

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

Des Moines, Iowa
Drake Stadium
Performance List

Event 3 Girls 100 Meter Dash 2A (24) Prelims

Thursday 5/18/2023 - 6:30 PM

State Record: 12.13 2022 Jaidyn Sellers, Panorama
All-Time: 11.49 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Jaidyn Sellers	11 Panorama	12.28	1
2	Anna Heynen	11 Unity Chrst, OC	12.59	1
3	Eden Moore	11 Van Meter	12.60	2
4	Jaslynn Dage	12 Ia Falls-Alden	12.74	1
5	Paige Holst	12 Northeast, GL	12.80	1
6	Meredith Van Wyk	09 Pella Christian	12.81	1
7	Iva Senio	12 West Branch	12.84	1
8	Tasha Williams	12 W Central Valley	12.87	3
9	Cadan VanLaningham	12 Davis County, B	12.87	2
10	Jaselyne Anderson	11 Estherville-LC	12.88	2
11	Jerzee Knight	10 Clarinda	12.92	3
12	Jacey Johnston	09 Osage	12.99	1
13	Macie Graves	10 Dike-NH	12.99	2
14	Kamryn Lande	10 Roland-Story	13.00	3
15	Ella Blinkinsop	12 Camanche	13.00	2
16	Katelyn Zelle	10 Jesup	13.06	2
17	Hadley Ayers	10 Sioux Ctrl, SR	13.07	3
18	Hailee Pesek	11 New Hampton	13.08	2
19	Ayden Feske	11 Eagle Grove	13.13	3
20	Nevaeh Decker	11 Mid-Prairie, W	13.23	4
21	Jayden Cravatta	11 Camanche	13.23	3
22	Addison Adam	10 Cardinal, Eldon	13.23	5
23	Amanda Davis	10 Pocahon Area	13.25	1
24	Shae Dutler	11 Ridge View	13.55	2

Event 11 Girls 200 Meter Dash 2A (24) Prelims

Thursday 5/18/2023 - 4:20 PM

State Record: 24.49 5/21/2009 Hannah Willms, Dike-NH
All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Natalie Demai	12 Denver	25.67	1
2	Meredith Van Wyk	09 Pella Christian	25.80	1
3	Jaidyn Sellers	11 Panorama	25.91	1
4	Tabitha Evans	12 Mid-Prairie, W	26.03	1
5	Molly Shafer	10 Eddyvl-Blakes/F	26.08	2
6	Jerzee Knight	10 Clarinda	26.39	3
7	Anna Heynen	11 Unity Chrst, OC	26.40	1
8	Paige Holst	12 Northeast, GL	26.47	1
9	Cadan VanLaningham	12 Davis County, B	26.47	4
10	Jacey Johnston	09 Osage	26.49	2
11	Hailee Pesek	11 New Hampton	26.54	3
12	Tasha Williams	12 W Central Valley	26.55	2
13	Ellsa Jorgensen	12 Okoboji, Milford	26.59	2
14	Jaslynn Dage	12 Ia Falls-Alden	26.59	1
15	Jaselyne Anderson	11 Estherville-LC	26.62	3
16	Kamryn Lande	10 Roland-Story	26.80	2

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Event 11 ... (Girls 200 Meter Dash 2A (24) Prelims)

Name	Year	School	Seed Time	
17 Olivia Shannon	12	Greene County	26.81	1
18 Iva Senio	12	West Branch	26.91	2
19 Aliyah Humphrey	12	Underwood	26.93	3
20 Grace Sanderson	12	Camanche	27.08	3
21 Macie Graves	10	Dike-NH	27.09	3
22 Payton Petersen	11	Dike-NH	27.11	4
23 Amanda Davis	10	Pocahon Area	27.27	2
24 Gralynn Martin	11	Alburnett	27.56	2

Event 19 Girls 400 Meter Dash 2A (24)

Thursday 5/18/2023 - 7:00 PM

State Record: 53.96 5/20/2010 Hannah Willms, Dike-NH
 All-Time: 52.90 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1 Bailey Vos	09	Pella Christian	58.88	1
2 Jaselyne Anderson	11	Estherville-LC	59.27	1
3 Jacey Johnston	09	Osage	59.32	1
4 Jaidyn Sellers	11	Panorama	59.42	1
5 Kate Shafer	10	Eddyvl-Blakes/F	59.52	2
6 Aubrey Decker	11	Denver	59.78	2
7 Rachel Schany	09	Emmetsburg	59.84	2
8 Kyndra Gramstad	10	W Lyon, Inwood	1:00.09	3
9 Natalie Heupel	12	Greene County	1:00.10	1
10 Jenna Vonnahme	11	Pocahon Area	1:00.17	2
11 Abby George	10	Albia	1:00.70	3
12 Paige Holst	12	Northeast, GL	1:01.19	1
13 Jaelye Woudstra	10	Unity Chrst, OC	1:01.61	4
14 Jocelyn O'Neal	09	Red Oak	1:01.65	4
15 Greta Sieren	11	Mid-Prairie, W	1:01.84	1
16 Abby Winterrowd	11	OABCIG	1:02.01	3
17 Maddie Olson	12	Sheldon	1:02.07	5
18 Justine Cowley	12	N Fayette Val	1:02.96	3
19 Kate Carlson	10	Union, LaPorte C	1:02.99	1
20 Mack Walter	12	Tipton	1:03.00	2
21 Addie Nerem	11	Tipton	1:03.11	3
22 Brooklyn Fryar	11	Van Meter	1:03.35	2
23 Lilly Andrews	11	Williamsburg	1:03.46	2
24 Madison Stille	11	South Hardin	1:05.30	2

Event 27 Girls 800 Meter Run 2A (24)

Saturday 5/20/2023 - 10:40 AM

State Record: 2:12.12 5/19/2007 Ashley Miller, Tipton
 All-Time: 2:06.52 2021 Ainsley Erzen, Carlisle

Name	Year	School	Seed Time	
1 Madison Brouwer	12	Sibley-Ocheyedan	2:16.84	1
2 Clare Kelly	12	Van Meter	2:18.12	1
3 Mary Kelly	12	Van Meter	2:21.97	2
4 Danielle Hostetler	11	Mid-Prairie, W	2:22.12	1
5 Marisa Kehoe	11	Monticello	2:22.59	1
6 Macey Marovets	12	Williamsburg	2:23.17	2

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Event 27 ... (Girls 800 Meter Run 2A (24))

Name	Year	School	Seed Time	
7	Clare Wright	11 Jesup	2:23.68	3
8	Grace Storjohann	09 Grundy Center	2:24.01	1
9	Bethany Warren	10 Forest City	2:24.13	1
10	Teah Miller	12 Ia Falls-Alden	2:24.47	2
11	Mayson Hartley	12 Clarinda	2:24.93	1
12	Lilian Nelson	12 Forest City	2:25.03	2
13	Alivia Edens	11 Tipton	2:25.06	2
14	Abby George	10 Albia	2:25.78	2
15	Ava Krutsinger	09 Chariton	2:25.79	3
16	Caroline Van Utrecht	10 Eddyvl-Blakes/F	2:26.39	4
17	Bailey Vos	09 Pella Christian	2:26.95	5
18	Chloe Judisch	11 South Cent Cal	2:27.13	1
19	Hailey Homan	10 Denver	2:28.16	3
20	Kaycee Pittman	09 Greene County	2:29.08	2
21	Mary Schriever	11 Cent Lyon	2:29.13	2
22	Ava Capron	10 Monticello	2:29.13	4
23	Quinnlyn Schultz	10 Aplntn-Parksbg	2:29.47	3
24	Greta Sieren	11 Mid-Prairie, W	2:29.81	3

Event 35 Girls 1500 Meter Run 2A (24)

Saturday 5/20/2023 - 2:52 PM

State Record: 4:33.41 5/20/2017 Anna Hostetler, Mid-Prairie,
 All-Time: 4:26.39 2011 Shelby Houlihan, SC East

Name	Year	School	Seed Time	
1	Hillary Trainor	11 Sumner-Fredrksbg	4:49.53	1
2	Madison Brouwer	12 Sibley-Ocheyedan	4:49.54	1
3	Danielle Hostetler	11 Mid-Prairie, W	4:55.32	1
4	Clare Kelly	12 Van Meter	4:56.81	1
5	Emma McCoy	10 Van Meter	4:58.48	2
6	McKenna Montgomery	09 Albia	4:59.09	1
7	Madison Marco	12 Sibley-Ocheyedan	4:59.19	2
8	Alyssa Richman	10 Manson NW Web	4:59.96	1
9	Lilian Nelson	12 Forest City	5:00.57	2
10	Katelyn Johnston	12 Osage	5:00.95	3
11	Amilia Condon	10 Union, LaPorte C	5:02.16	2
12	Eva Fleshner	09 Woodward-Grangr	5:02.26	3
13	Mayson Hartley	12 Clarinda	5:05.36	2
14	Leah Koehler	10 Monticello	5:06.01	1
15	Clare Wright	11 Jesup	5:06.53	2
16	Hallie Kelchen	09 Cascade	5:07.21	3
17	Kinze Shea	11 Crestwood	5:11.44	4
18	Teah Miller	12 Ia Falls-Alden	5:11.64	3
19	Abby Fleming	11 Mid-Prairie, W	5:12.26	2
20	Reeve Ristau	10 Denver	5:13.90	5
21	Amber Homan	12 Denver	5:13.93	6
22	Emma Althoff	12 Monticello	5:14.06	4
23	Jaycie Vohs	11 Ridge View	5:19.92	1
24	Grace Woodall	09 Cherokee, Wash	5:22.57	2

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Event 43 Girls 3000 Meter Run 2A (24)

Thursday 5/18/2023 - 3:20 PM

State Record: 9:47.52 5/18/2017 Anna Hostetler, Mid-Prairie,
All-Time: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

Name	Year	School	Seed Time	
1	Hillary Trainor	11 Sumner-Fredrksbg	10:34.38	1
2	Katelyn Johnston	12 Osage	10:38.74	2
3	Alyssa Richman	10 Manson NW Web	10:41.64	1
4	Mayson Hartley	12 Clarinda	10:43.12	1
5	Teah Miller	12 Ia Falls-Alden	10:50.41	2
6	Eva Fleshner	09 Woodward-Grangr	10:52.68	1
7	McKenna Montgomery	09 Albia	10:56.52	2
8	Kinze Shea	11 Crestwood	11:03.17	3
9	Danielle Hostetler	11 Mid-Prairie, W	11:06.80	1
10	Madison Marco	12 Sibley-Ocheyedan	11:06.94	1 Conv
11	Abby Fleming	11 Mid-Prairie, W	11:09.13	2
12	Laura Owen	10 Tipton	11:09.57	3
13	Amilia Condon	10 Union, LaPorte C	11:10.87	3
14	Hallie Kelchen	09 Cascade	11:16.32	1
15	Emma Althoff	12 Monticello	11:17.36	2
16	Preslie Oswald	12 Manson NW Web	11:19.90	4
17	Hailey Egbert	10 Shenandoah	11:21.02	3
18	Scarlett Byrnes	09 Osage	11:22.06	4
19	Meryl Casady	09 DSM Christian	11:22.69	2
20	Iris Melody	09 South Cent Cal	11:24.06	1
21	Rachel Putze	09 KPWC	11:29.44	2
22	Kayden Spencer	12 Ogden	11:30.42	3
23	Jaycie Vohs	11 Ridge View	11:36.68	3
24	Katie Young	09 Unity Chrst, OC	11:51.44	2 Conv

Event 50 Girls 100 Meter Hurdles 2A (24) Prelims

Friday 5/19/2023 - 4:00 PM

State Record: 14.33 5/23/2009 Alex Gochenour, Logan-Mag.
All-Time: 13.90 4/13/2010 Alex Gochenour, Logan-Mag.

Name	Year	School	Seed Time	
1	Carlie Jo Fusco	12 Durant	14.95	1
2	Clara Teigland	12 Treynor	15.19	1
3	Abreiana Christoffer	12 Estherville-LC	15.26	1
4	Carlee Rochford	12 New Hampton	15.28	1
5	Chloe Denton	10 Shenandoah	15.36	1
6	Hailey Martin	12 Underwood	15.40	2
7	Devin Simon	12 Cascade	15.50	1
8	Taydem Graden	10 Ogden	15.75	3
9	Sydney Anton	11 Union, LaPorte C	15.79	1
10	Molly Shafer	10 Eddyvl-Blakes/F	15.81	2
11	Bailey Boeve	09 Hinton	15.83	1
12	Carley Underwood	12 Colfax-Mingo	15.89	4
13	Lacey Neighbor	12 Alburnett	15.97	2
14	Mikayla Beisel	10 Clarion-Goldfd-Dows	16.02	2
15	Tatum Shepherd	11 Ridge View	16.09	2
16	Annie Metzger	10 W Lyon, Inwood	16.17	2

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Event 50 ... (Girls 100 Meter Hurdles 2A (24) Prelims)

Name	Year	School	Seed Time
17 Kate Green	10	Cascade	16.18 3
18 Abby Tollefson	11	W Marshall	16.18 2
19 Berkley Johannsen	12	Sioux Ctrl, SR	16.20 3
20 Sophia Mason	12	Pleasantville	16.21 5
21 Brynn Webber	12	Sioux Ctrl, SR	16.27 4
22 Kinsey Mohwinkle	11	Aplntn-Parksbg	16.27 3
23 Olyvia Bellows	11	Aplntn-Parksbg	16.28 4
24 Lainey Shelangoski	11	Durant	16.63 2

Event 58 Girls 400 Meter Hurdles 2A (24)

Friday 5/19/2023 - 5:40 PM

State Record: 1:02.62 5/20/2011 Alex Gochenour, Logan-Mag
 All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time
1 Clara Teigland	12	Treynor	1:04.83 1
2 Gracie Schoonhoven	12	Unity Chrst, OC	1:04.95 1
3 Eden Moore	11	Van Meter	1:05.01 2
4 Devin Simon	12	Cascade	1:05.84 1
5 Preslie Peterson	11	Sioux Ctrl, SR	1:06.15 2
6 Aubrey Decker	11	Denver	1:06.17 1
7 Carlie Jo Fusco	12	Durant	1:06.23 1
8 Alayna Wingate	12	Sibley-Ocheyedan	1:06.65 3
9 Sydney Anton	11	Union, LaPorte C	1:07.49 1
10 Kate Shafer	10	Eddyvl-Blakes/F	1:07.81 1
11 Ava Eddy	09	Aplntn-Parksbg	1:08.01 2
12 Mya Curry	11	Cascade	1:08.09 2
13 Olivia Phillips	10	I-35, Truro	1:08.64 2
14 Laney Wolfswinkel	10	Cherokee, Wash	1:08.85 1
15 Bailey Boeve	09	Hinton	1:08.90 2
16 Lainey Shelangoski	11	Durant	1:08.90 2
17 Mikayla Beisel	10	Clarion-Goldfd-Dows	1:09.35 2
18 Emelia Hauser	12	W Marshall	1:09.40 3
19 Taylor Ries	10	New Hampton	1:09.45 3
20 Tatum Shepherd	11	Ridge View	1:09.47 3
21 Morgan Neuroth	11	E Marshall	1:09.78 4
22 Avery Major	11	Albia	1:09.88 3
23 Annie Metzger	10	W Lyon, Inwood	1:10.14 4
24 Ava Salvo	10	South Hardin	1:10.43 5

Event 67 Girls 4x100 Meter Shuttle Hurdle 2A (24) Prelims

Thursday 5/18/2023 - 7:40 PM

State Record: 1:05.29 5/21/2011 West Fork, S, West Fork, S
 S Weiland, B Fleshner, L Peterson, T Twedt
 All-Time: 1:00.44 2022 Dowling Catholic, Dowling Catholic
 O Kramer, R Leman, A Gaskell, E Okwaramoi

Team	Relay	Seed Time	
1 Sioux Ctrl, SR	1	1:05.39 1	
1) Ryleigh Waldstein 10	2) Brynn Webber 12	3) Berkley Johannsen 12	4) Preslie Peterson 11
5) Quinn Wilkinson 09	6) Avery Wilson 09		

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Event 67 ... (Girls 4x100 Meter Shuttle Hurdle 2A (24) Prelims)

Event	Team	Relay	Seed Time
2	Aplntn-Parksbg	1	1:06.55 1
	1) Ava Eddy 09	2) Shayla Barrett 12	3) Kinsey Mohwinkle 11
	5) Eva Walker 09	6) Megan Junker 09	4) Olyvia Bellows 11
3	Underwood	1	1:06.60 1
	1) Jordyn Reimer 12	2) Mallorie Leaders 09	3) Maddie Irwin 10
	5) Emma Childers 10	6) Lexi Gangwish 09	4) Hailey Martin 12
4	Treynor	1	1:07.15 2
	1) Aubree James 11	2) Nora Konz 09	3) Zoey Zadalis 09
	5) Emma Miller 10	6) Ellie Kinsella 09	4) Clara Teigland 12
		7) Amelia Hedrick 12	8) Reese Chapman 10
5	Ridge View	1	1:07.18 1
	1) Tatum Shepherd 11	2) Faith Freese 11	3) Gabi Mason 10
	5) Lilly Whitmer 10	6) Reese Hawthorne 09	4) Rowan Jensen 11
		7) Jolynn Tiefenthaler 11	8) Naunika Crum 09
6	Estherville-LC	1	1:07.22 2
	1) Audree Reinhardt 12	2) Cara Schiltz 10	3) Rylee Yager 10
	5) Morgan Clabaugh 09	6) Kylie Olson 09	4) Abreiana Christoffer 12
		7) Julissa Smith 10	8) Tatum Dunlavy 11
7	Cascade	1	1:07.28 1
	1) Mya Curry 11	2) Kate Green 10	3) Brianna Koppes 12
	5) Emersyn Green 10	6) Addison Frake 09	4) Devin Simon 12
		7) Molly Roling 10	8) Ella Nauman 10
8	Union, LaPorte C	1	1:08.08 2
	1) Ava Mills 11	2) Reagan Sorensen 11	3) Sydney Anton 11
	5) Reagan Glenn 09	6) Ruby Parson 10	4) Jaily Petersen 10
		7) Aubrey Gates 12	8) Kate Carlson 10
9	Alburnett	1	1:08.19 2
	1) Miranda Neighbor 09	2) Ally Olmstead 11	3) Savannah Caves 11
	5) Melani Ellis 09	6) Peyton Scott 11	4) Lacey Neighbor 12
		7) Gralynn Martin 11	8) Marie Burger 11
10	Cent Decatur	1	1:08.43 1
	1) Hadley Bell 11	2) Addy Schreck 10	3) Breegan Lindsey 09
	5) Rilee Alley 09	6) Morgan Havlik 09	4) River Hamaker 12
		7) Mikayla Morgan 11	8) Piper Teel 09
11	Ogden	1	1:08.54 3
	1) Brenlie Graden 12	2) Sydney King 10	3) Aubrey Leonard 09
	5) Hazel Friedrichsen 10	6) Samantha Lass 10	4) Taydem Graden 10
		7) Lily Joseph 10	8) Isabelle McCloud 11
12	Shenandoah	1	1:08.60 2
	1) Kate Lantz 12	2) Caroline Rogers 11	3) Jenna Burdorf 11
	5) Abbey Dumler 09	6) Lynnae Green 10	4) Chloe Denton 10
13	PCM, Monroe	1	1:08.76 3
	1) Tori Lindsay 09	2) Jorja Teeter 09	3) Lillian Humpal 09
	5) Kylie Tuller 09	6) Addison Steenhoek 10	4) Morgan Karr 09
		7) Tiffani Koonce 11	8) Ryan Bennett 11
14	Durant	1	1:08.77 1
	1) Isabelle DeLong 11	2) Lainey Shelangoski 11	3) Macy Huston 11
	5) Mariah Alpen 10	6) McKenna Rockow 12	4) Carlie Jo Fusco 12
		7) Leah Feuerbach 10	8) Paige Keppy 09
15	Waukon	1	1:09.10 3
	1) Bailey Sherman 12	2) Reese McCormick 10	3) Cameron Johnson 11
	5) Kaitlyn Krambeer 11	6) Willa Troendle 09	4) Maggie Criswell 12
		7) Olivia Bossom 11	
16	Van Meter	1	1:09.21 4
	1) Molly Birks 12	2) Kylie Keller 09	3) Haedyn Rebelsky 10
	5) Bella Weber 10	6) Burkli Harkins 09	4) Madison Boese 10
		7) Raegan Wiedman 12	8) Finley Netten 10
17	Mid-Prairie, W	1	1:09.37 2
	1) Amara Jones 12	2) Olivia Schlabach 09	3) Behla Schmidt 11
	5) Ashlee Farrier 10	6) Emily Schlabach 12	4) Sophie Miller 09
		7) Laurin Fay 09	8) Grace Conway 12
18	W Marshall	1	1:09.75 3
	1) Emelia Hauser 12	2) Ella Wertz 11	3) Amelia Ranson 10
	5) Audrey Girard 11	6) Kamden Jacobson 10	4) Abby Tollefson 11

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Event 67 ... (Girls 4x100 Meter Shuttle Hurdle 2A (24) Prelims)

Team	Relay	Seed Time
19 Colfax-Mingo	1	1:10.17 5
1) McKenna Pleima 12	2) Trinity Smith 10	3) Caylee Cunningham 12
5) Cadence Linn 09	6) Evalyn Anderson 09	7) Felicity Woods 12
8) Jenah Jones 09		
20 Clarion-Goldfd-Dows	1	1:10.25 1
1) Mikayla Beisel 10	2) Clarrisa Hasty 12	3) Makenna Hasty 12
5) Kennedy Jackson 10	6) Harley Charlson 10	4) Kennedy Trca 12
21 OABCIG	1	1:10.35 2
1) Kenai Nielsen 11	2) Anna Hoffman 10	3) Avery Behrendsen 11
5) Hailey Bender 09	6) Haley Harms 12	7) Fiona Ahonen 11
4) Abby Winterrowd 11		
22 West Liberty	1	1:10.74 3
1) Sydney Rivera 12	2) Alyssa Lenz 09	3) Rylee Goodale 12
5) Jayleen Kivi 09	6) Sammanthea Goodale 11	4) Laney Esmoil 11
23 W Lyon, Inwood	1	1:10.79 3
1) Evy Knoblock 11	2) Jenna Bullerman 09	3) Tory Ulmer 12
5) Emersyn Rentschler 09	6) Braylyn Childress 09	7) Randi Childress 12
4) Annie Metzger 10		
24 Osage	1	1:12.23 2
1) Karena Herrick 09	2) Mylie Howe 09	3) Ella Schafer 11
5) Gabi Reinardy 09	6) Leah Grimm 12	7) Taylor Klobassa 11
4) Brooklyn Halbach 12		
8) Ashley Muhs 10		

Event 72 Girls 4x100 Meter Relay 2A (24) Prelims

Friday 5/19/2023 - 6:20 PM

State Record: 49.29 5/22/2021 Northeast, GL, Northeast, GL
P Holst, E Rickertsen, M Tarr, N Hildebrandt
All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt
CR Jefferson Tied in 2015

Team	Relay	Seed Time
1 Sioux Ctrl, SR	1	50.01 1
1) Hadley Ayers 10	2) Avery Wilson 09	3) Berkley Johannsen 12
5) Preslie Peterson 11	6) Ryleigh Waldstein 10	7) Marley Madsen 09
8) Nora Christian 09		
2 Denver	1	50.10 1
1) Jillian Clayton 09	2) Natalie Demai 12	3) Elaina Hildebrandt 11
5) Deidra Cinadr 11	6) Amelia Powers 10	7) Paige Westbrook 12
8) Kate Wilson 09		
3 Mid-Prairie, W	1	50.36 1
1) Madeline Schrader 12	2) Amara Jones 12	3) Jovi Evans 09
5) Nevaeh Decker 11	6) Lanee Duwa 10	7) Emma Lueck 11
8) Dakota Mitchell 10		
4 Okoboji, Milford	1	50.38 2
1) Ellsa Jorgensen 12	2) Zoey Holmes 11	3) Makenna Helmers 12
5) Miley Wells 09	6) Rylynn Postma 10	7) Alyssa Hintz 09
8) Grace Hagedorn 10		
5 Forest City	1	50.66 2
1) Jocelyn Pagcu 11	2) Jalyn Hovenga 11	3) Emma Anderson 11
5) Chloe Hennigar 09	6) Alexa Torres 11	7) Lexi Isebrand 09
4) Colette Loges 10		
6 Camanche	1	50.84 2
1) Jayden Cravatta 11	2) Ella Blinkinsop 12	3) Grace Nauman 12
5) Celina Hermann 11	6) Miley Duritz 10	7) Jeorgia Neumann 10
8) Maike Brenner 11		
7 Greene County	1	50.94 1
1) Olivia Shannon 12	2) Kamryn Sanders 12	3) Natalie Heupel 12
5) Isabella Schroeder 12	6) Alexa Peters 12	7) Gretah Kersey 12
8) Addison Gannon 09		
8 West Branch	1	50.95 3
1) Ava Finley 12	2) Avery Schultes 12	3) Addi Schultes 09
5) Dani Crutchley 09	6) JaLynn Falco 11	7) Cadence Hansen 12
4) Iva Senio 12		
8) Rena Holmes 09		

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	Team	Relay	Seed Time	
9	Davis County, B	1	51.01	1
	1) Cassidy VanLaningham 10	2) Sydney Utt 11	3) Cadan VanLaningham 12	4) Clara Smith 11
	5) Kallie Greiner 12	6) Ella Huggins 11	7) Paislie Yoder 10	8) Holland Hunter 11
10	Underwood	1	51.28	1
	1) Hailey Martin 12	2) Tieler Hull 10	3) Aliyah Humphrey 12	4) Jordyn Reimer 12
	5) Haley Stangl 10	6) Kinsley Ferguson 11	7) Ali Fletcher 12	8) Sophia Fiedler 12
11	Dike-NH	1	51.31	1
	1) Shelby Ohrt 11	2) Jadyne Petersen 11	3) Ella Costello 12	4) Macie Graves 10
	5) Abby Jensen 09	6) Autumn Meester 09	7) Payton Petersen 11	8) Madde Buskhol 10
12	Ogden	1	51.34	2
	1) Brenlie Graden 12	2) Taydem Graden 10	3) Courtney Buzzell 12	4) Sydney King 10
	5) Kaleigh Badker 12	6) Aubrey Leonard 09	7) Hazel Friedrichsen 10	8) Allie Buxton 12
13	Ridge View	1	51.34	2
	1) Taya Phillips 11	2) Shae Dutler 11	3) Rowan Jensen 11	4) Gabi Mason 10
	5) Kiara Dutler 12	6) Tatum Shepherd 11	7) Faith Freese 11	8) Reese Hawthorne 09
14	Northeast, GL	1	51.39	1
	1) Jasalyn Jensen 09	2) Paige Holst 12	3) Alivia Chambers 09	4) Alyssa Fowler 12
	5) Lauryn Tarr 09	6) Addison Holst 10	7) Faith Ketelsen 12	8) Grace Ketelsen 12
15	Williamsburg	1	51.44	2
	1) Elizabeth Stohlmann 11	2) Tayler Long 12	3) Makenna Hughes 10	4) Ailea Wetjen 10
	5) Lexi Mochal 12	6) Shannon Finn 11	7) Mya Simmons 10	8) Ashlyn Hoffman 09
16	W Lyon, Inwood	1	51.47	3
	1) Randi Childress 12	2) Macey Jones 11	3) Kyndra Gramstad 10	4) Savannah Smith 09
	5) Braylyn Childress 09	6) Jersey Hawf 10	7) Kyra Knoblock 10	8) Annie Metzger 10
17	Estherville-LC	1	51.59	4
	1) Hillary Ruschy 10	2) Abreiana Christoffer 12	3) Rylee Yager 10	4) Tatum Dunlavy 11
	5) Ava Matheson 11	6) Julissa Smith 10	7) Audree Reinhardt 12	8) Cara Schiltz 10
18	Alburnett	1	51.78	3
	1) Gralynn Martin 11	2) Miranda Neighbor 09	3) Savannah Caves 11	4) Lacey Neighbor 12
	5) Peyton Scott 11	6) Ally Olmstead 11	7) Melani Ellis 09	8) Emma Stiffler 10
19	Pella Christian	1	51.85	2
	1) Chloe Nikkel 09	2) Anna DeBoef 12	3) Amelia Boender 11	4) Meredith Van Wyk 09
	5) Amaia Agre 09	6) Makayla Nikkel 11		
20	Clarinda	1	51.90	3
	1) Taylor Cole 12	2) Kylie Meier 09	3) Bailey Nordyke 11	4) Jerzee Knight 10
	5) Maddie Cole 09	6) Presley Jobe 11	7) Aly Meier 11	8) Addison Wagoner 09
21	Unity Chrst, OC	1	52.12	5
	1) Haley Hofland 11	2) Haley Kuperus 11	3) Jaida Barrow 09	4) Anna Heynen 11
	5) Daylea Tinklenberg 09	6) Ruby Zylstra 10		
22	Roland-Story	1	52.14	2
	1) Adalyn Sporleder 10	2) Kennedy Petersen 10	3) Reagan Faber 12	4) Lauryn Kilstofte 11
	5) Kamryn Lande 10	6) Alli Janes 09	7) Isabella Mazyck 10	8) Mckenzie Crutchfield 12
23	Cardinal, Eldon	1	52.14	4
	1) Brinlee Ostrander 11	2) Makenna Chickering 10	3) Ashlynn Patrick 10	4) Addison Adam 10
	5) Emma Becker 11	6) Abigail Durlinger 10	7) Ellerie VanTrump 12	
24	Crestwood	1	52.27	3
	1) Charley Curtis 09	2) Olivia Johnson 10	3) Lily Troendle 10	4) Aubrey Mannery 10
	5) Ava Johnson 09	6) Sarah Anderson 11	7) Erica Ollendick 10	8) Isabella Schlatter 09

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Event 80 Girls 4x200 Meter Relay 2A (24)

Friday 5/19/2023 - 4:40 PM

State Record: 1:42.94 5/16/2008 North Polk, North Polk
S Humphrey, C Christensen, M Moeckly, J Andreassen
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 Denver	1	1:45.94 1
1) Natalie Demai 12	2) Jillian Clayton 09	3) Elaina Hildebrandt 11
4) Anna Curtis 12	5) Paige Westbrook 12	6) Amelia Powers 10
7) Deidra Cinadr 11	8) Hailey Homan 10	
2 Mid-Prairie, W	1	1:46.00 1
1) Madeline Schrader 12	2) Amara Jones 12	3) Jovi Evans 09
4) Tabitha Evans 12	5) Nevaeh Decker 11	6) Lancee Duwa 10
7) Ella Groenewold 12	8) Dakota Mitchell 10	
3 Okoboji, Milford	1	1:46.57 1
1) Ellsa Jorgensen 12	2) Zoey Holmes 11	3) Miley Wells 09
4) Krishauna Allen 10	5) Ella DeRuyter 09	6) Harper Rabel 10
7) Emma Graves 11	8) Alyssa Hintz 09	
4 Unity Chrst, OC	1	1:46.80 2
1) Gracie Schoonhoven 12	2) Emily Noteboom 10	3) Jaida Barrow 09
4) Anna Heynen 11	5) Maddie Hoogland 10	6) Morgan De Groot 10
7) Molly Zylstra 12		
5 Dike-NH	1	1:46.94 1
1) Shelby Ohrt 11	2) Ella Costello 12	3) Payton Petersen 11
4) Macie Graves 10	5) Jady Petersen 11	6) Abby Jensen 09
7) Autumn Meester 09	8) Madde Buskhol 10	
6 Roland-Story	1	1:47.97 2
1) Adalyn Sporleder 10	2) Kennedy Petersen 10	3) Lauryn Kilstofte 11
4) Kamryn Lande 10	5) Reagan Faber 12	6) Isabella Mazyck 10
7) Mary Britten 12	8) Mckenzie Crutchfield 12	
7 West Branch	1	1:48.04 2
1) Avery Schultes 12	2) JaLynn Falco 11	3) Addi Schultes 09
4) Iva Senio 12	5) Ava Finley 12	6) Kennedy Simpson 09
7) Lexi Skay 09	8) Emmersen Thomas 12	
8 Underwood	1	1:48.33 1
1) Tielier Hull 10	2) Kinsley Ferguson 11	3) Haley Stangl 10
4) Jordyn Reimer 12	5) Aliyah Humphrey 12	6) Hailey Martin 12
7) Claire Crilly 12	8) Ali Fletcher 12	
9 Williamsburg	1	1:48.33 1
1) Makenna Hughes 10	2) Shannon Finn 11	3) Tayler Long 12
4) Ailea Wetjen 10	5) Ashlyn Hoffman 09	6) Lexi Mochal 12
7) Averi Nielsen 09	8) Rylie Metz 12	
10 Crestwood	1	1:48.67 2
1) Charley Curtis 09	2) Olivia Johnson 10	3) Lily Troendle 10
4) Aubrey Mannery 10	5) Ava Johnson 09	6) Sarah Anderson 11
7) Erica Ollendick 10	8) Isabella Schlatter 09	
11 W Central Valley	1	1:48.70 2
1) Tia Williams 10	2) Kinsey Alt 12	3) Breanna Powell 11
4) Tasha Williams 12	5) Talia Williams 09	6) Taitlin Koch 11
7) Abbie Mogle 12	8) Maddie Edgington 10	
12 Greene County	1	1:48.74 1
1) Olivia Shannon 12	2) Kamryn Sanders 12	3) Natalie Heupel 12
4) Katrina Heupel 12	5) Kaylee Stalder 11	6) Isabella Schroeder 12
7) Savannah Lansman 09	8) Kaycee Pittman 09	
13 Sioux Ctrl, SR	1	1:48.79 3
1) Ryleigh Waldstein 10	2) Preslie Peterson 11	3) Avery Wilson 09
4) Reata Ayers 09	5) Brynn Webber 12	6) Berkley Johannsen 12
7) Marley Madsen 09	8) Evelyn Geisinger 10	
14 Ridge View	1	1:49.11 2
1) Taya Phillips 11	2) Arissa Kretlow 09	3) Shae Dutler 11
4) Gabi Mason 10	5) Kiara Dutler 12	6) Rowan Jensen 11
7) Faith Freese 11	8) Tatum Shepherd 11	
15 Davis County, B	1	1:49.42 1
1) Cassidy VanLaningham 10	2) Cadan VanLaningham 12	3) Sydney Utt 11
4) Clara Smith 11	5) Addison McClure 10	6) Isabelle Carnahan 11
7) Halle Husted 09	8) Charley Barnhart 11	

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Event 80 ... (Girls 4x200 Meter Relay 2A (24))

	Team	Relay	Seed Time
16	Van Meter	1	1:49.72 3
	1) Teya Speltz 10	2) Finley Netten 10	3) Ava Baumhover 09
	5) Eden Moore 11	6) Ava Mueller 09	7) Madison Boese 10
			8) Makenzie Dubbin 10
17	Camanche	1	1:49.87 3
	1) Miley Duritzta 10	2) Celina Hermann 11	3) Jeorgia Neumann 10
	5) Ella Blinksop 12	6) Grace Nauman 12	4) Grace Sanderson 12
18	Alburnett	1	1:49.99 2
	1) Gralynn Martin 11	2) Miranda Neighbor 09	3) Peyton Scott 11
	5) Lacey Neighbor 12	6) Ally Olmstead 11	7) Emma Stiffler 10
			8) Melani Ellis 09
19	KPWC	1	1:50.05 3
	1) Avery Schroeder 12	2) Brooklyn Beelner 10	3) Allison Reinking 12
	5) Sydney Doeschot 09	6) Rhian Wright 09	7) Kendra Mitchell 10
			4) MaKenna Bowman 12
20	Treynor	1	1:50.52 4
	1) Jozie Lewis 11	2) Alexa Schwartz 11	3) Aubree James 11
	5) Clara Teigland 12	6) Nora Konz 09	7) Taylor Mass 10
			8) Zoey Zadalis 09
21	Clarinda	1	1:50.58 2
	1) Taylor Cole 12	2) Kylie Meier 09	3) Bailey Nordyke 11
	5) Maddie Cole 09	6) Presley Jobe 11	7) Addison Wagoner 09
			8) Aly Meier 11
22	W Lyon, Inwood	1	1:50.73 4
	1) Emma Knobloch 12	2) Braylyn Childress 09	3) Macey Jones 11
	5) Randi Childress 12	6) Kyra Knoblock 10	7) Maddie Johnson 12
			8) Jersey Hawf 10
23	Mediapolis	1	1:50.75 4
	1) Bailey Jackson 09	2) Kira Messer 10	3) Josie Hutcheson 09
	5) Paige Steiner 09	6) Ellie Weiss 09	7) Vivian Pfeiff 09
			8) Grace Holsteen 09
24	Pleasantville	1	1:51.11 5
	1) Carly Gripp 09	2) Lillian Mason 09	3) Alex Blackford 12
	5) Sydney Septer 12	6) Madilyn Rowson 11	7) Emily Roe 10
			8) Emmy Hiemstra 09

Event 88 Girls 4x400 Meter Relay 2A (24) Prelims

Friday 5/19/2023 - 7:00 PM

State Record: 3:55.52 5/19/2012 Cascade, WD, Cascade, WD
A Green, A Meyer, T Helmle, A Gibbs
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	Eddyvl-Blakes/F	1	4:04.75 1
	1) Abby Jager 11	2) Lizzy Van Utrecht 12	3) Kate Shafer 10
	5) Caroline Van Utrecht 10	6) Claire Hayward 10	7) Lacey Taylor 09
			8) Kaitlynn Glenn 10
2	Unity Chrst, OC	1	4:05.87 1
	1) Morgan De Groot 10	2) Emily Noteboom 10	3) Jaelye Woudstra 10
	5) Elizabeth Hoogland 10	6) Addison Liston 10	4) Gracie Schoonhoven 12
3	Denver	1	4:06.86 1
	1) Aubrey Decker 11	2) Hailey Homan 10	3) Anna Curtis 12
	5) Lily Cooper 10	6) Jillian Clayton 09	7) Elaina Hildebrandt 11
			8) Amber Homan 12
4	Sibley-Ocheyedan	1	4:07.46 2
	1) Zoe Ackerman 11	2) Alayna Wingate 12	3) Bria Wasmund 12
	5) Olivia Hensch 11	6) Madison Marco 12	7) Addy Langstraat 10
			8) Grace Saylor 09
5	Williamsburg	1	4:08.66 1
	1) Shannon Finn 11	2) Phoenix Gryp 11	3) Tayler Long 12
	5) Makenna Hughes 10	6) Lilly Andrews 11	7) Reagan McMenomy 11
			8) Zoe Allen 09

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Event 88 ... (Girls 4x400 Meter Relay 2A (24) Prelims)

Team	Relay	Seed Time
6 New Hampton	1	4:09.66 2
1) Kinsley Hackman 10	2) Carlee Rochford 12	3) Taylor Ries 10
5) Kandice Eggerichs 12	6) Natalie Nosbisch 10	7) Megan Pickar 11
8) Camryn Smith 09		
7 Monticello	1	4:10.10 2
1) Hailey Henderson 10	2) Ava Capron 10	3) Keziah McQuillen 11
5) Leah Koehler 10	6) Ava Zimmerman 09	7) Kennedy Hermsen 09
8) Gabi Barnhart 11		
8 Dike-NH	1	4:10.48 1
1) Shelby Ohrt 11	2) Ella Costello 12	3) Payton Petersen 11
5) Macie Graves 10	6) Abby Jensen 09	7) Madde Buskhol 10
8) Sedona Oldenburger 09		
9 Sioux Ctrl, SR	1	4:10.50 3
1) Preslie Peterson 11	2) Nora Christian 09	3) Linnea Bloom 10
5) Avery Wilson 09	6) Evelyn Geisinger 10	7) Ryleigh Waldstein 10
8) Berkley Johannsen 12		
10 Cascade	1	4:10.51 3
1) Molly Roling 10	2) Brooklyn Trumm 09	3) Addison Frake 09
5) Devin Simon 12	6) Grace Rhomberg 12	7) Ella Nauman 10
8) Hallie Kelchen 09		
11 Pella Christian	1	4:10.63 2
1) Amaia Agre 09	2) Josie Settles 09	3) Anna DeBoef 12
5) Cara Veenstra 12	6) Maisy Meinders 09	4) Bailey Vos 09
12 Hinton	1	4:10.91 1
1) Gabbie Friessen 11	2) Kadence Peters 11	3) Kaci Allen 11
5) Rylee Faith 12	6) Peyton Beeck 09	4) Ashlyn Kovarna 11
13 Greene County	1	4:11.49 2
1) Natalie Heupel 12	2) Kaycee Pittman 09	3) Katrina Heupel 12
5) Savannah Lansman 09	6) Addison Gannon 09	7) Kamryn Sanders 12
8) Lila Osterson 09		
14 Aplntn-Parksbg	1	4:11.88 2
1) Ava Eddy 09	2) Lexi Aswegen 11	3) Emma Wolff 10
5) Ashley Schipper 11	6) Adison Williamson 12	7) Olyvia Bellows 11
8) Kinsey Mohwinkle 11		
15 Western Christ	1	4:12.09 4
1) Kayla Van Otterloo 11	2) Kylie De Jager 12	3) Addy Van't Hul 09
5) Lydia Ellis 10	6) Kyrin De Groot 10	7) Shae Reitsma 10
4) Jaiden Groeneweg 12		
16 Van Meter	1	4:12.28 1
1) Eden Moore 11	2) Teya Speltz 10	3) Brooklyn Fryar 11
5) Clare Kelly 12	6) Finley Netten 10	7) Emma McCoy 10
8) Burkli Harkins 09		
17 Tipton	1	4:14.21 1
1) Claire Montgomery 10	2) Addie Nerem 11	3) Mack Walter 12
5) Annieste Beeler-Allen 09	6) Delaney Chambliss 09	7) Zoe Holstein 09
8) Bella Dallege 09		
18 Underwood	1	4:14.94 2
1) Kinsley Ferguson 11	2) Maddie Irwin 10	3) Haley Stangl 10
5) Claire Crilly 12	6) Mallorie Leaders 09	7) Tieler Hull 10
8) Emma Childers 10		
19 Grundy Center	1	4:16.16 3
1) Ellery Luhring 11	2) Laney Dole 11	3) Jordan Launstein 12
5) Grace Storjohann 09	6) Lucy Lebo 11	7) Lydia Hook 09
8) Allison Koch 09		
20 Durant	1	4:16.35 2
1) Kennedy Schumacher 11	2) Emma Meincke 10	3) Isabelle DeLong 11
5) Lainey Shelangoski 11	6) Adison Daufeldt 10	7) Katelyn Toft 10
8) Mackenzie Oberlander 12		
21 Cent Lyon	1	4:16.46 5
1) Ashlynn Davis 11	2) Afton Schlumbohm 12	3) Shyanne Struckman 09
5) Alexis Austin 10	6) Danika Hoogendoorn 09	7) Mary Schriever 11
8) Kaylee Fluit 12		
22 Waukon	1	4:17.31 4
1) Cameron Johnson 11	2) Paige Hansmeier 12	3) Elle Wilkins 09
5) Mallory Berns 10	6) Jayden Knox 12	4) Willa Troendle 09

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Event 88 ... (Girls 4x400 Meter Relay 2A (24) Prelims)

Team	Relay	Seed Time
23 Osage	1	4:17.53 3
1) Kendall Power 09	2) Katelyn Johnston 12	3) Scarlett Byrnes 09
5) Mackenzie Brown 10	6) Jenna Scharper 10	4) Jacey Johnston 09
		7) Madeline Bielefeld 09
		8) Ella Sparrow 09
24 Southeast Valley	1	4:18.19 3
1) Kenna Scott 11	2) Lauren Eslick 10	3) Camryn Lane 09
5) Mila Johnson 10	6) Ava Brunner 11	4) Breck Mills 11
		7) Madelyn Farley 09
		8) Madison Lane 12

Event 96 Girls 4x800 Meter Relay 2A (24)

Thursday 5/18/2023 - 5:00 PM

State Record: 9:24.76 5/16/2019 Western Christ, Wst Christian
B Nelson, M Van'tHul, E Heynen, O Granstra
All-Time: 9:09.09 2001 Iowa City West, Iowa City West

Team	Relay	Seed Time
1 Forest City	1	9:49.36 1
1) Emilie Weaver 11	2) Lilian Nelson 12	3) Hayden Brown 09
5) Hannah Lunning 12	6) Sarah Lunning 12	4) Bethany Warren 10
2 Unity Chrst, OC	1	9:49.65 1
1) Elizabeth Hoogland 10	2) Emily Noteboom 10	3) Jaelye Woudstra 10
5) Katie Young 09		4) Gracie Schoonhoven 12
3 Denver	1	9:50.22 2
1) Hailey Homan 10	2) Reeve Ristau 10	3) Laci Even 12
5) Lily Cooper 10	6) Aubrey Decker 11	4) Amber Homan 12
		7) Avery McIntosh 09
		8) Avery Trunkhill 09
4 Van Meter	1	9:51.91 1
1) Emma McCoy 10	2) Brooklyn Fryar 11	3) Lizzy McCann 09
5) Clare Kelly 12	6) Olivia Halfpap 09	4) Mary Kelly 12
		7) Bella Bruins 09
		8) Finley Netten 10
5 Monticello	1	9:52.43 1
1) Leah Koehler 10	2) Ava Capron 10	3) Halle Recker 09
5) Hailey Henderson 10	6) Jessica Stadtmueller 10	4) Marisa Kehoe 11
		7) Kennedy Hermsen 09
6 Grundy Center	1	9:57.32 1
1) Laney Dole 11	2) Ellery Luhring 11	3) Karlee Lynch 09
5) Lucy Lebo 11	6) Lydia Hook 09	4) Grace Storzjohann 09
7 Cent Lyon	1	9:58.60 2
1) Ashlynn Davis 11	2) Afton Schlumbohm 12	3) Mary Schriever 11
5) Kaylee Fluit 12	6) Molly Konechne 09	4) Riley Weiler 11
		7) Shyanne Struckman 09
		8) Danika Hoogendoorn 09
8 Western Christ	1	10:00.45 3
1) Kayla Van Otterloo 11	2) Kyrin De Groot 10	3) Addy Van't Hul 09
5) Lydia Ellis 10	6) Kylie De Jager 12	4) Jaiden Groeneweg 12
9 Williamsburg	1	10:02.76 2
1) April Phillips 12	2) Analise DeWitt 09	3) Reagan McMenomy 11
5) Tayler Long 12	6) Natalie Bemer 12	4) Macey Marovets 12
		7) Alley Gorsh 10
		8) Tori Yunggebauer 12
10 Sioux Ctrl, SR	1	10:06.10 4
1) Evelyn Geisinger 10	2) Marley Madsen 09	3) Nora Christian 09
5) Nevaeh Brauhn 09	6) Preslie Peterson 11	4) Linnea Bloom 10
		7) Berkley Johannsen 12
		8) Hadley Ayers 10
11 Albia	1	10:07.34 1
1) Avery Major 11	2) Serene Thompson 10	3) Abby George 10
5) Makenna Cronin 11	6) Brianna Driver 10	4) McKenna Montgomery 09
12 Tipton	1	10:07.73 1
1) Addie Nerem 11	2) Mack Walter 12	3) Claire Montgomery 10
5) Addi Tholen 11	6) Laura Owen 10	4) Alivia Edens 11
		7) Zoe Holstein 09
		8) Karli Hines 10
13 Hudson	1	10:09.57 2
1) Ella Steele 09	2) Desarae Lang 09	3) Addie Rhoades 10
5) Sophia Brown 11	6) Emma Swanson 12	4) Mollie Hansen 09
		7) Teagan Honermann 09
		8) Taylor Rogers 11

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Event 96 ... (Girls 4x800 Meter Relay 2A (24))

Team	Relay	Seed Time
14 Northeast, GL	1	10:11.10 3
1) Grace Ketelsen 12	2) Teryn Hansen 09	3) Faith Ketelsen 12
5) Addison Holst 10	6) Alyssa Fowler 12	7) Jazmine Johnson 09
15 New Hampton	1	10:14.96 3
1) Natalie Nosbisch 10	2) Megan Pickar 11	3) Ella Knutson 09
5) Taylor Ries 10	6) Kandice Eggerichs 12	7) Kirsten Reicherts 12
8) Madalyn Van Wey 11		
16 Jesup	1	10:15.87 4
1) Emma Bose 09	2) Amaya Trebon-Boyd 10	3) Peyton Bose 10
5) Sage Behn 10	6) Camille Thorson 11	4) Clare Wright 11
17 DSM Christian	1	10:18.03 2
1) Madison Shimp 12	2) Gabby Grove 10	3) Abby Ten Pas 11
5) Hailey Mull 09	6) Charlotte Erzen 09	7) Grace Walles 09
8) Kiersten Steensen 10		
18 AHSTW	1	10:18.11 3
1) Delaney Goshorn 11	2) Makenna Paulsen 09	3) Rylie Knop 11
5) Brooklyn Buck 10	6) Graycen Partlow 11	7) Caitlyn Dills 10
8) Lorelei Wahling 10		
19 Hinton	1	10:18.67 1
1) Gabbie Friessen 11	2) Ava Lang 10	3) Kadence Peters 11
5) Karlyn Kovarna 09	6) Ruby Harper 10	4) Kaci Allen 11
20 Aplntn-Parksbg	1	10:18.88 3
1) Lexi Aswegen 11	2) Ashley Schipper 11	3) Lia Hovenga 12
5) Adison Williamson 12	6) Ella Luebbers 12	7) Ava Eddy 09
8) Kendra Kalkwarf 12		
21 Beckman	1	10:19.57 5
1) Abby Knepper 12	2) Julia Mertz 11	3) Maria Kruse 11
5) Kennedy Recker 11	6) Madelyn Reiter 10	7) Judith Williams 10
4) Maria Dudzik 11		
22 Davis County, B	1	10:27.10 2
1) Augusta Warren 09	2) Charley Barnhart 11	3) Kallee Nebel 09
5) Karston Nebel 11	6) Mary Luffy 09	7) Isabelle Carnahan 11
8) Morgan Schultz 09		
23 Mid-Prairie, W	1	10:30.83 2
1) Annika Poll 11	2) Rebekah Wallington 09	3) Kali Miller 11
5) Phoebe Shetler 11	6) Dessa Poll 10	7) Abby Fleming 11
4) Greta Sieren 11		
8) Alaina Saffly 09		
24 Cherokee, Wash	1	10:36.50 2
1) McKenna Benson 10	2) Megan Courtright 11	3) Macy Gravenish 09
5) Kalexis Hyndman 09	6) Laney Wolfswinkel 10	7) Taylor Christensen 12
4) Grace Woodall 09		
8) Abryl Mongan 09		

Event 102 Girls 100 Meter Run WC (1)

Saturday 5/20/2023 - 12:40 PM

State Record: 21.48 1998 Cheri Blauwet, West Lyon

All-Time: 21.48 1998 Cheri Blauwet, West Lyon

Name	Year	School	Seed Time
1 Payton Maas	09	West Liberty	33.46 1

Event 104 Girls 200 Meter Run WC (1)

Saturday 5/20/2023 - 1:45 PM

State Record: 43.28 2006 Tasha DeGroot, Aplington-Parkersburg

All-Time: 43.28 2006 Tasha DeGroot, Aplington-Parkersburg

Name	Year	School	Seed Time
1 Payton Maas	09	West Liberty	1:14.15 1

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Event 106 Girls 400 Meter Run WC (1)

Saturday 5/20/2023 - 3:15 PM

State Record: 1:15.14 1998 Cheri Blauwet, West Lyon

All-Time: 1:15.14 1998 Cheri Blauwet, West Lyon

Name	Year	School	Seed Time
1 Payton Maas	09	West Liberty	2:33.45 1

Event 110 Girls 800 Sprint Medley 2A (24)

Saturday 5/20/2023 - 9:12 AM

State Record: 1:46.35 5/22/2010 Dike-NH, Dike-NH

All-Time: 1:43.64 2018 A Dove, M Daley, N Hensley, H Willms

Linn-Mar, Linn-Mar

A Rolle, O Hubler, J Bennett, P Wensel

Team	Relay	Seed Time
1 Van Meter	1	1:48.84 1
1) Makenzie Dubbin 10	2) Ava Baumhover 09	3) Eden Moore 11
5) Mary Kelly 12	6) Teya Speltz 10	7) Brooklyn Fryar 11
4) Clare Kelly 12	8) Kennedy Wiedman 11	
2 Treynor	1	1:49.24 2
1) Jozie Lewis 11	2) Alexa Schwartz 11	3) Aubree James 11
5) Ellie Kinsella 09	6) Taylor Mass 10	7) Allie Houser 11
4) Clara Teigland 12	8) Alyssa Kulesa 11	
3 Denver	1	1:50.79 1
1) Deidra Cinadr 11	2) Elaina Hildebrandt 11	3) Anna Curtis 12
5) Natalie Demai 12	6) Jillian Clayton 09	7) Amelia Powers 10
4) Aubrey Decker 11	8) Kate Wilson 09	
4 Estherville-LC	1	1:51.02 1
1) Abreiana Christoffer 12	2) Rylee Yager 10	3) Tatum Dunlavy 11
5) Ava Matheson 11	6) Morgan Clabaugh 09	7) Julissa Smith 10
4) Jaselyne Anderson 11	8) Kylie Olson 09	
5 Okoboji, Milford	1	1:51.19 2
1) Ellsa Jorgensen 12	2) Miley Wells 09	3) Krishauna Allen 10
5) Makenna Helmers 12	6) Alyssa Hintz 09	7) Carly Carstens 12
4) Zoey Holmes 11	8) Ella DeRuyter 09	
6 Pella Christian	1	1:51.37 1
1) Amelia Boender 11	2) Anna DeBoef 12	3) Meredith Van Wyk 09
5) Amaia Agre 09	6) Cara Veenstra 12	4) Bailey Vos 09
7 Mid-Prairie, W	1	1:51.64 1
1) Madeline Schrader 12	2) Nevaeh Decker 11	3) Jovi Evans 09
5) Amara Jones 12	6) Lanee Duwa 10	7) Greta Sieren 11
4) Tabitha Evans 12	8) Hannah Rodgers 09	
8 Roland-Story	1	1:52.23 1
1) Adalyn Sporleder 10	2) Kennedy Petersen 10	3) Kamryn Lande 10
5) Mckenzie Crutchfield 12	6) Alli Janes 09	7) Mary Britten 12
4) Lauryn Kilstofte 11	8) Reagan Faber 12	
9 Forest City	1	1:52.23 2
1) Colette Loges 10	2) Emma Anderson 11	3) Jalyn Hovenga 11
5) Jocelyn Pagcu 11	6) Chloe Hennigar 09	7) Lexi Isebrand 09
4) Bethany Warren 10		
10 Underwood	1	1:52.35 3
1) Hailey Martin 12	2) Tieler Hull 10	3) Haley Stangl 10
5) Kinsley Ferguson 11	6) Jordyn Reimer 12	7) Maddie Irwin 10
4) Aliyah Humphrey 12	8) Mallorie Leaders 09	
11 Eddyvl-Blakes/F	1	1:52.57 2
1) Hailey Boyer 11	2) Lacey Taylor 09	3) Kate Shafer 10
5) Kadi Cody 12	6) Kaylee Helm 10	7) Caroline Van Utrecht 10
4) Lizzy Van Utrecht 12	8) Abby Jager 11	
12 Camanche	1	1:52.66 2
1) Ella Blinkinsop 12	2) Grace Nauman 12	3) Grace Sanderson 12
5) Jayden Cravatta 11	6) Celina Hermann 11	7) Miley Duritza 10
4) Jeorgia Neumann 10		
13 Pocahon Area	1	1:52.95 1
1) Halee Hauswirth 09	2) Tiffany Sheets 11	3) Amanda Davis 10
5) Jacalyn Sobotka 11	6) Natalie Point 10	4) Jenna Vonnahme 11

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Event 110 ... (Girls 800 Sprint Medley 2A (24))

	Team	Relay	Seed Time
14	Williamsburg	1	1:53.12 1
	1) Elizabeth Stohlmann 11	2) Makenna Hughes 10	3) Ailea Wetjen 10
	5) Tayler Long 12	6) Lexi Mochal 12	7) Ashlyn Hoffman 09
			8) Shannon Finn 11
15	Dike-NH	1	1:53.17 2
	1) Shelby Ohrt 11	2) Ella Costello 12	3) Payton Petersen 11
	5) Macie Graves 10	6) Autumn Meester 09	7) Abby Jensen 09
			8) Jacyn Petersen 11
16	Davis County, B	1	1:53.74 3
	1) Kallie Greiner 12	2) Sydney Utt 11	3) Clara Smith 11
	5) Isabelle Carnahan 11	6) Cadan VanLaningham 12	7) Augusta Warren 09
			8) Cassidy VanLaningham 10
17	Ogden	1	1:53.83 4
	1) Brenlie Graden 12	2) Taydem Graden 10	3) Sydney King 10
	5) Courtney Buzzell 12	6) Jordyn Crosman 09	7) Breanna Wenger 10
			8) Samantha Lass 10
18	New Hampton	1	1:53.88 3
	1) Kinsley Hackman 10	2) Madison Shawver 09	3) Taylor Ries 10
	5) Addison Trower 11	6) Josie Speltz 10	7) Camryn Smith 09
			8) Hailee Pesek 11
19	I-35, Truro	1	1:54.12 4
	1) Grace Upp 09	2) Josie Hutton 11	3) Aurora Alery 09
	5) Josie McCuddin 12	6) Katie Cox 12	4) Olivia Phillips 10
20	W Lyon, Inwood	1	1:54.22 3
	1) Randi Childress 12	2) Savannah Smith 09	3) Macey Jones 11
	5) Braylyn Childress 09	6) Emma Knobloch 12	7) Annie Metzger 10
			8) Kyndra Gramstad 10
21	KPWC	1	1:54.51 2
	1) Avery Schroeder 12	2) Sydney Doeschot 09	3) Allison Reinking 12
	5) Emma King 10	6) Katelyn Archer 12	7) Rhian Wright 09
			4) MaKenna Bowman 12
22	Cascade	1	1:54.64 2
	1) Brianna Koppes 12	2) Kate Green 10	3) Devin Simon 12
	5) Addison Frake 09	6) Brooklyn Trumm 09	7) Mya Curry 11
			8) Molly Roling 10
23	Crestwood	1	1:54.95 4
	1) Ava Johnson 09	2) Olivia Johnson 10	3) Aubrey Mannery 10
	5) Charley Curtis 09	6) Erica Ollendick 10	7) Olivia Ollendick 12
			8) Lily Troendle 10
24	Emmetsburg	1	1:55.10 4
	1) Kylie Hoffman 09	2) Myra Steffen 12	3) Jade Mueller 12
	5) Emma Auten 12		4) Rachel Schany 09

Event 118 Girls High Jump 2A (24)

Friday 5/19/2023 - 4:30 PM

State Record: 5-11 5/22/2009 **Hannah Willms, Dike-NH**
All-Time: 6-01 2010 **Hannah Willms, Dike-New Hartford**

	Name	Year	School	Seed Mark
1	Maddie Olson	12	Sheldon	5-07.00 1
2	Rachel Schany	09	Emmetsburg	5-06.00 2
3	Molly Shafer	10	Eddyvl-Blakes/F	5-05.00 1
4	Aubrey De Groot	12	Unity Chrst, OC	5-05.00 3
5	Allison Koch	09	Grundy Center	5-04.00 1
6	Alyssa Fowler	12	Northeast, GL	5-02.00 1
7	Carlee Rochford	12	New Hampton	5-02.00 1
8	Olyvia Bellows	11	Aplntn-Parksbg	5-02.00 2
9	Trista Ohlmeier	10	MVAOCOU	5-02.00 1
10	Molly Zylstra	12	Unity Chrst, OC	5-02.00 4
11	Bailey Boeve	09	Hinton	5-02.00 2
12	Nahia Ellis	12	Cherokee, Wash	5-01.00 3
13	Alaysia McCord	11	Woodward-Grangr	5-01.00 3

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Event 118 ... (Girls High Jump 2A (24))

Name	Year	School	Seed	Mark
14	Samantha Lass	10 Ogden	5-01.00	2
15	Ella Groenewold	12 Mid-Prairie, W	5-01.00	1
16	Hadley Hardersen	10 DSM Christian	5-01.00	1
17	Cara Veenstra	12 Pella Christian	5-01.00	2
18	River Hamaker	12 Cent Decatur	5-01.00	3
19	Cameron Johnson	11 Waukon	5-01.00	2
20	Madison Stowater	11 Ridge View	5-01.00	4
21	Noelle Hill	09 Davis County, B	5-00.00	4
22	Mikayla Beisel	10 Clarion-Goldfd-Dows	5-00.00	2
23	Charlie Willis	11 Grundy Center	5-00.00	3
24	Haley Steffener	11 Mediapolis	4-10.00	2

Event 126 Girls Long Jump 2A (24)

Thursday 5/18/2023 - 4:30 PM

State Record: 18-11.50 5/18/2006 Dani Stipe, Kuem Cath Carrol
All-Time: 19-10.25 2014 Lexus Lovan, Urbandale

Name	Year	School	Seed	Mark
1	Carlee Rochford	12 New Hampton	18-00.50	1
2	Kallie Greiner	12 Davis County, B	17-04.75	1
3	Rachel Schany	09 Emmetsburg	16-11.75	1
4	Shae Dutler	11 Ridge View	16-11.00	1
5	Lacey Neighbor	12 Alburnett	16-10.75	1
6	Kinsey Alt	12 W Central Valley	16-10.00	1
7	Jordyn Reimer	12 Underwood	16-09.50	2
8	Kaitlyn Krambeer	11 Waukon	16-07.50	2
9	Addyson Jeske	10 Eagle Grove	16-06.00	2
10	Jocelyn O'Neal	09 Red Oak	16-05.75	2
11	Jadyn Petersen	11 Dike-NH	16-04.50	2
12	Catie Hook	11 Wilton	16-04.50	1
13	Sophia Keys	09 Columbus Cath	16-04.50	1
14	Adalyn Sporleder	10 Roland-Story	16-04.00	3
15	Bailey Boeve	09 Hinton	16-03.50	2
16	Kinsey Mohwinkle	11 Apltn-Parksbg	16-03.25	4
17	Avery Wilson	09 Sioux Ctrl, SR	16-02.00	2
18	Brenlie Graden	12 Ogden	16-01.00	3
19	Emma Lueck	11 Mid-Prairie, W	16-00.50	2
20	Kinsey Drake	10 Wilton	16-00.25	3
21	Maike Brenner	11 Camanche	15-11.50	4
22	Kamryn Sanders	12 Greene County	15-11.00	3
23	Macy Blum	12 Kuemper Cath	15-10.25	4
24	Pearson Hall	10 West Liberty	15-10.00	5

Event 134 Girls Discus Throw 2A (24)

Friday 5/19/2023 - 2:00 PM

State Record: 172-01 5/20/2016 Kiana Phelps, KP-WC
All-Time: 179-07 2014 Kiana Phelps, KP-WC

Name	Year	School	Seed	Mark
1	Jana Ter Wee	11 W Lyon, Inwood	132-01	1
2	Allie Schweitzberger	12 KPWC	128-07	1
3	Hannah Schroeder	09 N Fayette Val	123-05	1

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Event 134 ... (Girls Discus Throw 2A (24))

	Name	Year	School	Seed	Mark
4	Lauren Kounkel	11	Hinton	122-09	2
5	Maddie Fischer	11	Anamosa	120-09	1
6	Isabelle Graubard	11	Alburnett	117-01	2
7	Sarah Dean	10	N Fayette Val	116-04	2
8	Jenna Thurm	12	Williamsburg	116-01	3
9	Ericka Power	11	Osage	115-10	3
10	Morgan Stecher	11	Louisa-Musc	115-09	1
11	Keira Hammen	12	South Cent Cal	111-01	3
12	Grace Rhomberg	12	Cascade	109-04	4
13	Megan Vander Pol	11	Western Christ	109-02	2
14	Kaleigh Friend	12	DSM Christian	108-07	1
15	Maya Zappia	11	MO Valley	108-00	2
16	Hillary Ruschy	10	Estherville-LC	107-02	3
17	Alley Freemon	11	Union, LaPorte C	106-08	1
18	Brigitte Rohrer	11	Union, LaPorte C	106-03	2
19	Jorja Culver	11	Anamosa	105-11	5
20	Addy Engel	10	Hudson	105-05	3
21	Jadyn Huisman	11	Treynor	105-01	3
22	Ciera Hutton Spieker	11	I-35, Truro	103-09	1
23	Elian Dzangue	11	Tipton	103-00	2
24	Ella Ray	10	Eddyvl-Blakes/F	98-03	2

Event 142 Girls Shot Put 2A (24)

Thursday 5/18/2023 - 2:00 PM

State Record: 48-08.75 5/19/2016 Kiana Phelps, KP-WC
 All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

	Name	Year	School	Seed	Mark
1	Jana Ter Wee	11	W Lyon, Inwood	42-02.50	1
2	Hillary Ruschy	10	Estherville-LC	41-08.00	2
3	Katelyn Grady	12	Sheldon	40-11.50	3
4	Keira Hammen	12	South Cent Cal	39-02.00	1
5	Elian Dzangue	11	Tipton	38-05.50	1
6	Ellie Sibbel	11	Kuemper Cath	38-04.75	2
7	Hannah Schroeder	09	N Fayette Val	38-01.25	1
8	Lauren Kounkel	11	Hinton	37-11.00	3
9	Alex Kitchen	11	Southeast Valley	37-09.50	4
10	Kloe Hemmersbach	11	Waukon	37-08.00	1
11	Rylee Gallaher	12	PCM, Monroe	37-03.75	1
12	Lynnae Green	10	Shenandoah	36-10.00	2
13	Allie Schweitzberger	12	KPWC	36-08.00	5
14	Alyssa Pierce	10	West Branch	36-06.75	2
15	Keytin Elser	12	Sibley-Ocheyedan	36-03.75	4
16	Jenna Thurm	12	Williamsburg	36-02.00	2
17	Sadie Smith	12	West Branch	36-01.00	3
18	Aubrey Metzger	10	Cent Lyon	36-00.00	5
19	Brigitte Rohrer	11	Union, LaPorte C	35-07.00	1
20	Claire Geerts	11	New Hampton	35-05.00	2
21	Elle Ridgeway	12	Williamsburg	35-02.00	3
22	Marinza Roosa	11	Ogden	34-02.25	1

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Event 142 ... (Girls Shot Put 2A (24))

Name	Year	School	Seed	Mark
23 Delaney Mathews	09	Treynor	34-01.50	2
24 Katie Ruden	12	Columbus Cath	33-08.50	2

Event 149 Girls Distance Medley 2A (24)

Friday 5/19/2023 - 2:40 PM

State Record: 4:06.86 5/19/2006 Tipton, Tipton
C Kotz, B Latare, M Miller, A Miller
All-Time: 3:55.82 2017 Assumption, Assumption

Team	Relay	Seed	Time
1 Van Meter	1	4:13.92	1
1) Teya Speltz 10	2) Finley Netten 10	3) Mary Kelly 12	4) Clare Kelly 12
5) Emma McCoy 10	6) Brooklyn Fryar 11	7) Ava Baumhover 09	8) Eden Moore 11
2 Monticello	1	4:16.20	1
1) Ava Zimmerman 09	2) Keziah McQuillen 11	3) Hailey Henderson 10	4) Marisa Kehoe 11
5) Gabi Barnhart 11	6) Ava Capron 10	7) Leah Koehler 10	
3 Williamsburg	1	4:16.74	2
1) Makenna Hughes 10	2) Ailea Wetjen 10	3) Shannon Finn 11	4) Macey Marovets 12
5) Tayler Long 12	6) Phoenix Gryp 11	7) Carly Rich 10	8) Lilly Andrews 11
4 Sibley-Ocheyedan	1	4:17.04	1
1) Alayna Wingate 12	2) Olivia Hensch 11	3) Zoe Ackerman 11	4) Madison Brouwer 12
5) Bria Wasmund 12	6) Madison Marco 12	7) Grace Saylor 09	8) Addy Langstraat 10
5 Jesup	1	4:17.10	3
1) Sara Mead 09	2) Katelyn Zelle 10	3) Emma Bose 09	4) Clare Wright 11
5) Amaya Trebon-Boyd 10	6) Camille Thorson 11	7) Peyton Bose 10	8) Sage Behn 10
6 Forest City	1	4:17.54	1
1) Colette Loges 10	2) Jalyn Hovenga 11	3) Emma Anderson 11	4) Bethany Warren 10
5) Hayden Brown 09	6) Jessa Swearingen 10	7) Lilian Nelson 12	
7 Sumner-Fredricksbg	1	4:17.89	2
1) Jana Meyer 11	2) Ava Bernhard 12	3) Sasha Gitch 12	4) Hillary Trainor 11
5) Cami Judisch 10	6) Isabelle Elliott 11		
8 Mid-Prairie, W	1	4:18.69	1
1) Madeline Schrader 12	2) Amara Jones 12	3) Jovi Evans 09	4) Danielle Hostetler 11
5) Nevaeh Decker 11	6) Greta Sieren 11	7) Tabitha Evans 12	8) Lanea Duwa 10
9 Clarinda	1	4:19.69	1
1) Taylor Cole 12	2) Bailey Nordyke 11	3) Kylie Meier 09	4) Mayson Hartley 12
5) Jerzee Knight 10	6) Presley Jobe 11	7) Carli Kent 09	8) Raenna Henke 10
10 Chariton	1	4:20.70	2
1) Abigale Chapman 10	2) Payton Snook 09	3) Sydney Cain 10	4) Ava Krutsinger 09
5) Paige Andrews 10	6) Bailey McGee 09	7) Kenzie Byers 10	
11 Grundy Center	1	4:22.36	1
1) Blessing Editu 11	2) Carlie Willis 11	3) Ellery Luhring 11	4) Grace Storzjohann 09
5) Jordan Launstein 12	6) Laney Dole 11	7) Karlee Lynch 09	8) Shirley Monaghan 11
12 Aplntn-Parksbg	1	4:23.22	2
1) Halle Buseman 12	2) Emma Wolff 10	3) Lexi Aswegen 11	4) Quinnlyn Schultz 10
5) Ashley Schipper 11	6) Adison Williamson 12	7) Kinsey Mohwinkle 11	8) Shayla Barrett 12
13 Cent Lyon	1	4:25.10	2
1) Ashlynn Davis 11	2) Danika Hoogendoorn 09	3) Riley Weiler 11	4) Afton Schlumbohm 12
5) Shyanne Struckman 09	6) Alexis Austin 10	7) Mary Schriever 11	8) Hayden Stettnichs 10
14 Manson NW Web	1	4:25.92	3
1) Ava Messerly 09	2) Kyla Egli 10	3) Preslie Oswald 12	4) Alyssa Richman 10
5) Raygin Anderson 09	6) Abi Shannon 11	7) Miranda Pohlman 12	8) Emmaly Durschmidt 11

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	Team	Relay	Seed Time
15	South Cent Cal	1	4:25.99 1
	1) Jayci Graeve 10	2) Mya Ridgely 09	3) Brenna McAlister 10
	5) Claire Riat 11	6) Lacey Martin 12	7) Emma Myers 11
			8) Nicole Meyer 10
16	Hinton	1	4:26.02 2
	1) Rylee Faith 12	2) Ashlyn Kovarna 11	3) Gabbie Friessen 11
	5) Ava Lang 10	6) Carlene Hicklin 11	7) Kaci Allen 11
			8) Avery Burgad 11
17	Okoboji, Milford	1	4:26.37 3
	1) Ella DeRuyter 09	2) Zoey Holmes 11	3) Carly Carstens 12
	5) Emma Graves 11	6) Nevaeh Beal 11	7) Krishauna Allen 10
			8) Alyssa Hintz 09
18	Crestwood	1	4:26.96 3
	1) Ava Johnson 09	2) Aubrey Mannery 10	3) Olivia Johnson 10
	5) Charley Curtis 09	6) Lily Troendle 10	7) Olivia Ollendick 12
			8) Laney Peter 10
19	Sioux Ctrl, SR	1	4:27.23 4
	1) Berkley Johannsen 12	2) Reata Ayers 09	3) Marley Madsen 09
	5) Brynn Webber 12	6) Preslie Peterson 11	7) Ryleigh Waldstein 10
			8) Nora Christian 09
20	Denver	1	4:27.86 4
	1) Elaina Hildebrandt 11	2) Jillian Clayton 09	3) Hailey Homan 10
	5) Natalie Demai 12	6) Aubrey Decker 11	7) Anna Curtis 12
			8) Paige Westbrook 12
21	Treynor	1	4:28.17 2
	1) Jozie Lewis 11	2) Taylor Mass 10	3) Amelia Hedrick 12
	5) Allie Houser 11	6) Aubree James 11	7) Ellie Kinsella 09
			8) Nora Konz 09
22	W Marshall	1	4:28.19 4
	1) Amelia Ranson 10	2) Audrey Girard 11	3) Ryleigh Storzjohann 10
	5) Natalie Meyer 12	6) Savanna Davenport 09	7) Abigail Gradwell 12
			8) Addie Thompson 09
23	Tipton	1	4:29.03 2
	1) Tatum Nebergall 10	2) Claire Montgomery 10	3) Addie Nerem 11
	5) Mack Walter 12	6) Anniese Beeler-Allen 09	7) Jazmine Woode 12
			8) Laura Owen 10
24	Hudson	1	4:30.95 5
	1) Emma Swanson 12	2) Ella Steele 09	3) Teagan Honermann 09
	5) Addie Rhoades 10	6) Taylor Rogers 11	7) Maggie Haskovec 09
			8) Sophia Brown 11