

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

State Record:4:30.62
 State Cut-Off:5:07.16

National Record:4:16.39
 Last Updated: 2/11/2012

Automatic All-American:4:30.76
 Consideration All-American:4:35.61

Place	Time	Name	Year	School	Date	Meet
1	4:38.63	Trent Jackson	11	Muscatine	2/11/2012	State
2	4:42.75	Joe Bott	12	WDM Dowling Catholic	1/8/2012	Maroon and Gold
3	4:44.51	Ben Kurz	12	Council Bluffs Abraham	2/11/2012	State
4	4:44.69	Morgan Barnes	12	Cedar Rapids Washington	2/4/2012	District
5	4:45.38	Thomas Rathbun	10	Sioux City	2/11/2012	State
6	4:46.01	Harris Thompson	11	Iowa City	2/4/2012	District Meet
7	4:46.09	Josh Hughes	11	Cedar Rapids Washington	2/4/2012	District
8	4:47.01	David Merriman	11	WDM Valley	2/11/2012	State
9	4:48.53	Kelly McNeilly	12	Iowa City	2/11/2012	State
10	4:49.66	Gabe Langner	10	Cedar Falls	2/11/2012	State
11	4:50.24	Chandler Cox	10	Ankeny	2/4/2012	District Meet
12	4:51.64	Spencer Clark	10	WDM Dowling Catholic	2/11/2012	State
13	4:52.51	Matt Boyd	12	Clinton	12/15/2011	Clinton vs Bettendorf
14	4:52.88	Mitchell Schroeder	11	Dubuque Senior	2/11/2012	State
15	4:53.05	Ross Turner	12	Des Moines Roosevelt	2/6/2012	District Meet
16	4:54.48	Dan Cunningham	11	WDM Dowling Catholic	2/11/2012	State
17	4:54.92	Alex Guelcher	12	Sioux City	1/26/2012	MRAC Championships
18	4:55.58	Ben Colin	9	Dubuque Senior	2/11/2012	State
19	4:55.82	Mason Hartwig	10	Boone	2/4/2012	District
20	4:55.96	Alex Clark	10	Johnston	2/4/2012	District Meet
21	4:55.98	Joe Gayton	12	Bettendorf	2/4/2012	District Meet
22	4:56.14	Geoff Root	11	WDM Dowling Catholic	1/28/2012	CIML Central Conference
23	4:57.22	Brady Edwards	12	Des Moines Lincoln	2/6/2012	District Meet
24	4:57.69	Nick Stern	12	Cedar Falls	2/4/2012	District Meet
25	4:58.62	Ben Severino	11	WDM Dowling Catholic	1/19/2012	WDM Dowling vs Ankeny
26	5:0	Taylor Severson	10	Lewis Central	1/19/2012	Omaha North at Lewis Central
27	5:33	Nathan Halstead	11	Muscatine	2/11/2012	State
28	5:1.99	Adric Sorensen	10	Ankeny	2/4/2012	District Meet
29	5:3.67	Matt Anderson	9	Pleasant Valley	1/17/2011	Bettendorf Vs. Pleasant Valley
30	5:3.67	Evan Fischer	12	Southeast Polk	2/6/2012	District Meet
31	5:4.1	Nate Harris	12	WDM Valley	1/16/2012	WDM Valley @ Marshalltown
32	5:4.28	Matt Blaser	10	WDM Dowling Catholic	1/28/2012	CIML Central Conference
33	5:4.65	Nick Fox	9	WDM Valley	2/6/2012	District Meet
34	5:5.37	Justin Shaver	11	Southeast Polk	2/6/2012	District Meet
35	5:5.44	Alex Pyle	10	Ames	12/20/2011	Ames vs. Valley
36	5:5.53	Sam Weyers	10	Waukee	2/4/2012	District Meet
37	5:6.31	Matt Burnham	12	Pleasant Valley	12/17/2011	Mercer Invitational
38	5:6.38	Michael Etnyre	10	Ottumwa	12/6/2011	Ottumwa vs. Newton

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39	5:6.45	Jake Sund	11	Cedar Falls	12/13/2011	Cedar Falls vs Kennedy
40	5:6.85	Brian Ross	12	Johnston	12/15/2011	Johnston v Roosevelt
41	5:7.16	Wyatt Rasmussen	11	Ames	2/4/2012	District Meet
42	5:7.49	John Koopal	10	Johnston	2/4/2012	District Meet
43	5:8.26	Tom Weible	11	WDM Valley	2/6/2012	District Meet
44	5:8.32	Mark Olsen	9	Fort Dodge	1/5/2012	Fort Dodge vs WDM Valley
45	5:8.6	Chris Merchant	11	Ames	12/20/2011	Ames vs. Valley
46	5:8.79	Kyle Mcneal	10	Linn-Mar	2/4/2012	District Meet
47	5:8.85	Michael Linnen	11	WDM Dowling Catholic	12/20/2011	WDM Dowling Catholic vs Johnston
48	5:9.78	Jack Stecker	9	Pleasant Valley	2/4/2012	District
49	5:10.24	Trevor Brunsvold	10	Mason City	2/4/2012	District
50	5:10.45	Josh Hill	9	Clinton	12/17/2011	Clinton Holiday Invite
51	5:11.24	Matt Friend	11	Des Moines Lincoln	2/6/2012	District Meet
52	5:11.43	Eric Roush	10	Cedar Rapids Washington	2/4/2012	District
53	5:11.46	Casey Shumaker	11	Ankeny	1/27/2012	CIML Central Conference Meet
54	5:11.56	Jordan Reinard	11	Waukee	1/21/2012	CIML Conference Meet
55	5:11.75	Sam Carter	10	Marshalltown	2/4/2012	District Meet
56	5:11.98	Evan Culbert	12	Johnston	1/27/2012	CIML Conference
57	5:12.61	Tyler Cracraft	11	Johnston	12/15/2011	Johnston v Roosevelt
58	5:13.19	RJ Hemmingsen	10	Lewis Central	1/12/2012	Omaha Central at Lewis Central
59	5:13.23	Alex Bodin	11	WDM Valley	12/6/2011	Mason City @ WDM Valley
60	5:13.77	Jared DeGroot	9	Johnston	1/27/2012	CIML Conference
61	5:14.01	David Ruzicka	10	WDM Dowling Catholic	11/22/2011	Dowling vs Ottumwa
62	5:14.26	Tyson Wieland	11	Johnston	12/8/2011	Johnston v Ames
63	5:14.66	Kaleb Watson	12	Muscatine	2/4/2012	District
64	5:15.06	Kaisen Yao	12	Iowa City West	11/22/2011	Iowa City West vs. Dubuque
65	5:15.48	Jake Kenyon	10	Iowa City	2/4/2012	District Meet
66	5:16.53	Derek Yu	11	WDM Valley	1/16/2012	WDM Valley @ Marshalltown
67	5:17.24	Richard Turner	9	Bettendorf	2/4/2012	District Meet
68	5:17.67	Logan Braadt	12	Ankeny	11/29/2011	Ankeny v. SE Polk
69	5:21.05	Zach Khorsand	11	Cedar Rapids Jefferson	2/4/2012	District Meet
70	5:21.76	Colin Murphy	10	Waukee	1/16/2012	Waukee vs. Ames
71	5:22.01	Matt Steigel	11	WDM Dowling Catholic	1/28/2012	CIML Central Conference
72	5:22.03	Bobby Dearden	11	Boone	2/4/2012	District
73	5:22.72	Carter Mehls	10	Johnston	1/19/2012	Johnston v Southeast Polk
74	5:22.78	John Dieter	11	Carroll	2/4/2012	District Meet
75	5:23.2	Carson Miller	10	Iowa City West	1/10/2012	Iowa City West High vs. Cedar
76	5:23.22	Cole Plumber	11	Cedar Falls	1/14/2012	Cedar Falls at Voss Invit

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77	5:23.42	Coner Elliott	12	WDM Valley	12/1/2011	WDM Valley @ DM Hoover
78	5:23.9	Byron Tiemeier	11	Davenport Central	1/10/2012	Davenport Central vs Moline
79	5:24.11	Chandler Heisler	11	Cedar Rapids Kennedy	1/10/2012	Kennedy vs. Waterloo West
80	5:24.56	Jordan White	11	Carroll	1.17.2012	Carroll vs Boone
81	5:24.7	Tom Richter	11	Waterloo West	2/4/2012	District Meet
82	5:24.71	Alek Martin	9	WDM Dowling Catholic	12/15/2011	WDM Dowling v Ames
83	5:24.73	Alex Hage	11	Fort Dodge	2/4/2012	District Meet
84	5:24.74	Nile Willey	12	WDM Dowling Catholic	12/15/2011	WDM Dowling v Ames
85	5:25.42	Jack Espeset	12	Ames	2/4/2012	District Meet
86	5:25.44	Cole Bunn	10	Bettendorf	1/21/2012	Bettendorf v. Davenport North
87	5:25.73	Nick Rafferty	10	Waterloo West	12/10/2011	Grinnell Invitational
88	5:26.13	Adam Rieck	12	Johnston	1/12/2012	Johnston v Newton
89	5:26.22	Drew Peeler	12	Indianola	12/20/2011	SEP & Boone @ Indianola
90	5:26.58	Ryan Gist	10	Bettendorf	12/13/2011	Bettendorf v. CR Wash
91	5:26.94	Jarid Ingebrand	11	Johnston	1/12/2012	Johnston v Newton
92	5:26.94	Alex Habel	12	Dubuque Hempstead	2/4/2012	District Meet
93	5:27.1	Martin Eyers	12	Dubuque Hempstead	2/4/2012	District Meet
94	5:27.25	Andrew Howes	12	Clinton	12/1/2011	Clinton @ Burlington
95	5:27.46	Aaron Scheerer	11	Bettendorf	12/1/2011	Bettendorf vs Davenport West
96	5:27.54	Kyle Weiss	10	Mason City	2/4/2012	District
97	5:27.63	Cody Carlson	11	Johnston	11/1/2011	Johnston v Mason City
98	5:27.7	Max Ward	11	Des Moines Roosevelt	12/8/2011	Mason City vs. Roosevelt
99	5:28.43	Alex Swafford	12	Johnston	12/15/2011	Johnston v Roosevelt
100	5:28.57	Caleb Utesch	10	Ames	11/28/2011	Ames vs. Mason City
101	5:29.39	Peyton Gaumer	9	WDM Dowling Catholic	11/22/2011	Dowling vs Ottumwa
102	5:29.96	Tim Scheve	10	Waukee	1/12/2012	Waukee vs. WDM Valley
103	5:30.56	Dylan Whittemore	11	Waterloo West	12/20/2011	Linn-Mar
104	5:30.75	Brady Suby	10	Ankeny	1/27/2012	CIML Central Conference Meet
105	5:31.32	Forrest Nicholson	12	Ames	11/28/2011	Ames vs. Mason City
106	5:31.35	Ben Wilkinson	9	Davenport North	1/5/2012	Davenport North vs Clinton
107	5:31.48	Zack Lindeberg	12	Des Moines Roosevelt	2/6/2012	District Meet
108	5:31.5	Michael Sovers	10	Muscatine	1/3/2012	Muscatine at IC West
109	5:31.71	Rudy Calderon	9	Muscatine	1/28/2012	Muscatine Invite
110	5:31.72	Brian Burke	10	Pleasant Valley	11/22/2011	Pleasant Valley vs. Iowa City High
111	5:31.8	Connor Gillette	10	Des Moines Roosevelt	12/15/2011	Roosevelt vs. Johnston
112	5:31.86	Evan Batterson	10	Cedar Rapids Kennedy	2/4/2012	District Meet
113	5:32.32	Jeremy Roehrick	11	WDM Valley	1/12/2012	WDM Valley vs Waukee
114	5:32.5	Shawn Mauritz	12	Clinton	1/5/2012	Clinton vs D.North

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115	5:32.57	Justin Winnett	10	Johnston	11/22/2011	Johnston v Indianola
116	5:32.63	Alec Rutkowski	So	Dubuque Hempstead	12/10/2011	Iowa City Triangular
117	5:32.93	Alex Pfiffner	12	Dubuque Hempstead	12/1/2011	Dub. Hempstead Vs. Waterloo West
118	5:33	Brandon King	11	Southeast Polk	1/19/2012	Southeast Polk vs Johnston
119	5:33.13	Roland Henry	12	Sioux City	12/15/2011	Storm Lake @ Sioux City
120	5:33.81	Stephen Davick	12	WDM Valley	11/8/2011	DM Lincoln @ WDM Valley
121	5:33.85	Daniel Reinart	10	Cedar Falls	11/29/2011	Cedar Falls vs Waterloo West
122	5:34.29	John Mahlstedt	11	Marshalltown	12/19/2011	Mason City vs Marshalltown
123	5:34.41	Andrew Eaton	10	WDM Dowling Catholic	1/19/2012	WDM Dowling vs Ankeny
124	5:34.74	Zach Freund	11	Dubuque Hempstead	2/4/2012	District Meet
125	5:34.8	Tony Gerardy	11	Dubuque Senior	2/4/2012	District Meet
126	5:34.81	Sam Cavanaugh	10	Iowa City	1/14/2012	Burlington Invite
127	5:34.97	Cody Housby	11	Des Moines Roosevelt	1/28/2012	CIML Conference Meet
128	5:35.03	Justin Arebaugh	9	Linn-Mar	11/29/2011	Linn-Mar vs. CRK vs.Vinton
129	5:35.29	Nick Michels	11	Cedar Falls	1/21/2012	Cedar Falls at MVC
130	5:35.3	Mason Weibel	11	Iowa City West	1/10/2012	Iowa City West High vs. Cedar
131	5:35.92	Ryan Roepsch	12	Des Moines Hoover-North	12/8/2011	Hoover vs Dowling
132	5:36.1	Alex Peterson	12	Johnston	1/12/2012	Johnston v Newton
133	5:36.87	Kenton Reece	10	Boone	2/4/2012	District
134	5:37.35	Pat Martin	12	Council Bluffs Abraham	1/26/2012	MRAC Championships
135	5:37.45	Tian Siggins	12	Lewis Central	1/21/2012	Lewis Central Invitational
136	5:37.48	Thomas McNamara	11	Pleasant Valley	2/4/2012	District
137	5:37.55	Jack Doyle	10	Bettendorf	2/4/2012	District Meet
138	5:37.59	Nathan Vannoni	9	Waterloo West	2/4/2012	District Meet
139	5:38.04	Alex Kleinheinz	12	Cedar Rapids Jefferson	1/3/2012	Cedar Rapids Jefferson @ Linn Mar
140	5:38.15	Stephen Stock	10	Sioux City	1/26/2012	MRAC Championships
141	5:38.47	Cooper Bell	9	Waukee	1/16/2012	Waukee vs. Ames
142	5:39.03	Brien Nugent	Jr	Dubuque Hempstead	12/15/2011	Dub. Hempstead Vs. Plattville
143	5:39.25	Andy Hanson	11	Cedar Rapids Kennedy	2/4/2012	District Meet
144	5:39.6	Luke Ketelaar	10	Bettendorf	1/5/2012	Bettendorf v. Muscatine
145	5:40.25	Chris Jenks	11	Ames	1/5/2012	Ames vs. Marshalltown
146	5:40.3	Carter White	9	WDM Valley	1/5/2011	WDM Valley @ Ft Dodge
147	5:40.36	Logan Ruzicka	9	Cedar Rapids Kennedy	2/4/2012	District Meet
148	5:40.66	Tanner Nelson	9	Bettendorf	12/8/2011	Bettendorf v. Davenport Central
149	5:40.74	Jay Halverson	9	Linn-Mar	2/4/2012	District Meet
150	5:40.88	Colton Schnepf	9	Ankeny	1/19/2012	Ankeny v. Dowling Catholic