

Hughes, Jacobsen lead Metro picks on all-MVC swim

Written by Metro Sports Report

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Jackie Hughes of Washington and Sam Jacobsen of Kennedy have been named first team all-Mississippi Valley Conference in two swimming events.

Hughes made the honor squad in the 200 IM and 500 freestyle. Jacobsen was saluted in the 200 freestyle and 100 backstroke.

Kennedy had two other first-team selections with Hannah Botkin (50 free) and Jessica Schmeiser (100 free).

Linn-Mar had two first-team choices with Alyssa Deuso (diving) and Lauren Dalecky (100 breaststroke).

MISSISSIPPI DIVISION

Athlete of the Year: Autumn Roepsch (Dubuque Senior)

Coach of the Year: Rob Miecznikowski & Staff (Iowa City West)

FIRST TEAM

200 medley relay - Iowa City West

200 freestyle - Lilian Zhu (ICW) & Sam Jacobsen (CRK)

200 IM - Autumn Roepsch (DS) & Savannah Butler (ICW)

50 freestyle - Molly Lembezeder (DS) & Hannah Botkin (CRK)

Diving - Jacintha Thomas (ICW) & Alex Aaberg (ICW)

100 butterfly - Jenna Willer (DS) & Sarah Ritchie (ICW)

100 freestyle - Molly Lembezeder (DS) & Jessica Schmeiser (CRK)

500 freestyle - Jasminie Roghair (ICW) & Natalie Shoultz (ICW)

200 freestyle relay - Dubuque Senior

100 backstroke - Lilian Zhu (ICW) & Sam Jacobsen (CRK)

100 breaststroke - Savannah Butler (ICW) & Autumn Roepsch (DS)

400 freestyle relay - Dubuque Senior

SECOND TEAM

200 medley relay - Kennedy (Henna McCoy, Amanda Jacobsen, Michele Wasta, Hannah Botkin)

200 freestyle - Jasmine Roghair (ICW) & Jessica Schmeiser (CRK)

200 IM - Erica Hsu (ICW) and Sarah Ritchie (ICW)

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50 freestyle - Eveline Dowling (ICW) & Kirsten Siebenga (CRK)
Diving - Becca Hilmer (ICW) & Megan Broadbent (DH)
100 butterfly - Erin Cram (DH) & Michele Wasta (CRK)
100 freestyle - Erica Hsu (ICW) & Hannah Botkin (CRK)
500 freestyle - Morgan Schill (DH) & Sophie Shoultz (ICW)
200 freestyle relay - Kennedy (Jessica Schmeiser, Sam Jacobsen, Megan Berst, Hannah Botkin)
100 backstroke - Henna McCoy (CRK) & Alison Hsu (ICW)
100 breaststroke - Lizzie Brown (ICH) & Olivia Knowles (DS)
400 freestyle relay - Iowa City West

HONORABLE MENTION

Metro only

KENNEDY - Lydia Yang (200 IM, 100 back), Michele Wasta (50 free), Victoria Spaulding (diving), Carolyn Simon (diving), Megan Berst (100 free), Katie Ferguson (500 free), Amanda Jacobsen (100 breast), Larkyn Aldrich (100 breast), 400 free relay (Sam Jacobsen, Lydia Yang, Carly Kenney, Jessica Schmeiser).

ALL-ACADEMIC

Metro only

JEFFERSON - Emma Edelen, Emily Ritchie

KENNEDY - Sydney Hofferber, Amanda Jacobsen

VALLEY DIVISION

Athlete of the Year - Aftin Phyfe, Cedar Falls

Coach of the Year - Dick Marcussen, Cedar Falls & Staff

FIRST TEAM

200 medley relay - Cedar Falls

200 freestyle - Brittany Moffatt (CF) and Charlie Langer (CF)

200 IM - Catherine Sell (CF) & Jackie Hughes (CRW)

50 freestyle - Martee Grainger (CF) & Madison Hall (CF)

Diving - Hannah Brummel (CF) and Alysaa Deuso (LM)

100 butterfly - Catherine Sell (CF) & Meghan Hackett (CF)

100 freestyle - Aftin Phyfe (CF) & Martee Grainger (CF)

500 freestyle - Brittany Moffatt (CF) & Jackie Hughes (CRW)

200 freestyle relay - Cedar Falls

100 backstroke - Aftin Phyfe (CF) & Jade Jacobs (CF)

100 breaststroke - Natalie Shimp (CF) & Lauren Dalecky (LM)

400 freestyle relay - Cedar Falls

SECOND TEAM

200 medley relay - Linn-Mar (Lizzie Adams, Lauren Dalecky, Alexa Klimes, Samantha

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Fitzgerald)

200 freestyle - McKenzie Asplund (CRW) & Lexi Banwart (CF)

200 IM - Jade Jacobs (CF) & Emily Schroeder (DW)

50 freestyle - Sean Kalb (DW) & Lizzie Adams (LM)

Diving - Amy Parker (CRW) & Mikaela Lengwin (LM)

100 butterfly - Taylor Pherigo (WW) & Emily Schroeder (DW)

100 freestyle - Sean Kalb (DW) & Lexi Banwart (CF)

500 freestyle - Charlie Langer (CF) & Stephanie Jenks (LM)

200 freestyle relay - Linn-Mar (Samantha Fitzgerald, Lauren Dalecky, Paige Broghammer, Lizzie Adams)

100 backstroke - Lizzie Adams (LM) & Maddie Dietz (CRW)

100 breaststroke - Madelaine Thomas (DW) & Madison Hall (CF)

400 freestyle relay - Washington (McKenzie Asplund, Maddie Dietz, Jackie Allen, Jackie Hughes)

HONORABLE MENTION

Metro only

LINN-MAR - Alexa Klimes (200 free, 100 free), Stephanie Jenks (200 IM), Lauren Dalecky (50 free), Georgia Sanderson (diving), Samantha Fitzgerald (100 fly, 100 breast), Kelly Wingerson (500 free), Paige Broghammer (100 breast), 400 free relay (Stephanie Jenks, Lauren Reynolds, Alexa Klimes, Kelly Wingerson).

WASHINGTON - Meghan Hackett (200 IM), Jackie Allen (50 free), McKenzie Asplund (500 free), Kaitlyn Nemickas (100 back).

ALL-ACADEMIC

Metro only

WASHINGTON - Gloria Campbell, Amy Parker

LINN-MAR - Lauren Reynolds, Alexa Klimes