

## PROGRESSION for Short Course Yards

<b>Madalyn Andersen</b> 8&UN		<b>25 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													
<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											
<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										
<b>Makenna Benson</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	: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											

**PROGRESSION for Short Course Yards**

<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												
<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													
<b>Maggie Crockett</b>		8&UN	25 FR	50 FR	25 BA	50 BR	100 I.M.											
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	25 FR	25 BA	25 BR	50 BR												
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												

**PROGRESSION for Short Course Yards**

<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													
<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														
<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													
<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													

**PROGRESSION for Short Course Yards**

<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														
<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														
<b>Margaret Wright</b>	8&UN	<b>25 FR</b>	<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>25 FLY</b>	<b>100 I.M.</b>											
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	<b>50 FR</b>	<b>50 BA</b>	<b>50 FLY</b>	<b>100 I.M.</b>													
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													

## PROGRESSION for Short Course Yards

<b>Sarah Altemeier</b> 9-10		<b>50 FR</b>	<b>100 FR</b>	<b>50 BR</b>	<b>100 BR</b>	<b>100 I.M.</b>												
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												
<b>Eleanor Andersen</b> 9-10		<b>50 FR</b>	<b>50 BA</b>	<b>50 BR</b>														
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														
<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														
<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													

**PROGRESSION for Short Course Yards**

<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														
<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														
<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															
<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													

## PROGRESSION for Short Course Yards

<b>Katie Dennis</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	:42.47		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													
<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															
<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													

**PROGRESSION for Short Course Yards**

<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													
<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														
<b>Kirsten Loynachan</b> 9-10		<b>50 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	: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										

## PROGRESSION for Short Course Yards

<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															
<b>Madison Renz</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	: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												
<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														

## PROGRESSION for Short Course Yards

<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													
<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														
<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 I.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														

## 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													
<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												
<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												
<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														

## PROGRESSION for Short Course Yards

<b>Hannah Blad</b>		11-12	50 FR	50 BA	50 BR													
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													
<b>Alexandra Coleman</b>		11-12	50 FR	100 FR	200 FR	500 FR	50 BA	100 BA	50 BR	100 I.M.								
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										
<b>Abby Dennis</b>		11-12	50 FR	100 FR	50 BA	50 BR	100 I.M.											
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											
<b>Lauren Durin</b>		11-12	50 FR	50 BR														
TURKEY MEET	11/21/2009 Finals	:38.68	:52.96															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:37.79																

**PROGRESSION for Short Course Yards**

<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													
<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												
<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														
<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															

## PROGRESSION for Short Course Yards

<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														
<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													
<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												
<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														

## PROGRESSION for Short Course Yards

<b>Bailey Miller</b>		11-12	50 FR	100 FR	200 FR	50 BA	100 BA	100 I.M.										
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													
<b>Emma Miller</b>		11-12	50 FR	100 FR	50 BR	50 FLY												
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													
<b>Dana Mineart</b>		11-12	50 FR	100 FR	50 FLY													
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														
<b>Kaitlyn Nemickas</b>		11-12	50 FR	50 BA	100 BA	50 BR	100 I.M.											
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												

## PROGRESSION for Short Course Yards

<b>Izzy Owen</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</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														
<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															
<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											
<b>Claire Schneiderma</b>	11-12	<b>50 FR</b>	<b>50 BA</b>	<b>100 I.M.</b>														
MONT, MUSC, WILT @ M	01/23/2010 Finals	:35.45	:41.40	1:39.02														
<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															

## PROGRESSION for Short Course Yards

<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>50 BR</b>	<b>100 BR</b>	<b>100 L.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											
<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	1:50.48											
<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													
<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													

## PROGRESSION for Short Course Yards

<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														
<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														
<b>Hannah Botkin</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	: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													
<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															

## PROGRESSION for Short Course Yards

<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									
<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												
<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									

**PROGRESSION for Short Course Yards**

<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														
<b>Elizabeth Heald</b> 13-14		<b>50 FR</b>	<b>100 FR</b>	<b>200 FR</b>	<b>50 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													
<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													
<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															

## 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												
<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													
<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										

## 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													
<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										
<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													
<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													

## PROGRESSION for Short Course Yards

<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										
<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												
<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														
<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														

**PROGRESSION for Short Course Yards**

<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											
<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														
<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												
<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>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													
<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>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											

## PROGRESSION for Short Course Yards

<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>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												
<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											
<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												

## 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											
<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													
<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									

## 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				:40.26											
<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														
<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											
<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														

## PROGRESSION for Short Course Yards

<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															
<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												
<b>Tristan Miller</b>	9-10	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>50 BR</b>	<b>100 BR</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												

## PROGRESSION for Short Course Yards

<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	:46.95	:46.66														
<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														
<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																
<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												

## PROGRESSION for Short Course Yards

<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														
<b>Ryan Evans</b>	11-12	<b>50 FR</b>	<b>100 FR</b>															
WAUKEE, MONT. @ MACR	12/12/2009 Finals	:33.80	1:20.32															
DUBUQUE, MONTICELLO	01/09/2010 Finals	:33.90	1:18.98															
<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															
<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														
<b>Garrett Hammond</b>	11-12	<b>50 FR</b>	<b>100 FR</b>	<b>50 BA</b>	<b>100 BA</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													

## 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							
<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													
<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												
<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													

## PROGRESSION for Short Course Yards

<b>Reid Snell</b>		11-12	50 FR	50 BA	50 BR												
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													
<b>Jonathan Tripp</b>		11-12	50 FR	100 FR	50 BA	50 BR	100 BR	100 I.M.	200 I.M.								
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										
<b>Brennan Urbi</b>		11-12	50 FR	100 FR	50 BA	100 BA	50 BR	50 FLY	100 I.M.								
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												
<b>Tim Zange</b>		11-12	50 FR	50 BA	100 BA	100 I.M.											
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												

## PROGRESSION for Short Course Yards

<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						
<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												
<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										
<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															

## PROGRESSION for Short Course Yards

<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													
<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													
<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>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													

## 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												
<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						
<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>										
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										
<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 I.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										

## PROGRESSION for Short Course Yards

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