

## 2019 Girls State Meet Wrap Up

The weekend provided great competition and **exciting racing**. Throughout the weekend, our swimming and diving community created memories to last a lifetime. The girls' strong performances were displayed by the 24 consideration all-American times, along with the 15 automatic all-American times. To put an exclamation point on the excellence, we saw three new state records and the fastest split in state history.

The IHSSCA welcomed Maddie Bro from Ames, Hayley Fry from Linn-Mar, and Samantha Goldstein from Pleasant Valley into the Hall of Fame. Notably, it was great to hear that Maddie and Samantha came all the way back from the Washington DC area to receive this prestigious honor. The IGHSAU Golden Plaque of Distinction award was presented to Michelle Stout, head coach of the Ankeny Hawks. Congratulations to all!

Dowling Catholic captured its first ever team state title on the girls side, accumulating 360 points. They came into the meet with an impressive 3 girls in each swimming event and 2 divers. They didn't win on depth alone; they sent a swimmer to the podium in each event. They started the meet by winning the 200 Medley relay and then having someone podium in each event and finishing the meet with three straight victories. Getting championships from Katie Broderick (100 back), Mary Martin (100 Breast) and capping the meet with the 400 Free relay championship – it truly was a team effort. With its outstanding performance the Dowling coaching staff was awarded the IHSSCA staff of the year for the 3<sup>rd</sup> consecutive year. Ames, in its effort to 5 peat, came up short finishing in 2<sup>nd</sup> place with 296 points; they gave a valiant effort the whole meet. The Ankeny Hawks finished in 3<sup>rd</sup> place with 176 points.

We had three double event winners this year: Aurora Roghair (200 & 500 Freestyle), Scarlet Martin (200IM & 100 Fly), and Jasmine Rumley (50 & 100 Freestyle). Our swimmers continued to demolish state records as Scarlet Martin took down the 100 Fly, Jasmine Rumley sprinted down the 100 free, and Katie Broderick broke the 100 back record in prelims. With so many outstanding individual swims, athlete of the year went down to the all-American times, with Jasmine Rumley securing two automatic all-American times she earned IHSSCA athlete of the year. Jasmine also displayed a 50 split of 21.78 on the 200 Medley becoming the first Iowa girl under 22 seconds!!!

Another THANK YOU to our host at the Marshalltown Community Y and the Marshalltown community. The IGHSAU also deserves a huge thank you for providing more pink to the meet and recognizing and celebrating our swimmers throughout the meet. Finally, thanks to the officials, administrators and the many volunteers helping on the sidelines and behind the blocks. TOGETHER we helped develop memories that will last a lifetime.

Rick Loeffelholz  
President  
Iowa High School Swim Coaches Association