

2023

UNI Swimming & Diving All-Time Top 10s [2023]

University of Northern Iowa

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

All-Time Top 10s

50 Freestyle

| | | | |
|-----|-------------------|------|-------|
| 1. | Faith Larsen | 2023 | 22.50 |
| 2. | Crystal Florman | 2019 | 22.68 |
| 3. | Molly Lembezeder | 2017 | 22.81 |
| 4. | Amber Finke | 2023 | 23.47 |
| 5. | Abby Lear | 2023 | 23.57 |
| 6. | Clare Christensen | 2023 | 23.59 |
| 7. | Abigail Meyer | 2019 | 23.65 |
| 8. | Katie Taylor | 2019 | 23.69 |
| 9. | Aftin Phyfe | 2014 | 23.73 |
| 10. | Autumn Roepsch | 2017 | 23.74 |

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. | Hallory Domnick | 2023 | 4:59.92 |
| 7. | Olivia Chambers | 2023 | 5:00.89 |
| 8. | Katie Taylor | 2017 | 5:02.43 |
| 9. | Stephnanie Jackson | 2017 | 5:03.43 |
| 10. | Sarah Walpole | 2022 | 5:03.93 |

100 Freestyle

| | | | |
|-----|--------------------|------|-------|
| 1. | Crystal Florman | 2019 | 49.22 |
| 2. | Molly Lembezeder | 2017 | 49.89 |
| 3. | Faith Larsen | 2023 | 50.26 |
| 4. | Amber Finke | 2023 | 50.95 |
| 5. | Katie Taylor | 2019 | 51.09 |
| 6. | Aftin Phyfe | 2017 | 51.26 |
| 7. | Morgan Meyer | 2023 | 51.28 |
| 8. | Abigail Meyer | 2019 | 51.84 |
| 9. | Rachel Siebenaller | 2018 | 51.86 |
| 10. | Clare Christensen | 2023 | 51.88 |

1000 Freestyle

| | | | |
|-----|------------------------|------|----------|
| 1. | Kylie Engstrom | 2018 | 10:11.91 |
| 2. | Chelsea Hartman | 2011 | 10:19.24 |
| 3. | Olivia Chambers | 2023 | 10:20.93 |
| 4. | Anika Lillegard-Bouton | 2021 | 10:25.72 |
| 5. | Rachel Siebenaller | 2015 | 10:26.16 |
| 6. | Sarah Walpole | 2021 | 10:30.54 |
| 7. | Sandra Frimerman | 2003 | 10:32.53 |
| 8. | Abbie Bangs | 2022 | 10:33.82 |
| 9. | Hallory Domnick | 2023 | 10:35.08 |
| 10. | Jordan McCullough | 2018 | 10:36.23 |

200 Freestyle

| | | | |
|-----|--------------------|------|---------|
| 1. | Amber Finke | 2023 | 1:49.43 |
| 2. | Katie Taylor | 2019 | 1:49.46 |
| 3. | Molly Lembezeder | 2018 | 1:49.71 |
| 4. | Crystal Florman | 2017 | 1:51.12 |
| 5. | Hallory Domnick | 2023 | 1:51.20 |
| 6. | Aftin Phyfe | 2017 | 1:51.53 |
| 7. | Kylie Engstrom | 2017 | 1:51.53 |
| 8. | Rachel Siebenaller | 2015 | 1:51.75 |
| 8. | Morgan Meyer | 2023 | 1:51.75 |
| 10. | Abbie Bangs | 2022 | 1:52.17 |

1650 Freestyle

| | | | |
|-----|------------------------|------|----------|
| 1. | Kylie Engstrom | 2018 | 16:54.34 |
| 2. | Chelsea Hartman | 2011 | 17:07.94 |
| 3. | Olivia Chambers | 2023 | 17:10.48 |
| 4. | Rachel Siebenaller | 2015 | 17:18.17 |
| 5. | Anika Lillegard Bouton | 2021 | 17:19.13 |
| 6. | Sarah Walpole | 2021 | 17:23.27 |
| 7. | Abbie Bangs | 2022 | 17:24.49 |
| 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. Scout Bergwall | 2023 | 55.52 |
| 4. Sydney Schmidt | 2020 | 55.92 |
| 5. Faith Larsen | 2023 | 56.06 |
| 6. Lauren Havertape | 2021 | 56.11 |
| 7. Hannah Nedder | 2023 | 56.12 |
| 8. Katie Taylor | 2019 | 56.46 |
| 9. Molly Lembezeder | 2016 | 56.66 |
| 10. Abby McCorkle | 2023 | 57.00 |

200 Backstroke

| | | |
|----------------------|------|---------|
| 1. Katie Taylor | 2019 | 1:56.37 |
| 2. Amber Finke | 2023 | 1:57.34 |
| 3. Aftin Phyfe | 2017 | 2:01.24 |
| 4. Helena Heuberger | 2020 | 2:02.14 |
| 5. Payton Hall | 2023 | 2:02.91 |
| 6. Abby McCorkle | 2023 | 2:03.06 |
| 7. Jordan McCullough | 2020 | 2:03.23 |
| 8. Madison Rinaldi | 2017 | 2:03.26 |
| 9. Scout Bergwall | 2022 | 2:03.35 |
| 10. Abby Girard | 2007 | 2:04.24 |

200 Butterfly

| | | |
|----------------------|------|---------|
| 1. Lilly Ernst | 2022 | 2:02.97 |
| 2. Taylor Ostrowski | 2013 | 2:04.51 |
| 3. Scout Bergwall | 2023 | 2:05.28 |
| 4. Stephanie Jackson | 2017 | 2:06.74 |
| 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. Rachele 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. Sydney Aird | 2023 | 1:04.05 |
| 6. Autumn Roepsch | 2016 | 1:04.20 |
| 7. Ema Lavigne | 2022 | 1:04.37 |
| 8. Erica Uthoff-Schmuecker | 2003 | 1:05.09 |
| 9. Olivia Knowles | 2016 | 1:05.27 |
| 10. Jill Georgen | 2015 | 1:05.62 |

100 Backstroke

| | | |
|---------------------|------|-------|
| 1. Katie Taylor | 2020 | 54.08 |
| 2. Amber Finke | 2022 | 54.44 |
| 3. Helena Heuberger | 2022 | 54.99 |
| 4. Payton Hall | 2023 | 55.80 |
| 5. Madison Rinaldi | 2016 | 56.06 |
| 6. Scout Bergwall | 2023 | 56.19 |
| 7. Abby McCorkle | 2022 | 56.28 |
| 8. Aftin Phyfe | 2016 | 56.58 |
| 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. Sydney Aird | 2023 | 2:20.34 |
| 6. Ema Lavigne | 2022 | 2:22.30 |
| 7. Olivia Knowles | 2016 | 2:22.53 |
| 8. Katie Taylor | 2019 | 2:22.57 |
| 9. Erica Uthoff-Schuecker | 2003 | 2:22.62 |
| 10. Stephanie Paape | 2013 | 2:23.85 |





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All-Time Top 10s

200 Individual Medley

| | | | |
|-----|-----------------|------|---------|
| 1. | Katie Taylor | 2019 | 1:59.58 |
| 2. | Amber Finke | 2023 | 2:02.56 |
| 3. | Mariah Ross | 2020 | 2:02.99 |
| 4. | Ema Lavigne | 2022 | 2:04.77 |
| 5. | Lily Ernst | 2022 | 2:05.50 |
| 6. | Aftin Phye | 2015 | 2:06.66 |
| 7. | Sydney Aird | 2023 | 2:07.15 |
| 8. | Mia Savicevic | 2020 | 2:07.70 |
| 9. | Madison Rinaldi | 2018 | 2:07.94 |
| 10. | Payton Hall | 2023 | 2:08.22 |

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. | Erica Peters | 2023 | 258.20 |
| 10. | Hannah Brummel | 2018 | 253.20 |

400 Individual Medley

| | | | |
|-----|-------------------|------|---------|
| 1. | Katie Taylor | 2019 | 4:16.02 |
| 2. | Stephanie Jackson | 2016 | 4:28.38 |
| 3. | Olivia Chambers | 2023 | 4:29.27 |
| 4. | Meghan Pallett | 2022 | 4:30.00 |
| 5. | Madison Rinaldi | 2017 | 4:30.11 |
| 6. | Lily Ernst | 2022 | 4:30.12 |
| 7. | Kylie Engstrom | 2020 | 4:31.34 |
| 8. | Josie Itzen | 2010 | 4:34.44 |
| 9. | Lena Shatnaya | 2002 | 4:34.52 |
| 10. | Amber Finke | 2023 | 4:35.31 |

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 Buncek | 2018 | 271.42 |
| 6. | Taylor Hogan | 2023 | 270.70 |
| 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. | Finke, Christensen, Lear, Larsen | 2023 | 1:31.95 |
| 2. | Lembezeder, Florman, Roepsch, Phyfe | 2017 | 1:32.04 |
| 3. | Florman, Meyer, Siebenaller, Lembezeder | 2018 | 1:32.49 |
| 4. | Larsen, Christensen, Finke, Lear | 2023 | 1:32.97 |
| 5. | Florman, Havertape, Kacmarynski, Meyer | 2019 | 1:33.12 |
| 6. | Finke, Christensen, Havertape, Larsen | 2022 | 1:33.38 |
| 7. | Florman, Roepsch, Siebenaller, Lembezeder | 2016 | 1:33.41 |
| 8. | Taylor, Florman, Roepsch, Phyfe | 2019 | 1:33.46 |
| 9. | Lembezeder, Florman, Roepsch, Phyfe | 2017 | 1:33.63 |
| 10. | Taylor, Florman, Ross, Lembezeder | 2018 | 1:33.71 |

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. | Finke, Meyer, Christensen, Larsen | 2023 | 3:24.05 |
| 6. | Taylor, Florman, Meyer, Lembezeder | 2018 | 3:24.35 |
| 7. | Phyfe, Florman, Roepsch, Lembezeder | 2017 | 3:25.07 |
| 8. | Taylor, Florman, Ross, Meyer | 2019 | 3:25.13 |
| 9. | Finke, Verastegui, Bangs, Larsen | 2022 | 3:25.64 |
| 10. | Finke, Christensen, Meyer, Larsen | 2023 | 3:26.29 |

800 Freestyle Relay

| | | | |
|-----|---|------|---------|
| 1. | Taylor, Lembezeder, Phyfe, Siebenaller | 2017 | 7:22.20 |
| 2. | Finke, Domnick, Verastegui, Walpole | 2023 | 7:23.67 |
| 3. | Taylor, Engstrom, McCullough, Ross | 2019 | 7:25.85 |
| 4. | Finke, Bangs, Verastegui, Walpole | 2022 | 7:26.43 |
| 5. | Taylor, Engstrom, Walpole, McCullough | 2020 | 7:26.59 |
| 6. | Lembezeder, Phyfe, Sachtjen, Siebenaller | 2016 | 7:27.20 |
| 7. | Taylor, Engstrom, McCullough, Siebenaller | 2018 | 7:27.78 |
| 8. | Taylor, Engstrom, McCullough, Florman | 2019 | 7:28.02 |
| 9. | Taylor, Florman, Siebenaller, Lembezeder | 2018 | 7:28.37 |
| 10. | Lembezeder, Phyfe, Sachtjen, Siebenaller | 2015 | 7:29.47 |





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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. | Heuberger, Aird, Bergwall, Larsen | 2023 | 1:41.12 |
| 5. | Taylor, Ross, Florman, Lembezeder | 2018 | 1:41.18 |
| 6. | Taylor, Ross, Havertape, Schmidt | 2020 | 1:41.94 |
| 7. | Taylor, Ross, Florman, Lembezeder | 2018 | 1:42.20 |
| 8. | Heuberger, Savicevic, Havertape, Larsen | 2022 | 1:42.29 |
| 9. | Rinaldi, Herrmann, Florman, Lembezeder | 2016 | 1:42.37 |
| 10. | Rinaldi, Herrmann, Ross, Phyfe | 2017 | 1:42.67 |

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. | Finke, Aird, Bergwall, Larsen | 2023 | 3:45.68 |
| 9. | Taylor, Ross, Schmidt, Engstrom | 2020 | 3:45.71 |
| 10. | Taylor, Ross, Florman, Lembezeder | 2017 | 3:45.83 |

