

2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 1A FINAL RESULTS

ATTENDANCE—Friday 10,457; Saturday 10,049 Total 20,457 (ALL RECORDS--old records: Friday--9,792 in 2001, Saturday--9,387 in 2003, Total--18,841 in 2001.

WEATHER—Friday—Sunny, hot and humid throughout first day program. 11 a.m. start: 80 degrees, 69% humidity and brisk winds from SW 15-20 mph. 4 p.m.: 87 degrees, 59% humidity wins 20-25 mph from SW, heat index 91.

Saturday—Rain and dark clouds at 8:30 a.m. start (thunderstorms earlier in morning): 68 degrees, near 100% humidity with winds at 15-20 from SW. High jump and wheelchair shot put moved indoors. With forecast of severe thunderstorms for mid to late afternoon the scheduled break was cancelled with the afternoon session started an hour early. 3 p.m. weather: 79 degrees, dark and cloudy skies with wind 14-16 mph from SW. Humidity 85%

TEAM SCORING

1	North Linn	32
1	Tri-Center	32
3	Valley Community	29
4	South Hamilton	25
5	Southern Cal	24
6	Ar--We-Va	22
6	Gehlen Catholic	22
6	Laurens-Marathon	22
9	West Hancock	18
10	Corning	16
11	Alta	14
11	Hubbard-Radcliffe	14
11	NU High Cedar Falls	14
14	Interstate 35	12.50
15	Galva-Holstein	11
15	Pekin	11
15	St. Albert Council Bluffs	11
18	IKM	10
18	Panorama	10
18	Treynor	10
21	Keota	9.50
22	West Sioux	9
23	Allison-Bristow	8
23	CAL-Dows	8
23	Central City	8
23	HLV	8
23	Rockwell City-Lytton	8
28	North Kossuth	7
28	Sumner	7
28	Woodbine	7
31	Charter Oak-Ute	6
31	CWL	6
31	Montezuma	6
34	Denver	4
34	Hinton	4
34	River Valley	4
37	Harmony	3
37	Riceville	3
37	West Central	3
37	Woodbury Central	3

41	Andrew	2
41	Boyer Valley	2
41	Glidden-Ralston	2
41	GMG	2
41	Kingsley-Pierson	2
41	New London	2
41	Storm Lake St. Mary's	2
41	Wapsie Valley	2
41	West Harrison	2
50	Belle Plaine	1
50	Coon Rapids-Bayard	1
50	Janesville	1
50	Prince of Peace Prep	1
50	Wall Lake View-Auburn	1
50	Wapello	1
	AHST	
	Akron-Westfield	
	Alburnett	
	Alden	
	Algona Garrigan	
	Aquinas/Marquette	
	Armstrong-Ringsted	
	Aurelia	
	BCLUW	
	BGM	
	Calamus-Wheatland	
	Central Lyon	
	Clarksville	
	Clay Central-Everly	
	Des Moines Christian	
	Earlham	
	East Buchanan	
	East Greene	
	East Marshall	
	East Union	
	Edgewood-Colesburg	
	English Valleys	
	Essex	
	Exira	
	Fredericksburg	
	George-Little Rock	

Greene
 Guthrie Center
 Iowa Mennonite
 Iowa Valley
 Lakeland
 Lamoni
 Lawton-Bronson
 Lenox
 Lineville-Clio/Mormon Trail
 Logan-Magnolia
 Madrid
 Manning
 Martensdale-St. Marys
 Midland
 MMC
 Moravia
 Newell-Fonda
 Nora Springs-Rock Falls
 North Central
 North Iowa
 Odebolt-Arthur
 Pleasantville
 Postville
 Remsen St. Mary's
 Remsen-Union
 Rockwell-Swaledale
 Schaller-Crestland
 SCMT
 Sentral
 Sigourney
 South Page
 Southeast Webster
 Spalding Catholic
 Springville
 Stanton
 Tri-County
 Tripoli
 Turkey Valley
 Twin Cedars
 Van Meter
 Ventura
 Villisca
 Waco
 Wayne
 WCL-Titonka
 Winfield-Mt. Union

100 Meter Dash Finals

1	Meredith Kosmacek, Tri-Center	SR	12.26
2	Ashley Granger, NU High Cedar Falls	SR	12.61
3	Katie Bierl, Ar-We-Va	SR	12.84
4	Becky Gesell, Riceville	FR	12.90
5	Nicole Cook, NU High Cedar Falls	JR	12.96
6	Jenny Kordick, Interstate 35	SO	13.00
7	Chelsey Jacobs, Allison-Bristow	SO	13.06
8	Lindsay Smith, New London	SR	13.15

Heat 1

1	Ashley Granger, NU High Cedar Falls	SR	12.79 Q
2	Katie Bierl, Ar-We-Va	SR	12.98 Q
3	Jenny Kordick, Interstate 35	SO	13.08 Q
4	Chelsey Jacobs, Allison-Bristow	SO	13.18 Q
5	Jenny Owens, Treynor	SR	13.37
6	Abbie Liljedahl, Essex	SO	13.54
7	Kristin McGlade, St. Albert CB	JR	13.74
8	Kristine Munden, Aurelia	FR	13.93

Heat 2

1	Becky Gesell, Riceville	FR	12.88 Q
2	Lindsay Smith, New London	SR	13.2338 Q
3	Lacy Christensen, Armstrong-Ringsted	SO	13.37
4	Kathryn Vornbrock, Remsen-Union	SR	13.51
5	Amy Dobbins, Sigourney	SO	13.55
6	Amber Aschinger, Wall Lake View-Auburn	JR	13.64
7	Allison Hoefling, MMC	JR	13.81
8	Deanna Schulz, CWL	SR	13.98

Heat 3

1	Meredith Kosmacek, Tri-Center	SR	12.50 Q
2	Nicole Cook, NU High Cedar Falls	JR	12.92 Q
3	Casey Balvanz, Hubbard-Radcliffe	JR	13.2391
4	Michelle Moore, East Buchanan	JR	13.34
5	Julie Hannigan, Boyer Valley	JR	13.53
6	Hannah Collins, Springville	SO	13.60
7	Jessica Rozenboom, Central Lyon	JR	13.71
8	Sarah Asberry, Exira	JR	13.98

200 Meter Dash Finals

1	Meredith Kosmacek, Tri-Center	SR	24.99
2	Ashley Granger, NU High Cedar Falls	SR	25.82
3	Katie Bierl, Ar-We-Va	SR	26.52
4	Chelsey Jacobs, Allison-Bristow	SO	26.56
5	Jenny Kordick, Interstate 35	SO	26.58
6	Ciara Murillo, Montezuma	SR	26.59
7	Abby Bagenstos, Galva-Holstein	SR	26.68
8	Becky Gesell, Riceville	FR	26.82

Heat 1

1	Becky Gesell, Riceville	FR	26.36 Q
2	Chelsey Jacobs, Allison-Bristow	SO	26.47 Q
3	Hannah Baker, Keota	SO	27.06
4	Lacy Christensen, Armstrong-Ringsted	SO	27.19
5	Nicole Cook, NU High Cedar Falls	JR	27.31
6	Kristine Munden, Aurelia	FR	28.03
7	Michelle Hartman, Prince of Peace Prep	FR	28.25
999	Katie Rasmussen, CWL	SO	FS

Heat 2

1	Ashley Granger, NU High Cedar Falls	SR	25.89 Q
2	Katie Bierl, Ar-We-Va	SR	26.27 Q
3	Abbie Liljedahl, Essex	SO	27.39
4	Lauren Reischl, Manning	SO	27.40
5	Michelle Moore, East Buchanan	JR	27.58
6	Jenna Malcom, Schaller-Crestland	SR	27.69
7	Gina Assmann, St. Albert CB	SR	27.88
8	Carissa Bentz, Boyer Valley	SO	27.91

Heat 3

1	Meredith Kosmacek, Tri-Center	SR	25.45 Q
2	Ciara Murillo, Montezuma	SR	26.59 Q
3	Abby Bagenstos, Galva-Holstein	SR	26.79 Q
4	Jenny Kordick, Interstate 35	SO	26.83 Q
5	Kelli Nelson, Exira	SR	27.51
6	Angie Latta, Madrid	SO	27.67
7	Amanda Jacobsen, Lawton-Bronson		28.17
8	Kathryn Vornbrock, Remsen-Union	SR	28.25

400 Meter Dash Finals

1	Deidre Hinkeldey, Alta	FR	58.76
2	Hannah Baker, Keota	SO	59.13
3	Kara McCartney, Valley Community	FR	59.73
4	Katie Heuer, Allison-Bristow	FR	1:00.60
5	Kala Kuhlmann, Charter Oak-Ute	SO	1:02.00
6	Rachel Shaw, Coon Rapids-Bayard	SR	1:02.94

7	Stacey Dietrich, HLV	FR	1:03.25
	Jessica Anderson, Ventura	SR	DNS

Heat 1

1	Hannah Baker, Keota	SO	1:00.11 Q
2	Jessica Anderson, Ventura	SR	1:00.81 Q
3	Rachel Shaw, Coon Rapids-Bayard	SR	1:02.49 Q
4	Jenny Roberts, Springville	SO	1:02.49
5	Amanda Heater, East Greene	SR	1:02.62
6	Jamie Ruba, Remsen St. Mary's	SR	1:02.73
7	Alisha Willey, West Harrison	SR	1:04.05
8	Tori Isenhour, Prince of Peace Prep	FR	1:05.46

Heat 2

1	Katie Heuer, Allison-Bristow	FR	1:00.19 Q
2	Kala Kuhlmann, Charter Oak-Ute	SO	1:00.59 Q
3	Kara McCartney, Valley Community	FR	1:00.59 Q
4	Clarissa Strickler, Moravia	SR	1:03.11
5	Justine Olsen, St. Albert CB	JR	1:03.25
6	Kelli Nelson, Exira	SR	1:03.37
7	Ashley Sorensen, Lakeland	JR	1:06.21
	Wendy Ausdemore, Tri-Center	JR	DNS

Heat 3

1	Deidre Hinkeldey, Alta	FR	59.06 Q
2	Stacey Dietrich, HLV	FR	1:01.79 Q
3	Brittany Valvick, North Kossuth	JR	1:02.53
4	Kaitlyn Clark, Van Meter	SO	1:02.61
5	Erika Hoehns, Twin Cedars	SR	1:02.71
6	Amanda Rapp, Alden	FR	1:03.30
7	Megan Rhode, Kingsley-Pierson	FR	1:03.83
8	Kelsey Brown, Wayne	SO	1:05.03

800 Meter Run Finals

1	Ellen Ries, North Linn	JR	2:14.45 J
2	Melissa Janning, Gehlen Catholic	SR	2:18.87
3	Sarah Johnston, Pekin	JR	2:20.69
4	Ariana Wolf, South Hamilton	JR	2:21.07
5	Tara Kilburg, Andrew	FR	2:21.45
6	Laura Jacobson, Galva-Holstein	SR	2:22.04
7	Kelli Krogman, Prince of Peace Prep	SO	2:22.40
8	Casey Huber, Denver	SR	2:23.35
9	Ashley Stevens, South Page	JR	2:25.22
10	Ashley Schilmoeller, Spalding Catholic	JR	2:25.99
11	Kori Yotter, Wapello	FR	2:26.22
12	Jill Wedeking, Schaller-Crestland	FR	2:26.34
13	Emily Brager, Ventura	JR	2:26.92
14	Elizabeth Hageman, Turkey Valley	SR	2:26.99
15	Carla Nieuwsma, Des Moines Christian	SO	2:28.49
16	Libby Vickers, Greene	SO	2:29.18
17	Jennifer Weiland, SCMT	SO	2:29.82
18	Kristy Van Eaton, Villisca	SO	2:30.61
19	Amanda Weaver, Martensdale-St. Marys	SO	2:30.73
20	Leslie Bremer, Lineville-Clio/Mormon Trail	SO	2:31.41
21	Sydney Gage, Janesville	SO	2:32.49
22	Paige Johnson, Guthrie Center	JR	2:32.57
23	Lori Tlach, West Hancock	FR	2:33.49
24	Sarah Greene, English Valleys	SR	2:35.53

1500 Meter Run Finals

1	Ellen Ries, North Linn	JR	4:48.59
2	Melissa Janning, Gehlen Catholic	SR	4:55.18
3	Casey Huber, Denver	SR	4:56.19
4	Sarah Johnston, Pekin	JR	4:57.64
5	Erica Stevens, Central City	SO	4:57.70
6	Alexia Dunlop, Woodbine	JR	4:57.84

7	Jessa Schweitzer, East Buchanan	SO	5:02.42
8	Stephanie Most, Corning	SO	5:05.32
9	Sarah Hamling, St. Albert CB	SR	5:07.26
10	Brittany Fischer, West Sioux	FR	5:07.75
11	Dacia Bushman, Valley Community	FR	5:08.75
12	Katie Engle, Kingsley-Pierson	SO	5:08.96
13	Jena Zaputil, Denver	SR	5:09.29
14	Alicia Fischer, Tri-Center	SO	5:11.84
15	Annette Gingerich, Iowa Mennonite	FR	5:12.67
16	Courtney Stoelk, Ar-We-Va	JR	5:16.52
17	Lori Tlach, West Hancock	FR	5:16.85
18	Michelle Klobassa, Riceville	FR	5:17.99
19	Sara Mohling, Fredericksburg	JR	5:18.21
20	Brooke Pottorff, Corning	JR	5:26.03
21	Shelby Beran, HLV	JR	5:28.27
22	Severie Orngard, Southeast Webster	FR	5:33.87
23	Libby Vickers, Greene	SO	5:39.86
24	Alison Brandenburg, Algona Garrigan	SO	5:43.93

3000 Meter Run Finals

1	Stephanie Most, Corning	SO	10:51.71
2	Erica Stevens, Central City	SO	10:53.34
3	Dacia Bushman, Valley Community	FR	11:01.78
4	Mallory Marshall, Harmony	SO	11:14.54
5	Katie Engle, Kingsley-Pierson	SO	11:14.77
6	Brittany Fischer, West Sioux	FR	11:14.78
7	Annette Gingerich, Iowa Mennonite	FR	11:19.41
8	Tana Colt, Akron-Westfield	FR	11:24.02
9	Rachel Sitzmann, Gehlen Catholic	SR	11:27.53
10	Jessa Schweitzer, East Buchanan	SO	11:27.79
11	Natalie Steichen, Remsen St. Mary's	SR	11:27.89
12	Sara Mohling, Fredericksburg	JR	11:30.73
13	Kelly Ipsen, Iowa Valley	FR	11:33.26
14	Emily Salberg, West Sioux	SR	11:34.27
15	Alicia Fischer, Tri-Center	SO	11:36.59
16	Brittany Schwartz, WCL-Titonka	SO	11:58.62
17	Libby Gemberling, Southern Cal	JR	12:05.47
18	Nikki Newbrough, East Marshall	SO	12:11.82
19	Katie Thielen, Manning	SO	12:15.65
20	Abbie Kotke, Fredericksburg	SO	12:16.42
21	Christina Blackford, Wayne	SR	12:19.38
22	Sarah Culp, Newell-Fonda	FR	12:22.06
23	Kelli Krogman, Prince of Peace Prep	SO	12:36.52
	Ashley Rodenburg, West Harrison	FR	DNF

100 Meter Hurdles Finals

1	Jacquelyn Schmidt, Laurens-Marathon	JR	15.09
2	Kristi Green, Southern Cal	JR	15.44
3	Jocelyn Kock, Ar-We-Va	FR	15.54
4	Shannon Sitzmann, Gehlen Catholic	SR	15.57
5	Sarah Ruffcorn, West Harrison	JR	15.68
6	Leah Kluemper, Gehlen Catholic	JR	15.78
7	Justine Martin, Valley Community	JR	15.90
8	Sami Crane, BGM	JR	16.12

Heat 1

1	Jacquelyn Schmidt, Laurens-Marathon	JR	15.53 Q
2	Leah Kluemper, Gehlen Catholic	JR	16.20 Q
3	Sami Crane, BGM	JR	16.27 Q
4	Alicia Runge, North Kossuth	SO	16.28
5	Jamie Leichty, Waco	JR	16.36
6	Megan Smith, Ventura	FR	16.89
7	Brittany Bothwell, West Harrison	SO	16.99

Heat 2

1	Jocelyn Kock, Ar-We-Va	FR	15.76 Q
2	Sarah Ruffcorn, West Harrison	JR	15.81 Q
3	Justine Martin, Valley Community	JR	15.97 Q
4	Mallory Peterson, East Union	SO	16.49
5	Catie Bobier, Akron-Westfield	JR	16.74
6	Erin Lagerquist, Alburnett	JR	16.83
7	Jessica Lantz, Stanton	FR	16.90
8	Becky Barrier, Tri-Center	FR	16.92

Heat 3

1	Kristi Green, Southern Cal	JR	15.67 Q
2	Shannon Sitzmann, Gehlen Catholic	SR	15.92 Q
3	Tiffany Bowling, Twin Cedars	JR	16.38
4	Kaitlin Buscher, Corning	JR	16.59
5	Jenni Elbert, Laurens-Marathon	SR	16.95
6	Mallory Gryp, HLV	SO	17.09
7	Shaylyn Wiarda, CAL-Dows	SO	17.21
8	Sam Manhart, Tri-Center	SO	17.39

400 Meter Hurdles Finals

1	Shaylyn Wiarda, CAL-Dows	SO	1:05.17
2	Deidre Hinkeldey, Alta	FR	1:05.21
3	Kala Kuhlmann, Charter Oak-Ute	SO	1:06.44
4	Anne Donat, West Central	FR	1:06.68
5	Rebecca Swalla, South Hamilton	SO	1:06.93
6	Angela Pritchard, West Hancock	SR	1:06.95
7	Katie Felderman, Andrew	SR	1:06.99
8	Jocelyn Kock, Ar-We-Va	FR	1:07.19
9	Bri Bohlen, Allison-Bristow	SR	1:07.55
10	Amanda Heater, East Greene	SR	1:07.56
11	Danielle Van Eaton, Villisca	JR	1:07.75
12	Becca Murray, Fredericksburg	JR	1:07.88
13	Shannon Sitzmann, Gehlen Catholic	SR	1:08.25
14	Tara Christensen, Hinton	SO	1:08.44
15	Megan Neeley, Lamoni	JR	1:09.28
16	Tiffany Bowling, Twin Cedars	JR	1:09.36
17	Melissa Caster, English Valleys	SR	1:10.02
18	Mel McCreight, Winfield-Mt. Union	FR	1:10.06
19	Halley Carlson, Interstate 35	SR	1:10.26
20	Kelli Kersten, Logan-Magnolia	JR	1:10.38
21	Sam Manhart, Tri-Center	SO	1:10.40
22	Angela Hartman, Prince of Peace Prep	SR	1:10.87
23	Chasity Lohmann, Tripoli	SR	1:11.67
24	Lisa Feuss, Armstrong-Ringsted	JR	1:12.79

High Jump Finals

1	Jenni Elbert, Laurens-Marathon	SR	5'08"
2	Alicia Runge, North Kossuth	SO	5'04"
3	Jamie Hagerman, Interstate 35	SO	5'04"
3	Julianna Klein, Keota	SO	5'04"
5	Amber Sporrer, Glidden-Ralston	SO	5'04"
6	Alicia Ford, Belle Plaine	SO	5'03"
7	Carissa Miller, Waco	JR	5'03"
8	Miranda Boekhout, MMC	SR	5'03"
9	Halley Carlson, Interstate 35	SR	5'03"
10	Jocelyn Kock, Ar-We-Va	FR	5'02"
11	Mary Puck, Manning	JR	5'02"
12	Addie McCreedy, Midland	SR	5'01"
12	Brittany Christopher, Janesville	SR	5'01"
14	Jessica McCoid, North Central	SO	5'01"
15	Kristi Green, Southern Cal	JR	5'00"
15	Tiffany King, Martensdale-St. Marys	SO	5'00"
17	Sarah Tighe, Panorama	SO	5'00"
17	Katie Felderman, Andrew	SR	5'00"

17	Tricia Copley, Lawton-Bronson	SO	5'00"
20	Stephanie Straight, Woodbine	JR	5'00"
999	Michaela Bennett, West Harrison	JR	nh
999	Jessica Anderson, Ventura	SR	nh
999	Mel McCreight, Winfield-Mt. Union	FR	nh

SERIES	5-0	5-1	5-2	5-3	5-4	5-5	5-6	5-7
<i>Elbert</i>	O	P	O	O	O	XO	O	O

	5-8	5-9
<i>Elbert</i>	O	XXX

Serues	5-0	5-1	5-2	5-3	5-4	5-5	5-6	5-7
<i>Runge</i>	O	XXO	XO	XO	O	XXX		
<i>Hagerman</i>	O	O	O	O	XO	XXX		
<i>Klein</i>	O	O	O	O	XO	XXX		
<i>Sporrer</i>	O	XO	XO	XO	XO	XXX		
<i>Ford</i>	O	O	XO	XO	XXX			
<i>Miller</i>	XO	O	XO	XO	XXX			
<i>Boekhout</i>	XO	XO	XO	XXO	XXX			
<i>Carlson</i>	XO	XO	XXO	XXO	XXX			
<i>Kock</i>	O	O	XO	XXX				
<i>Puck</i>	XO	XO	XXO	XXX				
<i>McCreedy</i>	O	XXO	XXX					
<i>Christopher</i>	O	XXO	XXX					
<i>McCoid</i>	XO	XXO	XXX					
<i>Green</i>	O	XXX						
<i>King</i>	O	XXX						
<i>Tighe</i>	XO	XXX						
<i>Felderman</i>	XO	XXX						
<i>Copley</i>	XO	XXX						
<i>Straight</i>	XXO	XXX						
<i>Bennett</i>	XXX							
<i>Anderson</i>	XXX							
<i>McCreight</i>	XXX							

1A Long Jump Finals

1	Abby Bagenstos, Galva-Holstein	SR	17'07.75"
2	Katie Rasmussen, CWL	SO	17'03.75"
3	Kelsey Hake, South Hamilton	SO	17'01.50"
4	Amber Hejlik, West Hancock	SR	17'00.00"
5	Lindsay Clausen, Storm Lake St. Mary's	SR	16'10.00"
6	Brittany Valvick, North Kossuth	JR	16'09.75"
7	Hannah Baker, Keota	SO	16'03.25"
8	Jenny Owens, Treynor	SR	16'00.75"
9	Cassie Dean, New London	FR	15'09.00"
10	Bria Ditsworth, Rockwell-Swaledale	SO	15'06.25"
11	Tracie Priebe, Sumner	JR	15'05.25"
12	Kelli Nelson, Exira	SR	15'04.75"
13	Megan Lahann, Calamus-Wheatland	FR	15'04.50"
14	Erin Redlinger, Winfield-Mt. Union	SO	15'02.50"
15	Abby Richardson, Storm Lake St. Mary's	FR	15'01.50"
16	Sarah Garrett, Southern Cal	JR	15'00.00"
17	Ashley Baxter, West Harrison	SR	14'11.50"
18	Becky Tecken, George-Little Rock	SR	14'11.25"
19	Katie Bierl, Ar-We-Va	SR	14'11.25"
20	Deidre Hinkeldey, Alta	FR	14'10.50"
21	Shelley Brown, Lenox	SR	14'08.50"
22	Whitney Pralle, CAL-Dows	SR	14'06.50"
23	Ashley Markussen, Clarksville	FR	12'06.25"
	Meredith Kosmacek, Tri-Center	SR	fouls

SERIES								
<i>Bagenstos</i>	<i>foul</i>	15'09.25"	15'11.50"	16'07.25"	15'06.75"	17'07.75"		
<i>Rasmussen</i>	<i>foul</i>	17'00.25"	17'03.75"	<i>foul</i>	16'00"	<i>foul</i>		

Hake	16'02.25	16'05.50	17'01.25	15'09.50	16'06.50	16'05.00
Hejlik	15'07.50	16'02.75	16'03.75	16'00.25	foul	17'00.00
Clausen	foul	16'09.50	16'10.00	foul	foul	foul
Valvick	16'02.25	16'09.75	16'00.00	16'07.75	foul	15'11.00
Baker	16'00.00	15'03.25	15'07.00	16'03.25	16'01.50	foul
Owens	foul	15'07.75	15'11.75	16;00.75	1508.25	15'05.25
Dean	15'05.25	15'03.00	1506.75	foulll	15'06.50:	15'09.00
Ditsworth	15'06.25	15'02.75	14'01.25			
Priebe	15'05.125	15'02.25	14'10.00'			
Nelson	foul	15'00.75	15'04.75			
Lahann	14'06.75	15'04.50	foul			
Redlinger	15'02150	foul	foul			
Richardson	14'08.75	15'01.50	14'09.75			
Garrett	14'01.25	15'00.00	14'09.75			
Baxter	foul	14'11.50	foul			
Tecken	14'06.75	14'11.25	foul			
Bierl	14'11.25	foul	14'02.75			
Hinkeldey	foul	14'10.50	foul			
Brown	13'09.75	14'06.50	14'08.50			
Pralle	14'02.50	14'06.50	foul			
Markussen	foul	foul	12'06.25			
Kosmacek	foul	foul	foul			

Shot Put Finals

1	Jill Johnson, Rockwell City-Lytton	SR	39'06.25"
2	Holly Rader, Sumner	SR	38'09.50"
3	Kayla Knaack, River Valley	SR	38'05.25"
4	Katie Smith, Woodbury Central	SR	37'04.25"
5	Pam Rodgers, GMG	JR	37'04.00"
6	Tiffany Webb, Wapello	SR	37'03.25"
7	Amanda Richardson, Winfield-Mt. Union	JR	36'04.50"
8	Britta Christofferson, Exira	SO	35'07.75"
9	Stephanie Eekhoff, Akron-Westfield	JR	34'10.50"
10	April Houston, Charter Oak-Ute	SO	34'10.00"
11	Amber Price, AHST	SO	33'11.00"
12	Andrea Larsen, Newell-Fonda	JR	33'08.50"
13	Katie Harmon, Tri-Center	SO	33'08.25"
14	Kady Bram, Rockwell-Swaledale	JR	33'06.00"
15	Sara Peterson, Andrew	SR	33'01.25"
16	Wendy Ausdemore, Tri-Center	JR	33'00.75"
17	Rebecca Koehn, Tri-County	SO	32'11.75"
18	Rachel Nelson, Fredericksburg	FR	32'11.00"
19	Amanda Bryant, Treynor	JR	32'10.50"
20	Alesha Riley, Lakeland	SR	32'06.00"
21	Nicole Ross, East Greene	FR	31'10.00"
22	Allissa Hopkins, Earlham	SR	31'09"
23	Jordan Balfour, Corning	SO	31'04.50"
24	Amanda Hart, Pekin	SO	29'07.00"

Series						
Johnson	37'01.25	36'04.25	39;06.25	37'06.25	36'02.50	36'05.50
Rader	38'08.25	36'11.00	foul	foul	38'09.50	38'09.50
Knaack	37'06.50	35'01.25	36'05.25	35'11.25	37'01	38'05.25
Smith	36'03.00	36'03.25	34'02.25	35'01.25	35'04.50	37'04.25
Rogers	34'06.00	34'10.75	37'02.00	35'07.25	35'09.50	37'04.00
Webb	34'09.50	37'01.00	37'03.25	foul	34'03.00	36'07.00
Richardson	33'04.50	36'04.50	35'05.50	34'05.50	35'08.25	33'09.75
Christof--	34'10.50	34'08.25	34'05.75	38'05.00	35'07.75	33'10.25
Eekhoff	33'01.00	33'0675	34'10.50	33'01.75	33'07.00	33'11.75
Houston	34'10.00	foul	32'02.00			
Price	31'11.50	33'11.00	32'05.00			
Larsen	32'07.75	32'10.00	33'08.25			
Harmon	33'01.50	33'08.25	32'05.25			
Bram	33'06.00	32'06.00	32'09.00			
Peterson	31'03.75	32'04.25	33'01.25			

Ausdemore	foul	33'00.75	29'09.00
Koehn	32'05.50	foul	32'11.75
Nelson	32'00.25	32'11.00	31;11.75
Bryant	32'10.50	32'08.00	31'10.50
Riley	32'06.00	31'06.50	29;05.25
Ross	foul	30'07.00	31'10.00
Hopkins	31'06.50	31;07.75	31'09.00
Balfour	31'04.50	28'04.50	30;04.75
Hart	28'03.00	29'07.00	foul

Discus Finals

1	Wendy Ausdemore, Tri-Center	JR	137'11"
2	Molly Rawson, North Linn	SR	131'04"
3	Jordan Balfour, Corning	SO	130'09"
4	Crystal Cooley, Valley Community	SR	126'07"
5	Ellen Thys, HLV	SR	123'00"
6	Megan Neidert, Sumner	JR	114'02"
7	Alesha Riley, Lakeland	SR	112'02"
8	Lindsey Schuler, Treynor	SO	111'03"
9	Pam Rodgers, GMG	JR	110'08"
10	Amanda Richardson, Winfield-Mt. Union	JR	109'01"
11	Rachel Nelson, Fredericksburg	FR	106'06"
12	Rebecca Koehn, Tri-County	SO	105'10"
13	Betsy Derner, Panorama	FR	105'08"
14	Lindsey Croghan, Manning	SO	105'00"
15	Heather Knapp, Greene	SR	104'00"
16	Andrea Larsen, Newell-Fonda	JR	102'07"
17	Tara Cullen, Aquinas/Marquette	JR	100'07"
18	Carissa Bentz, Boyer Valley	SO	100'06"
19	Holly Rader, Sumner	SR	099'08"
20	Katie Van Wyhe, Central Lyon		99'02"
21	Amanda Hart, Pekin	SO	97'02"
22	Courtney Landers, Greene	JR	94'06"
23	Jennifer Richey, Corning	SO	84'05"
24	Sarah Germann, Gehlen Catholic	FR	81'06"

Series

Ausdemore	137'00	125'11	131'04	133'00	130'04	137'11
Rawson	131'04	111'08	113'08	110'00	126'10	112'08
Balfour	110'08	127'00	110'08	115'09	130'09	121'06
Cooley	123'07	foul	126'07	foul	foul	foul
Thys	116'08	123'00	foul	114'11	118'01	121'03
Neidert	109'03	113'03	105'10	099'05'	114'02	109'04
Riley	106'04	112'02	099'11	103'00	106'03	099'05
Schuler	foul	111'03	109'08	101'09	103'03	106'07
Rodgers	107;02	110'08	foul			
Richardson	107'01	104'11	109'01			
Nelson	096'02	098'08	106'06			
Koehn	105'10	foul	101'05			
Demeer	105'08	100'07	095'01			
Croghan	091'02	foul	103'00			
Knapp	foul	104'00	091'02			
Larsen	098'00	099;11	102'07			
Cullen	097'05	100;07	091'11			
Bentz	100'06	089;01	087'07			
Rader	099;08	f9ul	092'02			
Van Whye	097'02	099;02	094'04			
Hart	091'06	097'02	091'03			
Landers	082'11	094;06	foul			
Richey	080'08	084'05	083'04			
Germann	068'06	081'06	foul			

4x100 Meter Relay Finals

1 PANORAMA	50.42
(Kaylinn Hoyt, Sarah Tighe Lindsie Leib, Whitney Sayre)	
2 TRI-CENTER	50.90
(Becky Barrier, Missy Barrier Amy Nanninga, Meredith Kosmacek)	
3 HUBBARD-RADCLIFFE	51.00
(Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)	
4 MONTEZUMA	51.32
(Amber Smith, Alexa Murillo Jenna Durr, Ciara Murillo)	
5 NEW LONDON	51.37
(Cassie Dean, Whitney Gilleard Courtney Holtkamp, Lindsay Smith)	
6 ST. ALBERT CB	51.83
(Kristin McGlade, Ashley Petersen Justine Olsen, Beth Hambling)	
7 SOUTHERN CAL	52.27
(Sarah Garrett, Lindsay Steinkamp Nicole Wiederin, Danni Richardson)	
8 CLAY CENTRAL-EVERLY	52.39
(Katy Kuester, Kayla Goodchild Lacey Sether, Jennifer Parsons)	

Heat 1

1 PANORAMA	51.04 Q
(Kaylinn Hoyt, Sarah Tighe Lindsie Leib, Whitney Sayre)	
2 ST. ALBERT CB	51.8142 Q
(Kristin McGlade, Ashley Petersen Justine Olsen, Beth Hambling)	
3 LAURENS-MARATHON	52.26
(Jacquelyn Schmidt, Jenni Elbert Kristi Brechler, Ashlie Brazel)	
4 WALL LAKE VIEW-AUBURN	52.60
(Christina Lamaak, Lindsey Trost Abby Brotherton, Amber Aschinger)	
5 CORNING	52.97
(Stephanie Reagan, Kaitlin Buscher Alisha Loghry, Melanie Roberts)	
6 PEKIN	52.99
(Gina Krier, Amanda Mosinski Brittainey Sieren, Nina Hornback)	
7 ODEBOLT-ARTHUR	53.53
(Shelby Veit, Brenda Stickrod Catlin Thompson, Courtney Schroeder)	
8 GEORGE-LITTLE ROCK	54.00
(Kim Krull, Becky Tecken Tina Kruger, Ashley Schoo)	

Heat 2

1 NEW LONDON	51.8114 Q
(Cassie Dean, Whitney Gilleard Courtney Holtkamp, Lindsay Smith)	
2 MONTEZUMA	51.83 Q
(Amber Smith, Alexa Murillo Jenna Durr, Ciara Murillo)	
3 TRI-CENTER	51.83 Q
(Becky Barrier, Missy Barrier Amy Nanninga, Meredith Kosmacek)	
4 NORTH KOSSUTH	52.71
(Erica Grathwohl, Alicia Runge Tab Carlson, Brittany Valvick)	

5 NORA SPRINGS-ROCK FALLS	52.81
(Rachel Pike, Sarah Clarkson Andrea Hofler, Whitney Walker)	
6 NORTH LINN	53.08
(Kristin Doyle, Amy Schatzle Trudee Gorsh, Nikki Pasker)	
7 WEST HARRISON	53.16
(Victoria Turnage, Alisha Willey Ashley Baxter, Sarah Ruffcorn)	
8 WINFIELD-MT. UNION	53.70
(Nicole Wyss, Erin Redlinger Missy McElhinney, Kim Huston)	

Heat 3

1 HUBBARD-RADCLIFFE	51.65 Q
(Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)	
2 SOUTHERN CAL	51.80 Q
(Sarah Garrett, Lindsay Steinkamp Nicole Wiederin, Danni Richardson)	
3 CLAY CENTRAL-EVERLY	52.24 Q
(Katy Kuester, Kayla Goodchild Lacey Sether, Jennifer Parsons)	
4 EXIRA	52.54
(Kelli Nelson, Katie Nielson Blair Johannes, Sarah Asberry)	
5 MMC	52.68
(Cheyenne Beck, Allison Hoefling Lindsey Hauschildt, Miranda Boekhout)	
6 GMG	52.68
(Jordan Hlas, Monica Eipperle Brittany Raymond, Ashley Mullins)	
7 EAST UNION	53.07
(Mallory Peterson, Jessie Weis Nikki Huntington, Samantha Hensel)	
8 ALBURNETT	53.13
(Kaitlin Johnston, Laura French Rachel Rairdin, Alina Knoll)	

4x200 Meter Relay Finals

1 AR-WE-VA	1:45.71
(Jocelyn Kock, Ashley Neumann Courtney Stoelk, Katie Bierl)	
2 HUBBARD-RADCLIFFE	1:46.95
(Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)	
3 IKM 1:47.04	
(Kayla Gaskill, Margo Muhlbauer Becky Graeve, Christin Kloewer)	
4 TREYNOR	1:47.46
(Katie Hanner, Jenny Owens Jana Trede, Laura Leber)	
5 WEST HANCOCK	1:48.57
(Amber Hejlik, Sarah Swanson Sarah Everett, Holly DeGeus)	
6 MONTEZUMA	1:48.62
(Amber Smith, Jessica Sutfin Alexa Murillo, Ciara Murillo)	
7 SOUTHERN CAL	1:49.21
(Sarah Garrett, Bekah Corkrean Libby Gemberling, Danni Richardson)	
8 ALGONA GARRIGAN	1:49.34
(Abbie Bradley, Jenna Kollasch Miranda Boekelman, Lindsay Becker)	

Heat 1	
1 TREYNOR	1:48.04 Q (Katie Hanner, Jenny Owens Jana Trede, Laura Leber)
2 HUBBARD-RADCLIFFE	1:48.98 Q (Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)
3 ALGONA GARRIGAN	1:50.66 Q (Abbie Bradley, Jenna Kollasch Miranda Boekelman, Lindsay Becker)
4 ARMSTRONG-RINGSTED	1:51.54 (Sam Iris, Megan Tonderum Lisa Feuss, Lacy Christensen)
5 EDGEWOOD-COLESBURG	1:51.56 (Michelle Gleason, Tiffany Dugan Brandy Dugan, Amanda Lincoln)
6 MMC	1:51.64 (Cheyenne Beck, Allison Hoefling Lindsey Hauschildt, Miranda Boekhout)
7 ALBURNETT	1:51.73 (Kaitlin Johnston, Laura French Rachel Rairdin, Alina Knoll)
8 ROCKWELL-SWALEDALE	1:53.80 (Bria Ditsworth, Jena Bamrick Sarah Haag, Kady Bram)
Heat 2	
1 AR-WE-VA	1:44.79 Q (Jocelyn Kock, Ashley Neumann Courtney Stoelk, Katie Bierl)
2 SOUTHERN CAL	1:48.80 Q (Sarah Garrett, Bekah Corkrean Libby Gemberling, Danni Richardson)
3 WEST HANCOCK	1:49.10 Q (Amber Hejlik, Sarah Swanson Sarah Everett, Holly DeGeus)
4 PANORAMA	1:50.71 (Kaylinn Hoyt, Sarah Tighe Lindsie Leib, Whitney Sayre)
5 CENTRAL LYON	1:50.91 (Jessica Rozenboom, Nicole Herbert Megan Folkens, Amber Boogerd)
6 GEORGE-LITTLE ROCK	1:50.95 (Tina Kruger, Katie Meyerhoff Becky Tecken, Samantha Jurrens)
7 INTERSTATE 35	1:51.87 (Sarah DeAngelis, Caitlin Proudfoot Katie Beeler, Maggie Downs)
8 VAN METER	1:52.75 (Elizabeth Aldrich, Mary Beth Bell Candi Belz, Kaitlyn Clark)
Heat 3	
1 IKM	1:48.61 Q (Kayla Gaskill, Margo Muhlbauer Becky Graeve, Christin Kloewer)
2 MONTEZUMA	1:49.55 Q (Amber Smith, Jessica Sutfin Alexa Murillo, Ciara Murillo)
3 WINFIELD-MT. UNION	1:50.91 (Nicole Wyss, Mel McCreight Sheila Finnell, Kate Reynolds)
4 BOYER VALLEY	1:51.23 (Julie Hannigan, Becky Heller Juli Christiansen, Carissa Bentz)
5 LENOX	1:52.05 (Chelsi Brown, Bethany Kinker Shelley Brown, Becky Schweers)

6 PEKIN	1:52.08 (Gina Krier, Amanda Hart Nina Hornback, Amanda Mosinski)
7 NEW LONDON	1:52.12 (Cassie Dean, Jackie Swailes Courtney Holtkamp, Lindsay Smith)
8 TURKEY VALLEY	1:54.41 (Beth Schaufenbuel, Sarah Nolte Samantha Drilling, Erica Smith)

4x400 Meter Relay Finals

1 WEST HANCOCK	4:04.30 (Sarah Everett 61.4, Angela Pritchard 61.5 Amber Hejlik 60.9, Allyson Siegrist 60.5)
2 SOUTH HAMILTON	4:05.11 (Kelsey Hake 63.6, Kyli Hake 60.7 Rebecca Swalla 60.8, Ariana Wolf 60.0)
3 INTERSTATE 35	4:05.15 (Jamie Hagerman, Katie Beeler Maggie Downs, Jenny Kordick)
4 IKM	4:06.17 (Michelle Graeve, Kayla Gaskill Margo Muhlbauer, Christin Kloewer)
5 ALLISON-BRISTOW	4:07.33 (Chelsey Jacobs, Katie Heuer Bri Bohlen, Erin Brocka)
6 PRINCE OF PEACE PREP	4:14.36 (Michelle Hartman, Angela Hartman Tori Isenhour, Kelli Krogman)
7 SCHALLER-CRESTLAND	4:15.00 (Amy Wedeking, Jill Wedeking Monica Bloyer, Jenna Malcom)
8 HLV	4:18.16 (Rachel Pirkl, Steph Beran Alyssa McGrory, Stacey Dietrich)

Heat 1

1 INTERSTATE 35	4:09.84 Q (Jamie Hagerman 63.2, Katie Beeler 64.1 Maggie Downs 62.7, Jenny Kordick 61.3)
2 ALLISON-BRISTOW	4:10.18 Q (Chelsey Jacobs 59.7, Katie Heuer 62.5 Bri Bohlen 65.2, Erin Brocka 62.7)
3 HLV	4:11.80 Q (Rachel Pirkl 63.6, Steph Beran 64.1 Alyssa McGrory 62.6, Stacey Dietrich 61.3)
4 HINTON	4:11.81 (Tara Christensen 63.2, Megan Hawthorne 64.9 Kaylee Small 62.1, Delainye Hardersen 61.6)
5 TREYNOR	4:12.24 (Danielle Haynes 64.7, Katie Hanner 62.7 Lea Hartigan 65.1, Laura Leber 59.7)
6 VALLEY COMMUNITY	4:13.78 (Erin Moore, Jessica Butikofer Annie Olson, Kara McCartney 61.3)
7 TWIN CEDARS	4:16.82 (Erika Hoehns 63.6, Alyssa Gilkerson 64.4 Kyley Swayne 66.6, Tiffany Bowling 62.2)
8 STANTON	4:22.11 (Rachel Bruning, Cyndi Johnson Jodie Elwood, Carrie Hallquist)
Heat 2	
1 SOUTH HAMILTON	4:08.33 Q (Kelsey Hake 64.9, Kyli Hake 60.9 Rebecca Swalla 61.2, Ariana Wolf 61.3)

2 PRINCE OF PEACE PREP	4:11.03 Q
(Michelle Hartman 52.9, Angela Hartman 60.2 Tori Isenhour 63.7, Kelli Krogman 64.1)	
3 SCHALLER-CRESTLAND	4:11.52 Q
(Amy Wedeking 64.1, Jill Wedeking 63.4 Monica Bloyer 62.9, Jenna Malcom 61.1)	
4 CWL	4:16.68
(Deanna Schulz 65.8, Dani Sonius 67.0 Lacy Kramer 62.6, Katie Rasmussen 61.0)	
5 JANESVILLE	4:16.96
(Brittany Christopher 64.4, Sam Reid 68.1 Sydney Gage 63.5, Beth Dove 61.0)	
6 ROCKWELL-SWALEDAL	4:21.00
(Bria Ditsworth 65.8, Steph Borcherding 64.7 Kelsey Kuhlemeier 65.8, Mindi Watters 64.7)	
7 PLEASANTVILLE	4:23.80
(Cassie Stecker 64.6, Afton Clark 67.0 Michelle McDaniel 67.6, Dani Sexton 64.5)	
8 BCLUW	4:24.86
(Mallory Heitmeyer 66.8, Jaci Morris 66.5 Marcie Hauser 67.2, Chelsea Quinn 64.7)	
Heat 3	
1 WEST HANCOCK	4:09.07 Q
(Sarah Everett 63.0, Angela Pritchard 62.0 Amber Hejlik 61.5, Allyson Siegrist 62.50)	
2 IKM	4:10.42 Q
(Michelle Graeve 64.1, Kayla Gaskill 63.0 Margo Muhlbauer 61.5, Christin Kloewer 61.9)	
3 STORM LAKE ST. MARY'S	4:13.58
(Michelle Drey 66.1, Maggie Lange Abby Richardson, Kassie Drey 61.7)	
4 ALGONA GARRIGAN	4:13.67
(Kelly Schmidt 65.0, Maria Kohlhaas 62.0 Miranda Boekelman 64.7, Abbie Bradley 61.0)	
5 GALVA-HOLSTEIN	4:19.64
(Ashley McGuire, Allie Egger Laura Jacobson, Abby Bagenstos)	
6 VENTURA	4:20.14
(Megan Smith 65.9, Emily Brager 65.1 Bobbi Jo Imhoff 67.6, Jessica Anderson 61.5)	
7 ANDREW	4:20.84
(Adleigh Schwager 65.7, Brook Sommers 68.3 Katie Felderman 63.8, Tara Kilburg 63.0)	
8 FREDERICKSBURG	4:21.14
(Christine Dowd, Katie Bormann Heather Goodrich, Becca Murray)	

4x800 Meter Relay Finals

1 VALLEY COMMUNITY	9:53.25
(Tonya Lehmann 2:31.7, Jessica Butikofer 2:28.8 Dacia Bushman 2:28.4, Kara McCartney 2:24.3)	
2 WEST SIOUX	9:57.45
(Brittany Fischer 2:29.7, Rachel Pickner 2:39.8 Emily Salberg 2:22.5, Kayla Weerheim 2:25.4)	
3 WOODBINE	9:59.59
(Mary Smith, Stephanie Straight Jessica Kowalsky, Alexia Dunlop)	
4 HINTON	10:03.56
(Jamie Vander Kooi 2:35.3, Megan Hawthorne 2:36.6 Delainye Hardersen 2:28.0, Kaylee Small 2:23.6)	
5 WAPSIE VALLEY	10:04.26
(Alana Wittenburg 2:25.9, Lindsey Kuhlmann Kira Matthias, Kelli Kuker)	

6 JANESVILLE	10:08.72
(Beth Dove 2:31.1, Michelle Burns 2:44.7 Nikki Gamble 2:28.5, Sydney Gage 2:24.0)	
7 ST. ALBERT CB	10:09.66
(Justine Olsen 2:31.2, Kristin Kennebeck 2:41.8 Abby Jaras 2:32.0, Sarah Hamling 2:24.6)	
8 TREYNOR	10:10.31
(Katie Hanner, Danielle Haynes Laura Saar 2:28.9, Jana Trede 2:33.2)	
9 GREENE	10:10.87
(Kristen O'Brien, Sara Mouw 2:32.9 Melissa Majewski, Libby Vickers 2:28.1)	
10 STANTON	10:16.96
(Cyndi Johnson 2:33.4, Heather Woodworth 2:43.3 Rachel Bruning 2:32.3, Carrie Hallquist 2:27.9)	
11 AR-WE-VA	10:18.11
(Ashley Neumann, Nicole Riesselman Jill Klalbunde, Courtney Stoelk)	
12 CORNING	10:18.43
(Becky Vanik 2:33.3, Amanda Pottorff 2:39.6 Brooke Pottorff 2:32.9, Stephanie Most 2:32.6)	
13 ENGLISH VALLEYS	10:18.82
(Sarah Greene, Maddie Greene Korie Lown, Melissa Caster 2:30.3)	
14 HLV	10:18.95
(Steph Beran, Kelsey Leigh Shelby Beran, Alyssa McGrory)	
15 ALTA	10:19.82
(Liza Lichtenberg, Katie Connolly Jahde Hammer, Deidre Hinkeldey)	
16 CALAMUS-WHEATLAND	10:20.74
(Sarah Hart, Nicole Hermiston Karen Hart, Megan Lahann)	
17 WACO	10:21.21
(Angela Koch, Yvonne Hooley Amanda Jepson, Carissa Miller)	
18 SENTRAL	10:21.43
(D.J. Meyer, Caitlyn Nerem Caitlin Pixler, Brittany Preston)	
19 BCLUW	10:21.48
(Mallory Heitmeyer, Kacie Dielschneider Marcie Hauser, Chelsea Quinn)	
20 MARTENSDALE-ST. MARYS	10:22.87
(Sam Turnbull, Melissa Parker Kate Dembinski, Amanda Weaver)	
21 NORTH LINN	10:28.32
(Alisha Dake, Lauren Robinson Jessica Ondler, Samantha Ford)	
22 NORTH IOWA	10:36.93
(Sophia Rodriguez, Allison Van Gerpen Kalli Elman, Mara Van Hove)	
23 SPRINGVILLE	10:39.53
(Julie Collins, Lindsay Anderson Jenny Roberts, Jessie Schmidt)	
24 COON RAPIDS-BAYARD	10:42.19
(Rachel Shaw, Laura Meinders Jessica McClellan, Ashley Deeth)	

Sprint Medley Relay Finals

1 ST. ALBERT CB	1:52.03
(Kristin McGlade, Ashley Petersen Beth Hambling, Gina Assmann 59.0)	
2 SOUTHERN CAL	1:53.53
(Sarah Garrett, Lindsay Steinkamp Kristi Green, Libby Gemberling 61.1)	

3 TREYNOR	1:54.36
(Anna Waymaster, Jana Trede Jenny Owens, Laura Leber 59.0)	
4 HLV	1:54.61
(Kacie Herzberg, Mallory Gryp Rachel Pirkel, Stacey Dietrich 59.3)	
5 BOYER VALLEY	1:54.66
(Juli Christiansen, Nicole Stessman Julie Hannigan, Carissa Bentz 60.8)	
6 WALL LAKE VIEW-AUBURN	1:55.11
(Angela Rohde, Lindsey Trost Abby Brotherton, Amber Aschinger 60.7)	
7 STORM LAKE ST. MARY'S	1:55.25
(Lindsay Clausen, Marisha Imming Maggie Lange, Kassie Drey 60.8)	
8 WEST HANCOCK	1:55.38
(Rachel Nielsen, Mary Mallen Holly DeGeus, Allyson Siegrist 60.4)	
9 ALGONA GARRIGAN	1:55.79
(Lisa Thilges, Jenna Kollasch Lindsay Becker, Maria Kohlhaas 61.1)	
10 NORTH IOWA	1:55.87
(Brooke Berg, Kristine Keil Katie Milbrandt, Kelly Frerichs 61.6)	
11 SPRINGVILLE	1:56.07
(Jessica Morgan, Liz Malloy Jenny Roberts, Hannah Collins)	
12 SCHALLER-CRESTLAND	1:56.69
(Andrea Cook, Monica Bloyer Jenna Malcom, Amy Wedeking 62.3)	
13 WEST CENTRAL	1:56.75
(Abby Wedemeier, Tiffany Steffen Caitlin Niggemeyer, Anne Donat 61.1)	
14 RICEVILLE	1:57.08
(Morgan Koenigs, Michelle Klobassa Becky Gesell, Clara Back 62.6)	
15 ALLISON-BRISTOW	1:57.15
(Kayla Krull, Malory Brace Bri Bohlen, Erin Brocka 59.8)	
16 VAN METER	1:57.90
(Hannah Riedemann, Laina Anderson Mary Beth Bell, Candi Belz 61.0)	
17 MONTEZUMA	1:58.56
(Taryn Heishman, Jenna Durr Alexa Murillo, Jessica Suffin)	
18 PANORAMA	1:58.89
(Kaylinn Hoyt, Lindsie Leib Whitney Sayre, Sarah Tighe 65.4)	
19 CENTRAL LYON	1:59.11
(Jessica Rozenboom, Megan Folkens Nicole Herbert, Amber Boogerd 63.6)	
20 EAST BUCHANAN	1:59.64
(Liz Rock, Alyssa Wolfe Jessa Schweitzer, Kara Beatty 65.4)	
21 GEORGE-LITTLE ROCK	2:00.11
(Tina Kruger, Ashley Schoo Becky Tecken, Samantha Jurrens 64.6)	
22 CORNING	2:00.74
(Stephanie Reagan, Melanie Roberts Alisha Loghry, Becky Vanik 65.2)	
23 EAST UNION	2:02.65
(Mallory Peterson, Samantha Hensel Jessie Weis, Nikki Huntington 67.8)	
ALBURNETT	DQ--3/4 ooz
(Kaitlin Johnston, Laura French Rachel Rairdin, Alina Knoll 61.6)	

Distance Medley Relay Finals

1 NORTH LINN	4:14.05
(Kristin Doyle, Amy Schatzle Lauren Robinson 63.1, Ellen Ries 2:13.7)	
2 SOUTH HAMILTON	4:14.73
(Kelsey Hake, Kyli Hake Rebecca Swalla 60.9, Ariana Wolf 2:16.1)	
3 GEHLEN CATHOLIC	4:15.43
(Tricia Mansfield, Sam Floy Melinda Ruden 61.5, Melissa Janning 2:16.6)	
4 PEKIN	4:16.50
(Gina Krier, Nina Hornback Amanda Mosinski 62.1, Sarah Johnston 2:18.6)	
5 GALVA-HOLSTEIN	4:17.19
(Dani Boyle, Abby Bagenstos Ashley McGuire 62.2, Laura Jacobson 2:20.1)	
6 WEST HANCOCK	4:17.33
(Holly DeGeus, Sarah Swanson Sarah Everett 63.4, Allyson Siegrist 2:17.7)	
7 ST. ALBERT CB	4:19.08
(Beth Hambling, Ashley Petersen Gina Assmann 58.2, Sarah Hamling 2:24.7)	
8 WOODBINE	4:20.53
(Stephanie Straight, Jessica Kowalsky Mary Smith 63.0, Alexia Dunlop 2:20.8)	
9 WEST SIOUX	4:20.59
(Jenna Van Oort, Amanda Schouten Kayla Weerheim 61.3, Emily Salberg 2:21.4)	
10 HINTON	4:20.69
(Megan Hawthorne, Tara Christensen Delainye Hardersen 61.3, Kaylee Small 2:37.8)	
11 HLV	4:20.69
(Kacie Herzberg, Rachel Pirkel Stacey Dietrich 62.0, Alyssa McGroby 2:23.8)	
12 ANDREW	4:23.70
(Brook Sommers, Katie Felderman Adleigh Schwager 63.1, Tara Kilburg 2:24.0)	
13 DENVER	4:23.78
(Christy Fagerlind, Jess Van Kamen Miranda Adams 63.2, Casey Huber 2:20.4)	
14 ALGONA GARRIGAN	4:26.05
(Miranda Boekelman, Lindsay Becker Abbie Bradley 60.0, Maria Kohlhaas 2:30.1)	
15 INTERSTATE 35	4:26.10
(Maggie Downs, Caitlin Proudfoot Katie Beeler 61.2, Jamie Hagerman 2:28.4)	
16 ENGLISH VALLEYS	4:26.55
(Katie Jensen, Danny Breon Sarah Greene 65.8, Melissa Caster)	
17 STANTON	4:27.79
(Jessica Lantz, Cyndi Johnson Jodie Elwood, Carrie Hallquist)	
18 WAPSIE VALLEY	4:28.19
(Brittney McKowen, Kelli Kuker Kira Matthias 59.6, Alana Wittenburg 2:25.0)	
19 POSTVILLE	4:29.29
(Megan Kruckenberger, Steph Wedo Lexie Everman, Brittany Heins)	
20 PLEASANTVILLE	4:30.04
(Tara Johns, Jessica Goode Cassie Stecker 64.1, Dani Sexton 2:27.1)	
21 MANNING	4:31.63
(Natalie Ramsey, Mary Puck Danielle Hargens 64.9, Erin Dammaann 2:27.1)	

22 VALLEY COMMUNITY	4:34.21
(Katrina Schott, Whitney Olson Erin Moore 65.2, Jessica Butikofer 2:29.5)	
23 ROCKWELL-SWALEDALE	4:35.56
(Kady Bram, Sarah Haag Kelsey Kuhlemeier 63.5, Mindi Watters 2:35.1)	
24 CORNING	4:40.27
(Stephanie Reagan, Alisha Loghry Becky Vanik 62.5, Brooke Pottorff 2:38.2)	

Shuttle Hurdle Relay Finals

1 SOUTHERN CAL	1:05.59
(Lindsay Steinkamp, Bekah Corkrean Tandy Blair, Kristi Green)	
2 VALLEY COMMUNITY	1:07.06
(Tonya Lehmann, Katrina Schott Annie Olson, Justine Martin)	
3 LAURENS-MARATHON	1:07.16
(Kelsey Meyer, Jenni Elbert Kristi Brechler, Jacquelyn Schmidt)	
4 CORNING	1:07.29
(Shana Mosby, Melanie Roberts Chelsey Stroud, Kaitlin Buscher)	
5 HLV	1:07.89
(Kacie Herzberg, Amanda McCombs Jacie Smith, Mallory Gryp)	
6 WEST HANCOCK	1:07.99
(Angela Pritchard, Breana Loeschen Emily Pritchard, Amber Hejlik)	
7 WINFIELD-MT. UNION	1:08.45
(Alicia Unkrich, Nicole Wyss Missy McElhinney, Erin Redlinger)	
GEHLEN CATHOLIC	DQ-#4 ooz
(Sam Floy, Leah Kluemper Melissa Ruden, Shannon Sitzmann)	

Heat 1

1 GEHLEN CATHOLIC	1:03.67 Q
(Sam Floy, Leah Kluemper Melissa Ruden, Shannon Sitzmann)	
2 NORTH LINN	1:09.77
(Trudee Gorsh, Terry Holmes Alicia Vavricek, Nikki Pasker)	
3 NORTH KOSSUTH	1:10.00
(Tab Carlson, Brittney Johnson Dana Shillington, Alicia Runge)	
4 VAN METER	1:13.11
(Megan Bullis, Becky Eggers Shannon Kirkhart, Mary Beth Bell)	

Heat 2

1 VALLEY COMMUNITY	1:07.78 Q
(Tonya Lehmann, Katrina Schott Annie Olson, Justine Martin)	
2 WINFIELD-MT. UNION	1:08.36 Q
(Alicia Unkrich, Nicole Wyss Missy McElhinney, Erin Redlinger)	
3 BCLUW	1:09.27
(Jill Penick, Carissa Eggers Emily Dixon, Lezlie Callaway)	
4 STORM LAKE ST. MARY'S	1:10.11
(Jess Lussman, Colleen Smith Abby Richardson, Marisha Imming)	

Heat 3

1 HLV	1:08.18 Q
(Jacie Smith, Amanda McCombs Casey Herzberg, Mallory Gryp)	
2 TURKEY VALLEY	1:10.41
(Kelly Baumler, Bobbi Jo Perry Chelsea Busta, Raelyn Kriener)	
3 ALBURNETT	1:12.91
(Beth Arndorf, Angie Shaffer Leanna McBride, Erin Langequist)	
WEST HARRISON	DQ-#2 ooz
(Victoria Turnage, Krista Utman Brittany Bothwell, Sarah Ruffcorn)	

Heat 4

1 SOUTHERN CAL	1:05.66 Q
(Lindsay Steinkamp, Bekah Corkrean Tandy Blair, Kristi Green)	
2 TRI-CENTER	1:08.64
(Amy Nanninga, Sam Manhart Alicia Gau, Becky Barrier)	
3 BGM	1:09.81
(Sarah Griffith, Katie Kriegel Annie Kriegel, Sami Crane)	
4 INTERSTATE 35	1:12.53
(Kati McDonald, Jessica Cummings Caitlin Proudfoot, Halley Carlson)	

Heat 5

1 CORNING	1:07.35 Q
(Shana Mosby, Melanie Roberts Chelsey Stroud, Kaitlin Buscher)	
2 WEST HANCOCK	1:07.36 Q
(Angela Pritchard, Breana Loeschen Emily Pritchard, Amber Hejlik)	
3 WALL LAKE VIEW-AUBURN	1:08.38
(Mandy Stoltenberg, Abby Brotherton Christina Lamaak, Lindsey Trost)	
4 CLAY CENTRAL-EVERLY	1:09.42
(Katy Kuester, Lee Christensen Allison Klett, Kayla Goodchild)	

Heat 6

1 LAURENS-MARATHON	1:07.35 Q
(Kelsey Meyer, Jenni Elbert Kristi Brechler, Jacquelyn Schmidt)	
2 VENTURA	1:08.73
(Melissa Cash, Jessica Hale Megan Watson, Megan Smith)	
3 WEST CENTRAL	1:09.02
(Kayla Steinbronn, Caitlin Niggemeyer Ann Donat, Abby Wedemeier)	
4 WOODBURY CENTRAL	1:11.33
(Lindsey DeWitt, Heather White Jamie Schmid, Jerra Steffen)	