

**Iowa High School Swim Coaches Association**  
**Boys' Power Ratings**  
**500 Yard Freestyle Top Times**

State Record:4:30.62

National Record:4:16.39

Automatic All-American:4:35.51

State Cut-Off:5:09.08

Last Updated: 2/17/2010

Consideration All-American:4:39.82

Place	Time	Name	Year	School	Date	Meet
1	4:35.42	Cameron Herting	11	Iowa City	2/13/2010	State Meet
2	4:37.76	Nate Harris	10	WDM Valley	2/13/2010	State Meet
3	4:40.89	Garrett Moses	12	Cedar Falls	2/13/2010	State Meet
4	4:41.21	Charlie Hogan	12	WDM Valley	2/13/2010	State Meet
5	4:42.17	Colin McAllister	11	Iowa City	2/13/2010	State Meet
6	4:45.55	Matthew Howell	11	Lewis Central	2/6/2010	District Meet
7	4:45.56	Morgan Barnes	10	Cedar Rapids Washington	2/13/2010	State Meet
8	4:47.33	Luuk Dekkers	12	Ames	2/13/2010	State Meet
9	4:50.4	Tim Temperley	11	Dubuque Hempstead	2/13/2010	State Meet
10	4:51.56	Michael Brus	12	Davenport North	12/19/2009	Clinton Holiday Invite
11	4:51.98	Ben Severino	9	WDM Dowling Catholic	2/13/2010	State Meet
12	4:53.69	Matt Boyd	10	Clinton	2/6/2010	District Meet
13	4:53.94	Mauricio Chacon	11	Marshalltown	2/13/2010	State Meet
14	4:56.76	Brian Kopec	11	Cedar Rapids Washington	2/13/2010	State Meet
15	4:56.86	Trent Jackson	9	Muscatine	2/13/2010	State Meet
16	4:56.9	Josh Hughes	9	Cedar Rapids Washington	1/19/2010	CRW vs CRK
17	4:57.07	Brady Edwards	10	Des Moines Lincoln	2/6/2010	District Meet
18	4:58.51	Ben Kurz	10	Council Bluffs Abraham	2/13/2010	State Meet
19	4:59.55	Eric Ferring	12	Dubuque Senior	2/13/2010	State Meet
20	4:59.65	Tyler Calegan	11	Muscatine	1/14/2010	Muscatine vs. Clinton
21	5:.21	David Merriman	9	WDM Valley	2/13/2010	State Meet
22	5:.46	Kieran Sweeney	11	Southeast Polk	1/21/2010	SE Polk vs. Johnston
23	5:1.21	nick Glynn	12	Mason City	2/13/2010	State Meet
24	5:1.93	Mike Gettemy	11	Marshalltown	2/6/2010	District Meet
25	5:2.64	Nathan Halstead	9	Muscatine	2/6/2010	District Meet
26	5:3.29	Michael Linnen	9	WDM Dowling Catholic	2/13/2010	State Meet
27	5:3.92	Mohammed Eissa	10	Iowa City West	1/5/2009	Iowa City West High vs. Muscatine
28	5:4.96	Kelly McNeilly	10	Iowa City	2/6/2010	District Meet
29	5:5.18	Joe Gayton	10	Bettendorf	2/6/2010	District Meet
30	5:5.62	Andrew Fiepke	12	WDM Valley	1/28/2010	WDM Valley vs Fort Dodge
31	5:6.52	Cameron Griffin	12	Dubuque Hempstead	2/6/2010	District Meet
32	5:6.65	John Beck	11	Pleasant Valley	1/26/2010	Muscatine
33	5:7.1	Luke Herny	11	Cedar Rapids Washington	2/6/2010	District Meet
34	5:7.19	Brian Ross	10	Johnston	1/21/2010	Johnston v SE Polk Dual
35	5:7.97	Kean Drake	12	Cedar Rapids Jefferson	1/26/2010	CRJ vs WASH
36	5:7.97	Andy Jensen	11	Johnston	2/6/2010	District Meet
37	5:8.46	Stephen Schmidt	11	WDM Dowling Catholic	2/6/2010	District Meet
38	5:8.82	Lucas Klinker	10	Ankeny	1/21/2010	Ankeny v. Dowling Catholic

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39	5:8.91	Coner Elliott	10	WDM Valley	1/4/2010	WDM Valley vs DM Roosevelt
40	5:9.18	Logan Braadt	10	Ankeny	2/6/2010	District Meet
41	5:9.21	Connor Huff	10	Dubuque Senior	12/15/2009	Dubuque Senior vs. Davenport West
42	5:9.32	Will Horvat	12	Pleasant Valley	1/21/2010	Bettendorf
43	5:9.85	Ty Bailey	11	Dubuque Senior	2/6/2010	District Meet
44	5:10.47	Brian Bacon	11	Marshalltown	12/3/2009	Marshalltown vs Indianola
45	5:10.57	Chris Merchant	9	Ames	2/6/2010	District Meet
46	5:10.76	Dustin Rhoads	12	Ames	1/21/2010	Ames vs. Ft. Dodge
47	5:10.78	Evan McClain	11	Waterloo West	2/6/2010	District Meet
48	5:11.15	Shawn Harrington	12	Ames	2/6/2010	District Meet
49	5:11.21	Alex Swafford	10	Johnston	2/6/2010	District Meet
50	5:11.27	James Davis	11	Iowa City	1/16/2010	Burlington Invite
51	5:12.1	Nate Johnson	12	WDM Dowling Catholic	1/30/2010	CIML Conference Meet
52	5:12.86	Mitch Schroeder	9	Dubuque Senior	2/6/2010	District Meet
53	5:13.42	Jamie Ethington	12	Des Moines Roosevelt	2/6/2010	District Meet
54	5:13.54	Chandler Roberson	11	Decorah	2/6/2010	District Meet
55	5:14.13	Ben Seaba	12	Muscatine	2/6/2010	District Meet
56	5:14.45	Josh Sund	11	Cedar Falls	1/5/2010	Cedar Falls vs Jefferson
57	5:14.74	Dan Cunningham	9	WDM Dowling Catholic	1/19/2010	DM Lincoln
58	5:14.97	Alex Guelcher	10	Sioux City	2/6/2010	District Meet
59	5:15.07	Byron Tiemeier	9	Davenport Central	2/6/2010	District Meet
60	5:15.15	Ben Loeffelholz	11	Dubuque Hempstead	1/12/2010	Hempstead vs. Cedar Falls
61	5:15.19	Jon Baker	11	Cedar Falls	12/1/2009	Cedar Falls vs Waterloo West &
62	5:15.28	Tyler Hemingway	10	Clinton	1/14/2010	Clinton vs Muscatine
63	5:15.92	Aaron Scheerer	9	Bettendorf	2/6/2010	District Meet
64	5:16.29	Taylor McCloskey	11	Southeast Polk	1/14/2010	SE Polk vs. Ankeny
65	5:16.34	Sam Weinberg	11	WDM Valley	1/18/2010	WDM Valley vs Marshalltown
66	5:16.93	Matt Burnham	10	Pleasant Valley	2/6/2010	District Meet
67	5:17.16	Ben Boeckman	11	Carroll	1/16/2010	Rusty Garst Inv
68	5:18.18	Aamon Bond	11	Ankeny	2/6/2010	District Meet
69	5:18.85	Andrew Tuisl	11	Clinton	1/14/2010	Clinton vs Muscatine
70	5:19.83	Haden Calegan	9	Muscatine	12/19/2009	Clinton Holiday Invite
71	5:19.95	James Luth	11	Muscatine	12/12/2009	Marcussen Invitational
72	5:20.56	Mo Green	11	Cedar Rapids Washington	1/19/2010	CRW vs CRK
73	5:20.79	Tyler Brigham	11	Spencer	2/6/2010	District Meet
74	5:20.91	Cole Plumber	9	Cedar Falls	2/6/2010	District Meet
75	5:21.11	Spencer Johnson	12	Des Moines Roosevelt	2/6/2010	District Meet
76	5:21.18	Patrick Albright	12	Johnston	1/2/2010	Johnston Invitational

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77	5:21.79	Tyler Vry	12	Des Moines East	2/6/2010	District Meet
78	5:21.93	Michael Lyon	12	Cedar Rapids Kennedy	1/12/2010	CR Kennedy v. CR Jefferson
79	5:21.97	Roland Henry	10	Sioux City	12/10/2009	Sioux City vs South Sioux City
80	5:22.18	Geoff Root	9	WDM Dowling Catholic	1/19/2010	DM Lincoln
81	5:22.64	Brady Stern	10	Cedar Falls	2/6/2010	District Meet
82	5:23.82	James McCourt	12	Des Moines East	2/6/2010	District Meet
83	5:23.92	Grant Hoffman	11	Marshalltown	2/6/2010	District Meet
84	5:24.29	Scott Reeve	11	WDM Valley	1/23/2010	WDM Valley vs CIML 'Iowa'
85	5:24.45	Blake Johnson	12	Johnston	1/21/2010	Johnston v SE Polk Dual
86	5:24.47	Evan Fischer	10	Southeast Polk	2/6/2010	District Meet
87	5:24.87	Matt Remy	9	Pleasant Valley	12/17/2009	Davenport North
88	5:25.36	Alex Bodin	9	WDM Valley	12/19/2009	WDM Valley vs Dowling Catholic
89	5:25.54	Michael Stock	11	Sioux City	1/23/2010	Lewis Central Invitational
90	5:25.55	Chandler Heisler	9	Cedar Rapids Kennedy	2/6/2010	District Meet
91	5:26.31	Nick Bruce	0	Boone	1/26/2010	Roos. Vs. Boone
92	5:26.34	Matt Scheetz	12	WDM Dowling Catholic	1/30/2010	CIML Conference Meet
93	5:26.84	Alex Kleinheinz	10	Cedar Rapids Jefferson	2/6/2010	District Meet
94	5:26.93	Ian Conte	12	WDM Valley	1/19/2010	WDM Valley vs DM North
95	5:27.22	Dylan Whittemore	9	Waterloo West	2/6/2010	District Meet
96	5:27.29	Charlie Rathe	10	Ames	12/18/2009	Ames vs. DM East
97	5:29.14	Justin Shaver	9	Southeast Polk	2/6/2010	District Meet
98	5:29.15	Antti Korri	12	Ottumwa	2/6/2010	District Meet
99	5:29.65	Matt Rippentrop	12	Johnston	12/21/2009	Johnston v Ames Dual
100	5:29.7	Tom Weible	9	WDM Valley	1/28/2010	WDM Valley vs Fort Dodge
101	5:30.65	Brandon Ehrecke	10	Pleasant Valley	1/14/2010	Burlington
102	5:30.74	Alex Stock	12	Sioux City	12/3/2009	Sioux City vs Spencer vs CB Abe
103	5:30.75	Connor Clements	9	Cedar Falls	12/12/2009	Cedar Falls at Marcussen Invit
104	5:30.75	Dylan Stalheim	12	Sioux City	1/26/2010	South Sioux City @ Sioux City
105	5:31.2	Logan Johnson	11	Des Moines Lincoln	1/26/2010	DM Lincoln at East
106	5:31.42	Eric Mistry	12	WDM Valley	12/3/2009	WDM Valley vs DM East
107	5:31.81	Evan Culbert	10	Johnston	1/30/2010	CIML Conference
108	5:31.84	Ryan Kitchen	11	Johnston	12/3/2009	Johnston v Lincoln Dual
109	5:31.94	Matt Pfau	12	Linn-Mar	2/6/2010	District Meet
110	5:32.6	Jonathan Freel	12	Southeast Polk	1/30/2010	CIML Central Conference Meet
111	5:33.02	Dallas Creger	11	Decorah	1/16/2010	Rusty Garst Invitational Fort Dodge
112	5:33.12	Stephen Davick	10	WDM Valley	1/19/2010	WDM Valley vs DM North
113	5:33.31	Matt Young	12	Mason City	2/6/2010	District Meet
114	5:33.46	Sam Wiedemeier	11	Ames	1/21/2010	Ames vs. Ft. Dodge

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115	5:33.65	blake Craw	12	Mason City	1/19/2010	Mason City vs Fort Dodge
116	5:34.19	Charli Hugo	12	Mason City	1/28/2010	MC vs Ames dual
117	5:34.34	Brandon King	9	Southeast Polk	1/30/2010	CIML Central Conference Meet
118	5:34.52	Alex Graeve	10	Ankeny	2/6/2010	District Meet
119	5:35.02	Chris Jasper	11	Bettendorf	1/14/2010	Davenport West vs. Bettendorf
120	5:35.32	Stephen Wahlig	11	WDM Valley	12/15/2009	WDM Valley @ Mason City
121	5:35.5	Anthony Lehnertz	10	Iowa City West	1/23/2010	MVC Varsity
122	5:35.65	Austin Sanford	9	Fort Dodge	2/6/2010	District Meet
123	5:35.98	Andrew Howes	10	Clinton	12/17/2009	Clinton @ Burlington
124	5:35.98	Ben Dierickx	12	Muscatine	1/30/2010	Muscatine Invitational
125	5:36.05	Wyatt Rasmussen	9	Ames	1/14/2010	Ames vs. Valley
126	5:36.13	Jack Green	9	Cedar Rapids Kennedy	2/6/2010	District Meet
127	5:36.23	Chris Jenks	9	Ames	1/28/2010	Ames vs. Mason City
128	5:36.47	Josh Lennon	11	Fort Dodge	1/14/2010	Ft. Dodge vs Lincoln and Boone
129	5:36.76	Nick Stern	10	Cedar Falls	12/19/2009	Cedar Falls at Mercer Invit
130	5:36.78	Jacob Meyer	11	Cedar Rapids Washington	1/19/2010	CRW vs CRK
131	5:37.24	Ben Busch	12	Muscatine	1/30/2010	Muscatine Invitational
132	5:37.34	Chris Sloan	11	Pleasant Valley	2/6/2010	District Meet
133	5:37.57	Adam Friesth	11	WDM Valley	12/3/2009	WDM Valley vs DM East
134	5:38.34	Lucas Bird	10	Lewis Central	1/26/2010	Council Bluffs City Meet
135	5:38.47	Zane Halstead	12	Muscatine	1/30/2010	Muscatine Invitational
136	5:38.53	Conor Wells	11	Des Moines Roosevelt	2/6/2010	District Meet
137	5:39.05	Mason Weibel	9	Iowa City West	12/3/2009	Iowa City West High vs. Linn-Mar
138	5:39.9	Tim Leffler	11	Des Moines Hoover-North	1/14/2010	East vs Hoover North
139	5:39.93	Peter Joers	12	Pleasant Valley	2/6/2010	District Meet
140	5:41.03	Alec Moore	11	Southeast Polk	12/7/2009	Southeast Polk vs. Ottumwa
141	5:41.23	Collin Kramer	11	Iowa City West	1/26/2010	Iowa City West vs. Waterloo West
142	5:41.28	Chad Trunnell	12	Fort Dodge	12/7/2009	Ft. Dodge vs. Indianola
143	5:41.35	Wyatt Rowe	10	Mason City	1/28/2010	MC vs Ames dual
144	5:41.63	Wade Fuerste	11	Dubuque Hempstead	2/6/2010	District Meet
145	5:42.22	Jonathan Duff	11	Carroll	1/16/2010	Rusty Garst Inv
146	5:42.49	JD Benson	9	WDM Dowling Catholic	12/17/2009	Mason City
147	5:42.76	Anthony Smith	9	Grinnell/BGM	2/6/2010	District Meet
148	5:43.14	Nile Willey	10	WDM Dowling Catholic	1/11/2010	Johnston
149	5:43.27	Noah Langholz	11	Mason City	2/6/2010	District Meet
150	5:43.75	Aaron Sprengler	11	Boone	2/6/2010	District Meet