

## PROGRESSION for Short Course Yards

<b>Madalyn Andersen</b> 8&UN		<b>25 FR</b>	<b>50 FR</b>	<b>25 BA</b>	<b>25 BR</b>												
TURKEY MEET	11/21/2009 Finals	:31.51		:35.40													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.60		:33.40													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:25.27		:31.47	:35.03												
MACR @ ANKENY	01/30/2010 Finals		:58.16	:27.78	:38.31												
2010 SECTION III CHA	02/14/2010 Finals	:24.92		:28.85	:35.51												
<b>Amyah Arrington</b> 8&UN		<b>25 FR</b>	<b>50 FR</b>	<b>25 BA</b>	<b>25 BR</b>	<b>50 BR</b>											
TURKEY MEET	11/21/2009 Finals			:26.42	:28.37												
MACR/MONTICELLO @ DU	12/05/2009 Finals			:27.01	:27.73												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:20.68		:25.83	:28.41												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:24.30	:57.14			:57.12											
MONT, MUSC, WILT @ M	01/23/2010 Finals	:19.10			:25.75	:55.88											
MACR @ ANKENY	01/30/2010 Finals	:19.01			:22.54	:52.24											
2010 SECTION III CHA	02/14/2010 Finals	:17.58			:23.20	:49.94											
<b>Isabella Ayala</b> 8&UN		<b>25 FR</b>	<b>50 FR</b>	<b>25 BA</b>	<b>25 BR</b>	<b>50 BR</b>	<b>25 FLY</b>										
TURKEY MEET	11/21/2009 Finals	:24.18		:27.50													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:22.54		:28.03	:28.20												
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:51.80	:29.07			:26.92										
MACR, MONT., DMWC @	12/19/2009 Finals		:50.50			1:05.19	:24.82										
DUBUQUE, MONTICELLO	01/09/2010 Finals		:49.21		:29.71		:27.56										
MONT, MUSC, WILT @ M	01/23/2010 Finals	:20.65			:28.67		:27.93										
MACR @ ANKENY	01/30/2010 Finals		:48.70		:28.42		:24.93										
2010 SECTION III CHA	02/14/2010 Finals		:46.56		:29.50		:24.28										

## PROGRESSION for Short Course Yards

<b>Makenna Benson</b>	8&UN	25 FR	50 FR	25 BA	25 BR	50 BR												
TURKEY MEET	11/21/2009 Finals	:29.47		:28.30	:33.48													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:25.40		:30.24		1:13.72												
WAUKEE, MONT. @ MACR	12/12/2009 Finals			:30.74														
MACR, MONT., DMWC @	12/19/2009 Finals			:31.94	:32.66													
DUBUQUE, MONTICELLO	01/09/2010 Finals			:28.26	:28.15	1:02.59												
MONT, MUSC, WILT @ M	01/23/2010 Finals		:56.50		:28.58	1:05.60												
MACR @ ANKENY	01/30/2010 Finals	:23.23			:27.23	1:02.61												
2010 SECTION III CHA	02/14/2010 Finals	:31.67			:24.80	:58.08												
<b>Eleanor Bryant</b>	8&UN	25 FR	50 FR	25 BA	25 FLY													
TURKEY MEET	11/21/2009 Finals	:18.44		:22.74	:21.28													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:17.89		:21.96	:19.60													
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:41.16	:22.75	:19.80													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:16.86		:21.53	:21.39													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:15.99		:22.38	:17.99													
2010 SECTION III CHA	02/14/2010 Finals	:16.20			:17.45													
<b>Amanda Charlton</b>	8&UN	25 FR	25 BA	25 BR	50 BR	25 FLY												
TURKEY MEET	11/21/2009 Finals	:26.08		:33.52		:31.63												
MACR/MONTICELLO @ DU	12/05/2009 Finals	:25.24	:26.65															
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:27.55	:29.98														
MACR, MONT., DMWC @	12/19/2009 Finals		:28.05	:30.87														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:24.69	:28.79		1:05.13													
MONT, MUSC, WILT @ M	01/23/2010 Finals		:25.01	:30.02														
2010 SECTION III CHA	02/14/2010 Finals		:24.51	:29.33		:30.16												

## PROGRESSION for Short Course Yards

<b>Maggie Crockett</b>	8&UN	<b>25 FR</b>	<b>50 FR</b>	<b>25 BA</b>	<b>50 BR</b>	<b>100 I.M.</b>												
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:48.44		1:05.55	2:00.53												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:22.60		:26.20														
<b>Dani Dennis</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 BR</b>	<b>50 BR</b>													
TURKEY MEET	11/21/2009 Finals	:22.27		:26.64														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:24.44	:24.46	:27.00														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:20.93	:24.73	:26.29														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:22.69	:25.76		:54.56													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:21.37	:27.31		:58.78													
2010 SECTION III CHA	02/14/2010 Finals	:20.25	:23.87		:56.46													
<b>Nora Gauna</b>	8&UN	<b>25 BR</b>	<b>50 BR</b>	<b>100 I.M.</b>														
MACR/MONTICELLO @ DU	12/05/2009 Finals		:50.67	1:43.23														
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:49.96															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:23.65	:49.82	1:45.23														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:22.82	:48.93	1:46.01														
2010 SECTION III CHA	02/14/2010 Finals	:22.29	:49.47	1:45.49														
<b>Reagan Gorman</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 BR</b>														
TURKEY MEET	11/21/2009 Finals	:22.97	:27.16															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:22.58	:28.00	:28.35														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:22.42	:25.85	:29.29														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:21.78	:24.29															
2010 SECTION III CHA	02/14/2010 Finals	:20.40	:24.20															

## PROGRESSION for Short Course Yards

<b>Anna Mlodzik</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>50 BA</b>														
TURKEY MEET	11/21/2009 Finals	:21.73	:23.22															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:21.74	:23.77															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:21.41		:51.68														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:22.12	:24.32	:49.90														
2010 SECTION III CHA	02/14/2010 Finals		:22.75	:51.31														
<b>Brena Ollinger</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>50 BA</b>														
TURKEY MEET	11/21/2009 Finals	:33.50	:32.83															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:30.14	:30.35															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:26.23	:26.82															
MONT, MUSC, WILT @ M	01/23/2010 Finals	:28.78	:28.83	1:11.37														
<b>Darby Russell</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 BR</b>														
TURKEY MEET	11/21/2009 Finals	:42.90	:37.16															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:37.33	:39.94															
MACR, MONT., DMWC @	12/19/2009 Finals	:43.16	:36.34															
MONT, MUSC, WILT @ M	01/23/2010 Finals	:34.65	:38.23	1:12.83														
2010 SECTION III CHA	02/14/2010 Finals	:37.04	:33.83															
<b>Sadie Wagemester</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>25 FLY</b>														
TURKEY MEET	11/21/2009 Finals	:29.18	:30.23															
MACR/MONTICELLO @ DU	12/05/2009 Finals	:27.36	:33.50															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.99	:31.00	:37.79														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:26.11	:31.65	:33.24														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:28.79	:32.60	:38.38														
MACR @ ANKENY	01/30/2010 Finals	:28.59	:31.84	:38.98														
2010 SECTION III CHA	02/14/2010 Finals	:23.15	:26.68	:35.32														

## PROGRESSION for Short Course Yards

<b>Margaret Wright</b>	8&UN	25 FR	50 FR	50 BA	50 BR	25 FLY	100 I.M.											
TURKEY MEET	11/21/2009 Finals	:19.80		:53.47			1:55.22											
WAUKEE, MONT. @ MACR	12/12/2009 Finals				1:00.18	:21.86												
DUBUQUE, MONTICELLO	01/09/2010 Finals		:49.80		:58.92		1:46.35											
MONT, MUSC, WILT @ M	01/23/2010 Finals		:46.38		:59.84													
<b>Alanna Adkins</b>	9-10	50 FR	50 BA	50 FLY	100 I.M.													
TURKEY MEET	11/21/2009 Finals		:43.72	:47.58	1:35.59													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:35.91	:43.06		1:31.04													
MONT, MUSC, WILT @ M	01/23/2010 Finals		:40.21	:40.65	1:28.88													
<b>Sarah Altemeier</b>	9-10	50 FR	100 FR	50 BR	100 BR	100 I.M.												
TURKEY MEET	11/21/2009 Finals		1:34.41	:55.13		1:49.24												
MACR/MONTICELLO @ DU	12/05/2009 Finals		1:31.21	:51.45		1:45.52												
MACR, MONT., DMWC @	12/19/2009 Finals		1:30.47	:50.60		1:42.19												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:40.44		:49.12	1:47.01													
MONT, MUSC, WILT @ M	01/23/2010 Finals			:47.80	1:45.05	1:39.18												
2010 SECTION III CHA	02/14/2010 Finals			:47.78	1:41.25	1:37.35												
<b>Eleanor Andersen</b>	9-10	50 FR	100 FR	50 BA	100 BA	50 BR												
TURKEY MEET	11/21/2009 Finals	:48.11		1:04.28														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:46.09		:56.78														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:42.86		:54.21		1:18.11												
MACR @ ANKENY	01/30/2010 Finals		1:44.85	:49.69		1:13.20												
2010 SECTION III CHA	02/14/2010 Finals	:45.87		:50.30	1:49.79													

## PROGRESSION for Short Course Yards

<b>Emma Behrens</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>													
TURKEY MEET	11/21/2009 Finals	:43.03		:47.67													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:41.50	1:39.01														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:41.90	1:38.37	:47.65													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:41.41	1:36.38	:48.82													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:40.54	1:34.10	:47.63													
2010 SECTION III CHA	02/14/2010 Finals	:42.18	1:35.57	:45.15													
<b>Brianna Bisgard</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>									
TURKEY MEET	11/21/2009 Finals	:40.70					:57.26	1:50.45									
MACR/MONTICELLO @ DU	12/05/2009 Finals		1:32.87			:55.23	:49.25										
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:32.82				:52.11	1:47.65									
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:34.93	:47.37		:57.09											
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:31.39	:47.08	1:45.16												
MACR @ ANKENY	01/30/2010 Finals		1:30.08	:46.36	1:44.48												
2010 SECTION III CHA	02/14/2010 Finals		1:32.24	:44.20	1:37.38												
<b>Lily Bryant</b>	9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>												
TURKEY MEET	11/21/2009 Finals	:45.06	:49.67	1:00.59													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:44.50	:49.43		1:12.61												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:46.15	:53.11	:58.98													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:43.92	:48.50	:57.89													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:42.65	:51.79	:54.77													
2010 SECTION III CHA	02/14/2010 Finals	:45.17	:50.61	:54.72													

## PROGRESSION for Short Course Yards

<b>Marie Chamberlain</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>													
TURKEY MEET	11/21/2009 Finals	:40.41	:51.67	:54.64													
MACR, MONT., DMWC @	12/19/2009 Finals	:40.68	:50.60	:52.83													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:42.02	:50.77	:52.11													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:46.66	:51.54	:55.24													
2010 SECTION III CHA	02/14/2010 Finals	:41.91	:53.00	:55.50													
<b>Brooklyn Corey</b> 9-10		<b>50 FR</b>	<b>50 BR</b>														
TURKEY MEET	11/21/2009 Finals	:36.61	:53.54														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:37.01	:56.95														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:35.94	:53.56														
2010 SECTION III CHA	02/14/2010 Finals	:36.41															
<b>Eva Deegan</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>												
MACR/MONTICELLO @ DU	12/05/2009 Finals		:51.12		1:05.60												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:46.86															
DUBUQUE, MONTICELLO	01/09/2010 Finals			2:00.95													
MONT, MUSC, WILT @ M	01/23/2010 Finals			1:53.11	:56.22												
2010 SECTION III CHA	02/14/2010 Finals	:44.60		1:50.08	:56.45												
<b>Katie Dennis</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 LM.</b>												
TURKEY MEET	11/21/2009 Finals	:42.47		1:05.03													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:42.93	:49.70		1:56.58												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:41.36	:48.72														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:39.62	:46.95		1:48.95												

## PROGRESSION for Short Course Yards

<b>Olivia Green</b>	9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 I.M.</b>													
TURKEY MEET	11/21/2009 Finals	:42.92	:49.34	:56.44														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:42.88	:50.56	:59.74														
WAUKEE, MONT. @ MACR	12/12/2009 Finals				1:47.02													
MACR, MONT., DMWC @	12/19/2009 Finals	:41.54	:48.88															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:40.99																
MONT, MUSC, WILT @ M	01/23/2010 Finals	:40.73	:47.03															
2010 SECTION III CHA	02/14/2010 Finals	:42.46	:46.95															
<b>Raquel Green</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>												
TURKEY MEET	11/21/2009 Finals	:34.92	1:23.02	:46.40														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:35.00		:47.20	:42.39													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:37.28		:49.21		1:29.61												
MACR, MONT., DMWC @	12/19/2009 Finals	:34.21		:46.09		1:32.42												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:34.63			:41.04	1:30.62												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:35.51		:48.85	:42.17													
2010 SECTION III CHA	02/14/2010 Finals				:41.06	1:28.55												
<b>Lauren Havertape</b>	9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 FLY</b>														
TURKEY MEET	11/21/2009 Finals	:38.18																
MACR/MONTICELLO @ DU	12/05/2009 Finals	:41.51	:49.89															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:41.68	:47.48															
MACR, MONT., DMWC @	12/19/2009 Finals	:40.02	:48.23															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:37.92	:46.34															
MONT, MUSC, WILT @ M	01/23/2010 Finals		:45.65	:41.40														
MACR @ ANKENY	01/30/2010 Finals	:37.22	:43.60	:46.02														
2010 SECTION III CHA	02/14/2010 Finals	:36.67	:42.53	:43.57														

## PROGRESSION for Short Course Yards

<b>Taylor Johnson</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
TURKEY MEET	11/21/2009 Finals	:55.01																
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:52.19		1:04.79														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:50.67																
MONT, MUSC, WILT @ M	01/23/2010 Finals	:48.13	:59.47															
<b>Megan Kongable</b> 9-10		<b>50 FR</b>	<b>50 BA</b>															
MACR/MONTICELLO @ DU	12/05/2009 Finals	:52.82	:59.27															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:55.71	1:00.05															
MACR, MONT., DMWC @	12/19/2009 Finals	:51.38	:57.29															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:52.85																
MONT, MUSC, WILT @ M	01/23/2010 Finals	:54.74	:58.50															
MACR @ ANKENY	01/30/2010 Finals	:50.68	:59.00															
<b>Kirsten Loynachan</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 L.M.</b>										
TURKEY MEET	11/21/2009 Finals	:45.27	:51.53		:57.94													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:45.65	:50.18		:55.38													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:41.17	:50.55		:54.93													
MONT, MUSC, WILT @ M	01/23/2010 Finals					1:57.76	:56.38	1:43.15										
2010 SECTION III CHA	02/14/2010 Finals			1:49.23	:53.27			1:47.76										
<b>Nora Read</b> 9-10		<b>50 FR</b>	<b>50 BA</b>															
TURKEY MEET	11/21/2009 Finals	:48.74																
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:45.78	:50.46															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:46.87																
MONT, MUSC, WILT @ M	01/23/2010 Finals	:43.75	:50.64															
2010 SECTION III CHA	02/14/2010 Finals	:43.26	:49.92															

## PROGRESSION for Short Course Yards

<b>Madison Renz</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>100 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals	:38.40	1:35.61		1:00.44													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:36.05			:56.10	:50.00												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:37.70				:49.11	1:41.26											
MONT, MUSC, WILT @ M	01/23/2010 Finals	:37.39				:54.50	1:45.54											
MACR @ ANKENY	01/30/2010 Finals			1:39.64		:51.38	1:40.08											
2010 SECTION III CHA	02/14/2010 Finals					:44.62	1:36.89											
<b>Maggie Rinas</b>	9-10	<b>50 FR</b>	<b>50 BA</b>															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	1:01.32	1:02.48															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:58.83	1:04.43															
<b>Emily Rundle</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>														
TURKEY MEET	11/21/2009 Finals	:45.01																
MACR/MONTICELLO @ DU	12/05/2009 Finals	:44.39	1:41.89															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:43.86	1:43.34															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:40.10	1:31.82	:52.50														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:40.00	1:36.94	:51.77														
2010 SECTION III CHA	02/14/2010 Finals	:39.04	1:28.33	:48.83														
<b>Avery Schweitzer</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals	:54.89																
MACR/MONTICELLO @ DU	12/05/2009 Finals	:51.32	2:08.48	:59.72														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:53.48				2:41.05	2:21.89											
MACR, MONT., DMWC @	12/19/2009 Finals		2:07.02			2:46.24												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:49.99		:59.63	1:08.82													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:51.88		1:01.88	1:09.51													
2010 SECTION III CHA	02/14/2010 Finals	:49.92		1:02.65	1:07.95													

## PROGRESSION for Short Course Yards

<b>Isabella Steele</b> 9-10		<b>50 FR</b>	<b>50 BA</b>															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:40.67																
DUBUQUE, MONTICELLO	01/09/2010 Finals	:38.52	:47.85															
MONT, MUSC, WILT @ M	01/23/2010 Finals	:38.98	:49.84															
<b>Gemma Tursi</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:42.75	:47.98	:55.22														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:43.33	:48.45	:55.64														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:45.13	:50.17	:53.54														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:40.76	:48.57	:57.05														
2010 SECTION III CHA	02/14/2010 Finals	:39.61	:48.76															
<b>Hannah Williams</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 L.M.</b>										
TURKEY MEET	11/21/2009 Finals		:44.20		:50.12			1:35.26										
MACR/MONTICELLO @ DU	12/05/2009 Finals		:44.50		:51.10			1:34.81										
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:40.62		1:39.30			:43.46											
MACR, MONT., DMWC @	12/19/2009 Finals				:48.25	1:46.27		1:35.36										
DUBUQUE, MONTICELLO	01/09/2010 Finals				:47.13		:42.72	1:31.53										
MONT, MUSC, WILT @ M	01/23/2010 Finals	:38.69	:43.96	1:37.38														
MACR @ ANKENY	01/30/2010 Finals				:45.27		:43.23											
2010 SECTION III CHA	02/14/2010 Finals				:45.65		:41.27	1:29.71										

## PROGRESSION for Short Course Yards

<b>Emily Wolfe</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>													
TURKEY MEET	11/21/2009 Finals	:40.19		:50.09														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:43.56		:50.37														
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:33.67	:50.85														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:42.87	1:37.36		1:03.84													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:42.99	1:35.75		1:03.80													
2010 SECTION III CHA	02/14/2010 Finals	:42.28	1:31.47	:49.54														
<b>Maya Altemeier</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>												
TURKEY MEET	11/21/2009 Finals	:43.79		:54.00														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:40.73	:49.85	:58.94														
MACR, MONT., DMWC @	12/19/2009 Finals	:41.48	:50.87	:53.89														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:38.69	:51.71		1:48.33													
MONT, MUSC, WILT @ M	01/23/2010 Finals			:49.19	1:45.61	1:37.45												
2010 SECTION III CHA	02/14/2010 Finals			:47.69	1:43.76													
<b>Ellie Bechler</b>	11-12	<b>200 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals	2:42.22		:39.79			1:19.87											
MACR/MONTICELLO @ DU	12/05/2009 Finals			:39.08		:34.73	1:20.53											
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:38.87		1:30.21	:35.33												
DUBUQUE, MONTICELLO	01/09/2010 Finals		:39.82			:38.52												
MONT, MUSC, WILT @ M	01/23/2010 Finals		:40.17			:37.45												
MACR @ ANKENY	01/30/2010 Finals			:39.42		:35.53	1:21.16											
2010 SECTION III CHA	02/14/2010 Finals			:38.66		:36.37	1:19.11											

## PROGRESSION for Short Course Yards

<b>Megan Berst</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 FLY</b>													
TURKEY MEET	11/21/2009 Finals	:30.09		:36.48	:34.18													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:29.03		:35.96	:34.63													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.33		:34.96														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:29.28	1:10.66	:35.87														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:28.68	1:07.25	:35.15														
MACR @ ANKENY	01/30/2010 Finals	:29.13	1:05.99	:34.34														
2010 SECTION III CHA	02/14/2010 Finals	:28.35	1:06.49	:34.92														
<b>Hannah Blad</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
TURKEY MEET	11/21/2009 Finals	:47.42		1:18.81														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:41.94	:59.81	1:12.29														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:48.24	:59.63	1:18.30														
MACR, MONT., DMWC @	12/19/2009 Finals	:50.56		1:13.42														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:44.60	:56.76	1:09.50														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:44.19		1:08.08														
2010 SECTION III CHA	02/14/2010 Finals	:43.52	:55.28	1:04.42														
<b>Alexandra Coleman</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 L.M.</b>									
TURKEY MEET	11/21/2009 Finals	:34.56	1:20.71	2:50.84														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:35.56						:49.09	1:32.36									
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.06			7:47.12			:50.63										
MACR, MONT., DMWC @	12/19/2009 Finals	:35.64		2:55.15		:41.68												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:35.09	1:18.59			:41.20												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:31.91				:40.71	1:28.94											
MACR @ ANKENY	01/30/2010 Finals	:34.51				:40.96	1:27.30											
2010 SECTION III CHA	02/14/2010 Finals	:34.21		2:51.86			1:30.48											

## PROGRESSION for Short Course Yards

<b>Abby Dennis</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 I.M.</b>												
TURKEY MEET	11/21/2009 Finals	:37.16			:51.05													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:37.69			:51.70													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:37.92			:50.90													
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:28.92	:42.59														
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:26.03			1:32.86												
2010 SECTION III CHA	02/14/2010 Finals		1:23.28	:40.75														
<b>Lauren Durin</b>	11-12	<b>50 FR</b>	<b>50 BR</b>															
TURKEY MEET	11/21/2009 Finals	:38.68	:52.96															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:37.79																
<b>Ellie Evans</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>													
TURKEY MEET	11/21/2009 Finals	:35.27		:49.43														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:36.92	1:26.77		:50.05													
MACR, MONT., DMWC @	12/19/2009 Finals	:36.48	1:26.35		:49.90													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:40.09	1:28.18		:46.88													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:33.75	1:25.80		:47.94													
2010 SECTION III CHA	02/14/2010 Finals	:35.42	1:26.35		:46.54													
<b>Erica Fagerbakke</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>											
TURKEY MEET	11/21/2009 Finals	:35.91	1:18.14	:47.18	:42.52		:42.57											
MACR/MONTICELLO @ DU	12/05/2009 Finals	:36.38	1:27.73		:43.34													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:36.76			:42.93	1:37.25												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:35.97			:41.56	1:36.97												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:36.11			:41.45	1:34.58												
2010 SECTION III CHA	02/14/2010 Finals				:40.71	1:32.79												

## PROGRESSION for Short Course Yards

<b>Hannah Gardner</b> 11-12		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>												
TURKEY MEET	11/21/2009 Finals	:33.70	1:17.89	:41.33													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:33.22	1:18.40	:41.38													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:33.76		:39.66	:45.09												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:34.07	1:14.81	:40.01													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:33.72	1:13.75	:40.50													
MACR @ ANKENY	01/30/2010 Finals	:31.86		:38.99	:43.61												
2010 SECTION III CHA	02/14/2010 Finals	:32.40	1:12.86	:38.17													
<b>Dannica Hartman</b> 11-12		<b>50 FR</b>	<b>50 FLY</b>														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:38.69															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:37.09	:39.28														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:38.36	:39.22														
<b>Kiran Kearney</b> 11-12		<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>													
TURKEY MEET	11/21/2009 Finals			:51.89													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:41.89	1:32.35														
MACR, MONT., DMWC @	12/19/2009 Finals	:39.75		:51.83													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:37.95		:49.36													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:38.72		:49.67													
MACR @ ANKENY	01/30/2010 Finals	:38.60		:49.11													
2010 SECTION III CHA	02/14/2010 Finals	:36.67															

## PROGRESSION for Short Course Yards

<b>Olivia Kline</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 BR</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals	:36.38	1:20.35	2:47.35														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:36.77	1:20.93	2:48.10														
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:19.71	2:47.61			1:37.13											
MACR, MONT., DMWC @	12/19/2009 Finals		1:18.15	2:42.66		:53.29												
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:18.56	2:43.20	7:30.01													
MACR @ ANKENY	01/30/2010 Finals		1:17.08	2:38.31			1:34.96											
2010 SECTION III CHA	02/14/2010 Finals	:35.37	1:15.55	2:41.85														
<b>Emily Kraemer</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>												
TURKEY MEET	11/21/2009 Finals	:30.82			:45.67	:35.42												
MACR/MONTICELLO @ DU	12/05/2009 Finals	:31.17	1:08.99		:46.23													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:30.98	1:09.22		:45.69													
MACR, MONT., DMWC @	12/19/2009 Finals	:31.52	1:09.73			:35.57												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:30.27	1:09.36	:36.08														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:30.02		:36.63		:34.92												
2010 SECTION III CHA	02/14/2010 Finals	:29.97		:36.16		:34.50												
<b>Myah McCoy</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>									
TURKEY MEET	11/21/2009 Finals		1:04.21					:32.37	1:16.67									
MACR/MONTICELLO @ DU	12/05/2009 Finals	:28.82				:41.56		:33.49										
WAUKEE, MONT. @ MACR	12/12/2009 Finals			2:27.21	:37.96		1:33.66											
DUBUQUE, MONTICELLO	01/09/2010 Finals			2:29.44			1:32.45		1:19.35									
MONT, MUSC, WILT @ M	01/23/2010 Finals	:28.50	1:03.86	2:28.11														
2010 SECTION III CHA	02/14/2010 Finals	:28.47	1:03.88					:32.80										

## PROGRESSION for Short Course Yards

<b>Bailey Miller</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>100 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:30.38	1:06.81		:35.16												
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:07.24			1:16.61	1:17.90										
MACR, MONT., DMWC @	12/19/2009 Finals			2:26.52	:35.57	1:16.80											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:29.16	1:05.25		:35.18												
MACR @ ANKENY	01/30/2010 Finals	:28.84	1:03.24				1:16.43										
2010 SECTION III CHA	02/14/2010 Finals		1:03.59		:33.25	1:13.55											
<b>Emma Miller</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>50 FLY</b>												
TURKEY MEET	11/21/2009 Finals		1:13.35		:35.44												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:33.55	1:13.93		:35.20												
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:10.79	:43.25	:36.60												
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:09.73	:42.15	:37.44												
2010 SECTION III CHA	02/14/2010 Finals		1:08.52	:40.85	:35.68												
<b>Dana Mineart</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 FLY</b>													
TURKEY MEET	11/21/2009 Finals	:35.32	1:23.18	:41.13													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:34.52		:42.15													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.18		:42.19													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:35.71		:43.03													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:30.09		:43.27													

## PROGRESSION for Short Course Yards

<b>Kaitlyn Nemickas</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 I.M.</b>												
TURKEY MEET	11/21/2009 Finals	:33.38	:36.45	1:21.11														
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:37.73		:45.45	1:23.45												
MACR, MONT., DMWC @	12/19/2009 Finals	:33.66	:36.73	1:19.94														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.35	:36.11	1:20.23														
MONT, MUSC, WILT @ M	01/23/2010 Finals		:36.18		:45.15	1:23.14												
2010 SECTION III CHA	02/14/2010 Finals	:32.78	:36.05	1:18.18														
<b>Izzy Owen</b> 11-12		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 I.M.</b>													
TURKEY MEET	11/21/2009 Finals	:35.74	1:24.51	:44.41														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:37.15	1:23.57	:45.68														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:37.98	1:22.28	:44.87														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:36.32		:48.06														
MACR @ ANKENY	01/30/2010 Finals	:36.71	1:23.07	:44.29														
2010 SECTION III CHA	02/14/2010 Finals	:35.89			1:36.07													
<b>Hannah Plummer</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
TURKEY MEET	11/21/2009 Finals		:49.72	1:04.90														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:42.51	:51.05	1:01.90														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:42.18	:48.92	:59.59														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:40.12	:51.94															
2010 SECTION III CHA	02/14/2010 Finals	:41.64	:49.94	:59.25														
<b>Ele Rinas</b> 11-12		<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals		:41.78			:38.78	1:26.88											
WAUKEE, MONT. @ MACR	12/12/2009 Finals	1:18.14		1:28.94			1:29.00											
DUBUQUE, MONTICELLO	01/09/2010 Finals	1:16.49			:49.55		1:29.27											

## PROGRESSION for Short Course Yards

<b>Claire Schneiderma</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 I.M.</b>												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:35.45	:41.40		1:39.02												
MACR @ ANKENY	01/30/2010 Finals		:41.49	:52.67	1:36.65												
<b>Amelia Seutter</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:45.33	:53.42														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:43.22	:50.78														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:40.04	:50.61	:55.54													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:42.92	:50.79														
<b>Kirsten Siebenga</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>							
TURKEY MEET	11/21/2009 Finals	:29.57	1:07.25							1:20.17							
WAUKEE, MONT. @ MACR	12/12/2009 Finals			2:30.67		:37.44		:38.55									
MACR, MONT., DMWC @	12/19/2009 Finals	:29.87							1:30.16	1:18.75							
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:05.10		6:48.00	:36.03											
MACR @ ANKENY	01/30/2010 Finals			2:26.96			1:18.79			1:18.30							
2010 SECTION III CHA	02/14/2010 Finals		1:05.61	2:24.58		:35.37											
<b>Jill Wagemester</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 FLY</b>										
TURKEY MEET	11/21/2009 Finals				:39.87	1:28.18	:42.86										
MACR/MONTICELLO @ DU	12/05/2009 Finals	:35.34	1:17.22		:41.71												
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:19.07	2:49.33	:40.68												
DUBUQUE, MONTICELLO	01/09/2010 Finals			2:46.25	:40.62	1:27.31											
MONT, MUSC, WILT @ M	01/23/2010 Finals			2:44.61	:41.21	1:29.88											
MACR @ ANKENY	01/30/2010 Finals			2:45.38	:38.95	1:25.35											
2010 SECTION III CHA	02/14/2010 Finals			2:44.72	:39.87	1:27.66											

## PROGRESSION for Short Course Yards

<b>Kaitlyn Zahorik</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>100 BR</b>													
TURKEY MEET	11/21/2009 Finals	:32.61	1:16.92	:43.10														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:33.55	1:16.87	:42.90														
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:17.63	:44.25	1:41.40													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.64	1:16.08	:42.51														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:31.92	1:12.84	:42.75														
MACR @ ANKENY	01/30/2010 Finals	:32.25	1:11.42	:43.95														
2010 SECTION III CHA	02/14/2010 Finals	:30.35	1:09.68	:41.46														
<b>Kalie Zielke</b>	11-12	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>													
TURKEY MEET	11/21/2009 Finals	:43.12		:47.32														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:42.64		:49.40	1:47.73													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:43.44	1:36.55	:49.29														
MACR, MONT., DMWC @	12/19/2009 Finals	:42.23		:49.56	1:51.69													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:41.55	1:32.69	:45.23														
MACR @ ANKENY	01/30/2010 Finals	:42.96		:45.93	1:44.89													
<b>Kaitlin Ackerman</b>	13-14	<b>50 BA</b>	<b>100 BA</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>												
TURKEY MEET	11/21/2009 Finals		1:10.50	:31.27	1:14.98													
MACR/MONTICELLO @ DU	12/05/2009 Finals		1:11.10	:31.95	1:13.33													
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:11.62			1:13.00												
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:11.41	:30.78		1:15.32												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:33.21	1:15.15	:31.41														
MACR @ ANKENY	01/30/2010 Finals		1:12.58	:32.18	1:14.94													

## PROGRESSION for Short Course Yards

<b>Ally Ballinger</b> 13-14		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:34.67	1:17.11	:42.19														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:33.31	1:14.89															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:31.84	1:14.21	:40.16														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:31.73	1:14.25	:39.72														
2010 SECTION III CHA	02/14/2010 Finals	:32.07	1:12.01	:39.48														
<b>Hannah Botkin</b> 13-14		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>												
MACR/MONTICELLO @ DU	12/05/2009 Finals	:28.94	1:03.96	:33.60														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:29.02		:33.53	:32.20													
MACR, MONT., DMWC @	12/19/2009 Finals	:28.09			:31.49													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:28.16	1:03.59		:33.84													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.69		:31.87	:31.54													
MACR @ ANKENY	01/30/2010 Finals	:28.15			:32.43	1:14.45												
2010 SECTION III CHA	02/14/2010 Finals	:28.52		:32.70	:31.65													
<b>Lindsey Cach</b> 13-14		<b>50 FR</b>	<b>50 BR</b>															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:32.94	:42.13															
<b>Lauren Dalecky</b> 13-14		<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:28.00		:34.23	1:15.35													
MACR/MONTICELLO @ DU	12/05/2009 Finals			:34.76			1:10.66											
WAUKEE, MONT. @ MACR	12/12/2009 Finals		1:03.42	:34.36		:31.54												
MACR, MONT., DMWC @	12/19/2009 Finals	:29.41		:34.55			1:11.21											
DUBUQUE, MONTICELLO	01/09/2010 Finals			:33.92	1:15.89		1:12.13											
MONT, MUSC, WILT @ M	01/23/2010 Finals			:33.93	1:16.74			2:35.87										
2010 SECTION III CHA	02/14/2010 Finals			:33.80	1:14.60		1:10.52											

## PROGRESSION for Short Course Yards

<b>Brianna Didriksen</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>100 I.M.</b>												
MACR/MONTICELLO @ DU	12/05/2009 Finals	:32.48	1:12.51	:37.91														
MACR, MONT., DMWC @	12/19/2009 Finals		1:16.24	:39.23		1:27.56												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:32.20		:38.06	1:26.12													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:33.37		:39.59	1:25.73													
2010 SECTION III CHA	02/14/2010 Finals		1:17.10	:38.76	1:27.86													
<b>Meredith Diebold</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.65		:46.23														
DUBUQUE, MONTICELLO	01/09/2010 Finals			:45.82														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:35.34	1:17.14	:45.25														
<b>Samantha Fitzgerald</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>										
TURKEY MEET	11/21/2009 Finals				:35.85	1:19.83		1:10.53										
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:27.71		:33.26	:36.33													
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:02.62				:31.88	1:11.37										
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.58			:35.79			1:10.71										
2010 SECTION III CHA	02/14/2010 Finals	:27.39			:35.84			1:09.90										
<b>Julie Ann Goddard</b>	13-14	<b>50 FR</b>	<b>200 FR</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>												
TURKEY MEET	11/21/2009 Finals	:29.68	2:27.29			1:25.66												
MACR/MONTICELLO @ DU	12/05/2009 Finals	:29.80	2:30.10		:39.55													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:29.36			:40.16	1:28.53												
MACR, MONT., DMWC @	12/19/2009 Finals	:29.35			:40.81													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:29.92	2:27.34	1:21.32														

## PROGRESSION for Short Course Yards

<b>Elizabeth Heald</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 BA</b>	<b>100 BA</b>												
TURKEY MEET	11/21/2009 Finals			2:49.87	:39.66													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:36.09		2:46.75	:40.58													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.92		2:50.01	:39.87													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:34.35	1:20.24		:40.40													
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:17.70		:38.24													
MACR @ ANKENY	01/30/2010 Finals		1:16.46		:37.98													
2010 SECTION III CHA	02/14/2010 Finals	:34.16			:39.55	1:23.41												
<b>Sydney Johnston</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 FLY</b>													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:36.38		:44.46	:38.35													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.70		:44.99	:37.63													
MACR, MONT., DMWC @	12/19/2009 Finals	:34.08		:44.52	:36.73													
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:18.73	:41.45	:37.11													
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:15.11	:40.26	:36.03													
MACR @ ANKENY	01/30/2010 Finals		1:15.48	:39.75	:35.05													
2010 SECTION III CHA	02/14/2010 Finals		1:13.18	:38.92	:35.54													
<b>Amisha Kearney</b>	13-14	<b>50 FR</b>	<b>50 FLY</b>															
TURKEY MEET	11/21/2009 Finals		:37.45															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.88	:38.16															
MACR, MONT., DMWC @	12/19/2009 Finals	:37.20	:37.89															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:37.00	:38.67															
MONT, MUSC, WILT @ M	01/23/2010 Finals	:37.42	:39.08															
MACR @ ANKENY	01/30/2010 Finals	:36.20	:37.74															
2010 SECTION III CHA	02/14/2010 Finals	:35.86	:37.71															

## PROGRESSION for Short Course Yards

<b>Alexa Klimes</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:28.05		:30.78		1:10.61											
MACR/MONTICELLO @ DU	12/05/2009 Finals	:28.96		:30.95		1:11.81											
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.16		:30.45		1:11.16											
MACR, MONT., DMWC @	12/19/2009 Finals	:29.15		:31.05		1:11.07											
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:01.86	:30.59			2:37.30										
MONT, MUSC, WILT @ M	01/23/2010 Finals			:30.53	1:10.70												
2010 SECTION III CHA	02/14/2010 Finals		1:02.02	:31.10		1:12.20											
<b>Marisa MacVey</b>	13-14	<b>50 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 FLY</b>												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:31.22		:32.87	1:17.38												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:31.48	:37.63	:33.00													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:31.39		:32.20													
2010 SECTION III CHA	02/14/2010 Finals			:32.28	1:18.19												
<b>Eva Mineart</b>	13-14	<b>50 FR</b>	<b>50 BR</b>	<b>50 FLY</b>													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:34.55															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:35.33		:42.55													
MONT, MUSC, WILT @ M	01/23/2010 Finals		:44.14	:40.75													
<b>Lauren Reynolds</b>	13-14	<b>50 FR</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>										
TURKEY MEET	11/21/2009 Finals			1:15.26	:31.01		2:31.89										
WAUKEE, MONT. @ MACR	12/12/2009 Finals			1:15.91		1:09.70	2:32.19										
DUBUQUE, MONTICELLO	01/09/2010 Finals			1:15.98		1:09.57	2:32.06										
MONT, MUSC, WILT @ M	01/23/2010 Finals	:28.44	:34.93				2:32.28										
2010 SECTION III CHA	02/14/2010 Finals		:34.65	1:15.02			2:29.70										

## PROGRESSION for Short Course Yards

<b>Maddie Seutter</b> 13-14		<b>50 FR</b>	<b>50 BA</b>	<b>100 I.M.</b>													
TURKEY MEET	11/21/2009 Finals	:33.35	:38.09														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:32.35	:39.80	1:25.65													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:32.95	:39.49	1:25.21													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:32.89	:40.00	1:27.86													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:32.86	:38.63	1:22.56													
2010 SECTION III CHA	02/14/2010 Finals	:31.58	:38.46	1:21.70													
<b>Madeline Turner</b> 13-14		<b>50 FR</b>	<b>100 FR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:30.10		:30.80		1:15.13											
MACR/MONTICELLO @ DU	12/05/2009 Finals	:30.64		:31.34		1:15.59											
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:30.33		:31.54		1:15.30											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:29.78		:32.14	1:11.85												
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:06.60	:32.72			2:42.36										
MACR @ ANKENY	01/30/2010 Finals		1:06.26	:31.68	1:12.72												
2010 SECTION III CHA	02/14/2010 Finals			:31.49	1:11.34		2:37.87										
<b>Liz Tursi</b> 13-14		<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:43.61		1:25.76													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:45.18		1:27.47													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:42.03	1:36.20	1:27.51													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:41.24	1:35.72	1:26.50													
2010 SECTION III CHA	02/14/2010 Finals	:42.59	1:38.61														

## PROGRESSION for Short Course Yards

<b>Trynann Utzinger</b> 13-14		<b>50 FR</b>	<b>100 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>100 I.M.</b>												
TURKEY MEET	11/21/2009 Finals	:29.22	1:03.98		:32.60													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:29.17	1:06.03			1:12.85												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:29.00	1:03.76		:32.87													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:28.54	1:04.29	7:10.43														
2010 SECTION III CHA	02/14/2010 Finals	:28.53	1:04.40		:32.55													
<b>Jessica Arebaugh</b> 15-18		<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:28.20	1:00.77	2:13.68														
WAUKEE, MONT. @ MACR	12/12/2009 Finals					:32.45	1:12.26	1:13.55										
MACR, MONT., DMWC @	12/19/2009 Finals		1:01.75	2:13.60	:34.42													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:28.58		2:14.59	:34.07													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:28.05			:34.73			1:11.50										
MACR @ ANKENY	01/30/2010 Finals	:27.43			:33.68			1:11.42										
2010 SECTION III CHA	02/14/2010 Finals	:27.43	:58.61	2:08.60														
<b>Alexandra Dunn</b> 15-18		<b>50 FR</b>	<b>100 FR</b>	<b>500 FR</b>	<b>50 BR</b>	<b>100 BR</b>												
TURKEY MEET	11/21/2009 Finals	:27.16	:59.48	5:58.18														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:27.51	:58.75	5:57.08														
MACR, MONT., DMWC @	12/19/2009 Finals	:26.86	:59.37		:35.76													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:27.35	:58.63	5:56.88														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.44	:59.79			1:19.00												
2010 SECTION III CHA	02/14/2010 Finals	:27.17	:59.27	5:50.44														

## PROGRESSION for Short Course Yards

<b>Nicole Larsen</b>	15-18	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals	:27.61		:30.22														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.04		:30.62	1:07.11													
DUBUQUE, MONTICELLO	01/09/2010 Finals			:30.17		:30.89	1:10.20											
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.36	1:01.40	:30.10														
2010 SECTION III CHA	02/14/2010 Finals	:27.69		:29.62	1:05.04													
<b>Carmen McCoy</b>	15-18	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>													
TURKEY MEET	11/21/2009 Finals		:59.06		1:06.39													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:27.68		:31.22														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:27.45	:58.78	:30.55														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.17	1:00.41	:30.04														
2010 SECTION III CHA	02/14/2010 Finals	:27.36	1:00.88	:30.26														
<b>Henna McCoy</b>	15-18	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>												
TURKEY MEET	11/21/2009 Finals		1:04.03	:31.94	1:09.31													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:29.39		:32.37		:40.86												
<b>Kortlan Ollinger</b>	15-18	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals	:28.13	1:02.39		1:24.94													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:28.91	1:04.43	:33.97														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.21		:34.12														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:29.63	1:05.23			:31.87												
MONT, MUSC, WILT @ M	01/23/2010 Finals		1:03.82			:32.53	1:14.42											
2010 SECTION III CHA	02/14/2010 Finals		1:03.89			:31.26	1:10.92											
<b>Audrey Rouse</b>	15-18	<b>50 FLY</b>	<b>100 FLY</b>	<b>200 I.M.</b>														
TURKEY MEET	11/21/2009 Finals	:33.80	1:19.66	2:47.88														

## PROGRESSION for Short Course Yards

<b>Alexandra Scharme</b>	15-18	<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>100 BR</b>	<b>50 FLY</b>												
TURKEY MEET	11/21/2009 Finals	:28.43			1:22.22	:28.85												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.41	:30.78			:29.12												
DUBUQUE, MONTICELLO	01/09/2010 Finals		:30.56	1:05.98		:28.94												
2010 SECTION III CHA	02/14/2010 Finals		:29.98	1:05.08		:29.02												
<b>Christina Scharmer</b>	15-18	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>										
TURKEY MEET	11/21/2009 Finals					1:19.29		2:38.90										
WAUKEE, MONT. @ MACR	12/12/2009 Finals	1:15.51	:36.83	1:21.78														
DUBUQUE, MONTICELLO	01/09/2010 Finals				:36.32													
2010 SECTION III CHA	02/14/2010 Finals		:37.30	1:20.13			1:14.30											
<b>Katie Storey</b>	15-18	<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:27.79		:33.82	1:14.79													
MACR/MONTICELLO @ DU	12/05/2009 Finals		1:01.26			:32.91		2:42.23										
WAUKEE, MONT. @ MACR	12/12/2009 Finals			:33.87	1:16.92			2:37.20										
2010 SECTION III CHA	02/14/2010 Finals			:34.39	1:16.62		1:11.01											
<b>Alyssa Tripp</b>	15-18	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:38.34	1:23.66	1:16.58														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:37.23		1:16.81														
<b>Kaitlin Ungs</b>	15-18	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 FLY</b>	<b>200 I.M.</b>											
TURKEY MEET	11/21/2009 Finals	:27.79	:59.96		6:10.14													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.17	1:01.09		6:08.86													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:28.54		2:16.02	6:12.12													
MONT, MUSC, WILT @ M	01/23/2010 Finals						2:38.21											
2010 SECTION III CHA	02/14/2010 Finals	:27.63	:59.93			:31.35												

## PROGRESSION for Short Course Yards

<b>Laura Vestle</b>	15-18	<b>50 FR</b>	<b>50 BR</b>	<b>100 BR</b>													
TURKEY MEET	11/21/2009 Finals	:33.60	:39.91	1:29.18													
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:41.01	1:29.62													
<b>Alex Cochrane</b>	8&UN	<b>25 FR</b>	<b>50 FR</b>	<b>25 BA</b>	<b>25 BR</b>	<b>50 BR</b>	<b>25 FLY</b>										
TURKEY MEET	11/21/2009 Finals	:17.95		:24.79	:25.92												
MACR/MONTICELLO @ DU	12/05/2009 Finals		:41.47	:23.31	:26.31												
WAUKEE, MONT. @ MACR	12/12/2009 Finals			:22.64	:25.62	1:00.20											
MACR, MONT., DMWC @	12/19/2009 Finals		:39.64	:22.23		:57.90											
DUBUQUE, MONTICELLO	01/09/2010 Finals		:41.41			:54.08	:21.82										
MACR @ ANKENY	01/30/2010 Finals		:37.95			:54.31	:19.11										
2010 SECTION III CHA	02/14/2010 Finals		:39.22			:55.32	:19.95										
<b>Michael Glavan</b>	8&UN	<b>25 FR</b>	<b>25 BA</b>	<b>50 BA</b>	<b>25 BR</b>	<b>25 FLY</b>											
TURKEY MEET	11/21/2009 Finals	:20.27				:34.04											
MACR/MONTICELLO @ DU	12/05/2009 Finals	:19.10			:30.73												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:20.31	:26.72		:28.33												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:20.02				:31.70											
MONT, MUSC, WILT @ M	01/23/2010 Finals	:17.64		:57.43		:31.82											
2010 SECTION III CHA	02/14/2010 Finals	:18.96	:25.21														

## PROGRESSION for Short Course Yards

<b>Zachery Johansen</b> 8&UN		<b>25 FR</b>	<b>50 FR</b>	<b>25 BR</b>	<b>50 BR</b>	<b>25 FLY</b>												
TURKEY MEET	11/21/2009 Finals	:22.58		:34.64														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:21.50				:37.98												
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:53.39	:32.78		:37.58												
MACR, MONT., DMWC @	12/19/2009 Finals		:56.22	:33.03		:36.68												
DUBUQUE, MONTICELLO	01/09/2010 Finals		:49.67		1:11.04													
MONT, MUSC, WILT @ M	01/23/2010 Finals		:55.77		1:15.57	:36.02												
MACR @ ANKENY	01/30/2010 Finals		:54.08															
2010 SECTION III CHA	02/14/2010 Finals	:20.86	:48.32															
<b>Paul Schneiderman</b> 8&UN		<b>25 FR</b>	<b>25 BA</b>	<b>50 BA</b>														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:19.38	:24.79	:55.43														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:18.28	:24.80	:51.55														
MACR @ ANKENY	01/30/2010 Finals	:18.47	:22.53	:49.73														
2010 SECTION III CHA	02/14/2010 Finals	:17.28	:21.63	:48.96														
<b>Ethan Banks</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:55.38	1:03.55	1:04.92														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:53.13	1:04.12															
<b>Austin Cochrane</b> 9-10		<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:33.88	1:21.63		:41.64													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:34.80	1:18.03				:45.74											
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:34.67			:40.68			1:31.56										
MACR, MONT., DMWC @	12/19/2009 Finals			2:50.07		:51.35		1:34.52										
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.66					:42.50	1:33.48										
MACR @ ANKENY	01/30/2010 Finals	:32.16			:40.06		:43.51											
2010 SECTION III CHA	02/14/2010 Finals	:33.20	1:13.13	2:39.78														

## PROGRESSION for Short Course Yards

<b>Kaleb Donels</b>	9-10	<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>50 FLY</b>												
TURKEY MEET	11/21/2009 Finals	:36.25	:43.64		:56.19													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:35.90	:41.29			:43.73												
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:41.52			:44.70												
MACR, MONT., DMWC @	12/19/2009 Finals	:36.95	:41.45			:44.59												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:36.56	:40.19	1:28.39														
MONT, MUSC, WILT @ M	01/23/2010 Finals		:38.55	1:23.85		:40.26												
MACR @ ANKENY	01/30/2010 Finals		:40.74	1:31.21		:43.16												
2010 SECTION III CHA	02/14/2010 Finals		:39.28	1:23.70		:39.01												
<b>George Durin</b>	9-10	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
TURKEY MEET	11/21/2009 Finals	:34.09	:42.83	:46.27														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:34.17	:40.44	:42.23														
MACR, MONT., DMWC @	12/19/2009 Finals	:33.49	:42.85	:42.90														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.02	:41.01	:44.39														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:33.19	:41.62	:43.91														
MACR @ ANKENY	01/30/2010 Finals	:32.57	:39.76	:40.80														
2010 SECTION III CHA	02/14/2010 Finals	:33.63	:41.48	:43.44														
<b>James Fitzgerald</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>											
TURKEY MEET	11/21/2009 Finals	:37.28		:44.81		:50.02												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:38.71		:46.18			1:47.45											
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:26.91	:43.63			1:47.21											
MONT, MUSC, WILT @ M	01/23/2010 Finals	:36.69				1:32.08	:46.18											
2010 SECTION III CHA	02/14/2010 Finals			:43.15		:46.61	1:42.90											

## PROGRESSION for Short Course Yards

<b>Patrick Gorman</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>													
TURKEY MEET	11/21/2009 Finals	:44.52	:55.95	1:05.21													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:44.98	:57.03														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:41.43		:59.43													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:43.47	:50.34	:58.01													
2010 SECTION III CHA	02/14/2010 Finals	:41.65	:50.01														
<b>Alex Hanson</b> 9-10		<b>50 FR</b>	<b>50 BA</b>														
TURKEY MEET	11/21/2009 Finals	:48.95	:55.97														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:43.78															
MONT, MUSC, WILT @ M	01/23/2010 Finals	:46.18	:50.52														
2010 SECTION III CHA	02/14/2010 Finals		:46.52														
<b>Peter Kennedy</b> 9-10		<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>											
TURKEY MEET	11/21/2009 Finals	:45.29	1:47.58														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:45.29															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:45.30				1:05.61											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:46.13		1:01.56	2:14.89												
<b>Jake Kraemer</b> 9-10		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:36.80	1:24.07			:46.72											
MACR/MONTICELLO @ DU	12/05/2009 Finals		1:26.76			:44.09	1:33.30										
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:36.32		:45.26		:45.45											
MACR, MONT., DMWC @	12/19/2009 Finals		1:21.62		1:34.93	:43.91											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:35.51		:43.63		:44.23											
MONT, MUSC, WILT @ M	01/23/2010 Finals	:35.91		:43.45		:42.46											
MACR @ ANKENY	01/30/2010 Finals	:35.18		:42.66		:43.52											
2010 SECTION III CHA	02/14/2010 Finals				1:31.50	:43.78	1:30.98										

## PROGRESSION for Short Course Yards

<b>Tristan Miller</b> 9-10		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 L.M.</b>										
TURKEY MEET	11/21/2009 Finals	:36.65				:50.54												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:36.97	1:28.09	:43.96														
MACR, MONT., DMWC @	12/19/2009 Finals	:36.90				:49.76												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:36.67		:46.70		:50.39												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:36.76		:44.87			1:47.92											
MACR @ ANKENY	01/30/2010 Finals				1:33.66	:48.10		1:30.39										
2010 SECTION III CHA	02/14/2010 Finals					:45.18	1:42.33	1:33.09										
<b>Brennan Russell</b> 9-10		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>													
TURKEY MEET	11/21/2009 Finals	:46.63		:50.06	1:48.02													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:42.55	1:42.51															
MACR, MONT., DMWC @	12/19/2009 Finals	1:00.12	1:53.71	:51.27														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:45.86	1:50.06	:46.66														
2010 SECTION III CHA	02/14/2010 Finals	:42.86		:46.26														
<b>Keegan Schultschik</b> 9-10		<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>														
TURKEY MEET	11/21/2009 Finals	:49.16	2:02.23	1:09.02														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:52.95	2:05.27															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:55.06	2:05.52	1:08.35														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:52.67		1:06.06														
2010 SECTION III CHA	02/14/2010 Finals	:50.08	2:00.81	1:05.54														

## PROGRESSION for Short Course Yards

<b>Carsten Zange</b> 9-10		<b>50 FR</b>	<b>50 BR</b>														
TURKEY MEET	11/21/2009 Finals	:46.69	1:07.66														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:43.60	1:02.23														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:43.86	1:04.03														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:43.93															
2010 SECTION III CHA	02/14/2010 Finals	:40.96															
<b>Sam Bryant</b> 11-12		<b>50 FR</b>	<b>50 BA</b>														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:42.15	:53.92														
<b>Hunter Didriksen</b> 11-12		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>											
MACR/MONTICELLO @ DU	12/05/2009 Finals		:38.29	:39.99		:37.21											
MACR, MONT., DMWC @	12/19/2009 Finals	:31.07			1:27.22	:40.51											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:31.21	:39.04		1:27.52												
MONT, MUSC, WILT @ M	01/23/2010 Finals		:38.13		1:24.49	:37.32											
2010 SECTION III CHA	02/14/2010 Finals		:37.82		1:24.28	:37.21											
<b>Gavren Dochtermer</b> 11-12		<b>50 FR</b>	<b>50 BR</b>	<b>100 BR</b>													
TURKEY MEET	11/21/2009 Finals	:32.52	:44.11														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:33.52	:44.28														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:32.47	:42.89														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.68	:44.49														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:31.70	:42.84	1:38.36													
MACR @ ANKENY	01/30/2010 Finals	:31.84	:44.60	1:41.19													
2010 SECTION III CHA	02/14/2010 Finals	:32.15	:42.87	1:36.34													

## PROGRESSION for Short Course Yards

<b>Ryan Evans</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 FLY</b>														
TURKEY MEET	11/21/2009 Finals			:42.57														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:33.80	1:20.32															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.90	1:18.98															
2010 SECTION III CHA	02/14/2010 Finals	:33.94	1:19.00	:42.47														
<b>Collin Gauna</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
MACR/MONTICELLO @ DU	12/05/2009 Finals	:37.02	:46.43	:48.89														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:35.77	:47.83	:48.08														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:37.90	:47.43															
2010 SECTION III CHA	02/14/2010 Finals	:36.23	:47.98	:49.62														
<b>Calvin Greve</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:33.22	1:10.99	2:36.98														
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:31.53	1:09.82	2:36.73														
MACR, MONT., DMWC @	12/19/2009 Finals	:31.81	1:07.99	2:31.27														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:32.38	1:12.26		6:57.66													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:31.72	1:10.50	2:34.22														
2010 SECTION III CHA	02/14/2010 Finals	:32.31	1:10.47	2:32.88														
<b>Garrett Hammond</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>100 I.M.</b>												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:32.63	1:12.87	:36.98														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.00		:37.18	1:22.24													
2010 SECTION III CHA	02/14/2010 Finals			:35.85	1:19.37	1:19.75												

## PROGRESSION for Short Course Yards

<b>Matt Jackson</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>					
TURKEY MEET	11/21/2009 Finals		1:05.45		:34.96			1:19.66									
MACR, MONT., DMWC @	12/19/2009 Finals	:30.33					:38.15				1:14.66						
DUBUQUE, MONTICELLO	01/09/2010 Finals							1:20.26	:33.03			2:39.57					
MONT, MUSC, WILT @ M	01/23/2010 Finals			2:20.03		1:14.29				1:13.14							
2010 SECTION III CHA	02/14/2010 Finals							1:17.98	:31.88		1:11.87						
<b>Will Jackson</b>	11-12	<b>50 BA</b>	<b>100 BA</b>	<b>50 FLY</b>													
TURKEY MEET	11/21/2009 Finals	:43.00	1:44.14	:45.90													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:43.32		:46.24													
MACR, MONT., DMWC @	12/19/2009 Finals	:43.90															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:43.01	1:35.47	:44.69													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:41.70	1:38.90	:42.20													
2010 SECTION III CHA	02/14/2010 Finals	:40.02	1:29.55	:43.20													
<b>Stefan Kitsos</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>									
TURKEY MEET	11/21/2009 Finals				:35.79	1:21.07		1:13.45									
MACR/MONTICELLO @ DU	12/05/2009 Finals	:28.61	:33.19		:35.67												
MACR, MONT., DMWC @	12/19/2009 Finals			1:13.03	:35.46		:31.23										
DUBUQUE, MONTICELLO	01/09/2010 Finals		:33.04		:35.90												
MACR @ ANKENY	01/30/2010 Finals				:34.69		:30.71	1:09.79									
2010 SECTION III CHA	02/14/2010 Finals				:35.13		:30.64	1:09.58									
<b>Peter Nassif</b>	11-12	<b>50 FR</b>	<b>50 BR</b>	<b>100 I.M.</b>													
TURKEY MEET	11/21/2009 Finals	:44.88	:54.73	1:55.90													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:45.26	:54.08														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:45.61	:57.67	1:52.32													
2010 SECTION III CHA	02/14/2010 Finals	:45.03	:54.67														

## PROGRESSION for Short Course Yards

<b>Reid Snell</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>													
TURKEY MEET	11/21/2009 Finals	:37.11	:44.32	:50.88													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:35.58	:43.42	:50.81													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.56	:41.46	:50.51													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:37.40	:43.27	:48.86													
MACR @ ANKENY	01/30/2010 Finals	:34.99	:41.26	:47.69													
2010 SECTION III CHA	02/14/2010 Finals	:34.28	:39.17	:46.85													
<b>Jonathan Tripp</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>	<b>200 I.M.</b>									
TURKEY MEET	11/21/2009 Finals		1:06.74		:37.37	1:23.70											
MACR/MONTICELLO @ DU	12/05/2009 Finals	:29.34				1:21.34		2:44.85									
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:29.53		:33.16			1:13.08										
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:05.19			1:21.36	1:12.67										
2010 SECTION III CHA	02/14/2010 Finals				:37.20	1:18.34	1:10.54										
<b>Brennan Urbi</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 I.M.</b>									
MACR/MONTICELLO @ DU	12/05/2009 Finals	:29.34	1:05.37	:35.33													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.62					:32.62										
DUBUQUE, MONTICELLO	01/09/2010 Finals		1:01.34			:40.21		1:11.33									
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.26		:31.22	1:08.11												
MACR @ ANKENY	01/30/2010 Finals	:27.33	:59.28	:31.28													
2010 SECTION III CHA	02/14/2010 Finals		:59.99	:31.13	1:09.16												

## PROGRESSION for Short Course Yards

<b>Tim Zange</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>100 I.M.</b>												
TURKEY MEET	11/21/2009 Finals	:33.56		1:30.07	1:30.12												
MACR/MONTICELLO @ DU	12/05/2009 Finals	:34.10		1:27.65	1:28.28												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:34.22	:43.05		1:29.60												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:32.09	:40.38		1:29.13												
2010 SECTION III CHA	02/14/2010 Finals	:31.60	:38.37	1:23.11													
<b>Justin Arebaugh</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>					
TURKEY MEET	11/21/2009 Finals	:25.70	:58.06									1:07.25					
MACR/MONTICELLO @ DU	12/05/2009 Finals				6:01.88			:34.67				1:05.64					
WAUKEE, MONT. @ MACR	12/12/2009 Finals			2:08.91					1:17.29		1:12.80						
MACR, MONT., DMWC @	12/19/2009 Finals				5:47.24					:29.68		1:06.35					
DUBUQUE, MONTICELLO	01/09/2010 Finals	:25.96				:31.29	1:09.68										
MONT, MUSC, WILT @ M	01/23/2010 Finals		:58.59						1:19.28		1:09.41						
MACR @ ANKENY	01/30/2010 Finals	:26.16								:29.09		1:08.31					
2010 SECTION III CHA	02/14/2010 Finals	:25.50	:54.74		5:39.72												
<b>Grant Bauermeister</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>100 BR</b>												
TURKEY MEET	11/21/2009 Finals	:31.29		:40.21													
MACR/MONTICELLO @ DU	12/05/2009 Finals	:31.35	1:09.64	:39.82													
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:31.00	1:09.71	:39.51													
MACR, MONT., DMWC @	12/19/2009 Finals	:31.13	1:08.25	:39.32													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:30.73	1:08.66	:40.85													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:30.38		:39.69	1:30.08												

## PROGRESSION for Short Course Yards

<b>Nick Durin</b>	13-14	<b>50 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>										
TURKEY MEET	11/21/2009 Finals	:26.57		1:08.19			1:07.34										
WAUKEE, MONT. @ MACR	12/12/2009 Finals			1:10.45	:28.59		1:08.44										
MACR, MONT., DMWC @	12/19/2009 Finals			1:07.92	:28.47		1:07.54										
DUBUQUE, MONTICELLO	01/09/2010 Finals	:26.35	:30.94			1:06.67											
MONT, MUSC, WILT @ M	01/23/2010 Finals	:25.92		1:07.57			1:05.80										
MACR @ ANKENY	01/30/2010 Finals	:26.36		1:07.47			1:06.44										
2010 SECTION III CHA	02/14/2010 Finals	:25.58		1:05.93			1:05.32										
<b>Joshua Evans</b>	13-14	<b>50 FR</b>	<b>50 BR</b>														
DUBUQUE, MONTICELLO	01/09/2010 Finals	:34.33	:46.66														
<b>Sam Fathallah</b>	13-14	<b>50 FR</b>															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:29.92															
<b>Jay Halverson</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>100 BA</b>										
TURKEY MEET	11/21/2009 Finals	:29.60	1:04.66			:36.21											
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:28.43	1:04.32				1:17.35										
MACR, MONT., DMWC @	12/19/2009 Finals	:28.88	1:04.29			:35.60											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:28.24	1:02.32		6:17.61												
MONT, MUSC, WILT @ M	01/23/2010 Finals			2:20.07	6:15.45												
MACR @ ANKENY	01/30/2010 Finals	:28.64			6:14.30		1:13.57										
2010 SECTION III CHA	02/14/2010 Finals		1:01.24		6:10.46		1:13.61										

## PROGRESSION for Short Course Yards

<b>Zachary Hendricks</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>500 FR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>									
MACR/MONTICELLO @ DU	12/05/2009 Finals		1:12.36			1:24.92		2:59.69									
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:31.50			:34.56		1:25.54										
MACR, MONT., DMWC @	12/19/2009 Finals	:29.90	1:07.29		:34.86												
DUBUQUE, MONTICELLO	01/09/2010 Finals	:29.76		6:20.65	:33.90												
MACR @ ANKENY	01/30/2010 Finals		1:06.40	6:28.52	:34.60												
2010 SECTION III CHA	02/14/2010 Finals	:29.65		6:27.57				2:49.63									
<b>Curtis Litow</b>	13-14	<b>50 FR</b>	<b>50 BA</b>														
TURKEY MEET	11/21/2009 Finals	:33.53															
MACR/MONTICELLO @ DU	12/05/2009 Finals	:32.10	:39.62														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:31.70	:41.31														
<b>Nicholas Mlodzik</b>	13-14	<b>50 BA</b>	<b>100 BA</b>														
TURKEY MEET	11/21/2009 Finals	:38.88	1:25.92														
<b>Christian Nassif</b>	13-14	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>											
TURKEY MEET	11/21/2009 Finals			:41.18													
DUBUQUE, MONTICELLO	01/09/2010 Finals	:38.02		:40.35	1:29.68												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:37.24		:39.98		1:20.22											
2010 SECTION III CHA	02/14/2010 Finals	:36.70	1:21.37	:37.64													

## PROGRESSION for Short Course Yards

<b>Matthew Ramsey</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>100 BA</b>	<b>50 BR</b>										
MACR/MONTICELLO @ DU	12/05/2009 Finals	:26.92	1:02.67		:33.05												
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:26.89			:32.51		:35.07										
MACR, MONT., DMWC @	12/19/2009 Finals	:26.85			:32.60	1:10.85											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:27.14				1:08.99	:34.93										
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.01		6:23.18	:31.45												
MACR @ ANKENY	01/30/2010 Finals	:27.40		6:16.73		1:07.52											
2010 SECTION III CHA	02/14/2010 Finals				:31.15	1:06.74	:34.84										
<b>Eric Roush</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 I.M.</b>	<b>200 I.M.</b>						
TURKEY MEET	11/21/2009 Finals	:29.68	1:05.57	2:25.50													
MACR/MONTICELLO @ DU	12/05/2009 Finals						:41.43	:32.75		1:17.14							
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:29.24			6:45.52				1:17.34								
MACR, MONT., DMWC @	12/19/2009 Finals					:37.50		:33.93			2:49.26						
DUBUQUE, MONTICELLO	01/09/2010 Finals	:28.95		2:20.00					1:22.53								
MONT, MUSC, WILT @ M	01/23/2010 Finals	:27.75	1:03.47								2:44.56						
2010 SECTION III CHA	02/14/2010 Finals	:27.26	:59.75	2:12.38													
<b>Carter Starr</b>	13-14	<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>500 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>								
TURKEY MEET	11/21/2009 Finals	:26.52	:58.96				:35.90										
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:26.57	:59.16			:33.28											
DUBUQUE, MONTICELLO	01/09/2010 Finals	:26.42	:59.07	2:12.18													
MONT, MUSC, WILT @ M	01/23/2010 Finals	:25.95			6:10.59		:34.08										
MACR @ ANKENY	01/30/2010 Finals						:34.89	1:15.43	1:07.38								
2010 SECTION III CHA	02/14/2010 Finals	:25.70	:55.94					1:13.87									

## PROGRESSION for Short Course Yards

<b>Jared Thorson</b> 13-14		<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>100 BA</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 L.M.</b>										
TURKEY MEET	11/21/2009 Finals	:26.11	1:00.23			:28.19												
MACR/MONTICELLO @ DU	12/05/2009 Finals	:26.21	:59.51				1:03.59											
WAUKEE, MONT. @ MACR	12/12/2009 Finals		:59.31				1:05.60											
MACR, MONT., DMWC @	12/19/2009 Finals	:25.65				:27.69		1:06.08										
DUBUQUE, MONTICELLO	01/09/2010 Finals		:58.33	2:05.38				1:05.77										
MONT, MUSC, WILT @ M	01/23/2010 Finals	:25.12			1:05.08		1:04.11											
MACR @ ANKENY	01/30/2010 Finals		:55.49			:27.94		1:04.08										
2010 SECTION III CHA	02/14/2010 Finals	:25.31	:55.51				1:04.89											
<b>Matteo Tormene</b> 13-14		<b>50 FR</b>	<b>50 BA</b>															
TURKEY MEET	11/21/2009 Finals	:35.05	:42.29															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:35.64	:46.24															
<b>Nathan Greve</b> 15-18		<b>100 FR</b>	<b>500 FR</b>	<b>100 BA</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>100 L.M.</b>	<b>200 L.M.</b>								
TURKEY MEET	11/21/2009 Finals		5:48.68		:31.09		:27.23											
MACR/MONTICELLO @ DU	12/05/2009 Finals	:54.68				1:10.59			1:01.65									
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:54.24	5:41.36	1:09.54														
DUBUQUE, MONTICELLO	01/09/2010 Finals			1:05.91		1:09.53												
MONT, MUSC, WILT @ M	01/23/2010 Finals	:53.25		1:08.96		1:09.24												
2010 SECTION III CHA	02/14/2010 Finals					1:03.07		:58.42		2:08.02								
<b>Michael Jacobsen</b> 15-18		<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>100 BR</b>	<b>50 FLY</b>	<b>100 FLY</b>	<b>200 L.M.</b>										
TURKEY MEET	11/21/2009 Finals			:33.69			1:06.98											
MACR, MONT., DMWC @	12/19/2009 Finals					:29.25		2:27.05										
DUBUQUE, MONTICELLO	01/09/2010 Finals				1:14.30			2:25.70										
2010 SECTION III CHA	02/14/2010 Finals	:24.10	:53.62				1:03.43											

**PROGRESSION for Short Course Yards**

<b>Trevor Oates</b>	15-18	<b>50 FR</b>																
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:32.62																