

2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 4A 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 winds 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	Iowa City High	62
2	Iowa City West	48
2	West Des Moines Valley	48
4	Cedar Falls	40
5	Des Moines Roosevelt	39
6	Cedar Rapids Washington	32
7	Pleasant Valley	25
8	Ames	24.50
9	Dubuque Hempstead	20
9	Mason City	20
11	Burlington	19
12	Ottumwa	14
13	Marshalltown	12
14	Cedar Rapids Jefferson	11
15	Southeast Polk	10
15	Urbandale	10
17	Cedar Rapids Prairie	8
17	Davenport Central	8
17	Oskaloosa	8
20	Sioux City East	7
21	Boone	6
21	Clinton	6
23	Council Bluffs Thomas Jefferson	3.50
24	Bettendorf	3
24	Cedar Rapids Kennedy	3
24	Dowling Catholic	3
24	Indianola	3
24	Sioux City North	3
29	Johnston	2
29	Muscatine	2
29	Waterloo West	2
32	Ankeny	1
32	Fort Dodge	1
32	Newton	1
	Council Bluffs Abraham Lincoln	
	Davenport North	
	Davenport West	
	Des Moines East	
	Des Moines Hoover	
	Des Moines Lincoln	

Des Moines North
Dubuque Senior
Keokuk/Cardinal Stritch
Lewis Central
Linn-Mar
North Scott
Oskaloosa
Sioux City West
Waterloo East

100 Meter Dash Finals

1	LaNeisha Waller, Cedar Rapids Washington	SR	12.29
2	Tara Fry, Cedar Rapids Jefferson	SR	12.88
3	Lauren Carruthers, Pleasant Valley	SR	12.93
4	Shannon Burge, Bettendorf	JR	13.04
5	Maddy Harmon, Muscatine	FR	13.15
6	Kaayday Nangle, Des Moines Roosevelt	FR	13.17
7	Lauren Cummings, Ankeny	SR	13.18
8	Tiffany Hendricks, Burlington	FR	13.23

Heat 1

1	LaNeisha Waller, Cedar Rapids Washington	SR	12.43 Q
2	Tara Fry, Cedar Rapids Jefferson	SR	13.11 Q
3	Maddy Harmon, Muscatine	FR	13.23 Q
4	Tinny McGowan, Davenport West	JR	13.56
5	Rachel Terry, Lewis Central	SO	13.77
6	Dawn Brugioni, Ankeny	SR	13.86
7	Kayla Dungan, Newton	SO	13.91
8	Meaghan Bruner, Des Moines East	JR	13.93

Heat 2

1	Shannon Burge, Bettendorf	JR	12.79 Q
2	Lauren Carruthers, Pleasant Valley	SR	12.92 Q
3	Tiffany Hendricks, Burlington	FR	13.19 Q
4	Valerie Mozena, Iowa City High	FR	13.66
5	Sheena Bass, Clinton	SR	13.69
6	Channing Cason, Des Moines Roosevelt	SO	13.73
7	Stephanie Kunch, Newton	JR	13.82
8	Stacy Holthaus, Urbandale	SR	13.93

Heat 3

1	Kaayday Nangle, Des Moines Roosevelt	FR	12.90 Q
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2	Lauren Cummings, Ankeny	SR	13.10 Q
3	Courtney Greer, Waterloo East	FR	13.25
4	Clarissa Nelson, Waterloo West	FR	13.35
5	Emily Duncan, Bettendorf	SO	13.51
6	Ainsley Fedler, Burlington	SO	13.60
7	Marissa Becker, Linn-Mar	SR	13.67
8	Hillary Gibson, Sioux City East	SO	13.72

200 Meter Dash Finals

1	Liz Bradfield, Cedar Falls	SR	25.13
2	Kersten Thorgaard, Ames	FR	25.75
3	Erin Barnes, Des Moines Roosevelt	SR	25.93
4	Miriam Chisala, Des Moines Roosevelt	SR	26.00
5	Akeya Aimable, Waterloo West	JR	26.30
6	Alyssa Fischer, Cedar Rapids Kennedy	JR	26.32
7	LaToya Johnson, Cedar Rapids Washington	SR	26.54
8	Lindsey Derby, Dubuque Hempstead	JR	26.70

Heat 1

1	Liz Bradfield, Cedar Falls	SR	25.98 Q
2	LaToya Johnson, Cedar Rapids Washington	SR	26.75 Q
3	Lindsey Derby, Dubuque Hempstead	JR	26.79 Q
4	Carrie Cale, Sioux City North	SR	27.02
5	Alex Hemberger, Bettendorf	SR	27.52
6	Marissa Becker, Linn-Mar	SR	27.83
7	Hannah Zaiser, Burlington	SO	28.16
8	Marqueesha Houston, Davenport North	SR	28.18

Heat 2

1	Kersten Thorgaard, Ames	FR	26.29 Q
2	Erin Barnes, Des Moines Roosevelt	SR	26.36 Q
3	Alyssa Fischer, Cedar Rapids Kennedy	JR	26.84 Q
4	Rikki Southard, Lewis Central	JR	27.79
5	Kelly Meade, Des Moines Hoover	SR	27.97
6	Patrice Jones, Iowa City High	JR	27.98
7	Nicole Kouri, Des Moines East	JR	28.17
8	Casey Judge, Des Moines Lincoln	JR	28.34

Heat 3

1	Miriam Chisala, Des Moines Roosevelt	SR	26.39 Q
2	Akeya Aimable, Waterloo West	JR	26.59 Q
3	Lauren Cummings, Ankeny	SR	27.09
4	Barbara Nzegwu, Mason City	JR	27.42
5	Sonya Anderson, Newton	SO	27.48
6	Laura Carver, Cedar Rapids Prairie	JR	27.80
7	Heather Brechtel, Iowa City West	JR	28.65
8	Kendra Crooks, Fort Dodge	FR	28.73

400 Meter Dash Finals

1	Liz Bradfield, Cedar Falls	SR	56.54
2	Kersten Thorgaard, Ames	FR	56.60
3	Lauren Carruthers, Pleasant Valley	SR	56.84
4	Miriam Chisala, Des Moines Roosevelt	SR	57.90
5	Alyssa Fischer, Cedar Rapids Kennedy	JR	58.48
6	Katie Paulson, Ottumwa	SR	58.56
7	Rachelle Tipton, Newton	SO	59.91
8	Kelly Meade, Des Moines Hoover	SR	1:00.26

Heat 1

1	Miriam Chisala, Des Moines Roosevelt	SR	58.87 Q
2	Rachelle Tipton, Newton	SO	59.93 Q
3	LaToya Johnson, Cedar Rapids Washington	SR	59.97
4	Emily Fletcher, Fort Dodge	SO	1:01.21
5	Krista Wiegert, Iowa City High	SO	1:01.50
6	Carrie Cale, Sioux City North	SR	1:02.68
7	Melissa Dupont, Dubuque Hempstead	FR	1:04.54

999	Nicole Novak, Iowa City West	SR	DNS
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Heat 2

1	Lauren Carruthers, Pleasant Valley	SR	56.96 Q
2	Liz Bradfield, Cedar Falls	SR	57.56 Q
3	Katie Paulson, Ottumwa	SR	59.25 Q
4	Kelly Meade, Des Moines Hoover	SR	59.86 Q
5	Kelsey Mims, Iowa City High	FR	1:01.46
6	Courtney Lenz, Newton	JR	1:03.63

Heat 3

1	Kersten Thorgaard, Ames	FR	58.29 Q
2	Alyssa Fischer, Cedar Rapids Kennedy	JR	59.64 Q
3	Sarah Cunningham, West Des Moines Valley	JR	1:00.05
4	Akeya Aimable, Waterloo West	JR	1:00.38
5	Nicole Kouri, Des Moines East	JR	1:00.88
6	Haley Miller, Keokuk/Cardinal Stritch	JR	1:02.98
7	Hannah Weiss, Dowling Catholic	SO	1:03.56
8	Jessica Haendler, Cedar Rapids Prairie	JR	1:03.58

800 Meter Run Finals

1	Nelle Trefz, Iowa City High	SR	2:15.55
2	Cassi Sokol, Urbandale	SO	2:16.57
3	Hannah Roeder, Des Moines Roosevelt	SO	2:18.32
4	Michelle Jensen, West Des Moines Valley	FR	2:19.32
5	Jessica Wiegert, West Des Moines Valley	SO	2:19.36
6	Betsy Rosenblatt, Des Moines Roosevelt	SO	2:19.56
7	Melissa Jay, Ottumwa	SR	2:20.04
8	Kristin Mollman, Urbandale	SR	2:21.26
9	Casey McDermott, Newton	FR	2:21.56
10	Claire Anciaux, Iowa City High	SO	2:24.34
11	Julia Frudden, Iowa City West	JR	2:25.16
12	Alex Krog, Fort Dodge	JR	2:25.82
13	Emily Fletcher, Fort Dodge	SO	2:25.89
14	Sarah Nelson, Sioux City North	SO	2:26.32
15	Maggie Bobbin, Cedar Rapids Kennedy	SO	2:26.43
16	Sonam Jain, Cedar Rapids Jefferson	FR	2:28.71
17	Morgan Olson, Ankeny	FR	2:28.98
18	Erica Weirch, Johnston	FR	2:29.42
19	Kim Cessna, Cedar Falls	JR	2:30.11
20	Laura Kilen, North Scott	JR	2:30.87
21	Jill Klosack, Bettendorf	SR	2:31.14
22	Denise Eslinger, Ottumwa	SR	2:32.88
23	Ellen Hart, Pleasant Valley	JR	2:35.00
	Claire Hall, Iowa City West	SO	DNS

1500 Meter Run Finals

1	Sarah Wickman, Iowa City West	FR	4:42.94
2	Hannah Roeder, Des Moines Roosevelt	SO	4:43.01
3	Cassi Sokol, Urbandale	SO	4:44.08
4	Nelle Trefz, Iowa City High	SR	4:44.46
5	Jenna Bieri, Davenport Central	SO	4:47.06
6	Kelsey Bulat, Pleasant Valley	SO	4:51.16
7	Janet Dobyns, Iowa City West	JR	4:54.26
8	Samantha Nygren, Cedar Falls	JR	4:55.28
9	Traci Hawley, Ames	SR	4:57.69
10	Jennie Funk, Iowa City High	SR	4:58.77
11	Lisa Koll, Fort Dodge	JR	5:00.32
12	Lindy Shaw, West Des Moines Valley	SO	5:01.04
13	Diane Gapinski, Bettendorf	FR	5:04.55
14	Betsy Rosenblatt, Des Moines Roosevelt	SO	5:05.10
15	Nicole Wilson, Urbandale	FR	5:05.33
16	Erica Leuenberger, Cedar Rapids Washington	JR	5:05.36
17	Alissa Duffy, West Des Moines Valley	FR	5:07.08
18	Alex Krog, Fort Dodge	JR	5:07.88
19	Catie Ellingson, Indianola	FR	5:09.42

20	Lyssa Steckelberg, Cedar Falls	SR	5:09.73
21	Jessica Viner, North Scott	SR	5:11.01
22	Samantha Thorgaard, Ottumwa	SO	5:12.06
23	Beth Whalen, Bettendorf	SR	5:20.74
24	Tabitha Kabala, Davenport North	SR	5:26.01

4	Jerika Rangel, Davenport Central	SO	15.64 Q
5	Heather Gilmore, Southeast Polk	SO	15.75 Q
6	Meggie Kanis, West Des Moines Valley	SR	15.77
7	Andrea Sellers, Mason City	JR	16.02
8	Martha Meiners, Johnston	SR	16.89

3000 Meter Run Finals

1	Jennie Funk, Iowa City High	SR	10:18.33
2	Jenna Bieri, Davenport Central	SO	10:26.55
3	Sarah Wickman, Iowa City West	FR	10:30.34
4	Julia Frudden, Iowa City West	JR	10:42.35
5	Traci Hawley, Ames	SR	10:47.15
6	Lisa Koll, Fort Dodge	JR	10:48.04
7	Beth Whalen, Bettendorf	SR	11:04.40
8	Nicole Wilson, Urbandale	FR	11:08.30
9	Diane Gapinski, Bettendorf	FR	11:11.30
10	Erica Leuenberger, Cedar Rapids Washington	JR	11:12.32
11	Mackenzie Madison, Ankeny	SR	11:20.10
12	Alissa Duffy, West Des Moines Valley	FR	11:22.70
13	Casey Baustain, Cedar Rapids Washington	SR	11:34.79
14	Autumn McMahan, Oskaloosa	FR	11:37.74
15	Ruhee Arora, Iowa City High	JR	11:39.11
16	Jessica Viner, North Scott	SR	11:48.96
17	Amber Meyer, Ankeny	FR	11:51.20
18	Danna Kelly, Boone	JR	11:52.11
19	Whitney Mark, Indianola	SO	11:52.97
20	Allison Donahue, Dowling Catholic	JR	11:53.50
21	Stephanie Whalen, Dubuque Senior	JR	11:55.56
22	Lindsay Niffenegger, West Des Moines Valley	FR	12:03.80
23	Annie Ripslinger, Davenport North	JR	12:04.23
24	Rachel Hawks, Marshalltown	JR	12:04.85

400 Meter Hurdles Finals

1	Gina Messamer, Oskaloosa	SR	1:04.17
2	Nicole Carroll, Mason City	SR	1:05.09
3	Lauren Lindaman, West Des Moines Valley	FR	1:06.11
4	Jacqui Kalin, Sioux City North	FR	1:06.62
5	Megan Nielsen, Southeast Polk	SR	1:06.86
6	Bryna Copes, Ankeny	SR	1:06.89
7	Sahvanuh Campbell, Davenport Central	SO	1:07.26
8	Molly Sabers, Iowa City High	FR	1:07.42
8	Laura Kirk, West Des Moines Valley	SO	1:07.42
10	Chelsea Ronemous, Waterloo West	SO	1:08.22
11	Kristen Reavis, Dowling Catholic	SR	1:09.16
12	Chantelle MacVey, Newton	JR	1:09.55
13	Brittany Ruzicka, Cedar Rapids Jefferson	JR	1:09.57
14	Laura Krumm, Iowa City High	JR	1:09.60
15	Elise Watts, Bettendorf	JR	1:09.70
16	Sara Scherf, Dubuque Senior	SO	1:09.75
17	Ashley Hinzman, Dubuque Hempstead	FR	1:09.76
18	Michelle Treska, Dowling Catholic	SR	1:10.01
19	Kayla Donnelly, Urbandale	SO	1:10.31
20	Dyann Peterson, Fort Dodge	JR	1:10.68
21	Molly Lohry, Sioux City North	SO	1:11.08
22	Keely Fligo, Pleasant Valley	SR	1:13.54
23	Katie Brimeyer, Ames	JR	1:15.77
24	Ashley Barkema, Cedar Falls	SR	1:17.31

100 Meter Hurdles Finals

1	LaNeisha Waller, Cedar Rapids Washington	SR	13.90
2	Jenna Caffrey, Burlington	SO	14.26
3	Kelsey Smith, Burlington	FR	14.40
4	Nicole Carroll, Mason City	SR	14.74
5	Cali Lyons, Dubuque Hempstead	SR	14.93
6	Emily Triplett, Iowa City High	SR	15.26
7	Jerika Rangel, Davenport Central	SO	15.75
8	Heather Gilmore, Southeast Polk	SO	16.06

Heat 1

1	LaNeisha Waller, Cedar Rapids Washington	SR	15.13 Q
2	Megan Nielsen, Southeast Polk	SR	15.88
3	Natalie Olorundami, Sioux City West	JR	15.96
4	Tocarra Ross, Davenport Central	SR	16.16
5	Amy Kopatich, Ottumwa	SR	16.47
6	Lisa Doeden, Cedar Falls	JR	16.66
7	Erica Heiden, Urbandale	SR	16.86
8	Ashley Havlicek, Cedar Rapids Jefferson	SR	18.07

Heat 2

1	Kelsey Smith, Burlington	FR	14.80 Q
2	Nicole Carroll, Mason City	SR	14.95 Q
3	Lindsay Freeman, Iowa City West	JR	15.91
4	Brittany Ruzicka, Cedar Rapids Jefferson	JR	16.10
5	Leah Timmerman, Dubuque Hempstead	SR	16.32
6	Kendra Chapin, CB Abraham Lincoln	SR	17.22
7	Rachel McElroy, Ottumwa	JR	18.02
8	Melanie Anderson, Bettendorf	JR	18.16

Heat 3

1	Jenna Caffrey, Burlington	SO	14.45 Q
2	Cali Lyons, Dubuque Hempstead	SR	15.06 Q
3	Emily Triplett, Iowa City High	SR	15.18 Q

High Jump Finals

1	Jessica Statler, Cedar Rapids Prairie	SO	5'04"
2	Emily Ita, Burlington	SR	5'03"
3	Allison Dirks, Iowa City West	JR	5'02"
3	Tiffanie Synacek, CB Thomas Jefferson	FR	5'02"
5	Cae Lamb, Iowa City West	JR	5'02"
5	Christina Tim, Ames	JR	5'02"
7	Amy Kopatich, Ottumwa	SR	5'02"
8	Lauren Lindaman, West Des Moines Valley	FR	5'00"
8	Molly Hermiston, North Scott	SR	5'00"
10	Katie Kooienga, Urbandale	SR	5'00"
10	Tocarra Ross, Davenport Central	SR	5'00"
999	Samantha Sidwell, Iowa City High	FR	nh
999	Jenna Bergeson, West Des Moines Valley	SO	nh
999	Emily White, Cedar Falls	SR	nh
999	Mikaela Fisher, Cedar Rapids Washington	FR	nh
999	Betsy Hoscheid, Pleasant Valley	JR	nh
999	Katie McGuire, Ottumwa	JR	nh
999	Selena Ulrick, Boone	SR	nh
999	Alyssa Fischer, Cedar Rapids Kennedy	JR	nh
999	Jenny Licktieg, Dowling Catholic	FR	nh
999	Ashley Meade, Johnston	SO	nh
999	Amanda Riese, Ankeny	JR	nh
999	Cassandra Clark, Newton	FR	nh
999	Kelsey Whitaker, Keokuk/Cardinal Stritch	FR	nh
999	Krissy Engle, Lewis Central	JR	nh

Serues	5-0	5-1	5-2	5-3	5-4	5-5	5-6
Statler	XO	O	O	O	O	XXX	
Ita	O	XO	XXO	XXO	XXX		
Synacek	OX	O	O	XXX			
Dirks	O	XO	O	XXX			

Lamb	O	o	XO	XXX
Tim	O	O	XO	XXX
Kopatich	XO	O	XO	XXX
Lindaman	XO	XXX		
Hermiston	XO	XXX		
Kooienga	XXO	XXX		
Ross	XXO	XXX		
Fisher	XXX			
Meade	XXX			
Clark	XXX			
Riese	XXX			
Sidwell	XXX			
White	XXX			
Begeson	XXX			
Licktieg	XXX			
Engle	XXX			
Hoscheidi	XXX			
Fischer	XXX			
Ulrickk	XXX			
Whitaker	XXX			
McGuire	XXX			

Long Jump Finals

1	LaNeisha Waller, Cedar Rapids Washington	SR	19'02.25"
2	Kersten Thorgaard, Ames	FR	18'05.00"
3	Liz Bradfield, Cedar Falls	SR	17'03.50"
4	Nicole Carroll, Mason City	SR	17'02.50"
5	Taylor Gowey, Johnston	FR	17'01.50"
6	Sarah Hagge, Clinton	JR	16'11.00"
7	Stephanie Petty, North Scott	FR	16'10.25"
8	Lindsay Digmann, Linn-Mar	SO	16'08.75"
9	Lauren Cummings, Ankeny	SR	16'07.25"
10	Valerie Mozena, Iowa City High	FR	16'06.00"
11	Lili Kovacs, Lewis Central	SR	16'05.75"
12	Lori Bjork, Johnston	JR	16'05.50"
13	Cierra Cook, Cedar Falls	SO	16'04.75"
14	Emily Schneider, Sioux City North	FR	16'02.50"
15	Dani Berrone, Dowling Catholic	JR	16'02.00"
16	Erica Heiden, Urbandale	SR	16'00.00"
17	Barb Kremer, Clinton	SO	15'11.00"
18	Heather Gilmore, Southeast Polk	SO	15'10.75"
19	Sarah Cunningham, West Des Moines Valley	JR	15'10.50"
20	Kristen Reavis, Dowling Catholic	SR	15'10.25"
21	Emily Sibbing, Keokuk/Cardinal Stritch	SR	15'09.50"
22	Rachelle Tipton, Newton	SO	15'06.25"
23	Sara Christensen, Pleasant Valley	SO	14'10.00"
24	Tiffany Hendricks, Burlington	FR	fouls

SERIES

Waller	foul	17'06.50	19'02.25	16'05.75	foul	foul
Thorgaard	16'11.25	17'04.25	17'03.75	17'10.75	18'05.00	18'03.00
Bradfield	17'03.50	17'02.50	17'00.50	foul	foul	foul
Carroll	16'02.75	16'07.25	16'06.00	16'11.00	17'02.50	17'01.75
Gowey	16'09.25	17'00.75	17'00.75	16'08.50	16'11.75	17'01.50
Hagge	16'11.00	16'06.25	16'01.75	15'04.75	15'07.75	13'03.25
Petty	16'08.00	foul	15'09.25	15'11.50	13'01.50	16'10.25
Digmann	16'08.75	15'11.00	foul	foul	16'04.50	15'08.75
Cummings	15'09.5	16'07.25	16'06.00	16'02.00	foul	foul
Mozena	foul	foul	16'06.00			
Kovacs	foul	15'07.00	16'05.75			
Bjork	15'10.50	16'05.50	15'09.50			
Cook	foul	foul	16'04.75			
Schneider	15'07.75	16'02.50	15'10.00			
Berrone	foul	16'02.00	16'00.50			

Heiden	15'06.00	15'07.50	16'00.00
Kremer	15'02.50	foul	15'11.00
Gilmore	15'10.75	foul	15'10.50
Cunningham	15'10.50	foul	foul
Reavis	15'08.00	foul	15'10.25
Sibbing	15'04.50	14'11.75	15'09.50
Topton	foul	foul	15'06.25
Christensen	14'10.00	14'07.75	14'09.50
Hendricks	foujl	foul	lfoul

Shot Put Finals

1	Ashley Simpson, Dubuque Hempstead	SR	39'06.75"
2	Jordan Johnson, Sioux City East	SR	38'11.50"
3	Amy Waggoner, Marshalltown	SR	38'07.50"
4	Elyse Nylin, Clinton	SO	38'05"
5	Danica Haight, Iowa City West	FR	38'00.25"
6	Rachel Boeke, Cedar Rapids Jefferson	JR	37'09.25"
7	Sara Anciaux, Iowa City High	FR	37'05.25"
8	Becky Wittrock, Boone	JR	37'00.25"
9	Tanyana West, Des Moines Roosevelt	SR	36'05.75"
10	Corrie Wagner, Iowa City High	JR	35'11"
11	Joslyn Siems, Cedar Falls	JR	35'02"
12	Autumn Maxwell, Marshalltown	JR	34'11.50"
13	Jane Ebot, Iowa City West		34'09"
14	Kristin Mariner, Mason City	SR	34'06.75"
15	Jess Bates, Indianola	SR	34'03.50"
16	Stef Winslow, Pleasant Valley	JR	33'11.75"
17	Abbie Toney, Johnston	SR	33'00"
18	Shelby Speck, Des Moines East	JR	32'10"
19	Heather Heuvelmann, Burlington	SO	32'04"
20	Emily Pratt, Cedar Falls	SO	32'00.75"
21	Alana Jung, Des Moines North	JR	31'11"
22	Emilee Harvey, CB Abraham Lincoln	SR	31'10.50"
23	Noemi Gonzalez, Muscatine	SO	30'08.50"
24	Erin Bindewald, Bettendorf	JR	30'00.50"

SERIES

Simpson	38'06.00	37'11.50	39'06.75	38'11.25	38'06.75	38'05.00
Johnson	37'00.25	36'07.75	37'08.00	37'07.25	38'11.50	foul
Waggoner	38'08.25	38'00.00	37'06.00	37'02.75	38'07.50	37'11.75
Nylin	38'05.00	38'00'50	35'09.50	35'02.50	36'11.75	37'00.50
Haight	38'00.2	f9oul	34'10.00	35'11.00	34'01.75	35'11.50
Boeke	36'04.25	37'01.50	36'10.75	34'09.00	foul	37'09.25
Anciaus	37'05.25	36'05.75	35'11.75	34'08.25	35'01.75	35'10.50
Wittrock	36'10.25	37'00'25	36'09.00	foul	foul	36'01.50
West	35'10.75	36'02.00	36'05.75			
Wagner	35'11.00	34'09.75	foul			
Siems	35'02.00	35'00.00	33'08.75			
Maxwell	34'11.50	34'03'00	32'03.50			
Ebot	34'09.00	33'05.00	32'07.75			
Mariner	31'02.75	34'06.75	34'04.75			
Bates	34'03.50	34'01.00	33'05.50			
Winslow	32'05.00	33'07.25	33'11.75			
Toney	31'01.00	33'00.00	32'02.50			
Speck	32'08.00	32'00.00	32'10.00			
Heuvelmann	32'04.00	31'03.00	32'01.00			
Pratt	31'00.50	32'00.75	28'08.75			
Jung	foul	l31'11.00	foul			
Harvey	31'10.50	31'03.50	30'05.00			
Gonzalez	30'08.50	foul	foul			
Bindewald	30'01.50	29'06'50	29'07.75			

Class 4A Discus Finals

1	Amy Waggoner, Marshalltown	SR	131'10"
2	Becky Wittrock, Boone	JR	131'00"
3	Katy Bartlett, Des Moines Roosevelt	JR	128'10"
4	Jess Bates, Indianola	SR	119'07"
5	Debra Borcharding, Ames	SR	117'09"
6	Jordan Johnson, Sioux City East	SR	115'04"
7	Joslyn Siems, Cedar Falls	JR	114'09"
8	Stef Winslow, Pleasant Valley	JR	111'08"
9	Ashley Lichtenberg, Bettendorf	FR	109'05"
10	Cat Nelson, Sioux City North	SO	109'01"
11	Rachel Boeke, Cedar Rapids Jefferson	JR	108'04"
12	Heather Heuvelmann, Burlington	SO	107'08"
13	Jessi Carver, Cedar Rapids Prairie	SR	107'03"
14	Katie Stilwell, West Des Moines Valley	SR	106'07"
15	Elyse Nylin, Clinton	SO	106'02"
16	Steph Koepp, Iowa City West	SR	106'00"
17	Teresa Auchus, Cedar Rapids Jefferson	JR	105'02"
18	Casey Judge, Des Moines Lincoln	JR	100'02"
19	Kendra Gantsz, Fort Dodge	SO	97'00"
20	Abbie Toney, Johnston	SR	96'07"
21	Danica Haight, Iowa City West	FR	95'08"
22	Rikki Southard, Lewis Central	JR	93'07"
23	Shelby Shadden, CB Thomas Jefferson	SO	91'03"
24	Sara Anciaux, Iowa City High	FR	91'00"

SERIES

<i>Waggoner</i>	131'10	122'06	124'11	128;10	126'04	<i>ful</i>
<i>Wittrock</i>	129'08	126'09	120'03	129'00	097'08	131'00
<i>Bartlett</i>	089'09	114'10	122'01	117'09	116'00	128'10
<i>Bates</i>	119'07	106'06	<i>fouo</i>	113'03	112'07	110'06
<i>Borcharding</i>	113'06	117'09	109'01	115'06	116'07	<i>foul</i>
<i>Johnson</i>	115'04	<i>foul</i>	<i>foul</i>	114'09	11'09	<i>foul</i>
<i>Siems</i>	111'08	112'06	091'11	114'09	115'04	106'04
<i>Winslow</i>	111'08	111'03	105'10	<i>foul</i>	106'04	107'10
<i>Lichtenberg</i>	106'09	109'05	101'07			
<i>Nelson</i>	101'09	102'08	109'01			
<i>Boekek</i>	108'04	104'07	106'04			
<i>Heuvelmann</i>	105'07	104'00	107'08			
<i>Carver</i>	107'03	103'05	102'11			
<i>Stilwell</i>	102'04	106'07	095'03			
<i>Nylin</i>	105'00	106'02	103'02			
<i>Koepp</i>	105'00	106'00	105'11			
<i>Auchus</i>	103'10	105'02	105'02			
<i>Judge</i>	<i>foul</i>	100'02	<i>foul</i>			
<i>Gantsz</i>	097'01	092'00	086'04			
<i>Toney</i>	087'04	096'07	<i>foul</i>			
<i>Haight</i>	093'07	<i>foull</i>	095'08			
<i>Southard</i>	<i>f9oul</i>	093'07	<i>foul</i>			
<i>Shadden</i>	091'03	090'01	081'07			
<i>Anciaux</i>	<i>foul</i>	091'00	084'10			

4x100 Meter Relay Finals

1	WEST DES MOINES VALLEY	49.17
	(Andrea Robinson, Jenny Elgin Kelly Anderson, Lacy Brunette)	
2	CEDAR RAPIDS WASHINGTON	49.38
	(Cassandra Lumpkin, Abby Klocke Latara Lumpkin, LaNeisha Waller)	
3	IOWA CITY HIGH	49.50
	(Emily Triplett, Signe Mueller Ashton Strickland, Camille Jordan)	
4	CEDAR RAPIDS JEFFERSON	49.77
	(Ashley Havlicek, Britni Kellison Katie Cooper, Tara Fry)	
5	CEDAR FALLS	50.11

	(Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	
6	DES MOINES ROOSEVELT	50.19
	(Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	
7	OSKALOSOA	51.22
	(Chanelle Trowbridge, Allison Knoot Caitlin Hadden, Jessica Snowbarger)	
8	SOUTHEAST POLK	51.39
	(Afton Bauer, Kelsie Host Danielle Davis, Megan Curry)	
Heat 1		
1	CEDAR RAPIDS WASHINGTON	49.57 Q
	(Cassandra Lumpkin, Abby Klocke Latara Lumpkin, LaNeisha Waller)	
2	CEDAR RAPIDS JEFFERSON	50.33 Q
	(Ashley Havlicek, Britni Kellison Katie Cooper, Tara Fry)	
3	OSKALOSOA	51.25 Q
	(Chanelle Trowbridge, Allison Knoot Caitlin Hadden, Jessica Snowbarger)	
4	CLINTON	51.32
	(Sheena Bass, Sarah Hagge Megan Lawrence, Barb Kremer)	
5	INDIANOLA	51.57
	(Ashley Golley, Emily Teas Amber Reisinger, Liz Homan)	
6	LEWIS CENTRAL	52.02
	(Rachel Terry, Rikki Southard Kristyn Hill, Lili Kovacs)	
7	NORTH SCOTT	52.59
	(Stephanie Pickett, Allison Bennett Sara Krogman, Stephanie Leibold)	
	DAVENPORT CENTRAL	DQ--pass before zone
	(Christina Airington, Sheila Pettigrew Kelsey Mims, Katy Detmer)	
Heat 2		
1	IOWA CITY HIGH	49.86 Q
	(Emily Triplett, Signe Mueller Ashton Strickland, Camille Jordan)	
2	CEDAR FALLS	50.60 Q
	(Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	
3	SOUTHEAST POLK	51.16 Q
	(Afton Bauer, Kelsie Host Danielle Davis, Megan Curry)	
4	BETTENDORF	51.28
	(Emily Duncan, Alex Hemberger Melanie Anderson, Shannon Burge)	
5	SIOUX CITY EAST	51.94
	(Hillary Gibson, Cassie Rysta Kelli Herman, Ashley Marron)	
6	DOWLING CATHOLIC	52.50
	(Kari Kern, Maggie Nauman Dani Berone, Chelsea Drumheller)	
7	AMES	52.61
	(Rachel Koch, Christina Tim Allison Metzger, Mallory Engelen)	
8	DUBUQUE HEMPSTEAD	53.24
	(Nichole Schnee, Lisa Grant Brooke Baker, Ashley Simpson)	
Heat 3		
1	WEST DES MOINES VALLEY	49.70 Q
	(Andrea Robinson, Jenny Elgin Kelly Anderson, Lacy Brunette)	

2	DES MOINES ROOSEVELT (Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	50.46 Q
3	JOHNSTON (Ashley Meade, Taylor Gowey Amanda Hyde, Abby Green)	51.52
4	MUSCATINE (Maddy Harmon, Vanessa Evenson McKinsie Williams, Jessica Shaw)	51.56
5	WATERLOO WEST (Clarissa Nelson, Laurel Krause Phylicia Proctor, Akeya Aimable)	51.57
6	IOWA CITY WEST (Christina Swift, Lindsay Freeman Heather Brechtel, Lisa Mellecker)	51.88
7	PLEASANT VALLEY (Morgan Betker, Amy Garbin Sara Christensen, Betsy Hoscheid)	52.69
8	URBAN DALE (Stacy Holthaus, Sara Van Wyk Katie Kooiega, Megan Probasco)	52.88

4x200 Meter Relay Finals

1	IOWA CITY HIGH (Ashton Strickland, Kerry Kamber Virginia Dreier, Camille Jordan)	1:43.14
2	DES MOINES ROOSEVELT (Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	1:43.56
3	CEDAR FALLS (Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:43.88
4	WEST DES MOINES VALLEY (Andrea Robinson, Kelly Anderson Jenny Elgin, Lacy Brunette)	1:44.44
5	SOUTHEAST POLK (Afton Bauer, Heather Gilmore Danielle Davis, Megan Curry)	1:46.76
6	NEWTON (Tebetha McCormick, Chantelle MacVey Stephanie Goos, Sonya Anderson)	1:46.95
7	CEDAR RAPIDS WASHINGTON (Cassandra Lumpkin, Sha-Mique Haynes Abby Klocke, Latara Lumpkin)	1:47.77
8	JOHNSTON (Emily Depenning, Taylor Gowey Amanda Hyde, Abby Green)	1:48.54
Heat 1		
1	WEST DES MOINES VALLEY (Andrea Robinson, Kelly Anderson Jenny Elgin, Lacy Brunette)	1:45.14 Q
2	NEWTON (Tebetha McCormick, Chantelle MacVey Stephanie Goos, Sonya Anderson)	1:46.22 Q
3	DOWLING CATHOLIC (Anna Tursi, Jamie Lang Jessica Katch, Valarie Ferguson)	1:48.89
4	DUBUQUE SENIOR (Sara Scherf, Carrie Jenaman Ashley Metcalf, Teri McPoland)	1:49.68
5	PLEASANT VALLEY (Jessica Bingham, Morgan Betker Amy Garbin, Sara Christensen)	1:50.02
6	CLINTON	1:50.91

	(Sheena Bass, Sarah Hagge Megan Lawrence, Barb Kremer)	
7	SIOUX CITY NORTH (Michelle Smith, Candace Harrell Emily Schneider, Jenna Kalin)	1:51.46
	AMES	FS
	(Mallory Engelen, Kate Polush Emily Tuttle, Christina Tim)	
Heat 2		
1	IOWA CITY HIGH (Ashton Strickland, Kerry Kamber Virginia Dreier, Camille Jordan)	1:44.08 Q
2	CEDAR FALLS (Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:45.47 Q
3	SOUTHEAST POLK (Afton Bauer, Heather Gilmore Danielle Davis, Megan Curry)	1:47.99 Q
4	CEDAR RAPIDS WASHINGTON (Cassandra Lumpkin, Sha-Mique Haynes Abby Klocke, Latara Lumpkin)	1:48.05 Q
5	JOHNSTON (Emily Depenning, Taylor Gowey Amanda Hyde, Abby Green)	1:48.61 Q
6	NORTH SCOTT (Sara Krogman, Anna Wiese Laura Bjurstrom, Jami McCubbin)	1:49.27
7	LEWIS CENTRAL (Rachel Terry, Lili Kovacs Courtney Percy, Rikki Southard)	1:49.73
8	BETTENDORF (Catherine Ziegler, Elise Watts Mollie Gold, Alex Hemberger)	1:50.24
Heat 3		
1	DES MOINES ROOSEVELT (Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	1:44.67 Q
2	CEDAR RAPIDS JEFFERSON (Tara Fry, Britni Kellison Kristin Goedken, Katie Cooper)	1:48.66
3	DUBUQUE HEMPSTEAD (Cali Lyons, Leah Timmerman Nina Schnee, Lindsey Derby)	1:49.00
4	LINN-MAR (Lindsay Digmann, Kateline Blasingame Melissa Hurst, Amanda Spencer)	1:49.21
5	MUSCATINE (Maddy Harmon, Jessica Shaw Briana Catchpool, Cari Sauerbrei)	1:49.51
6	BURLINGTON (Ainsley Fedler, Tiffany Hendricks Lauren Lindstadt, Jazzla Newman)	1:50.87
7	INDIANOLA (Jayme Coen, Ashley Golley Amber Reisinger, Liz Homan)	1:52.35
8	CEDAR RAPIDS KENNEDY (Michelle Bartels, Cierra French Cara Richardson, Rachel Wharton)	1:53.62
4x400 Meter Relay Finals		
1	PLEASANT VALLEY (Jessica Bingham 60.0, Maggie Schnackel 60.1 Teresa Prais 58.6, Lauren Carruthers 56.8)	3:55.59
2	OTTUMWA (Katie Jay 59.5, Emily Roberts 58.5)	3:57.11

	Amy Wetrich 60.9, Katie Paulsen 58.2)	
3	WEST DES MOINES VALLEY	4:00.38
	(Lauren Lindaman 61.0, Laura Kirk 61.0 Katie Stilwell 59.8, Sarah Cunningham 58.6)	
4	IOWA CITY WEST	4:02.08
	(Naomi Hillsman 61.4, Annie McAleer 60.8 Nicole Novak 60.0, Lizz Huntley 59.7)	
5	IOWA CITY HIGH	4:02.53
	(Maggie Leyendecker 61.6, Kelsey Mims 60.1 Elise Mozena 60.3, Virginia Dreier 60.50)	
6	DOWLING CATHOLIC	4:04.38
	(Hannah Weiss 61.0, Kathleen Ramirez 62.4 Ally Thrall 60.7, Jessica Katch 60.3)	
7	NEWTON	4:05.77
	(Rachelle Tipton 61.5, Courtney Lenz 61.7 Chantelle MacVey 63.0, Stephanie Goos 59.6)	
8	ANKENY	4:09.98
	(Bryna Copes, Chelsea Kellar Christine Andresen, Katy Fuchtmann)	

Heat 1

1	IOWA CITY HIGH	4:02.98 Q
	(Maggie Leyendecker 61.2, Kelsey Mims 61.5 Elise Mozena 60.3, Virginia Dreier 60.0)	
2	DOWLING CATHOLIC	4:09.24 Q
	(Hannah Weiss 63.8, Kathleen Ramirez 61.1 Ally Thrall 61.4, Jessica Katch 62.9)	
3	LINN-MAR	4:13.69
	(Melissa Hurst 63.3, Stacey Hamilton 64.6 Jessica Reid 63.2, Nicole Novy 62.5)	
4	DAVENPORT CENTRAL	4:16.09
	(Jerika Rangel 64.9, Jenny Wehrley 65.8 Shivonne Foster 63.0, Cassie Young 62.4)	
5	CEDAR RAPIDS PRAIRIE	4:16.37
	(Jessica Haendler 63.6, Danielle Calef 67.0 Jessica Statler 64.8, Laura Carver 61.0)	
6	NORTH SCOTT	4:17.87
	(Taylor Wilson 64.6, Anna Wiese 63.8 Laura Bjurstrom 64.5, Jami McCubbin 64.0)	
7	DUBUQUE HEMPSTEAD	4:23.39
	(Keri West 65.0, Emily Wieland 65.9 Brittany Williams 65.4, Lindsey Hosier 67.0)	
	SIoux CITY NORTH	DQ-jewelry
	(Jenna Kalin 62.4, Carrie Cale 62.1 Michelle Smith 63.6, Molly Lohry 62.4)	

Heat 2

1	PLEASANT VALLEY	4:01.58 Q
	(Jessica Bingham 61.4, Maggie Schnackel 60.7 Teresa Prais 61.3, Lauren Carruthers 58.1)	
2	IOWA CITY WEST	4:03.66 Q
	(Naomi Hillsman 61.7, Annie McAleer 61.9 Nicole Novak 60.3, Lizz Huntley 59.7)	
3	NEWTON	4:04.86 Q
	(Rachelle Tipton 60.8, Courtney Lenz 60.6 Chantelle MacVey 61.7, Stephanie Goos 61.8)	
4	BETTENDORF	4:14.80
	(Lindsey Scott 62.7, Lauren Kasper 63.0 Elise Watts 65.0, Mollie Gold 64.1)	
5	CEDAR RAPIDS WASHINGTON	4:16.51
	(Sha-Mique Haynes 62.8, Kelly Stewart 64.8 Andrea Freeman 65.1, Whitney Roberts 63.9)	
6	DUBUQUE SENIOR	4:16.54
	(Carrie Jenaman 64.6, Natalie White 65.2 Mallory O'Neill 64.6, Sara Scherf 62.2)	
7	JOHNSTON	4:20.47
	(Lori Bjork 63.2, Jessica Mitchell 65.8)	

	Kristen Strawhacker 64.5, Liz Hilby 66.9)	
8	CEDAR RAPIDS KENNEDY	4:24.94
	(Michelle Bartels 65.6, Cara Richardson 65.1 Karen Haycraft 66.6, Sarah Kleiman 68.0)	
	Heat 3	
1	OTTUMWA	4:01.30 Q
	(Katie Jay 59.8, Emily Roberts 59.7 Amy Wetrich 62.3, Katie Paulsen 59.4)	
2	WEST DES MOINES VALLEY	4:04.52 Q
	(Lauren Lindaman 62.1, Laura Kirk 60.8 Katie Stilwell 62.1, Sarah Cunningham 59.5)	
3	ANKENY	4:07.43 Q
	(Bryna Copes 62.0, Chelsea Kellar 61.3 Christine Andresen 62.2, Katy Fuchtmann 61.9)	
4	AMES	4:09.33
	(Emily Tuttle 62.7, Kate Polush 61.0 Katie Kramer 63.7, Christina Tim 61.9)	
5	CEDAR FALLS	4:14.68
	(Cassie Naaktgeboren 63.9, Brynn Lantz 63.1 Katie Goulden 63.5, Kim Cessna 64.1)	
6	INDIANOLA	4:15.98
	(Ashley Golley 63.7, Liz Homan 63.1 Emily Teas 65.1, Lacey Mitchell 64.0)	
7	SIoux CITY EAST	4:19.35
	(Kelli Herman 64.1, Whitney Kellen 62.9 Megan Tuttle 66.6, Katie Heacock 55.7)	
8	URBANDALE	4:24.41
	(Katie Jensen 65.2, Sara Van Wyk 68.4 Kayla Donnelly 65.2, Tammy Kirchner 65.6)	

4x800 Meter Relay Finals

1	WEST DES MOINES VALLEY	9:22.38
	(Michelle Jensen 2:17.3, Lauren Hill 2:21.6 Lindy Shaw 2:22.8, Jessica Wiegert 2:20.6)	
2	IOWA CITY HIGH	9:27.90
	(Maggie Leyendecker 2:21.8, Elise Mozena 2:24.4 Sarah Ziegenhorn 2:20.8, Jennie Funk 2:20.8)	
3	IOWA CITY WEST	9:32.00
	(Nicole Novak 2:21.2, Julia Frudden 2:26.3 Sarah Wickman 2:20.4, Claire Hall 2:24.1)	
4	DES MOINES ROOSEVELT	9:44.49
	(Betsy Rosenblatt 2:25.0, Millie Bell 2:26.2 Meagan Whetstone 2:35.0, Hannah Roeder 2:18.7)	
5	CEDAR FALLS	9:45.85
	(Samantha Nygren 2:24.2, Caylin Cervetti 2:27.2 Lyssa Steckelberg 2:30.1, Kim Cessna 2:24.4)	
6	OTTUMWA	9:46.11
	(Melissa Jay 2:20.4, Sarah Hendred 2:31.5 Samantha Thorgaard 2:27.3, Denise Eslinger 2:26.9)	
7	ANKENY	9:52.83
	(Katy Fuchtmann 2:25.2, Christine Andresen 2:35.2 Kelly Vogel 2:29.8, Bryna Copes 2:22.7)	
8	FORT DODGE	9:53.65
	(Alex Krog, Ashton Newman Lisa Koll, Emily Fletcher)	
9	PLEASANT VALLEY	9:54.39
	(Chaeli Coopman 2:39.3, Maggie Schnackel 2:25.3 Kelsey Bulat 2:22.3, Ellen Hart 2:27.5)	
10	NEWTON	9:54.54
	(Megan Carman 2:27.0, Courtney Lenz 2:31.4 Kylie McAnally 2:31.5, Casey McDermott 2:24.4)	
11	BETTENDORF	10:01.36
	(Lindsey Scott, Megan Flynn Amanda Dunlavy, Lori Pankratz)	
12	JOHNSTON	10:03.69

	(Emily Depenning, Erica Weirch Jessica Mitchell, Katie Johnson)	
13 CEDAR RAPIDS WASHINGTON		10:09.96
	(Amy Zmolek 2:33.2, Mikaela Fisher 2:31.8 Erin Becker 2:36.3, Devin Parker 2:28.2)	
14 SIOUX CITY NORTH		10:11.59
	(Sarah Nelson, Jacqui Kalin Hilary Rice, Susie Williams)	
15 INDIANOLA		10:12.68
	(Lacey Mitchell 2:28.8, Catie Ellingson 2:33.2 Tallie Dietz 2:33.9, Meredith Lyon 2:36.7)	
16 AMES		10:16.71
	(Katie Kramer 2:35.8, Brittany Rover 2:33.6 Olivia Langenberg 2:36.0, Colleen Armstrong 2:31.2)	
17 DAVENPORT NORTH		10:17.32
	(Tabitha Kabala 2:29.3, Chris Specht 2:37.6 Lauren Coughlin 2:41.4, Annie Ripslinger 2:29.0)	
18 DOWLING CATHOLIC		10:19.01
	(Hannah Weiss 2:28.8, Alex Stork 2:36.5 London Muse 2:41.8, Katie Nevins 2:31.9)	
19 DUBUQUE HEMPSTEAD		10:19.26
	(Lindsey Hosier, Katie Trujillo Elizabeth Johnson, Morgan Loveless)	
20 CEDAR RAPIDS KENNEDY		10:19.30
	(Andrea Wacker 2:36.9, Maggie Bobbin 2:26.1 Sharon Heyer 2:40.0, Sarah Kleiman 2:36.2)	
21 DUBUQUE SENIOR		10:21.80
	(Katheyine McCabe, Tiffany Hoffman Allison George, Natalie White)	
22 CEDAR RAPIDS JEFFERSON		10:30.11
	(Whitney Gorsegrner, Sarah Whitters Kym Kuda, Sonam Jain)	
23 CLINTON		10:31.13
	(Heather Parker, Brooke Determan Paige Temperley, West Cerling)	
24 URBANDALE		10:34.81
	(Tammy Kirchner, Katie Jensen Kara Neuman, Kristin Mollman)	

Sprint Medley Relay Finals

1 CEDAR FALLS		1:48.23
	(Danielle Barkema, Mattie Thompson Shatrece Burt, Liz Bradfield 56.8)	
2 IOWA CITY HIGH		1:49.49
	(Emily Triplett, Signe Mueller Camille Jordan, Virginia Dreier 58.5)	
3 IOWA CITY WEST		1:49.81
	(Katie Johnson, Amanda Judisch Lisa Mellecker, Lizz Huntley 58.0)	
4 WEST DES MOINES VALLEY		1:49.98
	(Andrea Robinson, Jenny Elgin Lacy Brunette, Sarah Cunningham 58.2)	
5 BURLINGTON		1:50.88
	(Jazzla Newman, Lauren Lindstadt Jenna Caffrey, Tiffany Hendricks)	
6 AMES		1:51.62
	(Mallory Engelen, Emily Tuttle Christina Tim, Kersten Thorgaard 57.8)	
7 CEDAR RAPIDS WASHINGTON		1:52.09
	(Cassandra Lumpkin, Abby Klocke Sha-Mique Haynes, LaToya Johnson)	
8 NORTH SCOTT		1:52.51
	(Sara Krogman, Allison Bennett Stephanie Leibold, Jami McCubbin)	

9 OSKALOSOA		1:52.62
	(Jessica Snowbarger, Allison Knoot Chanelle Trowbridge, Gina Messamer 59.9)	
10 DOWLING CATHOLIC		1:52.89
	(Anna Tursi, Maggie Nauman Kathleen Ramirez, Ally Thrall)	
11 NEWTON		1:52.92
	(Tebetha McCormick, Leah Spilly Sonya Anderson, Rachele Tipton 59.2)	
12 SOUTHEAST POLK		1:53.37
	(Afton Bauer, Kelsie Host Danielle Davis, Megan Curry)	
13 CEDAR RAPIDS KENNEDY		1:53.39
	(Karen Haycraft, Muffy Sadler Rachel Wharton, Alyssa Fischer)	
14 LINN-MAR		1:53.92
	(Lindsay Digmann, Amanda Spencer Melissa Hurst, Nicole Novy)	
15 MUSCATINE		1:54.32
	(Vanessa Evenson, Lisa Eichelberger Briana Catchpool, Cari Sauerbrei)	
16 DUBUQUE HEMPSTEAD		1:54.34
	(Nichole Schnee, Nina Schnee Lindsey Derby, Melissa Dupont)	
17 ANKENY		1:54.76
	(Dawn Brugioni, Lauren Cummings Christine Andresen, Katy Fuchtmann 63.0)	
18 JOHNSTON		1:54.94
	(Taylor Gowey, Amanda Hyde Abby Green, Emily Depenning)	
19 CEDAR RAPIDS JEFFERSON		1:55.56
	(Ashley Havlicek, Britni Kellison Katie Cooper, Kristin Goedken)	
20 DES MOINES HOOVER		1:55.73
	(Tasha Wells, Mary Aikoriegie Cheri Mayes, Kelly Meade)	
21 SIOUX CITY EAST		1:58.74
	(Hillary Gibson, Ashley Marron Kelli Herman, Katie Heacock)	
22 SIOUX CITY WEST		2:01.10
	(Tasha Anderson, Sierra Lammers Nicole Olney, Kelsey Johnkin)	
BETTENDORF		DQ--2/3 oo zone
	(Shannon Burge, Emily Duncan Catherine Ziegler, Mollie Gold)	
DES MOINES EAST		DNF
	(Jaime Wagner, Meaghan Bruner Felicia Wagner, Nicole Kouri)	

Distance Medley Relay Finals

1 IOWA CITY WEST		4:09.23
	(Amanda Judisch, Lisa Mellecker Lizz Huntley 58.5, Claire Hall 2:17.9)	
2 IOWA CITY HIGH		4:09.32
	(Ashton Strickland, Kerry Kamber Maggie Leyendecker 59.3, Nelle Trefz 2:17.2)	
3 PLEASANT VALLEY		4:09.47
	(Jessica Bingham, Amy Garbin Teresa Prais 61.0, Kelsey Bulat 2:13.9)	
4 OTTUMWA		4:10.74
	(Katie Jay, Amy Wetrich Emily Roberts 60.4, Melissa Jay 2:17.2)	
5 DOWLING CATHOLIC		4:11.85
	(Anna Tursi, Jamie Lang Kathleen Ramirez 59.5, Ally Thrall 2:18.3)	

6 WEST DES MOINES VALLEY	4:13.98	3 SOUTHEAST POLK	1:03.01
(Kelly Anderson, Katie Stilwell Laura Kirk 60.9, Jessica Wiegert 2:20.4)		(Heather Quick, Kelsie Host Heather Gilmore, Megan Nielsen)	
7 OSKALOSOA	4:17.15	4 WEST DES MOINES VALLEY	1:03.15
(Jessica Snowbarger, Allison Knoot Amber Knoot 63.4, Gina Messamer 2:19.9)		(Elizabeth Ellinwood, Katie Stilwell Meggie Kanis, Lauren Lindaman)	
8 NEWTON	4:20.55	5 CLINTON	1:03.26
(Tebetha McCormick, Keslie Hiemstra Megan Carman 61.9, Casey McDermott 2:23.6)		(Kim Logsdon, Jesse Hlubek Sarah Hagge, Barb Kremer)	
9 DES MOINES LINCOLN	4:23.59	6 BURLINGTON	1:04.50
(Kristin Turk, Casey Judge Terra Broadus 63.1, Paige Gruis 2:25.1)		(Natalie Standard, Kelsey Smith Emily Ita, Jenna Caffrey)	
10 CEDAR FALLS	4:24.88	7 IOWA CITY WEST	1:05.09
(Brynn Lantz, Cierra Cook Cierra Marshall 62.4, Caylin Cervetti 2:28.1)		(Katie Johnson, Christina Swift Lindsay Freeman, Amanda Judisch)	
11 INDIANOLA	4:26.41	8 BETTENDORF	1:05.84
(Jayme Coen, Emily Teas Catie Ellingson 64.1, Lacey Mitchell 2:27.4)		(Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson)	
12 URBANDALE	4:26.86	Heat 1	
(Megan Probasco, Sara Van Wyk Tammy Kirchner 62.3, Kristin Mollman 2:27.4)		1 CLINTON	1:03.64 Q
13 LINN-MAR	4:27.84	(Kim Logsdon, Jesse Hlubek Sarah Hagge, Barb Kremer)	
(Lindsay Digmann, Amanda Spencer Nicole Novy 61.4, Molly Davis 2:32.3)		2 IOWA CITY HIGH	1:06.82
14 BETTENDORF	4:27.89	(Veronica Rydze, Annie Fraga Molly Sabers, Emily Triplett)	
(Stephanie Mendendorp, Lauren Kasper Kristen Pierce 63.0, Lori Pankratz 2:27.6)		3 INDIANOLA	1:07.12
15 CEDAR RAPIDS WASHINGTON	4:29.31	(Steph Lawrence, Lindze Webb, Natti Tipayamongkol, Anna Robbins)	
(Claire Mattison, Cari Squires Whitney Roberts 64.0, Amy Zmolek 2:28.9)		4 DAVENPORT WEST	1:09.21
16 ANKENY	4:29.64	(Katie Ahlers, Raquel Gonzales Vanessa Rorick, Troysheanna Hawkins)	
(Leah Kline, Carly Thiel Chelsea Kellar 61.9, Christy Donaghy 2:30.8)		Heat 2	
17 NORTH SCOTT	4:29.71	1 SOUTHEAST POLK	1:03.33 Q
(Allison Bennett, Stephanie Leibold Laura Kilen 61.3, Jessica Viner 2:33.4)		(Heather Quick, Kelsie Host Heather Gilmore, Megan Nielsen)	
18 AMES	4:29.84	2 MASON CITY	1:03.78 Q
(Nichole Loughren, Angela Beckwith Lauren Brown 63.3, Colleen Armstrong 2:29.8)		(Nicole Carroll, Danielle Hill Stephanie Carroll, Andrea Selles)	
19 BURLINGTON	4:30.24	3 SIOUX CITY WEST	1:09.14
(Hannah Zaiser, Tawana Robinson Kellie O'Brien 65.0, Hannah Lambert 2:29.1)		(Sierra Lammers, Gina Christensen Molly Amman, Natalie Olorundami)	
20 DAVENPORT NORTH	4:30.74	4 WATERLOO WEST	1:09.43
(Courtnee Owens, Marqueesha Houston Annie Ripslinger, 63.2 Tabitha Kabala 2:33.8)		(Laurel Krause, Chelsea Ronemous Katy Bowers, Kelly Wirth)	
21 CEDAR RAPIDS PRAIRIE	4:32.25	Heat 3	
(Lindsey Lehman, Jessica Statler Laura Carver 63.9, Danielle Calef) 2:31.9		1 BURLINGTON	1:03.28 Q
22 DUBUQUE HEMPSTEAD	4:33.78	(Natalie Standard, Kelsey Smith Emily Ita, Jenna Caffrey)	
(Brooke Baker, Brittany Williams Ashley Hinzman 63.2, Lindsey Hosier 2:34.9)		2 JOHNSTON	1:05.71
23 BOONE	4:36.86	(Ashley Meade, Taylor Grieve Sara Embrey, Erica Weirch)	
(Selena Ulrick, Khrystyne Skare Lacie Greiner 63.8, Jenny Mack 2:36.7)		3 DOWLING CATHOLIC	1:05.92
24 SIOUX CITY NORTH	4:39.15	(Maggie Nauman, Michelle Treska Lynndi Decker, Kristen Reavis)	
(Michelle Smith, Candace Harrell Anya Tomshca 63.3, Hilary Ryan 2:39.7)		4 DAVENPORT CENTRAL	1:06.72
		(Toccaro Ross, Julia Martin Jerika Rangel, Sahvanuh Campbell)	
		Heat 4	
SHUTTLE HURDLE RELAY		1 WEST DES MOINES VALLEY	1:04.27 Q
1 DUBUQUE HEMPSTEAD	1:02.45	(Elizabeth Ellinwood, Katie Stilwell Meggie Kanis, Lauren Lindaman)	
(Nina Schnee, Nichole Schnee Cali Lyons, Leah Timmerman)		2 BETTENDORF	1:05.32
2 MASON CITY	1:02.67	(Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson)	
(Andrea Selles, Stephanie Carroll Danielle Hill, Nicole Carroll)		3 NEWTON	1:06.28

	(Stephanie Goos, Chelsea Munoz Chantelle MacVey, Cali Dunham)	
4	DUBUQUE SENIOR	1:07.86
	(Ashley Metcalf, Karina Schroeder Jessica Nesson, Lee Bly)	
	Heat 5	
1	IOWA CITY WEST	1:03.36 Q
	(Katie Johnson, Christina Swift Lindsay Freeman, Amanda Judisch)	
2	CEDAR FALLS	1:04.41
	(Brynn Lantz, Grace Schlader Emily White, Lisa Doeden)	
3	AMES	1:07.47
	(Katie Brimeyer, Tricia Stubbs Olivia Langenberg, Allison Dye)	
4	CEDAR RAPIDS JEFFERSON	1:09.08
	(Brittany Ruzicka, Kara Taylor Chandice O'Bannon, Rachel Edwards)	
	Heat 6	
1	DUBUQUE HEMPSTEAD	1:01.97 Q
	(Nina Schnee, Nichole Schnee Cali Lyons, Leah Timmerman)	
2	URBANDALE	1:04.98
	(Mallory Zimmerman, Erica Heiden Katie Kooiega, Stacy Holthaus)	
3	OTTUMWA	1:06.74
	(Rachel McElroy, Aubrey Anderson Brittney Berges, Amy Kopatich)	
4	CB ABRAHAM LINCOLN	1:11.18
	(Kendra Chapin, Crystal Reedy Sarah Milner, Lindsey McCoy)	
	Re-Run (Block malfunction in heat 4)	
1	BETTENDORF	1:04.40 Q
	(Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson)	