

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

State Record:0:20.32
 State Cut-Off:0:23.022.78

National Record:0:19.49
 Last Updated: 2/17/2010

Automatic All-American:0:21.15
 Consideration All-American:0:21.48

Place	Time	Name	Year	School	Date	Meet
1	0:21.28	Ben Loeffelholz	11	Dubuque Hempstead	2/13/2010	State Meet
2	0:21.5	Ben Rivera	12	Muscatine	2/13/2010	State Meet
3	0:21.7	Brian Bacon	11	Marshalltown	2/13/2010	State Meet
4	0:21.74	Josh Gill	9	Dubuque Senior	2/13/2010	State Meet
5	0:21.83	Austin Abbas	11	Cedar Falls	1/12/2010	Cedar Falls vs Hempstead
6	0:21.95	Drew Bloom	11	Linn-Mar	2/13/2010	State Meet
7	0:21.99	Thomas Carmody	12	WDM Dowling Catholic	2/6/2010	District Meet
8	0:22.17	Michael Brus	12	Davenport North	12/10/2009	Davenport North vs. Burlington
9	0:22.19	Kaisen Yao	10	Iowa City West	1/26/2010	Iowa City West vs. Waterloo West
10	0:22.2	Steven Arens	12	Des Moines Roosevelt	2/6/2010	District Meet
11	0:22.21	Jonathan Fiepke	9	WDM Valley	2/13/2010	State Meet
12	0:22.24	Ben Lindaman	12	WDM Valley	2/13/2010	State Meet
13	0:22.25	Dustin Rhoads	12	Ames	1/28/2010	Ames vs. Mason City
14	0:22.27	Dylan Stalheim	12	Sioux City	1/28/2010	Sioux City @ CB Abe Lincoln
15	0:22.28	Tyson Wieland	9	Boone	2/6/2010	District Meet
16	0:22.31	Brian Ross	10	Johnston	2/13/2010	State Meet
17	0:22.31	Sam Wiedemeier	11	Ames	2/6/2010	District Meet
18	0:22.31	Sidney McMillin	11	Iowa City	2/13/2010	State Meet
19	0:22.33	Colby Kubat	12	WDM Dowling Catholic	1/11/2010	Johnston
20	0:22.34	Cody Steinkamp	12	Spencer	1/11/2010	Spencer vs. Sioux City Storm Lake
21	0:22.34	Jimmy Kent	12	Muscatine	1/26/2010	Muscatine v Pleasant Valley
22	0:22.36	Banning Young	12	Cedar Rapids Washington	2/6/2010	District Meet
23	0:22.37	Mathew Howell	11	Lewis Central	1/19/2010	Lewis Central at CB Abraham
24	0:22.38	Cole Malin	11	Carroll	2/6/2010	District Meet
25	0:22.45	Jorden Studer	10	Ankeny	2/6/2010	District Meet
26	0:22.45	Kris Treiber	10	Muscatine	1/30/2010	Muscatine Invitational
27	0:22.48	Jim Skoumal	12	WDM Valley	1/14/2010	WDM Valley vs Ames
28	0:22.5	Will Horvat	12	Pleasant Valley	1/26/2010	Muscatine
29	0:22.53	Alex Duster	9	Dubuque Senior	1/30/2010	Senior vs M.V.C.
30	0:22.53	Jon Baker	11	Cedar Falls	12/17/2009	Cedar Falls vs Dub Senior
31	0:22.54	Ian Conte	12	WDM Valley	1/23/2010	WDM Valley vs CIML 'Iowa'
32	0:22.54	James Svoboda	11	Carroll	2/6/2010	District Meet
33	0:22.56	Michael Rusch	12	Cedar Rapids Kennedy	1/12/2010	CR Kennedy v. CR Jefferson
34	0:22.58	Brad Waldorf	12	Johnston	12/21/2009	Johnston v Ames Dual
35	0:22.62	Garrett Moses	12	Cedar Falls	12/1/2009	Cedar Falls vs Waterloo West &
36	0:22.62	Matt Rippentrop	12	Johnston	2/6/2010	District Meet
37	0:22.68	Alex Thomas	12	Council Bluffs Abraham	12/21/2009	Abe Lincoln vs Skutt Catholic vs
38	0:22.69	Colin Eagan	11	Spencer	2/6/2010	District Meet
39	0:22.69	Sean Ross	12	Des Moines East	2/6/2010	District Meet
40	0:22.71	Karl Rosenquist	12	Iowa City West	2/6/2010	District Meet
41	0:22.71	Matt McEntee	12	WDM Dowling Catholic	2/6/2010	District Meet

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42	0:22.77	AJ Ash	12	Bettendorf	2/6/2010	District Meet
43	0:22.78	Clayton Hoyt	10	Cedar Rapids Washington	2/13/2010	State Meet
44	0:22.8	Joseph Gallet	12	Cedar Rapids Washington	2/6/2010	District Meet
45	0:22.82	Travis Greenwald	9	Muscatine	12/19/2009	Clinton Holiday Invite
46	0:22.82	Zach Reames	12	WDM Dowling Catholic	2/6/2010	District Meet
47	0:22.83	Tyler Calegan	11	Muscatine	12/17/2009	Muscatine vs. Davenport West
48	0:22.88	Matt Boyd	10	Clinton	12/15/2009	Clinton vs Dub. Hempstead
49	0:22.94	Matt Loney	12	Ankeny	2/13/2010	State Meet
50	0:22.98	Zakary Huebner	11	Southeast Polk	1/21/2010	SE Polk vs. Johnston
51	0:23.01	John Beck	11	Pleasant Valley	12/3/2009	PV vs Davenport Central
52	0:23.02	Jon Hagen	12	Ames	1/14/2010	Ames vs. Valley
53	0:23.03	Chirs Hillyer	12	Cedar Rapids Kennedy	2/13/2010	State Meet
54	0:23.03	Sam Raiche	11	Linn-Mar	2/6/2010	District Meet
55	0:23.04	Mohammed Eissa	10	Iowa City West	2/6/2010	District Meet
56	0:23.04	Trent Jackson	9	Muscatine	12/17/2009	Muscatine vs. Davenport West
57	0:23.05	Rob Burke	12	Ames	2/6/2010	District Meet
58	0:23.06	Paul Jindrich	11	Muscatine	12/19/2009	Clinton Holiday Invite
59	0:23.07	Jim McCormack	11	Fort Dodge	2/6/2010	District Meet
60	0:23.11	Stuart McMillin	11	Iowa City	2/6/2010	District Meet
61	0:23.12	Andrew Howes	10	Clinton	2/13/2010	State Meet
62	0:23.13	Nate Harris	10	WDM Valley	1/4/2010	WDM Valley vs DM Roosevelt
63	0:23.14	Chris Neiber	12	WDM Dowling Catholic	1/11/2010	Johnston
64	0:23.15	Kanoe Russell	12	Iowa City	1/19/2010	City-Cedar Falls
65	0:23.18	Josh Sund	11	Cedar Falls	1/5/2010	Cedar Falls vs Jefferson
66	0:23.19	Dylan Nielsen	11	Carroll	2/6/2010	District Meet
67	0:23.23	MJ Phillips	12	Johnston	1/21/2010	Johnston v SE Polk Dual
68	0:23.24	Sam Lynch	12	Des Moines Roosevelt	2/6/2010	District Meet
69	0:23.26	Ivan Egen	11	Southeast Polk	1/14/2010	SE Polk vs. Ankent
70	0:23.28	Kevin Dorff	12	Des Moines Roosevelt	1/4/2010	Roosevelt vs Valley
71	0:23.29	Connor Huff	10	Dubuque Senior	1/12/2010	Senior vs Wasington
72	0:23.3	charlie Hugo	12	Mason City	2/6/2010	District Meet
73	0:23.31	Charlie Hogan	12	WDM Valley	1/28/2010	WDM Valley vs Fort Dodge
74	0:23.32	Andy Berntson	11	Bettendorf	2/13/2010	State Meet
75	0:23.33	Andy Burnham	12	Pleasant Valley	12/1/2009	PV vs IC
76	0:23.33	Coire Walker	12	Spencer	2/6/2010	District Meet
77	0:23.33	Ethan McCallum	11	Ames	2/6/2010	District Meet
78	0:23.38	Michael Lyon	12	Cedar Rapids Kennedy	12/22/2009	CR Kennedy @ Linn-Mar
79	0:23.39	Taylor Beckwith-Ferguson	12	Grinnell/BGM	2/6/2010	District Meet
80	0:23.42	Jake Raecker	12	Waterloo West	2/6/2010	District Meet
81	0:23.44	Ben Claeys	10	Pleasant Valley	2/13/2010	State Meet
82	0:23.45	Mark Polle	12	Sioux City	2/6/2010	District Meet

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Place	Time	Name	Year	School	Date	Meet
83	0:23.47	Nate Tystahl	10	WDM Dowling Catholic	1/30/2010	CIML Conference Meet
84	0:23.47	Peter Christensen	11	Waterloo West	12/12/2009	Grinnel Invitational
85	0:23.5	Nate Converse	12	Storm Lake	1/11/2010	Spencer/Sioux City Double Dual at
86	0:23.53	Zach Welp	11	WDM Dowling Catholic	12/3/2009	DM Roosevelt
87	0:23.55	Greg Monson	12	Johnston	2/6/2010	District Meet
88	0:23.55	Kean Drake	12	Cedar Rapids Jefferson	1/26/2010	CRJ vs WASH
89	0:23.59	JJ Kotz	12	Indianola	1/9/2010	Indianola at Johnston
90	0:23.59	Josh Lennon	11	Fort Dodge	2/6/2010	District Meet
91	0:23.6	Tate Forsyth	11	Dubuque Senior	12/15/2009	Dubuque Senior vs. Davenport West
92	0:23.62	Jared Hetzler	11	Muscatine	1/30/2010	Muscatine Invitational
93	0:23.64	Alex Lichman	12	Mason City	2/6/2010	District Meet
94	0:23.65	nate Greve	9	Linn-Mar	2/6/2010	District Meet
95	0:23.66	Lucas Klinker	10	Ankeny	12/7/2009	Ankeny at Mason City
96	0:23.69	Luuk Dekkers	12	Ames	12/15/2009	Ames vs. Boone
97	0:23.73	Luis Arias	10	Des Moines Lincoln	1/5/2010	DM Lincoln at Newton
98	0:23.74	Jack Collison	12	Marshalltown	2/6/2010	District Meet
99	0:23.75	Greg Jenson	11	Des Moines Roosevelt	2/6/2010	District Meet
100	0:23.76	Alex Dvorak	12	Davenport Central	1/14/2010	Davenport North vs Davenport
101	0:23.79	Isaac Robinson	10	Pleasant Valley	12/3/2009	PV vs Davenport Central
102	0:23.79	Morgan Barnes	10	Cedar Rapids Washington	1/19/2010	CRW vs CRK
103	0:23.81	Adam Rieck	10	Johnston	1/30/2010	CIML Conference
104	0:23.82	Cody Curtis	12	Davenport Central	1/27/2010	Burlington vs Davenport Central
105	0:23.82	Jordan Suby	10	Ankeny	1/30/2010	Ankeny v. CIML Central Conference
106	0:23.82	Mike Missen	12	Iowa City West	1/5/2009	Iowa City West High vs. Muscatine
107	0:23.82	Tyler Bennett	12	Ottumwa	1/30/2010	Ottumwa Vs CIML Conference
108	0:23.83	Alex Graesser	11	Iowa City West	2/6/2010	District Meet
109	0:23.85	Austin Sayles	12	WDM Valley	1/28/2010	WDM Valley vs Fort Dodge
110	0:23.85	Peter Crady	12	Grinnell/BGM	2/6/2010	District Meet
111	0:23.87	Andrew Hansen	12	Marshalltown	2/6/2010	District Meet
112	0:23.87	Nick Bruce	12	Boone	1/9/2010	Hoover Invite
113	0:23.88	Evan Tuisl	11	Clinton	12/15/2009	Clinton vs Dub. Hempstead
114	0:23.9	Brian Fuchs	11	Dubuque Hempstead	1/23/2010	MVC Varsity
115	0:23.95	Dallas Creger	11	Decorah	2/6/2010	District Meet
116	0:23.95	Fisher Mollet	10	Sioux City	12/17/2009	Sioux City vs Storm Lake
117	0:23.95	Jimmy Hawk	9	Council Bluffs Abraham	2/6/2010	District Meet
118	0:23.95	Will Jesse	10	Sioux City	1/16/2010	Rusty Garst Invitational
119	0:23.96	Tim Temperley	11	Dubuque Hempstead	1/4/2010	Hempstead vs. Linn-Mar
120	0:23.97	Matt Thoma	10	Newton	1/28/2010	Newton vs Grinnell
121	0:23.98	Ian Mart	10	Ames	1/23/2010	CIML Iowa Conference Meet
122	0:24	Cameron Griffin	12	Dubuque Hempstead	1/26/2010	Hempstead vs. Kennedy
123	0:24.01	Andrew Fiepke	12	WDM Valley	1/19/2010	WDM Valley vs DM North

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124	0:24.01	Brandon Farnum	9	Lewis Central	12/2/2009	Lewis Central vs. Bellevue East HS
125	0:24.01	Ethan Settle	10	Ankeny	1/26/2010	Ankeny v. Johnston
126	0:24.02	Evan Timm	12	Des Moines East	2/6/2010	District Meet
127	0:24.02	Greg Rakoxy	12	Dubuque Senior	12/17/2009	Dubuque Senior vs. Cedar Falls
128	0:24.02	James Luth	11	Muscatine	12/17/2009	Muscatine vs. Davenport West
129	0:24.03	Jason Orvis	10	Decorah	1/5/2010	Waterloo East
130	0:24.04	Grant Pomerenk	11	Boone	2/6/2010	District Meet
131	0:24.06	Roland Henry	10	Sioux City	12/10/2009	Sioux City vs South Sioux City
132	0:24.07	Max Zimmerman	11	Ottumwa	1/21/2010	Ottumwa vs Indianola
133	0:24.08	Devin McMillen	12	Southeast Polk	1/30/2010	CIML Central Conference Meet
134	0:24.09	Brian Hershey	11	WDM Valley	2/6/2010	District Meet
135	0:24.09	Nathan Sippy	12	Linn-Mar	12/3/2009	Linn-Mar VS. Iowa City West
136	0:24.09	Sean Ellingworth	12	Bettendorf	2/6/2010	District Meet
137	0:24.12	Seth VanderHorst	11	Ottumwa	12/15/2009	Ottumwa vs Newton
138	0:24.13	Bryan Bjorklund	11	Ames	1/28/2010	Ames vs. Mason City
139	0:24.14	Judd Hayes	11	Iowa City	2/6/2010	District Meet
140	0:24.16	Jackson Williams	12	Cedar Rapids Washington	1/12/2010	CRW vs DS
141	0:24.16	Karl Larsen	12	Decorah	2/6/2010	District Meet
142	0:24.16	Nick Dimenstein	11	WDM Valley	12/3/2009	WDM Valley vs DM East
143	0:24.19	Alex Jacobson	12	Cedar Rapids Jefferson	2/6/2010	District Meet
144	0:24.2	Alex Dahl	0	Boone	1/19/2010	Boone Vs. Carroll
145	0:24.2	Ben Landis	10	Des Moines Roosevelt	12/5/2009	Wittmer Invite
146	0:24.21	Ryan Kitchen	11	Johnston	11/24/2009	Johnston v Ft Dodge Dual
147	0:24.25	Chris Sloan	11	Pleasant Valley	1/26/2010	Muscatine
148	0:24.25	Seth Wills	11	Ames	12/7/2009	Ames vs. DM Lincoln
149	0:24.45	Nathan Greve	9	Linn-Mar	2/13/2010	State Meet
150	0:25.57	Deon Parkhurst	10	Storm Lake	2/6/2010	District Meet