

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

State Record:4:30.62
 State Cut-Off:5:04.96

National Record:4:16.39
 Last Updated: 2/18/2011

Automatic All-American:4:31.51
 Consideration All-American:4:36.36

Place	Time	Name	Year	School	Date	Meet
1	4:36.03	Cameron Herting	12	Iowa City	2/12/2011	State Meet
2	4:38.02	Colin McAllister	12	Iowa City	2/12/2011	State Meet
3	4:41.05	Morgan Barnes	11	Cedar Rapids Washington	2/12/2011	State Meet
4	4:42.85	Trent Jackson	10	Muscatine	2/12/2011	State Meet
5	4:43.54	Ben Kurz	11	Lewis Central	2/5/2011	District Meet
6	4:48.42	Josh Hughes	10	Cedar Rapids Washington	2/12/2011	State Meet
7	4:48.57	Tim Temperley	12	Dubuque Hempstead	2/12/2011	State Meet
8	4:49.86	Joe Gayton	11	Bettendorf	2/12/2011	State Meet
9	4:50.11	Thomas Rathbun	9	Sioux City	2/12/2011	State Meet
10	4:50.21	Ben Severino	0	WDM Dowling Catholic	2/12/2011	State Meet
11	4:51.6	David Merriman	10	WDM Valley	2/12/2011	State Meet
12	4:52.2	Gabe Langner	9	Cedar Falls	2/12/2011	State Meet
13	4:52.82	Nathan Halstead	10	Muscatine	2/12/2011	State Meet
14	4:53.07	Kelly McNeilly	11	Iowa City	2/12/2011	State Meet
15	4:53.55	Nate Harris	11	WDM Valley	1/15/2011	Jim Voss Invitational
16	4:55.24	James Luth	12	Muscatine	2/12/2011	State Meet
17	4:55.99	Brian Kopec	12	Cedar Rapids Washington	2/12/2011	State Meet
18	4:56.03	Spencer Clark	9	WDM Dowling Catholic	2/5/2011	District Meet
19	4:57.9	Brady Edwards	11	Des Moines Lincoln	2/5/2011	District Meet
20	4:58.18	Travis Greenwald	10	Muscatine	12/2/2010	Pleasant Valley @ Muscatine
21	4:58.6	Mike Gettemy	12	Marshalltown	2/12/2011	State Meet
22	4:59.05	Paul Jindrich	12	Muscatine	1/13/2011	Muscatine @ Clinton
23	4:59.47	Logan Braadt	11	Ankeny	2/12/2011	State Meet
24	4:59.64	Dan Cunningham	10	WDM Dowling Catholic	2/12/2011	State Meet
25	4:59.74	Byron Tiemeier	10	Davenport Central	2/12/2011	State Meet
26	4:59.86	Zach Welp	12	WDM Dowling Catholic	1/29/2011	Dowling Catholic @ CIML
27	5:02.9	Mitch Schroeder	10	Dubuque Senior	2/5/2011	District Meet
28	5:1.52	Matt Boyd	11	Clinton	12/7/2010	Clinton vs Dubuque Senior
29	5:2.06	Matthew Howell	12	Lewis Central	1/20/2011	Lewis Central at Carroll
30	5:3.53	Tyler Calegan	12	Muscatine	1/13/2011	Muscatine @ Clinton
31	5:5.93	Harris Thompson	10	Iowa City	1/22/2011	MVC Championships
32	5:6.51	Evan McClain	12	Waterloo West	2/5/2011	District Meet
33	5:7.27	Kieran Sweeney	12	Southeast Polk	1/17/2011	Southeast Polk Invitational
34	5:7.52	Brian Ross	11	Johnston	1/20/2011	Johnston v SE Polk
35	5:7.69	Sam Weinberg	12	WDM Valley	1/18/2011	WDM Valley vs Marshalltown
36	5:7.74	Lucas Klinker	11	Ankeny	12/16/2010	Ankeny v. Ottumwa
37	5:8.07	Matt Burnham	11	Pleasant Valley	2/5/2011	District Meet
38	5:8.51	Tyler Cracraft	10	Johnston	1/29/2011	CIML Conference

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39	5:8.92	Tom Weible	10	WDM Valley	2/5/2011	District Meet
40	5:9.63	Wyatt Rasmussen	10	Ames	2/5/2011	District Meet
41	5:9.86	R.J. Hemmingsen	9	Lewis Central	12-14-2010	Ralston at Lewis Central
42	5:9.92	Ross Turner	11	Des Moines Roosevelt	12/4/2010	Ames Invitational
43	5:11.65	Tyler Hemingway	11	Clinton	1/6/2011	Clinton @ Davenport North
44	5:11.7	Evan Culbert	11	Johnston	2/5/2011	District Meet
45	5:12.53	Stephen Schmidt	12	WDM Dowling Catholic	1/29/2011	Dowling Catholic @ CIML
46	5:12.69	Chandler Cox	9	Ankeny	2/5/2011	District Meet
47	5:13.04	Alex Clark	9	Johnston	2/5/2011	District Meet
48	5:13.19	Sidney McMillin	12	Iowa City	12/7/2010	Iowa City High v. Cedar Rapids
49	5:13.33	Scott Reeve	12	WDM Valley	2/5/2011	District Meet
50	5:13.34	Chandler Roberson	12	Decorah	2/5/2011	District Meet
51	5:13.34	Grant Hoffman	12	Marshalltown	2/5/2011	District Meet
52	5:13.37	Coner Elliott	11	WDM Valley	1/18/2011	WDM Valley vs Marshalltown
53	5:13.71	James Davis	12	Iowa City	12/7/2010	Iowa City High v. Cedar Rapids
54	5:13.74	Brian Bacon	12	Marshalltown	12/4/2010	Boone Invitational
55	5:13.85	Mason Hartwig	9	Boone	2/5/2011	District Meet
56	5:14.28	Taylor McCloskey	12	Southeast Polk	1/6/2011	Southeast Polk vs. DM East
57	5:14.37	Alex Pyle	9	Ames	12/16/2010	Ames vs. Dowling Catholic
58	5:14.67	Alex Guelcher	11	Sioux City	1/22/2011	Lewis Central Invite
59	5:14.93	Michael Linnen	10	WDM Dowling Catholic	12/11/2010	Dowling Catholic @ Marcussen
60	5:15.33	Justin Shaver	10	Southeast Polk	2/5/2011	District Meet
61	5:15.49	Jordan Reinard	10	Waukee	1/6/2011	Waukee vs. Mason City/Grinnell
62	5:15.7	Alex Bodin	10	WDM Valley	1/18/2011	WDM Valley vs Marshalltown
63	5:15.8	Matthew Blaser	9	WDM Dowling Catholic	1/29/2011	Dowling Catholic @ CIML
64	5:16.4	Caleb Utesch	9	Ames	2/5/2011	District Meet
65	5:16.48	Jake Sund	10	Cedar Falls	1/11/2011	Cedar Falls vs ICW
66	5:17.69	Nick Stern	11	Cedar Falls	1/11/2011	Cedar Falls vs ICW
67	5:17.98	Evan Fischer	11	Southeast Polk	2/5/2011	District Meet
68	5:19.14	Adric Sorensen	9	Ankeny	2/5/2011	District Meet
69	5:19.23	Alex Swafford	11	Johnston	1/6/2011	Johnston v Ankeny
70	5:19.56	Andy Jensen	12	Johnston	1/29/2011	CIML Conference
71	5:19.78	Dylan Whittemore	10	Waterloo West	2/5/2011	District Meet
72	5:20	Andrew Tuisl	12	Clinton	12/16/2010	Clinton vs Bettendorf
73	5:20.27	David Ruzicka	9	WDM Dowling Catholic	12/11/2010	Dowling Catholic @ Marcussen
74	5:20.3	Luke Herny	12	Cedar Rapids Washington	1/22/2011	CR Wash vs MVC
75	5:20.34	Ryan Gist	9	Bettendorf	2/5/2011	District Meet
76	5:21.52	Matt Krueger	10	Muscatine	1/6/2011	Muscatine v. Bettendorf

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77	5:22.16	Chris Merchant	10	Ames	12/4/2010	Mike Wittmer Invitational
78	5:22.42	Connor Huff	11	Dubuque Senior	12/7/2010	Dubuque Senior vs. Clinton
79	5:22.81	Kyle McNeal	9	Linn-Mar	2/5/2011	District Meet
80	5:22.97	Trevor Brunsvold	9	Mason City	1/22/2011	Iowa Conference
81	5:23.01	Kaleb Watson	11	Muscatine	1/29/2011	Muskie Invite
82	5:23.02	John Koopal	9	Johnston	1/20/2011	Johnston v SE Polk
83	5:23.4	Cole Plumber	10	Cedar Falls	12/11/2010	Cedar Falls at Marcussen Invit
84	5:24.2	Ben Loeffelholz	12	Dubuque Hempstead	11/30/2010	Hempstead vs. CR Kennedy
85	5:24.5	Connor Clements	10	Cedar Falls	1/4/2011	Cedar Falls vs Kennedy
86	5:24.83	Roland Henry	11	Sioux City	12/9/2010	Sioux City @ South Sioux City
87	5:25.56	Chandler Heisler	10	Cedar Rapids Kennedy	12/14/2010	CR Kennedy @ CR Jefferson
88	5:25.74	Nick Michels	10	Cedar Falls	1/22/2011	Cedar Falls at MVC
89	5:26.11	Alex Kleinheinz	11	Cedar Rapids Jefferson	12/14/2010	CRJ vs CRK
90	5:27.05	Fisher Mollet	11	Sioux City	12/16/2010	Sioux City vs Storm Lake
91	5:27.29	Brady St.John	11	Iowa City	1/11/2011	Iowa City High v. CR Jefferson
92	5:27.34	Evan Tuisl	12	Clinton	1/20/2011	Clinton @ Davenport West
93	5:27.92	Stephen Davick	11	WDM Valley	1/11/2011	WDM Valley vs Waukee
94	5:27.99	Cole Bunn	9	Bettendorf	1/15/2011	Jim Voss Invitational
95	5:28.27	Chris Jenks	10	Ames	1/22/2011	CIML Iowa Conference Meet
96	5:28.3	Nile Willey	11	WDM Dowling Catholic	12/21/2010	Dowling Catholic vs Johnston
97	5:28.32	Matt Friend	10	Des Moines Lincoln	2/5/2011	District Meet
98	5:28.9	Duggan Trenary	9	Linn-Mar	2/5/2011	District Meet
99	5:29.16	Daniel Reinart	10	Cedar Falls	2/5/2011	District Meet
100	5:29.23	Jason Thomas	10	WDM Dowling Catholic	1/29/2011	Dowling Catholic @ CIML
101	5:29.47	David Iles	12	WDM Valley	1/6/2011	WDM Valley vs Fort Dodge
102	5:29.49	Ramsey Allen	11	Bettendorf	2/5/2011	District Meet
103	5:29.65	Aamon Bond	12	Ankeny	12/9/2010	Ankeny at DM East
104	5:29.65	Cody Housby	10	Des Moines Roosevelt	2/5/2011	District Meet
105	5:30.05	Collin Kramer	12	Iowa City West	12/7/2010	Iowa City West vs. Waterloo West
106	5:30.4	Jacob Weiss	12	Mason City	1/7/2011	mason city/waukee/grinell
107	5:30.46	Brian Burke	9	Pleasant Valley	1/8/2011	Mustang Invitational
108	5:30.54	Austin Sanford	10	Fort Dodge	2/5/2011	District Meet
109	5:30.76	Sam Stephens	12	Des Moines Roosevelt	1/20/2011	Ottumwa v Roosevelt
110	5:30.91	Sam Carter	9	Marshalltown	2/5/2011	District Meet
111	5:31.34	Michael Stock	12	Sioux City	1/20/2011	Sioux City @ Spencer with Storm
112	5:31.66	Zach Hingtgen	9	Iowa City West	2/5/2011	District Meet
113	5:32.17	Tim Scheve	9	Waukee	1/17/2011	Waukee vs. Ames
114	5:33.19	Adam Friesth	12	WDM Valley	1/11/2011	WDM Valley vs Waukee

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115	5:33.72	Casey White	10	WDM Valley	1/6/2011	WDM Valley vs Fort Dodge
116	5:33.82	Ben Boeckman	12	Carroll	1/4/2011	Carroll vs Sioux City
117	5:33.87	Logan Johnson	12	Des Moines Lincoln	12/16/2010	DM Lincoln at Mason City
118	5:34.01	Josh Lennon	12	Fort Dodge	12/14/2010	Fort Dodge vs. Carroll
119	5:34.02	Connor Kenworthy	11	Des Moines Roosevelt	2/5/2011	District Meet
120	5:34.21	Jaime Zarate	10	Cedar Falls	1/18/2011	Cedar Falls vs Linn-Mar
121	5:34.32	Aaron Sprengeler	0	Boone	1/27/2011	Boone Vs. Waukee
122	5:34.46	Josh Lee	9	Fort Dodge	12/16/2010	Fort Dodge vs. DM East/Spencer
123	5:35.13	Zack Lindeberg	11	Des Moines Roosevelt	2/5/2011	District Meet
124	5:35.23	Jordan Nicolet	9	Johnston	1/8/2011	Johnston Invitational
125	5:35.42	Jimmy Hawk	10	Lewis Central	1/13/2011	O. Central & O. North at Lewis
126	5:35.93	Alex Graeve	11	Ankeny	12/16/2010	Ankeny v. Ottumwa
127	5:36	Brian Hershey	12	WDM Valley	11/23/2010	WDM Valley vs Mason City
128	5:36.07	Jarid Ingebrand	10	Johnston	12/2/2010	Johnston v Mason City
129	5:36.48	Matthew Friend	10	Des Moines Lincoln	1/6/2011	DM Lincoln at Roosevelt
130	5:36.55	John Linde	10	Waukee	1/15/2011	SE Polk Invite
131	5:36.81	John Dieter	10	Carroll	2/5/2011	District Meet
132	5:36.95	Michael Sovers	9	Muscatine	1/6/2011	Muscatine v. Bettendorf
133	5:38.02	Wyatt Rowe	11	Mason City	1/8/2011	Mason City @ Austin,MN
134	5:38.33	John Levis	11	Vinton-Shellsburg	1/13/2011	Decorah-Vinton-Waterloo East
135	5:38.8	Wade Fuerste	12	Dubuque Hempstead	2/5/2011	District Meet
136	5:38.82	Ty Bailey	12	Dubuque Senior	11/23/2010	Dubuque Senior vs. Iowa City West
137	5:38.88	Tyler Beauchamp	12	Muscatine	1/13/2011	Muscatine @ Clinton
138	5:39.08	Derek Yu	10	WDM Valley	12/2/2010	WDM Valley vs DM Hoover
139	5:39.6	Garrett Rowe	10	Waukee	1/27/2011	Waukee vs. Boone
140	5:40.25	Alec Rutkowski	9	Dubuque Hempstead	1/8/2011	Mustang Invite
141	5:40.34	Shawn Mauritz	11	Clinton	12/18/2010	River King Holiday Invite
142	5:40.5	Grant Batterson	11	Cedar Rapids Kennedy	2/5/2011	District Meet
143	5:40.59	Sam Weyers	9	Waukee	1/8/2011	Johnston Invite
144	5:41.53	Charlie Rathe	11	Ames	1/17/2011	Ames vs. Waukee
145	5:41.6	Zach Khorsand	10	Cedar Rapids Jefferson	2/5/2011	District Meet
146	5:41.78	Alex Hage	10	Fort Dodge	2/5/2011	District Meet
147	5:42.48	Matt Blaser	9	WDM Dowling Catholic	12/21/2010	Dowling Catholic vs Johnston
148	5:42.52	Brian Fuchs	12	Dubuque Hempstead	12/16/2010	Hempstead vs. Platteville
149	5:42.57	Marios Tringides	10	Ames	1/17/2011	Ames vs. Waukee