

2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 2A FINAL RESULTS

ATTENDANCE—Friday 10,457; Saturday 10,049 Total 20,456 (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 mh 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	Tipton	51	40	Eddyville-Blakesburg	1
2	Camanche	41	40	Sioux Central/AC-T	1
3	Battle Creek-Ida Grove	32	40	South O'Brien	1
4	Clear Creek-Amana	27	40	Van Buren	1
5	Northeast	26		Albia	
6	Unity Christian	25		Beckman Dyersville	
7	Lake Mills	24		Bedford	
8	Aplington-Parkersburg	22		Bellevue/B Marq	
9	PCM	20		Belmond-Klemme	
10	South Winneshiek	19		Boyden-Hull/Rock Valley	
11	Regina Iowa City	18		Central Lee	
12	Center Point-Urbana	16		Clarinda	
12	Okoboji	16		Colfax-Mingo	
14	North Fayette	15		Collins-Maxwell-Baxter	
15	Cascade	14		Dike-New Hartford	
15	Maquoketa Valley	14		Durant-Bennett	
17	Emmetsburg/Graettinger	12		Eagle Grove	
17	Nodaway Valley	12		Eldora-New Providence	
19	Sioux Center	9		Garner-Hayfield	
20	Clarion-Goldfield	8		Gilbert	
21	Bondurant-Farrar	7		Gladbrook-Reinbeck	
22	MFL MarMac	7		Griswold	
23	Underwood	6		Hartley-Melvin-Sanborn	
23	West Branch	6		Iowa Falls	
23	West Liberty	6		Jesup	
26	Preston/East Central	5		Lone Tree/Highland	
26	Sibley-Ocheyedan	5		Louisa-Muscatine	
28	Audubon	4		Maple Valley-Anthon-Oto	
28	Grundy Center	4		Mediapolis	
28	Hudson	4		Mid-Prairie	
28	Manson-NW Webster	4		Mount Ayr	
28	Monticello	4		Nashua-Plainfield	
33	Osage	3		North Cedar	
33	Roland-Story	3		North Polk	
33	West Lyon	3		Prairie Valley	
36	Columbus	2		Sergeant Bluff-Luton	
36	Pocahontas Area	2		Sheldon	
36	Riverside	2		Shenandoah	
36	Solon	2		St. Ansgar	
40	Cherokee	1		St. Edmond Fort Dodge	
				Starmont	

Union
West Central Valley
Western Christian

100 Meter Dash Finals

1	Jenny Buelow, Center Point-Urbana	JR	12.75
2	Emily Neuwohner, Lake Mills	JR	12.80
3	Stacy Butt, Northeast	SR	12.83
4	Kelsey Powell, Bondurant-Farrar	SR	13.28
5	McKenzie Meyerholz, Columbus	JR	13.28
6	Kayla Bright, Sioux Central/AC-T	JR	13.39
7	Jenna Esdohr, Hartley-Melvin-Sanborn	JR	13.39
8	Lisa Hager, Grundy Center	JR	13.51

Heat 1

1	Stacy Butt, Northeast	SR	12.75 Q
2	Lisa Hager, Grundy Center	JR	13.32 Q
3	Jenna Esdohr, Hartley-Melvin-Sanborn	JR	13.37 Q
4	Yvonne Beard, Sibley-Ocheyedan	SO	13.48
5	Lindsey Ellis, West Central Valley	FR	13.52
6	Ashley Zimmer, South O'Brien	FR	13.59
7	Megan Hauber, South Winneshiek	JR	13.83
8	Katie Leuthold, West Lyon	SR	13.91

Heat 2

1	Emily Neuwohner, Lake Mills	JR	12.97 Q
2	Kelsey Powell, Bondurant-Farrar	SR	13.39 Q
3	McKenzie Meyerholz, Columbus	JR	13.40 Q
4	Amy Smith, Lone Tree/Highland	JR	13.73
5	Samantha Fritsch, Underwood	JR	13.83
6	Keisha Wagoner, Iowa Falls	JR	14.04
7	Danielle Kruse, South O'Brien	SO	14.28
8	Mikha Tan, Sergeant Bluff-Luton	SR	16.48

Heat 3

1	Jenny Buelow, Center Point-Urbana	JR	12.91 Q
2	Kayla Bright, Sioux Central/AC-T	JR	13.45 Q
3	Allie Millonig, St. Ansgar	SO	13.46
4	Emily Hershberger, Mid-Prairie	FR	13.60
5	Molli O'Brien, Clarion-Goldfield	FR	13.61
6	Crystal Schiernbeck, Battle Creek-Ida Grove	FR	13.71
7	Jamie Enfield, Collins-Maxwell-Baxter	SR	13.74
	Teri Snyder, Hartley-Melvin-Sanborn	SR	dns

200 Meter Dash Finals

1	Stacy Butt, Northeast	SR	25.79
2	Shea Meyermann, Camanche	SO	26.50
3	Lisa Hager, Grundy Center	JR	26.66
4	Keely Lawton, West Lyon	SO	26.86
5	Emily Schippers, PCM	FR	27.03
6	Sarah Indra, Osage	JR	27.05
7	Michelle Voigts, Clarion-Goldfield	FR	27.06
8	Crystal Williamson, Aplington-Parkersburg	JR	27.13

Heat 1

1	Michelle Voigts, Clarion-Goldfield	FR	26.72 Q
2	Crystal Williamson, Aplington-Parkersburg	JR	26.82 Q
3	Emily Schippers, PCM	FR	27.33 Q
4	Melissa Werner, Center Point-Urbana	SR	28.00
5	Haylee Bakker, Western Christian	SO	28.03
6	Katie Watkinson, Mid-Prairie	SO	28.18
7	Jody Teunissen, West Lyon	SR	28.45
8	Jordan Gibbs, Maquoketa Valley	SO	28.88

Heat 2

1	Stacy Butt, Northeast	SR	26.28 Q
2	Shea Meyermann, Camanche	SO	26.86 Q

3	Keely Lawton, West Lyon	SO	27.37 Q
4	Yvonne Beard, Sibley-Ocheyedan	SO	27.63
5	Danielle Zimmerman, Grundy Center	JR	28.00
6	Kaci Svoboda, Pocahontas Area	FR	28.43
7	Camy Duis, Hartley-Melvin-Sanborn	FR	28.45
	Jamie Enfield, Collins-Maxwell-Baxter	SR	DQ --oolane

Heat 3

1	Lisa Hager, Grundy Center	JR	26.85 Q
2	Sarah Indra, Osage	JR	27.18 Q
3	Kylie Allen, Eddyville-Blakesburg	SO	27.43
4	Jennifer Irvin, Bedford	SR	27.45
5	Emilii Tasler, Prairie Valley	FR	27.50
6	Emily Suchomel, Shenandoah	JR	28.04
7	Kiffany Dierckx, Louisa-Muscatine	JR	28.54
8	Renae Johanns, Osage	SR	28.94

400 Meter Dash Finals

1	Emily Schippers, PCM	FR	58.67
2	Sam Black, West Liberty	JR	59.32
3	Amy Bagge, Monticello	SR	59.35
4	Audrey Claus, Sibley-Ocheyedan	FR	59.36
5	Ivy Elsbernd, South Winneshiek	SO	59.97
6	Shea Meyermann, Camanche	SO	1:00.49
7	Michelle Voigts, Clarion-Goldfield	FR	1:00.68
8	Alisa Brinkman, Pocahontas Area	JR	1:01.84

Heat 1

1	Audrey Claus, Sibley-Ocheyedan	FR	59.35 Q
2	Sam Black, West Liberty	JR	59.61 Q
3	Ivy Elsbernd, South Winneshiek	SO	59.68 Q
4	Olivia Johnson, Okoboji	FR	1:00.61
5	Emilii Tasler, Prairie Valley	FR	1:01.55
6	Briana Scharn, Sioux Central/AC-T	FR	1:02.08
7	Lindsay Schneider, North Cedar	JR	1:02.55
8	Eve Reinhold, Collins-Maxwell-Baxter	FR	1:04.60

Heat 2

1	Amy Bagge, Monticello	SR	59.20 Q
2	Shea Meyermann, Camanche	SO	1:00.59 Q
3	Alisa Brinkman, Pocahontas Area	JR	1:00.60 Q
4	Natalie Miller, Roland-Story	JR	1:02.39
5	Emily Gaalswyk, Boyden-Hull/Rock Valley	JR	1:03.66
6	Alexa Krull, Gladbrook-Reinbeck	FR	1:03.77
7	Danielle Harmdierks, South O'Brien	JR	0:64.01
8	Chelsea Wolf, Maple Valley-Anthon-Oto	SO	0:64.95

Heat 3

1	Emily Schippers, PCM	FR	59.32 Q
2	Michelle Voigts, Clarion-Goldfield	FR	59.77 Q
3	Ashley Wiederin, Bedford	SO	1:01.78
4	Chelsea Puls, Gladbrook-Reinbeck	FR	1:02.86
5	Kiffany Dierckx, Louisa-Muscatine	JR	1:04.00
6	Shayla Lange, Boyden-Hull/Rock Valley	SO	1:04.02
7	Andrea Cling, Mediapolis	SR	1:06.72
8	Jordyn Schertz, Eddyville-Blakesburg	FR	DNS

800 Meter Run Finals

1	Ashley Miller, Tipton	FR	2:15.81
2	Carrie Larson, Tipton	JR	2:18.72
3	Heidi Porter, Manson-NW Webster	SR	2:19.61
4	Ashley Schnug, PCM	JR	2:23.15
5	Olivia Johnson, Okoboji	FR	2:23.71
6	Lynnette Wagner, MFL MarMac	SO	2:23.80
7	Dana Manternach, Solon	JR	2:23.97
8	Amanda Pennington, Mount Ayr	FR	2:24.21
9	Alyse Herr, Nodaway Valley	FR	2:24.52

10	Leigh Christensen, Belmond-Klemme	SR	2:24.62
11	Betsy Halvorsen, Eldora-New Providence	JR	2:25.02
12	Renata Bryson, Clear Creek-Amana	FR	2:25.63
13	Cassie Fick, Sibley-Ocheyedan	JR	2:26.89
14	Anna Kraayenbrink, Sioux Center	SO	2:27.53
15	Jayne Hoffman, Griswold	SR	2:27.83
16	Alisa Brinkman, Pocahontas Area	JR	2:27.93
17	Ashley Oelman, Gilbert	SO	2:28.55
18	Amanda Saaranen, St. Ansgar	SR	2:28.76
19	Johanna Zuck, Jesup	SO	2:28.91
20	Erica Hage, West Lyon	SR	2:29.08
21	Nicole Wirkler, MFL MarMac	SO	2:30.16
22	Ashley Gingerich, Louisa-Muscatine	FR	2:37.57
23	Jena Olberding, Beckman Dyersville	FR	2:37.78
	Amy Bagge, Monticello	SR	DNF

1500 Meter Run Finals

1	Jen Kempers, Unity Christian	SR	4:50.57
2	Emily Van Oosbree, Emmetsburg/Graettinger	JR	4:52.65
3	Megan Winkelmann, Nodaway Valley	JR	4:54.55
4	Morgan Nelson, Audubon	SO	4:55.09
5	Anna Kraayenbrink, Sioux Center	SO	4:59.24
6	Ashley Tholen, Tipton	FR	5:00.99
7	Sarah Longmeyer, Underwood	SR	5:00.99
8	Becky Morrow, St. Ansgar	JR	5:02.58
9	Kate Kelly, Preston/East Central	FR	5:03.04
10	Marcy Rahn, Clear Creek-Amana	SR	5:05.38
11	Briann Reedy, Emmetsburg/Graettinger	SR	5:06.88
12	Amber Uhlenhake, South Winneshiek	JR	5:07.49
13	Jessica Grabouski, Sergeant Bluff-Luton	SO	5:09.04
14	Stephanie Dolezal, Solon	FR	5:09.39
15	Brittney Zimmerman, West Branch	SR	5:11.54
16	Kelsey Stueland, Tipton	SO	5:12.59
17	Jennae Maughan, Roland-Story	FR	5:13.01
18	Susuwi Salvador, Gilbert	JR	5:13.54
19	Carissa Bryson, Clear Creek-Amana	JR	5:14.72
20	Amanda Harris, Maquoketa Valley	JR	5:15.87
21	Roxanne Soesbe, Clarion-Goldfield	SR	5:16.42
22	Heather White, Union	SO	5:17.22
23	Tara Scieszinski, Albia	SO	5:18.39
24	Ashley Fahey, MFL MarMac	JR	5:18.80

3000 Meter Run Finals

1	Marcy Rahn, Clear Creek-Amana	SR	10:44.58
2	Ashley Tholen, Tipton	FR	10:58.05
3	Megan Winkelmann, Nodaway Valley	JR	10:59.15
4	Emily Van Oosbree, Emmetsburg/Graettinger	JR	11:05.30
5	Briann Reedy, Emmetsburg/Graettinger	SR	11:06.62
6	Kara Nelson, Cherokee	FR	11:08.62
7	Becky Morrow, St. Ansgar	JR	11:12.32
8	Roxanne Soesbe, Clarion-Goldfield	SR	11:12.54
9	Stephanie Dolezal, Solon	FR	11:18.14
10	Jessica Grabouski, Sergeant Bluff-Luton	SO	11:19.40
11	Brittney Zimmerman, West Branch	SR	11:26.23
12	Amber Uhlenhake, South Winneshiek	JR	11:26.98
13	Kelsey Stueland, Tipton	SO	11:28.66
14	Tara Scieszinski, Albia	SO	11:32.64
15	Connie Eshelmann, Nodaway Valley	SR	11:33.70
16	Sarah Storm, Sheldon	SO	11:36.83
17	Julie Ridenour, Sheldon	SR	11:37.46
18	Amber Mayer, Shenandoah	SO	11:44.77
19	Laura Broekhuis, Unity Christian	SO	11:48.19
20	Brooke Boley, Bondurant-Farrar	SR	11:57.14
21	Meredith Reed, Starmont	SO	12:06.63

22	Abby Short, Garner-Hayfield	SR	12:13.19
23	Meaghan Flack, Durant-Bennett	SO	12:15.20
24	Chelsea Chubbuck, PCM	FR	12:37.16

100 Meter Hurdles Finals

1	Carly DuCharme, Regina Iowa City	JR	14.87
2	Courtney Casper, West Branch	SO	15.13
3	Heidi Harriman, Battle Creek-Ida Grove	SR	15.19
4	Savanna Walls, Clear Creek-Amana	SO	15.25
5	Lauren Andersen, Riverside	SO	15.32
6	Cigi Low, Camanche	SR	15.41
7	Kelsey Powell, Bondurant-Farrar	SR	15.81
	Alysa Klein, Okoboji	SR	DNF

Heat 1

1	Heidi Harriman, Battle Creek-Ida Grove	SR	15.37 Q
2	Savanna Walls, Clear Creek-Amana	SO	15.62 Q
3	Cigi Low, Camanche	SR	15.78 Q
4	Samantha Sheffield, Western Christian	JR	16.25
5	Chelsea Kayser, Center Point-Urbana	JR	16.42
6	Rachel Vander Holt, Aplington-Parkersburg	FR	16.74
7	Angela Shaw, Shenandoah	SR	16.74
8	Kelsey Jeske, Eagle Grove	SO	16.75

Heat 2

1	Courtney Casper, West Branch	SO	15.37 Q
2	Alysa Klein, Okoboji	SR	15.55 Q
3	Joclyn Ketelsen, Osage	JR	15.98
4	Allisha Olson, Battle Creek-Ida Grove	SR	16.25
5	Jill Fell, Tipton	SR	16.36
6	Janette Kelsey, Solon	JR	16.48
7	Kimber Kunze, Bondurant-Farrar	SR	16.88
	Autumn Bartel, Cherokee	JR	DNS

Heat 3

1	Carly DuCharme, Regina Iowa City	JR	15.32 Q
2	Lauren Andersen, Riverside	SO	15.57 Q
3	Kelsey Powell, Bondurant-Farrar	SR	15.58 Q
4	Kylie Hoffert, MFL MarMac	SR	15.94
5	Jade Ruehlow, Osage	JR	16.25
6	Kate Ernst, Sibley-Ocheyedan	JR	16.26
7	Meggan Jacobsma, Sioux Center	JR	16.62
8	Mandi Koenen, Aplington-Parkersburg	SO	17.15

400 Meter Hurdles Finals

1	Carly DuCharme, Regina Iowa City	JR	1:03.87
2	Allison Ford, Maquoketa Valley	SR	1:04.63
3	Kylie Hoffert, MFL MarMac	SR	1:04.87
4	Kara Munson, Roland-Story	SR	1:05.27
5	Tara Hoge, Camanche	SR	1:05.90
6	Jen Kempers, Unity Christian	SR	1:06.10
7	Lisa Thiesse, Sibley-Ocheyedan	SR	1:06.33
8	Sara Best, Audubon	SR	1:07.04
9	Baily DeVore, Battle Creek-Ida Grove	SO	1:07.39
10	Quinn Morelock, Solon	JR	1:07.62
11	Jodi Best, Audubon	SO	1:07.84
12	Alysa Klein, Okoboji	SR	1:08.31
13	Brittany Robinette, Griswold	SO	1:08.42
14	Emily Zumbach, Monticello	SO	1:08.71
15	Kelsey Williams, St. Ansgar	FR	1:08.99
16	Erin Hawes, Central Lee	JR	1:09.63
17	Courtney Klobberdanz, Jesup	SO	1:09.85
18	Laura Hartman, Okoboji	JR	1:10.27
19	Andrea Ahrendsen, Clarion-Goldfield	JR	1:10.42
20	Amber Sneller, Sioux Center	FR	1:11.95
21	Liz Becker, St. Edmond Fort Dodge	SR	1:12.17

22	Whitney Taylor, Eddyville-Blakesburg	SR	1:12.41
23	Briana Scharn, Sioux Central/AC-T	FR	1:13.53
	Missy Reinhart, North Polk	SR	dq -trail leg

8	Allesha Olson, Battle Creek-Ida Grove	SR	16'11.50"
9	Kristen Borcharding, Shenandoah	FR	16'05.50"
10	Karleen Meggers, Northeast	JR	16'03.00"
11	Kelsey Powell, Bondurant-Farrar	SR	16'01.25"
12	Sara Best, Audubon	SR	16'01.00"
13	Dana Grassley, Dike-New Hartford	JR	15'11.75"
14	Jenna Liebergen, West Branch	SO	15'08.50"
15	Jen Tuetken, Monticello	JR	15'08.00"
16	McKenzie Wetzal, Audubon	SR	15'07.75"
16	Kylie Ronan, Lone Tree/Highland	SO	15'07.75"
16	Courtney Varley, Nodaway Valley	JR	15'07.75"
19	Brittany Chapman, Okoboji	FR	15'06.00"
20	Kimber Kunze, Bondurant-Farrar	SR	15'05.75"
21	Ashley Steines, Camanche	SR	15'05.50"
22	Lindsay Schneider, North Cedar	JR	14'11.00"
23	Missy Reinhart, North Polk	SR	14'06.25" J
	Mikha Tan, Sergeant Bluff-Luton	SR	dnc

High Jump Finals

1	Jen Kempers, Unity Christian	SR	5'04"
2	Heidi Harriman, Battle Creek-Ida Grove	SR	5'03"
2	Dragana Corbic, Preston/East Central	SR	5'03"
4	Kaitlin Beaver, Sioux Center	FR	5'03"
5	Darcy Hageman, South Winneshiek	SR	5'03"
6	Jenna Myers, Van Buren	SO	5'03"
7	Randa Hulstein, Sioux Center	SO	5'03"
8	Chelsea Tally, Clarinda	JR	5'01"
8	Jamie Ziegler, Union	FR	5'01"
10	Megan Meyer, Aplington-Parkersburg	SR	5'01"
11	Jina Hoogland, Unity Christian	SO	5'01"
12	Danielle Dunnwald, Hudson	SR	5'00"
13	Alexa Krull, Gladbrook-Reinbeck	FR	5'00"
13	Jocelyn Anderson, Prairie Valley	JR	5'00"
15	Abby Lageschulte, Battle Creek-Ida Grove	SR	5'00"
15	Shelly Manning, Gilbert	JR	5'00"
999	Melissa Lafrenz, Tipton	SO--dq--video aid	
999	Rachel Vander Holt, Aplington-Parkersburg	FR	nh
999	Kim DeVries, PCM	SR	nh
999	Jennifer Gould, Okoboji	SR	nh
999	Amber Morrison, Eddyville-Blakesburg	SR	nh
999	Michaela Bixler, North Cedar	JR	nh
999	Toni Rattliff, Shenandoah	SR	nh
999	Jena Goedken, Starmont	SR	nh

Serues	5-0	5-1	5-2	5-3	5-4	5-5
Kempers	O	O	XO	XXO	XO	XXX
Corbic	O	O	O	O	XXX	
Harriman	O	O	O	O	XXX	
Beaver	O	O	XO	O	XXX	
Hageman	O	O	O	XO	XXX	
Myers	O	O	XXO	XO	XXX	
Hulstein O	O	XXO	XXO	XXX		
Ziegler	O	XO	XXX			
Tally	O	XO	XXX			
Meyer	XXO	XO	XXX			
Hoogland	O	XXO	XXX			
Dunnwald	O	XXX				
Krull	XO	XXX				
Anderson	XO	XXX				
Lageschulte	XXO	XXX				
Manning	XXO	XXX				
Lafrenz	Od					
Vander Holt	XXX					
DeVries	XXX					
Gould	XXX					
Morrison	XXX					
Bixler	XXX					
Rattliff	XXX					
Goedken	XXX					

Long Jump Finals

1	Stacy Butt, Northeast	SR	18'08.50"
2	Cigi Low, Camanche	SR	17'09.00"
3	Angie Lageschulte, Battle Creek-Ida Grove	SR	17'09.00"
4	Emily Muff, North Fayette	SR	17'07.50"
5	Megan Meyer, Aplington-Parkersburg	SR	17'06.25"
6	Darcy Hageman, South Winneshiek	SR	17'00.50"
7	Michelle Alliger, Prairie Valley	FR	16'11.75"

Series

Butt	17'01.00	18'04.25	17'10.50	17'03.75	18'02.00	18'08.50
Low	foul	17'01.75	16'11.50	17'04.25	17'09.00	17'08.75
Lageschulte	17'00.50	17'09.00	17'06.65	foul	17'03.00	foul
Muff	foul	16'09.75	17'04.75	foul	foul	foul
Meyer	16'00.50	17'03.50	17'06.25	16'04.50	16'08.25	17'05.00
Hageman	16'04.50	foul	16'04.00	17'00.50	16'01.50	16'04.00
Alliger	foul	16'11.75	16'04.00	foul	foul	foul
Olson	15'06.50	foul	16'06.25	foul	16'05.50	16'11.50
Borcharding	16'01	15'04.50	16'05.50	foul	foul	foul
Meggers	14'11.00	16'03.00	15'06.00			
Powell	foul	16'01.25	15'08.00			
Best	15'03.25	16'01.00	15'08.00			
Grassley	15'08.50	15'11.75	15'10.00			
Liebergen	15'07.50	15'08.50	15'07.50			
Tuetken	15'08.00	15'0600	foul			
Wetzal	15'01.00	15'07.75	15'05.50			
Ronan	15'07.75	12'09.75	foul			
Varley	15'06.75	15'07.75	15'04.00			
Chapman	15'01.75	15'06.00	foul			
Kunze	15'00.00	13'03.00	15'05.75			
Steines	15'05.50	15'04.50	14'10.75			
Schneider	foul	foul	14'11.00			
Reinhart	foul	14'06.25	foul			

Shot Put Finals

1	Alysa Klein, Okoboji	SR	42'05.50"
2	Heather Minssen, Underwood	SO	39'02.75"
3	Alex Wilson, Hudson	SR	38'05.50"
4	Sarah Hummelgard, Battle Creek-Ida Grove	SR	37'08.00"
5	Quinn Morelock, Solon	JR	37'01.75"
6	Sarah Sedivec, Clear Creek-Amana	JR	36'10.00"
7	Alicia Gossling, South Winneshiek	JR	36'08.50"
8	Shannon Ellis, Collins-Maxwell-Baxter	SO	36'05.00"
9	Addie Rasmusson, Roland-Story	JR	36'02.75"
10	Tasha Gacke, West Lyon	JR	35'10.00"
11	Chelsea Goedken, Cascade	SR	35'09.75"
12	Natalie Vollink, Sheldon	SR	35'07.25"
13	Amber Van Hauen, Grundy Center	FR	35'02.25"
14	Rachel Devlin, Starmont	JR	35'02.00"
15	Lindsey Black, Prairie Valley	SR	34'05.50"
16	Teresa Standafer, North Fayette	SR	34'05.25"
17	Erin Walinga, Unity Christian	JR	34'04.25"
18	Shawn Carter, West Liberty	SR	34'01.00"
19	Heidi Tobin, Beckman Dyersville		33'09.25"
20	Patience Anderson, North Fayette	JR	33'09"
21	Bonnie Hahn, West Branch	JR	33'08.00"

22	Kelsey Vincent, Columbus	SR	33'00.50"
23	Michelle Hall, Manson-NW Webster	JR	32'07.50"
24	Libby Hogan, Nodaway Valley	JR	32'04.75"

Series

Klein	41'08.50	39'11.50	42'05.50	38'04.50	foul	42'05.50
Minssen	39'02.75	37'06.25	35'10.75	38'02.50	38'07.50	37'06.75
Wilson	35'10.25	35'10.25	38'05.50	32'08.00	36'10.75	34'07.50
Hummelgard	36'10.25	35'09.50	35'07.00	foul	37'08.00	36'06.25
Morelock	32'06.50	36'08.00	37'01.75	35'07.50	36'06.50	36'06.75
Sedivec	36'10.00	36'08.00	foul	35'09.00	36'00.00	34'11.00
Gossling	35'10.00	35'11.25	36'08.50	35'07.50	4'10.00	34'04.50
Ellis	foul	36'05.00	35'09.25	35'09.75	36'03.00	35'10.25
Rasmussen	34'04.00	35'10.50	36'02.75			
Gacke	foul	35'10.00	foul			
Goedken	35'09.75	35'00.50	35'03.75			
Vollink	35'07.25	35'02.25	34'06.00			
Van Hauen	35'02.25	35'01.25	33'04.25			
Devlin	33'11.75	34'06.75	35'02.00			
Black	34'05.50	32'08.50	34'05.00			
Standafer	333'00.25	32'03.25	34'05.25			
Walinga	33'09.75	34'04.25	34'02.25			
Carter	34'00.50	33'07.75	34'01.00			
Tobin	33'02.75	32'02.75	33'09.25			
Anderson	30'09.50	33'09.00	32'06.50			
Hahn	3006.00	33'08.00	foul			
Vincent	33'00.50	32'06.50	32'11.75			
Hall	32'07.50	30'02.50	30'10.50			
Hogan	32'04.75	31'11.50	31'05.50			

Discus Finals

1	Chelsea Goedken, Cascade	SR	125'08"
2	Tiffany Griffith, Cascade	SR	116'04"
3	Kelsay McCausland, Camanche	FR	115'11"
4	Lindsay Tigh, Camanche	SR	113'06"
5	Patience Anderson, North Fayette	JR	110'03"
6	Carrie Roller, Clear Creek-Amana	JR	109'06"
7	Emily Ver Steeg, Sibley-Ocheyedan	FR	108'09"
8	Stacy Slife, Center Point-Urbana	SR	106'10"
9	Marin Thorson, St. Ansgar	FR	106'06"
10	Teresa Standafer, North Fayette	JR	105'04"
11	Samantha Halverson, Sioux Central/AC-T	SO	104'02"
12	Tina Jacobsma, Sibley-Ocheyedan	JR	103'03"
13	Ashley Feldman, West Liberty	SO	102'10"
14	Rachel Devlin, Starmont	JR	102'08"
15	Nicole Sletten, Lake Mills	JR	102'00"
16	Missy Helling, Hudson	SR	100'02"
17	Kara Den Herder, Sioux Center	FR	99'10"
18	Courtney Strang, Solon	FR	98'10"
19	Katybeth Whited, Clarinda	SR	97'04"
20	Addie Rasmusson, Roland-Story	JR	95'09"
21	Maegen Camp, Gilbert	SO	95'02"
22	Kelsey Vincent, Columbus	SR	92'02"
23	Jackie Osborn, Tipton	SO	81'07"
24	Libby Hogan, Nodaway Valley	JR	80'02"

Series

Goedken	125'08	111'09	foul	122'06	116'11	108'02
Griffith	116'04	foul	115'10	104'00	107'01	108'00
McCausland	100'09	105'09	115'11	108'07	113'02	foul
Tigh	110'09	100'06	104'04	104'06	108'02	113'06
Anderson	105'09	foul	109'03	110'03	foul	098'10
Roller	095'02	109'06	foul	099'01	101'05	foul
Ver Steeg	108'06	107'11	103'04	105'01	foul	108'09

Slife	091'05	106'10	097'11	098'11	088'06	101'10
Thorson	106'06	foul	101'01"			
Stanafer	105'11	089'10	098'09			
Halverson	104'02	102'02	103'11			
Jacobsma	086'05	094'0-2	103'03			
Feldman	090'03	102'10	094'09			
Devlin	102'08	097'07	090'03			
Sletten	085'00	091'06	102'00			
Helling	092'03	100'02	096'03			
Den Herder	099'10	096'10	089'10			
Strang	094'06	098'10	foul			
Whited	084'00	097'04	087'07			
Rasmussen	095'09	084'06	foul			
Camp	095'02	foul	foul			
Vincent	088'04	089'03	092'02			
Osborn	foul	081'07	foul			
Hogan	foul	080'02	foul			

4x100 Meter Relay Finals

1	CAMANCHE	50.02
	(Cigi Low, Ashley Edens Ashley Steines, Shea Meyermann)	
2	LAKE MILLS	50.02
	(Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	
3	APLINGTON-PARKERSBURG	50.18
	(Jaeda Young, Megan Meyer Mandi Koenen, Crystal Williamson)	
4	NORTH FAYETTE	50.90
	(Tiffany Anderson, Melissa Snyder Stefanie Nesvik, Emily Muff)	
5	CENTER POINT-URBANA	51.06
	(Kelsey Niles, Laura Rhoads Chelsea Kayser, Jenny Buelow)	
6	SOUTH O'BRIEN	51.57
	(Ashley Zimmer, Danielle Kruse DeNicca Wede, Lindsay Woolston)	
7	EDDYVILLE-BLAKESBURG	51.73
	(Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	
8	MID-PRAIRIE	53.62
	(Emily Hershberger, Rexine Miller Amy Boehmer, Katie Watkinson)	

Heat 1

1	LAKE MILLS	50.11 Q
	(Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	
2	CAMANCHE	50.17 Q
	(Cigi Low, Ashley Edens Ashley Steines, Shea Meyermann)	
3	EDDYVILLE-BLAKESBURG	51.41 Q
	(Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	
4	SOUTH O'BRIEN	51.70 Q
	(Ashley Zimmer, Danielle Kruse DeNicca Wede, Lindsay Woolston)	
5	COLLINS-MAXWELL-BAXTER	51.79
	(Cassie Wyant, Rachel Kauer Mary Ketchum, Jamie Enfield)	
6	BECKMAN DYERSVILLE	51.95
	(Sam Brown, Cassie Milbert Leah Koelker, Cassie Tegeler)	
7	SIOUX CENTER	52.58
	(Katelyn Schut, Nicole Hoogeveen Meggan Jacobsma, Jenn Estes)	

8 LONE TREE/HIGHLAND (Amy Smith, Heidi DeGood Kylie Ronan, Rachel Yeggy)	53.15
Heat 2	
1 APLINGTON-PARKERSBURG (Jaeda Young, Megan Meyer Mandi Koenen, Crystal Williamson)	50.26 Q
2 NORTH FAYETTE (Tiffany Anderson, Melissa Snyder Stefanie Nesvik, Emily Muff)	50.70 Q
3 MID-PRAIRIE (Emily Hershberger, Rexine Miller Amy Boehmer, Katie Watkinson)	51.71 Q
4 WEST BRANCH (Natasha Sheyko, Jill Stevens Courtney Casper, Sam Stoolman)	51.72
5 COLUMBUS (Ashley Orris, Natalie Wheeler Nicole Stewart, McKenzie Meyerholz)	52.00
6 OSAGE (Ashley Pollard, Rachel Hall Joclyn Ketelsen, Jade Ruehlow)	52.02
7 CLEAR CREEK-AMANA (Kelsey Kahler, Angela Ganschow Sami Buck, Taylor Leichsenring)	52.25
8 ROLAND-STORY (Laura Baldus, Kara Dolch Brittany Friesth, Ashley Gibson)	53.20
Heat 3	
1 CENTER POINT-URBANA (Kelsey Niles, Laura Rhoads Chelsea Kayser, Jenny Buelow)	51.44 Q
2 ST. ANSGAR (Nicole Hanson, Christy Hanson Larissa Edgington, Allie Millonig)	52.20
3 BEDFORD (Amy French, Kayse Thornton Ashley Wiederin, Jennifer Irvin)	52.67
4 WEST LYON (Katie Leuthold, Erica Hage Brittany Sehr, Keely Lawton)	52.94
5 CHEROKEE (Rochelle McGill, Abby Joines Kylie Dilla, Courtney Cuthrell)	52.96
6 SHENANDOAH (Angela Shaw, Vivi Adams Emily Suhomel, Kristen Borcharding)	53.31
7 HARTLEY-MELVIN-SANBORN (Jenna Esdohr, Jenna Koontz Camy Duis, Sarah Treimer)	53.66
BATTLE CREEK-IDA GROVE (Sarah Sykes, Angie Lageschulte Heidi Harriman, Abby Lageschulte)	DQ--3/4 ooz

4x200 Meter Relay Finals

1 LAKE MILLS (Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	1:45.62
2 APLINGTON-PARKERSBURG (Jaeda Young, Neisha Johnson Megan Meyer, Crystal Williamson)	1:46.05
3 NORTHEAST (Angie Adrian, Danika Spain Karleen Meggers, Stacy Butt)	1:46.53
4 NORTH FAYETTE	1:46.82

(Kelsey Krivachek, Melissa Snyder Stefanie Nesvik, Emily Muff)	
5 BATTLE CREEK-IDA GROVE (Sarah Sykes, Crystal Schiernbeck Angie Lageschulte, Abby Lageschulte)	1:46.92
6 EDDYVILLE-BLAKESBURG (Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	1:48.13
7 MAQUOKETA VALLEY (Allison Ford, Lynn Nefzger Jordan Gibbs, Amy Conrad)	1:49.27
8 WEST LYON (Katie Leuthold, Jody Teunissen Brittany Sehr, Keely Lawton)	1:50.57
Heat 1	
1 NORTH FAYETTE (Kelsey Krivachek, Melissa Snyder Stefanie Nesvik, Emily Muff)	1:46.21 Q
2 BATTLE CREEK-IDA GROVE (Sarah Sykes, Crystal Schiernbeck Angie Lageschulte, Abby Lageschulte)	1:48.03 Q
3 SOUTH WINNESHIEK (Kayla Frana, Katie Shatek Darcy Hageman, Elise Elsbernd)	1:49.40
4 ROLAND-STORY (Ashley Gibson, Laura Baldus Kara Dolch, Kara Munson)	1:50.00
5 COLLINS-MAXWELL-BAXTER (Becca Holdren, Alex Kunkel Mary Ketchum, Rachel Kauer)	1:50.34
6 ST. ANSGAR (Nicole Hanson, Rachel Hannam Larissa Edgington, Allie Millonig)	1:50.43
7 NODAWAY VALLEY (Courtney Varley, Ali Hanson Gentri Rice, Krista Mostaert)	1:50.52
8 SHENANDOAH (Kristen Borcharding, Toni Ratliff Emily Suhomel, Vivi Adams)	1:50.74
Heat 2	
1 LAKE MILLS (Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	1:45.42 Q
2 APLINGTON-PARKERSBURG (Jaeda Young, Neisha Johnson Megan Meyer, Crystal Williamson)	1:46.58 Q
3 EDDYVILLE-BLAKESBURG (Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	1:47.01 Q
4 WEST LYON (Katie Leuthold, Jody Teunissen Brittany Sehr, Keely Lawton)	1:49.17 Q
5 BECKMAN DYERSVILLE (Sam Brown, Cassie Milbert Cassie Tegeler, Colleen Gallagher)	1:49.80
6 BELLEVUE/B MARQ (Courtney Shady, Jessica Handke Ali DeVries, Kate Swift)	1:50.07
7 SIOUX CENTRAL/AC-T (Tricia Hogrefe, Nicole Scheiber Leah Whittenburg, Kayla Bright)	1:50.28
8 CLARION-GOLDFIELD (Betsy Tegtmeyer, Molli O'Brien Andrea Ahrends, Brittany Schultz)	1:50.89

Heat 3		
1	NORTHEAST (Angie Adrian, Danika Spain Karleen Meggers, Stacy Butt)	1:47.41 Q
2	MAQUOKETA VALLEY (Allison Ford, Lynn Nefzger Jordan Gibbs, Amy Conrad)	1:48.23 Q
3	REGINA IOWA CITY (Hope Coffin, Vivian Tomkovcz Laura Ruppert, Katie Hurt)	1:50.64
4	VAN BUREN (Ashley Atwood, Anne DeHart Abbye Metcalf, Jenna Myers)	1:51.16
5	HARTLEY-MELVIN-SANBORN (Jenna Esdohr, Jenny Otto Camy Duis, Sarah Treimer)	1:51.70
6	CLEAR CREEK-AMANA (Kelsey Kahler, Taylor Leichsenring Allison Momany, Brooke Rugger)	1:51.73
7	WEST BRANCH (Jill Stevens, Kalyn Harms Jenna Liebergen, Sam Stoolman)	1:51.74
8	CHEROKEE (Rochelle McGill, Keeley Reynolds Abby Joines, Courtney Cutrell)	1:52.46

4x400 Meter Relay Finals

1	TIPTON (Carrie Larson 59.4, Clarissa Kotz 61.2 Christine Marchik 60.9, Ashley Miller 57.9)	3:59.48
2	MAQUOKETA VALLEY (Allison Ford 59.8, Lynn Nefzger 60.0 Kelli Dabroski 62.3, Angie Dirks 60.2)	4:02.39
3	PCM (Ashley Schnug 61.8, Erin Wood 62.8 Jenny Oldham 63.1, Emily Schippers 57.9)	4:05.79
4	SOUTH WINNESHIEK (Kayla Frana 64.1, Ivy Elsbernd 58.2 Darcy Hageman 63.3, Elise Elsbernd 60.3)	4:06.09
5	NORTH FAYETTE (Tammy Lansing, Melissa Snyder Stefanie Nesvik, Emily Muff)	4:08.32
6	SIBLEY-OCHEYEDAN (Jessica Horak 62.6, Cassie Fick 63.1 Lisa Thiesse 63.0, Audrey Claus 62.0)	4:10.70
7	AUDUBON (Allyse Eddy, Jordan Rowland Jodi Best, Sara Best 60.4)	4:11.34
8	SOLON (Kelsey Kidwell, Jodie Krall Quinn Morelock, Dana Manternach)	4:13.41
Heat 1		
1	MAQUOKETA VALLEY (Allison Ford 61.1, Lynn Nefzger 59.9 Kelli Dabroski 62.9, Angie Dirks 60.4)	4:04.26 Q
2	PCM (Ashley Schnug 61.6, Erin Wood 63.2 Jenny Oldham 62.0, Emily Schippers 57.5)	4:04.32 Q
3	SOLON (Kelsey Kidwell 62.9, Jodie Krall 60.7 Quinn Morelock 63.2, Dana Manternach 64.3)	4:11.19 Q
4	EMMETSBURG/GRAETTINGER (Julia Vetri 63.6, Wendy Herbers 62.6 Julie Ausborn 64.4, Emily Van Oosbree 62.5)	4:13.13

5	ROLAND-STORY (Karly Hermanson 64.4, Jenn Hanson 64.4 Natalie Miller 64.8, Kara Munson 62.8)	4:16.19
6	WESTERN CHRISTIAN (Kelly Van Beek 66.1, Brittany Van Beek 63.6 Haylee Bakker 62.5, Samantha Sheffield 67.3)	4:19.61
7	BATTLE CREEK-IDA GROVE (Molly Kallin 65.0, Amanda Ladwig 64.9 Kelsey Bolte 67.9, Bailey DeVore 64.4)	4:22.28
8	OSAGE (Amber Wilde 65.9, Sarah Sletten 65.1 Mallory Small 69.6, Renae Johanns 63.3)	4:23.91

Heat 2

1	TIPTON (Carrie Larson 60.9, Clarissa Kotz 62.3 Christine Marchik 62.3, Ashley Miller 58.2)	4:03.79 Q
2	SIBLEY-OCHEYEDAN (Jessica Horak 62.5, Cassie Fick 62.5 Lisa Thiesse 62.1, Audrey Claus 61.0)	4:08.25 Q
3	NORTH FAYETTE (Tammy Lansing 63.6, Melissa Snyder 61.8 Stefanie Nesvik 62.3, Emily Muff 61.4)	4:09.11 Q
4	AUDUBON (Allyse Eddy 62.4, Jordan Rowland 64.4 Jodi Best 62.1, Sara Best 62.7)	4:11.65 Q
5	ST. EDMOND FORT DODGE (Kelsey Clemens 63.7, Mila O'Rourke 64.6 Ariel Black 62.8, Roxanne Rodenborn 62.4)	4:13.56
6	BECKMAN DYERSVILLE (Sam Brown 61.7, Cassie Milbert 63.9 Cassie Tegeler 65.6, Alicia Bockenstedt 66.4)	4:17.60
7	ST. ANSGAR (MacKenzie Follmuth 64.5, Katie Shoars 64.4 Megan Rustad 65.4, Kelsi Kruger 64.7)	4:19.00
8	UNITY CHRISTIAN (Beth Davelaar 65.3, Sheila Engeltjes 64.6 Jina Hoogland 66.2, Chrissy Vander Weide 66.0)	4:22.31

Heat 3

1	SOUTH WINNESHIEK (Kayla Frana 63.3, Ivy Elsbernd 59.9 Darcy Hageman 64.7, Elise Elsbernd 59.2)	4:07.11 Q
2	CLARINDA (Michala Wilson 64.1, Jessica Dirksen 60.5 Kara Eitzen 64.4, Garra Williams 62.5)	4:11.78
3	MANSON-NW WEBSTER (Chelsey Soder 64.2, Dene' Rasch 63.9 Hailey Beneke 64.2, Heidi Porter 60.1)	4:12.40
4	VAN BUREN (Ashley Atwood 64.4, Abbye Metcalf 61.2 Anne DeHart 65.6, Jenna Myers 62.5)	4:13.72
5	BELMOND-KLEMME (Brenna Abel 64.7, Kali Kranz 64.3 Brittany Tanner 64.3, Leigh Christensen 62.1)	4:15.44
6	HUDSON (Casey Herkelman 64.7, Amanda Roth 63.7 Danielle Dunnwald 65.1, Ali Selenke 63.0)	4:16.59
7	SOUTH O'BRIEN (Jill Paulsen 66.2, Danielle Harmdierks 62.0 Bridgette Hain 68.0, Ashley Zimmer 64.8)	4:20.98
	EDDYVILLE-BLAKESBURG (Whitney Taylor 63.4, Amber Morrison 61.4 Kylie Allen 65.0, Callie Adreon 61.0)	DQ--#2 cut early

4x800 Meter Relay Finals

1	TIPTON	9:46.63
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	(Ashley Tholen 2:28.8, Stephanie King 2:29.2 Brittany Latare 2:30.9, Carrie Larson 2:17.7)	
2	CLEAR CREEK-AMANA (Marcy Rahn 2:24.1, Carissa Bryson 2:26.2 Christy Loan 2:33.5, Renata Bryson 2:23.9)	9:47.76
3	OKOBOJI (Jennifer Griffiths 2:28.4, Jennifer Gould 2:32.0 Courtney Jones 2:31.3, Olivia Johnson 2:22.1)	9:53.84
4	SIOUX CENTER (Kaitlin Beaver, 2:27.9 Tanya Jansen 2:32.9 Dani Hulstein 2:32.2, Anna Kraayenbrink 2:24.7)	9:57.72
5	POCAHONTAS AREA (Sarah Seehusen 2:31.0, Erika Youngberg 2:29.2 Sarah Kerns 2:37.2, Alisa Brinkman 2:23.4)	10:00.88
6	EMMETSBURG/GRAETTINGER (Anne Kassel 2:32.3, Heather Stillman 2:33.0 Julie Stillman 2:28.9, Briann Reedy 2:27.3)	10:01.50
7	GRISWOLD (Ashley Drogo, Brittany Robinette Tori Pangelina, Jayme Hoffman)	10:01.57
8	MONTICELLO (Amanda Tordsen 2:31.1, Jessie Dirks 2:30.6 Emily Zumbach 2:39.4, Amy Bagge 2:24.6)	10:05.72
9	ST. ANSGAR (Kayla Johnson, Katie Shoars Megan Rustad, Amanda Saaranen)	10:06.16
10	MFL MARMAC (Ashley Fahey, Dani Wiemerslage Nicole Wirkler, Lynnette Wagner)	10:06.57
11	AUDUBON (Alyse Eddy, Kati Jo Christensen Jordan Rowland, Morgan Nelson)	10:10.30
12	REGINA IOWA CITY (Evelyn Ross 2:29.7, Katie Ries 2:35.3 Kady Homewood 2:35.0, Vivian Tomkovcz 2:30.3)	10:10.39
13	JESUP (Johanna Zuck, Tonya Roberts Betsy Neverman, Courtney Klobberdanz)	10:16.73
14	NORTH FAYETTE (Tammy Lansing 2:32.8, Emily Johnson 2:35.3 Katie Roach 2:40.4, Emily Heying 2:34.1)	10:22.64
15	MAQUOKETA VALLEY (Angie Dirks, Kelli Dabroski Staci Wenthold, Amanda Harris)	10:22.81
16	ELDORA-NEW PROVIDENCE (Ashley Ritter 2:38.3, Cara Pence 2:39.4 Jenni Smith 2:40.8, Betsy Halvorsen 2:24.6)	10:23.14
17	BATTLE CREEK-IDA GROVE (Bailey DeVore, Amanda Ladwig Stephanie Laughlin, Becky Mason)	10:27.56
18	BONDURANT-FARRAR (Maggie Perry, Jessica Roesch Brooke Boley, Jessie Sadler)	10:28.83
19	COLFAX-MINGO (Taylor Wilson 2:34.8, Krista Goodman 2:43.9 Megan Wolett 2:36.5, Shawna Maher 2:33.8)	10:29.12
20	PRESTON/EAST CENTRAL (Kate Kelly 2:30.7, Kelli Johnson Erica Krogman, Qynne Kelly)	10:30.45
21	WEST LYON (Jill Kerkvliet, Becky Kippley Dana Lantz, Erica Hage)	10:31.63
22	LOUISA-MUSCATINE (Ashley Gingerich, Savah Wells Katie Schlutz, Kristina Axtell)	10:31.69
23	SHELDON	10:34.19

	(Patience Vander Plaats, Alexa Groff Bethany Warnke, Jennifer Den Hartog)	
24	WEST LIBERTY (Jennifer Davis, Rocio Rivera Amanda Elizalde, Jessica Brown)	10:34.59

Sprint Medley Relay Finals

1	SOUTH WINNESHIEK (Kayla Frana, Katie Shatek Ivy Elsbernd, Elise Elsbernd 58.1)	1:49.66
2	CLARION-GOLDFIELD (Brittany Schultz, Betsy Tegtmeyer Molli O'Brien, Michelle Voigts 59.9)	1:51.41
3	CENTER POINT-URBANA (Kelsey Niles, Laura Rhoads Melissa Werner, Jenny Buelow 57.9)	1:51.45
4	BATTLE CREEK-IDA GROVE (Sarah Sykes, Allesha Olson Angie Lageschulte, Abby Lageschulte 58.7)	1:51.97
5	REGINA IOWA CITY (Hope Coffin, Laura Ruppert Katie Hurt, Carly DuCharme 57.9)	1:52.16
6	SIBLEY-OCHEYEDAN (Yvonne Beard, Kate Ernst Jessica Horak, Audrey Claus 59.6)	1:52.86
7	MAQUOKETA VALLEY (Jordan Gibbs, Brianne Boies Amy Conrad, Lynn Nefzger 61.2)	1:53.04
8	UNITY CHRISTIAN (Dorinda Hibma, Beth Davelaar Emily DeWeerd, Joy Horstman 57.5)	1:54.11
9	BEDFORD (Amy French, Christina Dalton Jennifer Irvin, Ashley Wiederin 60.7)	1:54.26
10	SOUTH O'BRIEN (DeNicca Wede, Danielle Kruse Jill Paulsen, Danielle Harmdierks 61.3)	1:54.45
11	SIOUX CENTER (Katelyn Schut, Meggan Jacobsma Jenn Estes, Kaitlin Beaver 60.8)	1:54.69
12	NODAWAY VALLEY (Alii Hanson, Patrese Montgomery Krista Mostaert, Gentry Rice 60.4)	1:55.18
13	CHEROKEE (Rochelle McGill, Keeley Reynolds Abby Joines, Courtney Cuthrell 60.2)	1:55.30
14	CLARINDA (Bethann McCalla, Kristin Williams Sara Eason, Jessica Dirksen 61.5)	1:55.36
15	LAKE MILLS (Melissa Brackey, Jaci Grotewold Caitlin Moore, LeAnn Dahn 61.2)	1:55.39
16	NORTHEAST (Jessica Hoffmann, Angie Adrian Danika Spain, Karleen Meggers 61.3)	1:55.67
17	VAN BUREN (Ashley Atwood, Brittini Smith Anne DeHart, Jenna Myers 60.9)	1:55.93
18	ROLAND-STORY (Ashley Gibson, Jenn Hanson Laura Baldus, Natalie Miller)	1:56.20
19	NASHUA-PLAINFIELD (Jamie Frost, Brittany Sinnwell Samantha Harrington, Beth Benning 61.7)	1:56.23
20	ST. EDMOND FORT DODGE	1:56.93

	(Megan Hilbert, Ariel Black Kelsey Clemens, Kristen Sandvig)	
21	COLFAX-MINGO	1:57.53
	(Abby Poulter, Margaret Heggen Jaci Faidley, Shawna Maher 62.1)	
22	HUDSON	1:57.90
	(Casey Herkelman, Amber Allen Danielle Dunnwald, Ali Selenke 63.5)	
23	CLEAR CREEK-AMANA	1:58.71
	(Taylor Leichsenring, Angela Ganschow Allison Momany, Brooke Rugger 63.7)	
24	WEST LIBERTY	1:59.35
	(Cassie Rodocker, Michelle Pelzer Sam Black, Jennifer Davis 64.0)	

Distance Medley Relay Finals

1	TIPTON	4:13.94
	(Christine Marchik, Kaylee Kotz Clarissa Kotz 62.0, Ashley Miller 2:15.6)	
2	UNITY CHRISTIAN	4:15.59
	(Emily DeWeerd, Beth Davelaar Joy Horstman 60.7, Jen Kempers 2:18.9)	
3	CLEAR CREEK-AMANA	4:18.32
	(Savanna Walls, Allison Momany Carissa Bryson 61.5, Renata Bryson 2:20.8)	
4	NODAWAY VALLEY	4:19.28
	(Courtney Varley, Krista Mostaert Gentri Rice 61.2, Megan Winkelmann 2:22.3)	
5	MFL MARMAC	4:20.08
	(Tiffany Shafer, Kylie Hoffert Nicole Wirkler 63.1, Lynnette Wagner 2:22.3)	
6	PCM	4:22.58
	(Jenny Oldham, Morgan Wilson Erin Wood 63.8, Ashley Schnug 2:25.2)	
7	SOLO	4:22.78
	(Hannah Brumwell, Kelsey Kidwell Jodie Krall, Dana Manternach)	
8	ST. ANSGAR	4:22.96
	(Holly Bruesewitz, MacKenzie Follmuth Kelsi Kruger, Amanda Saaranen 2:26.2)	
9	AUDUBON	4:23.28
	(McKenzie Wetzel, Lexi Asberry Alyse Eddy, Morgan Nelson)	
10	MANSON-NW WEBSTER	4:23.79
	(Brooke Eischeid, Dene' Rasch Hailey Beneke 60.7, Heidi Porter 2:27.5)	
11	DIKE-NEW HARTFORD	4:24.31
	(Kristina Dieken, Dana Grassley Ashley Juel 62.3, Sami Luck 2:25.5)	
12	NASHUA-PLAINFIELD	4:24.73
	(Samantha Harrington, Katelyn McBurney Brittany Sinnwell 63.3, Beth Benning 2:25.6)	
13	WESTERN CHRISTIAN	4:25.05
	(Brittany Van Beek, Kelly Van Beek Haylee Bakker 60.3, Kayla Groeneweg 2:28.1)	
14	OSAGE	4:25.18
	(Sarah Indra, Ashley Pollard Renae Johanns 61.5, Amber Wilde 2:28.6)	
15	MONTICELLO	4:25.69
	(Brittany Orris, Kelli Dirks Jen Tuetken 61.0, Jessie Dirks 2:26.2)	
16	SOUTH WINNESHIEK	4:25.78
	(Sami Elsbernd, Sam Adams Amy Schildmeyer 64.0, Amber Uhlenhake 2:26.2)	
17	MAQUOKETA VALLEY	4:26.01

	(Amy Conrad, Kelli Dabroski Angie Dirks 61.6, Amanda Harris 2:29.6)	
18	LAKE MILLS	4:27.16
	(Caitlin Moore, Lacey Mathews Karla Renshaw 63.3, LeAnn Dahn 2:26.4)	
19	NORTHEAST	4:30.84
	(Danika Spain, Deena Meggers Jessica Hoffmann 61.8, Marie Gordon 2:28.1)	
20	ROLAND-STORY	4:32.49
	(Brittany Friesth, Kara Dolch Karly Hermanson 64.3, Jennae Maughan 2:31.8)	
21	EDDYVILLE-BLAKESBURG	4:33.31
	(Ashley Allman, Ashton Batterson Loisie Jensen 60.9, Emily Conrad 2:33.8)	
22	CENTER POINT-URBANA	4:35.31
	(Kelsey Niles, Lauren Kelty Melissa Werner 64.3, Suzanne Rich 2:31.5)	
23	SHELDON	4:40.73
	(Liz Krogman, Jodi Trei Kayla Olson 61.4, Julie Ridenour 2:40.0)	
	ST. EDMOND FORT DODGE	DQ-#3 cut early
	(Mila O'Rourke, Ariel Black Kelsey Clemens 61.9, Roxanne Rodenborn 2:28.8)	

Shuttle Hurdle Relay Finals

1	BATTLE CREEK-IDA GROVE	1:02.60
	(Allesha Olson, Jeni Eggspuehler Crystal Schiembek, Heidi Harriman)	
2	CAMANCHE	1:02.89
	(Ashley Steines, Heather Hoge Tara Hoge, Cigi Low)	
3	APLINGTON-PARKERSBURG	1:03.67
	(Brooke Cornelius, Kali Schrage Rachel Vander Holt, Mandi Koenen)	
4	BONDURANT-FARRAR	1:04.41
	(Kimber Kunze, Karly Knowles Lauren Bucklin, Kelsey Powell)	
5	OSAGE	1:04.69
	(Jade Ruehlow, Rachel Hall Molly Bengel, Joclyn Ketelsen)	
6	AUDUBON	1:05.88
	(Sara Best, Sara Mathisen McKenzie Wetzel, Jodi Best)	
7	CLEAR CREEK-AMANA	1:06.02
	(Kelsey Kahler, Sami Buck Daniele DeBrower, Savanna Walls)	
8	OKOBOJI	1:06.17
	(Bailey Johnson, Brittany Chapman Tricia Kremmin, Alysa Klein)	
	Heat 1	
1	CAMANCHE	1:03.28 Q
	(Ashley Steines, Heather Hoge Tara Hoge, Cigi Low)	
2	CLEAR CREEK-AMANA	1:05.53 Q
	(Kelsey Kahler, Sami Buck Daniele DeBrower, Savanna Walls)	
3	UNITY CHRISTIAN	1:08.39
	(Emily DeWeerd, Joy Horstman Jina Hoogland, Dorinda Hibma)	
4	MANSON-NW WEBSTER	1:08.55
	(Katherine Condon, Hailey Beneke Sarah Schmidt, Dene' Rasch)	
	Heat 2	
1	BONDURANT-FARRAR	1:04.95 Q

	(Kimber Kunze, Karly Knowles Lauren Bucklin, Kelsey Powell)	
2	WEST BRANCH (Megan Slach, Kalyn Harms Jenna Liebergen, Courtney Casper)	1:06.29
3	COLUMBUS (Natalie Wheeler, Nicole Stewart McKenzie Meyerholz, Ann Utter)	1:08.97
4	EDDYVILLE-BLAKESBURG (Erin Conrad, Ashton Batterson Mckenzie Taylor, Whitney Taylor)	1:10.70
Heat 3		
1	BATTLE CREEK-IDA GROVE (Allesha Olson, Jeni Eggspuehler Crystal Schiernbeck, Heidi Harriman)	1:03.68 Q
2	SOLON (Jenny Schuelke, Lindsey Kidwell Quinn Morelock, Janette Kelsey)	1:07.15
3	TIPTON (Cynthia O'Haver, Kelsie Reeve Sarah Christensen, Jill Fell)	1:07.63
4	ROLAND-STORY (Nyla Evans, Krisin Brodie Jenn Hanson, Cristen Clink)	1:07.92
Heat 4		
1	AUDUBON (Sara Best, Sara Mathisen Jodi Best, McKenzie Wetzel)	1:05.59 Q
2	OKOBOJI (Bailey Johnson, Brittany Chapman Tricia Kremmin, Alysa Klein)	1:05.71 Q
3	SIBLEY-OCHEYEDAN (Alysia Stewart, Kate Ernst Lindsey Boone, Lisa Thiesse)	1:07.06
4	STARMONT (Alexa Francois, Brittany Potter Jena Goedken, Libby Welter)	1:08.78
Heat 5		
1	APLINGTON-PARKERSBURG (Brooke Cornelius, Kali Schrage Rachel Vander Holt, Mandi Koenen)	1:03.86 Q
2	NODAWAY VALLEY (Courtney Varley, Laura McCann Megan Mitchell, Brooke Johnston)	1:06.43
3	NORTH FAYETTE (Kelly Langreck, Kari Tamling Megan Mitts, Tiffany Anderson)	1:07.20
4	SHENANDOAH (Angela Shaw, Rachel Michael Madison Gilbert, Toni Ratliff)	1:08.99
Heat 6		
1	OSAGE (Jade Ruehlow, Rachel Hall, Molly Bengel Joclyn Ketelsen,)	1:05.95 Q
2	CLARINDA (Kendra Sweet, Taylor Thummel Chelsea Tally, RoseMary Cordell)	1:07.75
3	CENTRAL LEE (Megan Weirather, Lindsey Hamm Erin Hawes, Alycia Hopp)	1:07.80
4	EAGLE GROVE (Lindsey Shriver, Caitlin Jeske Jenni Williams, Kelsey Jeske)	1:09.22