

2022

## UNI Swimming & Diving All-Time Top 10s

University of Northern Iowa

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# UNI SWIMMING & DIVING

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26 MVC INDIVIDUAL CHAMPIONS /// 7 MVC RELAY CHAMPIONS /// 1 MVC SWIMMER OF THE YEAR

## All-Time Top 10s

### 50 Freestyle

1.	Crystal Florman	2019	22.68
2.	Molly Lembezeder	2017	22.81
3.	Faith Larsen	2022	23.14
4.	Amber Finke	2022	23.60
5.	Abigail Meyer	2019	23.65
6.	Katie Taylor	2019	23.69
7.	Aftin Phyfe	2014	23.73
8.	Autumn Roepsch	2017	23.74
9.	Sydney Schmidt	2020	23.76
10.	Clare Christensen	2022	23.78

### 500 Freestyle

1.	Kylie Engstrom	2020	4:54.70
2.	Rachel Siebenaller	2015	4:56.64
3.	Chelsea Hartman	2009	4:58.24
4.	Jordan McCullough	2017	4:59.67
5.	Abbie Bangs	2022	4:59.68
6.	Katie Taylor	2017	5:02.43
7.	Stephnanie Jackson	2017	5:03.43
8.	Olivia Chambers	2022	5:03.70
9.	Sarah Walpole	2022	5:03.93
10.	Anika Lillegard-Bouton	2021	5:04.00

### 100 Freestyle

1.	Crystal Florman	2019	49.22
2.	Molly Lembezeder	2017	49.89
3.	Katie Taylor	2019	51.09
4.	Amber Finke	2022	51.17
5.	Faith Larsen	2022	51.25
6.	Aftin Phyfe	2017	51.26
7.	Abigail Meyer	2019	51.84
8.	Rachel Siebenaller	2018	51.86
9.	Piper Carroll	2020	52.20
10.	Natalia Verastegui	2022	52.21

### 1000 Freestyle

1.	Kylie Engstrom	2018	10:11.91
2.	Chelsea Hartman	2011	10:19.24
3.	Anika Lillegard-Bouton	2021	10:25.72
4.	Rachel Siebenaller	2015	10:26.16
5.	Sarah Walpole	2021	10:30.54
6.	Olivia Chambers	2022	10:30.81
7.	Sandra Frimerman	2003	10:32.53
8.	Abbie Bangs	2022	10:33.82
9.	Jordan McCullough	2018	10:36.23
10.	Mary Mccusky	1993	10:38.19

### 200 Freestyle

1.	Katie Taylor	2019	1:49.46
2.	Molly Lembezeder	2018	1:49.71
3.	Amber Finke	2022	1:50.08
4.	Crystal Florman	2017	1:51.12
5.	Aftin Phyfe	2017	1:51.53
5.	Kylie Engstrom	2017	1:51.53
7.	Rachel Siebenaller	2015	1:51.75
8.	Abbie Bangs	2022	1:52.17
9.	Jordan McCullough	2018	1:52.97
10.	Natalia Verastegui	2022	1:53.11

### 1650 Freestyle

1.	Kylie Engstrom	2018	16:54.34
2.	Chelsea Hartman	2011	17:07.94
3.	Rachel Siebenaller	2015	17:18.17
4.	Anika Lillegard Bouton	2021	17:19.13
5.	Sarah Walpole	2021	17:23.27
6.	Abbie Bangs	2022	17:24.49
7.	Olivia Chambers	2022	17:24.98
8.	Sandra Frimerman	2003	17:32.05
9.	Lauren Vilims	2020	17:37.39
10.	Mary Mccusky	1993	17:39.07





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## All-Time Top 10s

### 100 Butterfly

1.	Crystal Florman	2017	53.86
2.	Lily Ernst	2022	55.44
3.	Sydney Schmidt	2020	55.92
4.	Lauren Havertape	2021	56.11
5.	Faith Larsen	2022	56.28
6.	Katie Taylor	2019	56.46
7.	Molly Lembezeder	2016	56.66
8.	Scout Bergwall	2022	56.80
9.	Abby McCorkle	2022	57.13
10.	Sydney Hall	2021	57.17

### 200 Backstroke

1.	Katie Taylor	2019	1:56.37
2.	Amber Finke	2021	1:57.72
3.	Aftin Phyfe	2017	2:01.24
4.	Helena Heuberger	2020	2:02.14
5.	Payton Hall	2022	2:03.18
6.	Jordan McCullough	2020	2:03.23
7.	Madison Rinaldi	2017	2:03.26
8.	Scout Bergwall	2022	2:03.35
9.	Abby Girard	2007	2:04.24
10.	Sierra Sachjten	2015	2:04.28

### 200 Butterfly

1.	Lilly Ernst	2022	2:02.97
2.	Taylor Ostrowski	2013	2:04.51
3.	Stephanie Jackson	2017	2:06.74
4.	Scout Bergwall	2022	2:06.88
5.	Hallory Domnick	2022	2:07.29
6.	Sydney Hall	2021	2:07.55
7.	Kelsey Ostrowski	2018	2:07.86
8.	Sandra Frimerman	2003	2:08.27
9.	Rachelle Houlette	2020	2:08.75
10.	Sydney Schmidt	2020	2:09.27

### 100 Breaststroke

1.	Veronica Herrmann	2016	1:01.92
2.	Moriah Ross	2019	1:02.08
3.	Mia Savicevic	2020	1:03.16
4.	Lauren Havertape	2019	1:03.79
5.	Autumn Roepsch	2016	1:04.20
6.	Ema Lavigne	2022	1:04.37
7.	Erica Uthoff-Schmuecker	2003	1:05.09
8.	Olivia Knowles	2016	1:05.27
9.	Jill Georgen	2015	1:05.62
10.	Caryn Knight	2014	1:05.63

### 100 Backstroke

1.	Katie Taylor	2020	54.08
2.	Amber Finke	2022	54.44
3.	Helena Heuberger	2022	54.99
4.	Madison Rinaldi	2016	56.06
5.	Payton Hall	2022	56.26
6.	Abby McCorkle	2022	56.28
7.	Aftin Phyfe	2016	56.58
8.	Scout Bergwall	2022	56.79
9.	Abby Girard	2010	57.34
10.	Natalie Johnson	2014	57.45

### 200 Breaststroke

1.	Moriah Ross	2019	2:13.09
2.	Veronica Herrman	2016	2:15.55
3.	Mia Savicevic	2020	2:17.33
4.	Meghan Pallett	2022	2:20.15
5.	Ema Lavigne	2022	2:22.30
6.	Olivia Knowles	2016	2:22.53
7.	Katie Taylor	2019	2:22.57
8.	Erica Uthoff-Schuecker	2003	2:22.62
9.	Stephanie Paape	2013	2:23.85
10.	Jill Georgen	2015	2:24.19





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## All-Time Top 10s

### 200 Individual Medley

1.	Katie Taylor	2019	1:59.58
2.	Mariah Ross	2020	2:02.99
3.	Amber Finke	2022	2:04.07
4.	Ema Lavigne	2022	2:04.77
5.	Lily Ernst	2022	2:05.50
6.	Aftin Phyfe	2015	2:06.66
7.	Mia Savicevic	2020	2:07.70
8.	Madison Rinaldi	2018	2:07.94
9.	Autumn Roepsch	2016	2:08.25
10.	Payton Hall	2020	2:08.43

### 3-Meter Diving

1.	Bethany Hovland	2012	286.95
2.	Taylor Hogan	2022	286.35
3.	Alexandra Bey	2013	277.80
4.	Shaunah Parish	2002	274.65
5.	Ashlyn Clingman	2014	269.93
6.	Sarah Kemp	2014	264.97
7.	Jayden Lovell	2019	263.25
8.	Alyssa Deuso	2019	262.95
9.	Hannah Brummel	2018	253.20
10.	Isabella Bunchek	2018	251.25

### 400 Individual Medley

1.	Katie Taylor	2019	4:16.02
2.	Stephanie Jackson	2016	4:28.38
3.	Meghan Pallett	2022	4:30.00
4.	Madison Rinaldi	2017	4:30.11
5.	Lily Ernst	2022	4:30.12
6.	Kylie Engstrom	2020	4:31.34
7.	Olivia Chambers	2022	4:33.53
8.	Josie Itzen	2010	4:34.44
9.	Lena Shatnaya	2002	4:34.52
10.	Alivia Soares	2020	4:36.22

### 1-Meter Diving

1.	Bethany Hovland	2013	280.04
2.	Andrea Johnson	2002	276.75
3.	Alexandra Bey	2014	276.59
4.	Sarah Kemp	2017	274.50
5.	Izzy Bunchek	2018	271.42
6.	Taylor Hogan	2022	268.27
7.	Jayden Lovell	2019	258.60
8.	Abby Hutchins	2022	255.25
9.	Alyssa Deuso	2019	248.10
10.	Hannah Brummel	2017	243.00





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## All-Time Top 10s

### 200 Freestyle Relay

1.	Lembezeder, Florman, Roepsch, Phyfe	2017	1:32.04
2.	Florman, Meyer, Siebenaller, Lembezeder	2018	1:32.49
3.	Florman, Havertape, Kacmarynski, Meyer	2019	1:33.12
4.	Finke, Christensen, Havertape, Larsen	2022	1:33.38
5.	Florman, Roepsch, Siebenaller, Lembezeder	2016	1:33.41
6.	Taylor, Florman, Roepsch, Phyfe	2019	1:33.46
7.	Lembezeder, Florman, Roepsch, Phyfe	2017	1:33.63
8.	Taylor, Florman, Ross, Lembezeder	2018	1:33.71
9.	Phyfe, Florman, Roepsch, Lembezeder	2017	1:33.89
10.	Finke, Christensen, Graeve, Larsen	2022	1:34.15

### 400 Freestyle Relay

1.	Taylor, Florman, Phyfe, Lembezeder	2017	3:22.01
2.	Florman, Taylor, Siebenaller, Lembezeder	2018	3:23.24
3.	Florman, Phyfe, Roepsch, Lembezeder	2016	3:23.56
4.	Taylor, Meyer, Ross, Florman	2019	3:23.58
5.	Taylor, Florman, Meyer, Lembezeder	2018	3:24.35
6.	Phyfe, Florman, Roepsch, Lembezeder	2017	3:25.07
7.	Taylor, Florman, Ross, Meyer	2019	3:25.13
8.	Finke, Verastegui, Bangs, Larsen	2022	3:25.64
9.	Lembezeder, Florman, Roepsch, Phyfe	2017	3:26.39
10.	Phyfe, Florman, Roepsch, Lembezeder	2016	3:26.48

### 800 Freestyle Relay

1.	Taylor, Lembezeder, Phyfe, Siebenaller	2017	7:22.20
2.	Taylor, Engstrom, McCullough, Ross	2019	7:25.85
3.	Finke, Bangs, Verastegui, Walpole	2022	7:26.43
4.	Taylor, Engstrom, Walpole, McCullough	2020	7:26.59
5.	Lembezeder, Phyfe, Sachtjen, Siebenaller	2016	7:27.20
6.	Taylor, Engstrom, McCullough, Siebenaller	2018	7:27.78
7.	Taylor, Engstrom, McCullough, Florman	2019	7:28.02
8.	Taylor, Florman, Siebenaller, Lembezeder	2018	7:28.37
9.	Lembezeder, Phyfe, Sachtjen, Siebenaller	2015	7:29.47
10.	Taylor, Engstrom, Heuberger, McCullough	2020	7:30.18





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## All-Time Top 10s

### 200 Medley Relay

1.	Taylor, Ross, Florman, Meyer	2019	1:40.50
2.	Taylor, Ross, Florman, Meyer	2019	1:41.02
3.	Taylor, Roepsch, Florman, Lembezeder	2017	1:41.11
4.	Taylor, Ross, Florman, Lembezeder	2018	1:41.18
5.	Taylor, Ross, Havertape, Schmidt	2020	1:41.94
6.	Taylor, Ross, Florman, Lembezeder	2018	1:42.20
7.	Heuberger, Savicevic, Havertape, Larsen	2022	1:42.29
8.	Rinaldi, Herrmann, Florman, Lembezeder	2016	1:42.37
9.	Rinaldi, Herrmann, Ross, Phyfe	2017	1:42.67
10.	Taylor, Ross, Havertape, Schmidt	2020	1:43.38

### 400 Medley Relay

1.	Taylor, Ross, Florman, Meyer	2019	3:41.48
2.	Taylor, Ross, Florman, Meyer	2019	3:42.16
3.	Taylor, Ross, Florman, Lembezeder	2018	3:42.39
4.	Taylor, Ross, Florman, Lembezeder	2018	3:42.96
5.	Taylor, Herrmann, Florman, Phyfe	2017	3:43.50
6.	Rinaldi, Herrmann, Florman, Phyfe	2016	3:44.83
7.	Taylor, Ross, Schmidt, Houlette	2020	3:44.91
8.	Taylor, Ross, Schmidt, Engstrom	2020	3:45.71
9.	Taylor, Ross, Florman, Lembezeder	2017	3:45.83
10.	Finke, Lavigne, Ernst, Larsen	2022	3:46.27

