

# 1996 1A STATE TRACK & FIELD MEET RESULTS

## May 17-18, Jim Duncan Track, Drake Stadium

### CLASS 1A

West Hancock 53  
Iowa City Regina 34  
Treyvor 29  
Ar-We-Va 26  
Belle Plaine 26  
North Iowa 22  
Clear Creek-Amana 21  
Tipton 17  
Laurens-Marathon 16  
Clarion-Goldfield 15  
Keota 14  
Alburnett 12  
Kingsley-Pierson 12  
North Kossuth 12  
Sioux Center 12  
Aplington-Parkersburg 10  
Cedar Falls NU High 10  
Gladbrook-Reinbeck 10  
Winfield-Mt. Union 10  
Guthrie Center 8  
North Linn 8  
Riceville 8  
Prairie Valley 7  
Iowa Mennonite 6  
Mount Ayr 6  
Pomeroy-Palmer 6  
Van Buren 6  
West Bend-Mallard 6  
Woodbury Central 6  
Fredericksburg 5  
Madrid 5  
West Marshall 5  
CAM 4  
East Buchanan 4  
Pocahontas Area 4  
Tri-Center 4  
Dike-New Hartford 3  
East Union 3  
Lone Tree-Highland 3  
Remsen-Union 3  
Tripoli 3  
West Branch 3

Avo-Ha-Shelby-Tennant 2  
 Battle Creek-Ida Grove 2  
 Central Lyon 2  
 Collins-Maxwell-Baxter 2  
 Garner-Hayfield 2  
 LeMars Gehlen Catholic 2  
 Lenox 2  
 Nashua-Plainfield 2  
 South Page 2  
 Algona Garrigan 1  
 Boyden-Hull 1  
 Calamus-Wheatland 1  
 IKM 1  
 North Tama 1  
 Northeast 1  
 Pekin 1  
 Sioux Central 1  
 Villisca 1  
 Wapsie Valley 1

**100-METER DASH**

1	Katie McFarland	Iowa City Regina	SO	13.02
2	Tonya Krueger	Woodbury Central	SR	13.12
3	Kara Rechterman	Tipton	FR	13.15
4	Amanda Beck	Prairie Valley	FR	13.31
5	Suzanne Butler	Lenox	JR	13.36
6	Erika Hamel	Madrid	JR	13.47
7	Stacy Dowling	Southern Cal	SO	13.48
8	Kinzee Hanson	Corwith-Wesley-LuVerne	JR	13.52

## Heat 1

1	Tonya Krueger	Woodbury Central	SR	13.00
2	Kinzee Hanson	Corwith-Wesley-LuVerne	JR	13.25
3	Suzanne Butler	Lenox	JR	13.31
4	Erika Hamel	Madrid	JR	13.32
5	Stacy Dowling	Southern Cal	SO	13.34
6	Jessy Bertling	Midland	FR	13.43
999	Susie Reinhardt	Belle Plaine	SO	DQ-FS

## Heat 2

1	Amanda Beck	Prairie Valley	FR	13.42
2	Kelly Bass	Coon Rapids-Bayard	SR	13.64
3	Andrea Kakacek	Pocahontas Area	JR	13.77
4	Jamie Kirsch	West Hancock	SR	13.85
5	Cathy Spicer	Nishna Valley	SR	13.93
6	Sheri Sutherland	Northeast Hamilton	JR	13.95
999	Abby Roe	Van Buren	SR	DQ-FS

## Heat 3

1	Katie McFarland	Iowa City Regina	SO	13.14
2	Kara Rechterman	Tipton	FR	13.19
3	Beth Hartman	CAM	SO	13.49
4	Michelle Bakkum	MFL-Mar-Mac	FR	13.54
5	Jamie Winchell	Treynor	JR	13.66
6	Julie Barker	Villisca	JR	13.71
7	Leslie Avery	Cedar Rapids LaSalle	SR	13.94

**200-METER DASH**

1	Susie Reinhardt	Belle Plaine	SO	26.41
2	Kara Rechterman	Tipton	FR	26.65
3	Amanda Beck	Prairie Valley	FR	26.73
4	Jennifer Zumbach	North Linn	FR	26.77
5	Abby Roe	Van Buren	SR	26.85
6	Ky Petersen	Avo-Ha-Shelby-Tennant	SR	27.09
7	Beth Hartman	CAM	SO	27.43
8	Paula Preston	North Kossuth	SO	28.83

## Heat 1

1	Kara Rechterman	Tipton	FR	25.62
2	Susie Reinhardt	Belle Plaine	SO	25.71
3	Ky Petersen	Avo-Ha-Shelby-Tennant	SR	26.29
4	Paula Preston	North Kossuth	SO	26.49
5	Lindsey Weldin	Northeast Hamilton	SO	26.79
6	Kim Rohret	Clear Creek-Amara	JR	26.90
7	Mary DeCarlo	Interstate 35	JR	26.92
8	Laurie Steinmetz	Northwood-Kensett	JR	27.91

## Heat 2

1	Amanda Beck	Prairie Valley	FR	26.01
2	Jennifer Zumbach	North Linn	FR	26.21
3	Abby Roe	Van Buren	SR	26.22
4	Linda Lappe	Winfield-Mt. Union	SO	26.80
5	Brooke Engelmann	Albert City-Truesdale	FR	27.01
6	Mindy Graham	Pleasantville	SR	27.29
7	Kari Johnson	George-Little Rock	SO	27.51
8	Tamara Ewoldt	Belle Plaine	JR	27.55

## Heat 3

1	Beth Hartman	CAM	SO	26.61
2	Brianne Schoonover	Fredericksburg	SO	26.64
3	Kinzee Hanson	Corwith-Wesley-LuVerne	JR	26.66
4	Miki Schmidt	Audubon	SO	26.70
5	Annette Yoder	Iowa Mennonite	SO	27.03
6	Amanda Swope	Iowa City Regina	SR	27.13
7	Katie Brees	Keota	SO	27.57
8	Kelly Bass	Coon Rapids-Bayard	SR	27.72

**400-METER DASH**

1	Kristi Johnson	Alburnett	JR	57.84
2	Kelly Thompson	Kingsley-Pierson	JR	57.87
3	Linda Lappe	Winfield-Mt. Union	SO	58.06
4	Brianne Schoonover	Fredericksburg	SO	58.17
5	Karen Smith	West Marshall	JR	59.12
6	Candace Wilson	West Hancock	JR	59.39
7	Claire Gannon	Colfax-Mingo	SO	59.64
8	Melinda Leichty	Iowa Mennonite	SR	60.83

## Heat 1

1	Linda Lappe	Winfield-Mt. Union	SO	59.81
2	Candace Wilson	West Hancock	JR	60.83
3	Mindy Graham	Pleasantville	SR	61.12
4	Miki Schmidt	Audubon	SO	61.38
5	Ronda Cheers	East Union	SO	62.88
6	Ali Sandberg	North Cedar	SO	63.14
7	Katie Mohning	Westwood	JR	63.63
8	Julie Gallery	East Buchanan	JR	64.65

## Heat 2

1	Kristi Johnson	Alburnett	JR	59.72
---	----------------	-----------	----	-------

2	Melinda Leichty	Iowa Mennonite	SR	60.17
3	Claire Gannon	Colfax-Mingo	SO	60.44
4	Kari Johnson	George-Little Rock	SO	61.10
5	Tina Sanders	Sac City	FR	61.52
6	Ryan McCray	Cedar Falls NU High	SR	61.58
7	Jess Jensen	EHK-Walnut	FR	62.12
8	Kelly Bass	Coon Rapids-Bayard	SR	63.31

## Heat 3

1	Kelly Thompson	Kingsley-Pierson	JR	58.68
2	Brianne Schoonover	Fredericksburg	SO	58.74
3	Karen Smith	West Marshall	JR	59.31
4	Jamie Garbes	Dunkerton	FR	62.00
5	Brooke Engelmann	Albert City-Truesdale	FR	62.53
6	Laura Haden	Rockwell City-Lytton	FR	62.56
7	Laurie Steinmetz	Northwood-Kensett	JR	63.44
8	Becky Braynard	Cedar Rapids LaSalle	SR	64.13

**800-METER RUN**

1	Haley Newbrough	West Hancock	SR	2:16.93
2	Anna Hauskins	North Kossuth	JR	2:19.30
3	Amber Schmidt	Laurens-Marathon	SO	2:20.67
4	Ronda Cheers	East Union	SO	2:21.15
5	Megan Stull	Gladbrook-Reinbeck	SR	2:21.27
6	Laurie Fickbohm	Algona Garrigan	SR	2:21.67
7	Renate Ruggles	Pekin	FR	2:22.48
8	Angie Rhinehart	Center Point-Urbana	SR	2:22.70
9	Jenn Lennard	Grundy Center	SR	2:22.77
10	Sarah Detlefsen	Manning	JR	2:23.72
11	Michelle Lahan	Calamus-Wheatland	FR	2:23.86
12	Stephanie Collins	Avo-Ha-Shelby-Tennant	FR	2:24.32
13	Jennifer Holloway	West Hancock	SR	2:24.67
14	Shawnacy Williams	Alburnett	SO	2:24.74
15	Amy Struecker	Sentral	JR	2:24.81
16	Kris Hain	Lone Tree-Highland	SR	2:25.28
17	Aimee Dunlop	Woodbine	SO	2:26.91
18	Sarah Arens	Remsen St. Mary's	FR	2:27.21
19	Quinn Emerson	Clarion-Goldfield	JR	2:28.92
20	Brandi Tentinger	Remsen-Union	SO	2:29.18
21	Stacey Oldham	Solon	FR	2:29.27
22	Jessica Neavins	Aplington-Parkersburg	JR	2:29.38
23	Vanessa Kettner	Cedar Falls NU High	SO	2:30.29
999	Katie Shearn	Lynnville-Sully	JR	DNF

**1500-METER RUN**

1	Haley Newbrough	West Hancock	SR	4:46.79
2	Carissa Romberg	Sioux Center	SR	4:56.73
3	Amber Schmidt	Laurens-Marathon	SO	5:00.27
4	Karen Smith	West Marshall	JR	5:00.33
5	Kari Thilges	West Bend-Mallard	SR	5:01.34
6	Jane McDermott	North Tama	SO	5:01.94
7	Lydia Brawner	Hartley-Melvin-Sanborn	SO	5:06.61
8	Kristin Johnson	West Branch	JR	5:06.77
9	Kris Hain	Lone Tree-Highland	SR	5:11.63
10	Katie Shearn	Lynnville-Sully	JR	5:11.75
11	Stacy Shaw	Dike-New Hartford	SO	5:11.81
12	Rena Brandt	North Iowa	SO	5:12.17
13	Trelawny Renstrom	North Iowa	SO	5:15.48
14	Katie Rulapaugh	SCMT	FR	5:15.78
15	Kristina Quigley	Council Bluffs St. Albert	FR	5:16.67
16	Brooke Doering	Hubbard-Radcliffe	JR	5:16.97
17	Erin Ries	North Linn	SR	5:20.28

18	Anna Hayden	South Hamilton	JR	5:20.57
19	Sheryl Anfinson	Kingsley-Pierson	FR	5:20.82
20	Brianne Schoonover	Fredericksburg	SO	5:20.92
21	Tiffani Nielsen	Underwood	JR	5:23.61
22	Tracy Hardee	Bedford	FR	5:24.88
23	Suzy Van Wyngarden	Lynnville-Sully	SO	5:28.76
999	Sarah Robson	Belmond-Klemme	JR	DNR

**3000-METER RUN**

1	Amber Schmidt	Laurens-Marathon	SO	10:59.98
2	Carissa Romberg	Sioux Center	SR	11:06.76
3	Kari Thilges	West Bend-Mallard	SR	11:14.61
4	Courtney Slota	Remsen-Union	FR	11:17.89
5	Kelly Grafing	Central Lyon	SR	11:19.63
6	Michelle Lahan	Calamus-Wheatland	FR	11:19.64
7	Kristi Blasberg	Tripoli	SO	11:24.07
8	Sally Shumaker	Danville	SR	11:24.48
9	Jane McDermott	North Tama	SO	11:28.74
10	Kristina Quigley	Council Bluffs St. Albert	FR	11:33.97
11	Ruth Spangler	Pocahontas Area	SO	11:35.06
12	Kristen Johnson	West Branch	JR	11:40.95
13	Kris Hain	Lone Tree-Highland	SR	11:47.32
14	Katie Rulapaugh	SCMT	FR	11:47.61
15	Sonya Van Auken	Columbus	JR	11:52.63
16	Jenny Ellison	Midland	FR	11:59.35
17	Summer Elgin	Center Point-Urbana	SO	12:07.74
18	Angie Thompson	Sioux Central	SO	12:08.93
19	Suzy Van Wyngarden	Lynnville-Sully	SO	12:11.54
20	Lacey Schmidt	Montezuma	JR	12:13.80
21	Courtney Wearmouth	Ogden	JR	12:27.02
22	Emily Gerlock	CAM	FR	12:34.78
23	Amy Mahoney	Clear Creek-Amana	SO	12:44.17
24	Alecia Esbeck	Tipton	JR	12:50.63

**100-METER HURDLES**

1	Abby Kohnen	Clear Creek-Amana	SR	14.85
2	Leah Elbert	Iowa City Regina	SR	15.30
3	Erika Hamel	Madrid	JR	15.50
4	Jennifer Bordwell	Clarion-Goldfield	SR	15.64
5	Kris Neuberger	Garner-Hayfield	JR	15.65
6	Cherie Dunn	Sioux Central	JR	15.76
7	Beth Teisinger	Tripoli	FR	15.95
8	Deanna Schuler	Riverside	SR	16.40

## Heat 1

1	Abby Kohnen	Clear Creek-Amana	SR	14.80
2	Kris Neuberger	Garner-Hayfield	JR	15.80
3	Kari Bahrke	Sioux Center	JR	16.31
4	Katie Brigger	Clarion-Goldfield	JR	16.41
5	Molly McHone	Gilbert	SR	16.45
6	Katie Mohrfeld	West Point Marquette	SR	16.55
999	Bridget Frideres	Madrid	JR	dnr

## Heat 2

1	Jennifer Bordwell	Clarion-Goldfield	SR	15.71
2	Cherie Dunn	Sioux Central	JR	15.78
3	Erika Hamel	Madrid	JR	16.06
4	Stacy Ticknor	CAM	JR	16.25
5	Katie Nanninga	LeMars Gehlen Catholic	SO	16.26
6	Jonna Beranek	Aplington-Parkersburg	SR	16.46
7	Amanda Bromell	Tipton	FR	16.59
8	Jenny Stokes	Janesville	JR	16.68

## Heat 3

1	Leah Elbert	Iowa City Regina	SR	15.60
2	Beth Teisinger	Tripoli	FR	15.84
3	Deanna Schuler	Riverside	SR	16.06
4	Kristi Leith	Laurens-Marathon	SR	16.08
5	Nicole Stout	North Mahaska	SO	16.11
6	Lisa Cooley	Danville	SR	16.50
7	Becky Kingery	Pleasantville	SR	16.52
8	Brittany Jacobson	Battle Creek-Ida Grove	SO	dnf

**400-METER HURDLES**

1	Jodi Hagedorn	North Iowa	JR	1:03.95
2	Melissa Eighmy	Mount Ayr	SO	1:04.43
3	Bonnie Pedersen	Cedar Falls NU High	SO	1:05.31
4	Stacy Ticknor	CAM	JR	1:05.56
5	Leah Elbert	Iowa City Regina	SR	1:06.02
6	Amy Sheldahl	Boyden-Hull	SO	1:06.03
7	Kristin Gerzema	North Iowa	SO	1:07.73
8	Cherie Dunn	Sioux Central	JR	1:09.33

## Heat 1

1	Melissa Eighmy	Mount Ayr	SO	1:05.49
2	Kristin Gerzema	North Iowa	SO	1:06.72
3	Stacy Ticknor	CAM	JR	1:06.86
4	Jody Brase	Nashua-Plainfield	SR	1:07.16
5	Jackie Carlson	Tri-Center	SR	1:07.56
6	Angel Sheriff	North Polk	JR	1:07.86
7	Misty Pruess	Andrew	JR	1:08.56
8	Gail Schimmels	Denver	SO	1:09.79

## Heat 2

1	Jodi Hagedorn	North Iowa	JR	1:04.39
2	Cherie Dunn	Sioux Central	JR	1:06.47
3	Bonnie Pedersen	Cedar Falls NU High	SO	1:06.97
4	Marcy Messerly	Gladbrook-Reinbeck	JR	1:07.59
5	Allison Lyle	Keota	SO	1:07.81
6	Lacy Paler	Winfield-Mt. Union	JR	1:07.86
7	Jen Helgeson	Lake Mills	FR	1:08.27
8	Lindsay Anderson	Ogden	FR	1:10.05

## Heat 3

1	Leah Elbert	Iowa City Regina	SR	1:06.54
2	Amy Sheldahl	Boyden-Hull	SO	1:06.74
3	Callie Trei	George-Little Rock	FR	1:07.73
4	Stephanie Buhr	Sumner	JR	1:08.46
5	Katie Mohrfeld	West Point Marquette	SR	1:08.54
6	Toni Short	North Linn	JR	1:09.05
7	Cicely Schram	Laurens-Marathon	FR	1:10.53
8	Gina Pugh	Columbus	SR	1:14.17

**HIGH JUMP**

1	Leah Elbert	Iowa City Regina	SR	5'10"
2	Abby Kohnen	Clear Creek-Amara	SR	5'07"
3	Julie Gallery	East Buchanan	JR	5'07"
4	Melissa Yearous	West Branch	JR	5'05"
5	Kimberly Barnes	Nashua-Plainfield	SR	5'05"
6	Nicole Albrecht	Wapsie Valley	SO	5'04"
7	Jessica Criswell	Lynnville-Sully	SO	5'04"
8	Megan Stull	Gladbrook-Reinbeck	SR	5'03"
9	Cara Warner	Lamoni	SR	5'03"
10	Lindsay Brown	Lenox	SO	5'02"

11	Julie Jellings	West Central	SR	5'02"
12	Ashley Dickey	Pekin	SO	5'02"
13	Stephanie Goettsch	Avo-Ha-Shelby-Tennant	FR	5'02"
14	Kelly Reiter	Southern Cal	JR	5'00"
14	Abbie Brown	Eldora-New Providence	SR	5'00"
14	Christi Miller	Battle Creek-Ida Grove	FR	5'00"
17	Mindy Wells	Seymour	SO	5'00"
18	Stacy Ticknor	CAM	JR	5'00"
19	Heather Johnson	Dows-CAL	JR	4'10"
19	Wendi Sobaski	Pekin	JR	4'10"
21	Sara Holtorf	Pomeroy-Palmer	JR	4'10"
21	Allison Riddle	River Valley	SO	4'10"
999	Allison Lyle	Keota	SO	nh
999	Erica Moore	BCL-UW	JR	nh

**LONG JUMP**

1	Katie Brees	Keota	SO	18'05"
2	Carrie Leber	Treynor	SO	17'11"
3	Abby Roe	Van Buren	SR	17'07.50"
4	Kara Rechterman	Tipton	FR	17'06"
5	Brittany Jacobson	Battle Creek-Ida Grove	SO	17'05.50"
6	Becca Casey	Villisca	JR	17'05.25"
7	Keevan Schadle	Hudson	JR	17'02"
8	Jessi Lincoln	Edgewood-Colesburg	SO	16'07.75"
9	Rochelle Rost	Manson-NW Webster	JR	16'05.75"
10	Katie McFarland	Iowa City Regina	SO	16'05.25"
11	Andrea Shafranek	Tri-County	JR	16'04.50"
11	Niki DeWall	Pocahontas Area	FR	16'04.50"
13	Courtney Lawrenson	West Harrison	SR	16'03.75"
14	Alisa Fishell	Center Point-Urbana	SO	16'02.25"
15	Linde Zacharias	Aplington-Parkersburg	SR	16'01.50"
16	Brianne Schoonover	Fredericksburg	SO	16'00.25"
17	Jamie Garbes	Dunkerton	FR	15'10.50"
18	Kinzee Hanson	Corwith-Wesley-LuVerne	JR	15'10"
19	Jill VanDerLeest	Solon	JR	15'07.50"
20	Sheila Lynch	HLV	SR	14'07.50"
21	Beth Hartman	CAM	SO	14'04.25"
999	Dorothy Burns	Lone Tree-Highland	JR	nd
999	Linda Lappe	Winfield-Mt. Union	SO	dnj
999	Melinda Leichty	Iowa Mennonite	SR	dnj

**SHOT PUT**

1	Amy Sullivan	Riceville	SR	37'05.5"
2	Shaila Gent	Keota	JR	36'09.5"
3	Kristin Jenn	West Hancock	SR	36'05.25"
4	Misty Bergman	Tripoli	SR	36'03.75"
5	Kelley Fike	Fredericksburg	SR	36'03"
6	Rochelle Ruggles	Pekin	SO	36'01"
7	Sarah Scharff	Northeast	SR	35'10.25"
8	Bonnie Mathews	Treynor	JR	35'06.75"
9	Amy McManigle	Fredericksburg	SO	34'09.50"
10	Amy Essick	Sioux Central	SR	34'09.25"
11	Janelle Sieren	Pekin	FR	34'08.75"
12	Jessica Kluver	Laurens-Marathon	SR	34'07"
13	Ann Cavey	North Cedar	SO	34'07"
14	Bambi Olson	Colo-Nesco	SO	34'03"
15	Dani Zimmerman	Council Bluffs St. Albert	FR	34'01"
16	Erin Roberts	Laurens-Marathon	SR	34'00"
17	Martha Lucas	Sigourney	JR	33'11.50"
18	Steph Thomas	Sac City	SO	33'09.5"
19	Marjie Whipple	Pleasantville	SO	33'07.75"
20	Tara Walton	Belle Plaine	JR	33'05.50"

21	Tiffany Davis	West Sioux	JR	33'05.25"
22	Amy Smith	Tri-Center	JR	33'04.25"
23	Lisa Becker	Turkey Valley	SR	33'03"
24	Tammy Brotherton	North Polk	JR	30'07"

**DISCUS**

1	Kristin Jenn	West Hancock	SR	143'07"
2	Stacy Anderson	Pomeroy-Palmer	SO	126'05"
3	Amy Smith	Tri-Center	JR	123'03"
4	Jenny Hoyt	Lone Tree-Highland	JR	115'10"
5	Jamie Murphy	South Page	JR	115'04"
6	Virginia Fox	Treynor	SR	115'02"
7	Bambi Olson	Colo-Nesco	SO	114'09"
8	Jill Brubaker	East Greene	FR	111'11"
9	Annie Stoessel	Sumner	SR	111'05"
10	Jennifer Ruppert	Clear Creek-Amana	SO	110'08"
11	Christina Neve	Rockford	SO	109'06"
12	Laurie Peterson	West Hancock	JR	108'09"
13	Holly Siverly	Lenox	SO	108'04"
14	Amy Sullivan	Riceville	SR	108'00"
15	Chrissy Shipman	Van Meter	SR	107'00"
16	Buffy Irwin	Southern Cal	SO	107'00"
17	Laura Snyder	Tripoli	JR	106'00"
18	Jessica Kluver	Laurens-Marathon	SR	104'05"
19	Brooke Avery	Belmond-Klemme	JR	104'02"
20	Kari Carr	Westwood	JR	103'11"
21	Katie Sorrell	Winfield-Mt. Union	SO	102'05"
22	Sara Stewart	Clear Creek-Amana	SO	093'05"
23	Julie Moses	Nashua-Plainfield	SO	090'00"
24	Becky Knowler	Sigourney	SR	080'07"

**4x100-METER RELAY**

1	IOWA CITY REGINA	Katie McFarland, Kim Beelner Nicolle Farrell, Amanda Swope	50.63
2	BELLE PLAINE	Amber Friedman, Sarah DeMeulenaere Tamara Ewoldt, Susie Reinhardt	50.95
3	TREYNOR	Carrie Leber, Tina Eitmann Jodi Winchell, Jamie Winchell	51.12
4	POCAHONTAS AREA	Katrina Christoffers, Jill McLain Ashley Kakacek, Andrea Kakacek	51.48
5	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Treva Richter, Katie Lewis	51.57
6	IKM	Steph Meggers, Amy Kasparbauer Wendy Leinen, Sarah Larson	52.03
7	CLARION-GOLDFIELD	Lacey Nail, April Jacobson Sarah Bordwell, Jennifer Bordwell	52.23
999	NORTH LINN	Nicky Thibadeau, Jennifer Zumbach Deanne Miler, Josie Moenk	DQ-51.70

## Heat 1

1	IOWA CITY REGINA	Katie McFarland, Kim Beelner Nicolle Farrell, Amanda Swope	50.83
2	NORTH LINN	Nicky Thibadeau, Jennifer Zumbach Deanne Miler, Josie Moenk	51.31
3	CLARION-GOLDFIELD	Lacey Nail, April Jacobson Sarah Bordwell, Jennifer Bordwell	51.57
4	IKM	Steph Meggers, Amy Kasparbauer Wendy Leinen, Sarah Larson	52.00
5	NASHUA-PLAINFIELD	Mandie Sorensen, Jody Brase Brooke Rogge, Mistee Hendricks	52.32



6	LYNNVILLE-SULLY	Kari Beyer, Sheila Renaud Danielle Rozendaal, Erica Shuey	52.36
7	ALGONA GARRIGAN	Amy Schiltz, Liz DeWaard Lisa Boekelman, Katie Seiler	53.42
8	COLUMBUS	Katie Smith, Shelli Smith Katie Nielsen, Mary Carey	56.34

## Heat 2

1	TREYNOR	Carrie Leber, Tina Eitmann Jodi Winchell, Jamie Winchell	51.08
2	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Treva Richter, Katie Lewis	51.26
3	NEW LONDON	Steph Van Syoc, Robin Lamm Rachel Miller, Jamie Strawhacker	52.17
4	NORTHEAST HAMILTON	Mandy Ottereros, Lindsey Weldin Jamie Ratzke, Sheri Sutherland	52.35
5	BATTLE CREEK-IDA GROVE	Michele Uhl, Annie Petersen Megan Johnson, Brittany Jacobson	52.54
6	NORTH CEDAR	Nicole Jackson, Angie Hulse Kate Kedley, Ali Sandberg	52.55
7	SOUTHEAST WARREN	Tiffany Neer, Jana Yohe Jenny Butler, Sara Sowers	52.76
8	WOODBURY CENTRAL	Michelle Phipps, Brenda Foster Tara Sands, Tonya Krueger	53.73

## Heat 3

1	BELLE PLAINE	Amber Friedman, Sarah DeMeulenaere Tamara Ewoldt, Susie Reinhardt	50.23
2	POCAHONTAS AREA	Katrina Christoffers, Jill McLain Ashley Kakacek, Andrea Kakacek	51.65
3	BELMOND-KLEMME	Ashley Thompson, Sara James Holly Stadlander, Maggie Sinnwell	52.22
4	NORTH MAHASKA	Nicole Stout, Mary Lanphier Amy Stout, Jennifer Van Utrecht	52.38
5	SOUTHERN CAL	Stacy Dowling, Erin Feld Kelly Reiter, Ranee Wiederin	52.78
6	WEST HANCOCK	Nikki Lang, Amy Cooper Jamie Kirsch, Stacy Doughan	52.84
7	NEWELL-FONDA	Amy Nieland, Pam Kies Angela Raveling, Katie Yocum	53.17
8	GILBERT	Christian Romano, Sarah Edwards Jenni Moore, Dani Dehne	53.19

**4x200-METER RELAY**

1	BELLE PLAINE	Amber Friedman, Sarah DeMeulenaere Susie Reinhardt, Tamara Ewoldt	1:45.94
2	TREYNOR	Jodi Winchell, Jamie Winchell Tina Eitmann, Carrie Leber	1:46.60
3	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Treva Richter, Katie Lewis	1:46.66
4	NORTH LINN	Jennifer Zumbach, Holly Loughren Deanne Miler, Josie Moenk	1:47.02
5	COLLINS-MAXWELL-BAXTER	Carmen Oswald, Rachel Flora Shelley Atwood, Mindy Ketchum	1:47.31
6	CLEAR CREEK-AMANA	Beth Scheetz, Abby Kohnen Abbie Berg, Kim Rohret	1:47.50
7	IOWA CITY REGINA	Kim Beelner, Nicolle Farrell Carrie Sueppel, Amanda Swope	1:48.24
8	NORTHEAST	Deanna Jacobsen, Abby Costello Katie Banowetz, Emily Burke	1:48.34

## Heat 1

1	NORTH LINN	Jennifer Zumbach, Holly Loughren Deanne Miler, Josie Moenk	1:47.97
2	BELLE PLAINE	Amber Friedman, Sarah DeMeulenaere Susie Reinhardt, Tamara Ewoltd	1:48.30
3	HINTON	Jennie Zevenbergen, Brinne Bogue Kim Schwartz, Jill Zevenbergen	1:50.77
4	KEOTA	Brandy Milford, Julie Sieren Allison Lyle, Katie Brees	1:51.28
5	GARNER-HAYFIELD	Danielle Schultz, Steph Atalig Carrie Hejlik, Holly Hanson	1:51.77
6	WAPSIE VALLEY	Annette Thurm, Kris Hidinger Michaelyn Brickman, Terri Casterton	1:52.53
7	NORTHEAST HAMILTON	Mandy Otteros, Sheri Sutherland Anne Doolittle, Lindsey Weldin	1:54.02
999	NASHUA-PLAINFIELD	Mandie Sorensen, Jody Brase Brooke Rogge, Mistee Hendricks	DNF

## Heat 2

1	TREYNOR	Jodi Winchell, Jamie Winchell Tina Eitmann, Carrie Leber	1:46.54
2	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Trevia Richter, Katie Lewis	1:47.16
3	COLLINS-MAXWELL-BAXTER	Carmen Oswalt, Rachel Flora Shelley Atwood, Mindy Ketchum	1:47.35
4	NORTHEAST	Deanna Jacobsen, Abby Costello Katie Banowetz, Emily Burke	1:48.29
5	NORTH CEDAR	Nicole Jackson, Angie Hulse Amy Freese, Kate Kedley	1:48.51
6	CAM	Sherry Ticknor, Chris Waters Zoey Artist, Beth Hartman	1:49.70
7	WEST HANCOCK	Nikki Lang, Sarah Beeler Dawn Weiskamp, Stacy Doughan	1:51.80
8	LEMARS GEHLEN CATHOLIC	Katie Hughes, Tanya Sitzmann Theresa Kellen, Kelly Roecker	1:52.68

## Heat 3

1	IOWA CITY REGINA	Kim Beelner, Nicolle Farrell Carrie Sueppel, Amanda Swope	1:48.40
2	CLEAR CREEK-AMANA	Beth Scheetz, Abby Kohnen Abbie Berg, Kim Rohret	1:48.41
3	CLARION-GOLDFIELD	April Jacobson, Sarah Bordwell Rhonda Bernhardt, Ann Gerlach	1:49.96
4	POCAHONTAS AREA	Jill McLain, Jenny Olson Ashley Kakacek, Andrea Kakacek	1:49.96
5	WESTWOOD	Keri Brown, Kari Carr Christa Savage, Carla Savage	1:51.40
6	BELMOND-KLEMME	Sara James, Sarah Havens Danielle Allen, Maggie Sinnwell	1:51.87
7	GREENE	Megan Schmidt, Nicole Tack Chaille Cole, Breanne Hucka	1:51.90
8	NEW LONDON	Steph Van Syoc, Robin Lamm Jamie Strawhacker, Rachel Miller	1:52.48

**4x400-METER RELAY**

1	NORTH IOWA	Tiff Madetzke 63.1, Shalyn Hippen 62.3 Kristin Gerzema 60.2, Jodi Hagedorn 59.4	4:05.00
2	AR-WE-VA	Sarah Niehaus 62.5, Melissa Kuhl 62.7 Rachel Pieper 62.9, Rachel Dozark 60.0	4:08.15
3	WINFIELD-MT. UNION	Alicia Wymore 62.4, Heidi Venghaus 63.9 Lacy Paler 62.1, Linda Lappe 60.1	4:08.44
4	TIPTON	Laurie Stahle 62.1, Abby Eilbeck 63.9 Amanda Bromell, Kara Rechterman	4:09.00

5	CEDAR FALLS NU HIGH	Vanessa Kettner 66.0, Bonnie Pedersen 62.4 Kelly Smith 61.7, Ryan McCray 60.6	4:10.65
6	DIKE-NEW HARTFORD	Melissa Henriksen 62.7, Carrie Schreck Miranda Weber, Lisa Cannegieter 63.1	4:11.28
7	POCAHONTAS AREA	Jenny Olson 63.0, Karrie Kirsch Jenny Gruber, Ashley Kakacek	4:12.90
8	WEST HANCOCK	Nicki Pals 65.6, Rachel Willms 63.9 Brooke Wilson 62.7, Candace Wilson 63.7	4:15.98

## Heat 1

1	TIPTON	Laurie Stahle 63.2, Abby Eilbeck 64.5 Amanda Bromell 63.6, Kara Rechterman 58.5	4:09.85
2	DIKE-NEW HARTFORD	Melissa Henriksen 64.1, Carrie Schreck 63.3 Miranda Weber 61.7, Lisa Cannegieter 61.7	4:10.80
3	SOLON	Stacey Oldham 65.1, Jill VanDerLeest 64.4 Lindsey Meder 62.2, Jackie Ross 62.1	4:13.88
4	IOWA CITY REGINA	Nelle Pirotte 67.3, Kim Beelner 63.3 Carrie Sueppel 65.1, Leah Elbert 59.4	4:15.06
5	NORTH KOSSUTH	Kristal Cushman 66.7, Paula Preston 63.7 Jessica Nauman 64.8, Anna Hauskins 59.9	4:15.16
6	HINTON	Jennie Zevenbergen 63.9, Tracie Hall 66.0 Kim Schwartz 65.1, Jill Zevenbergen 63.6	4:18.56
7	SIOUX CENTER	Kirstin Overlie, Kari Bahrke Emily Timmer, Julie Jansen	4:26.22
8	COLFAX-MINGO	Cory Sauer, Megan Parker Anne Heggen, Claire Gannon	4:27.45

## Heat 2

1	NORTH IOWA	Tiff Madetzke 62.8, Shalyn Hippen 62.2 Kristin Gerzema 61.8, Jodi Hagedorn 59.9	4:06.69
2	CEDAR FALLS NU HIGH	Vanessa Kettner 65.2, Bonnie Pedersen 60.9 Kelly Smith 61.6, Ryan McCray 60.7	4:08.43
3	WESTWOOD	Katie Mohning 64.2, Christa Savage 63.7 Amy Nordstrom 65.5, Carla Savage 61.1	4:14.88
4	IOWA MENNONITE	Jenny Bock 64.8, Tiffany Stutzman 63.0 Sally Gingerich 64.0, Annette Yoder 63.4	4:15.22
5	DENVER	Bonnie Coberly 63.9, Jessica Wolter 63.6 Gail Schimmels 63.9, Britney Kopp 64.2	4:15.60
6	GUTHRIE CENTER	Julie Vandevanter 61.3, Teresa Wessling 64.0 Abby Gonzales 68.0, Katie Lewis 63.8	4:17.13
7	CEDAR RAPIDS LASALLE	Maria Lehew 67.7, Carrie Van Sickle 63.5 Mary Hays 69.2, Erin Gibney 63.0	4:23.48
8	PLEASANTVILLE	Cory Stecker 66.6, Jordan Stubbs 65.4 Tiffany Thornburg 69.2, Mindy Graham 63.2	4:24.43

## Heat 3

1	WINFIELD-MT. UNION	Alicia Wymore 63.8, Heidi Venghaus Lacy Paler, Linda Lappe 58.5	4:09.03
2	AR-WE-VA	Sarah Niehaus 64.5, Melissa Kuhl 63.1 Rachel Pieper 62.9, Rachel Dozark 58.9	4:09.44
3	WEST HANCOCK	Nicki Pals 66.4, Rachel Willms 64.5 Brooke Wilson 60.8, Candace Wilson 58.9	4:10.89
4	POCAHONTAS AREA	Jenny Olson 61.8, Karrie Kirsch 65.9 Jenny Gruber 62.2, Ashley Kakacek 61.1	4:11.09
5	GARNER-HAYFIELD	Holly Hanson 63.9, Carrie Hejlik 64.3 Steph Atalig 63.3, Kris Neuberger 61.0	4:12.55
6	GLADBROOK-REINBECK	Marcy Messerly 63.0, Tara Lindaman 66.6 Traci Thede 62.3, Megan Stull 60.9	4:12.92
7	CLARION-GOLDFIELD	Rhonda Bernhardt 64.1, Quinn Emerson 63.2 Kelli Creason 66.1, Jill Emerson 60.9	4:14.35
8	IKM	Nicki Muhlbauer 65.9, Tammy Gross 66.7 Mandy Sturm 67.0, Autumn Wiley 68.1	4:27.64

**4x800-METER RELAY**

1	WEST HANCOCK	Jennifer Holloway 2:23.8, Sarah Holloway 2:32.5 Brooke Wilson 2:25.4, Haley Newbrough 2:15.0	09:36.61
2	APLINGTON-PARKERSBURG	Tara Asche 2:25.7, Jessica Neavins 2:25.2 Ellie Junker 2:28.1, Jodi DeVries 2:27.2	09:46.20
3	IOWA MENNONITE	Tiffany Stutzman 2:27.3, Jenny Bock 2:31.3 Charletta Erb 2:29.1, Melinda Leichty 2:20.5	09:48.12
4	CEDAR FALLS NU HIGH	Vanessa Kettner 2:28.6, Leah Kamienski Bindy Comito, Kelly Smith 2:23.0	09:49.26
5	DIKE-NEW HARTFORD	Stacy Shaw 2:27.4, Tiffany Tjepkes 2:31.5 Miranda Weber 2:27.2, Lisa Cannegieter 2:24.2	09:50.35
6	NORTH LINN	Amber Boddicker 2:28.2, Autumn Boddicker 2:32.4 Denise Miller 2:28.0, Erin Ries 2:24.6	09:53.20
7	NORTH IOWA	Trelawny Renstrom 2:25.8, Kristi Kurtzleben Tiff Madetzke, Renae Brandt 2:26.3	09:53.37
8	BOYDEN-HULL	Brooke Kelderman, Amber Wissink Tonya Nielsen 2:26.5, Amy Sheldahl 2:26.2	10:01.53
9	CENTER POINT-URBANA	Lisa Holub, Laura Holub Kim Kester, Angie Rhinehart	10:03.39
10	POCAHONTAS AREA	Jenny Olson 2:28.2, Kate McCormick 2:33.8 Ruth Spangler 2:33.2, Jenny Gruber 2:29.4	10:04.62
11	IKM	Nicki Muhlbauer 2:30.9, Tammy Gross 2:38.1 Mandy Sturm 2:32.8, Heather Holloway 2:25.3	10:07.01
12	COLUMBUS	Melissa Hills 2:25.3, Megan Quigley 2:32.4 Sonya Van Auken 2:38.4, Brendle Smith 2:31.3	10:07.11
13	MOUNT AYR	Tara Groves, Rachel Derscheid Amanda Schlapia, Melissa Eighmy	10:09.50
14	WEST MARSHALL	Erin Schrad, Teri Blood Tara Christianson, Karen Smith 2:27.1	10:10.68
15	IOWA VALLEY	Emily Kimm, Chantelle Uthoff Jacci Hardie, Corrina Schafbuch	10:11.31
16	MADRID	Denise Winter, Angie Loeschen Mandy Berg, Megan Miller	10:13.14
17	LAURENS-MARATHON	Missy Sieper 2:27.1, Tracie Mayberry 2:38.1 April Tendal 2:35.1, Christina Wiley 2:33.9	10:14.03
18	TIPTON	Laurie Stahle 2:26.4, Courtney Bromell 2:40.0 Meghan Osborn 2:36.9, Joyce Gravert 2:32.5	10:15.84
19	TREYNOR	Stephanie Fancher 2:35.9, LeaAnne Soloth 2:33.9 Carly Deitchler 2:36.2, Jill Deitchler 2:30.2	10:16.21
20	MANNING	Natasha Vonnahme, Amy Ferneding Dawn Willenborg, Sarah Detlefsen	10:18.31
21	LYNNVILLE-SULLY	Anna Conover 2:34.6, Susie Gray 2:35.2 Suzy Van Wyngarden 2:34.7, Katie Shearn 2:41.3	10:25.85
22	BELMOND-KLEMME	Angie Bailey, Tonishia McLaughlin Wendy Andrews, Sarah Havens	10:40.16
23	IOWA CITY REGINA	Nelle Pirotte, Erin Hargrave Nicole Hosek, Hallie Wombacher	10:41.07
24	UNDERWOOD	Elizabeth Tiarks, Lori Busch Brenna Larsen, Leanne Durick	10:41.42

**SPRINT MEDLEY RELAY**

1	WEST HANCOCK	Jamie Kirsch, Stacy Doughan Dawn Weiskamp, Candace Wilson 58.0	1:51.88
2	AR-WE-VA	April Pieper, Rachel Pieper Sarah Niehaus, Rachel Dozark 58.8	1:52.55
3	KINGSLEY-PIERSON	Renae Bahrke, Janie Kuchel Monica Bubke, Kelly Thompson 59.1	1:53.78
4	ALBURNETT	Jill Behrens, Alissa Shelley Sarah Titler, Kristi Johnson 58.3	1:54.12
5	CLARION-GOLDFIELD	Janelle Harvey, Sarah Bordwell Ann Gerlach, Jill Emerson 60.4	1:54.45

6	NORTHEAST	Jami Pokorny, Katie Banowetz Emily Burke, Deanna Jacobsen 60.4	1:54.82
7	AVO-HA-SHELBY-TENNANT	Missy Bruck, Sha Petersen Ky Petersen, Stephanie Collins 60.5	1:54.98
8	PRAIRIE VALLEY	Abbey Hunter, Sam Hammen Julie Boehme, Amanda Beck 61.2	1:56.52
Heat 1			
1	KINGSLEY-PIERSON	Renaë Bahrke, Janie Kuchel Monica Bubke, Kelly Thompson 57.9	1:52.38
2	ALBURNETT	Jill Behrens, Alissa Shelley Sarah Titler, Kristi Johnson 57.5	1:52.98
3	NORTHEAST	Jami Pokorny, Katie Banowetz Emily Burke, Deanna Jacobsen 59.7	1:53.09
4	GARNER-HAYFIELD	Shana Greiman, Steph Atalig Holly Hanson, Kris Neuberger 60.3	1:54.17
5	EARLHAM	Tiffany Cowles, Megan Fletcher Heidi Hatfield, Stacy Lister 60.4	1:54.48
6	WESTWOOD	Jill Steinhoff, Kari Carr Carla Savage, Katie Mohning 61.2	1:54.69
7	GEORGE-LITTLE ROCK	Callie Trei, Adrienne Winter Kayla Elias, Kari Johnson 59.8	1:55.69
8	DIKE-NEW HARTFORD	Melissa Henriksen, Renaë Williams Miranda Weber, Lisa Cannegieter 62.0	1:57.01
Heat 2			
1	AR-WE-VA	April Pieper, Rachel Pieper Sarah Niehaus, Rachel Dozark 59.5	1:53.07
2	CLARION-GOLDFIELD	Janelle Harvey, Sarah Bordwell Ann Gerlach, Jill Emerson 60.4	1:54.11
3	NORTH CEDAR	Nicole Jackson, Amy Freese Kate Kedley, Ali Sandberg 62.0	1:54.43
4	SAC CITY	Stephanie McGinty, Keri Carlson Andrea Dettmann, Tina Sanders 60.5	1:56.01
5	NEW LONDON	Steph Van Syoc, Robin Lamm Jamie Strawhacker, Rachel Miller 64.4	1:56.09
6	LYNNVILLE-SULLY	Kari Beyer, Sheila Renaud Danielle Rozendaal, Cheri Maasdam 62.7	1:56.97
7	SOLON	Jackie Ross, Shannon Britcher Jill VanDerLeest, Emy Johnson 64.2	1:57.05
8	COLFAX-MINGO	Cory Sauer, Megan Parker Anne Heggen, Claire Gannon 63.6	DQ-2:04.27
Heat 3			
1	WEST HANCOCK	Jamie Kirsch, Stacy Doughan Dawn Weiskamp, Candace Wilson 59.0	1:52.12
2	AVO-HA-SHELBY-TENNANT	Missy Bruck, Sha Petersen Ky Petersen, Stephanie Collins 60.3	1:53.74
3	PRAIRIE VALLEY	Jennie Hunter, Sam Hammen Julie Boehme, Amanda Beck 58.0	1:53.96
4	IOWA CITY REGINA	Katie McFarland, Kim Beelner Nicolle Farrell, Carrie Sueppel 62.9	1:54.91
5	POCAHONTAS AREA	Katrina Christoffers, Jill McLain Niki DeWall, Jenny Gruber 62.2	1:55.23
6	APLINGTON-PARKERSBURG	Linde Zacharias, Emily Jungling Jamie Hansmann, Jodi DeVries 60.4	1:55.66
7	SEYMOUR	Kendra Koch, Mindy Wells Megan Flood, Jenny Steinfeldt 62.0	1:56.40
8	CEDAR RAPIDS LASALLE	Leslie Avery, Mary Hays Erin Gibney, Carrie Van Sickle 63.2	1:58.34

**DISTANCE MEDLEY RELAY**

1	AR-WE-VA	April Pieper, Julie Odendahl Sarah Niehaus 60.7, Rachel Dozark 2:17.6	4:13.78
2	GLADBROOK-REINBECK	Jill Arp, Lydia Robertson Marcy Messerly 59.9, Megan Stull 2:21.0	4:17.97
3	NORTH KOSSUTH	Melinda Henderson, Kristal Cushman Paula Preston 60.7, Anna Hauskins 2:19.4	4:18.60
4	WEST HANCOCK	Nikki Lang, Sarah Beeler Brooke Wilson 60.0, Jennifer Holloway 2:22.2	4:19.52
5	APLINGTON-PARKERSBURG	Angie Wessels, Jamie Hansmann Jodi DeVries 60.6, Jessica Neavins 2:22.8	4:20.81
6	AVO-HA-SHELBY-TENNANT	Missy Bruck, Ky Petersen Amy McMartin 63.9, Stephanie Collins 2:23.0	4:21.37
7	PEKIN	Jennifer Shy, Kari Carter Renaë Raap 62.9, Renate Ruggles 2:23.1	4:22.53
8	WEST BEND-MALLARD	Jenny Meyer, Tracey Schneider Krissa Skoglund, Kari Thilges 2:19.2	4:23.27
9	NORTH LINN	Holly Loughren, Josie Moenk Deanne Miler 62.0, Erin Ries 2:27.5	4:24.86
10	ALBURNETT	Jill Behrens, Sarah Titler Kristi Johnson 59.9, Shawnacy Williams 2:28.7	4:25.39
11	SIOUX CENTER	Monica Vermeer, Julie Jansen Kirstin Overlie 62.8, Carissa Romberg 2:28.6	4:26.21
12	SOLON	Jill VanDerLeest, Jackie Ross Lindsey Meder 59.9, Stacey Oldham 2:31.7	4:26.80
13	COLUMBUS	Shelli Smith, Mary Carey Megan Quigley 61.8, Melissa Hills 2:29.9	4:30.04
14	BELMOND-KLEMME	Danielle Allen, Maggie Sinnwell Wendy Andrews 62.6, Tonishia McLaughlin 2:32.1	4:30.81
15	GILBERT	Christian Romano, Jenni Moore Erica Strahn 63.7, Cari Olson 2:31.3	4:31.45
16	GRISWOLD	Sarah Anderson, Jenny Curtis Mindy Hoffman 62.2, Darcie Berry 2:29.4	4:31.65
17	NORTH TAMA	Maria Zmolek, Brooke Arp Laura Rickert 63.7, Jane McDermott 2:28.5	4:31.77
18	HARTLEY-MELVIN-SANBORN	Jodi Epping, Amber Reverts Lydia Brawner 63.1, Erin Hobson 2:33.7	4:32.54
19	WOODBINE	Brandy Rath, Stephanie Esser Hilary McHugh 65.7, Aimee Dunlop 2:29.6	4:32.67
20	COON RAPIDS-BAYARD	Meri Waldo, Annie Danner Amy Kautzky 64.7, Tracy Hoffman 2:31.4	4:33.09
21	GRUNDY CENTER	Ellie Janssen, Lynn Folkedahl Jodi Cramer 66.4, Jenn Lennard 2:30.6	4:33.29
22	WEST BRANCH	Kate Tuttle, Kiersten Tuttle Melissa Yearous 65.6, Lindsay Poe 2:31.7	4:34.53
23	EARLHAM	Tiffany Cowles, Megan Fletcher Heidi Hatfield 61.4, Stacy Lister 2:36.5	4:34.94
24	BELLE PLAINE	Janelle Tjarks, Sarah DeMeulenaere Molly DeMeulenaere 62.7, Amy Wagner 2:31.7	4:35.64

**SHUTTLE HURDLE RELAY**

1	CLARION-GOLDFIELD	April Jacobson 16.2, Jill Emerson 16.2 Katie Brigger 16.3, Jennifer Bordwell 16.2	1:04.87
2	TREYNOR	Jodi Winchell 16.1, Katie Lauver 17.2 Theresa Trede 16.9, Carrie Leber 15.5	1:05.65
3	CLEAR CREEK-AMANA	Crystal DeBrower 16.7, Jill Hansen Mary Jo Hummer, Abby Kohlen 15.0	1:06.01
4	NORTH IOWA	Sarah Heyer 17.7, Jodi Hagedorn 16.9 Jessica Heyer 16.1, Kristin Gerzema 15.4	1:06.17
5	LEMARS GEHLEN CATHOLIC	Anna Ruden 17.2, Kelly Roecker 16.5 Katie Hughes 16.0, Katie Nanninga 16.5	1:06.29
6	CAM	Sherry Ticknor 16.6, Traci Powell 17.0 Zoey Artist 16.8, Stacy Ticknor 16.1	1:06.59

7	BATTLE CREEK-IDA GROVE	Michele Uhl 17.4, Nicole Stewart 17.3	
8	APLINGTON-PARKERSBURG	Brittany Jacobson 15.4, Megan Johnson 18.3 Summer McLean 16.3, Linde Zacharias 17.2 Carly Zacharias 17.3, Jonna Beranek 19.5	1:08.40 1:10.13
Heat 1			
1	CLEAR CREEK-AMANA	Crystal DeBrower, Jill Hansen Mary Jo Hummer, Abby Kohnen	1:05.47
2	VALLEY CEW	Libby Rothlisburger, Emily Katsumes Jolene Kleve, Amanda Anderson	1:08.85
3	NORTH MAHASKA	Tara Lacey, Marcy Sharp Melissa Whitis, Nicole Stout	1:10.81
999	GILBERT	Maura McKean, Sarah Edwards Jen West, Molly McHone	DQ-1:06.57
Heat 2			
1	LEMARS GEHLEN CATHOLIC	Anna Ruden, Kelly Roecker Katie Hughes, Katie Nanninga	1:07.54
2	GRUNDY CENTER	Steph Marske, Shannon Gudahl Amy Wikert, Lynn Folkedahl	1:09.62
3	NORTH CENTRAL	Nicci Backhaus, Jamie Aguilera Connie Koob, April Lien	1:10.33
999	PEKIN	Ashley Dickey, Jenny Hammes Natalie Neel, Heather Horras	DQ-FS
Heat 3			
1	TREYNOR	Jodi Winchell, Katie Lauver Theresa Trede, Carrie Leber	1:06.30
2	NORTH IOWA	Sarah Heyer, Jodi Hagedorn Jessica Heyer, Kristin Gerzema	1:07.56
3	ROCKWELL-SWALEDALE	Daisy Bram, Kristie Roberts Andrea Sido, Lesley Menken	1:08.63
4	SUMNER	Amber Ridge, Abbey Stead Jenny Luchtenburg, Stephanie Buhr	1:09.85
Heat 4			
1	CLARION-GOLDFIELD	April Jacobson, Jill Emerson Katie Brigger, Jennifer Bordwell	1:05.91
2	TIPTON	Meghan Osborn, Courtney Bromell Amanda Bromell, Corey Arndt	1:07.56
3	AVO-HA-SHELBY-TENNANT	Stephanie Goettsch, Jamie Davis Amy McMartin, Missy Bruck	1:08.63
999	MADRID	Tina Bigelow, Erika McDaniels Rachel Wolf, Bridget Frideres	DNR
Heat 5			
1	CAM	Sherry Ticknor, Traci Powell Zoey Artist, Stacy Ticknor	1:06.01
2	APLINGTON-PARKERSBURG	Summer McLean, Linde Zacharias Carly Zacharias, Jonna Beranek	1:07.16
3	SIOUX CENTER	Erica Van Meeteren, Kelly Bahrke Larissa Funk, Kari Bahrke	1:09.29
999	SIOUX CENTRAL	Wendy Brugman, Carrie Cleveland Cherie Dunn, Renee Bodenhamer	DQ-1:06.92
Heat 6			
1	BATTLE CREEK-IDA GROVE	Michele Uhl, Nicole Stewart Brittany Jacobson, Megan Johnson	1:06.95
2	LYNNVILLE-SULLY	Dee Rozendaal, Tiffany Neer Stacey Van Kooten, Jessica Criswell	1:08.56
3	ELDORA-NEW PROVIDENCE	Holly Michaelson, Amy Anderson Sabrina Kane, Abbie Brown	1:08.60

4 EAGLE GROVE

Candy Visocsy, Mindy McCart  
Lori Peterson, Stacy Minikis

1:09.65



# 1996 2A STATE TRACK & FIELD MEET RESULTS

## May 17-18, Jim Duncan Track, Drake Stadium

---

### CLASS 2A

New Hampton 52  
Cherokee 38  
Davis County-Fox Valley 35  
Benton 28  
Harlan 25  
Okoboji 25  
South O'Brien 22  
Mount Vernon-Lisbon 20  
South Winneshiek 17  
Carroll 16  
Starmont 16  
Creston 13  
Decorah 13  
Chariton 12  
Clarinda 12  
Nevada 12  
Roland-Story 12  
Iowa Falls 9  
Unity Christian 9  
Algona 8  
Maquoketa 8  
Prairie City-Monroe 8  
Eddyville-Blakesburg 7  
Forest City-WCL 7  
Ballard 6  
Fairfield 6  
Hampton-Dumont 6  
Humboldt 6  
Jefferson-Scranton 6  
Knoxville 6  
Sibley-Ocheyedan 6  
Grinnell 5  
Clarke 4  
Spirit Lake Park 4  
Williamsburg 4  
Dyersville Beckman 3  
North Fayette 3  
Sheldon 3  
Washington 3  
Anamosa 2  
Carroll Kuemper 2  
Mid-Prairie 2

Clear Lake 1  
 Estherville-Lincoln Central 1  
 Missouri Valley 1  
 Waukee 1

---

**100-METER DASH**

1	Maggie Hall	Harlan	JR	12.45
2	Lindsey Courtney	Creston	JR	12.72
3	Missy Roos	South O'Brien	JR	12.82
4	Brandee Bierschenk	Benton	FR	12.85
5	Laura Jacque	Dyersville Beckman	JR	12.87
6	LeAnne Florke	Cherokee	JR	13.00
7	Leilani Smith	Cedar Rapids Regis	SO	13.04
8	Tami Kielman	Okoboji	SR	13.05

## Heat 1

1	Lindsey Courtney	Creston	JR	13.02
2	Bree Elsbernd	South Winneshiek	SO	13.19
3	Sarah Foltz	Waukee	SR	13.28
4	Missy Niebes	Benton	SR	13.36
5	Anna Tiegland	Sheldon	SO	13.55
6	Katie Overman	Mount Vernon-Lisbon	SO	13.74
7	Lindsay Olson	North Fayette	FR	13.75

## Heat 2

1	Maggie Hall	Harlan	JR	12.61
2	Laura Jacque	Dyersville Beckman	JR	13.12
3	Missy Roos	South O'Brien	JR	13.13
4	Nikki Garrett	Clarke	JR	13.19
5	Cathy Kister	Creston	SO	13.32
6	Sarah Schooley	Davis County-Fox Valley	JR	13.43
7	Jen Kramer	Ackley-Geneva-WSR	JR	13.47
8	Tracy Simons	Carroll Kuemper	FR	13.59

## Heat 3

1	LeAnne Florke	Cherokee	JR	12.87
2	Tami Kielman	Okoboji	SR	13.00
3	Brandee Bierschenk	Benton	FR	13.06
4	Leilani Smith	Cedar Rapids Regis	SO	13.07
5	Gail Anderson	South Tama	JR	13.26
6	Erin Wycoff	Marion	SO	13.36
7	Lindsay Moss	Algona	FR	13.47
8	Charissa Fynaardt	Pella Christian	SO	13.48

**200-METER DASH**

1	Maggie Hall	Harlan	JR	25.85
2	Jessica Miner	Okoboji	SO	26.01
3	Lindsey Courtney	Creston	JR	26.19
4	Marcy Krumm	Ballard	JR	26.76
5	Leanne Florke	Cherokee	JR	26.90
6	Bree Elsbernd	South Winneshiek	SO	26.94
7	Liz Jaben	Clear Lake	SO	26.97
8	Jill Bakewell	South Winneshiek	JR	27.20

## Heat 1

1	Marcy Krumm	Ballard	JR	26.21
2	Jill Bakewell	South Winneshiek	JR	26.46
3	Liz Jaben	Clear Lake	SO	26.46
4	Laura Hurmence	Mount Vernon-Lisbon	SR	26.96
5	Leilani Smith	Cedar Rapids Regis	SO	26.99
6	Rosie Brodell	Davenport Assumption	SO	28.05

7	Traci Kragel	Waukee	SO	28.37
Heat 2				
1	Jessica Miner	Okoboji	SO	25.92
2	Lindsey Courtney	Creston	JR	26.32
3	Emily Zeitler	Davis County-Fox Valley	SO	26.92
4	Jennifer Timmermans	Vinton-Shellsburg	JR	27.06
5	Emily Allison	Washington	SR	27.34
6	Lindsay Moss	Algona	FR	27.36
7	Bridget Koller	Central Lee	JR	27.58
8	Sara Schulte	Benton	FR	27.71

Heat 3				
1	Maggie Hall	Harlan	JR	25.70
2	Leanne Florke	Cherokee	JR	26.41
3	Bree Elsbernd	South Winneshiek	SO	26.49
4	Sara Stribe	Carroll	SO	26.76
5	Annie Herrick	Nodaway Valley	SO	27.14
6	Sarah Haan	Western Christian	FR	27.14
7	Mary Sass	Wilton	SR	27.34

**400-METER DASH**

1	Nikki Nelson	Mount Vernon-Lisbon	SO	58.07
2	Jill Bakewell	South Winneshiek	JR	58.78
3	Tracy Burress	Davis County-Fox Valley	SR	59.88
4	Marcy Krumm	Ballard	JR	59.98
5	Rachel Riepma	Sheldon	SO	60.13
6	Sarah Vicker	Creston	SR	60.47
7	Jill Van Weelden	Pella Christian	JR	61.20
999	Jeanette Olson	Decorah	JR	DNR

Heat 1				
1	Nikki Nelson	Mount Vernon-Lisbon	SO	58.29
2	Tracy Burress	Davis County-Fox Valley	SR	59.29
3	Marcy Krumm	Ballard	JR	60.17
4	Debbie Melcher	Grinnell	JR	62.41
5	Betsy Griswold	Camanche	SR	63.02
6	Nancy Meendering	Western Christian	JR	63.84
7	Rosie Brodell	Davenport Assumption	SO	65.06
8	Stacy Wiederin	Carroll Kuemper	FR	65.11

Heat 2				
1	Jill Bakewell	South Winneshiek	JR	58.45
2	Tami Smith	Perry	FR	61.91
3	Kelli Kaalberg	West Liberty	SO	62.15
4	Kelly Jensen	Oelwein	SR	62.36
5	Amanda Sents	Ackley-Geneva-WSR	JR	62.80
6	Kristy Larson	Shenandoah	FR	63.14
7	Dena Schubert	Webster City	FR	64.47
8	Sara Schulte	Benton	FR	65.17

Heat 3				
1	Rachel Riepma	Sheldon	SO	59.80
2	Sarah Vicker	Creston	SR	60.22
3	Jill Van Weelden	Pella Christian	JR	60.45
4	Jeanette Olson	Decorah	JR	61.01
5	Mary Sass	Wilton	SR	62.39
6	Kendra Kendley	Knoxville	FR	62.87
7	Dottie Craig	Fairfield	SO	63.25
8	Bridget Knutzen	Adel-DeSoto-Minburn	SO	63.81

**800-METER RUN**

1	Michelle Snyder	New Hampton	SR	2:23.55
2	Emily Papenhausen	Cherokee	SR	2:23.92
3	Brianne Hupke	Benton	SO	2:25.31
4	Tabitha Vander Wilt	Unity Christian	JR	2:25.74
5	Becky Hayward	Maquoketa	SR	2:26.12
6	Melissa Domeyer	Dyersville Beckman	FR	2:26.14
7	Jill Johnson	Winterset	FR	2:26.91
8	Sandy Reimer	Maple Valley-Anthon-Oto	SO	2:28.38
9	Ali Schroeder	Elkader Central-Garnavillo	SR	2:28.66
10	Katie Hinson	Mediapolis	FR	2:28.93
11	Anne Armstrong	Storm Lake	SR	2:28.99
12	Amanda Dotson	Okoboji	JR	2:29.56
13	Laura Bahnson	West Lyon	SR	2:30.00
14	Megan Hammons	West Liberty	SO	2:30.84
15	Mandee Saunders	Elkader Central-Garnavillo	SR	2:30.90
16	Lindsey Batey	Maquoketa	JR	2:32.04
17	Erin McKinley	Chariton	JR	2:32.47
18	Tanya Horn	Eddyville-Blakesburg	SO	2:32.86
19	Somer Merrick	Carroll	SO	2:33.27
20	Jenni Duede	Jefferson-Scranton	SO	2:34.08
21	Jenny Kramer	New Hampton	SO	2:35.34
22	Raelynn Bremer	Eddyville-Blakesburg	SR	2:37.36
23	Gretchen Hochhalter	Perry	JR	2:37.57
24	Jill Engbrecht	Fairfield	SO	2:39.26

**1500-METER RUN**

1	Kendra Versendaal	Prairie City-Monroe	SO	4:58.46
2	Betsy Neff	Fairfield	SR	4:59.69
3	Amy Edwards	Chariton	JR	4:59.76
4	Evette Iverson	South O'Brien	JR	5:03.44
5	Kristi Schmidt	Spirit Lake Park	SO	5:07.52
6	Beth Boyer	Waukee	SO	5:08.32
7	Angie Nibbelink	Unity Christian	SO	5:09.58
8	Val Oltman	Nevada	SO	5:10.09
9	Casee Piel	Creston	SO	5:10.61
10	Steph Eiesland	West Lyon	JR	5:11.33
11	Dana Mace	Missouri Valley	JR	5:11.50
12	Becky Bowman	Monticello	SO	5:11.98
13	Nicole Cueno	Maquoketa	SO	5:14.70
14	Kate Olesen	Nodaway Valley	SO	5:15.57
15	Ann Fletchall	Webster City	SR	5:17.90
16	Lisa Schmidt	Washington	SO	5:18.87
17	Tara Norris	North Fayette	SO	5:19.70
18	Lisa Glaesmann	Iowa Falls	SR	5:19.95
19	Amy Neal	Williamsburg	JR	5:20.47
20	Stacy Versteeg	Sibley-Ocheyedan	JR	5:22.27
21	Liz Markwitz	Benton	SO	5:22.95
22	Trisha Troendle	Waukon	SR	5:27.08
23	Renee Maiers	Maquoketa Valley	SR	5:34.05
999	Abby Fliehler	Starmont	JR	nt

**3000-METER RUN**

1	Amy Edwards	Chariton	JR	10:53.55
2	Evette Iverson	South O'Brien	JR	11:00.38
3	Mindy Van Kalsbeek	Unity Christian	FR	11:13.78
4	Martie Houtsma	Sibley-Ocheyedan	SO	11:14.78
5	Kristi Schmidt	Spirit Lake Park	SO	11:20.30
6	Dana Mace	Missouri Valley	JR	11:20.89
7	Tabitha Vander Wilt	Unity Christian	JR	11:27.03
8	Trisha Troendle	Waukon	SR	11:32.66
9	Kate Oleson	Nodaway Valley	SO	11:32.72
10	Cyndi Gryte	Nevada	SR	11:33.05

11	Jamie Aldinger	Iowa Falls	SR	11:36.27
12	Courtney Ebersole	Sergeant Bluff-Luton	FR	11:36.91
13	Rachael Bunt	Cherokee	SR	11:37.99
14	Erika Sanchez	Washington	FR	11:46.98
15	Beth Boyer	Waukee	SO	11:48.86
16	Sara Eggers	Webster City	SR	11:51.58
17	Becky Bowman	Monticello	SO	12:00.84
18	Anita Aeikens	Forest City-WCL	JR	12:06.69
19	Rebecca Glassel	Red Oak	SR	12:33.42
20	Abby Fliehler	Starmont	JR	12:36.50
21	Shelly Lyons	Waukon	FR	13:02.49
999	Val Oltman	Nevada	SO	dnf
999	Kendra Versendaal	Prairie City-Monroe	SO	dnf
999	Devin Pape	Maquoketa	FR	dnf

**100-METER HURDLES**

1	Amber Oolman	South O'Brien	SR	15.52
2	Bobbi Jo Lane	Humboldt	JR	15.62
3	Nikki Garrett	Clarke	JR	16.00
4	Betsy Grimes	North Fayette	SR	16.08
5	Laura Hanson	Roland-Story	SR	16.09
6	Jennifer Jobes	Grinnell	SR	16.33
7	Suzie Van Roekel	Pella Christian	SO	16.54
8	Amy Anderson	Storm Lake	JR	16.60

## Heat 1

1	Bobbi Jo Lane	Humboldt	JR	16.03
2	Jennifer Jobes	Grinnell	SR	16.50
3	Brooke Christensen	Winterset	FR	16.77
4	Cole Lambert	Knoxville	FR	16.85
5	Kathy Wohlers	Missouri Valley	SO	16.87
6	Toni Glawe	Elkader Central-Garnavillo	JR	16.96
7	Stacy Rupiper	Carroll Kuemper	SO	17.26
8	Melissa Showalter	Mid-Prairie	SR	17.27

## Heat 2

1	Nikki Garrett	Clarke	JR	16.27
2	Amy Anderson	Storm Lake	JR	16.68
3	Vanessa Doerscher	Davenport Assumption	SO	16.79
4	Kelley Schwarte	Carroll	SR	16.93
5	Jackie Wilfawn	Fairfield	SR	17.08
6	Jody Thompson	Grinnell	SR	17.36
7	Dusti Ketcham	Shenandoah	SO	17.83

## Heat 3

1	Amber Oolman	South O'Brien	SR	15.79
2	Laura Hanson	Roland-Story	SR	16.25
3	Betsy Grimes	North Fayette	SR	16.43
4	Suzie Van Roekel	Pella Christian	SO	16.51
5	Courtney Anderson	Okoboji	SR	16.83
6	Steph Francois	Starmont	SO	17.13
7	Robynn Sturm	Carroll Kuemper	JR	17.38

**400-METER HURDLES**

1	Kim McCaffrey	Carroll	JR	1:04.14
2	Gina Shannon	New Hampton	JR	1:04.46
3	Jeanette Olson	Decorah	JR	1:06.39
4	Molly Sherlock	Davis County-Fox Valley	SR	1:06.46
5	Jackie Ekhoff	Unity Christian	SO	1:06.94
6	Joyce Jordahl	Iowa Falls	SR	1:07.48
7	Cathy Brookins	Clear Lake	JR	1:07.52
8	Jenni Donohue	Roland-Story	JR	1:09.10

## Heat 1

1	Gina Shannon	New Hampton	JR	1:05.42
2	Jackie Eekhoff	Unity Christian	SO	1:08.04
3	Joyce Jordahl	Iowa Falls	SR	1:08.09
4	Deb Meyer	Waukon	SR	1:09.26
5	Kelli Kaalberg	West Liberty	SO	1:10.48
6	Erin Borchers	Sheldon	SO	1:10.56
7	Rachel Kirchner	Clarinda	SO	1:11.32
8	Olivia Fetzer	Williamsburg	JR	1:12.42

## Heat 2

1	Kim McCaffrey	Carroll	JR	1:05.73
2	Jeanette Olson	Decorah	JR	1:06.80
3	Cathy Brookins	Clear Lake	JR	1:07.81
4	Penny Bakalyar	Maple Valley-Anthon-Oto	JR	1:10.27
5	Cindy Brincks	South Winneshiek	SO	1:10.29
6	Paige Thomsen	Jefferson-Scranton	JR	1:11.07
7	Tricia Arellano	Carroll Kuemper	FR	1:11.56
8	Asta Barcas	Cherokee	SR	1:11.78

## Heat 3

1	Molly Sherlock	Davis County-Fox Valley	SR	1:07.30
2	Jenni Donohue	Roland-Story	JR	1:08.03
3	Brooke Christensen	Winterset	FR	1:09.43
4	Keri Deppe	Grinnell	JR	1:09.47
5	Julie Brophy	Mid-Prairie	JR	1:10.07
6	Amy Allen	Grinnell	SO	1:10.80
7	Tina Walker	Jefferson-Scranton	JR	1:11.80
999	Sommer Baxton	Forest City-WCL	SR	DQ-1:07.06

**HIGH JUMP**

1	Melissa Nelson	Algona	FR	5'04"
2	Tracy Flowers	Knoxville	JR	5'03"
3	Leah Dovorak	New Hampton	FR	5'02"
4	Crystal Capron	Anamosa	SR	5'02"
4	Sarah Schooley	Davis County-Fox Valley	JR	5'02"
4	Marissa Knehans	Starmont	SO	5'02"
7	Jori Van Ginkel	Western Christian	SO	5'02"
8	Katie Kriener	Crestwood	SR	5'00"
9	Casee Piel	Creston	SO	5'00"
10	Stacy Mueller	North Fayette	JR	4'10"
10	Jessi Kucera	Sergeant Bluff-Luton	SO	4'10"
10	Kim McCaffrey	Carroll	JR	4'10"
10	Erica Beck	Ballard	SO	4'10"
14	Cyanna Alm	Camanche	FR	4'10"
14	Sarah Vicker	Creston	SR	4'10"
14	Jen Ellerbrook	Sibley-Ocheyedan	FR	4'10"
14	Nikki Garrett	Clarke	JR	4'10"
14	Kayla Lyman	Roland-Story	JR	4'10"
19	Allison Kruger	South O'Brien	FR	4'10"
19	Amanda Von Ahsen	Williamsburg	JR	4'10"
999	Carrie Boyer	North Fayette	FR	NH
999	Sarah Wood	Red Oak	SO	NH
999	Jennifer Capper	Washington	SO	NH
999	Dawn Netz	Pella Christian	FR	NH

**LONG JUMP**

1	Maggie Hall	Harlan	JR	17'10.25"
2	Sarah Rafferty	Eddyville-Blakesburg	FR	17'08.50"
3	Nikki Nelson	Mount Vernon-Lisbon	SO	17'08"
4	Torrie Tuggle	Cherokee	SR	17'04"

5	Star Esslinger	Davis County-Fox Valley	FR	17'00.75"
6	Tami Kielman	Okoboji	SR	16'11.75"
7	Jenny Carroll	Hampton-Dumont	SO	16'10.75"
8	Jennifer Timmermans	Vinton-Shellsburg	JR	16'09.25"
9	Krista Fritz	Clear Lake	SR	16'07"
10	Betsy Jennings	Nevada	SO	16'06.25"
11	Megan Kaufman	Estherville-Lincoln Central	SO	16'03.75"
12	Jeanette Olson	Decorah	JR	16'03.50"
13	Jeanna Van Veen	Prairie City-Monroe	FR	16'02.50"
14	Anna Teigland	Sheldon	SO	16'01.50"
15	Marcie Mathes	Knoxville	JR	16'00.50"
16	Amanda Dotson	Okoboji	JR	15'11"
17	Maggie Driscoll	Davenport Assumption	FR	15'10.50"
18	Emily Otdoerfer	Starmont	SR	15'10.25"
19	Brandi Green	Chariton	SR	15'04"
20	Heather Iburg	Williamsburg	FR	15'03.50"
21	Dawn Anspach	Storm Lake	FR	15'01.75"
22	Michelle Pelisek	Spirit Lake Park	SR	14'09.50"
23	Vanessa Doerscher	Davenport Assumption	SO	14'08.50"
24	Annette Otdoerfer	Starmont	FR	14'06.25"

**SHOT PUT**

1	Denise Sump	Clarinda	SR	40'01"
2	Tammi Blackstone	Cherokee	SR	38'04.25"
3	Teisha Smith	New Hampton	SR	37'11"
4	Abbi Schutte	Sibley-Ocheyedan	JR	37'06.75"
5	Laura Stork	Carroll Kuemper	SO	36'11.75"
6	Lorrie Grems	Estherville-Lincoln Central	FR	36'10"
7	Cindy Holland	Forest City-WCL	SR	35'09.25"
8	Allison Reece	Forest City-WCL	SO	35'08.75"
9	Sarah Stille	Storm Lake	JR	35'08.25"
10	Sandra Faulkner	Grinnell	SR	35'02.50"
11	Amber Blom	MOC-Floyd Valley	JR	34'11.25"
12	Ellen Bunker	Jefferson-Scranton	SO	34'03.50"
13	Betsy Cartwright	Dallas Center-Grimes	SO	34'02.75"
14	Lana Radeke	Vinton-Shellsburg	JR	34'01.50"
15	Joy Cooper	Ballard	JR	33'11.75"
16	Teresa Burns	Davenport Assumption	SR	33'11.50"
17	Wendy Graber	Roland-Story	SR	33'08"
18	Molly Standafer	North Fayette	SO	33'05.50"
19	Lanette McHone	Fairfield	JR	33'03.75"
20	Molly Campbell	North Fayette	JR	33'02.50"
21	Bridget Bierschenk	Benton	SR	33'00"
22	Michelle Stover	Clarke	SO	32'05.50"
23	Amanda Christensen	Anamosa	SO	31'08.50"
24	Maria Davelaar	Unity Christian	SO	30'03.75"

**DISCUS**

1	Tammi Blackstone	Cherokee	SR	140'09"
2	Cindy Holland	Forest City-WCL	SR	122'04"
3	Jan Frazier	Benton	JR	113'07"
4	Charlotte Capper	Washington	SR	113'03"
5	Renee Meyer	Clarinda	SR	112'10"
6	Allison Reece	Forest City-WCL	SO	112'05"
7	Teresa Burns	Davenport Assumption	SR	111'03"
8	Annie Parrott	Carroll	SR	109'07"
9	Lana Radeke	Vinton-Shellsburg	JR	106'07"
10	Billie Jo Hunt	Maquoketa Valley	FR	105'06"
11	Laura Stork	Carroll Kuemper	SO	105'02"
12	Alisha Kurth	Elkader Central-Garnavillo	SR	103'06"
13	Kari Wagenaar	Sheldon	JR	102'04"
14	Kelly Hansen	Harlan	SR	101'09"

15	Angie Horman	Durant-Bennett	JR	100'04"
16	Abbi Schutte	Sibley-Ocheyedan	JR	100'02"
17	Rhiannon Huffman	South O'Brien	SO	099'02"
18	Tenille Tate	Webster City	JR	097'08"
19	Erin Coffey	Chariton	SO	096'06"
20	Jennifer Capper	Washington	SO	095'05"
21	Jessica Van Whye	West Lyon	JR	093'10"
22	Mikelle Holt	Iowa Falls	JR	093'09"
23	Fallon Luskey	DeWitt Central	FR	092'04"
24	Angie Dagel	Sibley-Ocheyedan	SO	088'06"

**4x100-METER RELAY**

1	BENTON	Betsie Niebes, Missy Niebes Beth Kromminga, Brandee Bierschenk	50.98
2	OKOBOJI	Tara Baschke, Tami Kielman Lisa Rigby, Jessica Miner	51.22
3	STARMONT	Alice Otdoerfer, Emily Otdoerfer Kristy Kelchen, Annette Otdoerfer	51.38
4	CHEROKEE	Lyndsay Perrin, Torrie Tuggle Sara Veit, Leanne Florke	51.47
5	IOWA FALLS	Heather Nail, Brittany Ziesman Jennifer Jennings, Kate Collison	51.57
6	SOUTH O'BRIEN	Jennifer Recker, Amber Oolman Kari Anderson, Missy Roos	51.76
7	DECORAH	Jamie Lemke, Auny Kerndt Steph Blauer, Sarah Haugen	52.05
8	NORTH FAYETTE	Sarah Graham, Jeana McKnight Lindsay Olson, Lakisha Harper	52.39
Heat 1			
1	OKOBOJI	Tara Baschke, Tami Kielman Lisa Rigby, Jessica Miner	51.31
2	NORTH FAYETTE	Sarah Graham, Jeana McKnight Lindsay Olson, Lakisha Harper	52.09
3	CLEAR LAKE	Krista Fritz, Kristy Echelberger Brandi Halsne, Liz Jaben	52.31
4	SOUTH TAMA	Gail Anderson, Jill Legg Aimee Poweshiek, Sarah Kucera	52.82
5	ANAMOSA	Karen Platner, Crystal Capron Cara Graver, Kim Delagardelle	53.17
6	WASHINGTON	Melissa Tschantz, Elizabeth Greiner Jina Witthoft, Emily Allison	53.20
7	CARROLL KUEMPER	Katie Boes, Alicia Irlbeck Stacy Rupiper, Tami Meinders	53.25
8	DAVIS COUNTY-FOX VALLEY	MacKenzie Smith, Amy Cason Mandy Swaim, Sarah Schooley	DQ-51.46
Heat 2			
1	STARMONT	Alice Otdoerfer, Emily Otdoerfer Kristy Kelchen, Annette Otdoerfer	51.27
2	IOWA FALLS	Heather Nail, Brittany Ziesman Jennifer Jennings, Kate Collison	51.83
3	DECORAH	Jamie Lemke, Auny Kerndt Steph Blauer, Sarah Haugen	52.17
4	EDDYVILLE-BLAKESBURG	Amber Ferguson, April Lappin Adrienne Roberts, Sarah Rafferty	52.25
5	CRESTON	Cathy Kister, Elisa Hutchinson Erin McKee, Sarah Vicker	52.41
6	CLARKE	Nikki Garrett, Lisa Cowling Amy Lowe, Michelle Stover	52.50
7	WEST LIBERTY	Shelli Connell, Josie Garcia	



8	CENTERVILLE	Emily Jensen, Kelli Kaalberg Amie Hart, Erin Sherman Kelly Mitchell, Alissa King	52.88 53.38
Heat 3			
1	BENTON	Betsie Niebes, Missy Niebes Beth Kromminga, Brandee Bierschenk	51.35
2	CHEROKEE	Lyndsay Perrin, Torrie Tuggle Sara Veit, Leanne Florke	51.81
3	SOUTH O'BRIEN	Jennifer Recker, Amber Oolman Kari Anderson, Missy Roos	51.98
4	HAMPTON-DUMONT	Sarah Hannah, Kristy Madetzke Jenny Carroll, Holly Heilskov	52.22
5	DYERSVILLE BECKMAN	Laura Jacque, Terese Nickol Carisa Wessels, Mandy Pins	52.23
6	SPIRIT LAKE PARK	Kate DuChene, Kim Puhrman Jolene Elser, Lori Eich	53.26
7	STORM LAKE	Amy Anderson, Stacy Schoneboom Kari Stavnes, Holly Geyer	53.59
8	FOREST CITY-WCL	Leigh Trayers, Sarah Buck Megan Levad, Becky Bartleson	54.31
<b>4x200-METER RELAY</b>			
1	OKOBOJI	Tami Kielman, Tara Baschke Kelly Berhow, Jessica Miner	1:46.54
2	NEW HAMPTON	Angie Schwickerath, Stacey Marr Heather Kuennen, Teisha Smith	1:47.65
3	DAVIS COUNTY-FOX VALLEY	MacKenzie Smith, Amy Cason Molly Sherlock, Mandy Swaim	1:47.72
4	STARMONT	Alice Otdoerfer, Emily Otdoerfer Kristy Kelchen, Annette Otdoerfer	1:47.75
5	BENTON	Betsie Niebes, Stephanie Koch Beth Kromminga, Brandee Bierschenk	1:48.33
6	EDDYVILLE-BLAKESBURG	Amber Ferguson, April Lappin Adrienne Roberts, Sarah Rafferty	1:48.68
7	CARROLL KUEMPER	Mary Heithoff, Alicia Irlbeck Tracy Simons, Tami Meinders	1:49.30
8	HAMPTON-DUMONT	Sarah Hannah, Devon Heyden Jenny Carroll, Holly Heilskov	1:49.31
Heat 1			
1	STARMONT	Alice Otdoerfer, Emily Otdoerfer Kristy Kelchen, Annette Otdoerfer	1:48.52
2	EDDYVILLE-BLAKESBURG	Amber Ferguson, April Lappin Adrienne Roberts, Sarah Rafferty	1:49.76
3	BENTON	Betsie Niebes, Stephanie Koch Beth Kromminga, Brandee Bierschenk	1:49.78
4	MOUNT VERNON-LISBON	Maggie Lessmeier, Chelsea Ellison Laura Hurmence, Nikki Nelson	1:52.07
5	JEFFERSON-SCRANTON	Sam Kinne, Paige Thomsen Laura Bates, Teri Martin	1:53.63
6	FOREST CITY-WCL	Stacy Vitek, Lydia Missal Sarah Buck, Becky Bartleson	1:54.81
7	FAIRFIELD	Kori Allison, Sammi Allison Katie Gray, Jenny Kephart	1:56.44
999	PERRY	Jordan Robertson, Amanda Friedrichsen Kate Kastner, Sarah Kautzky	DQ-2:01.66
Heat 2			
1	OKOBOJI	Tami Kielman, Tara Baschke Kelly Berhow, Jessica Miner	1:46.96
2	HAMPTON-DUMONT	Sarah Hannah, Devon Heyden Jenny Carroll, Holly Heilskov	1:49.91

3	CHARITON	Ryann Ginkens, Stacy Vitek Stacy Stephenson, Misty Mundy	1:51.71
4	WAUKON	Deb Meyer, Carla Beneke Heather Herman, Chris Pierce	1:52.70
5	DURANT-BENNETT	Sheryl Bell, Kristina Finck Amy Wilkins, Amanda Kalen	1:52.77
6	SPIRIT LAKE PARK	Cassy Weber, Jenny Koenecke Melanie Leinbaugh, Shannon Ranum	1:53.11
7	CARROLL	Angie Mann, Beth Hodge Julie Vonnahme, Julie Bluml	1:55.64
999	CLARKE	Micki Seelinger, Lisa Cowling Amy Lowe, Michelle Stover	dnf

## Heat 3

1	NEW HAMPTON	Angie Schwickerath, Stacey Marr Heather Kuennen, Teisha Smith	1:48.26
2	DAVIS COUNTY-FOX VALLEY	MacKenzie Smith, Amy Cason Molly Sherlock, Mandy Swaim	1:48.27
3	CARROLL KUEMPER	Mary Heithoff, Alicia Irlbeck Tracy Simons, Tami Meinders	1:50.27
4	HARLAN	Tatum Rust, Melissa Patten Tammi Christensen, Jessica Rasmussen	1:52.33
5	CLARINDA	Jenny Williams, Kellie Hicks Erin Miller, Laura Murren	1:52.50
6	RED OAK	Melanie Schettler, Sarah Wood Jessica Phillips, Nicole Barr	1:52.70
7	GRINNELL	Nina Kaiser, Marcie Ross Darla Kaisand, Jenny Meldrem	1:53.50
8	WASHINGTON	Erin Colbert, Melissa Tschantz Elizabeth Greiner, Andrea Ballard	1:55.26

**4x400-METER RELAY**

1	DAVIS COUNTY-FOX VALLEY	Emily Zeitler 63.0, Amy Cason 61.6 Molly Sherlock 61.9, Tracy Burress 60.4	4:06.87
2	MOUNT VERNON-LISBON	Maggie Lessmeier 63.0, Laura Hurmence 62.6 Emily Fordyce 65.3, Nikki Nelson 57.2	4:08.11
3	IOWA FALLS	Andrea Conover 64.1, Joyce Jordahl 62.6 Becky Krueger 63.3, Jennifer Jennings 59.8	4:09.81
4	BENTON	Nicole Gilson 63.1, Sara Schulte 63.1 Stephanie Koch 63.6, Abbie Stepanek 60.2	4:10.06
5	NEW HAMPTON	Michelle Snyder 64.3, Heather Kuennen 63.1 Gina Shannon 63.6, Teisha Smith 60.2	4:11.28
6	HARLAN	Kristin Olson 62.9, Tammi Christensen 64.4 Jill Schechinger 66.2, Maggie Hall 58.3	4:11.81
7	DYERSVILLE BECKMAN	Carisa Wessels 61.7, Alicia Nosbisch 62.3 Melissa Domeyer 63.4, Mandy Pins 63.8	4:12.36
8	NORTH FAYETTE	Kris Scott 62.0, Amanda Buresh 67.0 Heidi Guyer 64.8, Kodi Dahl 61.0	4:14.99

## Heat 1

1	DAVIS COUNTY-FOX VALLEY	Emily Zeitler 61.6, Amy Cason 61.4 Molly Sherlock 61.7, Tracy Burress 65.0	4:04.95
2	IOWA FALLS	Andrea Conover 63.0, Joyce Jordahl 61.9 Becky Krueger 63.9, Jennifer Jennings 62.5	4:11.36
3	DYERSVILLE BECKMAN	Carisa Wessels 62.6, Alicia Nosbisch 63.9 Melissa Domeyer 62.6, Mandy Pins 64.0	4:13.14
4	NORTH FAYETTE	Kris Scott 61.3, Amanda Buresh 65.9 Heidi Guyer 65.4, Kodi Dahl 61.2	4:13.75
5	WILLIAMSBURG	Katie Kelting 63.9, Julie Arthur 63.2 Olivia Fetzer 64.5, Beth Jones 62.5	4:14.10
6	FOREST CITY-WCL	Sommer Baxton 63.4, Stephanie Swingen 64.3 Stacy Vitek 63.9, Jana Benson 64.6	4:16.25
7	GRINNELL	Debbie Melcher 64.7, Jennifer Jobses 64.8	

8	EDDYVILLE-BLAKESBURG	Keri Deppe 62.6, Jenny Meldrem 67.0 Raelynn Bremer 65.3, April Lappin 62.6 Amber Ferguson 72.1, Tanya Horn 64.0	4:19.15 4:24.09
Heat 2			
1	NEW HAMPTON	Michelle Snyder 62.6, Heather Kuennen 62.8 Gina Shannon 61.4, Teisha Smith 61.7	4:08.54
2	HARLAN	Kristin Olson 63.6, Tammi Christensen 64.2 Jill Schechinger 66.2, Maggie Hall 58.1	4:12.03
3	BENTON	Nicole Gilson 65.1, Sara Schulte 63.2 Stephanie Koch 64.2, Abbie Stepanek 60.3	4:12.86
4	CARLISLE	Beth Randleman 64.6, Alyssa Stoner 66.0 Heather Moehring 64.8, Alicia Avitt 59.8	4:14.76
5	MID-PRAIRIE	Julie Brophy 66.4, Leah Bontrager 66.6 Megan TeBockhorst 64.3, Melissa Showalter 62.6	4:19.94
6	WINTERSET	Amanda Dyer 67.4, Cori Worrall 65.8 Jill Johnson 64.3, Brooke Christensen 62.5	4:20.04
7	BALLARD	Suzanne Wiggers 65.5, Michelle Staples 66.7 Sarah Mitchell 62.6, Marcy Krumm 59.9	4:22.52
999	CHEROKEE	Asta Barcas 65.0, Emily Papenhausen 62.5 Tanya Tuttle 66.8, Torrie Tuggle 63.2	DQ-4:17.64
Heat 3			
1	MOUNT VERNON-LISBON	Maggie Lessmeier 65.0, Laura Hurmence 62.7 Emily Fordyce 64.6, Nikki Nelson 60.3	4:12.67
2	SHELDON	Anna Teigland 62.3, Jodi Jager 67.6 Kelly Perry 64.2, Rachel Riepma 62.2	4:16.34
3	MOC-FLOYD VALLEY	Carissa Visser 64.7, Tara Meekma 64.7 Heather Larsen 64.2, Lisa Lubbers 63.6	4:17.21
4	SOUTH WINNESHIEK	Ann Bakewell 64.2, Jenarah TeKippe 64.3 Megan Heying 65.1, Cindy Brincks 64.0	4:17.66
5	MONTICELLO	Jenny Jesenovec 65.8, Amber Mayo 65.3 Jill Henderson 64.0, Kali Kiner 62.5	4:17.93
6	PELLA CHRISTIAN	Charissa Fynaardt 64.4, Kami De Haan 67.4 Jennifer Vander Wal 67.0, Jill Van Weelden 64.1	4:22.99
7	MAQUOKETA VALLEY	Deedra Billings 66.9, Megan Dabroski 64.5 Holly Arjes 67.1, Billie Jo Hunt 67.4	4:25.95
8	CARROLL KUEMPER	Tricia Arellano 67.6, Stacy Wiederin 67.8 Tracy Simons 68.1, Mary Heithoff 67.7	4:31.25
<b>4x800-METER RELAY</b>			
1	NEW HAMPTON	Jenny Kramer 2:25.3, Cherie Ter Hark 2:23.4 Emily O'Donohue 2:26.5, Michelle Snyder 2:21.6	09:36.86
2	NEVADA	Rachel Baker 2:25.9, Angie Ahlquist 2:23.9 Cyndi Gryte 2:28.1, Val Oltman 2:25.4	09:43.20
3	MAQUOKETA	Becky Hayward 2:26.3, Lindsey Batey 2:30.7 Tricia Tampir 2:26.3, Nicole Cueno 2:23.7	09:46.36
4	WILLIAMSBURG	Julie Arthur 2:30.9, Katie Kelting 2:26.2 Amy Neal 2:27.6, Olivia Fetzer 2:23.6	09:48.32
5	CLARINDA	Angie Rush, Jara Sunderman Jamie Schilb, Marcy Foster	09:52.25
6	BENTON	Abbie Stepanek 2:28.0, Erin Noeller 2:31.2 Maria Duncalf 2:30.7, Liz Markwitz 2:26.9	09:56.04
7	MISSOURI VALLEY	Mary Kruempel, Christie Eckhoff Teri Bowers, Dana Mace 2:24.8	09:57.74
8	HARLAN	Kristin Olson 2:27.6, Tammi Christensen 2:33.6 Jenny Schaben 2:28.3, Jill Schechinger 2:32.4	10:01.92
9	WEST LYON	Kelli Kramer, Megan Vanden Bosch Steph Eiesland, Laura Bahnson 2:28.8	10:02.38
10	ELKADER CENTRAL-GARNAVILLO	Mandee Saunders 2:28.7, Leslee Green 2:42.3 Stephanie Balk 2:29.9, Ali Schroeder 2:25.5	10:05.70
11	DEWITT CENTRAL	Michelle Doom 2:31.6, Kerri Doom 2:32.1 Jenny Steines 2:32.4, Adel Gilroy 2:31.0	10:07.14

12	OKOBOJI	Cristi Trow, Jamie Hansen	
		Kristy Derner, Amanda Dotson 2:24.8	10:11.11
13	SOUTH WINNESHIEK	Amanda Balik 2:34.1, Jenarah TeKippe 2:33.8	
		Tanya Poshusta 2:32.4, Cindy Brincks 2:31.3	10:11.62
14	DAVENPORT ASSUMPTION	Kristie Kubik, Maggie Driscoll	
		Brynn Wagner, Jenni King	10:14.09
15	WASHINGTON	Leah Haeffner 2:30.0, Terra Swift 2:34.0	
		Jessica Hotchkiss, Lisa Schmidt	10:15.14
16	MAQUOKETA VALLEY	Renee Maiers, Megan Dabroski	
		Natalie Wendt, Angie Tumey	10:15.57
17	NODAWAY VALLEY	Kate Olesen 2:24.7, Teresa Shannon	
		Kelly Smith, Sarah Bingaman	10:16.49
18	DURANT-BENNETT	Anita August, Sheryl Bell	
		Amy Wilkins, Emily Roesger	10:17.44
19	FAIRFIELD	Jill Engbrecht, Beth Brown	
		Betsy Neff, Nikki Sieber	10:19.23
20	MONTICELLO	Jill Henderson 2:30.0, Shannon Ellis	
		Christa Specht, Melinda Gutzeit	10:21.44
21	EDDYVILLE-BLAKESBURG	Tiffany Horn 2:36.0, Heather Veldhuizen 2:38.7	
		Kylee Thomas, Tanya Horn	10:22.66
22	CARROLL KUEMPER	Melissa Kelly, Tricia Arellano	
		Mary Heithoff, Angie Angel	10:28.80
23	WINTERSET	Cori Worrall, Jill Johnson	
		Vanessa Seaward, Mandy Harper	10:36.06
999	IOWA FALLS	Andrea Conover 2:27.4, Megan Lubbers 2:27.4	
		Lisa Glaesmann 2:29.1, Joyce Jordahl 2:26.5	DQ-09:50.37

**SPRINT MEDLEY RELAY**

1	SOUTH WINNESHIEK	Lori Balik, Nikki Buchheit	
		Bree Elsbernd, Jill Bakewell 57.8	1:51.19
2	DAVIS COUNTY-FOX VALLEY	Sarah Schooley, MacKenzie Smith	
		Mandy Swaim, Tracy Burress 58.9	1:51.35
3	HAMPTON-DUMONT	Sarah Hannah, Sarah Anderson	
		Jenny Carroll, Holly Heilskov 58.0	1:51.56
4	STARMONT	Alice Otdoerfer, Emily Otdoerfer	
		Kristy Kelchen, Annette Otdoerfer 58.9	1:51.96
5	CRESTON	Cathy Kister, Elisa Hutchinson	
		Lindsey Courtney, Sarah Vicker 59.5	1:52.76
6	SHELDON	Jodi Jager, Trisha Ring	
		Anna Teigland, Rachel Riepma 61.2	1:54.30
7	VINTON-SHELLSBURG	Shawna Deutsch, Melissa Geiken	
		Jennifer Timmermans, Andrea Robertson 61.7	1:54.65
8	MOC-FLOYD VALLEY	Julie Richter, Dana Doppenberg	
		Carissa Visser, Lisa Lubbers 60.6	1:55.09

## Heat 1

1	HAMPTON-DUMONT	Sarah Hannah, Sarah Anderson	
		Jenny Carroll, Holly Heilskov 59.6	1:52.50
2	STARMONT	Alice Otdoerfer, Emily Otdoerfer	
		Kristy Kelchen, Annette Otdoerfer 60.4	1:52.60
3	CLARKE	Michelle Stover, Lisa Cowling	
		Amy Lowe, Micki Seelinger 61.4	1:55.70
4	PERRY	Amanda Friedrichsen, Kate Kastner	
		Sarah Kautzky, Tami Smith 61.2	1:55.97
5	SHENANDOAH	Sarah Micheel, Jennifer Berning	
		Dusti Ketcham, Kristy Larson 61.3	1:56.50
6	NEVADA	Nee Nee Luck, Jenny Kemmerer	
		Betsy Jennings, Angie Ahlquist 63.0	1:57.37
7	RED OAK	Melanie Schettler, Sarah Wood	
		Jessica Phillips, Julie Carmichael 63.1	1:58.07
8	FAIRFIELD	Jackie Wilfawn, Jenny Luckman	
		Katie Gray, Dottie Craig 66.1	2:00.54

Heat 2			
1	SOUTH WINNESHIEK	Lori Balik, Nikki Buchheit Bree Elsbernd, Jill Bakewell 57.4	1:50.76
2	CRESTON	Cathy Kister, Elisa Hutchinson Lindsey Courtney, Sarah Vicker 60.9	1:52.99
3	MOC-FLOYD VALLEY	Julie Richter, Dana Doppenberg Carissa Visser, Lisa Lubbers 61.3	1:55.47
4	OKOBOJI	Tara Baschke, Lisa Rigby Kelly Berhow, Cristi Trow 62.2	1:56.26
5	ACKLEY-GENEVA-WSR	Jen Kramer, Sara Primus Allison Starr, Amanda Sents 61.2	1:56.31
6	CLARINDA	Erin Miller, Laura Murren Temple Windhorst, Marcy Foster 61.1	1:58.63
7	JEFFERSON-SCRANTON	Kelly Turpin, Laura Bates Teri Martin, Sam Kinne 60.9	2:02.01
8	CLEAR LAKE	Krista Fritz, Angie Doebel Laura Maring, Liz Jaben	dnf

Heat 3			
1	DAVIS COUNTY-FOX VALLEY	Sarah Schooley, MacKenzie Smith Mandy Swaim, Tracy Burress 59.0	1:51.40
2	SHELDON	Jodi Jager, Trisha Ring Anna Teigland, Rachel Riepma 59.5	1:52.76
3	VINTON-SHELLSBURG	Shawna Deutsch, Melissa Geiken Jennifer Timmermans, Andrea Robertson 61.3	1:54.42
4	CARROLL	Clare Krogh, Angie Mann Julie Vonnahme, Sara Stribe 61.4	1:55.52
5	EMMETSBURG	Amy Soenen, Teresa Joyce Erin Ellerbusch, Susan Kenyon 61.8	1:56.11
6	MONTICELLO	Jenny Jesenovec, Kylie Onken Amber Mayo, Kali Kiner 60.7	1:56.61
7	NEW HAMPTON	Amy Sumner, Angie Schwickerath Stacey Marr, Abbie Kennedy 64.5	1:58.08
8	FOREST CITY-WCL	Leigh Trayers, Becky Bartleson Stephanie Swingen, Lydia Missal 64.0	1:59.33

**DISTANCE MEDLEY RELAY**

1	NEW HAMPTON	Stacey Marr, Heather Kuennen Teisha Smith 59.9, Gina Shannon 2:20.6	4:16.54
2	CHEROKEE	Sara Veit, Torrie Tuggle Asta Barcas 62.4, Emily Papenhausen 2:25.0	4:21.88
3	CARROLL	Angie Mann, Julie Bluml Kim McCaffrey 61.8, Sara Stribe 2:17.5	4:23.94
4	NEVADA	Jenny Kemmerer, Betsy Jennings Angie Ahlquist 61.7, Rachel Baker 2:27.2	4:24.54
5	MID-PRAIRIE	Melissa Showalter, Leah Bontrager Megan TeBockhorst 62.7, Julie Brophy 2:27.5	4:25.49
6	DECORAH	Jamie Lenke, Auny Kerndt Nichole Mitchell 63.4, Laura Storkamp 2:27.7	4:28.39
7	FAIRFIELD	Kori Allison, Sammi Allison Jill Engbrecht 63.4, Betsy Neff 2:28.2	4:28.52
8	MAQUOKETA	Colleen Kane, Brandy Schnoor Tricia Tampir 63.1, Nicole Cueno 2:28.6	4:29.32
9	CLARINDA	Jenny Williams, Temple Windhorst Rachel Kirchner 65.5, Jara Sunderman 2:29.6	4:30.68
10	VINTON-SHELLSBURG	Jen Evans, Tiffanie Garbers Andrea Robertson 62.9, Sara Johnson 2:31.7	4:31.05
11	MONTICELLO	Jill Henderson, Amber Mayo Kali Kiner 62.2, Jenny Jesenovec 2:33.7	4:31.25
12	HARLAN	Casey Pash, Jessica Rasmussen Jill Schechinger 66.2, Kristin Olson 2:30.2	4:31.93
13	EMMETSBURG	Amy Soenen, Teresa Joyce Susan Kenyon 62.0, Jennifer Ellerbusch 2:32.8	4:32.56

13	WASHINGTON	Melissa Tschantz, Elizabeth Greiner Emily Allison 61.3, Jennifer Knupp 2:24.7	4:32.56
15	MOC-FLOYD VALLEY	Carissa Visser, Chris Popma Tara Meeke 62.6, Lisa Lubbers	4:33.06
16	FOREST CITY-WCL	Stacy Vitek, Sarah Buck Sommer Baxton 63.9, Jana Benson 2:31.8	4:33.10
17	PELLA CHRISTIAN	Jessi Roose, Nicole Bruxvoort Kami De Haan 65.4, Jennifer Vander Wal 2:32.8	4:33.55
18	STORM LAKE	Holly Geyer, Erin Gervais Beth Bochtler 65.4, Allison Carr 2:31.5	4:34.17
19	IOWA FALLS	Brittany Ziesman, Kate Collison Andrea Conover 65.0, Lisa Glaesmann 2:35.8	4:37.14
20	MEDIAPOLIS	Brianne Miller, Teresa Mullahy Laura Steiner 63.7, Katie Hinson 2:37.7	4:38.73
21	WINTERSET	Lacey Christensen, Rachel Cole Amanda Dyer 65.6, Cori Worrall 2:34.9	4:39.09
22	DURANT-BENNETT	Kristina Finck, Jessica Semsch Amanda Kalen 63.4, Amanda Buesing 2:38.4	4:39.60
23	SERGEANT BLUFF-LUTON	Courtney Williams, Kelli McGill Kristen Schuknecht 66.0, Courtney Ebersole 2:35.6	4:39.82
24	CHARITON	Stacy Stephenson, Misty Mundy Deb Shea 65.6, Amy Edwards 2:40.3	4:42.29

**SHUTTLE HURDLE RELAY**

1	ROLAND-STORY	Emily Tjernagel 15.8, Melissa Senti 16.7 Jenni Donohue 15.5, Laura Hanson 16.0	1:04.26
2	DECORAH	Chris Wilkins 17.1, Nichole Mitchell 15.5 Deanna Olson 16.4, Jeanette Olson 16.1	1:05.12
3	JEFFERSON-SCRANTON	Paige Thomsen 16.0, Sam Kinne 16.7 Tina Walker 15.7, Sarah Carlson 17.1	1:05.69
4	GRINNELL	Darla Kaisand 16.4, Jody Thompson 16.6 Jennifer Jobses 16.0, Keri Deppe 16.7	1:05.71
5	CARROLL	Clare Krogh 17.6, Kim McCaffrey 15.3 Shellie Haake 16.9, Kelley Schwarte 16.5	1:06.30
6	CLEAR LAKE	Cathy Brookins 16.1, Brandi Halsne 16.7 Kathy Bitker 17.3, Liz Jaben 16.3	1:06.50
7	SHENANDOAH	Sarah Micheel 16.6, Mandi Harms 17.4 Jennifer Berning 16.3, Dusti Ketcham 16.7	1:07.07
8	WEST LIBERTY	Josie Garcia 17.1, Emily Jensen 7.1 Megan Hammons 17.0, Emily Strumpel 17.2	1:08.38

## Heat 1

1	SHENANDOAH	Sarah Micheel, Mandi Harms Jennifer Berning, Dusti Ketcham	1:06.46
2	GRINNELL	Darla Kaisand, Jody Thompson Jennifer Jobses, Keri Deppe	1:06.55
3	SOUTH TAMA	Jane Legg, Gail Bradley Jill Legg, Sarah Kucera	1:08.90
4	ADEL-DESOTO-MINBURN	Frances Connolly, Mary Beth Somsy Amber Webb, Melody Parkins	1:09.94

## Heat 2

1	JEFFERSON-SCRANTON	Paige Thomsen, Sam Kinne Tina Walker, Sarah Carlson	1:07.16
2	IOWA FALLS	Heather Nail, Becky Krueger Natalie Brown, Jennifer Jennings	1:07.82
3	UNITY CHRISTIAN	Jackie Bekhoff, Angela Kroeze Rebecca Schelhaas, Darci Bouma	1:08.32
4	WEST BURLINGTON-NOTRE DAME	Christina Partington, Gloria Partington Rhiannon Miller, Theresa Wunnenberg	1:10.55

## Heat 3

1	CARROLL	Clare Krogh, Kim McCaffrey	
---	---------	----------------------------	--

2	STORM LAKE	Shellie Haake, Kelley Schwarte Amy Anderson, Robyn Cejka	1:05.83
3	DAVIS COUNTY-FOX VALLEY	Margo Fulcher, Kari Stavnes Jodi Dent, Josie Stogdill	1:08.43
999	BALLARD	Mindy Clark, Star Esslinger Melanie Wilson, Emily Harman Raedena Madison, Tami Sommerfeld	1:15.55 DQ-1:07.93
Heat 4			
1	ROLAND-STORY	Emily Tjernagel, Melissa Senti Jenni Donohue, Laura Hanson	1:04.65
2	WILLIAMSBURG	Angela Westcott, Norah Hanson Brandee Spratt, Olivia Fetzer	1:08.07
3	FAIRFIELD	Kyra Kunkle, Megan Kaska Julie Burnham, Jackie Wilfawn	1:10.22
999	OKOBOJI	Emily Anderson, Angie Larson Kristi Robinson, Courtney Anderson	DQ-1:08.72
Heat 5			
1	DECORAH	Chris Wilkins, Nichole Mitchell Deanna Olson, Jeanette Olson	1:05.86
2	WEST LIBERTY	Josie Garcia, Emily Jensen Megan Hammons, Emily Strumpel	1:07.48
3	KNOXVILLE	Jodi Agan, Meridith Anderson Brandi Sage, Cole Lambert	1:08.50
999	BENTON	Kristen Agnew, Hannah Schlotterback Shawna Nelson, Tammy Nelson	DQ-1:10.78
Heat 6			
1	CLEAR LAKE	Cathy Brookins, Kristy Echelberger Brandi Halsne, Liz Jaben	1:07.06
2	ANAMOSA	Brianna Stoll, Crystal Capron Jessie Heims, Kim Delagardelle	1:08.38
3	SPIRIT LAKE PARK	Tara Wicks, Kim Puhrman Michelle Pelisek, April Mueller	1:09.71
4	MISSOURI VALLEY	Kathy Wohlers, Christie Eckhoff Sarah Jensen, Amber Carstens	1:09.83

# 1996 3A STATE TRACK & FIELD MEET RESULTS

## May 17-18, Jim Duncan Track, Drake Stadium

---

### CLASS 3A

Ames 66  
Ankeny 62  
Iowa City High 36  
Cedar Rapids Prairie 30  
Indianola 28  
West Des Moines Valley 28  
Iowa City West 19  
Oskaloosa 18  
Clinton 16  
Urbandale 15  
Davenport North 14  
Fort Madison 14  
Dubuque Hempstead 13  
Sioux City North 12  
Pleasant Valley 10  
Burlington 9  
Marshalltown 9  
Mason City 9  
Cedar Falls 8  
Charles City 8  
Mount Pleasant 8  
Newton 8  
Muscatine 7  
Des Moines Hoover 6  
LeMars 6  
Waterloo East 6  
Davenport West 4  
Fort Dodge 4  
Waverly-Shell Rock 4  
West Des Moines Dowling 4  
Des Moines Roosevelt 3  
Sioux City Heelan 3  
Southeast Polk 3  
Atlantic 2  
Boone 2  
Davenport Central 2  
Denison-Schleswig 2  
Des Moines North 2  
Pella 2  
Dubuque Wahlert 1  
North Scott 1  
Western Dubuque 1

---



**100-METER DASH**

1	Laura Aschoff	Ankeny	SO	12.44
2	Kate Gordon	Sioux City North	FR	12.60
3	Amber Engelen	Ames	SO	12.75
4	Shynell Stender	Mason City	SR	12.78
5	Alison Bachman	Urbandale	SR	12.95
6	Kris Roebken	Dubuque Hempstead	JR	12.97
7	Heather Witt	Waterloo West	SR	13.02
8	Kiendra White	West Des Moines Dowling	SR	13.32

## Heat 1

1	Amber Engelen	Ames	SO	12.60
2	Kate Gordon	Sioux City North	FR	12.77
3	Heather Witt	Waterloo West	SR	12.79
4	Gina Scala	Keokuk	JR	13.40
5	Lindsey Rudd	Cedar Rapids Prairie	FR	13.50
6	Hillary Reed	Ottumwa	JR	13.74
7	Karen Saylor	Marshalltown	JR	14.02
999	Kristin Knight	Iowa City High	FR	DNR

## Heat 2

1	Laura Aschoff	Ankeny	SO	13.14
2	Kelly Barney	Mount Pleasant	SR	13.56
3	Antricia Spears	Davenport Central	SO	13.58
4	Theresa Kelly	Dubuque Wahlert	JR	13.64
5	Kristin Johnson	Cedar Rapids Jefferson	FR	13.71
6	Karin Davis	Des Moines North	SR	14.11
7	Johnna Lantz	Denison-Schleswig	JR	14.12
999	Angella Welch	Des Moines Lincoln	SR	DNR

## Heat 3

1	Shynell Stender	Mason City	SR	12.96
2	Alison Bachman	Urbandale	SR	13.03
3	Kris Roebken	Dubuque Hempstead	JR	13.14
4	Kiendra White	West Des Moines Dowling	SR	13.27
5	Sarah Sinclair	Oskaloosa	SO	13.39
6	Allani Nelson	Davenport North	SR	13.47
7	Katie Brooker	Muscatine	SO	13.70
8	Sara Lyness	West Delaware	JR	13.78

**200-METER DASH**

1	Laura Aschoff	Ankeny	SO	25.83
2	Kate Gordon	Sioux City North	FR	25.84
3	Mandy Kitterman	Fort Dodge	SR	26.26
4	Shynell Stender	Mason City	SR	26.27
5	Alison Bachman	Urbandale	SR	26.34
6	Fionia Asigbee	Cedar Rapids Prairie	FR	26.38
7	Tanya Hunigan	Davenport North	SO	26.76
8	Kelly Barney	Mount Pleasant	SR	27.01

## Heat 1

1	Kate Gordon	Sioux City North	FR	25.45
2	Mandy Kitterman	Fort Dodge	SR	25.84
3	Shynell Stender	Mason City	SR	25.97
4	Cori Verbeski	Ankeny	JR	26.70
5	Shanna Steward	Marshalltown	SR	26.95
6	Niki Jacobsen	Spencer	SO	27.21
999	Anessa Sloan	Iowa City High	FR	DNR
999	Karin Davis	Des Moines North	SR	DNR

## Heat 2

1	Alison Bachman	Urbandale	SR	26.04
---	----------------	-----------	----	-------

2	Fionia Asigbee	Cedar Rapids Prairie	FR	26.20
3	Kelly Barney	Mount Pleasant	SR	26.63
4	Heather Witt	Waterloo West	SR	26.67
5	Angie Van Der Veer	Oskaloosa	SR	26.71
6	Alicia Reddick	Iowa City West	JR	27.74
7	Andrea Roush	Pella	JR	27.81
999	Teesa Price	Iowa City High	FR	DNR

## Heat 3

1	Laura Aschoff	Ankeny	SO	25.75
2	Tanya Hunigan	Davenport North	SO	26.30
3	Gina Scala	Keokuk	JR	26.73
4	Jocelyne Campese	Davenport Central	SO	27.08
5	Sara Hornby	Spencer	JR	27.57
999	Erin Maysent	Ames	FR	DNR
999	Cari Hoeman	West Des Moines Valley	JR	DNR

**400-METER DASH**

1	Cari Hoeman	West Des Moines Valley	JR	56.38
2	Lacey Adams-Brown	Indianola	FR	56.76
3	Akilah Easter	Davenport North	SO	58.46
4	Jessie Fisher	Cedar Rapids Prairie	SR	58.89
5	Emily Walker	West Des Moines Valley	SR	60.06
6	Jill Robinson	Atlantic	SO	60.37
7	Nicole Chizek	Marshalltown	FR	61.09
8	Kristin Hurlbert	Pleasant Valley	FR	61.46

## Heat 1

1	Lacey Adams-Brown	Indianola	FR	57.22
2	Nicole Chizek	Marshalltown	FR	60.93
3	Kyla Keister	Johnston	JR	61.94
4	Kristin Kelly	Mount Pleasant	FR	61.95
5	Niki Jacobsen	Spencer	SO	62.58
6	Laura Dallenbach	Waterloo West	SO	62.84
7	Rachel Smith	Western Dubuque	FR	64.11
8	Shannon Leonard	Ottumwa	FR	64.94

## Heat 2

1	Akilah Easter	Davenport North	SO	58.70
2	Jessie Fisher	Cedar Rapids Prairie	SR	59.69
3	Kristin Hurlbert	Pleasant Valley	FR	61.44
4	Emily Walker	West Des Moines Valley	SR	61.73
5	Mandy Brimmer	Cedar Rapids Washington	SO	63.83
6	Dawn Guenther	Charles City	JR	64.56
7	Andrea Van Sickle	Newton	SO	64.67
8	Katie Long	Mason City	FR	67.33

## Heat 3

1	Cari Hoeman	West Des Moines Valley	JR	57.95
2	Jill Robinson	Atlantic	SO	61.02
3	Jen Jepsen	Denison-Schleswig	FR	62.32
4	Amy Ellingson	West Delaware	SR	63.19
5	Teresa Wauters	Marshalltown	FR	63.26
6	Liz Kaune	Dubuque Senior	JR	64.07
7	Holly Goldstein	Cedar Rapids Washington	SR	64.23
8	Kellie Kloubec	Cedar Rapids Prairie	FR	64.63

**800-METER RUN**

1	Keely Barnett	Iowa City High	JR	2:20.18
2	Beth Helms	Iowa City West	SR	2:21.75
3	Jessica Huff	Marshalltown	FR	2:23.41
4	Andrea Fastenow	Iowa City West	SR	2:23.66

5	Megan Rehm	Fort Madison	FR	2:24.35
6	Abbie Archibald	Indianola	JR	2:24.43
7	Kara Opp	West Des Moines Dowling	FR	2:25.80
8	Tammy Jordison	Fort Dodge	JR	2:26.43
9	Liz Corken	Dubuque Wahlert	JR	2:26.59
10	Megan Gorkow	West Delaware	JR	2:26.80
11	Holly Goodyk	Pella	FR	2:27.62
12	Neala Arnold	Pleasant Valley	FR	2:28.03
13	Ann Jordan	Boone	JR	2:28.51
14	Teresa Grothus	Pleasant Valley	JR	2:28.61
15	Jenny Reiter	Urbandale	SO	2:29.11
16	Amanda Stiefel	Burlington	FR	2:29.24
17	Alison Hemp	West Des Moines Valley	SR	2:29.30
18	Sarah Klein	Sioux City Heelan	SR	2:30.07
19	Ann Panaggio	Bettendorf	SR	2:30.60
20	Windy Clark	Ankeny	FR	2:31.20
21	Claire Gilchrist	Ames	FR	2:31.30
22	Stephanie Staveley	Cedar Falls	SR	2:34.67
23	Megan Kirby	Oskaloosa	SR	2:40.88
999	Nicole Bergman	Indianola	JR	dnr

**1500-METER RUN**

1	Alienor Gilchrist	Ames	SR	4:46.48
2	Sarah Gray	Cedar Falls	JR	4:50.13
3	Julie Bigler	Fort Madison	SO	4:51.76
4	Laurie Meythaler	Des Moines Roosevelt	SR	4:52.44
5	Katie Reichardt	West Des Moines Dowling	JR	4:55.18
6	Nicole Werling	Indianola	SR	4:55.51
7	Laura Schlapkohl	Iowa City West	SO	4:57.88
8	Ann Ruffcorn	Bettendorf	FR	4:57.97
9	Brandy McSorley	Lewis Central	FR	4:59.79
10	Lindsay Heiligenthal	Ames	FR	5:01.04
11	Beth Helms	Iowa City West	SR	5:01.06
12	Amber Lee	Mason City	JR	5:02.24
13	Susan Buckheister	Cedar Rapids Kennedy	JR	5:03.46
14	Megan Murray	Pleasant Valley	SO	5:03.91
15	Julie Wuorinen	Pleasant Valley	SR	5:04.63
16	Angela Wakefield	North Scott	JR	5:04.65
17	Bridget Stephenson	Sioux City Heelan	SO	5:09.01
18	Becky Slick	Cedar Falls	SR	5:09.60
19	Katie Sidwell	Iowa City High	SR	5:13.90
20	Gina Gelatti	Ankeny	JR	5:14.32
21	Karen Bomar	Marshalltown	SR	5:16.78
22	Emily Komiskey	Dubuque Wahlert	SO	5:16.83
23	Bryony Jones	Ankeny	FR	5:17.29
24	Melica Patik	Cedar Rapids Prairie	FR	5:18.63

**3000-METER RUN**

1	Julie Bigler	Fort Madison	SO	10:42.63
2	Julie Wuorinen	Pleasant Valley	SR	10:56.49
3	Gina Gelatti	Ankeny	JR	10:59.46
4	Bridget Stephenson	Sioux City Heelan	SO	11:02.53
5	Stephanie Paris	Boone	SR	11:06.82
6	Lindsay Heiligenthal	Ames	FR	11:09.95
7	Megan Tabor	Dubuque Senior	FR	11:16.58
8	Molly Wedel	Spencer	SO	11:20.44
9	Suzanne Blanchard	Dubuque Senior	SR	11:23.15
10	Rachel Craig	Ottumwa	SO	11:24.78
11	Stephanie Staveley	Cedar Falls	SR	11:24.98
12	Hattie Bagbey	Des Moines Lincoln	SO	11:26.00
13	Megan Murray	Pleasant Valley	SO	11:27.01
14	Chris Kjonaas	Iowa City High	SR	11:35.95

15	Susan Buckheister	Cedar Rapids Kennedy	JR	11:41.07
16	Angie Wakefield	North Scott	JR	11:41.64
17	Laurie Meythaler	Des Moines Roosevelt	SR	11:45.51
18	Colleen Bubb	Waverly-Shell Rock	SO	11:48.74
19	Maaike Ouwersloot	Pella	SR	11:57.82
20	K. C. Grafft	Cedar Rapids Washington	SO	12:02.66
21	Kristen Nauman	Mason City	JR	12:04.42
22	Stacey Landis	LeMars	FR	12:12.07
999	Tara Lamay	Urbandale	SO	dnf
999	Sarah Gray	Cedar Falls	JR	dnf

**100-METER HURDLES**

1	Dee Wear	Mount Pleasant	JR	14.64
2	Katie Brooker	Muscatine	SO	14.95
3	Tiffany Ratzlaff	Ankeny	SR	15.04
4	Julie Ollila	Ames	JR	15.05
5	Jocelyne Campese	Davenport Central	SO	15.76
6	Sarah Steffen	Western Dubuque	FR	15.89
7	Katie Divelbiss	Iowa City High	JR	15.96
8	Angie Sommerlot	Marshalltown	SR	16.12

## Heat 1

1	Dee Wear	Mount Pleasant	JR	15.11
2	Daniella Grob	Pella	SR	15.90
3	Jaime Stearns	West Des Moines Valley	SR	16.02
4	Lakeisha Lee	Davenport North	SO	16.25
5	Vanessa Beyer	Burlington	JR	16.70
6	Heidi Stewart	Oskaloosa	SR	16.76
7	Brenda Christiansen	Denison-Schleswig	SR	16.77
8	Sue Baylor	Dubuque Hempstead	JR	17.09

## Heat 2

1	Tiffany Ratzlaff	Ankeny	SR	15.40
2	Katie Brooker	Muscatine	SO	15.56
3	Heidi Kiester	Johnston	SO	16.00
4	Rhea Mix	Mason City	SR	16.22
5	Mary Garrett	Dubuque Senior	FR	16.40
6	Molly Parrott	Lewis Central	SO	16.42
7	Erin Land	Clinton	JR	16.43
8	Jenny Mitchell	Cedar Falls	SO	16.99

## Heat 3

1	Julie Ollila	Ames	JR	15.19
2	Jocelyne Campese	Davenport Central	SO	15.33
3	Sarah Steffen	Western Dubuque	FR	15.52
4	Katie Divelbiss	Iowa City High	JR	15.83
5	Angie Sommerlot	Marshalltown	SR	15.87
6	Lisa Waite	Cedar Rapids Washington	SR	15.96
7	Desi Melgoza	Glenwood	SR	16.13
8	Angie Ligouri	West Des Moines Dowling	SO	16.37

**400-METER HURDLES**

1	Liz Cooper	Indianola	SO	1:03.38
2	Julie Ollila	Ames	JR	1:03.95
3	Jenny Matzen	Indianola	JR	1:05.52
4	Amy Oleson	Burlington	SO	1:06.03
5	Christi Hogan	Ankeny	SR	1:06.72
6	Janelle Edmundson	Oskaloosa	JR	1:07.30
7	Brenda Weibel	West Delaware	JR	1:09.24
8	Becky Rigel	Cedar Rapids Prairie	SR	1:12.14

## Heat 1

1	Julie Ollila	Ames	JR	1:04.27
2	Jenny Matzen	Indianola	JR	1:06.02
3	Janelle Edmundson	Oskaloosa	JR	1:06.34
4	Brenda Weibel	West Delaware	JR	1:07.12
5	Jill Robinson	Atlantic	SO	1:07.15
6	Laura Binz	Dubuque Wahlert	JR	1:08.37
7	Erin Land	Clinton	JR	1:10.82
999	Amy Comer	Dubuque Hempstead	SO	dnf

## Heat 2

1	Christi Hogan	Ankeny	SR	1:05.36
2	Amy Oleson	Burlington	SO	1:05.73
3	Andrea Lapham	Council Bluffs Abraham Lincoln	SO	1:08.79
4	Jill George	Newton	JR	1:09.05
5	Jill Hoffman	Spencer	JR	1:11.32
6	Shawna Aitchison	Dubuque Senior	SR	1:12.16
7	Erin Schulte	Cedar Rapids Jefferson	SO	1:12.67
999	Rochelle Anderson	Waverly-Shell Rock	FR	DQ-1:07.75

## Heat 3

1	Liz Cooper	Indianola	SO	1:04.49
2	Becky Rigel	Cedar Rapids Prairie	SR	1:05.17
3	Lynette Heinauer	Ankeny		1:08.26
4	Molly McNertney	Ames	FR	1:08.28
5	Cristy Callahan	Clinton	FR	1:08.66
6	Valerie Lucas	West Des Moines Valley	SO	1:09.11
7	Alissa Koerner	Sioux City Heelan	FR	1:10.76
999	Mary Garrett	Dubuque Senior	FR	dnr

**HIGH JUMP**

1	Beth Boer	Oskaloosa	JR	5'06"
2	Kristin Van Rooyan	Clinton	SR	5'05"
3	Amanda Koester	Clinton	SO	5'04"
4	Katie Ryan	Davenport West	SR	5'03"
5	Jennifer Happel	Cedar Rapids Prairie	SR	5'03"
6	Anna Friederichs	Davenport West	FR	5'03"
7	Becky Rigel	Cedar Rapids Prairie	SR	5'02"
8	Abbie Archibald	Indianola	JR	5'02"
9	Jaclyn Houghton	Urbandale	SO	5'02"
10	Shannon Leonard	Ottumwa	FR	5'00"
11	JoAnna Stuelke	Cedar Rapids Washington	JR	5'00"
12	Melissa Stensland	Waverly-Shell Rock	JR	5'00"
13	Alicia Appleby	West Delaware	SO	4'10"
13	Lynne Nacke	LeMars	SR	4'10"
13	Tara Biederman	Dubuque Hempstead	SO	4'10"
13	Brooke Boston	Cedar Rapids Kennedy	JR	4'10"
17	Jenny Willer	Lewis Central	FR	4'10"
17	Amy Steenhoek	Pella	FR	4'10"
17	Carrie Thomas	Sioux City East	JR	4'10"
17	Keri Johnson	Sioux City East	JR	4'10"
999	Carrie Reynolds	Davenport Central	SR	nh
999	Kelli Busch	Boone	SO	nh
999	Jameala Hameed	Fort Dodge	FR	dnj
999	Angella Welch	Des Moines Lincoln	SR	dnj

**LONG JUMP**

1	Laura Aschoff	Ankeny	SO	18'00"
2	Fionia Asigbee	Cedar Rapids Prairie	FR	17'08.5"
3	Lindsay Rudd	Cedar Rapids Prairie	FR	17'03.75"
4	Shynell Stender	Mason City	SR	17'01.25"
5	Kristy Gertson	Clinton	SR	16'11"
6	Kiendra White	West Des Moines Dowling	SR	16'10.75"

7	Kalie Gaskill	Sioux City North	JR	16'06"
8	Heather Witt	Waterloo West	SR	16'05.5"
9	Molly Parrott	Lewis Central	SO	16'04.5"
10	Teesa Price	Iowa City High	FR	16'04.25"
11	Jill George	Newton	JR	16'03"
12	Traci Jones	Ankeny	SO	16'02.5"
13	Kara Hulse	Cedar Falls	SO	16'02"
14	Kelly Orr	Linn-Mar	SR	16'00"
15	Beth Boer	Oskaloosa	JR	15'11.75"
16	Alisa Steffen	Waverly-Shell Rock	SO	15'09"
17	Hillary Reed	Ottumwa	JR	15'07.5"
18	Sharon Westphalen	Atlantic	JR	15'05.5"
19	Tara Biederman	Dubuque Hempstead	SO	15'05"
20	Jana Irvin	Sioux City West	SO	15'03.25"
21	Jessica Wray	Ames	FR	15'01.5"
22	Lindsey Aves	Waterloo West	SO	15'01.25"
23	Jill Fisher	Sioux City Heelan	FR	13'10.5"
999	Emily Brooks	Boone	FR	FO

**SHOT PUT**

1	Ashley Grundmann	Ames	SR	42'04.25"
2	Christie Phillips	Burlington	SO	40'10.75"
3	Leann Boerema	Clinton	SO	40'09.50"
4	Sarah Wellings	Oskaloosa	JR	38'10.75"
5	Jenn Haage	LeMars	JR	38'05.25"
6	Britta Adams	Marshalltown	SR	38'03.50"
7	Megan Gierstorf	Denison-Schleswig	JR	38'02.50"
8	Val Eklov	Norwalk	JR	37'07.25"
9	Kim Hoover	Indianola	JR	37'00"
10	Steph Corey	Cedar Falls	SO	36'09.25"
11	LaToya Ford	Sioux City West	SR	36'03.25"
12	Melissa Stensland	Waverly-Shell Rock	JR	36'01"
13	Annie Van Wetzinger	Pleasant Valley	JR	35'10.75"
14	Amber Twyner	Pleasant Valley	SR	35'04"
15	Greta Pems	Dubuque Wahlert	SO	35'03"
16	Nikki Rowland	Cedar Rapids Washington	SO	35'02.75"
17	Adrian Kelley	Des Moines North	SR	34'11.50"
18	Jaime Dreese	Clinton	SR	34'08.50"
19	Triniece Hayes	Sioux City West	SR	34'07.50"
20	Beth Salzbrenner	Lewis Central	SR	34'02.50"
21	Karyn Jetter	Ames	SR	33'10"
22	Sara Nauman	Dubuque Senior	SO	33'05.50"
23	Devin Achenbach	Cedar Rapids Kennedy	FR	33'05"
999	Kynthia Wyatt	Bettendorf	SR	dnc

**DISCUS**

1	Krista Niezwaag	Charles City	SR	127'00"
2	Sarah Wellings	Oskaloosa	JR	126'05"
3	Kim Jasper	Pleasant Valley	SR	120'05"
4	Nicole Johnson	Southeast Polk	SO	119'06"
5	Adrian Kelley	Des Moines North	SR	117'07"
6	Carly Gainey	North Scott	JR	117'05"
7	Mandy Engel	Waterloo West	JR	117'02"
8	Leann Boerema	Clinton	SO	111'09"
9	Britta Adams	Marshalltown	SR	111'07"
10	Greta Pems	Dubuque Wahlert	SO	109'09"
11	Sarah Julius	Iowa City High	FR	106'11"
12	Sara Nauman	Dubuque Senior	SO	106'10"
13	Amber Twyner	Pleasant Valley	SR	106'09"
14	Melissa Braby	Waterloo East	SR	106'00"
15	Megan Gierstorf	Denison-Schleswig	JR	104'06"
16	Ann Van Hemert	Waverly-Shell Rock	SR	101'08"

17	Mari Malloy	Urbandale	SR	101'01"
18	Ashley Grundmann	Ames	SR	100'09"
19	Lacey Corcoran	Johnston	FR	100'07"
20	Karrie Hines	Cedar Rapids Kennedy	SR	100'06"
20	Kristy Spittler	Clinton	JR	100'06"
22	Liz Mefford	Des Moines East	SR	099'07"
23	Karyn Jetter	Ames	SR	099'01"
24	Gina Bell	Dubuque Wahlert	SR	098'09"

**4x100-METER RELAY**

1	AMES	Tolu Fadeyi, Erin Maysent Jennifer Greenfield, Amber Engelen	49.32
2	ANKENY	Tiffany Ratzlaff, Cori Verbeski Jenny Voss, Christi Hogan	49.52
3	WATERLOO EAST	Jessie Wellnitz, Rasheeda Jones Nicole Sallis, Anika Anderson	50.09
4	DUBUQUE HEMPSTEAD	Keri Clemens, Laura Uthe Tanya Kubitz, Kris Roebken	50.24
5	WAVERLY-SHELL ROCK	Alisa Steffen, Rachel Simmer Katie Clipperton, Jen Kapler	50.82
6	MUSCATINE	Katie Brooker, Alyson Gorham Sue Ramser, Erin Wilson	51.13
7	OSKALOOSA	Jamie Snider, Janelle Edmundson Angie Van Der Veer, Sarah Sinclair	51.23
8	IOWA CITY HIGH	Angie Madlock, Erica Davis Sara Nordquist, Kristin Knight	51.26

## Heat 1

1	DUBUQUE HEMPSTEAD	Keri Clemens, Laura Uthe Tanya Kubitz, Kris Roebken	50.48
2	WAVERLY-SHELL ROCK	Alisa Steffen, Rachel Simmer Katie Clipperton, Jen Kapler	50.67
3	CEDAR FALLS	Kara Hulse, Anna Ziegenhorn Angie Klein, Nikki Unruh-Carey	51.76
4	MASON CITY	Renee Hildman, Rhea Mix Kelly Colvin, Shynell Stender	51.82
5	CLINTON	Marti Sheller, Tracy Hayton Kristin Pavone, Kristy Gertson	52.03
6	DES MOINES ROOSEVELT	Tyshika Butts, Wynter Linley Terra Harris, Taylor Ewald	52.32
7	CEDAR RAPIDS WASHINGTON	Lisa Waite, Felicia Penza Rashaunda Barmes, Shammara Hobbs	52.36
8	WATERLOO WEST	Emily Coontz, Jessica Clapp Lindsey Aves, Pambanisha King	53.02

## Heat 2

1	ANKENY	Tiffany Ratzlaff, Cori Verbeski Jenny Voss, Christi Hogan	49.77
2	OSKALOOSA	Jamie Snider, Janelle Edmundson Angie Van Der Veer, Sarah Sinclair	50.77
3	MUSCATINE	Katie Brooker, Alyson Gorham Sue Ramser, Mari Santana	51.19
4	SIOUX CITY HEELAN	Mandi Blatchford, Kristina Davies Sarah Hubert, Jill Fisher	51.44
5	DAVENPORT CENTRAL	Carrie Petersen, Melissa Conklin Korrie Phillips, Antricia Spears	51.84
6	SPENCER	Jami Willfong, Niki Jacobsen Jana Schuttinga, Sara Hornby	51.96
7	LINN-MAR	Angie Katz, Kaatie Neuhart Katie Hurlbut, Kelly Orr	52.18

8	SIOUX CITY NORTH	Leah Mahr, Jennifer McCloud Kalie Gaskill, Kate Gordon	52.63
Heat 3			
1	AMES	Tolu Fadeyi, Erin Maysent Jennifer Greenfield, Amber Engelen	49.61
2	WATERLOO EAST	Jessie Wellnitz, Rasheeda Jones Nicole Sallis, Anika Anderson	50.33
3	IOWA CITY HIGH	Angie Madlock, Erica Davis Sara Nordquist, Kristin Knight	51.22
4	CEDAR RAPIDS JEFFERSON	Corrie Mick, Nicole Reilly Dena Johnson, Kristin Johnson	51.67
5	OTTUMWA	Lori Rowland, Jamie Dalbey Amber Morrow, Hillary Reed	51.85
6	WEST DES MOINES DOWLING	Kiendra White, Melissa Dale Tami Reavis, Michelle Marcouiller	52.08
7	MARSHALLTOWN	Karen Saylor, Angie Sommerlot Courtney Bresler, Ellen Thompson	52.38
8	WEST DES MOINES VALLEY	Alisha Menzies, Tara Harris Jaime Stearns, Carie Flood	52.67
<b>4x200-METER RELAY</b>			
1	ANKENY	Cori Verbeski, Jenny Voss Christi Hogan, Laura Aschoff	1:43.73
2	IOWA CITY HIGH	Angie Madlock, Kristin Knight Sara Nordquist, Teesa Price	1:44.23
3	DAVENPORT NORTH	Lakeisha Lee, Allison Harris Destiny Sisk, Tanya Hunigan	1:44.42
4	LEMARS	Molly Moberg, Christa Schnepf Lynne Nacke, Krista Crowley	1:45.18
5	DUBUQUE HEMPSTEAD	Tanya Kubitz, Keri Clemens Laura Uthe, Kris Roebken	1:46.10
6	WAVERLY-SHELL ROCK	Alisa Steffen, Rachel Simmer Jen Kapler, Katie Clipperton	1:46.60
7	CEDAR FALLS	Kara Hulse, Nikki Unruh-Carey Erin Boike, Kelly Wenndt	1:47.26
8	CLINTON	Lindsey Larson, Kristin Pavone Tracy Hayton, Kristy Gertson	1:49.42
Heat 1			
1	LEMARS	Molly Moberg, Christa Schnepf Lynne Nacke, Krista Crowley	1:47.52
2	CEDAR FALLS	Kara Hulse, Nikki Unruh-Carey Erin Boike, Kelly Wenndt	1:48.76
3	MARSHALLTOWN	Ellen Thompson, Diane Gaskill Courtney Bresler, Shanna Steward	1:49.63
4	MUSCATINE	Sarah Havens, Sue Ramser Alyson Gorham, Mari Santana	1:50.54
5	WEST DES MOINES DOWLING	Kiendra White, Melissa Dale Tami Reavis, Michelle Marcouiller	1:50.54
6	DES MOINES HOOVER	Christy Meade, Maggie Beavers Tara Taylor, Stephanie Mann	1:51.26
7	CEDAR RAPIDS JEFFERSON	Corrie Mick, Nicole Reilly Dena Johnson, Kristin Johnson	1:52.27
999	DES MOINES ROOSEVELT	Terra Harris, Arena Butts Wynter Linley, Taylor Ewald	DNF
Heat 2			
1	ANKENY	Cori Verbeski, Jenny Voss Christi Hogan, Laura Aschoff	1:44.72
2	DAVENPORT NORTH	Lakeisha Lee, Allison Harris Destiny Sisk, Tanya Hunigan	1:46.43



3	WAVERLY-SHELL ROCK	Alisa Steffen, Rachel Simmer Jen Kapler, Katie Clipperton	1:48.67
4	CLINTON	Lindsey Larson, Kristin Pavone Shauna Geronzin, Kristy Gertson	1:48.85
5	SIOUX CITY HEELAN	Mandi Blatchford, Kristina Davies Jill Fisher, Julie Moeller	1:49.38
6	NEWTON	Shelly Wright, Robin Machin Amanda Thomason, Jill George	1:49.41
7	SIOUX CITY WEST	Trayla Ramsey, Missy Flood Erin Steffe, Jana Irvin	1:50.38
8	WATERLOO WEST	Emily Coontz, Jessica Clapp Lindsey Aves, Amy Hinkle	1:52.91
Heat 3			
1	IOWA CITY HIGH	Angie Madlock, Kristin Knight Sara Nordquist, Teesa Price	1:48.12
2	DUBUQUE HEMPSTEAD	Tanya Kubitz, Keri Clemens Laura Uthe, Kris Roebken	1:48.44
3	DUBUQUE WAHLERT	Lisa Walker, Martha Muir Theresa Kelly, Sadie Uthe	1:49.26
4	OTTUMWA	Lori Rowland, Jamie Dalbey Amber Morrow, Hillary Reed	1:49.75
5	INDIANOLA	Mary Woltz, Holly Warren Dondra Nichols, Jenny Matzen	1:52.85
6	WEST DES MOINES VALLEY	Angie Maupin, Julie John Holly DeWaay, Becca Synhorst	1:53.88
7	MASON CITY	Renee Hildman, Khi Green Kelly Colvin, Staci Hererra	1:56.41
999	AMES	Tolu Fadeyi, Erin Maysent Jennifer Greenfield, Amber Engelen	DQ-1:50.74

**4x400-METER RELAY**

1	WEST DES MOINES VALLEY	Emily Walker 60.2, Valerie Lucas 61.7 Kristin Flood 59.8, Cari Hoeman 56.8	3:58.44
2	URBANDALE	Amber Vande Lune 60.6, Susie Tofte 60.1 Cindy Kraft 60.0, Alison Bachman 59.1	3:59.73
3	CEDAR RAPIDS PRAIRIE	Becky Rigel 59.5, Kellie Kloubec 63.4 Fionia Asigbee 59.0, Jessie Fisher 59.8	4:01.77
4	IOWA CITY HIGH	Kelli Chesnut 62.2, Anessa Sloan 63.3 Teesa Price 60.6, Keely Barnett 60.0	4:06.11
5	AMES	Julie Ollila 60.6, Molly McNertney 62.5 Jessica Wray 63.9, Erin Maysent 61.6	4:08.54
6	WAVERLY-SHELL ROCK	Rochelle Anderson, Hannah Olson Alyssa Rost, Katie Clipperton	4:08.61
7	INDIANOLA	Abbie Archibald 63.1, Nicole Bergman 62.8 Liz Cooper 63.4, Lacey Adams-Brown 60.4	4:10.00
8	SIOUX CITY HEELAN	Jill Fisher 63.8, Michelle Benson 64.8 Alissa Koerner 60.2, Julie Moeller 63.8	4:12.63

## Heat 1

1	IOWA CITY HIGH	Kelli Chesnut 63.0, Anessa Sloan 61.9 Teesa Price 60.2, Keely Barnett 59.3	4:04.42
2	WAVERLY-SHELL ROCK	Rochelle Anderson 62.4, Hannah Olson 61.8 Alyssa Rost 60.9, Katie Clipperton 63.1	4:08.24
3	JOHNSTON	Lacey Corcoran 64.9, Heidi Kiester 60.9 Kelly Clarkson 63.8, Kyla Keister 63.0	4:12.63
4	DENISON-SCHLESWIG	Tara Boeck 64.5, Julie Bruhn 63.2 Sarah Lokken 64.8, Jen Jepsen 62.9	4:15.41
5	CEDAR FALLS	Laura Martin 63.1, Erin Boike 65.5 Kara Hulse 65.1, Kelly Wenndt 63.2	4:16.93
6	COUNCIL BLUFFS ABRAHAM LINCOLN	Chrissy Buffum 64.1, Jessica Craft 63.5 Haley Allen 64.3, Jessie Drake 67.9	4:20.04

7	ANKENY	Traci Jones 65.9, Heather Anderson 64.6 Jenny Voss 67.1, Cori Verbeski 64.7	4:22.36
8	DUBUQUE WAHLERT	Aimee Reichel 63.1, Amanda Hohmann 65.6 Sarah Burbach 65.1, Amanda Miller 63.2	4:25.58
Heat 2			
1	URBANDALE	Amber Vande Lune 60.3, Susie Tofte 61.1 Cindy Kraft 61.9, Alison Bachman 58.4	4:01.79
2	INDIANOLA	Abbie Archibald 62.3, Nicole Bergman 62.3 Liz Cooper 64.2, Lacey Adams-Brown 58.5	4:06.08
3	AMES	Erin Maysent 59.9, Molly McNertney 62.6 Jessica Wray 64.7, Julie Ollila 59.4	4:07.22
4	SIOUX CITY HEELAN	Jill Fisher 62.1, Michelle Benson 61.4 Alissa Koerner 64.7, Julie Moeller 60.9	4:09.11
5	NEWTON	Amanda Thomason 63.1, Shelly Wright Andrea Van Sickel, Jill George 62.4	4:17.20
6	OSKALOOSA	Laura Walling 66.2, Angela Boender 65.7 Lana Conner 67.7, Megan Kirby 63.1	4:22.74
7	DUBUQUE SENIOR	Melissa Dougherty, Nicole Munson Jenna Specht, Liz Kaune	4:23.93
8	WEST DELAWARE	Amy Ellingson, Megan Gorkow Megan McCloud, Katie Johannes	4:24.89
Heat 3			
1	WEST DES MOINES VALLEY	Emily Walker 61.6, Valerie Lucas 60.7 Kristin Flood 60.4, Cari Hoeman 57.7	4:00.42
2	CEDAR RAPIDS PRAIRIE	Becky Rigel 60.7, Kellie Kloubec 63.8 Fionia Asigbee 59.8, Jessie Fisher 60.0	4:04.30
3	MARSHALLTOWN	Nicole Chizek 63.6, Diane Gaskill 60.6 Shanna Steward 63.6, Andrea Etter 62.1	4:09.90
4	LEMARS	Krista Crowley 64.4, Kate Peters 64.2 Lynne Nacke 62.4, Ellie Schnepf 62.2	4:13.29
5	PLEASANT VALLEY	Teresa Grothus 61.4, Robyn Gauss 66.6 Kristin Cripple 64.6, Kristin Hurlbert 61.3	4:13.97
6	DES MOINES HOOVER	Tiffany Oakley, Maggie Beavers Tara Taylor, Stephanie Mann	4:14.34
7	CLINTON	Cristy Callahan 63.5, Renee Waddell 62.9 Holly Buikema 66.8, Jama Clark 65.3	4:18.64
8	MOUNT PLEASANT	Kristin Kelly 64.8, Jennie Brauman 67.1 Kelly Barney 65.0, Kim Kingery 62.7	4:19.61
<b>4x800-METER RELAY</b>			
1	IOWA CITY WEST	Andrea Fastenow 2:20.9, Kyla Hayford 2:24.9 Laura Schlapkohl 2:16.9, Beth Helms 2:16.5	09:19.14
2	INDIANOLA	Abbie Archibald 2:18.7, Nicole Bergman 2:22.7 Nicole Werling 2:22.1, Lacey Adams-Brown 2:23.9	09:28.37
3	AMES	Claire Gilchrist 2:23.4, Krista Roosa 2:25.7 Lindsay Heiligenthal 2:24.8, Alienor Gilchrist 2:15.5	09:29.34
4	MARSHALLTOWN	Jessica Huff 2:18.8, Nicole Chizek 2:27.0 Colleen Croker 2:26.1, Karen Bomar 2:21.7	09:33.58
5	CEDAR FALLS	Becky Slick 2:23.6, Laura Martin 2:25.5 Jenny Mershon 2:25.7, Sarah Gray 2:19.5	09:34.38
6	DUBUQUE WAHLERT	Emily Komiskey 2:27.3, Samantha Ament 2:23.0 Laura Binz 2:25.1, Liz Corken 2:20.0	09:35.46
7	PLEASANT VALLEY	Teresa Grothus 2:21.6, Julie Wuorinen 2:25.9 Angie Dannenfeldt 2:29.6, Neala Arnold 2:23.5	09:40.36
8	URBANDALE	Amber Vande Lune 2:21.8, Jenny Reiter 2:24.9 Sarah Gosselink 2:28.7, Kelli Best 2:27.6	09:42.97
9	BETTENDORF	Ann Panaggio 2:26.6, Erin Hapner 2:28.3 Ann Ruffcorn 2:24.9, Amanda Moeller 2:33.0	09:52.76
10	WAVERLY-SHELL ROCK	Lindsay Daniels 2:29.3, Tricia Coleman 2:31.2 Colleen Bubb 2:31.6, Megan Magnall 2:24.2	09:56.35

11	FORT MADISON	Katie Glasgow 2:26.9, Allison Benbow 2:40.8 Kelly Couchman 2:29.9, Megan Rehm 2:21.0	09:57.63
12	SPENCER	Molly Wedel 2:26.8, Amy Wedel 2:25.9 Jana Conard 2:36.3, Jill Hoffman 2:29.0	09:58.00
13	CEDAR RAPIDS KENNEDY	Katie Cahalan 2:29.3, Susan Buckheister 2:20.0 Amanda Johnson 2:32.6, Stacy Ernst 2:36.4	09:58.31
14	ANKENY	Windy Clark, Bryony Jones Lindsey Leonard, Tabby Clawson	09:58.50
15	MASON CITY	Kate McCoy, Sarah Gabel Tiffany Gossweiller, Amber Lee 2:22.0	09:58.57
16	PELLA	Holly Goodyk, Angela Brouwer Amy Steenhoek, Michelle Esbeck	09:59.47
17	ATLANTIC	Marie Elsberry, Tarrah Schlueter Justine Zikuda, Jill Robinson	10:03.14
18	LEWIS CENTRAL	Cari Coleman 2:29.4, Natalie Ditmars 2:32.9 Amber Campbell 2:35.0, Brandy McSorley 2:27.5	10:04.82
19	IOWA CITY HIGH	Anne Heefner, Jennie Mulder Katie Sidwell, Lindsey Wetzell	10:08.01
20	OSKALOOSA	Megan Kirby, Amber Ferguson Sarah Farber, Brenda Johnson	10:08.53
21	COUNCIL BLUFFS ABRAHAM LINCOLN	Melissa Hough, Andrea Lapham Lisa Malskeit, Sarah Hough	10:11.16
22	DUBUQUE HEMPSTEAD	Andria Salucka, Lindsay Gansen Carolyn Hail, Tracy Becker	10:27.62
23	SOUTHEAST POLK	Kristen Stefl, Tonya Hegland Karen Wheeler, Andrea Boeding	10:28.61
999	WEST DES MOINES VALLEY	Emily Walker, Kristin Flood Alison Hemp, Cari Hoeman	DNF

**SPRINT MEDLEY RELAY**

1	AMES	Tolu Fadeyi, Jennifer Greenfield Amber Engelen, Erin Maysent 58.4	1:49.33
2	WEST DES MOINES VALLEY	Alisha Menzies, Tara Harris Carie Flood, Cari Hoeman 56.5	1:49.88
3	IOWA CITY HIGH	Angie Madlock, Erica Davis Kristin Knight, Teesa Price 58.4	1:50.47
4	DAVENPORT NORTH	Lakeisha Lee, Allani Nelson Tanya Hunigan, Akilah Easter 58.4	1:50.58
5	PELLA	Alison Waddle, Daniella Grob Wendy Marlow, Jenny Versluys 59.1	1:51.98
6	URBANDALE	Jaclyn Houghton, Rachel Buescher Susie Tofte, Cindy Kraft 59.2	1:52.78
7	MARSHALLTOWN	Karen Saylor, Shanna Steward Ellen Thompson, Andrea Etter 61.8	1:55.35
999	SIOUX CITY HEELAN	Ashley Black, Kristina Davies Sarah Hubert, Julie Moeller 60.2	DQ-1:54.22

## Heat 1

1	SIOUX CITY HEELAN	Ashley Black, Kristina Davies Sarah Hubert, Julie Moeller 60.1	1:52.27
2	PELLA	Alison Waddle, Daniella Grob Wendy Marlow, Jenny Versluys 59.4	1:52.63
3	CEDAR FALLS	Kara Hulse, Nikki Unruh-Carey Erin Boike, Kelly Wenndt 61.0	1:53.83
4	DUBUQUE HEMPSTEAD	Keri Clemens, Kelly Clemens Tanya Kubitz, Katie Meyer 61.0	1:54.32
5	DUBUQUE SENIOR	Staci Simon, Melissa Dougherty Erin Strub, Kristie Pfab 60.8	1:54.34
6	WATERLOO EAST	Natalie Curran, Rasheeda Jones Anika Anderson, Jessie Wellnitz 63.5	1:56.34
7	INDIANOLA	Mary Woltz, Aly Mikulanec Holly Warren, Dondra Nichols 64.1	1:58.41

999	LEMARS	Krista Crowley, Lynne Nacke Christa Schnepf, Ellie Schnepf 59.3	DQ-1:50.64
	Heat 2		
1	DAVENPORT NORTH	Lakeisha Lee, Allani Nelson Akilah Easter, Tanya Hunigan 57.5	1:47.80
2	AMES	Tolu Fadeyi, Jennifer Greenfield Amber Engelen, Erin Maysent 58.0	1:48.80
3	WEST DES MOINES VALLEY	Alisha Menzies, Tara Harris Carie Flood, Cari Hoeman 58.7	1:52.18
4	MARSHALLTOWN	Karen Saylor, Shanna Steward Ellen Thompson, Andrea Etter 61.1	1:53.31
5	DES MOINES ROOSEVELT	Terra Harris, Arena Butts Taylor Ewald, Ronnie Caldwell 61.1	1:53.63
6	WATERLOO WEST	Emily Coontz, Lindsey Aves Heather Witt, Laura Dallenbach 62.5	1:55.25
7	DAVENPORT CENTRAL	Antricia Spears, Melissa Conklin Jocelyne Campese, Carrie Petersen 64.3	1:56.98
8	IOWA CITY WEST	Misa Nakato, Keri Koser Alicia Reddick, Kyla Hayford 65.9	2:01.11
	Heat 3		
1	IOWA CITY HIGH	Angie Madlock, Erica Davis Kristin Knight, Teesa Price 60.6	1:52.25
2	URBANDALE	Jaclyn Houghton, Rachel Buescher Susie Tofte, Cindy Kraft 60.3	1:53.15
3	OSKALOOSA	Jamie Snider, Sarah Harned Sarah Wellings, Angie Van Der Veer 60.1	1:53.62
4	MUSCATINE	Katie Brooker, Sue Ramser Mari Santana, Alyson Gorham 61.6	1:53.99
5	CEDAR RAPIDS WASHINGTON	Shammara Hobbs, JoAnna Stuelke Meghan Ryal, Holly Goldstein 60.8	1:54.78
6	NEWTON	Meghann Bestell, Emily Townsend Robin Machin, Amanda Thomason 61.8	1:55.64
7	CLINTON	Lindsey Larson, Tracy Hayton Kristin Pavone, Renee Waddell 62.4	1:55.65
8	WEST DES MOINES DOWLING	Brooke Haege, Pumpkin Brannon Melissa Dale, Angie Brees 61.8	1:56.07
	<b>DISTANCE MEDLEY RELAY</b>		
1	IOWA CITY HIGH	Anessa Sloan, Sara Nordquist Kelli Chesnut 61.8, Keely Barnett 2:15.6	4:11.99
2	CEDAR RAPIDS PRAIRIE	Katie George, Jessie Fisher Fionia Asigbee 59.3, Becky Rigel 2:18.9	4:12.59
3	DES MOINES HOOVER	Tonja Halstead, Maggie Beavers Tara Taylor 60.4, Stephanie Mann 2:18.4	4:13.88
4	AMES	Jessica Wray, Jennifer Greenfield Claire Gilchrist 60.2, Alienor Gilchrist 2:19.2	4:15.46
5	URBANDALE	Jaclyn Houghton, Cindy Kraft Susie Tofte 60.5, Amber Vande Lune 2:21.0	4:15.94
6	WEST DES MOINES DOWLING	Kiendra White, Michelle Marcouiller Tami Reavis 62.2, Katie Reichardt 2:19.2	4:16.31
7	FORT DODGE	Krystal McKinney, Steph Larson Mandy Kitterman 58.5, Tammy Jordison 2:23.1	4:19.18
8	BURLINGTON	Katie Boney, Sara Sudbeck Amy Oleson 60.1, Amanda Stiefel 2:23.1	4:19.85
9	LEWIS CENTRAL	Molly Parrott, Jennifer Keefe Cari Coleman 62.6, Brandy McSorley 2:23.0	4:21.56
10	IOWA CITY WEST	Jean Graves, Kate Jones Andrea Fastenow 61.4, Laura Schlapkohl 2:24.3	4:21.60
11	INDIANOLA	Mary Woltz, Holly Warren	

12	WAVERLY-SHELL ROCK	Nicole Bergman 62.4, Nicole Werling 2:26.2 Alisa Steffen, Jen Kapler	4:24.19
13	PELLA	Hannah Olson 61.6, Megan Magnall 2:26.9 Andrea Roush, Wendy Marlow	4:24.23
14	SIOUX CITY HEELAN	Jenny Versluys 59.5, Michelle Esbeck 2:31.3 Sarah Hubert, Ashley Black	4:25.95
15	SPENCER	Michelle Benson 60.8, Sarah Klein 2:29.4 Jami Willfong, Sara Hornby	4:26.20
16	LEMARS	Jessi Rausch 64.7, Amy Wedel 2:25.8 Molly Moberg, Christa Schnepf	4:26.81
17	BETTENDORF	Ellie Schnepf 61.1, Kate Peters 2:32.4 Ann Ruffcorn, Emilee Burge	4:27.55
17	DUBUQUE SENIOR	Christa Teplicky 61.7, Ann Ruffcorn 2:30.1 Erin Strub, Kristie Pfab	4:28.30
19	CEDAR FALLS	Melissa Dougherty 63.7, Jenna Specht 2:28.6 Erin Boike, Nikki Unruh-Carey	4:28.30
20	DENISON-SCHLESWIG	Kelly Wenndt 63.4, Becky Slick 2:31.3 Jessica Shives, Amanda Mahlberg	4:29.84
21	FORT MADISON	Julie Bruhn 62.5, Melissa Coleman 2:33.2 Robyn Pollpeter, Teresa Linares	4:32.22
22	OTTUMWA	Colleen Croker 64.3, Katie Glasgow 2:31.9 Noelle Rooker, Kim Couch	4:34.37
23	DES MOINES ROOSEVELT	Amber Morrow, Jenny Rathe 2:38.7 Arena Butts, Taylor Ewald	4:36.91
24	PLEASANT VALLEY	Ronnie Caldwell 63.3, Laurie Meythaler 2:41.3 Robyn Gauss, Vanessa Unser	4:38.93
		Angie Dannenfeldt 67.6, Kristin Cripple 2:33.3	4:39.27

**SHUTTLE HURDLE RELAY**

1	ANKENY	Lynette Heinauer 16.3, Traci Jones 16.8 Jenny Benson 16.5, Tiffany Ratzlaff 14.8	1:04.38
2	NEWTON	Jessie Dillman 15.6, Melissa Kempenaar 17.1 Nicolene Schwartz 15.3, Amy Spaur 16.8	1:04.85
3	DUBUQUE HEMPSTEAD	Laura Uthe 15.6, Michelle McCready 16.4 Sue Baylor 16.1, Amy Comer 17.0	1:05.05
4	AMES	Jessica Wray 15.8, Sarah Kitchell 17.0 Symantha Miller 16.3, Molly McNertney 16.5	1:05.64
5	DENISON-SCHLESWIG	Pam Hargens, Maggie Gorman Sarah Lokken, Brenda Christiansen 16.0	1:05.82
6	ATLANTIC	Anna Wilcoxon 15.7, Katie Woods 16.8 Michelle Haskins 16.8, Sara Schuler 16.6	1:05.97
7	BETTENDORF	Stephnie Jackson 16.1, Jennifer Haigh 16.8 Emilee Burge 16.6, Katie Haan 16.8	1:06.33
8	DUBUQUE SENIOR	Mary Garrett 15.6, Abby Hoelscher 17.2 Tabethe Galle 16.8, Shawna Aitchison 16.8	1:06.46

## Heat 1

1	AMES	Jessica Wray, Sarah Kitchell Symantha Miller, Molly McNertney	1:06.61
2	DUBUQUE SENIOR	Mary Garrett, Abby Hoelscher Tabethe Galle, Shawna Aitchison	1:06.75
3	CEDAR FALLS	Jenny Mitchell, Kellie Smith Sarah Farland, Theresa Liu	1:08.19
4	WEST DELAWARE	Betsy Fetter, Katie Johannes Kasey Hutchinson, Brenda Weibel	1:11.57

## Heat 2

1	DUBUQUE HEMPSTEAD	Laura Uthe, Michelle McCready Sue Baylor, Amy Comer	1:06.10
2	CLINTON	Marti Sheller, Jennifer Shaw Erin Land, Cristy Callahan	1:07.63
3	MASON CITY	Rhea Mix, Sara Fank	

4	IOWA CITY WEST	Kathy Kaduce, Liz Larsen Emily Reck, Keri Koser Jill Arganbright, Misa Nakato	1:07.90 1:07.91
Heat 3			
1	NEWTON	Jessie Dillman, Melissa Kempenaar Nicolene Schwartz, Amy Spaur	1:05.20
2	PELLA	Shelly McCulla, Stacy Van Vark Jessica Gerber, Daniella Grob	1:07.29
3	WAVERLY-SHELL ROCK	Joy Dorenkamp, Lindsay Rieck Rochelle Anderson, Holly Long	1:07.66
4	LEMARS	Kari Feuerhelm, Jessica Nelson Erin Matzen, Angie Husman	1:09.27
Heat 4			
1	ATLANTIC	Anna Wilcoxon, Katie Woods Michelle Haskins, Sara Schuler	1:05.55
2	MOUNT PLEASANT	Jennie Brauman, Shawna Shappell Kim Smith, Dee Wear	1:07.80
3	CEDAR RAPIDS KENNEDY	Brooke Boston, Jill Hlavacek Paige Berthel, Melissa Anderson	1:08.09
4	OSKALOOSA	Janelle Edmundson, Brandy Beyer Lindsey Fleener, Heidi Stewart	1:08.44
Heat 5			
1	ANKENY	Lynette Heinauer, Traci Jones Jenny Benson, Tiffany Ratzlaff	1:05.44
2	WEST DES MOINES VALLEY	Jennifer Maupin, Jaime Stearns Shelley Beal, Katie Best	1:07.54
3	MARSHALLTOWN	Ann Waters, Molly Colson Natalie Kopel, Angie Sommerlot	1:07.55
4	BURLINGTON	Tammi Porter, Katie Boney Amy Oleson, Vanessa Beyer	1:10.11
Heat 6			
1	DENISON-SCHLESWIG	Pam Hargens, Maggie Gorman Sarah Lokken, Brenda Christiansen	1:05.81
2	BETTENDORF	Stephnie Jackson, Jennifer Haigh Emilee Burge, Katie Haan	1:06.48
3	IOWA CITY HIGH	Whitney Black, Kelly Triplett Lisa Croker, Katie Divelbiss	1:07.90
4	JOHNSTON	Amanda Sellers, Alicia Rollison Karolina Czerwinski, Heidi Kiester	1:08.43

## WHEELCHAIR EVENTS

### 100-METER DASH

1	Cheri Blauwet	West Lyon	SO	23.12 *
2	Susan Tillman	Clarion-Goldfield	SO	24.98
3	Sabrina Jensen	Sioux City North	SR	35.37

### 400-METER DASH

1	Cheri Blauwet	West Lyon	SO	1:22.19 *
2	Susan Tillman	Clarion-Goldfield	SO	1:29.40

### SHOT PUT

1	Susan Tillman	Clarion-Goldfield	SO	15'07"
2	Cheri Blauwet	West Lyon	SO	12'02.05"