

# 2003 DRAKE RELAYS

Wednesday-Saturday, April 23-26

## Drake Stadium, Jim Duncan Track, Des Moines, Iowa HIGH SCHOOL BOYS & GIRLS RESULTS

**Wednesday, April 23:** (Multi Events Only). Temperature reached high of 68 degrees. Partly sunny with winds from southeast up to 18 mph. **Thursday, April 24:** Decathlon started at 10 a.m with temperatures of 49 degrees and winds from east at 14 mph. Temperature reached high of 52 degrees at 6 p.m. Rain in morning which let up for the distance carnival. **Friday, April 25:** 49 degrees at the 8 a.m. start of meet and reached a high of 70 at 5 p.m. Winds were from the northeast at 15 mph. **Saturday, April 26:** 8 a.m. temperature at 49 degrees, warming to 71 by noon with a high of 73 at 4 p.m. Sunny skies with wind from the South at 7-9 mph.

**Attendance:** Thursday--5,185; Friday--15,875; Saturday--18,000 (38th consecutive sellout)

### BOYS RESULTS

#### 100 Meter Dash Finals Wind: +4.6 M/S

1	Andy Brodell, Ankeny	Jr	10.65
2	Araf Evans, Cedar Rapids Jefferson	Sr	10.80
3	Terry Gantt, Cedar Rapids Washington	Jr	10.84
4	Robert Thompson, Des Moines East	So	10.85
5	Paul Dobson, Central Lee of Donnellson	Sr	11.01
5	Lee Elbert, Algona Garrigan	Sr	11.01
7	London Hayes, Des Moines East	Jr	11.12
8	Paul Brown, Le Mars	Sr	11.18

#### Heat 1 Wind: +3.7 M/S

1	Terry Gantt, Cedar Rapids Washington	Jr	10.78 Q
2	Araf Evans, Cedar Rapids Jefferson	Sr	10.91 Q
3	Robert Thompson, Des Moines East	So	10.97 Q
4	Dorian Clark, Waterloo West	Sr	11.21
5	Neil Suckow, Fredericksburg	Jr	11.24
6	Mike Mitchell, Davenport Assumption	So	11.27
7	Chris Rowedder, Carroll	Jr	11.31
8	Adam Guenther, Western Dubuque of Epworth	Sr	11.43

#### Heat 2 Wind: +1.1 M/S

1	Andy Brodell, Ankeny	Jr	10.75 Q
2	London Hayes, Des Moines East	Jr	11.02 Q
3	Lee Elbert, Algona Garrigan	Sr	11.04 Q
4	Paul Dobson, Central Lee of Donnellson	Sr	11.08 Q
5	Ashton Winchel, Iowa City West	Jr	11.27
6	Derek Stephens, Lisbon	Jr	11.29
7	Shane Gill, Pekin of Packwood	Sr	11.44
8	Kirk Burkle, Alden	So	11.47

#### Heat 3 Wind: +1.5 M/S

1	Paul Brown, Le Mars	Sr	11.09 Q
2	Zac Bailey, Okobojo of Milford		11.18
3	Adam Weis, Maquoketa	Sr	11.19
4	Mike Wiederholt, St. Mary's of Remsen	Jr	11.20
5	David Wall, West Burlington-Notre Dame	So	11.37
6	Justin Greiner, Washington HS	Fr	11.44
7	Dusty Pletsh, Belmont-Klemme	Jr	11.66
8	Devan Moylan, Panorama of Panora	Sr	11.92

#### Heat 4 Wind: +0.7 M/S

1	Quincy Christie, Sioux City West	Fr	11.20
2	Ed Gregory, Council Bluffs Lincoln	Jr	11.27

3	Casey Dean, North Scott of Eldridge	Jr	11.34
4	Joe Murphy, Preston-East Central	Sr	11.35
5	Jason Scales, Valley of West Des Moines	Jr	11.38
6	Rob Duwa, Iowa City	Sr	11.60
7	Aj Angstrom, Fort Dodge St. Edmond	Sr	11.72
8	Chad Asberry, Audubon	Jr	12.00

#### Jack Kragie 1600 Meter Run Finals

1	Dylan Davis, ADM of Adel	Sr	4:18.56
2	Brett Adams, Davenport Assumption	Jr	4:22.15
3	Ryan Terlouw, Pella	Sr	4:22.82
4	Kevin Balster, Monticello	Sr	4:24.09
5	Andy Hodge, Linn-Mar of Marion	Jr	4:24.32
6	David Mootz, Waterloo Columbus-Don Bosco	Sr	4:24.99
7	Austin Williamson, Des Moines Roosevelt	Jr	4:25.38
8	Davis Linden, Grinnell HS	Jr	4:25.97
9	Kiel Uhl, Des Moines Roosevelt	So	4:26.13
10	Chris Lawson, Ankeny	Sr	4:26.18
11	Heath Moenck, Webster City	Jr	4:27.30
12	Aaron Hamilton, Eagle Grove	Sr	4:28.23
13	Joe Morgan, Clinton	Jr	4:28.49
14	Jacob Berns, MFL MarMac of Monona	Jr	4:28.50
15	Ryan McCurnin, Mason City	Jr	4:28.74
16	Justin Vaught, Valley of West Des Moines	Sr	4:28.86
17	Bichok Deng, Marshalltown	Sr	4:31.99
18	Kevin Oberfoell, Dubuque Senior	Sr	4:34.26
19	Andrew Westendorf, Wapsie Valley of Fairbank	Sr	4:37.21
20	Jon Lamb, Iowa City	Sr	4:37.50
21	Chris Legore, Mount Vernon	Sr	4:47.91
	Jeremiah Yassin, Des Moines East	Jr	DQ--cut before break

#### 3200 Meter Run Finals

1	Kevin Balster, Monticello	Sr	9:27.28
2	Kiel Uhl, Des Moines Roosevelt	So	9:28.81
3	Ryan McCurnin, Mason City	Jr	9:29.15
4	Austin Williamson, Des Moines Roosevelt	Jr	9:33.89
5	Ben Grant, Western Dubuque of Epworth	Jr	9:37.55
6	Heath Moenck, Webster City	Jr	9:40.95
7	Dylan Davis, ADM of Adel	Sr	9:43.79
8	Chris Lawson, Ankeny	Sr	9:43.96
9	Brett Adams, Davenport Assumption	Jr	9:44.98
10	Joe Morgan, Clinton	Jr	9:46.46
11	Pete Christakos, Johnston	Sr	9:46.74

12	David Gott, Linn-Mar of Marion		9:47.46
13	Bichok Deng, Marshalltown	Sr	9:47.70
14	Justin Vaught, Valley of West Des Moines	Sr	9:49.81
15	Jon Thomas, Des Moines Roosevelt	So	9:53.24
16	Danny Corken, Dubuque Wahlert	Sr	9:54.91
17	Luke Conner, Wapsie Valley of Fairbank	Jr	9:57.46
18	Patrick Johnson, Roland-Story	Sr	10:01.03
19	Dan Groepper, Iowa City	Jr	10:01.42
20	Chad Czerwiec, Muscatine	Sr	10:05.82
21	Dirk Marple, Iowa City	Jr	10:06.71
22	Adam Flege, Webster City	Jr	10:13.74

## 400 Meter Hurdles Finals

1	Greg Offerman, Charles City	So	52.59
2	Jordan Crosby, Fort Dodge	Sr	52.92
3	Eric Heid, West Branch	Sr	55.10
4	Dustin Harrington, Nashua-Plainfield	Sr	55.72
5	Ben Chozen, Okoboji of Milford	Jr	56.22
6	Justin Taylor, Cherokee	JR	58.36
	Kennon Christian, Davenport North		DQ--trail leg
	Steve Fink, North Scott of Eldridge	Jr	DQ--trail leg

## 110 Meter Hurdles Finals

Wind: +1.8 M/S

1	Jordan Crosby, Fort Dodge	Sr	14.41
2	Kennon Christian, Davenport North		14.75
3	Damian Getchell, Mediapolis	Jr	14.92
4	Shawn Olorundami, Sioux City West	Jr	14.98
5	Joe Hunt, Indianola	Sr	15.28
6	Jeff Lahr, West Delaware of Manchester	Jr	15.35
7	Mike Humpal, New Hampton	Sr	15.46
8	Eric Bokhoven, Ames	Jr	19.20

### Heat 1 Wind: +1.5 M/S

1	Jordan Crosby, Fort Dodge	Sr	14.61 Q
2	Kennon Christian, Davenport North		14.76 Q
3	Damian Getchell, Mediapolis	Jr	15.04 Q
4	Eric Bokhoven, Ames	Jr	15.18 Q
5	Mike Humpal, New Hampton	Sr	15.25 Q
6	Nick Wilson, Hudson	Jr	15.41
7	Matt Metcalf, Clinton	Sr	15.88
8	Jaron Van Maanen, Lynnville-Sully	Jr	16.04

### Heat 2 Wind: +1.0 M/S

1	Joe Hunt, Indianola	Sr	15.22 Q
2	Jeff Lahr, West Delaware of Manchester	Jr	15.29 Q
3	Greg Offerman, Charles City	So	15.42
4	A. J. Liechty, Mount Pleasant		15.49
5	Jacob Hartman, Perry	Sr	15.58
6	Sam Meeker, Columbus of Columbus Junction	Jr	15.61
7	Lance Clark, Martensdale-St. Marys	Sr	15.61
8	Chris Cook, Bettendorf	Sr	16.66

### Heat 3 Wind: +1.3M/S

1	Shawn Olorundami, Sioux City West	Jr	15.25 Q
2	Andrew Hoogeveen, Sioux Center	Sr	15.52
3	Shane Lenehan, New Hampton	Sr	15.55
4	Micah Ruroden, North Fayette of West Union	Jr	15.60
5	Alex Gabrielson, Belmond-Klemme	Jr	15.62
6	Kyle Peters, Waverly-Shell Rock	Jr	15.68
7	Dustin Harrington, Nashua-Plainfield	Sr	15.73
8	James Ruen, Decorah	So	15.77

### Heat 4 Wind: +2.0 M/S

1	Ben Chozen, Okoboji of Milford	Jr	15.43
2	Milan Moses, Waterloo East	Sr	15.49
3	Matt O'Connor, Council Bluffs St. Albert	Sr	15.57
4	Justin Taylor, Cherokee	JR	15.62
5	Jason Feipel, Davenport West	Jr	15.79
6	Aaron Bohl, ADM of Adel	Jr	15.80
7	Todd Thieschafer, Lewis Central of CB	Jr	15.84
8	Nick Nelson, Cedar Falls	Jr	15.94

## 4x100 Meter Relay Finals

1	DES MOINES EAST (Scott Phaydavong, London Hayes Marque Glenn, Robert Thompson)	42.19 R
2	CEDAR RAPIDS WASHINGTON (Carl Protsch, Poul Collins James Barron, Terry Gantt)	42.67
3	NORTH SCOTT OF ELDRIDGE (Josh Lacey, Luke Shaw Joe Youngbauer, Casey Dean)	43.37
4	VALLEY OF WEST DES MOINES (Jerrod Gaskill, Aaron Chrenen Andy Ewald, Jason Scales)	43.38
5	LISBON (Marquis Stephens, Nick Dains Matt Murphy, Derek Stephens)	43.39
6	AMES (Katintha Mwanza, Luke Chittenden Rickey Thompson, Matt Schuldies)	43.43
7	DAVENPORT CENTRAL (Terrance Reid, Elliot Ewing Lynnford Hughes, Jordan Scott)	43.52
8	CEDAR RAPIDS JEFFERSON (Mike Swick, Justin Hoxmeier Ashton Northern, Araf Evans)	43.89

RECORD: Old mark, 42.26, Des Moines East, 1989 and Iowa City High, 1996.

### Heat 1

1	DES MOINES EAST (Scott Phaydavong, London Hayes Marque Glenn, Robert Thompson)	42.63 Q
2	CEDAR RAPIDS WASHINGTON (Carl Protsch, Poul Collins James Barron, Terry Gantt)	42.95 Q
3	LISBON (Marquis Stephens, Nick Dains Matt Murphy, Derek Stephens)	43.58 Q
4	VALLEY OF WEST DES MOINES (Jerrod Gaskill, Aaron Chrenen Andy Ewald, Jason Scales)	43.61 Q
5	CENTRAL LEE OF DONNELSON (Ben Vogel, Jim Cruickshank Paul Dobson, Matt Hulsebus)	44.11
6	DES MOINES ROOSEVELT (Aaron Cawthorn, Yawusa Kinda Chris Wiemann, Troy Jones)	44.57
7	BOONE (Landon Moss, Tony Condon Erik Tripp, Raph Montag)	44.88
8	LE MARS (Eric Hentges, Phil Jeneary Aric Riedemann, Paul Brown)	45.19

## Heat 2

1 DAVENPORT CENTRAL	43.71 Q
(Terrance Reid, Elliot Ewing Lynnford Hughes, Jordan Scott)	
2 AMES	43.74 Q
(Katintha Mwanza, Luke Chittenden Rickey Thompson, Matt Schuldies)	
3 NORTH SCOTT OF ELDRIDGE	43.80 Q
(Josh Lacey, Luke Shaw Joe Youngbauer, Casey Dean)	
4 CEDAR RAPIDS JEFFERSON	44.00 Q
(Mike Swick, Araf Evans Ashton Northern, Eric LeClere)	
5 WASHINGTON HS	44.03
(Ryne Doughty, Jeff Witthoft Brent Stout, Justin Greiner)	
6 IOWA CITY	44.42
(Scott Knight, Andrew Taylor Aaron Grove, Rob Duwa)	
7 DAVENPORT NORTH	44.78
(Nick Rashall, Cortez Brown Marquail Houston, Jordan Davidson)	
8 ANKENY	45.39
(Matt Danner, Shane Spooner Aaron Jarosh, Grant McCracken)	

## Heat 3

1 CEDAR FALLS	44.37
(Derek Fourtner, Kyle Duchman Michael Fritts, Chris Olsen)	
2 CEDAR RAPIDS XAVIER	44.48
(Matt St. Andrews, Nic Canfield Nick Appleby, Darrius Stewart)	
3 MAQUOKETA	44.51
(Justin Daniels, Chance Jenkins Tyler Krueger, Adam Weis)	
4 OTTUMWA	44.86
(Steven Wetrich, Darin Buxton Tommy Kinsinger, Adam White)	
5 ATLANTIC	45.06
(Travis Nelsen, Andy Green Zach Zimprich, Davy Thomsen)	
6 DES MOINES NORTH	45.80
(Randall Wilson, Tony Russell Roy Moore, Tony Benson)	
WATERLOO EAST	DQ-1/2 before zone
(Milan Moses, Dalane Morehead Roderick Bruce, Tiris Montgomery)	
MAURICE-ORANGE CITY/FLOYD VALLE	DNS

## Heat 4

1 ALGONA GARRIGAN	44.15
(Joe Hellman, Justin Fickbohm Adam Gisch, Lee Elbert)	
2 JOHNSTON	44.46
(Jordon Huewe, Ben Bjorholm Pat Ryerson, Jon Evans)	
3 HARLAN	44.51
(Mike Schneider, Kevin Kruse Ryan Coenen, Andy Petersen)	
4 EDDYVILLE-BLAKESBURG	44.88
(Tommy Hallgren, Jeff Fox Jason Patterson, Chris Bengel)	
5 AKRON-WESTFIELD	44.94
(Adam Loutsch, Cal Bobier Corey DeRocher, Darwin Kluender)	

6 LEWIS CENTRAL OF COUNCIL BLUFFS	45.02
(Jacob Cooney, Jon Gregory Aaron Jones, Casey Newsom)	
7 WATERLOO WEST	45.67
(Dorian Clark, D.J. Jackson Ryan Gerst, John Coleman)	
DOWLING OF WEST DES MOINES	DQ--uniform rule
(Ashland Grady, Ronnie Cheatem Darryl Hunter, Toni Tursi)	

## Heat 5

1 WAUKEE	44.02
(Reece Witcraft, Gerry Pickett Aaron Wies, Brandon McHose)	
2 WESTERN DUBUQUE OF EPWORTH	44.72
(Adam Guenther, Nick Foxen Alex Deutmeyer, Tim O'Connell)	
3 TREYNOR	45.02
(Nolan Strohbehn, Joe Sornson Austin Frain, Jordan Frain)	
4 CLEAR CREEK AMANA OF TIFFIN	45.15
(Zach Cox, Anthony Walls Ryan Klein, Kris McAllister)	
5 BETTENDORF	45.28
(David Anderson, Euseph Messiah Demetrius Eason, Alvin Vesey)	
6 PELLA CHRISTIAN	45.41
(Jeff Meuzelaar, Jared VanWyk Derek DeHaan, Jamis Christensen)	
7 BALLARD OF HUXLEY	45.55
(Greg Harris, Sam Robinson Casey John, Paul Aanonson)	
8 OKOBOJI OF MILFORD	45.68
(Ryan Kastner, Todd Tischer Adam Robards, Zac Bailey)	

## Heat 6

1 LINN-MAR OF MARION	44.85
(Deric Mickens, Chris Janda Mike Nielson, Andy Zeal)	
2 WEST DELAWARE OF MANCHESTER	44.93
(Chris Cook, Eric Ogden Brian Klaus, Josh Ries)	
3 NEW HAMPTON	45.11
(Bobby Schwickerath, Mike Humpal Bruce Tierney, Dan Kennedy)	
4 WEBSTER CITY	45.23
(Jake Weinzettl, Brett Ratcliff Matt Meyer, Brad Ratcliff)	
5 SIOUX CITY NORTH	45.25
(Mike Smith, Dillon Allen Tadashi Abe, Deric Manrique)	
6 SIOUX CENTER	45.85
(Tyler Reichle, Mark Nystrom Charlie Harrison, Derek Dalle)	
COUNCIL BLUFFS JEFFERSON	DQ--2/3 out of zone
(Blake Behrens, Joe Kilbane Kyle Webster, Jason Caton)	
DAVENPORT ASSUMPTION	DNS

## Heat 7

1 INDIANOLA	44.77
(Tyler Mark, Breck Westerly John Williams, Todd Blythe)	
2 PEKIN OF PACKWOOD	45.00
(Pat Krier, Tim Graham Quinton Blakely, Shane Gill)	

3 SAYDEL OF DES MOINES (J.R. Grieman, Jason Kramme Soupha Chanthinouvong, Mike Wilson)	45.04	ALBURNETT (Austin Unertl, Jamie McBurney Brenton Smith, Ryan Martin)	DQ--#1 out of lane
4 DUBUQUE WAHLERT (Peter Link, Tony Jarchow Ryan O'Toole, Ryan Cosgrove)	45.21	<b>Heat 10</b>	
5 SOUTHEAST POLK OF RUNNELS (Chris Hyler, Chris Brubaker Josh Davis, David Brunk)	45.29	1 CEDAR RAPIDS KENNEDY (Tommy Sadler, Curtis Meier Matt Jensen, Reggie Carter)	45.01
6 MADRID (Brian West, Sam Milani Garret Reddish, Nick Bender)	45.70	2 CLEAR LAKE (Lucas Ashland, Drew Betz Nick Weber, Matt Scribbins)	45.57
7 CLINTON (Sean Bennett, Matt Zmuda Matt Metcalf, Nick Pearson)	46.02	3 COUNCIL BLUFFS LINCOLN (Max Milder, Bill Leggio Craig Showers, Ed Gregory)	45.65
8 BECKMAN OF DYERSVILLE (Zac Scherrman, Mike Rahe Rob Mensen, Mike Koch)	47.24	4 NORTH FAYETTE OF WEST UNION (Matt Moser, Nick Balk Andy Meyer, Mike Saboe)	45.86
<b>Heat 8</b>		5 FORT MADISON (Phillip Scruggs, Kevin Bratek Kurt Wagner, Chris Krogmeier)	46.35
1 GLENWOOD (John Dashner, Josh Decker Brad Rodenburg, Nick Lennemann)	44.63	MEDIAPOLIS (Damian Getchell, Derek Breder Kyle Sutton, Jack Powers)	DNF
2 SIOUX CITY EAST (Kirk Jaminet, Matt Brienzo Aaron Girard, Cody Jaminet)	44.99	OELWEIN (Michael Harper, B.J. Schult Patrick Mueller, Jon James)	DQ--1/2 out of zone
3 IOWA CITY WEST (Jarod Johnson, Aaron Johnson Weston Hodge, Mark Schaapveld)	45.32	CRESTON (Mike Cooper, Gabe Stofferahn Cody Bailey, Michael Buck)	uniform rule
4 SIOUX CITY WEST (Dorian Spain, Quincy Christie Chau Tran, Phil Jackson)	45.38	<b>Heat 11</b>	
5 BELLEVUE (Justin Veach, Jarrod Koos Brent Till, Tyler Daugherty)	45.96	1 OSKALOOSA (Mike Comfort, Josh Flander Brian Hadden, Brett Doud)	45.37
6 WEST HANCOCK OF BRITT (Matt Nelson, Dustin Michelson Justin Johnson, Aaron Rasmussen)	46.06	2 LE MARS GEHLEN (Lance LeRibeus, Andy Neary Cole Langel, Austin Ruhland)	45.38
7 SIOUX CITY HEELAN (Graham Lundt, Brian Corey Brett Engle, Matt Macziewski)	46.81	3 STORM LAKE (Bandeluck Sayarath, Colt Cook Derrick Randall, Mike Keller)	45.83
WEST BURLINGTON-NOTRE DAME (Jody Jordan, Nick Carruthers Adam Avery, David Wall)	DNF	4 INDEPENDENCE (Steve Preuss, Matt Robinson Trent Robinson, Chip Smith)	45.88
<b>Heat 9</b>		5 FOREST CITY (Hunter Brunsvold, Ryan Shropshire Brice Aukes, Matt Welp)	46.04
1 NEWTON (David Slykhuis, James Samson Justin Deegan, Jon Isgrig)	44.67	6 WAUKON (Stu Bloxhan, Ryan Snitker Tyson Farley, Nick Hirth)	46.60
2 FORT DODGE (Kyle Messerly, Carson Ruge Chris Douglas, Kurtis Taylor)	45.27	NASHUA-PLAINFIELD (Jon Trost, Dustin Harrington Nathan Folkerts, Andy Hilbrands)	DQ--uniform rule
3 PRESTON-EAST CENTRAL (Tyler Shannon, Zach Cramer Devon Yaddof, Joe Murphy)	45.52	FORT DODGE ST. EDMOND (Shawn George, Jon Prebeck Andrew Doster, Aj Angstrom)	DQ--uniform rule
4 WAVERLY-SHELL ROCK (Kyle Peters, Michael Dana Chris Dana, Derrick Peth)	45.66	<b>Heat 12</b>	
5 RIVERSIDE OF OAKLAND (Chris LeMaster, Jesse Oseguada Tyler Damgaard, Kevin Forristall)	46.73	1 SIDNEY (Jeff Travis, Nick Golden Andrew Norton, Dustin Rasmussen)	45.47
6 FAIRFIELD (Mark Howard, Shawn McLarney Matt Hunt, Marc Wetrich)	46.74	2 COLUMBUS OF COLUMBUS JUNCTION (Matt Stewart, Jesse Singleton Eric Harris, Sam Meeker)	45.69
7 TIPTON (Catlin Eliason, Travis Person Michael Stegall, Kyle Rogers)	48.08	3 CHARLES CITY (Zach Robbins, Pete Klobberdanz Drew Johnson, Greg Offerman)	45.80
		4 CENTRAL OF DEWITT (Kyle Meade, Mitch Clark Steven Jeffers, Kale Petersen)	45.90

5 SOLON	46.01	2 MOUNT PLEASANT	45.75
(Cody Kroul, Vinny Gaffney Dustin Takes, Brandon Anderson)		(Clint Hope, Nathan Seberg Caleb Giesel, A. J. Liechty)	
6 MASON CITY	46.20	3 PANORAMA OF PANORA	46.06
(Taylor Ott, John Lee Brandan Millard, Tony Brantner)		(Cole Grolmus, Devan Moylan Pat McDermott, Ed Meacham)	
SOUTH O'BRIEN OF PAULLINA	DNS	4 PLEASANT VALLEY	46.15
		(Erik Jones, Steve Campion Jeremie Mess, Brandon Kruse)	
DUBUQUE SENIOR	DQ--uniform rule	5 CARDINAL OF ELDON	47.64
(Brett Birkett, Mark Gruber Brian Beckman, Jake Schroeder)		(Eric Walters, Nathan Warren Brock Stover, Cody McDowell)	
<b>Heat 13</b>		CAMANACHE	DQ--uniform rule
1 DENISON-SCHLESWIG	45.42	(Eli Brus, Raymond Nelson Noah Metzger, Tyler Ploog)	
(Jordan Gartner, Trey Schmeckpeper Bruce Raymie, Aaron Martens)		WACO OF WAYLAND	DNS
2 NORWALK	45.81		
(Brett Cermak, Jeff Wilkins Nic Scandrett, Sean Maudlin)		MONTICELLO	DNS
3 BELMOND-KLEMME	45.85		
(Conner Carstensen, Cole Tanner Jordon McLaughlin, Mark Ketchum)			
4 DIKE-NEW HARTFORD	46.01	<b>4x200 Meter Relay Finals</b>	
(Dane Bakker, Josh Sanders Matthew Grandon, Chris Grooms)		1 DES MOINES EAST	1:29.07
5 MANSON-NORTHWEST WEBSTER	46.10	(Scott Phaydavong, London Hayes Robert Thompson, Marque Glenn)	
(Jeremy Stoullil, Seth Peterson Brandt Rost, Jason Zehr)		2 VALLEY OF WEST DES MOINES	1:29.45
6 IOWA FALLS	46.22	(Jerrod Gaskill, Jeff Ledbetter Zac Sandvig, Jason Scales)	
(Jack Jennings, Marcus Beer Eric Fritz, Matt Hardy)		3 CLINTON	1:29.91
NEVADA	DNF	(Chris Gee, Blake Raun Ryan Borgwardt, Zach Frazier)	
(Brandon Vinzant, Derrick Lehman Levi Houston, Chad Olinger)		4 AMES	1:30.41
ELDORA-NEW PROVIDENCE	DQ--#1 out of lane	(Katintha Mwanza, Matt Schuldies Angelo Taylor, Ben Lueth)	
(Tanner Vinton, Clint Perry Tyler Minter, Dustin Baum )		5 CENTRAL LEE OF DONNELSON	1:30.51
<b>Heat 14</b>		(Ben Vogel, Jim Cruickshank Paul Dobson, Matt Hulsebus)	
1 CARROLL KUEMPER	45.09	6 WASHINGTON HS	1:30.59
(Dean Molitor, Justin Bauer Nick McCrea, Neal Molitor)		(Ryne Doughty, Brent Stout Jeff Witthoft, Justin Greiner)	
2 DAVENPORT WEST	45.75	7 WATERLOO WEST	1:33.22
(Dan Broihier, Matt Kurtz Chris Tappendorf, Justin Brauer)		(Dorian Clark, James Johnson Mano Bradfield, Kenan Sarkic)	
3 SAC CITY	46.29	CEDAR RAPIDS WASHINGTON	DQ--threw baton after finish
(Dylan Williams, Chris Frohardt Ben Wellington, Carl Duffy)		(Travis Rhone, Poul Collins James Barron, Terry Gantt)	
4 HARTLEY-MELVIN-SANBORN	46.51	<b>Heat 1</b>	
(Brandon Duis, Brock Norton Adam Sandersfeld, Chad Ahrenstorff)		1 DES MOINES EAST	1:28.91 Q
5 LAURENS-MARATHON	46.66	(Scott Phaydavong, London Hayes Robert Thompson, Marque Glenn)	
(Julien Johnsen, Barry Hakes Brandon Bush, Devin Stewart)		2 CEDAR RAPIDS WASHINGTON	1:30.33 Q
6 BATTLE CREEK-IDA GROVE	46.67	(Travis Rhone, Poul Collins James Barron, Terry Gantt)	
(Rick Simmons, Danny Wunschel Nick Newquist, Mark Cates)		3 CLINTON	1:30.88 Q
GRISWOLD	DNF	(Chris Gee, Blake Raun Ryan Borgwardt, Zach Frazier)	
(Chris Taulborg, Adam Cline Trevor Gipple, Gabe Kimpson)		4 AMES	1:30.99 Q
CHEROKEE	DNS	(Katintha Mwanza, Matt Schuldies Angelo Taylor, Ben Lueth)	
<b>Heat 15</b>		5 SIOUX CITY HEELAN	1:32.17
1 CEDAR RAPIDS PRAIRIE	44.94	(Billy Mousel, Brian Corey Mike Maxey, Nick Chicoine)	
(Spencer Stumpff, Jason Kohl Glen Fox, Isaac Dickson)		6 HARLAN	1:37.92
		(Mike Schneider, Andy Petersen Ryan Coenen, Tom Hosack)	

DUBUQUE HEMPSTEAD (Jason Rice, Zach Dillon Derek Hunt, B.J. Eiben)	DQ--uniform rule	3 ANKENY (Chris Gardner 51.5, Grant Nixon 52.0 Jeff Lanning 51.1, Andy Brodell 49.2)	3:23.81
IOWA CITY WEST (Jordan Bontrager, Bobby Windauer Victor Hall, Ashton Winchel)	DNF	4 HARLAN (Mike Schneider 53.5, Kevin Kruse 50.0 Ryan Coenen, 50.5 Andy Petersen 49.9)	3:23.95
<b>Heat 2</b>			
1 VALLEY OF WEST DES MOINES (Jerrod Gaskill, Jeff Ledbetter Zac Sandvig, Jason Scales)	1:30.38 Q	5 WASHINGTON HS (Ryne Doughty, Brent Stout Chris Widmer, Jeff Witthoft)	3:25.11
2 WASHINGTON HS (Ryne Doughty, Brent Stout Jeff Witthoft, Justin Greiner)	1:31.85 Q	6 VALLEY OF WEST DES MOINES (Andy Ewald, Richard Elings Zach Brower, Jeff Ledbetter)	3:27.08
3 DAVENPORT CENTRAL (Jordan Scott, Elliot Ewing Lynnford Hughes, Terrance Reid)	1:31.86	7 IOWA CITY (Colin Swaney 53.5, Phil George 51.4 Phil Kenney 52.3, Ryan Grenko 51.5)	3:28.66
4 IOWA CITY (Phil George, Aaron Grove Phil Kenney, Ryan Grenko)	1:32.60	8 DES MOINES EAST (Gabe Hibben 53.4, Scott Phaydavong 51.2 Jeremiah Yassin 53/2, Marque Glenn 52.6)	3:30.37
5 CEDAR FALLS (Darnell Caston, Kyle Duchman Kevin Roberts, Jonathon Zanders)	1:32.88	<b>Heat 1</b>	
6 FORT DODGE (Kyle Messerly, Luke Donney Jamie Udeze, Kurtis Taylor)	1:33.41	1 CEDAR FALLS (Kevin Roberts 51.0, Jonathon Zanders 49.9 Brent Dahlstrom 50.4, Joey Robinson 49.4)	3:20.76 Q
7 ANKENY (Matt Danner, Aaron Jarosh Jeff Lanning, Justin Funk)	1:34.04	2 CLINTON (Chris Gee 51.4, Blake Raun 50.4 Mike Zmuda 49.4, Zach Frazier 50.1)	3:21.30 Q
INDIANOLA (Tyler Mark, John Williams Breck Westerly, Todd Blythe)	DQ-uniform rule	3 HARLAN (Mike Schneider, Kevin Kruse Ryan Coenen 49.0, Andy Petersen 49.7)	3:22.83 Q
<b>Heat 3</b>			
1 CENTRAL LEE OF DONNELLSON (Ben Vogel, Jim Cruickshank Paul Dobson, Matt Hulsebus)	1:30.87 Q	4 FORT DODGE (Tyler Norine 54.6, Luke Donney 50.1 Jamie Udeze 50.6, Jordan Crosby 48.9)	3:24.13
2 WATERLOO WEST (Dorian Clark, James Johnson Mano Bradfield, D.J. Jackson)	1:31.75 Q	5 MOUNT VERNON (Nate Newmeister, 52.9 Kevin Kuhn 52.1 Ben Brannaman 51.4, Chris Legore 48.9)	3:25.37
3 WESTERN DUBUQUE OF EPWORTH (Adam Guenther, Nick Foxen Alex Deutmeyer, Tim O'Connell)	1:32.33	6 AMES (Mat Clark 52.3, Josh Inyang 51.3 Luke Lowry 51.9, Ben Lueth 49.8)	3:25.38
4 NORTH SCOTT OF ELDRIDGE (Josh Lacey, Luke Shaw Shaun Logan, Casey Dean)	1:32.80	7 CEDAR RAPIDS PRAIRIE (TJ Collins 52.4, John Wallerich 53.4 Glen Fox 52.5, Isaac Dickson 49.2)	3:27.72
5 LE MARS (Preston Fischer, Phil Jeneary Aric Riedemann, Paul Brown)	1:32.97	8 IOWA CITY WEST (Barry Vaxter, Bobby Windauer Victor Hall, Ashton Winchel 49.8)	3:27.98
6 COUNCIL BLUFFS JEFFERSON (Blake Behrens, Jesse Toman Jason Webster, Kyle Webster)	1:34.04	<b>Heat 2</b>	
7 BETTENDORF (David Anderson, Alvin Vesey Chris Ivory, Demetrius Eason)	1:34.45	1 ANKENY (Chris Gardner, 50.5 Grant Nixon 52.7 Jeff Lanning 51.5, Andy Brodell 47.2)	3:21.99 Q
SIOUX CITY WEST (Quincy Christie, Shawn Olorundami Chau Tran, Ethan Lear)	DQ-2/3 out of zone	2 IOWA CITY (Colin Swaney 51.4, Phil George 50.6 Phil Kenney 51.4, Ryan Grenko 48.6)	3:22.02 Q
<b>4x400 Meter Relay Finals</b>			
1 CEDAR FALLS (Kevin Roberts 51.5, Jonathon Zanders 49.9 Brent Dahlstrom 50.1, Joey Robinson 49.7)	3:21.29	3 WASHINGTON HS (Ryne Doughty 50.7, Brent Stout 51.3 Chris Widmer 51.8, Jeff Witthoft 49.6)	3:23.37 Q
2 CLINTON (Chris Gee 50.3, Blake Raun 51.1 Mike Zmuda 50.0, Zach Frazier 50.2)	3:21.64	4 DES MOINES EAST (Gabe Hibben 52.4, Scott Phaydavong Jeremiah Yassin, Marque Glenn 49.1)	3:24.06 Q
		5 VALLEY OF WEST DES MOINES (Andy Ewald 51.6, Richard Elings 51.3 Zach Brower 51.1, Jeff Ledbetter 50.1)	3:24.10 Q
		6 SIOUX CITY HEELAN (Billy Mousel 50.1, Mike Maxey 52.2 Nick Murphy 53.0, Nick Chicoine 49.6)	3:24.92
		7 LINN-MAR OF MARION (Paul Taylor, Royce Mahoney Matt Janechek 51.1, Cam Michels)	3:26.82

8 DAVENPORT CENTRAL (Terrance Reid 49.9, Jordan Scott 53.1 Eric Hester 53.8, Lynnford Hughes 52.0)	3:28.18	12 OKOBOJI OF MILFORD (Tyler Sander, Chase Lenz Aaron Eldal, B.J. Noble)	8:21.50
<b>Heat 3</b>			
1 DES MOINES ROOSEVELT (Chris Wiemann 52.2, Aaron Cawthorn 51.8 Joe Meja 52.8, Yawusa Kinda 48.9)	3:25.78	13 WEST BURLINGTON-NOTRE DAME (Bob Rodkey, Peter Mullinax Alex Dehner, Andrew Mertens)	8:25.04
2 CENTERVILLE (Brody Tubaugh 53.0, Zach Finch 50.8 Brad Bond 51.6, Brennen Tubaugh 51.4)	3:26.81	14 DES MOINES ROOSEVELT (Jim Schwartz, Joe Yassin Jeremiah Danga, Thom Waters)	8:32.48
3 PRESTON-EAST CENTRAL (Tyler Shannon 51.9, Zach Cramer 51.7 Brent Oldag 52.6, Joe Murphy 51.2)	3:27.45	15 NORTH SCOTT OF ELDRIDGE (Jeff Less, Adam Fink Kyle Kundel, Mike Hermsen)	8:34.43
4 ATLANTIC (Evan Fairfield 54.1, Kirk Schwarte 51.6 Zach VanCleave 52.7, Davy Thomsen 49.9)	3:28.34	16 PELLA (Taylor Lind, Ben Bollard Travis Bogaard, Phil Davidson)	8:43.77
5 FAIRFIELD (Tim Buch 53.0, Chris Nelson Chaz Arnold, Shawn McLarney 52.9)	3:28.87	<b>Sprint Medley Relay Finals</b>	
6 DOWLING OF WEST DES MOINES (Corry Hurst 52.6, Danny Brees 53.3 Jeff Craig 52.6, Joel Hull 51.4)	3:29.96	1 IOWA CITY (Rob Duwa, Aaron Grove Ryan Grenko 48.6, Colin Swaney 1:57.4)	3:32.49
7 WATERLOO WEST (James Johnson 53.3, Steve Ketels 54.0 Levi Forrester 54.0, Kenan Sarkic 55.0)	3:36.38	2 VALLEY OF WEST DES MOINES (Jerrod Gaskill, Jason Scales Jeff Ledbetter 50.4, Zach Brower 1:57.2)	3:33.15
STORM LAKE (Nick Sorbe, Nick Kurtz Mike Keller, Mike Miller)	DQ-uniform rule	3 PANORAMA OF PANORA (Cole Grolmus, Pat McDermott Devan Moylan 51.4, Ed Meacham 1:55.3)	3:33.98

### 4x800 Meter Relay Finals

1 ANKENY (Chris Gardner 2:00.0, Tyler Strand 2:02.2 Chris Lawson 2:03.1, Tim Heugerich 2:01.0)	8:06.33	4 DES MOINES ROOSEVELT (Aaron Cawthorn, Chris Wiemann Yawusa Kinda 48.6, Jim Schwartz 1:59.9)	3:34.68
2 CEDAR FALLS (Joey Robinson 2:00.3, Buddy Velasquez 2:01.6 Nate Hinders 2:03.2, Zach Homewood 2:03.5)	8:08.66	5 CEDAR FALLS (Kevin Roberts, Jonathon Zanders Joey Robinson 49.8, Zach Homewood 2:00.0)	3:35.64
3 IOWA CITY (Pat Barry 2:01.7, Jon Humston 2:04.2 Curt Steyers 2:02.3, Colin Swaney 2:01.6)	8:09.87	6 PELLA (Vance Schuring, Jon Erickson Ben Bollard 50.8, Ryan Terlouw 1:57.3)	3:35.73
4 DAVENPORT ASSUMPTION (Mike Van Hulle 2:03.7, Joe Kolar 2:06.7 Mike Craddick 2:02.0, Brett Adams 1:59.5)	8:11.94	7 ANKENY (Matt Danner, Jeff Lanning Andy Brodell 48.7, Tyler Strand 2:00.6)	3:36.44
5 DUBUQUE SENIOR (Kevin Oberfoell 2:01.8, Chris Feller 2:04.4 Taylor Herbst 2:08.0, Nick Shanahan 1:59.8)	8:13.46	8 CEDAR RAPIDS WASHINGTON (Travis Rhone, Maurice Cantrell Dustin Wombold 52.2, Jack Ogden 1:57.3)	3:36.75
6 LINN-MAR OF MARION (Andy Hodge, Shawn Freese Jake Witte, David Gott)	8:14.28	9 AMES (Katintha Mwanza, Matt Schuldies Ben Lueth 50.5, Mat Clark 2:01.0)	3:36.89
7 URBANDALE (Guthrie Gaylord, Ben White Kevin Kooenga, Steven Donnelly)	8:16.14	10 PRESTON-EAST CENTRAL (Devon Yaddof, Tyler Shannon Joe Murphy, Zach Cramer)	3:37.05
8 VALLEY OF WEST DES MOINES (Richard Elings, Justin Jones Paul Wiemers, Zach Brower 2:01.5)	8:16.50	11 BOONE (Tony Condon, Raph Montag Landon Moss, Tim Jordan)	3:37.38
9 CEDAR RAPIDS XAVIER (Michael Kuennen, Joel Watters Joe Holub, Dan Fagan)	8:17.16	12 SIOUX CITY HEELAN (Brian Corey, Mike Maxey Billy Mousel, Brian Corey 2:00.4)	3:37.61
10 GRINNELL HS (Davis Linden 2:00.3, Dustin Brown 2:07.3 Mike Van Donselaar 2:06.7, Josh Van Donselaar 2:05.5)	8:19.57	13 WAVERLY-SHELL ROCK (Kyle Peters, Michael Dana Derrick Peth 51.1, Chris Noah 1:59.6)	3:38.10
11 DUBUQUE WAHLERT (Jeremy Esch, Brandon Botsford Ryan Dolan, Peter McNamara)	8:19.99	14 URBANDALE (Austin Allison, Ryan Saunders Steven Donnelly 51.5, Ben White 1:58.5)	3:38.13
		15 CEDAR RAPIDS XAVIER (Matt St. Andrews, Darrius Stewart Nick Weber 51.3, Michael Kuennen 2:00.6)	3:38.28
		16 DES MOINES LINCOLN (Charles Shook, Bart Stockard Aaron Johnson 50.3, Bryan Groomes 2:02.3)	3:39.02

17	WESTERN DUBUQUE OF EPWORTH (Adam Guenther, Nick Foxen Alex Deutmeyer, 52.1 Tim O'Connell 1:59.2)	3:39.28
18	CEDAR RAPIDS PRAIRIE (Spencer Stumpff, Jason Kohl Glen Fox, Isaac Dickson)	3:39.51
19	MOUNT VERNON (Jacob Craig, Nate Newmeister Ben Brannaman, Chris Legore)	3:39.79
20	MAURICE-ORANGE CITY/FLOYD VALLEY (Tony Otten, Cody Hunt Austin Janssen 51.3, Michael Vermeer 2:00.3)	3:40.21
21	LINN-MAR OF MARION (Royce Mahoney, Matt Janechek Rod Egel, Nick Lindsley)	3:42.81
22	WATERLOO WEST (D.J. Jackson, Mano Bradfield James Johnson, Levi Forrester)	3:47.92
23	FAIRFIELD (Marc Wetrich, Chris Nelson Tim Buch, Chaz Arnold)	3:55.88
	JOHNSTON (Pat Ryerson, Jason Ward Jon Evans, Adrian Loffler)	DQ--#3 cut before break line

## High Jump Finals

1	Jaron Van Maaenen, Lynnville-Sully	Jr	7'00" (2.13m)
2	Eric Johnson, Newell-Fonda		6'08" (2.03m)
3	Jeff Witthoft, Washington HS	Sr	6'08" (2.03m)
4	Tyler Ginther, Rockford	Sr	6'06" (1.98m)
5	Jason Kohl, Cedar Rapids Prairie	Sr	6'06" (1.98m)
6	Steve Canty, Cedar Rapids Kennedy	Sr	6'06" (1.98m)
7	Jeremy Petsche, Lewis Central of Council Bluffs	Jr	6'04" (1.93m)
7	Ben Honig, Glenwood	Sr	6'04" (1.93m)
7	Milan Moses, Waterloo East	Sr	6'04" (1.93m)
10	Luke Branderhorst, Pella Christian	Jr	6'04" (1.93m)
11	Chris Gee, Clinton	Sr	6'04" (1.93m)
11	Ryan Niver, Mason City	Sr	6'04" (1.93m)
13	Ryan Rasmussen, Davis County of Bloomfield	Jr	6'02" (1.88m)
14	Jason Bice, Bettendorf	Sr	6'02" (1.88m)
14	Keith Pedersen, Jefferson-Scranton	Jr	6'02" (1.88m)
14	Sam Meeker, Columbus of Columbus Junction	Jr	6'02" (1.88m)
14	David Kummer, Cedar Rapids Washington	Sr	6'02" (1.88m)
14	Shadon Blum, Woodbine	Sr	6'02" (1.88m)
19	Chris Johnson, Council Bluffs Lincoln	So	6'02" (1.88m)
19	Derek Christie, Southeast Webster of Burnside	Jr	6'02" (1.88m)
	Mitch Bass, Waterloo West	Sr	NH
	Nick Siepker, Manning	Jr	NH
	Dan Rolling, Okoboji of Milford	So	NH
	Mitch Clark, Central of DeWitt	So	NH
	Bob Berchthold, Davenport Assumption	Sr	DNC

## Long Jump Finals

1	Quincy Christie, Sioux City West	Fr	22'05.50" (6.85m)
2	Mike Dreyer, Farragut	Sr	22'02" (6.76m)
3	Michael Dana, Waverly-Shell Rock	Sr	21'09.50" (6.64m)
4	Ashton Winchel, Iowa City West	Jr	21'07.75" (6.60m)
5	Jaron Van Maaenen, Lynnville-Sully	Jr	21'07.25" (6.58m)
6	Dustin Baum, Eldora-New Providence	Jr	21'06.75" (6.57m)
7	Ryan Borgwardt, Clinton	Sr	21'06.50" (6.57m)
8	Ben Honig, Glenwood	Sr	21'06" (6.55m)
9	Michael Buck, Creston	Jr	21'05.25" (6.53m)
10	Jordan Davidson, Davenport North	Sr	21'03.50" (6.49m)

11	Justin Funk, Ankeny	Jr	21'02.50" (6.46m)
12	Paul Aanonson, Ballard of Huxley	Sr	21'02.25" (6.46m)
13	Mike Keller, Storm Lake	Jr	20'10.75" (6.37m)
14	Phil Kenney, Iowa City	So	20'10.25" (6.36m)
15	Malcom Bevel, Waterloo East	Jr	20'06.50" (6.26m)
16	Andy Schueler, Cedar Rapids Kennedy	Jr	20'06" (6.25m)
17	Justin Deegan, Newton	Sr	20'06" (6.25m)
18	Luke Chittenden, Ames	Jr	20'02" (6.15m)
19	B.J. Schult, Oelwein	Sr	20'01.25" (6.13m)
20	Nathan Weeda, Mount Ayr		19'11.75" (6.09m)
21	Alvin Vesey, Bettendorf	Sr	19'06.50" (5.96m)
22	Elliot Ewing, Davenport Central	Sr	19'05" (5.92m)
23	Darius Stewart, Cedar Rapids Xavier	Sr	19'04.50" (5.91m)
24	Brandon Douglas, Interstate 35 of Truro	Jr	16'08" (5.08m)
	Greg Deal, Iowa City	Sr	DNC
	Terrance Reid, Davenport Central	Jr	DNC

## Shot Put Finals

1	Shane Maier, Storm Lake	Sr	57'10.50" (17.64m)
2	Kenny Keith, Ottumwa	Sr	56'04" (17.17m)
3	Taylor Strube, Emmetsburg	Sr	54'02.75" (16.53m)
4	Darryl Hunter, Dowling of West Des Moines	Sr	54'01.75" (16.50m)
5	Alex Willcox, Valley of West Des Moines	Sr	53'00.75" (16.17m)
6	Brandon Franklin, Des Moines Hoover	Sr	52'11.25" (16.14m)
7	Neil Carroll, Carroll	Sr	52'10.75" (16.12m)
8	Jeremy Joynt, Emmetsburg	Jr	52'08.75" (16.07m)
9	Chase Madison, Newton	Jr	52'00.00" (15.85m)
10	Joey Hargens, AHST	Sr	50'10.25" (15.50m)
11	Clint Huntrods, Collins-Maxwell-Baxter	Sr	49'07.50" (15.13m)
12	Eric Hentges, Le Mars	Sr	49'04" (15.04m)
13	Matt Clark, Glenwood	Sr	49'01.25" (14.97m)
14	Wade Fegenbush, Whiting	Sr	48'10.25" (14.89m)
15	Cody Lees, Burlington	Sr	48'06.25" (14.79m)
16	Matt Scherbring, Oelwein	Sr	48'03.75" (14.73m)
17	Jon Robeson, ADM of Adel	Sr	47'11.00" (14.61m)
18	Mark Schaapveld, Iowa City West	Jr	47'10.25" (14.59m)
19	Jordan Pinckney, Cedar Rapids Washington	Jr	47'07.50" (14.52m)
20	Nate Walker, Decorah	So	46'10.00" (14.27m)
21	Lucas Cook, Davenport West	Jr	46'05.25" (14.15m)
22	Tyler Small, Akron-Westfield	Sr	46'04.25" (14.13m)
23	Marcus Brand, Davenport West	Sr	46'01.25" (14.05m)
24	Munib Sana, Sioux City North	Sr	44'01.00" (13.44m)

## Discus Finals

1	Brandon Franklin, Des Moines Hoover	Sr	170'05" (51.94m)
2	Tom Schmeling, Atlantic	Sr	170'01" (51.84m)
3	Chase Madison, Newton	Jr	168'08" (51.41m)
4	Shane Maier, Storm Lake	Sr	163'11" (49.96m)
5	Darryl Hunter, Dowling of West Des Moines	Sr	162'01" (49.40m)
6	Nick Fynaardt, Pella Christian	Sr	161'06" (49.23m)
7	Wagner Jason, Grinnell HS	Jr	158'11" (48.44m)
8	Clint Huntrods, Collins-Maxwell-Baxter	Sr	158'05" (48.29m)
9	Marcus Brand, Davenport West	Sr	150'05" (45.85m)
10	Emil Gearhart, Missouri Valley	Jr	147'05" (44.93m)
11	Stewart Nelson, Johnston	Sr	146'03" (44.58m)
12	Andy Payton, Waterloo West	Jr	144'03" (43.97m)
13	Luke Greiving, MOC-Floyd Valley	Jr	143'11" (43.87m)
14	Todd Plagman, Riverside of Oakland	Jr	142'05" (43.41m)
15	Joel Gilson, Urbandale	Sr	141'11" (43.26m)
16	Grant Uhe, Spencer	Sr	141'08" (43.18m)
17	Jared Modlin, Newton	Sr	140'11" (42.95m)
18	Josh Weihs, Atlantic	Sr	137'02" (41.81m)
19	Cody Lees, Burlington	Sr	133'06" (40.69m)

20	Munib Sana, Sioux City North	Sr	132'02" (40.28m)
21	Clint Dalrymple, Washington HS	Sr	128'03" (39.09m)
22	Nathan Inman, Audubon	Sr	128'00" (39.01m)
23	Mitch Jansen, North Scott of Eldridge		127'00" (38.71m)
24	Kyle Pearson, Anamosa	So	122'07" (37.36m)

4	Amy Garrett, Southeast Polk of Runnells	Sr	2:18.08
5	Mary Bridget Corken, Dubuque Wahlert	So	2:18.71
6	Megan Glover, Cedar Rapids Xavier	Sr	2:18.97
7	Allison Werner, Mount Pleasant	Sr	2:19.33
8	Katie Lantz, Rockwell City-Lytton	Sr	2:20.63
9	Abby Jones, Williamsburg	Sr	2:21.29
10	Abby Weise, North Scott of Eldridge	Sr	2:21.76
11	Shannon Oster, Cedar Rapids Washington	Sr	2:21.95
12	Sara Fassbinder, Dubuque Wahlert	Jr	2:23.58
13	Linnea Hopp, Harlan	Sr	2:24.03
	Meggan Reed, Iowa City	Sr	DNS
	Lynn Dobyns, Iowa City West	Sr	DNS
	Robyn Werner, Mount Pleasant	Sr	DNS

## GIRLS RESULTS

### 100 Meter Dash Finals Wind: +0.7 M/S

1	LaNeisha Waller, Cedar Rapids Washington	Jr	12.13 R
2	Ashley Granger, Northern Iowa of Cedar Falls	Jr	12.38
3	Meredith Kosmacek, Tri-Center of Neola	Jr	12.43
4	Erin Sheeley, Postville	Sr	12.48
5	Sonya Bonwell, Sioux City West	So	12.53
6	Lindsay Wiebers, Denison-Schleswig	So	12.68
7	Tenika Smith, Cedar Rapids Jefferson	Sr	12.73
8	Chelsy Kemmet, Waukee	So	12.74

RECORD: Old mark, 12.15, Pam Orris, Dubuque Senior, 2001.

#### Heat 1 Wind: +2.9 M/S

1	Meredith Kosmacek, Tri-Center of Neola	Jr	12.50
2	Erin Sheeley, Postville	Sr	12.53
3	Ashley Granger, Northern Iowa of Cedar Falls	Jr	12.58
4	Lacy Brunnette, Valley of West Des Moines	Jr	12.80
5	Jessica Dirksen, Clarinda	So	13.01
6	Lindsey Digmann, Linn-Mar of Marion		13.15
7	Vanessa Herman, Waukon	So	13.24

#### Heat 2 Wind: +1.9 M/S

1	LaNeisha Waller, Cedar Rapids Washington	Jr	12.32
2	Chelsy Kemmet, Waukee	So	12.68
3	Lynnette Wilson, Cedar Rapids Kennedy	Sr	12.78
4	Kelsea Cannon, Clarke of Osceola	Sr	12.80
5	Shatrece Burt, Cedar Falls	Jr	12.82
6	Sara Lynch, Fort Dodge	Sr	12.94
7	Camille Jordan, Iowa City	Jr	13.01
8	Becky Graeve, IKM of Manilla	So	13.69

#### Heat 3 Wind: +1.1 M/S

1	Sonya Bonwell, Sioux City West	So	12.35
2	Lindsay Wiebers, Denison-Schleswig	So	12.67
3	Miriam Chisala, Des Moines Roosevelt	Jr	12.77
4	Danielle Hutchinson, Mount Pleasant	Sr	12.88
5	Jenna Lago, Ankeny	Jr	12.95
6	Chelsey Jacobs, Allison-Bristow	FR	12.96
7	Stacy Butt, Northeast of Goose Lake	Jr	13.00
8	Sarah Jens, Glenwood	Jr	13.19

#### Heat 4 Wind: +1.6 M/S

1	Tenika Smith, Cedar Rapids Jefferson	Sr	12.69
2	Chelsea Kaczmarek, Davenport Assumption	Sr	12.85
3	Danielle Brooks, Grinnell HS	Sr	12.90
4	Alison Burns, Marshalltown	Sr	13.01
5	Karyn Forke, Carroll	So	13.14
6	Emily Prinsen, West Delaware of Manchester	Fr	13.18
7	Crystal Williamson, Aplington-Parkersburg	Jr	13.26
8	Whitney Pralle, Cal-Dows of Latimer	Jr	13.50

### 800 Meter Run Finals

1	Ellen Ries, North Linn of Troy Mills	So	2:16.46
2	Nelle Trefz, Iowa City	Jr	2:16.72
3	Erin Penticoff, Cedar Rapids Xavier	So	2:17.63

### 3000 Meter Run Finals

1	Nelle Trefz, Iowa City	Jr	10:04.87 JQ
2	Sara Fassbinder, Dubuque Wahlert	Jr	10:18.04
3	Shannon Oster, Cedar Rapids Washington	Sr	10:21.31
4	Kate Greer, Marshalltown	Sr	10:21.91
5	Des Campbell, Le Mars Gehlen	Sr	10:31.91
6	Janet Dobyns, Iowa City West	So	10:32.67
7	Erin Penticoff, Cedar Rapids Xavier	So	10:33.23
8	Traci Hawley, Ames	Jr	10:33.51
9	Hannah Roeder, Des Moines Roosevelt	Fr	10:35.20
10	Whitney Johnson, ADM of Adel	So	10:35.24
11	Robyn Werner, Mount Pleasant	Sr	10:35.30
12	Julia Frudden, Iowa City West	So	10:35.50
13	Lisa Koll, Fort Dodge	So	10:35.52
14	Megan Winkelmann, Nodaway Valley	So	10:36.58
15	Bonnie McKernan, Independence	Sr	10:37.50
16	Mackenzie Madison, Ankeny	Jr	10:39.82
17	Jenna Bieri, Davenport Central	Fr	10:42.76
18	Beth Whalen, Bettendorf	So	10:44.08
19	Sara Hayes, Waukee	Sr	10:52.94
20	Robdu Adam, Iowa City West	Sr	11:01.60
21	Quinn Vermie, Southeast Polk of Runnells	Sr	11:02.80
22	Jessica Wiegert, Valley of West Des Moines	Fr	11:14.12

### 100 Meter Hurdles Finals Wind: +1.4 M/S

1	Sara Boisen, Valley of West Des Moines	Sr	14.27 R
2	Jenna Caffrey, Burlington	Fr	14.42
3	Kayla Sautter, Mason City	Sr	14.89
4	Nicole Carroll, Mason City	Jr	14.97
5	Crystal Hanson, Roland-Story	Sr	15.03
6	Staci Vander Berg, Okoboji of Milford	Sr	15.21
6	Emily Triplett, Iowa City	Jr	15.21
8	Alicia Whisner, ADM of Adel	Sr	15.39

RECORD: Old mark, 14.50, Tiffany Pederson, Atlantic, 2001.

#### Heat 1 Wind: +2.1 M/S

1	Kayla Sautter, Mason City	Sr	14.73 Q
2	Emily Triplett, Iowa City	Jr	14.96 Q
3	Kara Yahn, Clinton	Sr	15.12
4	Kelsey Grindle, Charter Oak-Ute	Sr	15.13
5	Heidi Harriman, Battle Creek-Ida Grove	Jr	15.61
6	Sheena Sullivan, Charles City	Sr	15.64
7	Sarah Wernimont, Atlantic	Jr	16.06
8	Erica Heiden, Urbandale	Jr	16.16

#### Heat 2 Wind: +2.6 M/S

1	Alicia Whisner, ADM of Adel	Sr	15.06 Q
2	Kelsey Steffens, Central of DeWitt	So	15.12
3	Alysa Klein, Okoboji of Milford	Jr	15.14

4	Lauren Anderson, Riverside of Oakland	FR	15.25	2	ANKENY	50.31 Q
5	Cali Lyons, Dubuque Hempstead	Jr	15.26		(Amanda Johnston, Christine Andresen Jenna Lago, Lauren Cummings)	
6	Betsy Behrens, Laurens-Marathon	Sr	15.62	3	CLINTON	50.89
7	Joclyn Ketelsen, Osage	So	15.81		(Sheena Bass, Barb Kremer Kara Yahn, Angie Hensel)	
<b>Heat 3 Wind: +1.2 M/S</b>						
1	Jenna Caffrey, Burlington	Fr	14.65 Q	4	CENTRAL OF DEWITT	51.00
2	Staci Vander Berg, Okoboji of Milford	Sr	15.11 Q		(Kelly Menneke, Megan Machovec Andrea Hawthorne, Kelsey Steffens)	
3	Kasey McDaniel, Spencer	Sr	15.19	5	MOUNT VERNON-LISBON	51.20
4	Laura Tomes, Sioux City East	Sr	15.24		(Melinda Melichar, Jenna Nicol Crystal Strauch, Amanda Melichar)	
5	Maya Monitto-Webber, Iowa City	Sr	15.35	6	SOUTH WINNESHIEK OF CALMAR	51.51
6	Leah Timmerman, Dubuque Hempstead	Jr	15.48		(Darcy Hageman, Ivy Elsbernd Katie Shatek, Elise Elsbernd)	
7	Stacy Holthaus, Urbandale	Jr	15.63	7	NEW HAMPTON	53.69
8	Megan Raap, Pekin of Packwood	Sr	15.91		(Chelsey Iverson, Kelly Anderson Sam Boos, Megan Vorwald)	
<b>Heat 4 Wind: +3.7 M/S</b>						
1	Sara Boisen, Valley of West Des Moines	Sr	14.56 Q		NORTHEAST OF GOOSE LAKE	DQ--#2 behind int. zone
2	Crystal Hanson, Roland-Story	Sr	14.69 Q		(Kim Eskildsen, Angie Adrian Karleen Meggers, Stacy Butt)	
3	Nicole Carroll, Mason City	Jr	14.81 Q	<b>Heat 2</b>		
4	Amanda Brodsack, Cedar Rapids Prairie	So	15.63	1	CEDAR RAPIDS JEFFERSON	50.12 Q
5	Laura Nanninga, Tri-Center of Neola	Sr	15.68		(Ashley Havlicek, Tara Fry Katie Cooper, Tenika Smith)	
6	Kylie Hoffert, MFL MarMac of Monona	Jr	16.03	2	OTTUMWA	50.63
7	Cigi Low, Camanche		16.06		(Katie Jay, Katie Paulson Emily Roberts, Amy Kopatich)	
8	Kimber Kunze, Bondurant-Farrar	Jr	16.18	3	DUBUQUE HEMPSTEAD	50.68
<b>400 Meter Hurdles Finals</b>						
1	Sara Boisen, Valley of West Des Moines	Sr	1:03.16		(Cali Lyons, Racheal Kueter Lindsey Derby, Nina Schnee)	
2	Jenna Caffrey, Burlington	Fr	1:06.84	4	CEDAR RAPIDS KENNEDY	50.75
3	Megan Raap, Pekin of Packwood	Sr	1:07.56		(Melissa Kane, Alyssa Fischer RaeAnnon Fairlie, Lynnette Wilson)	
4	Lisa Thiesse, Sibley-Ocheyedan	Jr	1:07.79	5	DENISON-SCHLESWIG	50.76
5	Steph Arey, West Hancock of Britt	Sr	1:08.23		(Nicole Clausen, Katie Kruse Lindsey Swanson, Lindsay Wiebers)	
6	Nicole Carroll, Mason City	Jr	1:08.39	6	WEST DELAWARE OF MANCHESTER	51.06
7	Deb Durey, West Delaware of Manchester	Jr	1:08.63		(Megan Klein, Emily Prinsen Misty Ross, Abby Lahr)	
8	Ashley Adams, AHST	Sr	1:09.32	7	BETTENDORF	51.57
<b>4x100 Meter Relay Finals</b>						
1	CEDAR FALLS		49.36		(Elise Watts, Alex Hemberger Melanie Anderson, Shannon Burge)	
	(Liz Bradfield, Mattie Thompson Danielle Barkema, Shatrece Burt)			8	AMES 52.03	
2	CEDAR RAPIDS JEFFERSON		50.02		(Rachel Koch, Kate Polush Emily Tuttle, Christina Tim)	
	(Ashley Havlicek, Tara Fry Katie Cooper, Tenika Smith)			<b>Heat 3</b>		
3	VALLEY OF WEST DES MOINES		50.07	1	CEDAR FALLS	49.74 Q
	(Aubrie Fontanini, Audra Robinson Kelly Anderson, Lacy Brunnette)				(Liz Bradfield, Mattie Thompson Danielle Barkema, Shatrece Burt)	
4	MOUNT PLEASANT		50.11	2	CEDAR RAPIDS WASHINGTON	50.51 Q
	(Danielle Hutchinson, Lindsay Scott Mallory Henderson, Haley Sinn)				(Carrie Boyle, Claire Mattison Cassandra Lumpkin, LaNeisha Waller)	
5	ANKENY		50.17	3	APLINGTON-PARKERSBURG	50.89
	(Amanda Johnston, Christine Andresen Jenna Lago, Lauren Cummings)				(Brooke Cornelius, Brittany Schipper Megan Meyer, Crystal Williamson)	
6	IOWA CITY		50.17	4	NORTH FAYETTE OF WEST UNION	51.04
	(Emily Triplett, Maya Monitto-Webber Virginia Dreier, Camille Jordan)				(Katie Michael, Melissa Snyder Stefanie Nesvik, Emily Muff)	
7	CEDAR RAPIDS WASHINGTON		50.53	5	STORM LAKE	51.25
	(Carrie Boyle, Claire Mattison Cassandra Lumpkin, LaNeisha Waller)				(Stacy Schmidt, Paige Havens Molly Daniels, Amy Wulfekuhler)	
	NORTHERN IOWA OF CEDAR FALLS		DQ--2/3 out of zone	6	IOWA CITY WEST	51.90
	(Nicole Cook, Lastacia Granger Jade McAdams, Ashley Granger)				(Liz Huntley, Anne McAleer Cara Montgomery, Amanda Judisch)	
<b>Heat 1</b>						
1	NORTHERN IOWA OF CEDAR FALLS		49.90 Q			
	(Nicole Cook, Lastacia Granger Jade McAdams, Ashley Granger)					

7	URBANDALE (Reda Chester, Stacy Holthaus Katie Kooienga, Dana Hanson)	51.94	2	IOWA CITY WEST (Nicole Novak 66.3, Claire Hall 61.0 Lindsey Windauer 60.3, Lynn Dobyns 58.7)	4:06.31
8	BURLINGTON (Ainsley Fedler, Emily Hayhoe Lindstadt Lauren, Jazzla Newman)	52.08	3	NORTHEAST OF GOOSE LAKE (Kim Eskildsen 62.8, Danika Spain 64.0 Karleen Meggers 61.4, Stacy Butt 59.8)	4:07.99
<b>Heat 4</b>			4	CEDAR FALLS (Ashley Barkema 63.2, Shatrece Burt 63.0 Katie Goulden 63.2, Liz Bradfield 58.7)	4:08.08
1	IOWA CITY (Emily Triplett, Maya Monitto-Webber Virginia Dreier, Camille Jordan)	50.19 Q	5	MASON CITY (Shauna Olson 64.2, Andrea Sellers 63.3 Janelle Platts 60.8, Noelle Peterson 60.9)	4:09.23
2	MOUNT PLEASANT (Danielle Hutchinson, Lindsay Scott Mallory Henderson, Haley Sinn)	50.28 Q	6	COUNCIL BLUFFS ST. ALBERT (Laura Sawatzke 65.1, Gina Assmann 62.1 Catie O'Malley 63.7, Eve Johnson 59.3)	4:10.27
3	VALLEY OF WEST DES MOINES (Aubrie Fontanini, Audra Robinson Kelly Anderson, Lacy Brunnette)	50.35 Q	7	NEWTON (Courtney Lenz 63.5, Madison Sheets 63.4 Chantelle Mac Vey 62.3, Rachelle Tipton 61.3)	4:10.52
4	WAUKEE (Maddie Romano, Chelsy Kemmet Jaymi Kragel, Megan White)	51.28	8	DAVENPORT ASSUMPTION (Kaitlin Schneden 62.8, Marci Furlong 62.3 Kathy Murphy 64.9, Chelsea Kaczmarek 60.6)	4:10.64
5	COLUMBUS OF COLUMBUS JUNCTION (Ashley Orris, McKenzie Meyerholz Nicole Stewart, Amanda Schweitzer)	51.42	<b>Heat 2</b>		
6	DOWLING OF WEST DES MOINES (Christie Scott, Anne Abramovich Jamie Powers, Kathleen Ramirez)	51.60	1	ATLANTIC (Whitney Jacobs 60.9, Lauren Osborne 60.1 Sarah Wernimont 63.2, Cortney Jacobs 55.2)	3:59.44 Q
7	CEDAR RAPIDS PRAIRIE (Kimmi Jaeger, Lindsey Lehman Andrea Jansa, Danielle Salwey)	52.18	2	IOWA CITY (Monica Mims 61.3, Katie Krei 60.0 Virginia Dreier 60.6, Meggan Reed 60.1)	4:01.76 Q
8	PLEASANT VALLEY (Lindsay Schwartz, Maggie Allen Kelly Harris, Alysha Overturf)	53.49	3	NORTH SCOTT OF ELDRIDGE (Allison Erichsen 62.5, Stephanie Leibold 59.9 Ashley Balli 60.4, Abby Weise 61.4)	4:04.20 Q
<b>4x400 Meter Relay Finals</b>			4	PLEASANT VALLEY (Amy Garbin 64.3, Jessica Bingham 60.3 Teresa Prais 61.5, Lauren Carruthers 59.8)	4:05.47 Q
1	ATLANTIC (Whitney Jacobs 61.9, Lauren Osborne 60.2 Tracy Shriver 61.9, Cortney Jacobs 55.2)	3:59.27	5	OTTUMWA (Katie Jay 62.5, Emily Roberts 60.8 Katie Paulson 60.6, Ashley Spurgeon 62.2)	4:06.16
2	VALLEY OF WEST DES MOINES (Sara Boisen 59.9, Sarah Best 60.9 Lauren Thorson 62.2, Sarah Cunningham 57.4)	4:00.46	6	UNITY CHRISTIAN OF ORANGE CITY (Melissa Eekhoff, Jen Kempers Gretchen Noteboom, Joy Horstman 59.5)	4:06.29
3	IOWA CITY (Monica Mims 61.6, Katie Krei 59.3 Virginia Dreier 61.7, Meggan Reed 59.2)	4:01.85	7	MOUNT PLEASANT (Lindsey Boldt 60.6, Stephanie Fedler 62.1 Emily Petrzelka 62.5, Robyn Werner 62.6)	4:07.88
4	PLEASANT VALLEY (Lauren Carruthers, Jessica Bingham Teresa Prais, Amy Garbin 62.5)	4:02.18	8	MARSHALLTOWN (Alison Burns 61.5, Taryn Rowley 61.3 Amanda Stephan, Kalyann Rowley)	4:16.60
5	NORTH SCOTT OF ELDRIDGE (Allison Erichsen 62.2, Stephanie Leibold 59.8 Ashley Balli 60.7, Abby Weise 61.4)	4:04.18	<b>Heat 3</b>		
6	WEST HANCOCK OF BRITT (Steph Arey 61.6, Sarah Swanson 60.8 Holly DeGeus 62.3, Alyson Siegrist 60.8)	4:05.55	1	VALLEY OF WEST DES MOINES (Sara Boisen 59.3, Sarah Best 62.4 Lauren Thorson 61.6, Sarah Cunningham 58.3)	4:01.66 Q
7	DAVENPORT NORTH (Annie Ripslinger, Cortney Sisk Bre Manders, April Mech)	4:05.94	2	CHARLES CITY (Kristyn Ferris 61.2, Alexandra Walter 61.0 Kari Hutchinson 61.1, Jamie Hutchinson 59.8)	4:03.01 Q
8	CHARLES CITY (Kristyn Ferris 61.9, Alexandra Walter 61.1 Kari Hutchinson 63.4, Jamie Hutchinson 60.1)	4:06.40	3	DAVENPORT NORTH (Annie Ripslinger 63.1, Cortney Sisk 61.0 April Mech 59.4, Bre Manders 60.9)	4:04.46 Q
<b>Heat 1</b>			4	DOWLING OF WEST DES MOINES (Kathleen Ramirez, Jamie Powers AnneAbramouich, Jessica Katch)	4:06.89
1	WEST HANCOCK OF BRITT (Steph Arey 60.0, Sarah Swanson 61.7 Holly DeGeus 61.5, Alyson Siegrist 60.3)	4:03.57 Q	5	DENISON-SCHLESWIG (Lindsey Swanson 61.7, Ashley Wehle 62.8 Nicole Clausen 64.3, Lindsay Wiebers 58.6)	4:07.20
			6	ANKENY (Jenna Lago 60.8, Christine Andresen 62.0 Bryna Copes 63.4, Katy Fuchtman 61.0)	4:07.21

7	CENTRAL OF DEWITT (Sarah Leners, Quinn Hanrahan Tory Harrington, Maura McDermott)	4:10.16
	HARLAN (Lyndsey Hough, Brittney Moore Megan Kloewer, Leah Koesters)	DQ--#A4-Jeweory

### 4x800 Meter Relay Finals

1	IOWA CITY (Jennie Funk, 2:22.6 Maggie Leyendecker 2:24.3 Nelle Trefz 2:14.9, Meggan Reed 2:18.6)	9:20.35
2	CEDAR RAPIDS XAVIER (Jessica Levin, Sara Clancy Megan Glover, Erin Penticoff 2:13.2)	9:26.02
3	VALLEY OF WEST DES MOINES (Sarah Cunningham 2:23.7, Jessica Wiegert Lindy Shaw, Lauren Hill 2:21.7)	9:26.40
4	IOWA CITY WEST (Julia Frudden 2:25.9, Janet Dobyms 2:24.6 Claire Hall 2:23.0, Lynn Dobyms 2:15.0)	9:28.51
5	MOUNT PLEASANT (Jill Moeller 2:25.2, Robyn Werner 2:13.6 Lauren Erickson 2:26.6, Allison Werner 2:14.2)	9:29.57
6	DUBUQUE WAHLERT (Nina Hoppenjan, Tess Miller Sara Fassbinder, Mary Bridget Corken)	9:36.48
7	CEDAR FALLS (Samantha Nygren 2:22.7, Cassie Naaktgeboren 2:25.3 Lyssa Steckelberg 2:25.7, Jess Bates 2:22.9)	9:36.67
8	NORTH LINN OF TROY MILLS (Ellen Ries, Amanda Maas Emily Broghammer, Chelsey Martin)	9:41.65
9	ANKENY (Katy Fuchtman, Jessica Brandhorst Dawn Caffrey, Mackenzie Madison)	9:46.67
10	MARSHALLTOWN (Kate Greer 2:20.3, Kristine Mason 2:27.0 Michelle Jebson 2:32.2, Rachel Hawks 2:28.0)	9:47.42
11	HARLAN (Ashley Goeser, Lyndsey Hough Marrissa Dargy, Leah Koesters)	9:53.16
12	AMES (Traci Hawley, Lissa Catus Colleen Armstrong, Katie Kramer,)	9:55.03
13	URBANDALE (Jessica Hibbs, Andrea Vance Kristin Mollman, Cassi Sokol)	9:56.02
14	OTTUMWA (Sam Thorgaard, Molly Fisher Denise Eslinger, Melissa Jay)	10:01.21
15	PLEASANT VALLEY (Maggie Schnackel, Kelsey Bulat Ellen Hart, Ramsey Vens)	10:03.69
16	DOWLING OF WEST DES MOINES (Chelsea Wirtz, Hannah Weiss Jeni Baker, Allison Kinney)	10:09.04

### Sprint Medley Relay Finals

1	ATLANTIC (Angie Jenkins, Jamie Hoegh Lauren Osborne, Cortney Jacobs 55.3)	1:48.90
2	VALLEY OF WEST DES MOINES (Aubrie Fontanini, Audra Robinson Lacy Brunnette, Sarah Cunningham 57.2)	1:49.21

3	CEDAR FALLS (Danielle Barkema, Mattie Thompson Shatrece Burt, Liz Bradfield 58.2)	1:49.39
4	IOWA CITY WEST (Liz Huntley, Lindsey Windauer Amanda Judisch, Lynn Dobyms 58.8)	1:50.63
5	MOUNT PLEASANT (Danielle Hutchinson, Lindsay Scott Mallory Henderson, Allison Werner 58.9)	1:51.36
6	MONTICELLO (Emily Decker, Jen Tuetken Liz Lange, Amy Bagge 58.2)	1:51.84
7	CEDAR RAPIDS KENNEDY (RaeAnnon Fairlie, Alyssa Fischer Rachel Wharton, Lynnette Wilson)	1:52.33
8	WAUKEE (Maddie Romano, Jaymi Kragel Megan White, Chelsy Kemmet)	1:52.40

### E. Wayne Cooley Shuttle Hurdle Relay Finals

1	MASON CITY (Nicole Carroll, Danielle Hill Andrea Sellers, Kayla Sautter)	1:00.80 R
2	OWA CITY (Emily Triplett, Annie Fraga Tara Whiting, Maya Monitto-Webber)	1:02.66
3	OKOBOJI OF MILFORD (Alysa Klein, Tiffany Fisk Tricia Kremmin, Staci Vander Berg)	1:03.29
4	SOUTHEAST POLK OF RUNNELLS (Jenna Wilkin, Kelsey Host Heather Gilmore, Megan Nielsen)	1:03.57

RECORD: Old mark, 1:03.53, Iowa City High, 2002. IOWA ALL-TIME BEST:  
Old mark, 1:01.40, Burlington, 1979.

#### Heat 1

1	MASON CITY (Nicole Carroll, Danielle Hill Andrea Sellers, Kayla Sautter)	1:01.64 R Q
2	SOUTHEAST POLK OF RUNNELLS (Jenna Wilkin, Kelsie Host Heather Gilmore, Megan Nielsen)	1:03.17 Q
3	OKOBOJI OF MILFORD (Alysa Klein, Tiffany Fisk Tricia Kremmin, Staci Vander Berg)	1:03.21 Q
4	LE MARS GEHLEN (Leah Kluemper, Shannon Sitzmann Jacinta Ruhland, Des Campbell)	1:07.68

#### Heat 2

1	IOWA CITY WEST (Lindsay Freeman, Kristen Shaffer Christina Swift, Amanda Judisch)	1:04.88
2	BONDURANT-FARRAR (Kelsey Powell, Lauren Bucklin Ashley Schiermeister, Kimber Kunze)	1:04.95
3	CARROLL (Karyn Forke, Shellie Mosman Joy Carroll, Rachel Brincks)	1:07.40
	CENTRAL OF DEWITT (Maura McDermott, Alyssa Maher Kelly Menneke, Kelsey Steffens)	DQ--3/4 out of zone

### Heat 3

1	IOWA CITY	1:03.77 Q
	(Maya Monitto-Webber, Annie Fraga Tara Whiting, Emily Triplett)	
2	DUBUQUE HEMPSTEAD	1:04.64
	(Cali Lyons, Nichole Schnee Nina Schnee, Leah Timmerman)	
3	MOUNT PLEASANT	1:05.76
	(Cherie Nichting, Lindsey Boldt Anne Graber, Haley Sinn)	
4	BURLINGTON	1:06.22
	(Emily Ita, Natalie Standard Hannah Luttenegger, Jenna Caffrey)	

### Heat 4

1	WEST DELAWARE OF MANCHESTER	1:03.94
	(Abby Lahr, Ashten Stelken Amy Klostermann, Deb Durey)	
2	CAMANCHE	
	(Ashley Steines, Jodi Dobbins Tara Hoge, Cigi Low)	
3	CLINTON	1:05.62
	(Angie Hensel, Christine Eichmeier Jesse Hlubek, Kara Yahn)	
4	VALLEY OF WEST DES MOINES	1:10.68
	(Meggie Kanis, Lindsay Hoffman Ashley Coningsby, Sara Hawley)	

### High Jump Finals

1	Crystal Hanson, Roland-Story	12	5'07" (1.70m)
2	Andrea Masters, Emmetsburg-Graettinger	12	5'06" (1.68m)
3	Elizabeth Burquist, Alburnett	12	5'06" (1.68m)
4	Jenni Elbert, Laurens-Marathon	12	5'04" (1.63m)
5	Amy Kleinsmith, Mount Vernon-Lisbon	11	5'04" (1.63m)
6	Lindsey Boldt, Mount Pleasant	9	5'04" (1.63m)
7	Alison Dirks, Iowa City West	10	5'02" (1.57m)
7	Laura Tomes, Sioux City East	12	5'02" (1.57m)
7	Halley Carlson, Interstate 35 of Truro	11	5'02" (1.57m)
10	Alyssa Fischer, Cedar Rapids Kennedy	10	5'02" (1.57m)
10	Maria Montagna, West Liberty	12	5'02" (1.57m)
12	Jessica Statler, Cedar Rapids Prairie	9	5'02" (1.57m)
13	Renae Walker, Nevada	11	5'02" (1.57m)
13	Carissa Miller, Waco of Wayland	11	5'02" (1.57m)
15	Alicia Runge, North Kossuth of Swea City	9	5'00" (1.52m)
15	Lindsay Scott, Mount Pleasant	12	5'00" (1.52m)
17	Ashten Stelken, West Delaware of Manchester	10	5'00" (1.52m)
17	Rachel Sippy, Cedar Rapids Prairie	12	5'00" (1.52m)
	Jen Kempers, Unity Christian of Orange City	nh	
	Amber Morrison, Eddyville-Blakesburg	11	nh
	Kelli Dabroski, Maquoketa Valley of Delhi	10	nh

### Long Jump Finals

1	Angie Hensel, Clinton	12	17'11.25" (5.47m)
2	Laura Tomes, Sioux City East	12	17'08.50" (5.40m)
3	Amy Wulfekuhler, Storm Lake	12	17'08.50" (5.40m)
4	Angie Lageschulte, Battle Creek-Ida Grove	11	17'06.25" (5.34m)
5	LaNeisha Waller, Cedar Rapids Washington	11	17'05.75" (5.33m)
6	Stacy Butt, Northeast of Goose Lake	11	17'01.75" (5.23m)
7	Lindsey Swanson, Denison-Schleswig	9	17'01.00" (5.21m)
8	Cigi Low, Camanche		17'00.50" (5.19m)
9	Liz Bradfield, Cedar Falls	11	17'00.00" (5.18m)
10	Jamie Wieck, Hampton-Dumont	9	16'10.25" (5.14m)
11	Ashley Peters, Eldora-New Providence	12	16'09.75" (5.12m)
12	Lynnette Wilson, Cedar Rapids Kennedy	12	16'08.50" (5.09m)
13	Carly DuCharme, Iowa City Regina	10	16'08.25" (5.09m)

14	Sheena Sullivan, Charles City	12	16'06.50" (5.04m)
15	April Mech, Davenport North	12	16'06.00" (5.03m)
16	Camille Jordan, Iowa City	11	16'05.50" (5.02m)
17	Ashley Steines, Camanche	11	16'02.75" (4.95m)
18	Taylor Leichsenring, Clear Creek Amana	9	16'01.75" (4.92m)
19	Melissa Langhurst, Cedar Rapids Prairie	12	16'01.00" (4.90m)
20	Cortney Jacobs, Atlantic	11	16'00.75" (4.90m)
21	Jordan Snitker, Waukon	10	16'00.25" (4.88m)
22	Traci Priebe, Sumner	10	15'09.75" (4.82m)
23	Nicole Carroll, Mason City	11	14'01.50" (4.31m)
	Danielle Hutchinson, Mount Pleasant	12	fouls

### Shot Put Finals

1	Sheena James, Clinton	12	45'06.25" (13.87m)
2	Rachel Jansen, MOC-Floyd Valley	12	43'03.50" (13.20m)
3	Lee Holland, Sioux City West	12	41'03.50" (12.59m)
4	1:05. Ashley Simpson, Dubuque Hempstead	11	40'08.00" (12.40m)
5	Chelsey Keller, Fairfield	12	40'06.25" (12.35m)
6	Brandie Weih, Tipton	12	40'02.50" (12.26m)
7	Aphton Cook, Algona	12	39'06.50" (12.05m)
8	Johnna Gamble, Davenport West	12	38'06.00" (11.73m)
9	Micaela Mallet, Des Moines East	12	38'05.25" (11.72m)
10	Tami Magner, Waukon	11	38'03.75" (11.68m)
11	Maria Linnenenbrink, North Scott of Eldridge	12	37'08.50" (11.49m)
12	Katie Wilson, Glenwood	11	36'08.00" (11.18m)
13	Jackie Beitelspacher, Le Mars Gehlen	12	36'05.00" (11.10m)
14	Sarah Harms, Hampton-Dumont	11	36'04.75" (11.09m)
15	Kellie Price, Council Bluffs Lincoln	12	36'04.00" (11.07m)
16	Jessica Elliott, Iowa City	12	36'02.00" (11.02m)
17	Dani LuJan, Oelwein	11	36'00.00" (10.97m)
18	Holly Joens, Cedar Rapids Prairie	12	35'09.00" (10.90m)
19	Amy Waggoner, Marshalltown	11	35'09.00" (10.90m)
20	Amy Bechen, Ar-We-Va of Westside	12	35'08.50" (10.88m)
21	Angel Anderson, Davenport Central	12	35'08.00" (10.87m)
22	Jessica Bates, Indianola	11	35'08.00" (10.87m)
23	Audra Honeyman, Essex	12	34'07.75" (10.56m)
24	Kara Swingen, Forest City	11	32'11.00" (10.03m)

### Discus Finals

1	Rachel Jansen, MOC-Floyd Valley	12	138'04" (42.16m)
2	Amy Waggoner, Marshalltown	11	132'04" (40.34m)
3	Laura Hupp, Jefferson-Scranton	11	127'10" (38.96m)
4	Kellie Price, Council Bluffs Lincoln	12	122'05" (37.31m)
5	Katie Brown, Spirit Lake Park	9	121'08" (37.08m)
6	Jessica Elliott, Iowa City	12	119'09" (36.50m)
7	Micaela Mallet, Des Moines East	12	117'08" (35.86m)
8	Audra Ketelsen, Anamosa	10	115'09" (35.28m)
9	Katy Paxton, Albia	12	115'04" (35.15m)
10	Holly Joens, Cedar Rapids Prairie	12	114'09" (34.98m)
11	Katie Wilson, Glenwood	11	114'00" (34.75m)
12	Wendy Ausdemore, Tri-Center of Neola	10	113'00" (34.44m)
13	Amy Bechen, Ar-We-Va of Westside	12	112'06" (34.29m)
14	Sheena James, Clinton	12	112'02" (34.19m)
15	Wendy Milam, Cedar Rapids Washington	12	112'00" (34.14m)
16	Julie Wittrock, Boone	12	110'09" (33.76m)
17	Kristi Chapin, Sheldon	12	110'04" (33.63m)
18	Amanda Munson, Prairie City-Monroe	12	109'11" (33.50m)
19	Original Beckstrom, Kingsley-Pierson	12	109'03" (33.30m)
20	Katie Post, Independence	11	106'08" (32.51m)
21	KatyBeth Whited, Clarinda	11	104'06" (31.85m)
22	Laurie Trifone, Dubuque Wahlert	11	104'02" (31.75m)
23	Ellen Thys, HLV of Victor	11	103'00" (31.39m)
24	Joni Harpenau, St. Mary's of Remsen	12	92'03" (28.12)

