

Iowa Girls & Boys State Track Meet 2023 - 5/18/2023 to 5/20/2023

Des Moines, Iowa

Drake Stadium

Performance List

Event 1 Girls 100 Meter Dash 1A (24) Prelims

Thursday 5/18/2023 - 12:50 PM

State Record: 12.25 5/21/2015 Katie Maschmann, Montezuma

All-Time: 11.49 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Mia Walker	12 Newell-Fonda	12.39	1
2	Mary Walker	12 Newell-Fonda	12.67	2
3	Aleksys Gannon	11 Murray	12.71	1
4	Myla Murphy	12 Graet-T/Ruth-Ayr	12.89	3
5	Carsyn McFarland	11 Lynnville-Sully	12.99	1
6	Ava Christofferson	09 Lone Tree	13.02	1
7	Veronica Andrusyshyn	12 Riverside, Oak	13.03	1
8	Mia Backous	10 Grand View Christ	13.04	1
9	Shelby Fraker	12 North Union	13.04	4
10	Kate Barkema	12 S Hamilton	13.08	2
11	Lilly Ostert	12 Madrid	13.08	3
12	Emily Williams	12 East Mills	13.09	2
13	Hannah Knight	12 Wapsie Val, F	13.10	1
14	Sarah Burton	11 Highland	13.11	2
15	Chloe Wierson	11 Collins-Maxwell	13.11	4
16	Lilly Reneker	12 Pekin	13.19	3
17	Kennedy Brant	09 Glad-Reinbeck	13.19	1
18	Addy Oldenburger	09 Janesville	13.19	1
19	Kayli Mohror	12 English Valleys	13.20	2
20	Kate Lanz	09 Wapello	13.21	4
21	Rylee Dunkin	12 Twin Cedars	13.21	2
22	Adessa Leibfried	12 Bellevue	13.21	2
23	Macy Thorson	10 Nwood-Kensett	13.22	2
24	Meddie Nordstrom	10 Siouxland Chr	13.61	1

Event 9 Girls 200 Meter Dash 1A (24) Prelims

Thursday 5/18/2023 - 10:40 AM

State Record: 24.48 5/22/2010 Alex Gochenour, Logan-Magnolia

All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Mia Walker	12 Newell-Fonda	25.98	1
2	Emma Lundy	11 Nodaway Vall	26.33	1
3	Myla Murphy	12 Graet-T/Ruth-Ayr	26.44	2
4	Aleksys Gannon	11 Murray	26.55	1
5	Maddie Fehr	09 WB-Mallard	26.56	3
6	Mia Backous	10 Grand View Christ	26.63	1
7	Mary Walker	12 Newell-Fonda	26.63	4
8	Madison Steckler	12 Audubon	26.66	2
9	Chloe Wierson	11 Collins-Maxwell	26.66	2
10	Kate Lanz	09 Wapello	26.77	1
11	Rylee Shield	10 Lone Tree	27.03	2
12	Alaina Bakewell	12 Kee, Lansing	27.06	1
13	Addy Happel	11 Lisbon	27.07	1
14	Rylee Atkinson	09 Edgewd-Colesburg	27.11	2
15	Lilly Reneker	12 Pekin	27.19	3
16	Hannah Hillman	09 Rockford	27.34	1

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Event 9 ... (Girls 200 Meter Dash 1A (24) Prelims)

Name	Year	School	Seed Time	
17 Ema Roberts	10	HLV, Victor	27.35	2
18 Carly McKeever	12	St. Albert, CB	27.36	2
19 Chloe Snook	09	Montezuma	27.43	3
20 Devyn Davis	12	Wayne, Corydon	27.46	3
21 Courtney Knoche	11	C-Wheatland	27.57	1
22 Maria Kilburg	11	Easton Valley	27.58	3
23 Kylee Shoop	10	North Linn	27.58	2
24 Jordan Shull	11	Westwood, Sloan	27.79	1

Event 17 Girls 400 Meter Dash 1A (24)

Thursday 5/18/2023 - 1:20 PM

State Record: 55.75 5/16/2013 Ellie Herzberg, Manson NW We
All-Time: 52.90 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1 Kadence Huck	10	Nashua-Plainfld	57.71	1
2 Anna Lursen	09	St. Edmond, FD	59.79	1
3 Kennedy Brant	09	Glad-Reinbeck	59.91	1
4 Brynn Smith	12	AGWSR	1:00.00	2
5 Myla Murphy	12	Graet-T/Ruth-Ayr	1:00.04	2
6 Teagan Ewalt	12	Fremont-Mills	1:00.09	1
7 Kendra Nissen	12	Don Bosco	1:00.44	2
8 Alaina Gourley	09	Danville	1:00.56	1
9 Ema Roberts	10	HLV, Victor	1:00.68	1
10 Sadie Cox	10	Lenox	1:00.74	2
11 Anna Bartels	11	Midland, Wyoming	1:00.76	3
12 Abby Engles	12	Nodaway Vall	1:01.00	1
13 Natalie Schlenger	09	River Valley	1:01.02	1
14 Isah VanArsdol	10	Tri-Center	1:01.46	2
15 Delaney Scherf	12	Central, Elkader	1:02.22	1
16 Roya Amirhamzeh	12	George-Little Rk	1:02.49	3
17 Sophia Clawson	09	Colo-Nesco	1:02.59	1
18 Abbie Capesius	11	Bishop Garrigan	1:02.86	4
19 Eve Brumbaugh	11	Sidney	1:03.08	3
20 Mandee Selover	12	Baxter	1:03.55	2
21 Hannah Hillman	09	Rockford	1:03.61	3
22 Ady Mason	09	SE Warren	1:03.96	3
23 Isabelle Cogdill	09	Woodbine	1:04.24	2
24 Madelyn Snyder	12	IKM-Manning	1:05.00	3

Event 25 Girls 800 Meter Run 1A (24)

Saturday 5/20/2023 - 10:30 AM

State Record: 2:09.60 5/20/2006 Brooke Dinsdale, North Tama
All-Time: 2:06.52 2021 Ainsley Erzen, Carlisle

Name	Year	School	Seed Time	
1 Noelle Steines	10	C-Wheatland	2:23.78	1
2 Kadence Huck	10	Nashua-Plainfld	2:23.80	1
3 Isah VanArsdol	10	Tri-Center	2:25.66	1
4 Nora Peterson	10	Alta/Aurelia	2:25.84	1
5 Lili Denton	09	St. Albert, CB	2:26.24	1
6 Jolee Mesz	12	Lawton-Bronson	2:26.50	1

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Event 25 ... (Girls 800 Meter Run 1A (24))

Name	Year	School	Seed Time
7 Maddy Childs	12	Grand View Christ	2:26.98 1
8 Meghan Wheatley	11	North Linn	2:27.20 2
9 Taryn Burbridge	09	Maquoketa Valley	2:27.53 1
10 Nicole Sherer	12	Woodbine	2:27.73 2
11 Hannah Wilson	10	Fremont-Mills	2:28.00 2
12 Nakia Ollivierre	09	AGWSR	2:28.28 2
13 Alaina Gourley	09	Danville	2:28.57 1
14 Becca Hofmann	11	North Iowa	2:29.68 2
15 Ava Campbell	10	ACGC	2:29.77 2
16 Rylee Dunkin	12	Twin Cedars	2:29.81 1
17 Brielle Engelmann	12	Alta/Aurelia	2:30.32 3
18 Campbell German	11	Martndsl-StMarys	2:30.72 2
19 Josie Tieskoetter	11	S Winn, Calmar	2:30.83 3
20 Greylan Hornbeck	12	Logan-Magnolia	2:31.00 3
21 Chloe Broer	09	W Monona	2:31.49 4
22 Ellie Kirby	10	Edgewd-Colesburg	2:31.51 2
23 Maddy Jansen	09	S Winn, Calmar	2:31.97 4
24 Vivian Zaruba	10	Lone Tree	2:33.32 2

Event 33 Girls 1500 Meter Run 1A (24)

Saturday 5/20/2023 - 2:45 PM

State Record: 4:35.87 5/24/2014 Rebekah Topham, Griswold
 All-Time: 4:26.39 2011 Shelby Houlihan, SC East

Name	Year	School	Seed Time
1 Noelle Steines	10	C-Wheatland	4:51.08 1
2 Kadence Huck	10	Nashua-Plainfld	4:56.05 1
3 Nora Peterson	10	Alta/Aurelia	4:58.52 1
4 Meghan Wheatley	11	North Linn	4:59.66 2
5 Nakia Ollivierre	09	AGWSR	5:00.93 2
6 Megan Hageman	12	S Winn, Calmar	5:03.85 3
7 Lili Denton	09	St. Albert, CB	5:04.26 1
8 Maddy Childs	12	Grand View Christ	5:09.77 1
9 Ava Campbell	10	ACGC	5:10.16 1
10 Grace Lidgett	12	N Tama, Traer	5:10.36 3
11 Madison Sporrer	10	Logan-Magnolia	5:10.87 1
12 Karson Oberender	09	Martndsl-StMarys	5:11.83 2
13 Chloe Glosser	09	Pekin	5:12.51 1
14 Billie Wagner	12	S Winn, Calmar	5:12.62 4
15 Katelyn Brandhorst	09	Madrid	5:15.94 3
16 Maren Brabec	09	Newell-Fonda	5:16.13 2
17 Lauren Hillesland	09	North Iowa	5:16.37 3
18 Hunter Jones	12	North Cedar	5:18.36 4
19 Allysen Johnsen	09	Logan-Magnolia	5:18.78 2
20 Belle Oshirak	10	Ankeny Christ	5:19.52 4
21 Mariah Falkena	10	Boyer Valley	5:19.94 3
22 Isah VanArsdol	10	Tri-Center	5:20.58 2
23 Rylee Dunkin	12	Twin Cedars	5:21.41 1
24 Ellie Kirby	10	Edgewd-Colesburg	5:24.82 1

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Event 41 Girls 3000 Meter Run 1A (24)

Thursday 5/18/2023 - 9:40 AM

State Record: 9:56.54 5/16/2013 Leah Seivert, Sibley-Ochey
All-Time: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

Name	Year	School	Seed Time	
1	Noelle Steines	10 C-Wheatland	10:29.59	1
2	Nora Peterson	10 Alta/Aurelia	10:48.32	1
3	Maddy Childs	12 Grand View Christ	10:49.88	1
4	Nakia Ollivierre	09 AGWSR	11:05.53	1
5	Madison Sporrer	10 Logan-Magnolia	11:11.87	1
6	Katelyn Brandhorst	09 Madrid	11:15.38	2
7	Hunter Jones	12 North Cedar	11:22.22	2
8	Karson Oberender	09 Martndsl-StMarys	11:23.35	3
9	Allysen Johnsen	09 Logan-Magnolia	11:26.41	2
10	Lauren Hillesland	09 North Iowa	11:26.47	2
11	Adyson Lapel	10 Woodbine	11:27.50	3
12	Tyra Schupbach	09 WB-Mallard	11:28.03	3
13	Taylor Robertson	11 Alta/Aurelia	11:36.50	4
14	Lauren Steigleder	11 Pekin	11:38.11	1
15	Mariah Falkena	10 Boyer Valley	11:39.66	4
16	Claire Zweibohmer	09 Riceville	11:46.96	2
17	Greenlee Smock	12 Lynnville-Sully	11:48.94	1
18	Abby Kemp	10 BCLUW	11:51.80	2
19	Stefi Beisswenger	10 Audubon	11:53.05	1
20	Jillian Valencia	11 East Union	12:02.19	1
21	Mya Whitaker	12 Regina, IC	12:02.45	2
22	Anna Dietzenbach	12 S Winn, Calmar	12:09.09	3
23	Ellen Cook	10 Montezuma	12:10.01	3
24	Mily Schilling	12 Dunkerton	12:14.29	1

Event 49 Girls 100 Meter Hurdles 1A (24) Prelims

Friday 5/19/2023 - 10:20 AM

State Record: 14.07 5/21/2010 Alex Gochenour, Logan-Magnol
All-Time: 13.90 4/13/2010 Alex Gochenour, Logan-Mag.

Name	Year	School	Seed Time	
1	Allison Watts	11 Alta/Aurelia	15.37	1
2	Molly Joyce	12 Bishop Garrigan	15.40	2
3	Veronica Andrusyshyn	12 Riverside, Oak	15.46	1
4	Emily Williams	12 East Mills	15.95	1
5	Lindsey Moore	11 Nwood-Kensett	15.98	1
6	Reagan Murphy	11 Bishop Garrigan	16.00	3
7	Claire Schroeder	11 St. Mary's, R	16.18	1
8	Kiya Johnson	12 North Butler	16.20	2
9	Caitlin Benesh	12 North Linn	16.23	1
10	Morgan Wallin	11 Nwood-Kensett	16.27	3
11	Madison Steckler	12 Audubon	16.34	2
12	Reese Naeve	09 Regina, IC	16.55	1
13	Addison Winters	09 Kee, Lansing	16.60	1
14	Maggie Ragaller	12 Ar-We-Va	16.62	3
15	Madison Fry	12 Nodaway Vall	16.63	4
16	Alli Clark	11 Regina, IC	16.77	2

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Event 49 ... (Girls 100 Meter Hurdles 1A (24) Prelims)

Name	Year	School	Seed Time
17 Elise Kilburg	12	Marquette Cath	16.83 2
18 Jocelyn Marquis	12	Wayne, Corydon	16.84 1
19 Camryn Russell	09	Baxter	16.86 2
20 Hanna Wernli	12	N Mahaska	16.87 1
21 Quincey Schneckloth	10	Tri-Center	16.98 5
22 Alyssa Steinback	11	Belle Plaine	17.04 2
23 Josie Harvey	10	St. Edmond, FD	17.10 4
24 Keetyn Townsley	12	Winfield-Mt. U	17.11 3

Event 57 Girls 400 Meter Hurdles 1A (24)

Friday 5/19/2023 - 12:00 PM

State Record: 1:02.14 5/22/2009 Sara Stoakes, N Tama
 All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time
1 Kiya Johnson	12	North Butler	1:05.53 1
2 Brynnly German	11	Martndsl-StMarys	1:07.03 1
3 Nia Howard	12	Springville	1:07.19 1
4 Cortney Knutson	11	Wayne, Corydon	1:07.69 2
5 Emily Williams	12	East Mills	1:08.28 1
6 Leah Weaver	10	West Fork	1:08.62 2
7 Jaydin Dettman	11	Central, Elkader	1:08.79 1
8 Addison Winters	09	Kee, Lansing	1:08.87 2
9 Hannah Wilson	10	Fremont-Mills	1:09.30 2
10 Emma Erickson	12	Newell-Fonda	1:09.55 1
11 Allison Watts	11	Alta/Aurelia	1:09.63 2
12 Cailyn Hardy	12	Clarksville	1:09.67 3
13 Maclayn Houston	11	W Harrison	1:09.71 1
14 Maggie Ragaller	12	Ar-We-Va	1:09.75 1
15 Aaliyah Cooper	10	Tri-County	1:09.89 1
16 Kendra Nissen	12	Don Bosco	1:10.17 2
17 Kierstin Montag	11	WB-Mallard	1:10.19 3
18 Lilee Boriskey	09	Edgewd-Colesburg	1:10.29 3
19 Reagan Clarahan	10	Sigourney	1:10.30 1
20 Lindsey Moore	11	Nwood-Kensett	1:10.64 4
21 Alyssa Steinback	11	Belle Plaine	1:10.83 3
22 Sophie Ruden	12	Gehlen Cath, L	1:11.06 2
23 Quincey Schneckloth	10	Tri-Center	1:11.17 2
24 Emily Madison	11	Fremont-Mills	1:11.18 3

Event 66 Girls 4x100 Meter Shuttle Hurdle 1A (24) Prelims

Thursday 5/18/2023 - 9:00 AM

State Record: 1:05.44 5/17/2012 Gehlen Cath, L, Gehlen Cath
 K Langel, N Ryan, M Whitehead, S Rohe
 All-Time: 1:00.44 2022 Dowling Catholic, Dowling Catholic
 O Kramer, R Leman, A Gaskell, E Okwaramoi

Team	Relay	Seed Time
1 Stanton	1	1:07.40 1
1) Addison Olson 12	2) Lauren Johnson 10	3) Elly McDonald 11
5) Britney Silva 09	6) Riley Burke 10	7) Kyla Hart 10
		4) Hannah Olson 10
		8) Carly Roberts 11

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Event 66 ... (Girls 4x100 Meter Shuttle Hurdle 1A (24) Prelims)

	Team	Relay	Seed Time
2	Bishop Garrigan	1	1:08.25 1
	1) Emmi Bartolo 09	2) Zoe Montag 10	3) Reagan Murphy 11
			4) Molly Joyce 12
3	Fremont-Mills	1	1:08.27 2
	1) Izzy Weldon 11	2) Lana Alley 09	3) Bella Gute 10
	5) McKenna Woods 12	6) Hannah Wilson 10	7) Reese Gute 09
			8) Carlie Chambers 10
4	Nwood-Kensett	1	1:08.30 1
	1) Macy Thorson 10	2) Emma Hengesteg 11	3) Morgan Wallin 11
	5) Chloe Costello 11	6) Damaris Peterson 11	4) Lindsey Moore 11
5	St. Mary's, R	1	1:09.50 1
	1) Halle Galles 11	2) Mya Bunkers 11	3) Whitney Jensen 11
			4) Claire Schroeder 11
6	Winfield-Mt. U	1	1:09.90 1
	1) Josie Nelson 10	2) Keyreana Sharar 12	3) Tessa Huston 11
	5) Kaelyn Townsley 09		4) Keetyn Townsley 12
7	Ar-We-Va	1	1:10.22 1
	1) Elizabeth Brunner 12	2) Amber Ragaller 10	3) Jamie Hausman 12
	5) Morgan Berg 09	6) Noelia Gonzalez 09	4) Maggie Ragaller 12
8	Regina, IC	1	1:10.26 2
	1) Alli Clark 11	2) Morgan Miller 10	3) Ella Keune 09
	5) Dani Laughlin 12	6) Katie Molony 11	4) Reese Naeve 09
9	Nodaway Vall	1	1:10.56 2
	1) Liv Laughery 10	2) Madison Fry 12	3) Caroline Britten 09
	5) Kacie Ford 09	6) Bailey Carstens 10	7) Haisley Zoubek 09
			8) Jazz Christensen 10
10	North Butler	1	1:10.58 2
	1) Alexis Rose 09	2) Eliska Sirotiak 09	3) Laney Brinkman 09
	5) Lexi Niedert 12		4) Kiya Johnson 12
11	Wayne, Corydon	1	1:10.79 1
	1) Courtney Knutson 11	2) Morgan Goretska 12	3) Ava Whitney 10
	5) Halle O'Brien 09	6) Ella Pruiett 09	7) Natalia Brown 09
			8) Maddy Gunzenhauser 12
12	Clarksville	1	1:11.44 3
	1) Emmalee Manwarren 10	2) Paige Kampman 09	3) Jenna Myers 12
	5) Katie Kampman 11	6) Claire Lodge 10	7) Ceanna Capper 11
			8) Sidney Jacobs 10
13	Saint Ansgar	1	1:11.45 4
	1) Kenzie Peterson 10	2) Mariah Michels 10	3) Brylee Wynia 10
	5) Ava Falk 09	6) Isabella Hermanson 09	7) Alexis Frein 09
			8) Chelsea Brumm 09
14	Logan-Magnolia	1	1:11.64 2
	1) Addyson Monico 11	2) Kaiya Knauss 10	3) Marki Bertelsen 11
	5) Ava Sloan 09	6) Emma Perkins 12	7) Rory Madsen 11
			8) Abby Hiatt 11
15	Tri-Center	1	1:11.91 3
	1) Jaden Franke 12	2) Emile Sorenson 12	3) Layla Meador 09
	5) Avilyn Killpack 10	6) Meya Wingert 10	4) Quincey Schneckloth 10
16	W Monona	1	1:11.94 3
	1) Savannah Lucas 10	2) Sophia Woodward 10	3) Montana Farrens 09
	5) Ava Coleman 11	6) Chloe Broer 09	4) Devyn Beck 11
17	Wapsie Val, F	1	1:11.95 1
	1) Austin Franck 09	2) Maya Barnes 09	3) Kalle Voy 09
	5) Avery Jones 10	6) Zoe Westpfahl 10	4) Kate Risse 11
18	Mount Ayr	1	1:12.16 3
	1) Tegan Streit 12	2) Aubree Shields 09	3) Kaylie Shields 12
	5) Brea Nickle 10	6) Angelina Smith 12	7) Kyleigh Conklin 10
			8) Jaxy Knight 10
19	Woodbine	1	1:12.44 4
	1) Adalynn Coenen 09	2) Reese Leaders 09	3) Nicole Hoefler 11
	5) Taylor Hoefler 09	6) Isabell Crook 09	4) Kylie Neligh 11

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Event 66 ... (Girls 4x100 Meter Shuttle Hurdle 1A (24) Prelims)

Team	Relay	Seed Time
20 Audubon	1	1:12.56 4
1) Michelle Brooks 11	2) Mattie Nielsen 11	3) Madison Burr 12
5) Kadence Sporrer 09		4) Madison Steckler 12
21 West Fork	1	1:12.77 5
1) Leah Weaver 10	2) Abby Schoning 09	3) Keara Wood 10
5) Rylie Akins 12	6) Ellie Weaver 12	7) Preslee Dickman 10
		8) Breckyn Dickman 11
22 Alta/Aurelia	1	1:12.80 2
1) Shea Peterson 12	2) Hannah Colerick 11	3) Melanie Gaes 09
5) Emily Arnts 12	6) Breyer Anderson 10	7) Caitlyn Mattson 10
		8) Taylor Robertson 11
23 North Linn	1	1:13.03 1
1) Molly Boge 10	2) Peyton McMahon 09	3) Harley Henderson 09
5) Alana Ries 11	6) Emilee Beuter 10	4) Caitlin Benesh 12
24 Lisbon	1	1:13.39 1
1) Mykala Luzum-Selmon 09	2) Kamryn Kahl 09	3) Addi Petersen 11
5) McKenna Nost 11	6) Morgan Kelley 11	4) Kaitlynn Hasselbusch 10

Event 70 Girls 4x100 Meter Relay 1A (24) Prelims

Friday 5/19/2023 - 12:40 PM

State Record: 48.72 2022 Madrid, Madrid
L Ostert, E Olsen, J Dodds, E Santi
All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt
CR Jefferson Tied in 2015

Team	Relay	Seed Time
1 Nodaway Vall	1	50.59 1
1) Maddie Weston 10	2) Abby Engles 12	3) Emma Lundy 11
5) Madison Fry 12	6) Grace Britten 11	7) Joanna Larson 10
		8) Kacie Ford 09
2 Wapsie Val, F	1	50.75 1
1) LeeAnn Oltrogge 10	2) Peyton Curley 10	3) Taylor Buhr 09
5) Jaylin May 10	6) Emma Jones 12	7) Brylee Bellis 12
		8) Austin Franck 09
3 Lisbon	1	51.01 1
1) Peyton Robinson 12	2) Ava Czarnecki 11	3) Brynn Epperly 10
5) Mykala Luzum-Selmon 09	6) Kennedy Baxa 11	4) Addy Happel 11
4 Riverside, Oak	1	51.04 2
1) Elly Henderson 10	2) Lydia Erickson 11	3) Emma Gordon 11
5) Carly Henderson 11	6) Olivia Lund 09	7) Veronica Schechinger 10
		8) Ayla Richardson 10
5 Bellevue	1	51.52 2
1) Morgan Meyer 12	2) Tayla Leibfried 10	3) Jami Portz 11
5) Sophia Tigges 12	6) Cydney Tath 09	7) Caitlyn Klein 10
		8) Jade Sprout 10
6 Lone Tree	1	51.58 1
1) Vivian Zaruba 10	2) Ava Christofferson 09	3) Riley Krueger 12
5) Avery Morarie 10	6) Sophie Bell 09	7) Lindsay Werbach 12
		8) Hayden Yoder 10
7 Midland, Wyoming	1	51.67 1
1) Alivia Smith 12	2) Jaden Gatts 12	3) Alyssa Eckhardt 10
5) Gracie Franzen 12	6) Gracie Harrington 11	7) Jayde Martin 11
		8) Emerson Huston 09
8 S Hamilton	1	51.70 1
1) Tanna Thompson 11	2) Sydnee Flaugh 10	3) Ashlyn Erickson 11
5) Brooklyn Doolittle 09	6) Lillie Ammerman 09	7) Sara Scheller 09
		8) Claire Hewitt 09
9 Newell-Fonda	1	51.76 1
1) Izzy Sievers 12	2) Mia Walker 12	3) Isabel Bartek 11
5) Kinzee Hinders 10	6) Lindsey Wolf 10	7) McKenna Sievers 11
		8) Kierra Jungers 11

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	Team	Relay	Seed Time
10	Regina, IC	1	51.85 2
	1) Dani Laughlin 12	2) Avery Recker 09	3) Avery Kies 11
	5) Alli Clark 11	6) Ella Keune 09	7) Morgan Miller 10
			8) Alaina Timmerman 11
11	North Union	1	51.93 2
	1) Ella Ulrich 12	2) Naomi Jones 11	3) Libby Stevens 11
	5) Beth Streuber 11	6) Hannah Morphew 12	4) Shelby Fraker 12
12	Springville	1	52.02 2
	1) Madison DeMean 10	2) Nia Howard 12	3) Hannah March 11
	5) Molly Stamp 12	6) Kaylee Teymer 09	4) Rowan Jacobi 09
13	Lawton-Bronson	1	52.10 1
	1) Addison Rubendall 09	2) Alice Mahoney 11	3) Sydney Brouwer 11
	5) Addison Smith 10	6) Gwen Smith 12	7) Kennedy Olmstead 12
			8) Kaylee Clausen 12
14	Maquoketa Valley	1	52.14 3
	1) Lily Huber 11	2) Lili Bauers 10	3) Lanni Beaman 09
	5) Izabella Heffernan 10	6) Addison Hucker 11	4) McKenna Thompson 12
15	Bishop Garrigan	1	52.18 3
	1) Emmi Bartolo 09	2) Reagan Murphy 11	3) Zoe Montag 10
	5) Molly Peterson 10		4) Abbie Capesius 11
16	Lynnville-Sully	1	52.33 2
	1) Carsyn McFarland 11	2) Morgan Hay 09	3) Morgan Jones 11
	5) Natalie Roberts 11	6) Allie Van Wyk 12	7) Alaina Roberts 10
			8) Greenlee Smock 12
17	Wapello	1	52.37 3
	1) Ada Boysen 11	2) Emily Hemphill 11	3) Madelyn Lanz 12
	5) Jacie Hoeg 11	6) Alayna Lanz 09	7) Callie Wagenbach 09
			8) Tyra Lanz 11
18	Wayne, Corydon	1	52.40 2
	1) Hagan Arnold 11	2) Cortney Knutson 11	3) Jocelyn Marquis 12
	5) Clara O'Brien 11	6) Ava Whitney 10	7) Maddy Gunzenhauser 12
			8) Morgan Goretska 12
19	Highland	1	52.42 4
	1) Lilly Barre 10	2) Sarah Burton 11	3) Katelyn Waters 12
	5) Grace Prybil 11	6) Adelynn Kleopfer 12	7) MyLei Smith 12
			8) Mackenzie McFarland 12
20	W Monona	1	52.54 2
	1) Jalyn Struble 11	2) Kacy Miller 11	3) Carly Miller 12
	5) Sophia Woodward 10	6) Savannah Lucas 10	7) Ashlee Pittet 09
			4) Renae Cowgill 11
21	Clarksville	1	52.65 1
	1) Emmalee Manwarren 10	2) Paige Kampman 09	3) Claire Lodge 10
	5) Jenna Myers 12	6) Ceanna Capper 11	7) Hannah Wangsness 09
			8) Katie Kampman 11
22	Earlham	1	52.66 3
	1) Alexis Voss 11	2) Lily Dixon 12	3) Avrie Fagan 09
	5) Ava Jenkins 10	6) Keeley Keller 09	7) Rowen Fisk 11
			8) Ally Presler 09
23	North Linn	1	52.68 3
	1) Skylar Benesh 11	2) Caitlin Benesh 12	3) Macy Boge 11
	5) Kamryn Kurt 11	6) Molly Boge 10	7) Addison Cira 12
			4) Kylee Shoop 10
24	Stanton	1	52.90 1
	1) Brooklyn Silva 12	2) Marleigh Johnson 12	3) Hannah Olson 10
	5) Addison Olson 12	6) Elly McDonald 11	7) Britney Silva 09
			8) Meredith Roberts 09

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Des Moines, Iowa
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Event 78 Girls 4x200 Meter Relay 1A (24)

Friday 5/19/2023 - 11:00 AM

State Record: 1:43.29 2022

Madrid, Madrid

L Ostert, E Olsen, J Dodds, E Santi

All-Time: 1:39.24 5/22/2015

CR Jefferson, CR Jefferson

A Ranschau, J Blue, M Meese, L Schneekloth

Team	Relay	Seed Time
1 Riverside, Oak	1	1:47.19 1
1) Veronica Andrusyshyn 12	2) Carly Henderson 11	3) Elly Henderson 10
5) Olivia Lund 09	6) Adaline Martens 09	7) Veronica Schechinger 10
8) Mack Olmstead-Mitchell 12		
2 Wapsie Val, F	1	1:47.46 1
1) LeeAnn Oltrogge 10	2) Emma Jones 12	3) Hannah Knight 12
5) Brylee Bellis 12	6) Taylor Buhr 09	7) Jaylin May 10
4) Peyton Curley 10		
3 Newell-Fonda	1	1:47.47 1
1) Kinzee Hinders 10	2) Mia Walker 12	3) Isabel Bartek 11
5) Kierra Jungers 11	6) Izzy Sievers 12	7) Mareni Brabec 09
8) Lindsey Wolf 10		
4 Lone Tree	1	1:48.27 1
1) Avery Morarie 10	2) Rylee Shield 10	3) Vivian Zaruba 10
5) Sophie Bell 09	6) Cate Sexton 10	7) Alex Dautremont 10
8) Ava Christofferson 09		
8) Bella Pourry 10		
5 Lisbon	1	1:48.37 1
1) Addy Happel 11	2) Ava Czarnecki 11	3) Brynn Epperly 10
5) Mykala Luzum-Selmon 09	6) Gretchen Moehlman 10	4) Peyton Robinson 12
6 Central, Elkader	1	1:49.17 2
1) Grace Kuehl 11	2) Tori Sylvester 10	3) Jaydin Dettman 11
5) Delaney Scherf 12	6) Staci Herman 11	7) Madylen Gregerson 11
8) Alivia Wiley 09		
7 Midland, Wyoming	1	1:49.38 1
1) Alivia Smith 12	2) Jaden Gatts 12	3) Gracie Franzen 12
5) Anna Bartels 11	6) Emerson Huston 09	7) Emmaleigh Soper 11
8) Gracie Harrington 11		
8 North Linn	1	1:49.39 2
1) Skylar Benesh 11	2) Mackenzie Bridgewater 10	3) Macy Boge 11
5) Kamryn Kurt 11	6) Caitlin Benesh 12	7) Addison Cira 12
8) Emilee Beuter 10		
9 S Hamilton	1	1:49.40 1
1) Kate Barkema 12	2) Ashlyn Erickson 11	3) Sydnee Flaugh 10
5) Halle Feaker 12	6) Brooklyn Doolittle 09	7) Sara Scheller 09
8) Lillie Ammerman 09		
10 Pekin	1	1:49.50 2
1) Lilly Reneker 12	2) Sabrina Reneker 12	3) Lauren Conklin 11
5) Claire Roth 12	6) Krysta Sheetz 11	4) Audrey Fariss 11
11 Lawton-Bronson	1	1:49.53 1
1) Addison Rubendall 09	2) Addison Smith 10	3) Sydney Brouwer 11
5) Jolee Mesz 12	6) Kaylee Clausen 12	7) Gwen Smith 12
8) Alice Mahoney 11		
8) Kennedy Olmstead 12		
12 W Monona	1	1:49.60 2
1) Carly Miller 12	2) Renae Cowgill 11	3) Ashlee Pittet 09
5) Sophia Woodward 10	6) Savannah Lucas 10	7) Jaly Struble 11
4) Kacy Miller 11		
13 Wapello	1	1:49.88 3
1) Ada Boysen 11	2) Kate Lanz 09	3) Madelyn Lanz 12
5) Jacie Hoeg 11	6) Alayna Lanz 09	7) Tyra Lanz 11
8) Emily Hemphill 11		
8) Callie Wagenbach 09		
14 Springville	1	1:49.95 3
1) Nia Howard 12	2) Rowan Jacobi 09	3) Hannah March 11
5) Molly Stamp 12	6) Kaylee Teymer 09	4) Madison DeMean 10
15 Highland	1	1:50.21 4
1) Lilly Barre 10	2) Katelyn Waters 12	3) Sarah Burton 11
5) Lorelei Lueck 11	6) Grace Prybil 11	7) Kealy Roberts 09
8) Mackenzie McFarland 12		
8) Emma Cole 09		

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Event 78 ... (Girls 4x200 Meter Relay 1A (24))

	Team	Relay	Seed Time
16	Maquoketa Valley	1	1:50.41 3
	1) Lily Huber 11	2) Izabella Heffernan 10	3) Lanni Beaman 09
	5) Jordan Hatfield 10	6) Addison Hucker 11	4) McKenna Thompson 12
17	Nodaway Vall	1	1:50.46 2
	1) Abby Engles 12	2) Emma Lundy 11	3) Maddie Weston 10
	5) Madison Fry 12	6) Bailey Carstens 10	7) Grace Britten 11
			8) Megan McCall 11
18	West Hancock	1	1:50.60 2
	1) Shelby Goepel 12	2) Mallory Leerar 11	3) Aubrey Madson 09
	5) Meara Kudej 09	6) Cooper Sobek 09	7) Danielle Nelson 09
			8) Hayden Lang 12
19	Kee, Lansing	1	1:50.61 4
	1) Addison Winters 09	2) Mallory Mohn 11	3) Jaylyn Walleser 12
	5) Jersey Mathison 12	6) Summer Walleser 10	7) Payton Becker 09
			8) Lillian Kolsrud 09
20	North Union	1	1:50.83 3
	1) Ella Ulrich 12	2) Naomi Jones 11	3) Libby Stevens 11
	5) Hannah Morphew 12	6) Beth Streuber 11	4) Shelby Fraker 12
21	Saint Ansgar	1	1:50.94 1
	1) Mariah Michels 10	2) Emma Hall 11	3) Brylee Wynia 10
	5) Josie Juhl 10	6) Kinsey Anderson 11	7) Ava Falk 09
			8) Aspen Falk 11
22	Nwood-Kensett	1	1:51.15 2
	1) Lindsey Moore 11	2) Morgan Wallin 11	3) Chloe Costello 11
	5) Emma Hengesteg 11	6) Damaris Peterson 11	4) Macy Thorson 10
23	Clarksville	1	1:51.39 3
	1) Jenna Myers 12	2) Emmalee Manwarren 10	3) Paige Kampman 09
	5) Claire Lodge 10	6) Ceanna Capper 11	7) Hannah Wangsness 09
			8) Jeni Johnson 10
24	Fremont-Mills	1	1:53.06 1
	1) Bella Gute 10	2) Carlie Chambers 10	3) Emily Madison 11
	5) McKenna Woods 12	6) Kimber Wederquist 10	7) Teagan Ewalt 12
			8) Izzy Weldon 11

Event 86 Girls 4x400 Meter Relay 1A (24) Prelims

Friday 5/19/2023 - 1:20 PM

State Record: 3:58.28 5/19/2007 Valley Community Elgin, Valley Commu
A Spain, M Moyle, M Metzger, K McCartney
All-Time: 3:48.39 5/23/2009 Sioux City, East, Sioux City, E
S Houlihan, R Mikulicz, E McCarthy, E Dougherty

	Team	Relay	Seed Time
1	Central, Elkader	1	4:08.90 1
	1) Delaney Scherf 12	2) Jaydin Dettman 11	3) Tori Sylvester 10
	5) Eva Embretson 12	6) Reese Berns 10	7) Grace Kuehl 11
2	Maquoketa Valley	1	4:10.10 2
	1) Lily Huber 11	2) McKenna Thompson 12	3) Lanni Beaman 09
	5) Saige Hunt 12	6) Lili Bauers 10	4) Taryn Burbridge 09
3	Riverside, Oak	1	4:11.06 1
	1) Veronica Schechinger 10	2) Elly Henderson 10	3) Lydia Erickson 11
	5) Olivia Lund 09	6) Adaline Martens 09	7) Ayla Richardson 10
			8) Bentley Rone 09
4	Martndsl-StMarys	1	4:13.46 1
	1) Ellie Baker 10	2) Carolyn Amfahr 11	3) Campbell German 11
	5) Sophia Shannon 11	6) Maclaine German 09	7) Maryann Hart 10
			8) Kailey Phinney 12
5	AGWSR	1	4:13.53 1
	1) Piper Smith 09	2) Karis Lippert 11	3) Elise Olson 09
	5) Tori Metzgar 10	6) Trevyn Smith 10	7) Ava Olson 11
			4) Brynn Smith 12

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Event 86 ... (Girls 4x400 Meter Relay 1A (24) Prelims)

Event	Team	Relay	Seed Time
6	Midland, Wyoming	1	4:14.15 1
	1) Anna Bartels 11	2) Gracie Franzen 12	3) Alyssa Eckhardt 10
	5) Alivia Smith 12	6) Gabriella Franzen 09	4) Jaden Gatts 12
		7) Brianna Streets 09	8) Jordyn Ellefson 10
7	Saint Ansgar	1	4:15.12 2
	1) Lila Powers 09	2) Amelia Porisch 10	3) Kinsey Anderson 11
	5) Mariah Michels 10	6) Kenzie Peterson 10	4) Natalie Bork 11
		7) Aspen Falk 11	
8	Pekin	1	4:15.48 1
	1) Claire Roth 12	2) Audrey Fariss 11	3) Lexi Swearingen 11
	5) Chloe Glosser 09	6) Lilly Reneker 12	4) Sabrina Reneker 12
9	Lisbon	1	4:15.60 1
	1) Addie Clark 10	2) Addi Petersen 11	3) Peyton Robinson 12
	5) Maeve Krogmann 11	6) Ava Czarnecki 11	4) Addy Happel 11
		7) Gabi Moehlman 12	
10	Bishop Garrigan	1	4:15.89 1
	1) Zoe Montag 10	2) Abbie Capesius 11	3) Reagan Murphy 11
	5) Violet Bode 11		4) Molly Joyce 12
11	Audubon	1	4:17.57 2
	1) Anna Larsen 09	2) Mattie Nielsen 11	3) Kadence Sporrer 09
	5) Stefi Beisswenger 10	6) Addie Hocker 11	4) Madison Steckler 12
12	Woodbine	1	4:17.65 1
	1) Isabelle Cogdill 09	2) Danyelle Steinkuehler 10	3) Nicole Sherer 12
	5) Lillian Kerger 09	6) Nicole Hoefer 11	4) Katy Pryor 09
		7) Mariah Walsh 10	8) Madison Thomas 11
13	Danville	1	4:18.32 2
	1) Miya Orbiana 10	2) Jaeda Molle 11	3) Kamryn Sherwood 11
	5) Macie Wagner 09	6) Alexis Dietsch 11	4) Alaina Gourley 09
		7) Madelyn Buck 12	
14	Wapsie Val, F	1	4:18.68 3
	1) Emma Jones 12	2) Ava VanDaele 11	3) Kylee Moulds 10
	5) Kiley Schmitz 09	6) Peyton Curley 10	4) Brylee Bellis 12
15	Wayne, Corydon	1	4:19.51 2
	1) Devyn Davis 12	2) Hagan Arnold 11	3) Cortney Knutson 11
	5) Emily Birkland 10	6) Ava Goben 12	4) Jocelyn Marquis 12
		7) Ella Pruiett 09	8) Clara O'Brien 11
16	East Mills	1	4:20.80 1
	1) Miah Urban 12	2) Jenna Thornburg 11	3) Aspen Crouse 12
	5) Natalie Goodman 12	6) Ryleigh Brodigan 11	4) Emily Williams 12
		7) Cloe Brown 10	8) Kandra Laumann 11
17	St. Edmond, FD	1	4:21.50 2
	1) Ellie Knox 10	2) Hannah Landwehr 11	3) Sasha Hess 10
	5) Michaela Leiting 11	6) Brianna Saathoff 09	4) Anna Lursen 09
		7) Andee Barwin 11	8) Josie Harvey 10
18	BCLUW	1	4:21.94 2
	1) Mallori Jones 11	2) Raegan Crawford 10	3) Kalia Stover 10
	5) Isabella Morris 09	6) Abby Kemp 10	4) Miranda Jones 11
		7) Leila Wedgwood 09	8) Klayre Gallentine 10
19	Earlham	1	4:22.04 3
	1) Lily Conry 11	2) Taylor Jensen 12	3) Taylor Rodgers 10
	5) Amanda Smith 09	6) Olivia Spurling 11	4) Lily Dixon 12
		7) Mackenzie Harger 09	8) Hannah Frank 10
20	S Winn, Calmar	1	4:22.10 3
	1) Maddy Jansen 09	2) Josie Tieskoetter 11	3) Katie Shimek 10
	5) Megan Hageman 12	6) Billie Wagner 12	4) Karissa Wenthold 10
		7) Ivey Franzen 10	8) Morgan Kriener 12
21	Regina, IC	1	4:22.77 3
	1) Morgan Miller 10	2) Alli Clark 11	3) Harper Erwin 09
	5) Katie Molony 11	6) Caitlyn Bell 09	4) Ella Keune 09
		7) Ruby Eastman 09	8) Reese Naeve 09
22	West Fork	1	4:23.24 4
	1) Leah Weaver 10	2) Ellie Weaver 12	3) JoAnna Wallace 10
	5) Brea Weaver 11	6) Mallery Meier 11	4) Maddy Welbes 12
		7) Keelee Sheriff 12	8) Breckyn Dickman 11

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Event 86 ... (Girls 4x400 Meter Relay 1A (24) Prelims)

Team	Relay	Seed Time
23 George-Little Rk	1	4:23.27 3
1) Lindsey Haken 09	2) Taryn Odens 11	3) Hannah Anderson 11
5) Lexi Landis 11	6) Hayden McAlpine 09	7) Sosie Ver Steeg 09
4) Roya Amirhamzeh 12	8) Neveah Feucht 09	
24 Mount Ayr	1	4:23.40 2
1) Aubree Clark 10	2) Karlie Larsen 12	3) Aubree Shields 09
5) Kaylie Shields 12	6) MaKenna Jones 12	7) Ashlyn Murphy 10
4) Anne Newton 11	8) Ivy Bice 09	

Event 94 Girls 4x800 Meter Relay 1A (24)

Thursday 5/18/2023 - 11:20 AM

State Record: 9:28.33 5/17/2007 Valley Community Elgin, Valley Commu
A Spain, M Moyle, D Bushman, K McCartney
All-Time: 9:09.09 2001 Iowa City West, Iowa City West

Team	Relay	Seed Time
1 St. Albert, CB	1	10:00.97 1
1) Reese Duncan 12	2) Molly Wise 09	3) Carly McKeever 12
5) Ella Klusman 11	6) Payton Johnsen 10	7) Kirsten Piskorski 10
4) Lili Denton 09		
2 S Winn, Calmar	1	10:03.88 1
1) Billie Wagner 12	2) Josie Tieskoetter 11	3) Megan Hageman 12
5) Karissa Wenthold 10	6) Ella Willey 12	7) Anna Dietzenbach 12
4) Maddy Jansen 09	8) Katie Shimek 10	
3 Pekin	1	10:04.89 1
1) Audrey Fariss 11	2) Alex Parsons 11	3) Claire Roth 12
5) Chloe Glosser 09	6) Lexi Swearingen 11	4) Brooke Miller 12
4 Lisbon	1	10:06.36 1
1) Addi Petersen 11	2) Gabi Moehlman 12	3) Maeve Krogmann 11
5) Emersyn Reiter 09	6) Morgan Kelley 11	4) Addie Clark 10
5 BCLUW	1	10:09.01 2
1) Mallori Jones 11	2) Raegan Crawford 10	3) Kalia Stover 10
5) Abby Kemp 10	6) Isabella Morris 09	4) Miranda Jones 11
6 Wapsie Val, F	1	10:09.81 1
1) Emma Jones 12	2) Ava VanDaele 11	3) Kylee Moulds 10
5) Kiley Schmitz 09	6) Adelynn Wierck 09	7) Maya Barnes 09
4) Brylee Bellis 12		
7 Central, Elkader	1	10:11.00 2
1) Hannah Asche 12	2) Jaydin Dettman 11	3) Taylor Moser 11
5) Eva Embretson 12	6) Reese Berns 10	4) Delaney Scherf 12
8 St. Edmond, FD	1	10:13.03 1
1) Michaela Leiting 11	2) Ellie Knox 10	3) Hannah Landwehr 11
5) Andee Barwin 11	6) Reese Lemberg 11	4) Anna Lursen 09
9 North Linn	1	10:15.31 1
1) Allie Haughenbury 10	2) Mackenzie Bridgewater 10	3) Bryn Collum 10
5) Peyton McMahon 09		4) Meghan Wheatley 11
10 AGWSR	1	10:15.86 2
1) Piper Smith 09	2) Tori Metzgar 10	3) Brynn Smith 12
5) Elizabeth Kielty 11	6) Nakia Ollivierre 09	4) Karis Lippert 11
11 Riverside, Oak	1	10:17.54 1
1) Veronica Schechinger 10	2) Bailey Richardson 09	3) Adaline Martens 09
5) Carly Henderson 11	6) Elly Henderson 10	7) Amaiya Less 09
4) Bentley Rone 09		
12 Danville	1	10:17.89 2
1) Jaeda Molle 11	2) Miya Orbiana 10	3) Kamryn Sherwood 11
5) Madelyn Buck 12	6) Abby Arnett 10	7) Macie Wagner 09
4) Alaina Gourley 09		
13 Earlham	1	10:20.14 1
1) Amanda Smith 09	2) Hannah Frank 10	3) Olivia Spurling 11
5) Taylor Jensen 12	6) Lily Conry 11	7) Taylor Rodgers 10
4) Mackenzie Harger 09	8) Lily Dixon 12	

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Event 94 ... (Girls 4x800 Meter Relay 1A (24))

	Team	Relay	Seed Time	
14	Alta/Aurelia	1	10:20.78	2
	1) Hayden Berkland 09	2) Breyer Anderson 10	3) Peyton Kies 09	4) Brielle Engelmann 12
	5) Nora Peterson 10	6) Eva Kaskey 09	7) Taylor Robertson 11	8) Shea Peterson 12
15	Fremont-Mills	1	10:21.43	2
	1) Teagan Ewalt 12	2) Ellie Switzer 11	3) Ella Thornton 09	4) Hannah Wilson 10
	5) Maria Forney 10	6) Makenna Brandt 11	7) Mylie Hughes 11	8) Reese Gute 09
16	Saint Ansgar	1	10:22.31	3
	1) Lila Powers 09	2) Amelia Porisch 10	3) Kinsey Anderson 11	4) Natalie Bork 11
	5) Lanie Hanna 09	6) Kenzie Peterson 10	7) Aubrey Sherrard 10	8) Leah Jorgensen 12
17	Woodbine	1	10:23.58	1
	1) Isabelle Cogdill 09	2) Addison Murdock 11	3) Katy Pryor 09	4) Nicole Sherer 12
	5) Elise Olson 10	6) Reagan Cogdill 09	7) Adyson Lapel 10	8) Riley Gaytan 09
18	North Iowa	1	10:23.73	3
	1) Becca Hofmann 11	2) Miriam Beenken 11	3) Ava Meinders 09	4) Lauren Hillesland 09
	5) Elizabeth Beenken 12	6) Ashlyn Bechler 10	7) Alyssa Olson 10	8) Tarra Viergutz 09
19	WB-Mallard	1	10:24.48	4
	1) Abigail Schmidt 11	2) Allie Fehr 09	3) Tiffany Fehr 10	4) Kierstin Montag 11
	5) Addie Montag 09	6) Tyra Schupbach 09	7) Morgan Montag 09	
20	SE Warren	1	10:25.32	2
	1) Ady Mason 09	2) Natalie Geisler 11	3) Lexi Clendenen 09	4) Kaleigh Harvey 10
	5) Katie Thompson 12	6) Kiara Wallace 09	7) Aurora Guaetieri 11	8) Lea Schill 10
21	IKM-Manning	1	10:25.74	2
	1) Julianna Stribe 12	2) Emmie Ring 12	3) Alikxa McGinn 10	4) Taylor Beckendorf 10
	5) Emily Albertsen 10	6) Raegan Garrison 10	7) Hannah McKinney 10	8) Anna Stangl 09
22	Martndsl-StMarys	1	10:28.21	3
	1) Maryann Hart 10	2) Autumn Elbert 10	3) Ellie Baker 10	4) Campbell German 11
	5) Maclaine German 09	6) Karson Oberender 09	7) Gretchen Wearmouth 09	
23	ACGC	1	10:31.05	3
	1) Hayden Coffman 11	2) Adalyn Benson 10	3) Katelyn Schafer 11	4) Ava Campbell 10
	5) Emerson Van Meter 11	6) Emmarae Ellis 10	7) Paige Van Meter 10	8) Hannah Muller 10
24	George-Little Rk	1	10:33.30	5
	1) Lexi Landis 11	2) Lindsey Haken 09	3) Roya Amirhamzeh 12	4) Hannah Anderson 11
	5) Hayden McAlpine 09	6) Sosie Ver Steeg 09	7) Taryn Odens 11	8) Neveah Feucht 09

Event 108 Girls 800 Sprint Medley 1A (24)

Saturday 5/20/2023 - 9:00 AM

State Record: 1:48.80 5/23/2015 Hudson, Hudson
L Kolterman, A Mosley, D Reicherts, M Bell
All-Time: 1:43.64 2018 Linn-Mar, Linn-Mar
A Rolle, O Hubler, J Bennett, P Wensel

	Team	Relay	Seed Time	
1	Lawton-Bronson	1	1:52.13	1
	1) Addison Rubendall 09	2) Sydney Brouwer 11	3) Alice Mahoney 11	4) Jolee Mesz 12
	5) Gwen Smith 12	6) Kennedy Olmstead 12	7) Kaylee Clausen 12	8) Addison Smith 10
2	Don Bosco	1	1:52.61	1 Conv
	1) Caelor Yoder 12	2) Paige Corkery 11	3) Hannah Thome 11	4) Kendra Nissen 12
	5) Kennedy McGarvey 10	6) Alaina Hellman 10	7) Josie Hogan 12	8) Ciara Huff 09
3	Lone Tree	1	1:53.06	1
	1) Sophie Bell 09	2) Vivian Zaruba 10	3) Ava Christofferson 09	4) Rylee Shield 10
	5) Riley Krueger 12	6) Avery Morarie 10	7) Lindsay Werbach 12	8) Cate Sexton 10

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Event 108 ... (Girls 800 Sprint Medley 1A (24))

Event	Team	Relay	Seed Time
4	Maquoketa Valley	1	1:53.13 1
	1) Lily Huber 11	2) McKenna Thompson 12	3) Taryn Burbridge 09
	5) Lili Bauers 10	6) Isabel Imler 11	4) Lanni Beaman 09
5	Midland, Wyoming	1	1:53.21 2 Conv
	1) Alivia Smith 12	2) Alyssa Eckhardt 10	3) Gracie Franzen 12
	5) Jaden Gatts 12	6) Gracie Harrington 11	7) Jayde Martin 11
			8) Mariah Hacke 11
6	Fremont-Mills	1	1:53.31 1
	1) Bella Gute 10	2) Carlie Chambers 10	3) Lana Alley 09
	5) Reese Gute 09	6) Izzy Weldon 11	7) McKenna Woods 12
			8) Emily Madison 11
7	AGWSR	1	1:53.44 1
	1) Trinity Rotgers 12	2) Elise Olson 09	3) Trevyn Smith 10
	5) Ava Olson 11	6) Ella Diemer 10	7) Karis Lippert 11
			8) Piper Smith 09
8	Wapsie Val, F	1	1:53.75 2
	1) LeeAnn Oltrogge 10	2) Hannah Knight 12	3) Peyton Curley 10
	5) Emma Jones 12	6) Taylor Buhr 09	7) Jaylin May 10
			4) Brylee Bellis 12
9	W Monona	1	1:53.77 2
	1) Sophia Woodward 10	2) Renae Cowgill 11	3) Carly Miller 12
	5) Jalyn Struble 11	6) Ashlee Pittet 09	7) Savannah Lucas 10
			4) Kacy Miller 11
10	North Linn	1	1:53.87 3 Conv
	1) Skylar Benesh 11	2) Macy Boge 11	3) Kylee Shoop 10
	5) Kamryn Kurt 11	6) Caitlin Benesh 12	7) Allie Haughenbury 10
			4) Mackenzie Bridgewater 10
11	S Hamilton	1	1:54.25 1
	1) Kate Barkema 12	2) Sydnee Flaugh 10	3) Tanna Thompson 11
	5) Brooklyn Doolittle 09	6) Hallee Feaker 12	7) Makena Galetich 11
			4) Ashlyn Erickson 11
12	Nodaway Vall	1	1:54.27 1
	1) Grace Britten 11	2) Maddie Weston 10	3) Abby Engles 12
	5) Madison Fry 12	6) Annika Nelson 11	7) Taylor Day 10
			8) Kylie Nelson 09
13	Westwood, Sloan	1	1:54.53 3
	1) Jocelyn McFarland 10	2) Peyton Thompson 10	3) Jordan Shull 11
	5) Ella Hanner 11	6) Tamara Heck 12	7) Addison Lee 10
			4) Lela Haveman 10
			8) Payton Lewis 12
14	Kee, Lansing	1	1:54.60 3
	1) Addison Winters 09	2) Jaylyn Walleser 12	3) Alaina Bakewell 12
	5) Jersey Mathison 12	6) Summer Walleser 10	7) Payton Becker 09
			4) Mallory Mohn 11
			8) Lillian Kolsrud 09
15	Riverside, Oak	1	1:54.85 2
	1) Elly Henderson 10	2) Emma Gordon 11	3) Carly Henderson 11
	5) Veronica Andrusyshyn 12	6) Olivia Lund 09	7) Veronica Schechinger 10
			4) Lydia Erickson 11
			8) Adaline Martens 09
16	St. Edmond, FD	1	1:55.07 1
	1) Faith Shirbroun 09	2) Sasha Hess 10	3) Brianna Saathoff 09
	5) Lauren Gibb 10	6) Ellie Knox 10	7) Hannah Landwehr 11
			4) Anna Lursen 09
			8) Andee Barwin 11
17	Saint Ansgar	1	1:55.63 2
	1) Ava Falk 09	2) Josie Juhl 10	3) Mariah Michels 10
	5) Emma Hall 11	6) Brylee Wynia 10	7) Aspen Falk 11
			4) Natalie Bork 11
			8) Amelia Porisch 10
18	Central, Elkader	1	1:55.73 4
	1) Grace Kuehl 11	2) Lexi Loan 12	3) Tori Sylvester 10
	5) Hannah Asche 12	6) Jaydin Dettman 11	7) Reese Berns 10
			4) Delaney Scherf 12
			8) Alivia Wiley 09
19	Martndsl-StMarys	1	1:55.96 2
	1) Carolyn Amfahr 11	2) Sophia Shannon 11	3) Ellie Baker 10
	5) Maryann Hart 10	6) Ava Oberender 11	7) Aubrey Moser 09
			4) Brynnly German 11
			8) Jeanie Choate 11
20	WB-Mallard	1	1:55.98 2
	1) Shaylee Wise 10	2) Hannah Stalzer 10	3) Hannah Fehr 09
	5) Kierstin Montag 11	6) Abigail Schmidt 11	7) Tiffany Fehr 10
			4) Maddie Fehr 09
			8) Allie Fehr 09

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Event 108 ... (Girls 800 Sprint Medley 1A (24))

Team	Relay	Seed Time
21 Tri-Center	1	1:56.21 3
1) Kaitlin Kozeal 10	2) Emile Sorenson 12	3) Quincey Schneckloth 10
5) Avilyn Killpack 10	6) Meya Wingert 10	4) Isah VanArsdol 10
22 Lenox	1	1:56.50 2
1) Bentley Petersen 10	2) Cadence Douglas 12	3) Gabby Robles 11
5) Zoey Reed 10	6) Greenly Ramsey 09	4) Sadie Cox 10
23 North Union	1	1:57.21 3
1) Ella Ulrich 12	2) Libby Stevens 11	3) Shelby Fraker 12
5) Beth Streuber 11	6) Hannah Morphew 12	4) Naomi Jones 11
24 Tri-County	1	1:59.67 1
1) Ayla Hall 10	2) Grace Randall 12	3) Lily Randall 10
5) Gabby Bunker 09	6) Jordyn Hughes 10	7) Sadie McKain 12
		8) Grayce Williams 12

Event 116 Girls High Jump 1A (24)

Friday 5/19/2023 - 11:30 AM

State Record: 5-08.25 5/18/2012 Chaley Rath, Treynor
 All-Time: 6-01 2010 Hannah Willms, Dike-New Hartford

Name	Year	School	Seed Mark
1 Ema Roberts	10	HLV, Victor	5-05.00 1
2 Mykala Luzum-Selmon	09	Lisbon	5-04.00 2
3 Kendal Niemeier	10	Harris-LP	5-02.00 1
4 Aubree Shields	09	Mount Ayr	5-02.00 1
5 Kayse Miller	10	Pekin	5-02.00 1
6 Abby Wagner	10	S Winn, Calmar	5-02.00 1
7 Jaden Gatts	12	Midland, Wyoming	5-02.00 1
8 Avah Underwood	09	St. Albert, CB	5-01.00 2
9 Breannah St. Germain	09	West Fork	5-01.00 2
10 Allison Watts	11	Alta/Aurelia	5-01.00 2
11 Tatum Huyser	09	Lynnville-Sully	5-01.00 3
12 Addison Smith	10	Lawton-Bronson	5-01.00 1
13 Kennedy Brant	09	Glad-Reinbeck	5-01.00 2
14 McKinley Chittick	10	Sigourney	5-00.00 3
15 Anna Kozora	09	River Valley	5-00.00 2
16 Cadence Douglas	12	Lenox	5-00.00 3
17 Vanessa Koehler	12	Glidden-Ralston	5-00.00 1
18 Riley Krueger	12	Lone Tree	5-00.00 2
19 Lindsey Wolf	10	Newell-Fonda	5-00.00 3
20 Brooke Tieden	10	Central, Elkader	4-10.00 1
21 Isabel Swenson	09	S Hamilton	4-10.00 1
22 Emily Boeckmann	11	C-Wheatland	4-10.00 3
23 Ava Olson	11	AGWSR	4-10.00 3
24 Chloe Wierson	11	Collins-Maxwell	4-10.00 2

Event 124 Girls Long Jump 1A (24)

Thursday 5/18/2023 - 11:30 AM

State Record: 18-08.50 5/15/2008 Jennifer Jorgensen, Southeast We
 All-Time: 19-10.25 2014 Lexus Lovan, Urbandale

Name	Year	School	Seed Mark
1 Mia Backous	10	Grand View Christ	17-08.75 1
2 Sarah Burton	11	Highland	17-07.50 1
3 Molly Joyce	12	Bishop Garrigan	17-05.50 1

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Event 124 ... (Girls Long Jump 1A (24))

	Name	Year	School	Seed	Mark
4	Brynn Epperly	10	Lisbon	16-08.50	1
5	Ashlan Pearson	10	Grand View Christ	16-06.50	2
6	Paycee Holmes	11	Sidney	16-04.25	1
7	Sia Bear	11	Meskwaki Settle	16-04.25	2
8	Hannah Asche	12	Central, Elkader	16-03.50	1
9	Elly Sieh	09	Glad-Reinbeck	16-03.00	1
10	Shayla Greeley	10	Riceville	16-02.50	1
11	Skylar Benesh	11	North Linn	16-02.00	2
12	Emma Cooper	11	Southwest Valley	16-01.50	2
13	Camryn Russell	09	Baxter	16-00.75	3
14	Rylee Dunkin	12	Twin Cedars	16-00.00	3
15	Lauren Johnson	10	Stanton	16-00.00	3
16	Andelyn Cabalka	10	E Buchanan	15-11.50	2
17	Kenna Furnald	11	Danville	15-11.25	2
18	Paige Kampman	09	Clarksville	15-10.75	2
19	Chloe Snook	09	Montezuma	15-10.25	4
20	Abby Wagner	10	S Winn, Calmar	15-10.25	3
21	Isabel Bernard	10	Tripoli	15-09.00	3
22	Ciara Barron	12	Akron-Westfield	15-07.00	1
23	Taylor Buhr	09	Wapsie Val, F	15-06.00	4
24	Emile Sorenson	12	Tri-Center	15-03.50	1

Event 132 Girls Discus Throw 1A (24)

Friday 5/19/2023 - 9:00 AM

State Record: 137-11 2004

Wendy Ausdemore, Tri-Center

All-Time: 179-07 2014

Kiana Phelps, KP-WC

	Name	Year	School	Seed	Mark
1	Audi Crooks	12	Bishop Garrigan	129-08	1
2	Anna Hadley	09	Pekin	126-08	1
3	Kennedy Axmear	11	English Valleys	124-03	1
4	Madison Hillman	12	Saint Ansgar	123-06	1
5	Lindsay Kruse	09	Saint Ansgar	122-07	2
6	Sarah Moeller	12	Prince of Peace	118-04	1
7	Lydia Kriegel	10	Iowa Valley, M	115-11	2
8	Miyah Whitehead	12	Gehlen Cath, L	113-06	1
9	Lilly Peters	11	Sidney	112-06	1
10	Mary Staudt	12	Collins-Maxwell	111-07	1
11	Abby Veld	11	AGWSR	111-07	3
12	Hannah True	11	Central Sprngs	108-11	4
13	Marin Gaul	11	Edgewd-Colesburg	106-11	2
14	Taylor Mikesell	10	English Valleys	105-09	3
15	Isabell O'Dowd	09	North Butler	105-07	5
16	Addison Popham	12	Starmont	105-03	3
17	Molly Stamp	12	Springville	104-09	4
18	Jenna Myers	12	Clarksville	102-02	6
19	Abby Pate	12	Central Sprngs	101-10	7
20	Daytona Ferrie	09	S Hamilton	101-06	2
21	Emily Baker	12	Bedford	100-11	2
22	Sydney Wagner	11	Regina, IC	100-08	2

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Event 132 ... (Girls Discus Throw 1A (24))

Name	Year	School	Seed	Mark
23 Abby Squires	12	Lynnville-Sully	98-09	1
24 Madison Kelley	09	Riverside, Oak	98-05	1

Event 140 Girls Shot Put 1A (24)

Thursday 5/18/2023 - 9:00 AM

State Record: 45-01 2022

Audi Crooks, Bishop Garrigan

All-Time: 53-03.50 1992

Paulette Mitchell, Council Bluffs AL

Name	Year	School	Seed	Mark
1 Audi Crooks	12	Bishop Garrigan	43-03.00	1
2 Anna Hadley	09	Pekin	40-00.00	1
3 Erin Knipper	12	Maquoketa Valley	39-09.00	1
4 Elle Voy	12	Wapsie Val, F	39-01.00	2
5 Sarah Moeller	12	Prince of Peace	38-08.50	3
6 Abby Veld	11	AGWSR	38-01.50	1
7 Madison Hillman	12	Saint Ansgar	37-09.25	2
8 Olivia Merrill	11	North Union	37-06.25	2
9 Lexi Roberts	12	Newell-Fonda	37-02.50	3
10 Joy Beran	12	Riceville	36-09.75	3
11 Emily Baker	12	Bedford	36-07.00	1
12 Taylor Lombard	12	Diagonal	36-06.00	2
13 Lydia Kriegel	10	Iowa Valley, M	36-03.75	1
14 Olivia Baker	12	Essex	36-00.00	3
15 Breckyn Dickman	11	West Fork	35-11.25	4
16 Josie Kuper	10	AGWSR	35-09.75	5
17 Mackenzie Richards	10	Southwest Valley	35-08.00	4
18 Jorja Holliday	11	Nodaway Vall	35-07.00	1
19 Sydney Andersen	10	N Mahaska	35-06.75	1
20 Maddie Johnson	12	South O'Brien	35-05.75	4
21 Kailan McEwen	11	BCLUW	35-03.50	2
22 Amanda Newton	11	Woodbine	35-02.50	1
23 Macy Mitchell	11	Fremont-Mills	35-02.00	5
24 Izzie Moore	10	Wayne, Corydon	34-04.00	1

Event 148 Girls Distance Medley 1A (24)

Friday 5/19/2023 - 9:00 AM

State Record: 4:05.37 5/18/2007

North Tama Traer, North Tama T

B Dinsdale, M Halupnick, S Stoakes, B Dinsdale

All-Time: 3:55.82 2017

Assumption, Assumption

Team	Relay	Seed	Time
1 C-Wheatland	1	4:14.57	1
1) Aubrey Connelly 12	2) Emily Boeckmann 11	3) Courtney Knoche 11	4) Noelle Steines 10
5) Mackensie Lebarge 09	6) Taylor Coulter 09		
2 Don Bosco	1	4:15.72	2
1) Caelor Yoder 12	2) Hannah Thome 11	3) Paige Corkery 11	4) Kendra Nissen 12
5) Kennedy McGarvey 10	6) Alaina Hellman 10	7) Josie Hogan 12	8) Ciara Huff 09
3 St. Albert, CB	1	4:16.34	1
1) Madi Walter 10	2) Ellie Monahan 10	3) Carly McKeever 12	4) Lili Denton 09
5) Reese Duncan 12	6) Lydia Sherrill 12		
4 North Linn	1	4:19.84	3
1) Caitlin Benesh 12	2) Macy Boge 11	3) Mackenzie Bridgewater 10	4) Meghan Wheatley 11
5) Kamryn Kurt 11	6) Kylee Shoop 10	7) Emilee Beuter 10	8) Allie Haughenbury 10

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Event 148 ... (Girls Distance Medley 1A (24))

Team	Relay	Seed Time
5 Nashua-Plainfld	1	4:19.88 1
1) Jordyn Frost 11	2) Ellie Eick 11	3) Jalissa White 09
5) Marleigh Lowe 10	6) Amberley Gerholdt 10	4) Kadence Huck 10
6 Fremont-Mills	1	4:20.12 2
1) Lana Alley 09	2) Carlie Chambers 10	3) Teagan Ewalt 12
5) Emily Madison 11	6) Ellie Switzer 11	7) Ella Thornton 09
8) Bella Gute 10		
7 Grand View Christ	1	4:21.32 1
1) Priscilla Nicholson 11	2) Mia Backous 10	3) Ashlan Pearson 10
5) Livy VanDerSluis 09	6) Ruby Hol 09	7) Lydia Ives 09
4) Maddy Childs 12		
8 Lawton-Bronson	1	4:21.53 1
1) Addison Smith 10	2) Alice Mahoney 11	3) Sydney Brouwer 11
5) Gwen Smith 12	6) Addison Rubendall 09	7) Kennedy Olmstead 12
8) Kaylee Clausen 12		
9 Riverside, Oak	1	4:21.57 1
1) Emma Gordon 11	2) Olivia Lund 09	3) Veronica Schechinger 10
5) Lydia Erickson 11	6) Elly Henderson 10	7) Veronica Andrusyshyn 12
8) Adaline Martens 09		
10 Alta/Aurelia	1	4:24.02 1
1) Clare Gunkelman 09	2) Jaci DeGroot 11	3) Brielle Engelmann 12
5) Kadence Langschwager 09	6) Hayden Berkland 09	7) Allison Watts 11
8) Shea Peterson 12		
11 Woodbine	1	4:25.55 2
1) Adalynn Coenen 09	2) Danyelle Steinkuehler 10	3) Katy Pryor 09
5) Taylor Hoefer 09	6) Addison Erickson 12	7) Isabelle Cogdill 09
8) Addison Murdock 11		
12 Wapsie Val, F	1	4:25.81 1
1) Emma Jones 12	2) Peyton Curley 10	3) Ava VanDaele 11
5) LeeAnn Oltrogge 10	6) Hannah Knight 12	7) Jaylin May 10
8) Kylee Moulds 10		
13 AGWSR	1	4:27.42 2
1) Trevyn Smith 10	2) Elise Olson 09	3) Karis Lippert 11
5) Tori Metzgar 10	6) Ava Olson 11	7) Brynn Smith 12
4) Nakia Ollivierre 09		
14 Martndsl-StMarys	1	4:28.07 2
1) Carolyn Amfaher 11	2) Maryann Hart 10	3) Brynnly German 11
5) Ellie Baker 10	6) Autumn Elbert 10	7) Sophia Shannon 11
8) Agustina Alvarez 11		
15 Pekin	1	4:28.25 1
1) Lilly Reneker 12	2) Sabrina Reneker 12	3) Brooke Miller 12
5) Chloe Glosser 09	6) Lauren Conklin 11	4) Audrey Fariss 11
16 W Monona	1	4:29.15 3
1) Carly Miller 12	2) Kacy Miller 11	3) Ashlee Pittet 09
5) Jalyne Struble 11	6) Renae Cowgill 11	7) Sophia Woodward 10
8) Jayleigh Anderson 12		
17 S Winn, Calmar	1	4:29.26 3
1) Katie Shimek 10	2) Cloey Zweibohmer 09	3) Josie Tieskoetter 11
5) Megan Hageman 12	6) Maddy Jansen 09	7) Morgan Kriener 12
8) Josie Tollefsrud 11		
18 Lisbon	1	4:29.38 1
1) Gretchen Moehlman 10	2) Gabi Moehlman 12	3) Addie Clark 10
5) Mykala Luzum-Selmon 09	6) Brynn Epperly 10	7) Addi Petersen 11
8) Peyton Robinson 12		
19 Edgewd-Colesburg	1	4:29.42 2
1) Rylee Atkinson 09	2) Schyler Meyer 12	3) Lilee Boriskey 09
5) Claire Aulwes 11	6) Kaitlyn Hahn 09	7) Kallyn Henney 09
8) Brooke Bolinger 11		
20 WB-Mallard	1	4:29.87 2
1) Hannah Fehr 09	2) Shaylee Wise 10	3) Maddie Fehr 09
5) Tyra Schupbach 09	6) Allie Fehr 09	7) Hannah Stalzer 10
8) Kierstin Montag 11		
8) Abigail Schmidt 11		
21 Bellevue	1	4:30.53 3
1) Morgan Meyer 12	2) Cydney Tath 09	3) Catherine Dunne 10
5) Adessa Leibfried 12	6) Jade Sprout 10	7) Jami Portz 11
8) Grace Hingtgen 11		
8) Caitlyn Klein 10		

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Event 148 ... (Girls Distance Medley 1A (24))

	Team	Relay	Seed Time	
22	Logan-Magnolia	1	4:30.61	4
	1) Kylee Fogelman 10	2) Grace Weber 09	3) Madison Sporrer 10	4) Allysen Johnsen 09
	5) Emma Perkins 12	6) Greylan Hornbeck 12	7) Abby Czarnecki 12	8) Maci Bertelsen 09
23	Lynnville-Sully	1	4:32.18	2
	1) Carsyn McFarland 11	2) Morgan Jones 11	3) Tatum Huyser 09	4) Kate Harthoorn 09
	5) Kinsley Tice 12	6) Morgan Hay 09	7) Olivia Norrish 10	8) Elise Alberts 11
24	BCLUW	1	4:32.19	3
	1) Madison Shadlow 09	2) Kalia Stover 10	3) Mallori Jones 11	4) Miranda Jones 11
	5) Abby Kemp 10	6) Kailan McEwen 11	7) Grace Farnsworth 09	8) Isabella Morris 09