

# 2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

## MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 3A 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	Atlantic	43
1	Mount Pleasant	43
3	West Delaware	38
4	Denison-Schleswig	37
5	Central DeWitt	34
6	Mount Vernon-Lisbon	28
7	Fairfield	26
7	Spirit Lake	26
9	Williamsburg	25
10	Bishop Heelan, Sioux City	20
11	Kuemper Catholic	17
12	Cedar Rapids Xavier	14
13	Waukee	13
14	Harlan	12
15	Charles City	11
16	ADM	10
16	Hampton-Dumont	10
18	Waukon	9
19	Independence	8
20	Carroll	7
20	MOC-Floyd Valley	7
22	Glenwood	6
22	Jefferson-Scranton	6
22	Norwalk	6
25	Marion	5
25	Wahlert Dubuque	5
27	Anamosa	4
27	Columbus/Don Bosco	4
27	LeMars	4
27	Waverly-Shell Rock	4
31	Chariton	3
31	Decorah-North Winn.	3
31	Nevada	3
34	Grinnell	2
34	Oelwein	2
34	Red Oak	2
34	South Tama	2
39	Ballard	1
39	Dallas Center-Grimes	1
39	Forest City	1

39	New Hampton	1
	Algona	
	Benton	
	Centerville	
	Clarke	
	Clear Lake	
	Creston	
	Davenport Assumption	
	Fort Madison	
	Humboldt	
	Knoxville	
	Maquoketa	
	Pella	
	Perry	
	Saydel	
	Spencer	
	Storm Lake	
	Vinton-Shellsburg	
	Washington	
	Webster City	
	Western Dubuue	
	Winterset	

### 100 Meter Dash Finals

1	Lindsay Wiebers, Denison-Schleswig	JR	12.74
2	Dani Stipe, Kuemper Catholic	SO	12.89
3	Megan Iverson, Bishop Heelan Sioux City	SR	12.98
4	Karyn Forke, Carroll	JR	13.02
5	Jennie Clark, Norwalk	FR	13.08
6	Diana Meyer, Williamsburg	SR	13.13
7	Jacque Jay, Creston	JR	13.17
8	Jamie Wieck, Hampton-Dumont	SO	13.19

#### Heat 1

1	Dani Stipe, Kuemper Catholic	SO	13.08 Q
2	Karyn Forke, Carroll	JR	13.24 Q
3	Megan Jack, Independence	JR	13.45
4	Emily Duffy, Oelwein	JR	13.56
5	Annalissa Vincent, Nevada	SO	13.63
6	Andrea Hawthorne, Central DeWitt	SR	13.68

7	Samantha Mollett, Bishop Heelan Sioux City	SO	14.55
8	Marissa Dargy, Harlan	SO	14.58
<b>Heat 2</b>			
1	Diana Meyer, Williamsburg	SR	13.01 Q
2	Megan Iverson, Bishop Heelan Sioux City	SR	13.16 Q
3	Jacque Jay, Creston	JR	13.31 Q
4	Jamie Wieck, Hampton-Dumont	SO	13.32 Q
5	Sarah Young, Marion	SO	13.73
6	Cherie Menz, Perry	SR	13.79
7	Ashley Hollingshead, Saydel	SR	13.92
8	Angie Schmidt, Storm Lake	SO	14.41
<b>Heat 3</b>			
1	Lindsay Wiebers, Denison-Schleswig	JR	12.85 Q
2	Jennie Clark, Norwalk	FR	13.13 Q
3	Shari Howard, Estherville-Lincoln Central	JR	13.64
4	Ashley Fulton, Centerville	SR	13.66
5	Molly Daniels, Storm Lake	SR	13.67
6	Ashley Hare, Clear Lake	SR	13.76
7	Sally Distelhorst, Washington	SR	13.77
8	Ali Niemann, Central DeWitt	FR	13.78

## 200 Meter Dash Finals

1	Cortney Jacobs, Atlantic	SR	25.24
2	Megan Iverson, Bishop Heelan Sioux City	SR	25.70
3	Jennie Clark, Norwalk	FR	25.87
4	Dani Stipe, Kuemper Catholic	SO	25.90
5	Sarah Glenn, Denison-Schleswig	FR	26.27
6	Chelsy Kemmet, Waukee	JR	26.56
7	Morgan Achterhoff, MOC-Floyd Valley	FR	26.81
8	Kalli Olson, Nevada	SR	26.89

### Heat 1

1	Jennie Clark, Norwalk	FR	26.19 Q
2	Megan Iverson, Bishop Heelan Sioux City	SR	26.29 Q
3	Kalli Olson, Nevada	SR	26.96 Q
4	Jacque Jay, Creston	JR	27.15
5	Linsey Current, Forest City	SO	27.60
6	Steph Young, ADM	SR	27.70
7	Kata Harvey, Storm Lake	FR	27.74
8	Breann Payton, Columbus/Don Bosco	FR	28.50

### Heat 2

1	Dani Stipe, Kuemper Catholic	SO	26.39 Q
2	Chelsy Kemmet, Waukee	JR	26.73 Q
3	Morgan Achterhoff, MOC-Floyd Valley	FR	26.99 Q
4	Ashley Fulton, Centerville	SR	27.40
5	Molly Daniels, Storm Lake	SR	27.68
6	Kirsten Engel, New Hampton	FR	27.81
7	Sarah Young, Marion	SO	27.89
8	Abby Zipperer, Cedar Rapids Xavier	SR	28.34

### Heat 3

1	Cortney Jacobs, Atlantic	SR	25.77 Q
2	Sarah Glenn, Denison-Schleswig	FR	26.82 Q
3	Samantha Petersen, Clear Lake	SR	27.10
4	Quinn Hanrahan, Central DeWitt	JR	27.47
5	Channing Weigel, New Hampton	JR	27.92
6	Marcy Furlong, Davenport Assumption	SO	28.04
7	Caroline Carstensen, Denison-Schleswig	FR	28.39
8	Nikki Kiler, Independence	SO	28.52

## 400 Meter Dash Finals

1	Cortney Jacobs, Atlantic	SR	56.08
2	Kari Hutchinson, Charles City	SR	58.90
3	Morgan Achterhoff, MOC-Floyd Valley	FR	59.76
4	Kim Zeutenhorst, MOC-Floyd Valley	FR	1:00.40

5	Sarah Leners, Central DeWitt	JR	1:00.50
6	Brittany Melloy, Mount Pleasant	FR	1:00.69
7	Krista Tessman, Norwalk	JR	1:01.01
8	Patty Watkins, Clarke	JR	1:01.82

### Heat 1

1	Morgan Achterhoff, MOC-Floyd Valley	FR	59.82 Q
2	Sarah Leners, Central DeWitt	JR	1:00.83 Q
3	Krista Tessman, Norwalk	JR	1:01.93 Q
4	Cassidy Davis, Knoxville	JR	1:02.19
5	Nikki Kiler, Independence	SO	1:02.48
6	Kayli Hrdlick, Pella	FR	1:03.00
7	Kendra Brekke, Ballard	FR	1:03.24
8	Anne Heun, Jefferson-Scranton	JR	1:03.40

### Heat 2

1	Cortney Jacobs, Atlantic	SR	58.11 Q
2	Patty Watkins, Clarke	JR	1:01.49 Q
3	Marcy Furlong, Davenport Assumption	SO	1:02.25
4	Lindsey Onken, Carroll	JR	1:02.26
5	Ruth Rolling, Waukon	SO	1:03.12
6	Alana Cook, Anamosa	SR	1:03.86
7	Breann Payton, Columbus/Don Bosco	FR	1:05.49
8	Krystal Ranes, Forest City	SO	1:07.38

### Heat 3

1	Kari Hutchinson, Charles City	SR	58.39 Q
2	Brittany Melloy, Mount Pleasant	FR	1:01.24 Q
3	Kim Zeutenhorst, MOC-Floyd Valley	FR	1:01.30 Q
4	Sheila Lyon, South Tama	JR	1:02.74
5	Kaitlin Schneden, Davenport Assumption	JR	1:03.05
6	Kata Harvey, Storm Lake	FR	1:03.25
7	Jaclyn TeBrink, LeMars	SO	1:05.40
8	Kylee Rathje, Benton	FR	1:05.44

## 800 Meter Run Finals

1	Erin Penticoff, Cedar Rapids Xavier	JR	2:14.73 J
2	Whitney Johnson, ADM	JR	2:15.32
3	Mary Bridget Corken, Wahlert Dubuque	JR	2:17.21
4	Sara Eppley, Charles City	SR	2:19.38
5	Abby Huston, Red Oak	JR	2:21.77
6	Regina Reinig, Harlan	FR	2:23.71
7	Amanda Huling, Hampton-Dumont	SR	2:24.64
8	Rachel Wobeter, South Tama	JR	2:26.18
9	Alex Langland, Waukon	SO	2:26.57
10	Madison Bliss, Marion	SO	2:27.66
11	Sara Hess, Washington	FR	2:27.66
12	Kelsey Barton, Waukee	FR	2:28.34
13	Jenny Ferris, Charles City	FR	2:28.79
14	Kelsey Wettach, Decorah-North Winn.	JR	2:28.93
15	Sara Slater, Denison-Schleswig	JR	2:28.97
16	Katie Berry, West Delaware	JR	2:30.78
17	Lyndsay Larson, Harlan	SO	2:31.21
18	Sarah Potthoff, Kuemper Catholic	SR	2:31.32
19	Brooke Achterhoff, MOC-Floyd Valley	JR	2:31.92
20	Sara Crippen, Williamsburg	FR	2:32.67
21	Lauren Zeman, Humboldt	SR	2:35.48
22	Heather Hanson, Forest City	SR	2:37.97
23	Noelle Roth, Mount Pleasant	SR	2:39.38
24	Katie Northey, Spirit Lake Park	SO	2:49.15

## 1500 Meter Run Finals

1	Caedryn Schrunck, Spirit Lake Park	JR	4:47.00
2	Terran Wertz, Williamsburg	SR	4:52.39
3	Jessica Pape, Bishop Heelan Sioux City	SR	4:54.92
4	Whitney Johnson, ADM	JR	4:55.08

5	Kristen Hood, Independence	FR	4:55.98	7	Chelle Phillips, Waukeez	FR	16.79
6	Sarah Hammel, Waukon	SO	4:56.00	8	Kayla Wagener, Maquoketa		17.09
7	Anna Reilly, West Delaware	FR	4:56.74		<b>Heat 2</b>		
8	Staci Rubel, Waverly-Shell Rock	SR	4:56.87	1	Maura McDermott, Central DeWitt	JR	15.62 Q
9	Erin Penticoff, Cedar Rapids Xavier	JR	5:02.27	2	Katie Almond, Humboldt	SO	16.14 Q
10	Rachel Wobeter, South Tama	JR	5:02.78	3	Sarah Wernimont, Atlantic	SR	16.46
11	Lauren Erickson, Mount Pleasant	JR	5:03.48	4	Reiko Cunningham, Waukeez	SO	16.46
12	Mackenzi Mendlik, Denison-Schleswig	SO	5:04.06	5	Chrissy Stettinichs, Spirit Lake Park	FR	16.74
13	Mairead Kelly, Forest City	SR	5:05.85	6	Heather Kessler, Storm Lake	FR	16.86
14	Courtney Rice, Central DeWitt	FR	5:06.03	7	Abby Baldus, Algona	SR	17.84
15	Kelli Hildreth, Norwalk	SO	5:07.09		Mandy Bedell, Mount Vernon-Lisbon	SR	FS
16	Megan Renaud, Pella	JR	5:07.25		<b>Heat 3</b>		
17	Ashley Goeser, Harlan	SR	5:07.74	1	Kelsey Steffens, Central DeWitt	JR	15.50 Q
18	Mindy Williams, Kuemper Catholic	SR	5:08.92	2	Karyn Forke, Carroll	JR	15.57 Q
19	Ainslie Schultz, Forest City	SR	5:10.85	3	Ashten Stelken, West Delaware	JR	16.20 Q
20	Anna Stiller, Ballard	JR	5:11.09	4	Myranda Casterline, Clarke	FR	16.30
21	Abby Huston, Red Oak	JR	5:11.17	5	Joy Buehler, Charles City	JR	16.38
22	Sarah A'hearn, Cedar Rapids Xavier	SO	5:21.33	6	Aslynn Loveless, Norwalk	FR	16.48
23	Jessica Christensen, Harlan	SO	5:22.52	7	Kim Humpal, New Hampton	JR	17.26
24	Patricia Davis, Fort Madison	SO	5:27.91		Sara Reynolds, Marion	SR	

### 3000 Meter Run Finals

1	Caedryn Schrunck, Spirit Lake Park	JR	10:44.50
2	Jessica Pape, Bishop Heelan Sioux City	SR	10:51.79
3	Staci Rubel, Waverly-Shell Rock	SR	10:54.52
4	Val Crutchley, Marion	JR	10:55.81
5	Rachel Wobeter, South Tama	JR	11:05.18
6	Mairead Kelly, Forest City	SR	11:11.79
7	Lauren Jones, Centerville	SO	11:26.88
8	Aly Altenhofen, Spencer	FR	11:27.71
9	Kelli Hildreth, Norwalk	SO	11:33.23
10	Patricia Davis, Fort Madison	SO	11:34.12
11	Ainslie Schultz, Forest City	SR	11:36.09
12	Sarah A'hearn, Cedar Rapids Xavier	SO	11:38.07
13	Courtney Rice, Central DeWitt	FR	11:38.28
14	Tara Perkins, New Hampton	JR	11:42.76
15	Leanne Hammel, Waukon	FR	11:44.58
16	Maggie Dargy, Harlan	SO	11:48.37
17	Trish Breen, Denison-Schleswig	SR	11:49.52
18	Kelsey Vanderwerf, Charles City	SO	11:49.58
19	Erin Behan, Independence	FR	11:50.57
20	Renee Van Roekel, Pella	FR	11:52.05
21	Heather Collum, Central DeWitt	SR	12:03.66
22	Karla Fisher, Creston	SO	12:08.01
23	Paris Kono, Waukeez	FR	12:19.05
24	Allison Folkmann, Williamsburg	SR	12:27.70

### 100 Meter Hurdles Finals

1	Deb Durey, West Delaware	SR	15.24
2	Maura McDermott, Central DeWitt	JR	15.27
3	Kelsey Steffens, Central DeWitt	JR	15.50
4	Karyn Forke, Carroll	JR	15.68
5	Whitney Nelson, Estherville-Lincoln Central	SR	15.87
6	Liz Peterson, Denison-Schleswig	SR	16.30
7	Katie Almond, Humboldt	SO	16.38
8	Ashten Stelken, West Delaware	JR	16.44
	<b>Heat 1</b>		
1	Deb Durey, West Delaware	SR	15.45 Q
2	Whitney Nelson, Estherville-Lincoln Central	SR	15.88 Q
3	Liz Peterson, Denison-Schleswig	SR	16.19 Q
4	Sara Graf, Mount Pleasant	FR	16.38
5	Paige Stout, Washington	FR	16.58
6	Emily Madden, ADM	SO	16.65

### 400 Meter Hurdles Finals

1	Deb Durey, West Delaware	SR	1:04.05
2	Lindsey Boldt, Mount Pleasant	SO	1:04.95
3	Sarah Leners, Central DeWitt	JR	1:05.20
4	Maura McDermott, Central DeWitt	JR	1:06.97
5	Ashley Wehle, Denison-Schleswig	SO	1:07.13
6	Ashley Boeding, New Hampton	SO	1:08.04
7	Danielle Wubbens, Charles City	SO	1:08.12
8	Shellie Mosman, Carroll	SO	1:08.14
9	Amber Appleton, West Delaware	JR	1:08.69
10	Molly McKernan, Independence	JR	1:08.91
11	Brynn Phillips, Forest City	SO	1:09.09
12	Jordie Ruschill, Mount Pleasant	FR	1:09.14
13	Nikki Young, Waverly-Shell Rock	FR	1:09.24
14	Marissa Dargy, Harlan	SO	1:09.39
15	Joy Carroll, Carroll	SO	1:09.48
16	Heather Birchard, Creston	SO	1:09.60
17	Megan Ozbun, Perry	JR	1:09.99
18	Leah Nichols, Waukon	JR	1:10.88
19	Alyssa Capper, Williamsburg	SO	1:11.31
20	Heather Mills, Algona	JR	1:11.50
21	Molly Fletcher, South Tama	SR	1:11.83
22	Amber Breuklander, Pella	SR	1:11.92
23	Alyssa Freeman, Dallas Center-Grimes	FR	1:13.11
	Jill Ziskovsky, Dallas Center-Grimes	FR	FS

### High Jump Finals (Indoors)

1	Ashten Stelken, West Delaware	JR	5'05"
2	Amy Kleinsmith, Mount Vernon-Lisbon	SR	5'04"
3	Amanda Wollman, LeMars	SO	5'03"
4	Renae Walker, Nevada	SR	5'03"
5	Sara Reynolds, Marion	SR	5'02"
6	April Ziskovsky, Dallas Center-Grimes	SR	5'02"
7	Kelli Goeser, Harlan	SO	5'02"
8	Chrissy Stettinichs, Spirit Lake Park	FR	5'01"
9	Brittany Okland, Ballard	JR	5'01"
10	Chelsea Bruening, Kuemper Catholic	SO	5'01"
11	Lindsay Scott, Mount Pleasant	JR	5'01"
12	Lindsey Begemann, Charles City	SR	5'00"
13	Emily Madden, ADM	SO	5'00"
999	Lindsey Boldt, Mount Pleasant	SO	NH
999	Kayla Trenkamp, West Delaware	JR	NH
999	Megan Betz, Central DeWitt	SO	NH

999	Angela Olerich, Kuemper Catholic	SR	NH
999	Rachel Madrigal, Decorah-North Winn.	FR	NH
999	Patty Watkins, Clarke	JR	NH
999	Katie Van Vark, Pella		NH
999	Jeni Hegstrom, Perry	FR	NH
999	Veronica Kurtz, Storm Lake	FR	NH

<b>Serues</b>	<b>5-0</b>	<b>5-1</b>	<b>5-2</b>	<b>5-3</b>	<b>5-4</b>	<b>5-5</b>	<b>5-6</b>
Stelken	O	O	O	O	XO	XO	XXX
Kleinsmith	O	O	O	XXO	XXO	XXX	
Wollman	O	XO	O	O	XXX		
Walker	O	O	O	OX	XXX		
Reynolds	O	XXO	O	XXX			
Ziskovsky	O	XO	OX	XXX			
Goeser	XO	XXO	XXO	XXX			
Stettichs	O	XO	XXX				
Okland	XO	XO	XXX				
Bruening	O	XXO	XXX				
Scott	XO	XXO	XXX				
Begemann	XO	XXX					
Madden	XXO	XXX					
Boldt	XXX						
Trenkamp	XXX						
Betz	XXX						
Olerich	XXX						
Madrigal	XXX						
Watkins	XXX						
Van Vark	XXX						
Hegstrom	XXX						
Kurtz	XXX						

### Long Jump Finals

1	Dani Stipe, Kuemper Catholic	SO	18'02.25"
2	Mallory Henderson, Mount Pleasant	SO	17'08.75"
3	Jamie Wieck, Hampton-Dumont	SO	17'06.00"
4	Cortney Jacobs, Atlantic	SR	17'04.25"
5	Deb Durey, West Delaware	SR	17'03.75"
6	Abby Lahr, West Delaware	SR	17'01.50"
7	Amanda Melichar, Mount Vernon-Lisbon	JR	16'11.75"
8	Jordan Snitker, Waukon	JR	16'10.75"
9	Jill Ziskovsky, Dallas Center-Grimes	FR	16'08.75"
10	Melinda Melichar, Mount Vernon-Lisbon	JR	16'08.25"
11	Joy Carroll, Carroll	JR	16'06.50"
12	Megan Iverson, Bishop Heelan Sioux City	SR	16'05"
13	Amy Bolen, South Tama	SR	16'04.25"
14	Alyssa Hannasch, Oelwein	FR	16'04.00"
15	Liz Peterson, Denison-Schleswig	SR	16'03.50"
16	Steph Bengé, Mount Pleasant	JR	15'08.50"
17	Megan Machovec, Central DeWitt	SO	15'08.25"
18	Crystal Heuberger, Hampton-Dumont	SO	15'05.75"
19	Heidi Moore, Independence	SR	15'03.50"
20	Kim Humpal, New Hampton	JR	15'00.50"
21	Stevi Yanda, Maquoketa	SO	15'0"
22	Dallas Schmacker, Waukee	FR	14'04"
	Alicia Zadow, Algona	SR	fouls
	Ashley Hare, Clear Lake	SR	fouls

#### SERIES

Stipe	17'02.50	FOUL	18'02.25	FOUL	18'01.00	17'10.50
Henderson	foul	foul	17'08.75	17'06.00	16'10.75	17'04.00
Wieck	17'03.75	17'06.00	16'06.75	foul	16'08.00	foul
Jacobs	16'09.75	16'05.00	17'03.25	17'01.00	17'00.75	17'04.25
Durey	16'03.75	16'08.25	17'03.75	16'04.00	16'05.25	17'03.50
Lahr	15'11.00	16'06.50	16'08.75	17'01.50	17'00.75	16'05.50
A Melichar	15'10.00	16'06.25	16'11.75	16'10.00	16'10.00	16'10.50

Snitker	16'04.00	16'10.75	16'03.75	16'01.25	14'07.50	16'06.25
Ziskovsky	16'08.75	15'11.75	15'04.25	foul	15'07.50	16'01.25
M Melichar	16'02.75	16'08.25	foul			
Carroll	16'04.25	16'06.50	16'00.25			
Iverson	16'02.75	foul	16'05.00			
Bolen	16'03.25	15'06.50	16'04.25			
Hannasch	16'04.00	16'04.00	16'03.75			
Peterson	12'02.50	16'03.50	foul			
Benge	foul	foul	15'08.50			
Machovec	foul	15'07.25	15'08.25			
Heuberger	foul	15'05.75	15'05.25			
Moore	15'03.50	14'03.50	foul			
Humpal	foul	14'05.25	15'00.50			
Yanda	foul	foul	15'00.00			
Schmacker	14'00.50	14'04.00	14'01.50			
Zadow	foul	foul	foul			
Hare	foul	foul	foul			

### Shot Put Finals

1	Tami Magner, Waukon	SR	42'10.50"
2	Sarah Harms, Hampton-Dumont	SR	41'00.00"
3	Katie Wilson, Glenwood	SR	40'06.50"
4	Mandy Chandler, Chariton	JR	39'00.25"
5	Dani Lujan, Oelwein	SR	37'05.50"
6	Megan Callahan, Wahlert Dubuque	JR	37'04.25"
7	Brandi Mulder, Waverly-Shell Rock	JR	37'02.50"
8	Chelsey Iverson, New Hampton	SR	37'00.75"
9	Angela Sheridan, Wahlert Dubuque	JR	37'00.25"
10	Kara Swingen, Forest City	SR	37'00.25"
11	Jess Jewell, Decorah-North Winn.	SR	36'11.00"
12	Crystal Moody, Nevada	JR	36'09.00"
13	Amy Velthoff, Harlan	JR	36'08.25"
14	Katie Naberhaus, Carroll	FR	36'01.75"
15	Katie Lautner, Jefferson-Scranton	SR	36'00.75"
16	Ashley Peterson, Denison-Schleswig		35'08.50"
17	Ashley Lundberg, Winterset	SR	35'06.00"
18	Cassie Cheever, Bishop Heelan Sioux City	SR	35'03.50"
19	DeAnn May, Clarke	SR	35'00.25"
20	Heather McCrea, Kuemper Catholic	JR	35'00.00"
21	Barb Carter, Centerville	SO	34'05.50"
22	Leah Buls, Independence	SO	34'02.50"
23	Katie Post, Independence	SR	34'02.00"
24	Chantell Kuntz, Knoxville	SR	32'08.00"

#### SERIES

Magner	foul	37'06.7	39'04.00	39'02.75	39'04.00	42'10.50
Harms	38'07.75	40'00.00	38'09.75	40'01.00	41'00.00	40'05.50
Wilson	38'08.50	39'00.00	39'01.75	37'10.25	39'01.25	40'06.50
Chandler	39'00.25	37'05.25	37'11.50	foul	37'03.00	35'07.00
Lujan	36'10.0	37'05.50	36'10.75	36'10.00	37'01.75	37'04.50
Callahan	35'09.50	35'03.00	37'04.25	36'08.00	foul	36'07.00
Mulder	37'02.50	36'04.00	36'06.00	36'06.25	37'0.25	foul
Iverson	35'09.00	37'00.75	34'05.75	36'02.50	34'10.50	34'09.25
Sheridan	37'00.25	36'11.50	36'01.75			
Swingen	37'00.25	33'03.25	36'07.25			
Jewell	36'11.00	36'07.50	34'04.75			
Moody	35'01.00	32'05.00	36'09.00			
Velthoff	35'09.25	36'08.25	34'07.75			
Naberhaus	35'09.00	33'06.00	36'01.75			
Lautner	36'00.75	35'02.00	32'09.75			
Peterson	35'02.25	35'08.50	34'00.50			
Lundberg	34'11.25	35'06.00	35'02.50			
Cheever	34'01.25	34'07.25	35'03.50			
May	35'00.25	34'09.00	31'10.00			

McCrea	35'00.00	33'06.00	33:05.00
Carter	32'00.75	31'00.50	34'05.50
Buls	34'02.50	34'02.25	32'05.50
Post	33'03.50	32'06.00	34'02.00
Kuntz	28'09.50	30'08.75	32'08.00

## Discus Finals

1	Katie Brown, Spirit Lake Park	SO	128'11"
2	Laura Hupp, Jefferson-Scranton	SR	128'00"
3	Audra Ketelsen, Anamosa	JR	126'09"
4	Jess Jewell, Decorah-North Winn.	SR	123'06"
5	Katie Wilson, Glenwood	SR	121'11"
6	Amy Velthoff, Harlan	JR	119'04"
7	Laurie Trifone, Wahlert Dubuque	SR	117'03"
8	Megan Johnson, MOC-Floyd Valley	JR	114'11"
9	Katie Post, Independence	SR	113'08"
10	Irene Carter, Centerville	SR	110'08"
11	Teryn DeHaan, MOC-Floyd Valley	JR	109'11"
12	Angie Jenkins, Atlantic	JR	109'10"
13	Chelsey Iverson, New Hampton	SR	109'08"
14	Lillian Sawhill, Jefferson-Scranton	SO	109'04"
15	Katie Niggemeyer, Webster City	JR	107'04"
16	Karma Weeden, Estherville-Lincoln Central	SR	107'03"
17	Emily Conway, Grinnell	JR	105'04"
18	Sara Schuhardt, ADM	SR	104'10"
19	Kara Swingen, Forest City	SR	104'10"
20	Ashley Peterson, Denison-Schleswig	SO	100'09"
21	Laura Schiltz, Clarke	SR	98'11"
22	Katie Weber, Western Dubuque	JR	98'02"
23	Kristen Early, Estherville-Lincoln Central	JR	97'03"
24	Ashley Jeffrey, Mount Pleasant	SR	91'08"

### series

Brown	125'03	123'05	125'00	128'08	128'11	128'06
Hupp	127'10	125'07	127'04	115'05	119'00	128'00
Ketelsen	123'05	121'03	foul	126'09	126'00	foul
Jewell	123'06	114'06	122'07	118'00	118'05	foul
Wilson	112'03	117'00	116'10	117'01	119'10	121'11
Velthoff	119'04	112'07	104:03	115'10	113'04	foul
Trifone	foul	104'04	117'03	114'11	115'03	115'01
Johnson	113'09	112'05	114'11	108'00	foul	107'10
Post	113'08	foul	110'04			
Carter	092'08	110'08	110:03			
DeHaan	089'05	109'11	foul			
Jenkins	109'10	108'00	096'00			
Iverson	083'07	109'08	094'03			
Sawhill	085:00	foul	109'04			
Niggemeyer	106:05	086:11	107'04			
Weeden	100'09	100:06	107'03			
Conway	105'04	104'09	102'06			
Schuhaddt	104'10	098'10	102'10			
Swingen	100'11	088'11	104'10			
Peterson	093:01	089'00	100'09			
Schiltz	098'11	093'11	092'07			
Weber	foul	098'02	097'01			
Early	097'03	foul	foul			
Jeffrey	082'07	084'11	091'08			

## 4x100 Meter Relay Finals

1 DENISON-SCHLESWIG	49.58
(Christine Burtnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)	

2 MOUNT VERNON-LISBON	50.12
(Melinda Melichar, Deanna Nelson Jenna Nicol, Amanda Melichar)	
3 MOUNT PLEASANT	50.22
(Steph Bengel, Steph Fedler Shelley Brumbaugh, Mallory Henderson)	
4 CENTRAL DEWITT	50.57
(Megan Machovec, Kelsey Steffens Samantha Leslie, Alyssa Maher)	
5 HARLAN	50.58
(Sara Kenney, McKenzie Moore Jessica Davis, Brittany Moore)	
6 WEST DELAWARE	50.61
(Megan Klein, Emily Prinsen Misty Ross, Abby Lahr)	
7 CLEAR LAKE	50.86
(Missy McLaughlin, Ashley Hare Amelia Ewer, Samantha Petersen)	
8 GRINNELL	50.94
(Cory Graves, Kelley Briggs Megan Brown, Melissa Brooks)	

### Heat 1

1 DENISON-SCHLESWIG	49.65 Q
(Christine Burtnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)	
2 HARLAN	50.47 Q
(Sara Kenney, McKenzie Moore Jessica Davis, Brittany Moore)	
3 PELLA	51.15
(Lyndsay Van Maaren, Kelly Hoopes Erika Engelbrecht, Kelsey Manecke)	
4 CLARKE	51.39
(Brooke Halvorsen, Dakota Thornton Myranda Casterline, Patty Wakins)	
5 FOREST CITY	51.50
(Haleigh Overson, Mandy Swanson Kara Swingen, Melanie Twait)	
6 SPENCER	51.62
(Maggie Roos, Kelsie Grave Dani Merchant, Bre Schmillen)	
7 STORM LAKE	51.68
(Tasha Halder, Kata Harvey Steph Rude, Molly Daniels)	
8 VINTON-SHELLSBURG	52.84
(Kelly Annis, Alexa Moore Channing Merchant, Kaitlyn Mahoney)	

### Heat 2

1 MOUNT VERNON-LISBON	50.11 Q
(Melinda Melichar, Deanna Nelson Jenna Nicol, Amanda Melichar)	
2 MOUNT PLEASANT	50.28 Q
(Steph Bengel, Steph Fedler Shelley Brumbaugh, Mallory Henderson)	
3 CLEAR LAKE	50.71 Q
(Missy McLaughlin, Ashley Hare Amelia Ewer, Samantha Petersen)	
4 CENTRAL DEWITT	51.00 Q
(Megan Machovec, Kelsey Steffens Samantha Leslie, Alyssa Maher)	
5 WASHINGTON	51.72
(Sally Disterhorst, Katie Mitchell Janae Rosien, Paige Stout)	
6 NEVADA	51.83
(Allison Gerlach, Haley Huhn Annalissa Vincent, Kalli Olson)	

7 WAUKEE	52.01	3 FOREST CITY	1:50.35
(Maddie Romano, Reiko Cunningham Ashley Thielen, Betsy Embree)		(Haleigh Overson, Katie Boman Mandy Swanson, Melanie Twait)	
8 ESTHERVILLE-LINCOLN CENTRAL	52.87	4 LEMARS	1:51.00
(Whitney Nelson, MacKenzie Eggers Katie Gosch, Sheri Howard)		(Natasha Schulz, Jacki Weiler Emily Snyder, Jodi Hettwer)	
<b>Heat 3</b>		5 INDEPENDENCE	1:51.07
1 GRINNELL	50.81 Q	(Megan Sorg, Paige Ficken Heidi Moore, Megan Jack)	
(Krista Dayton, Kelley Briggs Megan Brown, Melissa Brooks)		6 CLARKE	1:51.44
2 WEST DELAWARE	50.89 Q	(Brooke Halvorsen, Kassie Paulsen Laura Schiltz, Dakota Thornton)	
(Megan Klein, Emily Prinsen Misty Ross, Abby Lahr)		7 NEW HAMPTON	1:51.55
3 WAUKON	51.23	(Chelsey Iverson, Ashley Boeding Kirsten Engel, Channing Weigel)	
(Jessie Ryan, Vannessa Herman Brittney Hogendorf, Jordan Snitker)		8 BENTON	1:52.03
4 COLUMBUS/DON BOSCO	51.33	(Cameron Jacobson, Lacey Ritscher M'Leigh Rempfer, Joanna Oehlerich)	
(Mary Jo Nie, Anna Schmitz Molly Conway, Jamie Frederick)		<b>Heat 2</b>	
5 ATLANTIC	52.46	1 DENISON-SCHLESWIG	1:43.26 Q
(Angie Jenkins, Cydney Hoegh Sam Montanye, Rachel Rieck)		(Christine Burnnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)	
6 KUEMPER CATHOLIC	52.54	2 GRINNELL	1:47.65 Q
(Summer Toms, Chelsea Bruening Heather McCrea, Dani Stipe)		(Cory Graves, Megan Brown Krista Dayton, Melissa Brooks)	
7 NEW HAMPTON	52.56	3 COLUMBUS/DON BOSCO	1:47.90
(Chelsey Iverson, Ashley Boeding Sam Boos, Channing Weigel)		(Mary Jo Nie, Anna Schmitz Molly Conway, Jamie Frederick)	
8 SOUTH TAMA	52.96	4 FAIRFIELD	1:48.17
(Amy Bolen, Kayla Benda Ashley Benda, Emily Manfull)		(Ashley Sander, Abby Bandy Kate Carr, Aly Bowers)	

### Class 3A 4x200 Meter Relay Finals

1 DENISON-SCHLESWIG	1:43.10	4 FAIRFIELD	1:48.17
(Christine Burnnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)		(Ashley Sander, Abby Bandy Kate Carr, Aly Bowers)	
2 MOUNT VERNON-LISBON	1:44.61	5 WAHLERT DUBUQUE	1:48.77
(Melinda Melichar, Jenna Nicol Deanna Nelson, Amanda Melichar)		(Jan Ganshirt, Darien Kaiser Emily Walker, Krista Leibfried)	
3 MOUNT PLEASANT	1:45.02	6 HARLAN	1:49.41
(Mallory Henderson, Lindsay Scott Steph Fedler, Lindsey Boldt)		(Jessica Davis, McKenzie Moore Amanda Cairney, Marissa Dargy)	
4 ATLANTIC	1:46.67	7 WAVERLY-SHELL ROCK	1:51.11
(Whitney Jacobs, Cydney Hoegh Sam Montanye, Lauren Osborne)		(April Suhr, Malinda Groth Melissa Gibbs, Erica St. John)	
5 WEST DELAWARE	1:47.31	8 ESTHERVILLE-LINCOLN CENTRAL	1:52.26
(Megan Klein, Cristen Dudak Emily Prinsen, Abby Lahr)		(Whitney Nelson, MacKenzie Eggers Amber Nelson, Sheri Howard)	
6 CENTRAL DEWITT	1:48.04	<b>Heat 3</b>	
(Megan Machovec, Quinn Hanrahan Kaitlyn Petersen, Alyssa Maher)		1 MOUNT VERNON-LISBON	1:44.80 Q
7 PELLA	1:48.67	(Melinda Melichar, Jenna Nicol Deanna Nelson, Amanda Melichar)	
(Lyndsay Van Maaren, Kelly Hoopes Erika Engelbrecht, Kelsey Manecke)		2 WEST DELAWARE	1:46.29 Q
GRINNELL	DNF	(Megan Klein, Cristen Dudak Emily Prinsen, Abby Lahr)	
(Cory Graves, Megan Brown Krista Dayton, Melissa Brooks)		3 ATLANTIC	1:46.48 Q
<b>Heat 1</b>		(Whitney Jacobs, Cydney Hoegh Sam Montanye, Lauren Osborne)	
1 MOUNT PLEASANT	1:45.96 Q	4 PELLA	1:47.42 Q
(Mallory Henderson, Lindsay Scott Steph Fedler, Lindsey Boldt)		(Lyndsay Van Maaren, Kelly Hoopes Erika Engelbrecht, Kelsey Manecke)	
2 CENTRAL DEWITT	1:46.36 Q	5 CRESTON	1:48.72
(Megan Machovec, Quinn Hanrahan Kaitlyn Petersen, Alyssa Maher)		(Morgan Griesinger, Maddie Moffitt Heather Birchard, Ashley Hartsock)	
		6 CLEAR LAKE	1:48.73
		(Ashley Hare, Miquela Bancroft Steph Lindquist, Samantha Petersen)	
		7 WAUKEE	1:49.46
		(Dallas Schmacker, Jill Smith Maddie Romano, Betsy Embree)	
		8 SPIRIT LAKE PARK	1:49.55

(Ashley Zevenbergen, Amber Lawler  
Alyssa Post, Chrissy Stettinichs)

## 4x400 Meter Relay Finals

1 ATLANTIC	3:56.99
(Whitney Jacobs, Sarah Wernimonnt Lauren Osborne, Cortney Jacobs 54.4)	
2 FAIRFIELD	3:57.38
(Aly Bowers 59.9, Amanda Kuiken 59.0 Kate Carr 59.4, Jennifer Kuiken 58.9)	
3 MOUNT PLEASANT	4:00.69
(Brittany Melloy 61.2, Lindsay Scott 59.8 Emily Petrzelka 60.4, Lindsey Boldt 59.2)	
4 HARLAN	4:02.56
(Sara Kenney 62.1, Kelli Goeser 62.2 Regina Reinig 61.1, Brittany Moore 58.1)	
5 DENISON-SCHLESWIG	4:03.65
(Liz Peterson 61.3, Ashley Wehle 60.9 Nicole Clausen 61.2, Christine Burnnett 60.2)	
6 CHARLES CITY	4:03.83
(Kristyn Ferris 61.4, Alexandra Walter 61.6 Sara Eppley 62.7, Kari Hutchinson 58.1)	
7 WILLIAMSBURG	4:03.88
(Diana Meyer 60.5, Kelly Marine 61.5 Amanda Stecker 63.8, Alyssa Capper 58.0)	
8 DECORAH-NORTH WINN.	4:09.05
(Rachel Madrigal, Liz Elsbernd Lydia Huinker, Liz Madrigal)	

### Heat 1

1 ATLANTIC	4:00.30 Q
(Whitney Jacobs 60.0, Sarah Wernimonnt 60.3 Lauren Osborne 62.6, Cortney Jacobs 57.4)	
2 MOUNT PLEASANT	4:02.41 Q
(Brittany Melloy 61.5, Lindsay Scott 61.0 Emily Petrzelka 59.6, Lindsey Boldt 60.3)	
3 WILLIAMSBURG	4:05.57 Q
(Diana Meyer 60.6, Kelly Marine 61.4 Amanda Stecker 62.9, Alyssa Capper 60.7)	
4 DECORAH-NORTH WINN.	4:08.52 Q
(Rachel Madrigal 60.7, Liz Elsbernd 62.7 Liz Madrigal 63.4, Lydia Huinker 61.7)	
5 INDEPENDENCE	4:15.09
(Carrie Gienau 62.3, Heidi Moore 64.2 Mikki Robinson 65.5, Molly McKernan 63.1)	
6 WEST DELAWARE	4:15.35
(Robbie Sedain 64.8, Heather Heffernan 63.3 Katie Berry 65.8, Holly Tjaden 61.4)	
7 PELLA	4:16.78
(Kayli Hrdlicka 64.5, Amber Breuklander 66.3 Sierra Smith 64.7, Gracie Eggland 61.2)	
8 BALLARD	4:26.28
(Ashley Lippincott, Molly Eklund Abby Ceynar, Lynn Osterhout)	

### Heat 2

1 FAIRFIELD	4:05.30 Q
(Aly Bowers 62.9, Amanda Kuiken 60.5 Kate Carr 60.5, Jennifer Kuiken 61.4)	
2 HARLAN	4:05.78 Q
(Sara Kenney 62.5, Kelli Goeser 62.9 Regina Reinig 59.7, Brittany Moore 60.6)	
3 CENTRAL DEWITT	4:09.63
(Samantha Leslie 64.1, Quinn Hanrahan 61.2 Kaitlyn Petersen 62.8, Sarah Leners 62.9)	
4 CRESTON	4:11.15

(Heather Birchard 64.1, Maddie Moffitt 61.2  
Brittany Riley 62.8, Ashley Hartssock 63.0)

5 BENTON	4:14.19
(Joanna Oehlerich 63.3, Lacey Ritscher 62.5 Kylee Runge 64.9, Abby Luther 63.3)	
6 MOC-FLOYD VALLEY	4:18.66
(Morgan Achterhoff 63.8, Jenan Katt 64.2 Mary Maassen 66.9, Kim Zeutenhorst) 63.7	
7 DALLAS CENTER-GRIMES	4:20.07
(Susan Royer 64.7, Kelsey Levenhagen 65.5 Alyssa Freeman 66.2, April Ziskovsky 62.6)	
8 ALGONA	4:28.32
(Heather Mills 67.2, Kendra Laubenthal 70.3 Emily Knudsen 66.1, Alicia Zadow 64.6)	

### Heat 3

1 DENISON-SCHLESWIG	4:06.04 Q
(Liz Peterson 61.9, Ashley Wehle 61.4 Nicole Clausen 61.7, Christine Burnnett 61.0)	
2 CHARLES CITY	4:06.06 Q
(Kristyn Ferris 62.0, Alexandra Walter 62.7 Sara Eppley 62.7, Kari Hutchinson 58.6)	
3 WAHLERT DUBUQUE	4:10.21
(Jan Ganshirt 62.6, Emily Walker 61.7 Krista Leibfried 64.8, Mary Briget Corken 61.1)	
4 CARROLL	4:13.33
(Joy Carroll 62.8, Lindsey Onken 63.4 Dana Honke 65.3, Shellie Mosman 61.8)	
5 WAUKON	4:15.10
(Ruth Rolling 63.8, Ashley Waters 63.6 Emily Garrett 64.9, Amanda Rolling 62.8)	
6 WAVERLY-SHELL ROCK	4:19.95
(Erica St. John 63.3, Ann Cashman 64.9 Malinda Groth 66.0, April Suhr 65.7)	
7 VINTON-SHELLSBURG	4:29.30
(Kelly Annis 62.8, Shannon Geiger 66.4 Kaitlyn Mahoney 70.7, Alexa Moore 69.4)	
8 ADM	4:31.11
(Ashley Goepferich 67.9, Carli Applegate 67.6 Val Steele 68.1, Emily Madden 67.5)	

## Class 3A 4x800 Meter Relay Finals

1 WILLIAMSBURG	9:37.69
(Alyssa Capper 2:22.7, Annie Jones 2:25.5 Kelly Marine 2:29.9, Terran Wertz 2:19.4)	
2 FAIRFIELD	9:46.33
(Kate Carr 2:25.8, Laura Bogaards 2:32.9 Jennifer Kuiken 2:23.3, Amanda Kuiken 2:24.5)	
3 INDEPENDENCE	9:47.13
(Holle Hosch 2:23.0, Carrie Gienau Katie Flinkinger, Kristen Hood 2:21.5)	
4 MOUNT PLEASANT	9:53.19
(Jordie Ruschill 2:29.6, Emily Petrzelka 2:22.6 Elaina Mertens 2:31.9, Lauren Erickson 2:28.7)	
5 DENISON-SCHLESWIG	9:57.43
(McKenzi Mendlik 2:26.8, Sara Slater 2:27.9 Trish Breen 2:32.9, Ashley Wehle 2:29.8)	
6 BALLARD	9:58.96
(Megan McCasland 2:30.1, Lynn Osterhout 2:31.7 Kim Gilliland 2:29.9, Anna Stiller 2:27.2)	
7 WEST DELAWARE	9:59.44
(Heather Heffernan 2:27.3, Katie Larson 2:34.7 Holly Tjaden 2:28.7, Anna Reilly 2:27.6)	
8 HARLAN	10:02.30
(Janae Williams 2:29.6, Ashley Goeser 2:27.4 Jessica Christensen 2:36.2, Lyndsay Larson 2:29.1)	

9 MARION	10:03.78
(Tess Putnam, Alicia Zankie Van Crutchley, Madison Bliss 2:31.1)	
10 DECORAH-NORTH WINN.	10:06.90
(Liz Madrigal 2:30.0, Kia Knutson 2:30.5 Bethany Van Sloten 2:33.5, Rachel Madrigal 2:32.9)	
11 WAUKON	10:08.86
(Sarah Hammel, Alex Langland Samantha Reiser, Ashley Waters)	
12 ATLANTIC	10:09.87
(Brigham Hoegh, Beth Rogers Emi Schuler, Michelle McLaren)	
13 CENTRAL DEWITT	10:10.79
(Erin Connell, Aileen Gilroy Kaitlyn Petersen, Courtney Rice)	
14 PELLA	10:12.25
(Amber Breuklander, Bridget Prescott Gracie Eggland, Megan Renaud)	
15 WAHLERT DUBUQUE	10:13.08
(Megan Esch, Laura Kelly Teresa Dolson, Kim Tranel)	
16 JEFFERSON-SCRANTON	10:16.60
(Mary Swanson, Laura Tronchetti Kim Cunningham, Morgan Hendricks)	
17 MOC-FLOYD VALLEY	10:16.94
(Brooke Achterhoff 2:33.3, Carrie Johnson 2:37.2 Kendra Van't Hof 2:36.0, Kim Zeutenhorst) 2:30.4	
18 WAUKEE	10:17.82
(Kelsey Barton, Kaitlin Conway Tessa Fegan, Ashley Mallincone)	
19 BENTON	10:19.38
(Marni Olson 2:30.7, Anna Freese 2:36.2 Holly Rathje 2:28.3, Emily Thompson 2:34.2)	
20 WASHINGTON	10:20.47
(Sara Hess 2:28.9, Amanda Shelman 2:34.1 Julie Bump 2:39.6, Lydia Colthurst 2:37.9)	
21 DALLAS CENTER-GRIMES	10:21.36
(Keeley O'Keefe, Susan Royer Kelsey Levenhagen, Sarah Swanson)	
22 HUMBOLDT	10:27.69
(Anne Stockdale, Lindsay Bornhoff Lea Stover, Lauren Zeman)	
23 SPIRIT LAKE PARK	10:28.19
(Katie Northey, Nicole Lindsey Cassie Hanson, Mallory Breuker)	
24 CHARLES CITY	10:31.60
(Kelsey Vanderwerf, Jenny Ferris Lynsie Nehls, Danielle Wubbens)	

### Sprint Medley Relay Finals

1 ATLANTIC	1:50.57
(Angie Jenkins, Cydney Hoegh Lauren Osborne, Whitney Jacobs 58.4)	
2 WAUKEE	1:50.79
(Ashley Thielen, Maddie Romano Betsy Embree, Chelsy Kemmet 58.3)	
3 MOUNT VERNON-LISBON	1:50.87
(Jenna Kohl, Melinda Melichar Amanda Melichar, Deanna Nelson 58.3)	
4 COLUMBUS/DON BOSCO	1:50.93
(Mary Jo Nie, Molly Conway Anna Schmitz, Jamie Frederick 57.7)	
5 MOUNT PLEASANT	1:51.43
(Steph Benge, Steph Fedler Mallory Henderson, Brittany Melloy 59.8)	

6 CHARLES CITY	1:51.92
(Alexandra Walter, Amber Rippentrop Kari Hutchinson, Kristyn Ferris 59.5)	
7 CENTRAL DEWITT	1:52.59
(Andrea Hawthorne, Samantha Leslie Megan Machovec, Sarah Leners 59.1)	
8 WEST DELAWARE	1:53.27
(Megan Klein, Misty Ross Emily Prinsen, Cristen Dudak 59.1)	
9 PELLA	1:53.71
(Lyndsay Van Maaren, Kelsey Manecke Erika Engelbrecht, Gracie Eggland 60.5)	
10 CRESTON	1:54.32
(Morgan Griesinger, Maddie Moffitt Jacque Jay, Ashley Hartsock 60.8)	
11 CLARKE	1:54.56
(Brooke Halvorsen, Dakota Thornton Myranda Casterline, Patty Wakins 60.5)	
12 DECORAH-NORTH WINN.	1:55.15
(Tatum Satrom, Kelly Casterton Rachel Hardy, Lydia Huinker 50.7)	
13 LEMARS	1:55.17
(Molly Reuter, Jacki Weiler Natasha Schulz, Jodi Hetwer 62.0)	
14 INDEPENDENCE	1:55.22
(Megan Sorg, Paige Ficken Megan Jack, Holli Hosch 60.8)	
15 CEDAR RAPIDS XAVIER	1:55.26
(Megan Zenisek, Jamie Wagner Abby Zipperer, Jessica Levin 61.1)	
16 NEVADA	1:55.50
(Haley Huhn, Annalissa Vincent Kalli Olson, Mariel McWilliams)	
17 FOREST CITY	1:56.04
(Mandy Swanson, Kassi Olson Katie Boman, Melanie Twait 62.4)	
18 SPENCER	1:56.08
(Maggie Roos, Kelsie Grave Bre Schmillen, Heather Brown)	
19 BENTON	1:56.16
(Tiffany Jackson, Cameren Jacobson M'Leigh Rempfer, Abby Luther 61.2)	
20 HAMPTON-DUMONT	1:56.45
(Ashley Plagge, Briley Fairbanks Jamie Wieck, Katherine Kuehner 62.6)	
21 WAUKON	1:56.76
(Jessie Ryan, Angela Weymiller Vannessa Herman, Amanda Rolling 62.6)	
21 SOUTH TAMA	1:56.76
(Katie Upah, Ashley Benda Emily Manfull, Sheila Lyon 61.8)	
23 ALGONA	1:58.79
(Megan Person, Nikki White Emily Knudsen, Alicia Zadow 63.3)	
24 GLENWOOD	2:03.84
(Paige Hays, Jenny Dashner Kristina Jens, Courney Sondag 63.0)	

### Distance Medley Relay Finals

1 FAIRFIELD	4:09.49
(Aly Bowers, Abby Bandy Amanda Kuiken 58.3, Jennifer Kuiken 2:17.9)	
2 WILLIAMSBURG	4:10.02
(Diana Meyer, Amanda Stecker Kelly Marine 61.5, Terran Wertz 2:18.6)	

3 CEDAR RAPIDS XAVIER	4:11.23
(Jill McDermott, Abby Zipperer Jessica Levin 59.5, Erin Penticoff 2:16.3)	
4 HARLAN	4:11.29
(Sara Kenney, Amanda Cairney McKenzie Moore 57.4, Regina Reinig 2:19.3)	
5 SPIRIT LAKE PARK	4:16.31
(Amber Lawler, Lindsey Stahly Alyssa Post 61.4, Caedryn Schrunk 2:18.2)	
6 ADM	4:17.19
(Steph Young, Val Steele Carli Applegate 62.5, Whitney Johnson 2:18.9)	
7 WAVERLY-SHELL ROCK	4:18.93
(Erica St. John, Melissa Gibbs April Suhr 61.4, Staci Rubel 2:21.7)	
8 BENTON	4:19.26
(Tiffany Jackson, Lacey Ritscher Joanna Oehlerich 60.8, Abby Luther 2:22.3)	
9 CHARLES CITY	4:20.96
(Alexandra Walter, Amber Rippentrop Kristyn Ferris 60.1, Sara Eppley 2:25.0)	
10 GLENWOOD	4:21.72
(Paige Hays, Jenny Dashner Courtney Sondag 61.7, Kristina Jens 2:23.4)	
11 MOUNT PLEASANT	4:22.51
(Steph Benge, Shelley Brumbaugh Emily Petrzalka 60.3, Lauren Erickson 2:27.6)	
12 DECORAH-NORTH WINN.	4:22.86
(Jenna Nanke, Rachel Hardy Lydia Huinker 60.1, Rachel Madrigal 2:27.0)	
13 FOREST CITY	4:23.41
(Linsey Current, Kassi Olson Brynn Phillips 62.2, Mairead Kelly 2:26.3)	
14 SPENCER	4:23.64
(Dani Merchant, Megan Bateman Lisa Paulsen 62.4, Heather Brown 2:26.6)	
15 DENISON-SCHLESWIG	4:23.75
(Caroline Carstensen, Liz Glenn Emily Haase 62.7, McKenzi Mendlik 2:25.9)	
16 PELLA	4:25.59
(Nicole Verhey, Kelly Hoopes Sierra Smith 62.9, Megan Renaud 2:26.7)	
17 CHARITON	4:26.16
(Shelby Kent, Laura Bortz Ashley Rockhold 59.9, Gaby Johnson 2:28.1)	
18 SAYDEL	4:28.16
(Ashley Hollingshead, Jen Holzhauser Chelsea Shafer 61.9, Mary Rouleau 2:30.5)	
19 HAMPTON-DUMONT	4:28.25
(Jamie Wieck, Halie Mollenbeck Katherine Kuehner, 62.3 Amanda Huling 2:30.8)	
20 ALGONA	4:28.60
(Megan Person, Emily Knudsen Alicia Zadow 61.7, Heather Mills 2:31.1)	
21 WESTERN DUBUQUE	4:29.02
(Kara Kluesner, Phylricia Schwartz Danielle Kramer 63.7, Kristen Pitz 2:28.4)	
22 ATLANTIC	4:30.93
(Michelle McLaren, Rachel Rieck Traci Shriver 61.2, Beth Rogers 2:33.1)	
INDEPENDENCE	DQ--2/3 ooz
(Megan Sorg, Paige Ficken Holli Hosch 61.1, Kristen Hood 2:25.9)	
WAHLERT DUBUQUE	DQ--2/3 ooz
(Jan Ganshirt, Darien Kaiser Emily Walker 61.5, Mary Briget Corken 2:18.6)	

## Shuttle Hurdle Relay Finals

1 CENTRAL DEWITT	1:02.90
(Kelly Menneke, Maura McDermott Kelsey Steffens, Alyssa Maher)	
2 WEST DELAWARE	1:03.02
(Abby Lahr, Cristen Dudak Ashten Stelken, Deb Durey)	
3 MOUNT PLEASANT	1:04.70
(Cherie Nichting, Sara Graf Anna Graber, Lindsay Scott)	
4 WAUKEE	1:05.48
(Reiko Cunningham, Chelle Phillips Abby Crabbs, Chelsy Kemmet)	
5 GRINNELL	1:05.85
(Kelley Briggs, Whitney Hennes Emily Conway, Melissa Brooks)	
6 CARROLL	1:05.88
(Lindsey Onken, Joy Carroll Shellie Mosman, Karyn Forke)	
7 DENISON-SCHLESWIG	1:06.05
(Katie Kruse, Ashton Schmidt Liz Peterson, Amy Larson)	
8 HUMBOLDT	1:06.73
(Jami Olson, Amber Bacon Lexi Maurer, Katie Almond)	
<b>Heat 1</b>	
1 CENTRAL DEWITT	1:02.24 Q
(Kelly Menneke, Maura McDermott Kelsey Steffens, Alyssa Maher)	
2 WAUKON	1:06.76
(Leah Nichols, Brittney Hogendorn Tara Meyer, Jordan Snitker)	
3 SOUTH TAMA	1:08.17
(Kayla Benda, Jade Musgrave Rachel Wobeter, Kim Masssengale)	
4 ADM	1:10.91
(Rachel Fleishman, Sarah Hanson Libbey Rash, Emily Madden)	
<b>Heat 2</b>	
1 CARROLL	1:05.56 Q
(Lindsey Onken, Joy Carroll Shellie Mosman, Karyn Forke)	
2 DENISON-SCHLESWIG	1:06.05 Q
(Ashton Schmidt, Katie Kruse Amy Larson, Liz Peterson)	
3 SPIRIT LAKE PARK	1:08.76
(Chrissy Stettinichs, Traci Smook Ashley Zevenbergen, Meggie Mitchell)	
4 ALGONA	1:10.47
(Megan Person, Stacy Menning Laci Erpelding, Abby Baldus)	
<b>Heat 3</b>	
1 HUMBOLDT	1:06.73 Q
(Jami Olson, Lexi Maurer Amber Bacon, Katie Almond)	
2 KNOXVILLE	1:07.44
(Jess Ball, Cassidy Davis Melinda Miller, Ely Anderson)	
3 MOC-FLOYD VALLEY	1:09.18
(Sharon Heilman, Kayla Heilman Megan Johnson, Brittany Albert)	
STORM LAKE	DQ--#3 oo zone
(Heidi Hammen, Kiley Stavanes)	

Katelyn Croker, Heather Kessler)

**Heat 4**

- 1 MOUNT PLEASANT 1:04.60 Q  
(Cherie Nichting, Sara Graf  
Anna Graber, Lindsay Scott)
- 2 WAUKEE 1:04.78 Q  
(Reiko Cunningham, Chelle Phillips  
Abby Crabbs, Chelsy Kemmet)
- 3 HARLAN 1:07.15  
(Jessica Davis, Megan Bosak  
Marissa Dargy, Melissa Stewart)
- 4 MARION 1:08.40  
(Bailey Schindler, Amanda Van Meighem  
Rachel Furman, Sara Reynolds)

**Heat 5**

- 1 GRINNELL 1:06.48 Q  
(Kelley Briggs, Whitney Hennes  
Emily Conway, Melissa Brooks)
- 2 INDEPENDENCE 1:09.78  
(Heidi Moore, Erin Pilcher  
Mikki Robinson, Molly McKernan)
- 3 FAIRFIELD 1:10.10  
(Danielle McElwee, Jennifer McLarney  
Ashley Sander, Chrissy Clingan)
- 999 CHARLES CITY DQ--#2 oo zone  
(Joy Buehler, Jenni Domino  
Meghan Carr, Molly Kelly)

**Heat 6**

- 1 WEST DELAWARE 1:03.60 Q  
(Abby Lahr, Cristen Dudak  
Ashten Stelken, Deb Durey)
- 2 LEMARS 1:08.66  
(Molly Reuter, Amanda Wollman  
Alishia Conley, Emily Snyder)
- 3 FOREST CITY 1:09.59  
(Brynn Phillips, Tonya Suby  
Kelsy Sinnwell, Katy Montgomery)
- MOUNT VERNON-LISBON DQ--#3 oo zone  
(Jenna Kohl, Mandy Bedell  
Alice Stoner, Jenna Nicol)