. Maria Eure	1:00.69	2019
13. Beth Gillig	1:00.79	2013
14. Dana Sherry	1:00.82	2015
15. Sophie Juethner	1:00.84	2025
16. Becca Teske	1:00.90	2016
17. Nikki Pyle	1:01.15	2012
18. Julia McHugh	1:01.18	2005
19. Maria Restrepo	1:01.49	2026
20. Katie Lottermoser	1:01.64	2014

200 Backstroke

1. Maria Venneri	2:02.27	2016
2. Simone Bennett	2:05.77	2026
3. Nikki Schlegel	2:06.27	2022
4. Molly Ryan	2:06.98	2025
5. Olivia Pluska	2:08.72	2023
6. Sarah Lopez	2:08.86	2025
7. Regan Stambaugh	2:09.25	2023
8. Vivian Woare	2:10.31	2025
9. Katie Lottermoser	2:10.83	2014
10. Val Ishchenko	2:11.01	2022
11. Greta Dunn	2:11.06	2026
12. Jenna Kollevoll	2:11.79	2024
13. McKynley Larson	2:12.08	2018
14. Maria Eure	2:12.12	2019
15. Malena Maxwell	2:12.29	2015
16. Olivia Klein	2:12.30	2023
17. Nikki Pyle	2:12.37	2012
18. Julia McHugh	2:12.53	2007
19. Dana Sherry	2:12.65	2015
20. Ana Karin Kozjek	2:13.06	2014

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

ALL-TIME LEADERS

100 Breaststroke

1. Imelda Wistey	1:02.55	2011
2. November Brown	1:06.15	2022
3. Maddy Pesch	1:06.19	2015
4. Morgan Bober	1:06.23	2010
5. Eva Cuevas	1:06.32	2023
6. Bella Takata	1:06.44	2025
7. Hayley Levin	1:07.13	2013
8. Joely Kam	1:07.36	2026
9. Tory Morse	1:07.59	2026
10. Sheryl Thedford	1:07.80	1984
11. Beth Tsuha	1:08.00	2016
12. Genevieve Martinez	1:08.01	2024
13. Danielle Phillips	1:08.03	2015
14. Ava Rodriguez	1:08.15	2026
15. Maya Comer	1:08.65	2026
16. Sarah Weltz	1:08.71	2020
17. Meghan McDoniel	1:09.44	2007
18. Ciara Vogler	1:09.48	2025
19. Lara Meyer	1:09.58	2011
20. Lucy McCormick	1:09.75	2006

200 Breaststroke

1. Imelda Wistey	2:20.01	2011
2. Hayley Levin	2:21.02	2013
3. Maddy Pesch	2:24.19	2016
4. Joely Kam	2:25.95	2026
5. November Brown	2:26.61	2022
6. Eva Cuevas	2:26.72	2024
7. Bella Takata	2:27.40	2025
8. Beth Tsuha	2:29.41	2017
9. Danielle Phillips	2:29.92	2012
10. Genevieve Martinez	2:30.14	2024
11. Sarah Weltz	2:30.38	2020
12. Maya Comer	2:30.50	2026
13. Lucy McCormick	2:30.51	2006
14. Andrea Running	2:30.96	2017
15. Julia Hart	2:31.50	2015
16. Morgan Bober	2:31.60	2010
17. Lara Meyer	2:31.61	2011
18. Kendra Howard	2:32.13	2020
19. Sara Urch	2:33.02	2000
20. Sheryl Thedford	2:33.16	1984

100 Butterfly

1. Sarah Lopez	56.46	2025
2. Camryn Gonzales	56.71	2023
3. Imelda Wistey	57.01	2011
4. Kailee Shermak	57.17	2022
5. Beth Gillig	57.48	2015
6. Simone Bennett	58.51	2026
7. Ciara Vogler	58.87	2023
8. Becca Teske	59.01	2019
9. Marguerite Devine-Mraz	59.11	2019
10. Morgan Bober	59.19	2012
11. Amanda Keledjian	59.24	2005
12. Andi Fox	59.45	2023
13. Taylor Hurney	59.49	2018
14. Emily Mohl	59.57	1999
15. Kat Su	59.62	2016
16. Amy Hadow	59.99	2008
17. Vivian Woare	1:00.38	2025
18. Morgan Horton	1:00.42	2011
19. Hanna O'Neill	1:00.48	2020
20. Rachel Sellon	1:00.50	2002

200 Butterfly

1. Sarah Lopez	2:04.06	2025
2. Amanda Keledjian	2:09.34	2005
3. Becca Teske	2:09.40	2017
4. Rachel Sellon	2:09.85	2002
5. Camryn Gonzales	2:10.46	2024
6. Marguerite Devine-Mraz	2:10.58	2019
7. Vivian Woare	2:11.01	2025
8. Jalyn Marks	2:11.09	2014
9. Hayley Levin	2:11.89	2015
10. Kailee Shermak	2:11.94	2023
11. Alex Peitz	2:12.61	2007
12. Maddie Gray	2:13.45	2014
13. Emily Mohl	2:13.51	1999
14. Natasha Zettler	2:13.73	2024
15. Morgan Horton	2:13.98	2011
16. Kat Su	2:14.63	2015
17. Maria Restrepo	2:14.95	2026
18. Simone Bennett	2:15.00	2026
19. Morgan Bober	2:15.72	2012
20. Samantha Cook	2:15.99	2024

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

ALL-TIME LEADERS

200 Individual Medley

1. Hayley Levin	2:06.75	2013
2. Sarah Lopez	2:07.48	2024
3. Maria Venneri	2:09.04	2018
4. Nikki Schlegel	2:09.51	2019
5. Malena Maxwell	2:09.95	2016
6. Imelda Wistey	2:10.08	2011
7. Beth Tsuha	2:11.16	2014
8. Becca Teske	2:11.58	2017
9. Camryn Gonzales	2:11.89	2024
10. Josie Bircher	2:12.16	2015
11. Morgan Bober	2:12.28	2010
12. Meghan McDoniel	2:12.35	2007
13. Valerie Stimac	2:13.07	2009
14. Amanda Keledjian	2:13.09	2005
15. Maddy Pesch	2:13.12	2014
16. Eva Cuevas	2:13.15	2024
17. Kendra Howard	2:13.62	2020
18. Vivian Woare	2:13.79	2026
19. Regan Stambaugh	2:14.38	2023
20. Bella Takata	2:14.42	2025

400 Individual Medley

1. Hayley Levin	4:27.66	2013
2. Imelda Wistey	4:32.78	2011
3. Maria Venneri	4:36.16	2016
4. Sarah Lopez	4:36.45	2024
5. Eva Cuevas	4:36.66	2023
6. Sophia Carroll	4:37.17	2022
7. Nikki Schlegel	4:38.97	2019
8. Rachel Sellon	4:39.32	2001
9. Vivian Woare	4:40.22	2025
10. Malena Maxwell	4:40.24	2015
11. Josie Bircher	4:40.48	2015
12. Regan Stambaugh	4:41.88	2024
13. Katie Lottermoser	4:43.97	2014
14. Amanda Keledjian	4:44.55	2005
15. Dana Sherry	4:46.11	2015
16. Morgan Horton	4:46.60	2009
17. Jalyn Marks	4:47.11	2013
18. Natasha Zettler	4:47.51	2025
19. Kendra Howard	4:47.74	2020
20. Marguerite Devine-Mraz	4:48.17	2018

200 Freestyle Relay

1. Gonzales, Carroll, Juethner, Vogler	1:35.60	2025
2. Vogler, Gonzales, Shemark, Carroll	1:36.72	2024
3. Gamble, Konieczny, Clarke, Peak	1:37.47	2019
4. Vogler, Gonzales, Shermak, Brown	1:37.49	2023
5. Juethner, Morse, Dunn, Vogler	1:37.64	2026
6. Vogler, Gonzales, Carroll, Cook	1:38.00	2025
7. Gonzales, Swearngin, Cook, Carroll	1:38.02	2025
8. Briney, O'Neill, Maxwell, Tsuha	1:38.21	2015
9. Hurney, Clarke, Peak, O'Neil	1:38.41	2018
10. Hurney, Briney, Teske, O'Neill	1:38.43	2016

400 Freestyle Relay

1. Carroll, Gonzales, Vogler, Cook	3:30.91	2025
2. Gillig, Briney, O'Neill, Tsuha	3:32.60	2015
3. Vogler, Gonzales, Shermak, Carroll	3:32.63	2024
4. Shermak, Elliott, Schlegel, Carroll	3:32.78	2022
5. O'Neill, Kozjek, Briney, Tsuha	3:33.97	2016
6. Briney, Levin, Gillig, Tsuha	3:34.23	2014
7. Briney, Hurney, Tsuha, Kozjek	3:34.47	2017
8. Shermak, Vogler, Brown, Carroll	3:34.82	2023
9. Gamble, Peak, Clarke, Schlegel	3:34.90	2019
10. Morse, Vogler, Ryan, Juethner	3:35.22	2026

800 Freestyle Relay

1. Carroll, Lopez, Ryan, Cook	7:42.51	2025
2. Gillig, Kozjek, Levin, Tsuha	7:42.71	2015
3. Carroll, Lopez, Shermak, Cook	7:46.95	2024
4. Levin, Bircher, Briney, Tsuha	7:47.81	2014
5. Levin, Sibbald, Bircher, Gillig	7:48.30	2013
6. Lyons, O'Hara, Lopez, Cook	7:48.78	2026
7. Carroll, Howard, Gonzales, Schlegel	7:49.10	2022
8. Levin, O'Neill, Kozjek, Tsuha	7:49.39	2016
9. Roberts, Howard, Devine-Mraz, Schlegel	7:51.88	2020
10. Devine-Mraz, Larson, Venneri, O'Neill	7:53.19	2018

200 Medley Relay

1. Lopez, Brown, Gonzales, Vogler	1:46.01	2023
2. Lopez, Martinez, Gonzales, Vogler	1:46.07	2024
3. Bennett, Morse, Lopez, Juethner	1:46.53	2026
4. Lopez, Takata, Gonzales, Vogler	1:46.63	2025
5. Schlegel, Brown, Gonzales, Shermak	1:46.82	2022
6. Venneri, Pesch, Gillig, Briney	1:47.65	2015
7. Venneri, Pesch, Teske, Tsuha	1:47.75	2016
8. Lopez, Takata, Gonzales, Carroll	1:48.08	2025
9. Schlegel, Brown, Devine-Mraz, Peak	1:48.24	2019
10. Hannemann, Wistey, Bober, Horton	1:48.29	2011

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

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400 Medley Relay

1. Lopez, Takata, Gonzales, Carroll	3:52.24	2025
2. Venneri, Pesch, Gillig, Tsuha	3:53.47	2015
3. Schlegel, Brown, Gonzales, Carroll	3:53.68	2022
4. Ryan, Martinez, Lopez, Vogler	3:54.94	2024
5. Bennett, Kam, Lopez, Morse	3:55.03	2026
6. Venneri, Pesch, Su, Tsuha	3:55.09	2016
7. Venneri, Tsuha, Teske, Briney	3:55.36	2017
8. Lopez, Brown, Gonzales, Shermak	3:55.81	2023
9. Schlegel, Weltz, Devine-Mraz, Peak	3:57.54	2020
10. Schlegel, Brown, Teske, Peak	3:57.75	2019

1-Meter Diving (6 Dives)

1. Kelly Bruce	277.50	2012
2. Jo Schaalman	275.60	1998
3. Sarah Stayer	264.80	2005
4. Emma Falley	261.45	2013
5. Hannah LaFollette	245.10	2009
6. Summer White	244.45	2018
7. Celeste Kaspar	243.80	2020
8. Tiffany Nguyen	240.55	2014
9. Allison Miller	240.07	2013
10. Sophie Wojdylo	239.20	2020
11. Ingrid Swenson	234.50	1995
12. Alex Kruse	233.40	2026
13. Andie Schrage	233.25	2008
14. Jordan Allison	229.55	2009
15. Margaret Connelly	222.15	2006
16. Ania Mikos	221.45	2002
17. Elaine Thut	220.35	2018
18. Kate Iberg	218.30	2003
19. Katherine Parrish	216.50	2018
20. Betsy Stone	215.45	2005

3-Meter Diving (6 Dives)

1. Sarah Stayer	293.80	2005
2. Kelly Bruce	287.02	2012
3. Alex Kruse	261.75	2026
4. Jo Schaalman	256.95	1998
5. Summer White	251.50	2018
6. Emma Falley	250.27	2012
7. Hannah LaFollette	249.75	2010
8. Sophie Wojdylo	245.95	2022
9. Tiffany Nguyen	239.25	2014
10. Margaret Connolly	238.30	2007
11. Sonia Cooley	235.40	1996
12. Rachel Moor	229.30	2004
13. Katherine Parrish	226.10	2018
14. Elaine Thut	224.00	2018
15. Balyssa Bell	222.45	2012
16. Allison Miller	222.07	2013
17. Andie Schrage	217.45	2008
18. Betsy Stone	215.95	2002
19. Jordan Allison	213.00	2009
20. Ania Mikos	212.95	2002

1-Meter Diving (11 Dives)

1. Kelly Bruce	483.85	2011
2. Alex Kruse	477.60	2026
3. Hannah LaFollette	452.75	2011
4. Sophie Wojdylo	434.60	2020
5. Summer White	424.75	2018
6. Emma Falley	423.85	2013
7. Tiffany Nguyen	414.95	2016
8. Celeste Kaspar	413.35	2019
9. Jo Schaalman	409.95	1999
10. Allison Miller	400.45	2013
11. Sarah Stayer	383.05	2004
12. Elaine Thut	373.30	2020
13. Jane Markovitz	369.30	2026
14. Andie Schrage	368.25	2007
15. Jordan Allison	360.10	2009
16. Margaret Connolly	351.65	2007
17. Bella Nesbeth	346.30	2026
18. Katherine Parrish	339.95	2018
19. Balyssa Bell	338.40	2012
20. Ania Mikos	335.95	2002

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

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3-Meter Diving (11 Dives)

1. Kelly Bruce	498.75	2011
2. Summer White	485.90	2018
3. Alex Kruse	456.10	2026
4. Tiffany Nguyen	455.00	2015
5. Sarah Stayer	452.00	2005
6. Jo Schaalman	446.15	1999
7. Sophie Wojdylo	436.25	2020
8. Emma Falley	426.95	2013
9. Hannah LaFollette	415.25	2011
10. Sonia Cooley	396.10	1996
11. Balyssa Bell	392.25	2012
12. Ingrid Swenson	391.80	1995
13. Liz Welch	391.70	1995
14. Celese Kaspar	390.75	2019
15. Katherine Parrish	386.90	2018
16. Elaine Thut	383.85	2018
17. Allison Miller	381.10	2011
18. Bella Nesbeth	379.70	2026
19. Ania Mikos	374.60	2001
20. Betsy Stone	368.85	2005

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING *INDIVIDUAL AWARDS*

NATIONAL

All-America

2013: Hayley Levin (HM 400 IM)
2011: Imelda Wistey (100 breast, HM 200 breast), Kelly Bruce (HM 1M Diving)
2005: Sarah Stayer (1M Diving, HM 3M Diving)
2004: Sarah Stayer (HM 3M Diving)
2003: Sarah Stayer (HM 1M Diving)
2001: Rachel Sellon (HM 200 Fly)
1989: Katy Furnish (HM 50 Free)
1988: Katy Furnish (50 Free, HM 100 Free)
1987: Katy Furnish (HM 50 Free)
1986: Sheryl Thedford (100 Breast)
1985: Sheryl Thedford (100 Breast)
1984: Sheryl Thedford (100 Breast, HM 50 Free)
1977: Renee Reichart (HM 1M Diving)

Academic All-America

2011-12: CoSIDA Second Team (At Large)-Kelly Bruce

CSCAA Scholar-Athlete

2026: Alex Kruse
2019: Sophie Wojdylo
2011: Kelly Bruce, Imelda Wistey
2005: Sarah Stayer
2003: Sarah Stayer
2002: Rachel Sellon
2001: Rachel Sellon
1999: Emily Mohl

CSCAA Scholar-Athlete Hon. Mention/2nd Team

2025: Sophia Carroll, Sarah Lopez
2022: Sophia Carroll, Sophie Wojdylo
2019: Celeste Kaspar
2018: Summer White
2017: Summer White
2016: Tiffany Nguyen
2015: Hayley Levin, Tiffany Nguyen
2014: Tiffany Nguyen
2013: Allison Miller
2012: Kelly Bruce
2011: Hannah LaFollette
2010: Morgan Bober, Kelly Bruce
2009: Morgan Bober, Kelly Bruce
2006: Sarah Stayer
2003: Rachel Sellon

REGION/DISTRICT

Iowa Small College Coach of the Year

2002: Erin Hurley (Co-Coach)
2001: Erin Hurley

Academic All-District

2025-26: CSC First Team-Greta Dunn, Sophie Juethner, Regan Stambaugh, Ciara Vogler
2024-25: CSC First Team-Sophia Carroll, Sophie Juethner, Molly Ryan, Natasha Zettler
2023-24: CSC First Team-Sophia Carroll, Kailee Shermak, Sarah Lopez, Ciara Vogler
2016-17: CoSIDA First Team (At Large)-Chloe Briney
2015-16: CoSIDA First Team (At-Large)-Maddy Pesch
2014-15: CoSIDA First Team (At-Large)-Maddy Pesch
2013-14: CoSIDA First Team (At-Large)-Maddy Pesch
2011-12: CoSIDA First Team (At-Large)-Kelly Bruce
2002-03: CoSIDA First Team (At-Large)-Leah Blasiak

MIDWEST CONFERENCE

Outstanding Swimmer

2022: Sophia Carroll
2018: Maria Venneri
2017: Beth Tsuha
2016: Maria Venneri
2014: Hayley Levin
2013: Hayley Levin
2011: Imelda Wistey
2008: Meghan McDaniel
2007: Valerie Stimac
2003: Rachel Sellon
2002: Rachel Sellon

Outstanding Diver

2026: Alex Kruse
2020: Sophie Wojdylo
2018: Summer White
2017: Summer White
2016: Tiffany Nguyen
2011: Kelly Bruce
2010: Kelly Bruce
2009: Kelly Bruce

Outstanding Newcomer

2020: Kendra Howard
2019: Nikki Schlegel
2018: Madeline Peak

Elite 20 Award

2016: Annie Galloway

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING *INDIVIDUAL AWARDS*

Coach of the Year

2023: Erin Hurley
2018: Erin Hurley
2017: Erin Hurley
2015: Erin Hurley
2006: Erin Hurley
2004: Erin Hurley
2003: Erin Hurley (overall)
2002: Erin Hurley (overall)
1999: Erin Hurley (overall)
1998: Erin Hurley (overall)

Midwest Conference Woman of the Year

2011-12: Morgan Bober
2005-06: Rachel Moskowitz

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING NATIONAL QUALIFIERS

<u>2026</u>			200 Fly	25th-Emily Mohl	2:13.51
1M Diving	29th-Alex Kruse	352.95			
3M Diving	23rd-Alex Kruse	402.35	<u>1992</u>		
			100 Back	34th-Liz Fields	1:02.85
<u>2019</u>			200 Back	30th-Liz Fields	2:14.97
1M Diving	25th-Sophie Wojdylo	351.65	200 IM	65th-Liz Fields	2:20.26
3M Diving	29th-Sophie Wojdylo	327.70			
			<u>1989</u>		
<u>2016</u>			50 Free	10th-Katy Furnish	24.89
100 Back	26th-Maria Venneri	57.53	100 Free	17th-Katy Furnish	55.14
200 Back	19th-Maria Venneri	2:03.10	100 Fly	35th-Katy Furnish	1:03.83
400 IM	24th-Maria Venneri	4:40.07			
			<u>1988</u>		
<u>2013</u>			50 Free	4th-Katy Furnish	24.27
200 Breast	17th-Hayley Levin	2:21.02	100 Free	10th-Katy Furnish	54.10
200 IM	21st-Hayley Levin	2:07.60	100 Back	32nd-Deb Koa	1:08.54
400 IM	15th-Hayley Levin	4:30.72	100 Breast	43rd-Deb Koa	1:11.99
			200 Breast	32nd-Deb Koa	2:34.68
<u>2011</u>			100 Fly	33rd-Katy Furnish	1:01.68
100 Breast	3rd-Imelda Wistey	1:02.81			
200 Breast	16th-Imelda Wistey	2:22.68	<u>1987</u>		
100 Fly	21st-Imelda Wistey	57.01	50 Free	9th-Katy Furnish	25.02
1M Diving	14th-Kelly Bruce	371.30	100 Free	33rd-Katy Furnish	56.07
3M Diving	19th-Kelly Bruce	345.00			
			<u>1986</u>		
<u>2005</u>			50 Free	24th-Katy Furnish	25.82
1M Diving	7th-Sarah Stayer	362.35	100 Breast	3rd-Sheryl Thedford	1:08.04
3M Diving	15th-Sarah Stayer	361.20			
			<u>1985</u>		
<u>2004</u>			100 Breast	4th-Sheryl Thedford	1:08.73
1M Diving	19th-Sarah Stayer	281.35			
3M Diving	16th-Sarah Stayer	316.65	<u>1984</u>		
			100 Breast	2nd-Sheryl Thedford	1:08.40
<u>2003</u>					
1M Diving	12th-Sarah Stayer	327.80	<u>1983</u>		
3M Diving	18th-Sarah Stayer	319.45	400 IM	29th-Penny Bates	5:04.65
<u>2002</u>			<u>1982</u>		
500 Free	38th-Rachel Sellon	5:15.02	400 IM	18th-Penny Bates	5:04.58
200 Fly	22nd-Rachel Sellon	2:10.43			
400 IM	22nd-Rachel Sellon	4:39.80	<u>1981</u>		
			200 Back	29th-Lynn Dixon	2:22.41
<u>2001</u>					
200 Fly	16th-Rachel Sellon	2:12.90	<u>1980</u>		
200 IM	34th-Rachel Sellon	2:14.86	1650 Free	57th-Penny Bates	19:37.08
400 IM	24th-Rachel Sellon	4:45.70	50 Breast	29th-Deborah Fleming	34.18
			400 IM	34th-Penny Bates	5:09.57
<u>1999</u>			1M Diving	29th-Beth Vilen	133.11
100 Fly	25th-Emily Mohl	1:00.49	3M Diving	35th-Beth Vilen	73.62

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING *NATIONAL QUALIFIERS*

1977

50 Back	50th-Margo Wessner	32.10
100 Back	25th-Margo Wessner	1:07.09
200 Back	28th-Margo Wessner	2:26.54
50 Breast	40th-Kathy Keller	36.23
50 Fly	38th-Virginia Munoz	30.71
	39th-Becky Chipman	32.36
100 IM	39th-Kathy Keller	1:08.11
200 IM	42nd-Kathy Keller	2:28.13
1M Diving	13th-Renee Reichart	185.34
200 Free Relay	25th-Kathy Keller, Virginia Munoz, Sheryl Huntoon, Becky Chipman	1:51.89
200 Med Relay	28th-Margo Wessner, Kathy Keller, Virginia Munoz, Sheryl Huntoon	2:05.48
400 Med Relay	25th-Margo Wessner, Kathy Keller, Virginia Munoz, Sheryl Huntoon	4:35.63

GRINNELL COLLEGE WOMEN'S

SWIMMING & DIVING

MIDWEST CONFERENCE CHAMPIONS

2026

50 Free	Sophie Juethner	24.19
100 Back	Simone Bennett	57.34
1650 Free	Nina Lyons	17:59.79
1M Diving	Alex Kruse	476.20
3M Diving	Alex Kruse	450.00
400 Med Relay	Simone Bennett, Joely Kam Sarah Lopez, Tory Morse	3:55.03
200 Med Relay	Simone Bennett, Tory Morse Sarah Lopez, Sophie Juethner	1:46.53

2025

50 Free	Camryn Gonzales	23.73
200 Free	Sophia Carroll	1:52.11
500 Free	Sophia Carroll	5:09.71
100 Back	Sarah Lopez	57.69
100 Breast	Bella Takata	1:06.44
200 Fly	Sarah Lopez	2:04.06
200 Free Relay	Camryn Gonzales, Sophia Carroll Sophie Juethner, Ciara Vogler	1:35.60
400 Free Relay	Sophia Carroll, Camryn Gonzales Ciara Vogler, Samantha Cook	3:30.91
800 Free Relay	Sophia Carroll, Sarah Lopez Molly Ryan, Samantha Cook	7:42.51
200 Med Relay	Sarah Lopez, Bella Takata Camryn Gonzales, Ciara Vogler	1:46.63
400 Med Relay	Sarah Lopez, Bella Takata Camryn Gonzales, Sophia Carroll	3:52.24

2024

50 Free	Ciara Vogler	24.14
100 Free	Ciara Vogler	53.13
200 Free	Sophia Carroll	1:53.73
100 Fly	Camryn Gonzales	56.81
200 Fly	Sarah Lopez	2:05.83
200 Free Relay	Ciara Vogler, Camryn Gonzales, Kailee Shermak, Sophia Carroll	1:36.72
400 Free Relay	Ciara Vogler, Camryn Gonzales, Kailee Shermak, Sophia Carroll	3:32.63
200 Med Relay	Sarah Lopez, Genevieve Martinez, Camryn Gonzales, Ciara Vogler	1:46.07
400 Med Relay	Molly Ryan, Genevieve Martinez, Sarah Lopez, Ciara Vogler	3:54.94

2023

200 Free	Sophia Carroll	1:53.22
100 Fly	Camryn Gonzales	56.71
400 IM	Eva Cuevas	4:36.66

200 Free Relay	Ciara Vogler, Camryn Gonzales Kailee Shermak, November Brown	1:37.49
200 Med Relay	Sarah Lopez, November Brown Camryn Gonzales, Ciara Vogler	1:46.01
400 Med Relay	Sarah Lopez, November Brown Camryn Gonzales, Kailee Shermak	3:55.81

2022

100 Free	Kailee Shermak	52.82
500 Free	Sophia Carroll	5:03.15
1650 Free	Sophia Carroll	17:24.84
100 Back	Nikki Schlegel	57.79
100 Breast	November Brown	1:06.65
200 Breast	November Brown	2:26.61
400 IM	Sophia Carroll	4:37.17
3M Diving	Sophie Wojdylo	423.05
400 Free Relay	Kailee Shermak, Mare Elliott, Nikki Schlegel, Sophia Carroll	3:32.78
200 Med Relay	Nikki Schlegel, November Brown, Camryn Gonzales, Kailee Shermak	1:46.82
400 Med Relay	Nikki Schlegel, November Brown, Camryn Gonzales, Sophia Carroll	3:53.68

2020

1650 Free	McKynley Larson	18:11.44
200 Back	Nikki Schlegel	2:07.02
400 IM	Nikki Schlegel	4:40.03
3M Diving	Sophie Wojdylo	427.50
800 Free Relay	Cate Roberts, Kendra Howard, Marguerite Devine-Mraz, Nikki Schlegel	7:51.88
400 Med Relay	Nikki Schlegel, Sarah Weltz, Marguerite Devine-Mraz, Madeline Peak	3:57.54

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

MIDWEST CONFERENCE CHAMPIONS

2019

50 Free	Madeline Peak	24.04
500 Free	McKynley Larson	5:11.09
1650 Free	McKynley Larson	18:01.25
200 Back	Nikki Schlegel	2:06.38
200 IM	Nikki Schlegel	2:09.51
400 IM	Nikki Schlegel	4:38.97
3M Diving	Sophie Wojdylo	408.55
200 Free Relay	Enya Gamble, Olivia Konieczny, Kaia Clarke, Madeline Peak	1:37.47
400 Free Relay	Enya Gamble, Madeline Peak, Kaia Clarke, Nikki Schlegel	3:34.90
800 Free Relay	McKynley Larson, Becca Teske, Marguerite Devine-Mraz, Nikki Schlegel	7:53.35
200 Med Relay	Nikki Schlegel, November Brown, Marguerite Devine-Mraz, Madeline Peak	1:48.24
400 Med Relay	Nikki Schlegel, November Brown, Becca Teske, Madeline Peak	3:57.75

2018

50 Free	Madeline Peak	24.43
100 Free	Madeline Peak	53.89
100 Back	McKynley Larson	59.10
200 Back	Maria Venneri	2:07.59
200 Fly	Marguerite Devine-Mraz	2:12.67
200 IM	Maria Venneri	2:10.60
400 IM	Maria Venneri	4:39.21
3M Diving	Summer White	467.25
200 Free Relay	Taylor Hurney, Kaia Clarke, Madeline Peak, Haley O'Neill	1:38.41
400 Free Relay	Taylor Hurney, Madeline Peak, Maria Venneri, Haley O'Neill	3:35.40
800 Free Relay	Marguerite Devine-Mraz, McKynley Larson, Maria Venneri, Haley O'Neill	7:53.19
200 Med Relay	McKynley Larson, Maria Venneri, Marguerite Devine-Mraz, Madeline Peak	1:49.97
400 Med Relay	McKynley Larson, Maria Venneri, Marguerite Devine-Mraz, Haley O'Neill	4:00.08

2017

100 Free	Beth Tsuha	53.16
200 Free	Beth Tsuha	1:54.10
500 Free	Beth Tsuha	5:08.47
200 Back	Maria Venneri	2:04.38
200 IM	Becca Teske	2:11.85
400 IM	Maria Venneri	4:39.52
3M Diving	Summer White	435.70
200 Free Relay	Chloe Briney, Taylor Hurney, Ana Karin Kozjek, Haley O'Neill	1:38.75

400 Free Relay	Chloe Briney, Taylor Hurney, Beth Tsuha, Ana Karin Kozjek	3:34.47
800 Free Relay	Haley O'Neill, Becca Teske, Ana Karin Kozjek, Beth Tsuha	7:53.27
200 Med Relay	Maria Venneri, Beth Tsuha, Becca Teske, Chloe Briney	1:48.57
400 Med Relay	Maria Venneri, Beth Tsuha, Becca Teske, Chloe Briney	3:55.36

2016

100 Free	Beth Tsuha	53.10
200 Free	Beth Tsuha	1:54.34
500 Free	Beth Tsuha	5:05.54
100 Back	Maria Venneri	57.29
200 Back	Maria Venneri	2:02.27
200 IM	Malena Maxwell	2:09.95
400 IM	Maria Venneri	4:36.16
3M Diving	Tiffany Nguyen	430.05
400 Free Relay	Haley O'Neill, Ana Karin Kozjek, Chloe Briney, Beth Tsuha	3:33.97
800 Free Relay	Hayley Levin, Haley O'Neill, Ana Karin Kozjek, Beth Tsuha	7:49.39
200 Med Relay	Maria Venneri, Maddy Pesch, Becca Teske, Beth Tsuha	1:47.75
400 Med Relay	Maria Venneri, Maddy Pesch, Katherine Su, Beth Tsuha	3:55.09

2015

200 Back	Maria Venneri	2:03.89
100 Breast	Maddy Pesch	1:06.19
200 Breast	Maddy Pesch	2:25.13
400 IM	Hayley Levin	4:32.81
200 Free Relay	Chloe Briney, Haley O'Neill, Malena Maxwell, Beth Tsuha	1:38.21
400 Free Relay	Beth Gillig, Chloe Briney, Haley O'Neill, Beth Tsuha	3:32.60
800 Free Relay	Beth Gillig, Ana Karin Kozjek, Hayley Levin, Beth Tsuha	7:42.71
200 Med Relay	Maria Venneri, Maddy Pesch, Beth Gillig, Chloe Briney	1:47.65
400 Med Relay	Maria Venneri, Maddy Pesch, Beth Gillig, Beth Tsuha	3:53.47

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING *MIDWEST CONFERENCE CHAMPIONS*

2014

200 Free	Beth Tsuha	1:55.15
100 Fly	Beth Gillig	57.96
200 Breast	Hayley Levin	2:28.04
200 IM	Hayley Levin	2:08.88
400 IM	Hayley Levin	4:34.64
400 Free Relay	Chloe Briney, Hayley Levin, Beth Gillig, Beth Tsuha	3:34.23
800 Free Relay	Hayley Levin, Josie Bircher, Chloe Briney, Beth Tsuha	7:47.81

2013

100 Breast	Maddy Pesch	1:08.07
200 Breast	Hayley Levin	2:21.49
100 Fly	Beth Gillig	57.79
200 IM	Hayley Levin	2:06.75
400 IM	Hayley Levin	4:27.66
200 Med Relay	Sara Hannemann, Danielle Phillips, Hayley Levin, Beth Gillig	1:49.50

2012

100 Breast	Danielle Phillips	1:08.26
100 Fly	Morgan Bober	59.19
200 Fly	Morgan Bober	2:15.72
3M Diving	Kelly Bruce	475.00

2011

100 Breast	Imelda Wistey	1:02.55
200 Breast	Imelda Wistey	2:20.01
100 Fly	Morgan Bober	59.81
200 Fly	Morgan Horton	2:13.98
1M Diving	Kelly Bruce	483.85
3M Diving	Kelly Bruce	498.75
200 Free Relay	Jacqueline Anderson, Nikki Pyle, Sara Hannemann, Imelda Wistey	1:39.68
200 Med Relay	Sara Hannemann, Imelda Wistey, Morgan Bober, Morgan Horton	1:48.29
400 Med Relay	Sara Hannemann, Imelda Wistey, Morgan Horton, Jacqueline Anderson	3:59.94

2010

200 Free	Meghan McDaniel	1:59.67
100 Breast	Morgan Bober	1:06.23
1M Diving	Kelly Bruce	412.55
3M Diving	Kelly Bruce	450.95
400 Med Relay	Morgan Horton, Morgan Bober, Amy Hadow, Meghan McDaniel	4:05.01

2009

50 Free	Valerie Stimac	24.86
100 Free	Valerie Stimac	53.34
100 Fly	Amy Hadow	1:00.65
100 Breast	Morgan Bober	1:08.28
200 Fly	Morgan Horton	2:13.98
1M Diving	Kelly Bruce	420.45
3M Diving	Kelly Bruce	429.35
200 Free Relay	Laura McElroy, Meghan McDaniel, Casey Strickler, Chloe Moryl	1:41.71
400 Free Relay	Valerie Stimac, Meghan McDaniel, Casey Strickler, Morgan Horton	3:40.37
800 Free Relay	Valerie Stimac, Meghan McDaniel, Casey Strickler, Morgan Horton	8:01.85
200 Med Relay	Alex Peitz, Morgan Bober, Amy Hadow, Valerie Stimac	1:51.52
400 Med Relay	Alex Peitz, Morgan Bober, Amy Hadow, Valerie Stimac	4:05.25

2008

50 Free	Chloe Moryl	25.52
100 Free	Valerie Stimac	53.85
200 Free	Valerie Stimac	1:57.87
200 Back	Alex Peitz	2:16.28
100 Breast	Meghan McDaniel	1:10.94
200 Breast	Meghan McDaniel	2:34.24
100 Fly	Amy Hadow	1:00.52
200 IM	Meghan McDaniel	2:15.14
200 Free Relay	Valerie Stimac, Laura McElroy, Jacqueline Anderson, Chloe Moryl	1:40.39
400 Free Relay	Valerie Stimac, Meghan McDaniel, Jacqueline Anderson, Chloe Moryl	3:39.29
800 Free Relay	Valerie Stimac, Meghan McDaniel, Jacqueline Anderson, Morgan Horton	8:00.07
200 Med Relay	Alex Peitz, Meghan McDaniel, Amy Hadow, Chloe Moryl	1:52.73
400 Med Relay	Alex Peitz, Meghan McDaniel, Amy Hadow, Valerie Stimac	4:06.55

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

MIDWEST CONFERENCE CHAMPIONS

2007

50 Free	Valerie Stimac	24.92
100 Free	Valerie Stimac	53.75
200 Free	Valerie Stimac	1:58.78
100 Back	Julia McHugh	1:01.74
200 Back	Julia McHugh	2:12.53
100 Breast	Meghan McDoniel	1:09.44
100 Fly	Amy Hadow	1:00.17
200 Fly	Alex Peitz	2:12.61
200 IM	Meghan McDoniel	2:12.35
200 Free Relay	Valerie Stimac, Emily Summers, Meghan McDoniel, Erinn Croco	1:38.84
400 Free Relay	Valerie Stimac, Julia McHugh, Meghan McDoniel, Erinn Croco	3:37.94
800 Free Relay	Alex Peitz, Amy Hadow, Amanda Keledjian, Allie Kossoy	8:14.58
200 Med Relay	Julia McHugh, Meghan McDoniel, Amy Hadow, Valerie Stimac	1:51.10
400 Med Relay	Julia McHugh, Meghan McDoniel, Amy Hadow, Valerie Stimac	4:03.12

2006

100 Free	Valerie Stimac	54.13
100 Back	Julie Perino	1:01.80
200 Back	Julie Perino	2:13.18
100 Breast	Lucy McCormick	1:09.75
200 Fly	Amanda Keledjian	2:14.49
200 Free Relay	Valerie Stimac, Julia McHugh, Amanda Keledjian, Erinn Croco	1:40.68
400 Free Relay	Valerie Stimac, Allie Kossoy, Amanda Keledjian, Lauren Gehbauer	3:41.69
800 Free Relay	Valerie Stimac, Lauren Page, Allie Kossoy, Lauren Gehbauer	8:05.90
200 Med Relay	Julia McHugh, Lucy McCormick, Amanda Keledjian, Valerie Stimac	1:51.81
400 Med Relay	Julie McHugh, Lucy McCormick, Amanda Keledjian, Lauren Gehbauer	4:06.87

2005

50 Free	Erinn Croco	24.67
100 Free	Erinn Croco	54.29
100 Back	Julia McHugh	1:01.18
200 Back	Julia McHugh	2:12.96
100 Breast	Lucy McCormick	1:10.63
200 Fly	Amanda Keledjian	2:10.95
200 Free Relay	Erinn Croco, Lauren Gehbauer, Amanda Keledjian, Allie Kossoy	1:40.57
400 Free Relay	Erinn Croco, Lauren Gehbauer, Julia McHugh, Allie Kossoy	3:41.46

800 Free Relay	Lauren Gehbauer, Lauren Page, Amanda Keledjian, Allie Kossoy	8:11.89
200 Med Relay	Stacie Kossoy, Natalie Funk, Amanda Keledjian, Erinn Croco	1:52.69
400 Med Relay	Julia McHugh, Halley Feil, Amanda Keledjian, Lauren Gehbauer	4:07.68

2004

50 Free	Erinn Croco	25.05
100 Free	Erinn Croco	55.34
200 Free	Amber Gedlinske	1:59.82
500 Free	Amber Gedlinske	5:18.54
1650 Free	Amber Gedlinske	18:17.12
1M Diving	Sarah Stayer	366.35
3M Diving	Sarah Stayer	385.90
200 Free Relay	Amber Gedlinske, Julia McHugh, Erinn Croco, Emma Samuels	1:41.30
400 Free Relay	Amber Gedlinske, Julia McHugh, Emma Samuels, Erinn Croco	3:42.98
800 Free Relay	Amber Gedlinske, Lauren Page, Emma Samuels, Rachel Sellon	8:12.27

2003

100 Free	Joanne Perino	54.80
500 Free	Rachel Sellon	5:13.42
100 Back	Julie Perino	1:02.58
200 Back	Stacie Kossoy	2:14.85
400 IM	Rachel Sellon	4:43.59
200 Fly	Rachel Sellon	2:11.65
1M Diving	Sarah Stayer	354.05
3M Diving	Sarah Stayer	431.50
200 Free Relay	Joanne Perino, Emma Samuels, Rachel Sellon, Leah Blasiak	1:41.24
400 Free Relay	Joanne Perino, Emma Samuels, Rachel Sellon, Leah Blasiak	3:41.34
800 Free Relay	Leah Blasiak, Aleia McCord, Joanne Perino, Rachel Sellon	8:01.54
200 Med Relay	NA	1:55.32
400 Med Relay	Stacie Kossoy, Lucy McCormick, Rachel Sellon, Leah Blasiak	4:10.54

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING MIDWEST CONFERENCE CHAMPIONS

2002

100 Free	Emma Samuels	56.27
1650 Free	Jenn Holm	18:06.38
200 Fly	Rachel Sellon	2:09.85
200 IM	Rachel Sellon	2:14.75
200 Back	Stacie Kossoy	2:14.78
400 IM	Rachel Sellon	4:41.63
200 Free Relay	Susan Hughes, Rachel Sellon, Jenn Holm, Emma Samuels	1:42.83
400 Free Relay	Susan Hughes, Emma Samuels, Rachel Sellon, Jenn Holm	3:44.11
800 Free Relay	Amber Gedlinske, Emily Mohl, Rachel Sellon, Jenn Holm	8:07.40
200 Med Relay	Stacie Kossoy, Ali Brown, Emma Samuels, Susan Hughes	1:55.22
400 Med Relay	Stacie Kossoy, Ali Brown, Rachel Sellon, Susan Hughes	4:11.45

2001

1650 Free	Jenn Holm	17:55.58
200 Fly	Rachel Sellon	2:11.94
200 IM	Rachel Sellon	2:14.47
400 IM	Rachel Sellon	4:40.96
200 Free Relay	Emma Samuels, Sonia Teas, Amber Gedlinske, Leah Blasiak	1:41.82
400 Free Relay	Amber Gedlinske, Emma Samuels, Jenn Holm, Leah Blasiak	3:42.42
800 Free Relay	Amber Gedlinske, Kerstin Wolf, Rachel Sellon, Jenn Holm	8:05.72
200 Med Relay	Emma Samuels, Sara Urch, Rachel Sellon, Leah Blasiak	1:54.76

2000

500 Free	Aleia McCord	5:27.67
200 Med Relay	Allison Groves, Sara Urch, Emily Mohl, Susan Hughes	1:55.08

1999

1650 Free	Kerstin Wolf	18:49.83
100 Fly	Emily Mohl	59.57
1M Diving	Jo Schaalman	409.95
3M Diving	Jo Schaalman	446.15

1998

1M Diving	Jo Schaalman	372.60
3M Diving	Jo Schaalman	417.35

1997

No champions

1994

3M Diving	Sonia Cooley	376.75
200 Med Relay	Liz Fields, Joanna Hooper, Natasha Vasey, Sara Daniels	1:56.68

1993

100 Back	Liz Fields	1:01.80
200 Back	Liz Fields	2:13.60
100 Breast	Andrea Jackson	1:12.17
3M Diving	Holly Kellar	326.00

1992

500 Free	Aly Jepsen	5:30.07
100 Back	Liz Fields	1:02.16
200 Back	Liz Fields	2:13.23
400 IM	Liz Fields	4:52.77
1M Diving	Ingrid Swenson	317.85
800 Free Relay	Julie Cross, Aly Jepsen, Amy Oggel, Mercedes Danforth	8:19.29
200 Med Relay	Liz Fields, Andrea Jackson, Dana Danley, Sheila Tom	1:57.62
400 Med Relay	Liz Fields, Andrea Jackson, Dana Danley, Sheila Tom	4:17.42

1991

200 Free	Shannon Swanstrom	2:03.80
100 Back	Liz Fields	1:02.50
200 Back	Liz Fields	2:14.28
200 Free Relay	Sheila Tom, Shannon Swanstrom, Marie Smith, Sue Petheram	1:44.52
400 Free Relay	Marie Smith, Sue Petheram, Sheila Tom, Shannon Swanstrom	3:49.61
800 Free Relay	Shannon Swanstrom, Julie Cross, Amy Oggel, Alyson Jepsen	8:31.00

1990

100 Free	Shannon Swanstrom	56.17
200 Free Relay	Marie Smith, Sue Petheram, Mercedes Mear, Shannon Swanstrom	1:44.50
400 Free Relay	Amy Oggel, Shannon Swanstrom, Mercedes Danforth, Sheila Tom	3:51.36
800 Free Relay	Amy Oggel, Alyson Jepsen, Mercedes Danforth, Shannon Swanstrom	8:24.87

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING MIDWEST CONFERENCE CHAMPIONS

1989

50 Free	Katy Furnish	25.49
100 Free	Katy Furnish	56.57
500 Free	Alyson Jepsen	5:35.17
1000 Free	Alyson Jepsen	11:24.30
100 Breast	Deb Koa	1:12.24
100 Fly	Katy Furnish	1:03.75

1988

50 Free	Katy Furnish	25.16
100 Breast	Deb Koa	1:12.37
200 Breast	Deb Koa	2:35.64
200 Free Relay	Deb Koa, Sue Petheram, Shelly Avollo, Katy Furnish	1:46.53
400 Free Relay	Shannon Swanstrom, Sue Petheram, Shelly Avollo, Katy Furnish	3:51.33

1987

50 Free	Katy Furnish	25.20
100 Free	Katy Furnish	56.34

1986

100 Breast	Sheryl Thedford	1:11.06
200 Breast	Sheryl Thedford	2:37.59

1985

100 Breast	Sheryl Thedford	1:21.21
200 Breast	Dorothy Shearn	2:56.46
1M Diving-req.	Lisa van Sand	140.45
200 Med Relay	Kathryn Pereira, Sheryl Thedford, Dorothy Shearn, Joan Lewis	2:12.89

1984

50 Breast	Sheryl Thedford	32.22
100 Breast	Sheryl Thedford	1:11.29
200 Breast	Sheryl Thedford	2:35.46
1M Diving-req.	Lisa van Sand	151.70
200 Med Relay	Inga Carlson, Sheryl Thedford, Joan Lewis, Anne Wibiralske	1:58.28

1983

200 Free	Meg Philpott	2:05.53
200 Back	Lynn Dixon	2:29.53
100 Breast	Penny Bates	1:15.91
200 Breast	Penny Bates	2:40.72
200 IM	Penny Bates	2:22.25
1M Diving-opt.	Lisa van Sand	174.90

400 Med Relay	Penn Bates, Lynn Dixon, Joan Lewis, Anne Wibiralske	4:32.94
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1982

100 Back	Lynn Dixon	1:07.62
200 Back	Lynn Dixon	2:24.22
100 Breast	Susan Durkee	1:15.50
200 Breast	Susan Durkee	2:43.82
200 IM	Penny Bates	2:24.91
400 Med Relay	Lynn Dixon, Susan Durkee, Penny Bates, Anne Wibiralske	4:30.95

1981

100 Free	Anne Wibiralske	58.8
200 Free	Penny Bates	2:10.4
500 Free	Penny Bates	5:56.2
1000 Free	Jerena Griffen	12:17.3
100 Back	Lynn Dixon	1:09.2
200 Back	Lynn Dixon	2:24.9
100 Breast	Deborah Fleming	1:14.2
200 Breast	Deborah Fleming	2:44.7
200 Fly	Janice Mineah	2:36.7
200 IM	Penny Bates	2:27.9
400 Free Relay	Penny Bates, Stephanie Cohen, Jerena Griffen, Anne Wibiralske	4:13.6
400 Med Relay	Lynn Dixon, Deborah Fleming, Sue Helgeson, Penny Bates	4:37.0

1980

100 Free	Ellen Hering	59.58
200 Free	Sara Mathews	2:14.35
500 Free	Stephanie Fallon	6:27.79
1000 Free	Penny Bates	11:44.08
200 Back	Ann Ziesmer	2:42.83
100 Breast	Deb Fleming	1:17.47
200 Breast	Deb Fleming	2:46.73
200 Fly	Penny Bates	2:35.37
200 IM	Penny Bates	2:24.99
1M Diving-req.	Beth Vilen	136.15
1M Diving-opt.	Beth Vinen	220.25
400 Free Relay	Sara Mathews, Valerie Chapman, Lucy Zahner, Ellen Hering	4:09.31
400 Med Relay	Ann Ziesmer, Deb Fleming, Marci Mann, Ellen Hering	4:40.90

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING *MIDWEST CONFERENCE CHAMPIONS*

1979

1000 Free	Margo Wessner	12:58.5
100 Back	Margo Wessner	1:13.2
200 Back	Margo Wessner	2:31.7
100 Breast	Deborah Fleming	1:18.4
200 Breast	Deborah Fleming	2:49.2
400 Med Relay	Margo Wessner, Deborah Fleming, Sara Mathews, Ellen Hering	4:42.9

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING

RUSSELL K. OSGOOD POOL RECORDS

<u>Event</u>	<u>Time/ Score</u>	<u>Record Holder</u>	<u>Season</u>
50 Freestyle	23.28	Maddie Gehrke, CIA-IA	2015
100 Freestyle	51.14	Jordyn Wentzel, St. Catherine	2019
200 Freestyle	1:49.58	Ruby Martin, IFLY-IA	2015
500 Freestyle	4:49.95	Ruby Martin, IFLY-IA	2015
1000 Freestyle	10:16.75	Olivia Staver, PSC-IA	2015
1650 Freestyle	16:46.63	Ruby Martin, IFLY-IA	2015
100 Backstroke	54.70	Maddie Gehrke, CIA-IA	2015
200 Backstroke	1:59.76	Maddie Gehrke, CIA-IA	2015
100 Breaststroke	1:01.64	Jordyn Wentzel, St. Catherine	2020
200 Breaststroke	2:15.28	Jordyn Wentzel, St. Catherine	2020
100 Butterfly	54.31	Berit Quass, West Des Moines Dowling	2018
200 Butterfly	2:00.34	Ruby Martin, IFLY-IA	2015
100 Individual Medley	59.00	Jordyn Wentzel, St. Catherine	2020
200 Individual Medley	2:04.84	Ruby Martin, IFLY-IA	2015
400 Individual Medley	4:17.75	Ruby Martin, IFLY-IA	2015
200 Freestyle Relay	1:35.19	PSC-IA	2015
400 Freestyle Relay	3:28.81	PSC-IA	2015
800 Freestyle Relay	7:42.51	Grinnell (Sophia Carroll, Sarah Lopez, Molly Ryan, Samantha Cook)	2025
200 Medley Relay	1:44.42	West Des Moines Dowling	2018
400 Medley Relay	3:49.86	PSC-IA	2015
1-Meter Diving Dual (6 dives)	281.35	Zoe Johnson, Luther	2015
3-Meter Diving Dual (6 dives)	263.70	Kelly Bruce, Grinnell	2011
1-Meter Diving Champ. (11 dives)	532.45	Trista Thompson, Midwest Diving	2022
3-Meter Diving Champ. (11 dives)	518.90	Christina Pekar, Lake Forest	2015

GRINNELL COLLEGE WOMEN'S
SWIMMING & DIVING
RUSSELL K. OSGOOD POOL RECORDS

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING SEASON-BY-SEASON SUMMARY

Season	MWC Finish	NCAA Finish	Head Coach
1973-74			<u>Ann Wack</u>
1974-75			<u>Mike Daley</u>
1975-76			<u>Mike Daley</u>
1976-77			<u>Mike Daley</u>
1977-78			<u>Peggy Riedesel</u>
1978-79	1st (219 pts)		<u>Peggy Riedesel</u>
1979-80	1st (309 pts)		<u>Martha Rowedder</u>
1980-81	1st (446 pts)		<u>Martha Rowedder</u>
1981-82	1st (463 pts)		<u>Martha Rowedder</u>
1982-83	1st (465 pts)		<u>Martha Rowedder</u>
1983-84	3rd (540.5 pts)	t-32nd (13 pts)	<u>Martha Rowedder</u>
1984-85	3rd (383 pts)	t-41st (15 pts)	<u>Martha Rowedder</u>
1985-86	2nd (462 pts)	t-32nd (16 pts)	<u>Martha Rowedder</u>
1986-87	3rd (310 pts)	45th (9 pts)	<u>Martha Rowedder</u>
1987-88	1st (525 pts)	t-33rd (22 pts)	<u>Cindy Mueller</u>
1988-89	2nd (566 pts)	49th (7 pts)	<u>Sheila Cain</u>
1989-90	2nd (591 pts)		<u>Sheila Cain</u>
1990-91	2nd (606 pts)		<u>Sheila Cain</u>
1991-92	1st (637 pts)		<u>Ray Obermiller</u>
1992-93	1st (539 pts)		<u>Ray Obermiller</u>
1993-94	1st (529.5 pts)		<u>Ray Obermiller</u>
1994-95	3rd (475 pts)		<u>Ray Obermiller</u>
1995-96	3rd (401 pts)		<u>Erin Hurley</u>
1996-97	2nd (650 pts)		<u>Erin Hurley</u>
1997-98	2nd (760 pts)		<u>Erin Hurley</u>
1998-99	1st (545 pts)		<u>Erin Hurley</u>
1999-00	1st (874 pts)		<u>Erin Hurley</u>
2000-01	1st (648 pts)	t-50th (1 pt)	<u>Erin Hurley</u>
2001-02	1st (924 pts)		<u>Erin Hurley</u>
2002-03	1st (671 pts)	t-51st (5 pts)	<u>Erin Hurley</u>
2003-04	1st (916 pts)	t-59th (1 pts)	<u>Erin Hurley</u>
2004-05	1st (602 pts)	40th (14 pts)	<u>Erin Hurley</u>
2005-06	1st (1232.5 pts)		<u>Erin Hurley</u>
2006-07	1st (1283.5 pts)		<u>Erin Hurley</u>
2007-08	1st (1303 pts)		<u>Erin Hurley</u>
2008-09	1st (1253 pts)		<u>Erin Hurley</u>
2009-10	1st (857 pts)		<u>Erin Hurley</u>
2010-11	1st (894 pts)	t-31st (20 pts)	<u>Erin Hurley</u>
2011-12	2nd (824 pts)		<u>Erin Hurley</u>
2012-13	1st (892 pts)	t-51st (2 pts)	<u>Erin Hurley</u>
2013-14	1st (894 pts)		<u>Erin Hurley</u>
2014-15	1st (1074 pts)		<u>Erin Hurley</u>
2015-16	1st (946.5 pts)		<u>Erin Hurley</u>
2016-17	1st (981.5 pts)		<u>Erin Hurley</u>
2017-18	1st (954.5 pts)		<u>Erin Hurley</u>
2018-19	1st (973 pts)		<u>Erin Hurley</u>
2019-20	2nd (879.5 pts)		<u>Erin Hurley</u>

GRINNELL COLLEGE WOMEN'S SWIMMING & DIVING *SEASON-BY-SEASON SUMMARY*

<u>Season</u>	<u>MWC Finish</u>	<u>NCAA Finish</u>	<u>Head Coach</u>
<u>2020-21</u>	COVID		Erin Hurley
<u>2021-22</u>	1st (885 pts)		Erin Hurley
<u>2022-23</u>	1st (863.5 pts)		Erin Hurley
<u>2023-24</u>	1st (864 pts)		Matt Hedman
<u>2024-25</u>	1st (929 pts)		Matt Hedman
<u>2025-26</u>	1st (1067 pts)		Matt Hedman

CAREER COACHING SUMMARY

<u>Seasons</u>	<u>Head Coach</u>	<u>MWC Titles</u>
<u>1973-74</u>	Ann Wack	<u>0</u>
<u>1974-77</u>	Mike Daley	<u>0</u>
<u>1977-79</u>	Peggy Riedesel	<u>1</u>
<u>1979-87</u>	Martha Rowedder	<u>4</u>
<u>1987-88</u>	Cindy Mueller	<u>1</u>
<u>1988-91</u>	Sheila Cain	<u>0</u>
<u>1991-95</u>	Ray Obermiller	<u>3</u>
<u>1996-2023</u>	Erin Hurley	<u>22</u>
<u>2024-present</u>	Matt Hedman	<u>3</u>
Totals		34

MIDWEST CONFERENCE TITLES

(34 titles): 2026, 2025, 2024, 2023, 2022, 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2011, 2010, 2009, 2008, 2007, 2006, 2005, 2004, 2003, 2002, 2001, 2000, 1999, 1994, 1993, 1992, 1988, 1983, 1982, 1981, 1980, 1979