

2002 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS DRAKE STADIUM/JIM DUNCAN TRACK MAY 17 & 18, 2002

ATTENDANCE--FRIDAY--9,173; SATURDAY--9,120 (Saturday record--old mark, 9,049 in 2001). TOTAL--18,294

WEATHER--FRIDAY--High temperature of 61 degrees at 4 p.m. Winds 12-15 mph North/Northwest. Temperature 55 degrees at 12:00 noon start.

SATURDAY--High temperature of 61 degrees at 3 p.m. Winds 10/12 mph from North/Northwest. Temperature 51 degrees at 9 a.m. start--58 degrees at 1 p.m.

CLASS 1A OFFICIAL RESULTS

TEAM SCORING

1	Cedar Falls NU High	46
2	North Linn	32
3	Tipton	30
4	Tri-Center	29
5	Starmont	27
6	Aplington-Parkersburg	24
	West Hancock	24
8	AHST	20
9	Central Lyon	18
	South Hamilton	18
11	Council Bluffs St. Albert	16
12	Interstate 35	14
	Northeast	14
14	Iowa City Regina	12
15	Postville	11
16	Armstrong-Ringsted	10
	English Valleys	10
	LeMars Gehlen Catholic	10
19	CMB	9
	South Winneshiek	9
21	Charter Oak-Ute	8
	Columbus	8
	Denver	8
	Remsen St. Mary's	8
25	Springville	7
26	Laurens-Marathon	6
	Rockwell City-Lytton	6
	St. Ansgar	6
	Wapsie Valley	6
	Camanche	5
	Galva-Holstein	5
32	Alburnett	4
	Ar-We-Va	4
	Bondurant-Farrar	4
	Dike-New Hartford	4
	Southern Cal	4
37	Gladbrook-Reinbeck	3
	Janesville	3
	Manning	3
	Pekin	3
	West Branch	3

42	Audubon	2
	BCLUW	2
	Olin	2
	Winfield-Mt. Union	2
46	Calamus-Wheatland	1
	Eldora-New Providence	1
	Manson-NW Webster	1
	Montezuma	1
	Ogden	1
	Treynor	1

100 METER DASH

1	Meredith Kosmacek, Tri-Center	SO	12.09
2	Ashley Granger, Cedar Falls NU High	SO	12.43
3	Laura Northway, Springville	JR	12.58
4	Erin Sheeley, Postville	JR	12.75
5	Katie Bierl, Ar-We-Va	SO	12.84
6	Ciara Murillo, Montezuma	SO	12.90
7	Whitney Pralle, CAL-Dows	JR	12.94
8	Whitney Sayre, Panorama	FR	12.98

Heat 1

1	Ashley Granger, Cedar Falls NU High	SO	12.42 Q
2	Katie Bierl, Ar-We-Va	SO	12.75 Q
3	Lindsay Smith, New London	SO	12.89
4	Katie Maguire, Treynor	SR	12.94
5	Stacey Burns, East Marshall	SR	13.10
6	Sam Otdoerfer, Starmont	JR	13.38
7	Becky Kempers, Kingsley-Pierson	JR	13.42
8	Rachel Kauer, CMB	FR	13.47

Heat 2

1	Erin Sheeley, Postville	JR	12.54 Q
2	Laura Northway, Springville	JR	12.64 Q
3	Courtney Pilch, New London	JR	12.99
4	Dana Burns, Alburnett	JR	13.00
5	Danielle Nielsen, Westwood	SR	13.17
6	Morgan Shields, West Hancock	JR	13.29
7	Christa Moyer, Janesville	SR	13.30
8	Deanna Schulz, CWL	SO	13.46

Heat 3

1	Meredith Kosmacek, Tri-Center	SO	11.92 Q
2	Whitney Sayre, Panorama	FR	12.70 Q
3	Ciara Murillo, Montezuma	SO	12.72 Q
4	Whitney Pralle, CAL-Dows	JR	12.74 Q
5	Krystal Pruin, Northeast Hamilton	JR	12.85
6	Julie Muller, Rockford	SR	13.20
7	Becky Schweers, Lenox	SO	13.20
8	Courtney Varley, Nodaway Valley	FR	13.41

200 METER DASH

1	Meredith Kosmacek, Tri-Center	FR	24.74 J
2	Erin Sheeley, Postville	JR	25.60
3	Kara Robinson, North Linn	SR	26.07
4	Laura Northway, Springville	JR	26.26
5	Katie Bierl, Ar-We-Va	SO	26.38
6	Abbie Bagenstos, Galva-Holstein	SO	26.39
7	Katie Maguire, Treynor	SR	26.64
8	Dana Wilkerson, English Valleys	SR	26.96

Heat 1

1	Meredith Kosmacek, Tri-Center	SO	25.12Q
2	Abbie Bagenstos, Galva-Holstein	SO	26.58 Q
3	Amanda Pape, West Harrison	JR	26.59
4	Kelli Nelson, Exira	SO	26.65
5	Kristan Shanks, Fort Dodge St. Edmond	SR	26.93
6	Nicole Cook, Cedar Falls NU High	FR	27.14
7	Jenna Malcom, Schaller-Crestland	SO	27.87
8	Becky Schweers, Lenox	SO	27.90

Heat 2

1	Erin Sheeley, Postville	JR	25.61 Q
2	Katie Bierl, Ar-We-Va	SO	26.04 Q
3	Kara Robinson, North Linn	SR	26.25 Q
4	Dana Wilkerson, English Valleys	SR	26.47 Q
5	Katie Maguire, Treynor	SR	26.56 Q
6	Mallory Olenius, South Page	FR	27.04
7	Kayla Bright, Sioux Central	FR	27.65
8	Katie Herman, Belle Plaine	JR	27.72

Heat 3

1	Laura Northway, Springville	JR	26.35 Q
2	Amanda Schweitzer, Columbus	JR	26.58
3	Ciara Murillo, Montezuma	SO	26.77
4	Nikki Wederquist, Fremont-Mills	JR	26.88
5	Rachelle Coppock, East Marshall	FR	27.04
6	Amy Koester, Gladbrook-Reinbeck	JR	27.09
7	Krystle Cordes, Dike-New Hartford	SR	27.41
8	Deanna Schulz, CWL	SO	27.45

*For Qualifying spot--Bagenstos 26.5754, Schweitzer 26.5798

400 METER DASH

1	Meghann Reifenrath, Central Lyon	SR	57.64
2	Dana Wilkerson, English Valleys	SR	58.18
3	Krystle Cordes, Dike-New Hartford	SR	58.35
4	Amy Koester, Gladbrook-Reinbeck	JR	58.83
5	Stephanie Stamm, Olin	SR	59.36
6	Ariana Wolf, South Hamilton	FR	59.65
7	Mallory Olenius, South Page	FR	1:01.02
8	Abby Reinert, Eldora-New Providence	JR	1:01.39

Heat 1

1	Krystle Cordes, Dike-New Hartford	SR	59.30 Q
2	Ariana Wolf, South Hamilton	FR	1:00.40 Q
3	Katie Schnoes, SCMT	JR	1:01.16
4	Libby Gemberling, Southern Cal	FR	1:01.32
5	Katie Lee, Woodward-Granger	JR	1:01.39

6	Amber Aschinger, Wall Lake View-Auburn	FR	1:02.37
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7	Ashley Van Zee, Tri-County	JR	1:03.38
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8	Melinda Doolittle, Northeast Hamilton	JR	1:04.20
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Heat 2

1	Meghann Reifenrath, Central Lyon	SR	58.29 Q
2	Mallory Olenius, South Page	FR	1:00.92 Q
3	Alyssa Jones, Ogden	JR	1:01.08
4	Ashley Bramstedt, Hinton	SR	1:01.80
5	Beth Dove, Janesville	FR	1:02.41
6	Jennie Burris, West Central Valley	SR	1:02.41
7	Amber French, Bedford	SR	1:02.87
999	Catie O'Malley, Council Bluffs St. Albert	FR	DNS

Heat 3

1	Dana Wilkerson, English Valleys	SR	58.80 Q
2	Stephanie Stamm, Olin	SR	59.46 Q
3	Amy Koester, Gladbrook-Reinbeck	JR	59.48 Q
4	Abby Reinert, Eldora-New Providence	JR	1:00.73 Q
5	Erika Hoehns, Twin Cedars	SO	1:02.16
6	Amy Wedeking, Schaller-Crestland	SO	1:02.39
7	Abby Best, Audubon	SR	1:02.54
8	Megan Benning, Nashua-Plainfield	SO	1:03.19

800 METER RUN

1	Ellen Ries, North Linn	FR	2:15.41
2	Alyson Siegrist, West Hancock	FR	2:18.09
3	Katie Lantz, Rockwell City-Lytton	JR	2:19.59
4	Bridget Buddenberg, South Winneshiek	SR	2:22.57
5	Laura Jacobson, Galva-Holstein	SO	2:23.42
6	Heidi Porter, Manson-NW Webster	SO	2:24.54
7	Sara Goodman, West Marshall	JR	2:25.76
8	Sarah Johnston, Pekin	FR	2:26.12
9	Libby Gerber, West Lyon	JR	2:26.72
10	Laura Preston, North Kossuth	JR	2:27.50
11	Taryn Weston, Griswold	SO	2:27.68
12	Corrie Bangston, Essex	SR	2:28.11
13	Ashley Stevens, South Page	FR	2:28.44
14	Katie Lee, Woodward-Granger	JR	2:28.66
15	Courtney Stoelk, Ar-We-Va	FR	2:28.86
16	Sarah Greene, English Valleys	JR	2:29.24
17	Bri Barber, Storm Lake St. Mary's	JR	2:29.39
18	Carrie Larson, Tipton	FR	2:29.44
19	Danielle Hundt, Aquinas/Marquette	SO	2:29.88
20	Amanda Schwieger, Northeast Hamilton	SO	2:30.00
21	Steph Hillman, East Greene	JR	2:31.03
22	Ali Miller, Nodaway Valley	JR	2:35.56
23	Alexia Dunlop, Woodbine	FR	2:36.85
999	Rachel O'Connor, Northeast	SR	DNS

1500 METER RUN

1	Casey Huber, Denver	SO	4:52.24
2	Emily Klein, South Hamilton	SR	4:52.93
3	Meredith McKean, Armstrong-Ringsted	JR	4:55.90
4	Alyson Siegrist, West Hancock	FR	4:55.92
5	Katie Lantz, Rockwell City-Lytton	JR	4:57.75
6	Marissa Wurzer, South Winneshiek	SR	4:59.25
7	Randi Burns, Starmont	SR	5:00.52
8	Amanda Maas, North Linn	JR	5:04.94
9	Steph Maule, West Harrison	SO	5:06.04
10	Sarah Johnston, Pekin	FR	5:08.18
11	Dawn Heinrich, Durant/Bennett	JR	5:08.69
12	Des Campbell, LeMars Gehlen Catholic	JR	5:08.70
13	Roxanne Soesbe, Clarion-Goldfield	SO	5:08.74
14	Andrea Kirby, Starmont	SR	5:08.95

15	Courtney Stoelk, Ar-We-Va	FR	5:11.10
16	Shelby Beran, HLV	FR	5:11.38
17	Rachel O'Connor, Northeast	SR	5:14.36
18	Jennifer Muhl, Calamus-Wheatland	JR	5:14.41
19	Sarah Hamling, Council Bluffs St. Albert	SO	5:15.57
20	Teresa Booth, Stanton	JR	5:16.93
21	Sheila Cox, Wapsie Valley	SR	5:17.53
22	Carrie Mikota, South Winneshiek	SO	5:20.71
23	Sara Goodman, West Marshall	JR	5:26.37
999	Megan Winkelmann, Nodaway Valley	FR	DNS

3000 METER RUN

1	Emily Klein, South Hamilton	SR	10:37.59
2	Meredith McKean, Armstrong-Ringsted	JR	10:50.09
3	Rachel O'Connor, Northeast	SR	10:56.23
4	Randi Burns, Starmont	SR	10:56.71
5	Jillian Doddema, Cedar Falls NU High	JR	10:58.38
6	Jennifer Muhl, Calamus-Wheatland	JR	11:00.74
7	Teresa Booth, Stanton	JR	11:04.88
8	Emily Salberg, West Sioux	SO	11:14.32
9	Sarah Mohling, Fredericksburg	FR	11:15.34
10	Steph Maule, West Harrison	SO	11:22.29
11	Keely McCarthy, Corning	SR	11:24.51
12	Tonya Lehmann, Valley	SO	11:25.80
13	Becky Morrow, St. Ansgar	FR	11:27.64
14	Katy Synan, Iowa City Regina	FR	11:29.14
15	Jenny Cronbaugh, Belle Plaine	JR	11:35.37
16	Rachel Sitzmann, LeMars Gehlen Catholic	SO	11:38.11
17	Gail Torkelson, Central Elkader	JR	11:38.87
18	Tracy Hartwig, Rockwell City-Lytton	JR	11:39.54
19	Janelle Greene, English Valleys	JR	11:39.81
20	Katie Schlutz, Louisa-Muscatine	SO	11:50.51
21	Ashley Burk, Twin Cedars	JR	11:57.69
22	Brooke Boley, Bondurant-Farrar	SO	12:01.36
23	Constance Eshelman, Nodaway Valley	SO	12:03.79
24	Roxanne Soesbe, Clarion-Goldfield	SO	12:05.18
25	Brooke Pottorff, Corning	FR	12:30.61
999	Megan Winkelmann, Nodaway Valley	FR	DNS

100 METER HURDLES

1	Kelsey Grindle, Charter Oak-Ute	JR	14.96
2	Laura Nanninga, Tri-Center	JR	15.14
3	Kristi Green, Southern Cal	FR	15.43
4	Megan Means, CMB	SR	15.49
5	Megan Raap, Pekin	JR	15.54
6	Jacquelyn Schmidt, Laurens-Marathon	FR	15.63
7	Ashley Nally, Bedford	SR	15.73
8	Heidi Harriman, Battle Creek-Ida Grove	SO	15.92

Heat 1

1	Kelsey Grindle, Charter Oak-Ute	JR	15.47 Q
2	Ashley Nally, Bedford	SR	15.59 Q
3	Megan Means, CMB	SR	15.62 Q
4	Tasha Johnson, West Hancock	JR	15.88
5	Jill Helling, Aquinas/Marquette	JR	15.95
6	Jenni Elbert, Laurens-Marathon	SO	16.16
7	Jill Fell, Tipton	FR	16.53
8	Darcy Hageman, South Winneshiek	SO	17.20

Heat 2

1	Jacquelyn Schmidt, Laurens-Marathon	FR	15.21 Q
2	Heidi Harriman, Battle Creek-Ida Grove	SO	15.67 Q
3	Andrea Hahn, Cedar Falls NU High	SO	15.89
4	Marcia Zitelman, Starmont	SR	16.00

5	Jennifer Ness, CMB	JR	16.05
6	Jamie Leichty, Waco	FR	16.52
7	Missy Reinhart, North Polk	SO	22.13
999	Carol Lawlor, Northeast	JR	DNS

Heat 3

1	Laura Nanninga, Tri-Center	JR	15.06 Q
2	Kristi Green, Southern Cal	FR	15.59 Q
3	Megan Raap, Pekin	JR	15.74 Q
4	Cigi Low, Camanche	SO	15.76
5	Shannon Sitzmann, LeMars Gehlen Catholic	SO	15.81
6	Jamie Tremel, Woodbine	SR	16.01
7	Brittany Sinnwell, Nashua-Plainfield	SO	16.03
8	Brooke Cornelius, Aplington-Parkersburg	FR	17.16

400 METER HURDLES

1	Jessica Klett, Starmont	SR	1:04.39
2	Steph Arey, West Hancock	JR	1:05.24
3	Ashley Adams, AHST	JR	1:06.26
4	LeAnn Woods, West Branch	JR	1:07.64
5	Morgane Metzger, Winfield-Mt. Union	FR	1:07.95
6	Megan Raap, Pekin	JR	1:08.80
7	Tara Hoge, Camanche	SO	1:09.40
8	Bri Bohlen, Allison-Bristow	SO	1:09.51

Heat 1

1	Steph Arey, West Hancock	JR	1:04.53 Q
2	Tara Hoge, Camanche	SO	1:05.93 Q
3	Jennifer Ness, CMB	JR	1:08.78
4	Amanda Heater, East Greene	SO	1:09.93
5	Lana Messinger, AHST	SR	1:09.97
6	Jamie Hoover, Twin River Valley	JR	1:10.23
7	Tiffany Bowling, Twin Cedars	FR	1:11.04
8	Jamie Schmid, Woodbury Central	FR	1:12.10

Heat 2

1	Jessica Klett, Starmont	SR	1:05.03 Q
2	Morgane Metzger, Winfield-Mt. Union	FR	1:07.46 Q
3	LeAnn Woods, West Branch	JR	1:08.27 Q
4	Danielle Van Eaton, Villisca	FR	1:08.43
5	Katie Felderman, Andrew	SO	1:10.11
6	Mikki Stueben, Jesup	JR	1:10.51
7	Amanda Grady, CWL	SO	1:10.57
8	Jenni Cacek, Lakeland	JR	1:11.26

Heat 3

1	Ashley Adams, AHST	JR	1:04.52 Q
2	Megan Raap, Pekin	JR	1:05.70 Q
3	Bri Bohlen, Allison-Bristow	SO	1:08.23 Q
4	Sara Schultz, Durant/Bennett	JR	1:09.23
5	Ashlee Dickinson, Interstate 35	SR	1:09.38
6	Jena Zaputil, Denver	SO	1:10.34
7	Erin Makey, Logan-Magnolia	SR	1:12.31
8	Morgan Sackett, North Linn	JR	1:13.87

HIGH JUMP

1	Stephanie Bacan, Remsen St. Mary's	SR	5'07"
2	Ashlee Dickinson, Interstate 35	SR	5'06"
3	Halley Carlson, Interstate 35	SO	5'05"
4	Jenni Elbert, Laurens-Marathon	SO	5'05"
5	Beth Berquist, Alburnett	JR	5'05"
6	Nancy Puck, Manning	JR	5'03"
7	Kristan Shanks, Ft Dodge St. Edmond	SR	5'02"
8	Ali Gunderson, Armstrong-Ringsted	JR	5'02"
8	Lori Johnson, Lynnville-Sully	SR	5'02"
10	Miranda Boekhout, MMC	SO	5'02"

11	Kali Erlandson, Albert City-Truesdale	JR	5'00"
12	Abby Reinert, Eldora-New Providence	JR	5'00"
13	Ashley Blome, Panorama	SR	5'00"
13	Hannah Gronenboom, Pella Christian	JR	5'00"
13	Megan Mapel, Southern Cal	JR	5'00"
16	Stephanie Stamm, Olin	SR	5'00"
17	Donna Hanson, Galva-Holstein	JR	5'00"
17	Alisha Willey, West Harrison	SO	5'00"
19	Megan Bradley, Ft Dodge St. Edmond	JR	4'10"
19	Kate Schmitt, Rockford	SO	4'10"
19	Jena Goedken, Starmont	SO	4'10"
19	Jenny Larson, Valley	JR	4'10"
19	Carissa Miller, Waco	SO	4'10"
999	Megan Torres, Mason City Newman	SO	NT

SERIES

	4-10	5-0	5-2	5-3	5-4	5-5	5-6	5-7	5-8
Bacan	x	ox	x	x	oox	ox	oox	oox	ooo
Dickinson	x	x	oox	x	x	x	oox	ooo	
Carlson	x	x	x	x	oox	x	ooo		
Elbert	p	x	x	x	x	oox	ooo		
Berquist	x	x	ox	x	ox	oox	ooo		
Puck	x	x	ox	ox	ooo				
Shanks	x	x	x	ooo					
Gunderson	x	x	ox	ooo					
Johnson	x	x	ox	ooo					
Boekhout	x	oox	ox	ooo					
Erlandson	x	x	ooo						
Reinert	ox	x	ooo						
Blome	x	ox	ooo						
Gronenboom	x	ox	ooo						
Mapel	x	ox	ooo						
Stamm	x	oox	ooo						
Hanson	ox	oox	ooo						
Willey	ox	oox	ooo						
Bradley	x	ooo							
Schmitt	x	ooo							
Goedken	x	ooo							
Larson	x	ooo							
Miller	x	ooo							
Torres	ooo								

LONG JUMP

1	Brie Penaluna, Cedar Falls NU High	SR	17'07"
2	Stacy Butt, Northeast	SO	17'03.25"
3	Dana Wilkerson, English Valleys	SR	17'01"
4	Meredith Kosmacek, Tri-Center	SO	17'00.75"
5	Christine French, Alburnett	SR	16'09.50"
6	Ashley Peters, Eldora-New Providence	JR	16'09.25"
7	Ashley Nally, Bedford	SR	16'06.25"
8	Courtney Nelson, Northeast Hamilton	JR	16'06"
9	Jessica Liebergen, West Branch	JR	16'01"
10	Ashley Steines, Camanche	SO	15'10"
11	Kelsey Powell, Bondurant-Farrar	SO	15'10"
12	Traci Priebe, Sumner	FR	15'09"
13	Ashley Granger, Cedar Falls NU High	SO	15'08.50"
14	Jamie Tremel, Woodbine	SR	15'08"
15	Cigi Low, Camanche	SO	15'07.25"
16	Lindsay Clausen, Storm Lake St. Mary's	SO	15'07"
17	Morgan Shields, West Hancock	JR	15'05.5"
18	Nicole Scheiber, Sioux Central	FR	15'04"
19	Amber Hejlik, West Hancock	SO	15'01.50"
20	Danielle Van Eaton, Villisca	FR	15'01.25"
21	Whitney Pralle, CAL-Dows	SO	14'11"
22	Brittany Valvick, North Kossuth	FR	14'10.75"
23	Carly DuCharme, Iowa City Regina	FR	14'06.75"
999	Abbie Bagenstos, Galva-Holstein	SO	NM

SERIES

Penaluna	17-07	p	p	p	p	p
Butt	17-3.25	foul	foul	15-10	16-3.50	17-3.25
Wilkerson	15-7.75	16-4	17-1	foul	foul	16-5.75
Kosmacek	16-11.75	17-0.75	foul	foul	16-10.5	foul
French	15-1.75	16-2.5	16-3.25	16-625	16-9.5	foul
Peters	foul	16-3	16-9.25	13-11	15-3	foul
Nally	16-4.5	16-2	16-2	15-7.25	16-3.75	16-6.25
Nelson	16-1	15-11.25	15-5.5	16-2.75	foul	16-6
Liebergen	15-1.5	15-8.5	16-1	16-1	14-11.75	15-5.5
Steines	foul	15-10	14-10.25			
Powell	14-9.25	15-10	14-10			
Priebe	15-7.50	15-9	15-7.50			
Granger	14-0	15-8.50	15-7.75			
Tremel	15-8	14-10.25	14-10.50			
Low	15-7.25	15-4.75	15-3.50			
Clauson	14-3.50	14-1.50	15-7			
Shields	14-10.25	15-5.50	foul			
Scheiber	foul	14-7.50	15-4			
Hejlik	14-11.50	15-1.50	foul			
Van Eaton	13-6	15-0	15-1.25			
Pralle	14-9	14-7.25	14-11			
Valvick	13-5.50	foul	14-10.75			
DuCharme	foul	foul	14-6 3/4			
Bagenstos	foul	foul	foul			

SHOT PUT

1	Ann Gramkow, AHST	SR	41'04.50"
2	Brandie Weih, Tipton	JR	41'00.25"
3	Lori Trumblee, Starmont	SR	39'07.25"
4	Christa Moyer, Janesville	SR	39'02"
5	Anne Straate, Postville	SR	38'11.75"
6	Kim Mehlin, Treynor	SR	37'09.25"
7	Allyson Carlson, Winfield-Mt. Union	SR	36'11"
8	Janell Ward, BCLUW	SR	36'09.50"
9	Annie Weller, Camanche	JR	36'09.25"
10	Tasha Peterman, Bedford	SR	36'04.50"
11	Katie Dickinson, Woodbine	SR	36'02.25"
12	Jackie Beitelspacher, Gehlen Cath	JR	36'02"
13	Emily Randolph, Northeast	SR	36'01.25"
14	Maggie Matijevich, North Polk	JR	35'05.75"
15	Steph Voss, Tipton	JR	35'03"
16	Jenna Becker, Algona Garrigan	SR	35'02.50"
17	Kelli Hines, Hamburg	SR	34'10.50"
18	Lynette Wickman, North Linn	SR	34'09.75"
19	Audra Honeyman, Essex	SR	34'06.50"
20	Amy Bechen, Ar-We-Va	JR	34'03.25"
21	Amanda Meitner, St. Ansgar	SR	34'02.75"
22	Molly Hipnar, Ar-We-Va	JR	33'02"
23	Lacey Trei, George-Little Rock	SR	31'06.25"
24	Kelsey Vincent, Columbus	SO	28'11"

SERIES

Gramkow	39'0.75	41'4.50	40'11.75	41'4.25	38'10.75	41'7.25
Weih	39'9.25	39'3.50	38'2.25	37'9.50	41'0.25	40'4.25
Trumblee	39'7.25	36'8.50	38'0	36'7.50	37'4.25	34'4.50
Moyer	37'0.25	39'2	36'2	34'0.75	38'625	35'1
Straate	38'10	38'11.75	34'6.75	37'0	35'0.50	foul
Mehlin	35'9	35'11.50	37'9.25	foul	36'9.75	37'2.25
Carlson	36'3	36'10.50	34'5.25	35'1.25	36'11	foul
Ward	35'2.50	36'9.50	foul	foul	foul	36'4.75
Weller	36'6.50	35'4.25	36'9.25			
Peterman	34'9	34'0.75	36'4.50			
Dickinson	36'2.25	35'2	35'4			
Beitelspacher	35'3	32'11.50	36'2			
Randolph	foul	34'8.75	36'1.25			
Matijevich	34'11.50	34'3.50	35'5.75			
Voss	35'3	32'10.25	32'0.25			
Becker	35'2.50	34'11.25	34'8.50			
Hines	34'10.50	34'3.25	34'3.75			
Wickman	33'11.50	31'4	34'9.75			

Honeyman	33'10	34'6.50	31'11.75
Bechen	32'6	33'11.50	33'3.25
Meitner	34'2.75	33'4.75	33'11.25
Hipnar	33'1	33'2	32'9.50
Trei	31'4	31'6.25	30'10.50
Vincent	foul	28'11	foul

DISCUS

1	Ann Gramkow, AHST	SR	141'00"
2	Amanda Meitner, St. Ansgar	SR	133'06"
3	Katie Brown, Camanche	SR	131'00"
4	Lori Trumblee, Starmont	SR	130'09"
5	Janell Ward, BCLUW	SR	126'10"
6	Molly Banse, Starmont	SR	126'05"
7	Kim Mehlin, Treynor	SR	121'07"
8	Wendy Ausdemore, Tri-Center	FR	115'10"
9	Ann Mincks, Columbus	JR	115'04"
10	Allyson Carlson, Winfield-Mt. Union	SR	111'08"
11	Lindsay Klaassen, George-Little Rock	SR	109'04"
12	Steph Kuhl, Logan-Magnolia	JR	108'09"
13	Original Beckstrom, Kingsley-Pierson	JR	108'05"
14	Laura Tigges, Earlham	SR	106'02"
15	Emily Randolph, Northeast	SR	104'11"
16	Kristen Rosenbeck, Guthrie Center	JR	104'11"
17	Michelle Zugg, Moravia/Moulton-Udell	JR	103'03"
18	Ellen Thys, HLV	SO	102'09"
19	Audra Hovick, South Hamilton	SR	102'09"
20	Kayla Burkhiser, Farragut	SO	102'09"
21	Katie Dickinson, Woodbine	SR	102'06"
22	Leia Barrett, Laurens-Marathon	SR	096'06"
23	Brandie Weih, Tipton	JR	092'00"
24	Ashley Carlson, South O'Brien	SR	087'00"

Series

Gramkow	136'11	138'9	139'2	140'6	131'10	141'0
Meitner	133'1	130'7	133'0	123'8	133'6	122'4
Brown	112'2	122'9	107'0	131'0	119'0	114'8
Trumblee	123'0	109'9	21'4	118'6	130'9	123'6
Ward	117'11	126'10	119'0	115'5	118'7	106'6
Banse	124'10	121'10	foul	123'3	116'5	126'5
Mehlin	113'0	115'6	112'11	121'7	118'11	110'2
Ausdemore	113'3	115'10	111'8	111'4	112'0	109'11
Mincks	1096	110'6	115'4			
Carlson	107'6	111'8	95'4			
Klaassen	1094	105'3	103'9			
Kuhl	82'4	106'3	108'9			
Beckstrom	97'8	108'5	106'10			
Tigges	106'2	100'0	103'2			
Randolph	98'9	104'11	96'0			
Rosenbeck	94'7	104'11	foul			
Zugg	101'2	97'9	103'3			
Thys	foul	102'9	102'11			
Hovick	foul	101'11	102'9			
Burkhiser	89'9	102'9	foul			
Dickinson	72'5	102'6	80'10			
Barrett	foul	96'6	92'7			
Weih	92'1	foul	foul			
Carlson	87'1	foul	foul			

4x100 METER RELAY

1	CEDAR FALLS NU HIGH	50.18
	(Andrea Hahn, Brie Penaluna Jade McAdams, Ashley Granger)	

2	APLINGTON-PARKERSBURG	50.65
	(Brooke Cornelius, Brittany Schipper Megan Meyer, Crystal Williamson)	
3	COLUMBUS	50.72
	(Ashley Orris, Nicole Stewart Amanda Schweitzer, MacKenzie Meyerholz)	
4	TRI-CENTER	50.81
	(Amy Nanninga, Meredith Kosmacek Missy Barrier, Laura Nanninga)	
5	IOWA CITY REGINA	51.32
	(Hope Coffin, Katie Hurt Emily Pechous, Carly DuCharme)	
6	WEST HANCOCK	51.57
	(Morgan Shields, Kelly Wagner Heather Gast, Tasha Johnson)	
7	JANESVILLE	51.76
	(Brooke Whitcher, Beth Dove Steph Holding, Christa Moyer)	
8	NORTHEAST	51.82
	(Angie Adrian, Karleen Meggers Kim Eskilden, Stacy Butt)	

Heat 1

1	COLUMBUS	50.70 Q
	(Ashley Orris, Nicole Stewart Amanda Schweitzer, MacKenzie Meyerholz)	
2	JANESVILLE	51.77 Q
	(Brooke Whitcher, Beth Dove Steph Holding, Christa Moyer)	
3	CMB	51.83
	(Kristin Plunkett, Jamie Enfield Rachel Kauer, Megan Means)	
4	STORM LAKE ST. MARY'S	52.38
	(Lindsay Clausen, Peggy Ploeger Jennifer Petersen, Marisha Imming)	
5	BEDFORD	52.59
	(Ashley Nally, Susan Villamil Amber French, Jennifer Irvin)	
6	STARMONT	52.62
	(Eliza Franzen, Leah Francois Sam Otdoerfer, Marcia Zitelman)	
7	CENTRAL LYON	52.68
	(Natalie Steenhoven, Meghann Reifenrath Abbey Van Berkum, Kate Boeve)	
8	SIOUX CENTRAL	53.02
	(Nicole Scheiber, Deb Christiansen Kayla Bright, Candi Kracht)	

Heat 2

1	APLINGTON-PARKERSBURG	50.73 Q
	(Brooke Cornelius, Brittany Schipper Megan Meyer, Crystal Williamson)	
2	NORTHEAST	51.15 Q
	(Angie Adrian, Karleen Meggers Kim Eskilden, Stacy Butt)	
3	WEST HANCOCK	51.49 Q
	(Morgan Shields, Kelly Wagner Heather Gast, Tasha Johnson)	
4	BONDURANT-FARRAR	51.85
	(Kimber Kunze, Kelsey Powell Jessica Antelman, Ashley Schiermeister)	
5	CAMANCHE	51.86
	(Cigi Low, Ashley Steines Shannon Wiebers, Tara Hoge)	
6	NEW LONDON	51.96
	(Courtney Pilch, Whitney Gilleard Stephanie Fischer, Lindsay Smith)	

7 PANORAMA	52.66	3 COLUMBUS	1:48.86 Q
(Ashley Blome, Kaylinn Hoyt Erin McFadden, Kaylinn Hoyt)		(Ashley Orris, MacKenzie Meyerholz Tania Leyva, Amanda Schweitzer)	
8 HLV	52.97	4 ST. ANSGAR	1:50.78
(Laura Pirkl, Kacie Herzberg Rachel Pirkl, Lindsay Beran)		(Cari Cimmiyotti, Alyssa Picht Larissa Edgington, Jess Thurnau)	
Heat 3		5 STORM LAKE ST. MARY'S	1:51.11
1 CEDAR FALLS NU HIGH	50.20 Q	(Lindsay Clausen, Peggy Ploeger Michelle Drey, Jennifer Petersen)	
(Andrea Hahn, Brie Penaluna Jade McAdams, Ashley Granger)		6 EAST BUCHANAN	1:51.90
2 TRI-CENTER	50.29 Q	(Michelle Moore, Sammy Howe Katie Steffen, Aubrey Dolan)	
(Amy Nanninga, Meredith Kosmacek Missy Barrier, Laura Nanninga)		7 HLV	1:52.26
3 IOWA CITY REGINA	50.51 Q	(Laura Pirkl, Kacie Herzberg Rachel Pirkl, Lindsay Beran)	
(Hope Coffin, Katie Hurt Emily Pechous, Carly DuCharme)		8 COUNCIL BLUFFS ST. ALBERT	1:53.70
4 TREYNOR	52.16	(Kristin McGlade, Lyndsey Pettit Kelly Burns, Justine Olsen)	
(Jana Trede, Katie Maguire Laura Saar, Jenny Owens)		Heat 2	
5 MASON CITY NEWMAN	52.31	1 GALVA-HOLSTEIN	1:49.37 Q
(Frances Solivan, Kendra Pruin Amanda Schlicher, Jennifer Pfannes)		(Tegan Jepsen, Emily Frank Darci Vohs, Abbie Bagenstos)	
6 BATTLE CREEK-IDA GROVE	52.41	2 LEMARS GEHLEN CATHOLIC	1:49.41 Q
(Sarah Sykes, Heidi Harriman Abby Lageschulte, Allesha Olson)		(Samantha Floy, BreAnne Ruhland Missy Janning, Jess Sitzmann)	
7 EAST BUCHANAN	52.72	3 WEST HANCOCK	1:49.47
(Michelle Moore, Liz Carr Sammy Howe, Aubrey Dolan)		(Morgan Shields, Heather Gast Amber Hejlik, Kelly Wagner)	
8 LENOX	53.24	4 MANNING	1:50.10
(Erica Beck, Bethany Kinker Shelley Brown, Becky Schweers)		(Nancy Puck, Shannon Warner Brandi Struve, Jennifer Renze)	
		5 CMB	1:50.33
		(Jamie Enfield, Ashley Golly Alex Kunkle, Mary Ketchum)	
4x200 METER RELAY		6 PANORAMA	1:50.63
1 APLINGTON-PARKERSBURG	1:45.51	(Ashley Blome, Lindsie Leib Erin McFadden, Whitney Sayre)	
(Crystal Williamson, Natalie Brocka Megan Meyer, Brittany Schipper)		7 BELLE PLAINE	1:50.67
2 CEDAR FALLS NU HIGH	1:46.06	(Shalan Danker, Jill Formanek Melissa Frank, Katie Herman)	
(Nicole Cook, Brie Penaluna Jade McAdams, Ashley Granger)		8 FORT DODGE ST. EDMOND	1:50.69
3 IOWA CITY REGINA	1:47.22	(Katie Rosenburgh, Ashley Black Liz Becker, Kristan Shanks)	
(Emily Pechous, Katie Hurt Kelsey Homewood, Carly DuCharme)		Heat 3	
4 NORTHEAST	1:47.67	1 CEDAR FALLS NU HIGH	1:46.47 Q
(Carol Lawlor, Karleen Meggers Kim Eskilden, Stacy Butt)		(Nicole Cook, Brie Penaluna Jade McAdams, Ashley Granger)	
5 COLUMBUS	1:48.28	2 APLINGTON-PARKERSBURG	1:46.57 Q
(Ashley Orris, MacKenzie Meyerholz Tania Leyva, Amanda Schweitzer)		(Crystal Williamson, Natalie Brocka Megan Meyer, Brittany Schipper)	
6 GALVA-HOLSTEIN	1:48.70	3 IOWA CITY REGINA	1:48.02 Q
(Tegan Jepsen, Emily Frank Darci Vohs, Abbie Bagenstos)		(Emily Pechous, Katie Hurt Kelsey Homewood, Carly DuCharme)	
7 STARMONT	1:49.81	4 BATTLE CREEK-IDA GROVE	1:50.17
(Katie Brunkhorst, Sam Otdoerfer Leah Francois, Jessica Klett)		(Sarah Sykes, Molly Kallin Abby Lageschulte, Allesha Olson)	
8 LEMARS GEHLEN CATHOLIC	1:49.83	5 CENTRAL LYON	1:50.35
(Samantha Floy, BreAnne Ruhland Missy Janning, Jess Sitzmann)		(Jessica Rozeboom, Abbey Van Berkum Natalie Steenhoven, Kate Boeve)	
Heat 1		6 NEW LONDON	1:50.69
1 NORTHEAST	1:47.95 Q	(Courtney Pilch, Katie Lorber Stephanie Fischer, Lindsay Smith)	
(Carol Lawlor, Karleen Meggers Kim Eskilden, Stacy Butt)		7 KINGSLEY-PIERSON	1:51.20
2 STARMONT	1:48.51 Q	(Laura Bahrke, Melanie Culler Becky Kempers, Megan Radel)	
(Katie Brunkhorst, Sam Otdoerfer Leah Francois, Jessica Klett)			

8 INTERSTATE 35	1:51.84	4 MEDIAPOLIS	4:16.71
(Callie Collins, Amy Weeks Maggie Downs, Heather Beeler)		(Andrea Cling 62.9, Adrienne Patterson 65.5 Emily Kester, 65.5 Margaret Kuenzler 62.8)	
4x400 METER RELAY		5 NORTH POLK	4:19.42
1 NORTH LINN	4:03.15	(Steph Stall, Kim Medick Abigail Rhoades, Missy Reinhart)	
(Emily Broghammer 62.9, Chelsey Martin 62.5 Ellen Ries 58.3, Kara Robinson 59.4)		6 ELDORA-NEW PROVIDENCE	4:19.57
2 TIPTON	4:06.70	(Kendra Schaa, Anne Spieker Betsy Halverson, Abby Reinert 61.7)	
(Carrie Larson 62.7, Steph King 60.3 Kaylee Kotz 65.3, Katie Wagner 58.4)		7 SOUTHERN CAL	4:22.88
3 COUNCIL BLUFFS ST. ALBERT	4:09.02	(Jenny Harris, Katie Block Kristi Green, Libby Gemberling)	
(Justine Olsen, Eve Johnson 59.1 Sarah Hamling, Laura Sawatzke 58.8)		8 SOUTH O'BRIEN	4:27.70
4 INTERSTATE 35	4:11.31	(Holly Mews, Kelli Negus Katy Heppner, Leah Lundquist)	
(Emily Foura, Ashlee Dickinson Maggie Downs, Heather Beeler 60.1)		Heat 3	
5 SOUTH HAMILTON	4:14.87	1 COUNCIL BLUFFS ST. ALBERT	4:13.47 Q
(Jamie Olson 65.2, Kylie Hake 64.4 Jenna Neuman 64.5, Ariana Wolf 60.7)		(Justine Olsen, Eve Johnson 60.6 Sarah Hamling, Laura Sawatzke 61.9)	
6 GALVA-HOLSTEIN	4:14.89	2 SOUTH HAMILTON	4:15.22 Q
(Donna Hanson, Emily Frank Darci Vohs, Abbie Bagenstos)		(Jamie Olson 64.6, Kylie Hake 63.6 Jenna Neuman 65.4, Ariana Wolf 61.6)	
7 BGM	4:14.99	3 FORT DODGE ST. EDMOND	4:18.91
(Kayla Sherwood, Nicole Wauters Danielle Wauters, Taralyn Taylor)		(Ashley Black 63.3, Liz Becker Katie Rosenburgh, Kristan Shanks 62.8)	
8 LEMARS GEHLEN CATHOLIC	4:16.43	4 BELLE PLAINE	4:19.21
(Jess Sitzmann 65.9, Emily Puhl 64.0 Erin Puhl 63.7, Missy Janning 62.9)		(Lindsay Johnson, Jill Formanek Melissa Frank, Brittani Kozik)	
Heat 1		5 BCLUW	4:19.63
1 TIPTON	4:09.36 Q	(Morgan Martin, Adrienne Landt Marissa Martin, Tricia Sharp)	
(Carrie 62.2, Steph King 62.6 Kaylee Kotz 63.2, Katie Wagner 61.1)		6 MANNING	4:20.59
2 BGM	4:15.99 Q	(Nancy Puck 61.2, Danielle Hargens Erin Dammann, Jennifer Renze)	
(Kayla Sherwood, Nicole Wauters Danielle Wauters 63.2, Taralyn Taylor 62.3)		7 LAURENS-MARATHON	4:20.70
3 GALVA-HOLSTEIN	4:16.06 Q	(Jacquelyn Schmidt, Jenni Elbert Betsy Behrens, Lindsey Meyer)	
(Donna Hanson 63.2, Emily Frank 64.9 Darci Vohs 64.9, Abbie Bagenstos 62.8)		8 LAKE MILLS	4:23.75
4 SCHALLER-CRETLAND	4:16.27	(Molly Nelson, LeAnn Dahn Jill Helgeson, Lacey Mathews)	
(Jenny Davis, Monica Bloyer Jenna Malcom, Amy Wedeking)		4x800 METER RELAY	
5 AUDUBON	4:17.20	1 TIPTON	9:37.42
(Gina Baier, Jordan Roland Sarah Boehm, Abby Best)		(Carrie Larson 2:25.0, Steph King 2:25.6 Megan Matthias 2:26.8, Katie Wagner) 2:20.3	
6 LOGAN-MAGNOLIA	4:17.63	2 COUNCIL BLUFFS ST. ALBERT	9:46.69
(Erin Makey 63.0, Ingrid Frisk 66.0 Jill Peterson 63.9, Teri Willard 64.7)		(Sarah Hamling 2:28.4, Eve Johnson 2:23.1 Abby Jares 2:34.8, Laura Sawatzke 2:20.3)	
7 FAIRFIELD MAHARISHI	4:19.53	3 WAPSIE VALLEY	9:51.74
(Jessica Jarvis, Camie Bargerstock Jennie Hirsch, Aditya Jones)		(Rachael Ryan, Kira Matthias Dana Boevers, Sheila Cox)	
8 NODAWAY VALLEY	4:26.49	4 SOUTH WINNESHIEK	9:52.10
(Gentri Rice, Andrea Westphal Laura McCann, Ali Miller)		(Carrie Mikota 2:36.7, Marissa Wurzer 2:22.2 Amber Uhlenhake 2:34.9, Bridget Buddenberg 2:18.2)	
Heat 2		5 AUDUBON	9:53.33
1 NORTH LINN	4:06.18 Q	(Abby Best 2:27.1, Autum Wulf 2:32.2 Sarah Boehm 2:28.8, Gina Baier 2:25.2)	
(Emily Broghammer 62.6, Chelsey Martin 64.0 Ellen Ries 59.7, Kara Robinson 59.8)		6 SOUTH HAMILTON	9:54.71
2 INTERSTATE 35	4:15.41 Q	(Jenna Neuman 2:32.0, Jamie Olson 2:33.8 Ariana Wolf, 2:26.1 Emily Klein 2:22.8)	
(Emily Foura 67.5, Ashlee Dickinson 64.3 Maggie Downs 62.9, Heather Beeler 60.7)		7 BGM	9:54.73
3 LEMARS GEHLEN CATHOLIC	4:15.90 Q	(Amanda Ellis, Nicole Wauters Danielle Wauters, Taralyn Taylor)	
(Jess Sitzmann 62.8, Emily Puhl 64.1 Erin Puhl 64.8, Missy Janning 64.2)			

8 SOUTHERN CAL (Katie Block, Jenny Harris Amber Knapp, Libby Gemberling)	9:56.84	5 MANNING (Brandi Struve, Shannon Warner Jennifer Renze, Nancy Puck 58.4)	1:52.58
9 WEST SIOUX (Cari Rehder, Amanda Schouten Emily Salberg, Kayla Weerheim)	9:58.47	6 OGDEN (Kirstin Peterson, Anna Faber Emily Smith, Alyssa Jones)	1:55.04
10 LOGAN-MAGNOLIA (Ingrid Frisk, Jill Peterson Teri Willard 2:29.5, Erin Makey 2:23.0)	10:00.60	7 DIKE-NEW HARTFORD (Ashley Caley, Tana Wilson Britt Bakker, Krystle Cordes 65.9)	2:01.09
11 STARMONT (Valerie Streicher, Chasity Miller Krystal Kraus, Andrea Kirby)	10:01.08	999 POSTVILLE (Kelli Kerr, Anne Straate Danielle Heins, Erin Sheeley)	DQ-(#4 out of lane--1:54.86)
12 LEMARS GEHLEN CATHOLIC (Missy Janning, Jess Sitzmann Emily Puhl, Des Campbell)	10:01.38		
13 GALVA-HOLSTEIN (Donna Hanson, Emily Lichter Janel Smith, Laura Jacobson)	10:02.63	Heat 1	
14 DURANT/BENNETT (Dawn Heinrich, Jesslyn Von Muester Margaret Morris, Amanda Otto)	10:02.72	1 APLINGTON-PARKERSBURG (Natalie Brocka, Crystal Williamson Megan Meyer, Brittany Schipper 60.2)	1:52.18 Q
15 NORTH LINN (Chelsey Martin, Amanda Maas Emily Broghammer, Sarah Dolan)	10:03.41	2 NORTHEAST (Angie Adrian, Kim Eskilden Karleen Meggers, Stacy Butt 58.9)	1:53.93
16 ST. ANSGAR (Steph Schulz, Katelin Schwarck Megan Rustad, Amanda Saarinen 2:24.0)	10:07.48	3 ENGLISH VALLEYS (Melissa Caster, Danielle Breon Sarah Greene, Dana Wilkerson 60.3)	1:54.35
17 IKM (Emily Stracke 2:31.6, Taryn Schechinger 2:34.8 Julie Graeve 2:32.6, Maria Kasparbauer 2:32.3)	10:11.33	4 WEST BRANCH (Rachel Stoolman, Marlena Nash Jessica Liebergen, Katie Lumpa)	1:54.63
18 DENVER (Jena Zaputil, Katie Larson Katie Nielsen, Casey Huber)	10:11.40	5 ELDORA-NEW PROVIDENCE (Ashley Peters, Kim Hoversten Betsy Halverson, Abby Reinert 61.1)	1:55.08
19 BCLUW (Tricia Sharp 2:29.8, Morgan Martin 2:33.8 Kacie Dielschneider 2:38.1, Marissa Martin 2:34.2)	10:15.90	6 WALL LAKE VIEW-AUBURN (Alison Waggle, Lindsey Trost Abby Brotherton, Amber Aschinger)	1:55.22
20 BELLE PLAINE (Emily Cronbaugh, Steph Koeppen Lindsay Johnson, Brittani Kozik)	10:18.11	7 BEDFORD (Ashley Nally, Susan Villamil Jennifer Irvin, Amber French 61.4)	1:55.86
21 NODAWAY VALLEY (Ali Miller, Laura McCann Andrea Westphal, Gentry Rice)	10:19.08	8 PANORAMA (Kaylenn Hoyt, Lindsie Leib Erin McFadden, Ashley Blome 60.9)	1:56.43
22 MEDIAPOLIS (Adrienne Patterson, Andrea Cling Emily Kester, Margaret Kuenzler)	10:21.08	Heat 2	
23 HINTON (Candice Whitney, Heidi Hageman Breann Schindel, Ashley Bramstedt)	10:24.38	1 CENTRAL LYON (Natalie Steenhoven, Abbey Van Berkum Kate Boeve, Meghann Reifenrath 57.4)	1:51.51 Q
24 VALLEY (Chelsea Bushman, Jessica Butikofer Grace Johnson, Tonya Lehmann)	10:46.70	2 DIKE-NEW HARTFORD (Ashley Caley, Tana Wilson Britt Bakker, Krystle Cordes 58.0)	1:52.50 Q
		3 CEDAR FALLS NU HIGH (Jade McAdams, Lastascia Granger Nicole Cook, Jillian Doddema 59.6)	1:52.91 Q
		4 OGDEN (Kirstin Peterson, Kaylee Shreve Emily Smith, Alyssa Jones 59.5)	1:53.24 Q
		5 SOUTH WINNESHIEK (Darcy Hageman, Brittany Kuennen Katie Shatek, Bridget Buddenberg 60.5)	1:55.57
		6 WOODBINE (Amanda Lenz, Mary Smith Jamie Tremel, Alexia Dunlop)	1:56.72
		7 COLUMBUS (Erin Morrison, Nicole Stewart MacKenzie Meyerholz, Tania Leyva 62.0)	1:57.29
		8 NASHUA-PLAINFIELD (Kristina McBurney, Ashley Poppe Brittany Sinnwell, Megan Benning)	1:58.30
SPRINT MEDLEY RELAY			
1 CENTRAL LYON (Natalie Steenhoven, Abbey Van Berkum Kate Boeve, Meghann Reifenrath 56.9)	1:50.99		
2 CEDAR FALLS NU HIGH (Jade McAdams, Lastascia Granger Nicole Cook, Jillian Doddema 58.8)	1:51.37		
3 APLINGTON-PARKERSBURG (Natalie Brocka, Crystal Williamson Megan Meyer, Brittany Schipper 59.4)	1:51.57		
4 IOWA CITY REGINA (Hope Coffin, Katie Hurt Emily Pechous, Carly DuCharme 59.8)	1:52.28		

Heat 3

1 IOWA CITY REGINA (Hope Coffin, Katie Hurt Emily Pechous, Carly DuCharme 59.2)	1:51.83 Q
2 MANNING (Brandi Struve, Shannon Warner Jennifer Renze, Nancy Puck 58.3)	1:52.48 Q
3 POSTVILLE (Kelli Kerr, Anne Straate Danielle Heins, Erin Sheeley 57.8)	1:53.92 Q
4 JANESVILLE (Christa Moyer, Steph Holding Brooke Whitcheer, Beth Dove 61.1)	1:54.20
5 ALGONA GARRIGAN (Lisa Thilges, Jenna Kollasch Lindsay Becker, Ashley Arndorfer 59.9)	1:55.35
6 INTERSTATE 35 (Emily Foura, Amy Weeks Maggie Downs, Heather Beeler 59.5)	1:55.39
7 TIPTON (Siren Tonnesen, Megan Matthias Danielle Chapman, Kaylee Kotz)	1:56.83
8 KINGSLEY-PIERSON (Amber Hansen, Melanie Culler Laura Bahrke, Megan Radel)	1:59.36

DISTANCE MEDLEY RELAY

1 NORTH LINN (Chelsey Martin, Emily Broghammer Kara Robinson 58.9, Ellen Ries 2:13.1)	4:08.89
2 WEST HANCOCK (Heather Gast, Kelly Wagner Steph Arey 58.9, Alyson Siegrist 2:20.7)	4:14.24
3 TIPTON (Danielle Chapman, Kaylee Kotz Steph King 60.8, Katie Wagner 2:19.9)	4:16.31
4 CEDAR FALLS NU HIGH (Andrea Hahn, Nicole Cook Lastascia Granger 64.5, Jillian Doddema 2:19.7)	4:18.37
5 COUNCIL BLUFFS ST. ALBERT (Kelly Burns, Justine Olsen Laura Sawatzke 60.2, Eve Johnson 2:21.7)	4:18.68
6 SOUTH WINNESHIEK (Kayla Timp, Katie Shatek Jackie Patrick 61.8, Marissa Wurzer 2:26.6)	4:25.28
7 ARMSTRONG-RINGSTED (Lindsey Walker, Diana Pelzer Brooke Craig, Meredith McKean)	4:25.33
8 PEKIN (Nina Hornback, Amber Millikin Megan Raap 61.0, Sarah Johnston 2:27.9)	4:25.72
9 DENVER (Erin Doepke, Leia Adams Miranda Adams 65.5, Casey Huber 2:23.6)	4:26.09
10 BELLE PLAINE (Shalan Danker, Katie Herman Jill Formanek 63.5, Brittani Kozik 2:26.6)	4:26.76
11 GALVA-HOLSTEIN (Emily Schweitzberger, Tegan Jepsen Darci Vohs, Laura Jacobson)	4:26.79
12 WOODBINE (Sarah Dolan, Mary Smith Jamie Tremel, Alexia Dunlop)	4:27.12
13 WEST BRANCH (Jessica Liebergen, Kelly Hinkhouse	4:27.13

LeAnn Woods, Katie Lumpa)	
14 ROCKWELL CITY-LYTTON (Lindsey Bair, Riley Lenz Jill Johnson, Katie Lantz)	4:28.04
15 MEDIAPOLIS (Joann Weyers, Adrienne Patterson Andrea Cling, Margaret Kuenzler)	4:28.11
16 NORTH POLK (Missy Reinhart, Abigail Rhoades Kim Medick, Steph Stall 2:29.3)	4:28.30
17 STORM LAKE ST. MARY'S (Lindsay Clausen, Peggy Ploeger Michelle Drey 64.0, Bri Barber 2:30.3)	4:29.93
18 AUDUBON (Amanda Glade, Erin Landon Gina Baier, Whitney Henke)	4:30.24
19 LAURENS-MARATHON (Betsy Behrens, Ashlie Brazel Lindsey Meyer, Carmen Moss)	4:31.02
20 MANSON-NW WEBSTER (Katie Sukovaty, Nikki Hokinson Elisaet Folden, Heidi Porter)	4:31.28
21 BONDURANT-FARRAR (Kelsey Powell, Ashley Schiermeister Kimber Kunze 62.6, Brooke Boley 2:33.9)	4:31.71
22 ENGLISH VALLEYS (Melissa Caster, Katie Jensen Sarah Greene, Janelle Greene)	4:31.89
23 ALGONA GARRIGAN (Hannah McCall, Jenna Becker Ashley Arndorfer, Rose Mayer)	4:33.17
24 INTERSTATE 35 (Emily Foura, Amy Weeks Katie Beeler, Kaitlyn Ernst)	4:53.66

SHUTTLE HURDLE RELAY

1 LEMARS GEHLEN CATHOLIC (Leah Kluemper, Shannon Sitzmann Samantha Floy, Des Campbell)	1:04.16
2 STARMONT (Leah Francois, Jena Goedken Jessica Klett, Marcia Zitelman)	1:05.28
3 CMB (Alex Kunkle, Jennifer Ness Kristin Plunkett, Megan Means)	1:05.51
4 BONDURANT-FARRAR (Kelsey Powell, Shelby Cloke Ashley Schiermeister, Kimber Kunze)	1:05.82
5 LAURENS-MARATHON (Lindsey Meyer, Betsy Behrens Jenni Elbert, Jacquelyn Schmidt)	1:06.33
6 CAMANCHE (Ashley Steines, Jodi Dobbins Tara Hoge, Cigi Low)	1:06.87
7 TRI-CENTER (Amy Nanninga, Alisha Gau Elyse Miller, Laura Nanninga)	1:07.18
999 AR-WE-VA (Katie Bierl, Kellsey Kock Holly Anderson, Beth Sander)	DQ(#3 out of zone)-1:08.29
Heat 1	
1 LAURENS-MARATHON (Lindsey Meyer, Betsy Behrens Jenni Elbert, Jacquelyn Schmidt)	1:06.06 Q

2 BATTLE CREEK-IDA GROVE (Kim Hannel, Allesha Olson Kristy Siebrecht, Heidi Harriman)	1:07.28	2 NORTH LINN (Tessa Sackett, Karen Nurre Morgan Sackett, Janelle Werner)	1:09.72
3 SOUTH WINNESHIEK (Tana Humpal, Darcy Hageman Brittany Kuennen, Morgan Holthaus)	1:10.42	3 NORTHEAST (Laura Spain, Emily Witt Beth Burken, Deena Meggers)	1:11.19
4 AQUINAS/MARQUETTE (Heather Kramer, Valerie Noll Jill Freesmeier, Jill Helling)	1:11.00	999 WEST HANCOCK (Angie Pritchard, Amber Hejlik Steph Arey, Tasha Johnson)	DQ-(#4 out of zone--1:05.71
Heat 2			
1 LEMARS GEHLEN CATHOLIC (Leah Kluemper, Shannon Sitzmann Samantha Floy, Des Campbell)	1:04.60 Q		
2 TRI-CENTER (Amy Nanninga, Alisha Gau Elyse Miller, Laura Nanninga)	1:07.21 Q		
3 INTERSTATE 35 (Emily Herman, Callie Collins Jill Mitchell, Tiffany Hoover)	1:08.09		
4 WACO (Cara Ross, Gwen Morrow Morgan Saforek, Jamie Leichthy)	1:09.56		
Heat 3			
1 CAMANCHE (Ashley Steines, Jodi Dobbins Tara Hoge, Cigi Low)	1:06.05 Q		
2 STARMONT (Leah Francois, Elizabeth Welter Jessica Klett, Marcia Zitelman)	1:06.72 Q		
3 AUDUBON (Sara Best, Jessica Jensen Stef Baier, McKenzie Wetzel)	1:09.00		
4 TRIPOLI (Megan Harms, Chasity Lohman Patricia Dietz, Danielle Burrows)	1:09.55		
Heat 4			
1 BONDURANT-FARRAR (Kelsey Powell, Shelby Cloke Ashley Schiermeister, Kimber Kunze)	1:05.95 Q		
2 AR-WE-VA (Katie Bierl, Kellsey Kock Holly Anderson, Beth Sander)	1:06.68 Q		
3 NORTH CENTRAL (Angela Brodersen, Alexis Hennigar Steph Haacke, Alex Petersburg)	1:08.42		
4 ESSEX (Staci Voss, Christie Houston Jamie Freed, Lisa Slater)	1:09.72		
Heat 5			
1 CMB (Alex Kunkle, Jennifer Ness Kristin Plunkett, Megan Means)	1:06.07 Q		
2 NODAWAY VALLEY (Lynn Frank, Sarah Mostaert Courtney Varley, Whitney Shindelar)	1:08.96		
3 WEST BRANCH (Chantelle Duwa, Tiffany Powers Jessica Liebergen, LeAnn Woods)	1:09.80		
4 BELLE PLAINE (Ashley Nekola, Steph Koeppen Melissa Frank, Clara Nekola)	1:11.25		
Heat 6			
1 APLINGTON-PARKERSBURG (Brooke Cornelius, Kali Schrage Teri Cornelius, Julia Meyer)	1:09.18		

2002 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS DRAKE STADIUM/JIM DUNCAN TRACK MAY 17 & 18, 2002

ATTENDANCE--FRIDAY--9,173; SATURDAY--9,120 (Saturday record--old mark, 9,049 in 2001). TOTAL--18,294

WEATHER--FRIDAY--High temperature of 61 degrees at 4 p.m. Winds 12-15 mph North/Northwest. Temperature 55 degrees at 12:00 noon start.

SATURDAY--High temperature of 61 degrees at 3 p.m. Winds 10/12 mph from North/Northwest. Temperature 51 degrees at 9 a.m. start--58 degrees at 1 p.m.

CLASS 2A OFFICIAL RESULTS

TEAM SCORING

1	Central DeWitt	48
2	Okoboji	44
3	Atlantic	43
4	Williamsburg	27
5	Waukee	23
6	Forest City	22
7	Pocahontas Area	18
	Sheldon	18
9	Roland-Story	17
10	Harlan	16
	North Fayette	16
12	Red Oak	13
13	Benton	12
	Center Point-Urbana	12
	Estherville-Lincoln Central	12
	MOC-Floyd Valley	12
	New Hampton	12
18	ADM	11
	Clear Creek-Amana	11
20	Carroll	10
21	Charles City	9
	Sibley-Ocheyedan	9
23	Algona	8
	Nevada	8
	Unity Christian	8
26	PCM	7
27	Clarke	6
	Davenport Assumption	6
	Solon	6
30	Grinnell	5
	Iowa Falls	5
	Perry	5
33	Mount Vernon-Lisbon	4.50
34	Oelwein	4
	South Tama	4
36	Creston	3
	Hampton-Dumont	3
	Waukon	3
39	Emmetsburg-Graettinger	1.50

40	Eddyville-Blakesburg	1
	Independence	1
	Monticello	1

100 METER DASH

1	Audra Bark, Central DeWitt	SR	12.49
2	Kelsey Cannon, Clarke	JR	12.69
3	Megan White, Waukee	JR	12.74
4	Danielle Brooks, Grinnell	JR	12.75
5	Niki Staskal-Brecht, Center Point-Urbana	SR	12.79
6	Lauren Osborne, Atlantic	SO	12.97
7	Vanessa Herman, Waukon	FR	12.98
8	Emily Muff, North Fayette	SO	13.08

Heat 1

1	Audra Bark, Central DeWitt	SR	12.37 Q
2	Kelsey Cannon, Clarke	JR	12.84 Q
3	Jenny Flora, Webster City	SR	13.10
4	Liz Lange, Monticello	JR	13.11
4	Melinda Melicher, Mount Vernon/Lisbon	FR	13.11
6	Missy McLaughlin, Clear Lake	SO	13.13
7	Michelle Grabill, Harlan	SR	13.25
8	Ashley Fulton, Centerville	SO	13.35

Heat 2

1	Danielle Brooks, Grinnell	JR	12.80 Q
2	Vanessa Herman, Waukon	FR	12.96 Q
3	Jacque Jay, Creston	FR	13.04
4	Amy Smith, Lone Tree/Highland	FR	13.05
5	Amber Karkosh, South Tama	SO	13.11
6	Kayla Maassen, MOC-Floyd Valley	SR	13.17
6	Tracee Kroese, Spirit Lake Park	SR	13.17
8	Maggie Hauswald, Sioux Center	SR	13.68

Heat 3

1	Megan White, Waukee	JR	12.74 Q
2	Niki Staskal-Brecht, Center Point-Urbana	SR	12.82 Q
3	Lauren Osborne, Atlantic	SO	12.94 Q
4	Emily Muff, North Fayette	SO	12.95 Q
5	Teri Snyder, Hartley-Melvin-Sanborn	SO	12.98
6	Sarah Indra, Osage	FR	13.21
7	Sara Vorland, Clear Lake	JR	13.66
999	Lora Walke, Clayton Ridge	SR	DNF

200 METER DASH

1	Audra Bark, Central DeWitt	SR	25.95
2	Kelsey Steffens, Central DeWitt	FR	26.03
3	Kalli Olson, Nevada	SO	26.45
4	Bridget Burns, PCM	JR	26.53
5	Cherie Menz, Perry	SO	26.66
6	Amanda Melichar, Mount Vernon/Lisbon	FR	26.86
7	Carrie Embree, Waukee	JR	27.06
8	Jenny Buelow, Center Point-Urbana	FR	27.18

Heat 1

1	Audra Bark, Central DeWitt	SR	25.87 Q
2	Kalli Olson, Nevada	SO	26.15 Q
3	Bridget Burns, PCM	JR	26.38 Q
4	Cherie Menz, Perry	SO	26.48 Q
5	Angela Mataloni, Sibley-Ocheyedan	JR	27.16
6	Cortney Sondag, Glenwood	FR	27.21
7	Elisha Damon, Missouri Valley	JR	27.46
8	Jenny Flora, Webster City	SR	27.52

Heat 2

1	Jenny Buelow, Center Point-Urbana	FR	26.47 Q
2	Carrie Embree, Waukee	JR	26.63 Q
3	Renae Johanns, Osage	SO	27.08
4	Jessica Dirksen, Clarinda	FR	27.11
4	Samantha Peterson, Clear Lake	SO	27.11
6	Brittany Hix, Spirit Lake Park	JR	27.62
999	Cortney Jacobs, Atlantic	SO	DNS
999	Lora Walke, Clayton Ridge	SR	DNS

Heat 3

1	Kelsey Steffens, Central DeWitt	FR	25.87 Q
2	Amanda Melichar, Mount Vernon/Lisbon	FR	26.60 Q
3	Alicia Buck, Nevada	JR	26.89
4	Ashley Fulton, Centerville	SO	26.91
5	Jill Brant, Garner-Hayfield	SR	27.24
6	Vanessa Herman, Waukon	FR	27.26
7	Krista Tessman, Norwalk	FR	28.19
999	Kelsey Cannon, Clarke	JR	DNS

400 METER DASH

1	Cortney Jacobs, Atlantic	SO	57.63
2	Chelsea Kaczmarek, Davenport Assumption	JR	57.89
3	Channing Weigel, New Hampton	FR	59.06
4	Chelsy Kemmet, Waukee	FR	59.42
5	Carmen Cox, Red Oak	SR	59.46
6	Bridget Burns, PCM	JR	59.69
7	Sam Black, West Liberty	FR	59.91
8	Nicole Lorenzen, Eddyville-Blakesburg	SR	1:00.75

Heat 1

1	Chelsy Kemmet, Waukee	FR	59.15 Q
2	Carmen Cox, Red Oak	SR	59.33 Q
3	Sam Black, West Liberty	FR	59.95 Q
4	Natalie Miller, Solon	JR	1:00.66
5	Courtney Cuthrell, Cherokee	SO	1:00.85
6	Ashley Taylor, Hudson	JR	1:01.61
7	Melissa Kleinow, Waukon	SR	1:02.45
8	Michan Long, Clarinda	SR	1:03.03

Heat 2

1	Cortney Jacobs, Atlantic	SO	57.79 Q
2	Nicole Lorenzen, Eddyville-Blakesburg	SR	1:00.35 Q
3	Julie Meyer, Algona	SO	1:00.71
4	Jamie Hutchinson, Charles City	JR	1:00.93
5	Suzu Stelk, Davenport Assumption	SR	1:01.92

6	Stormy Weis, Creston	JR	1:02.27
7	Lynn Nefzger, Maquoketa Valley	SO	1:03.26
8	Stef Hill, Webster City	SR	1:04.83

Heat 3

1	Channing Weigel, New Hampton	FR	58.92 Q
2	Chelsea Kaczmarek, Davenport Assumption	JR	59.05 Q
3	Bridget Burns, PCM	JR	59.14 Q
4	Angela Mataloni, Sibley-Ocheyedan	JR	1:00.59
5	Andrea Masters, Emmetsburg/Graettinger	JR	1:01.85
6	Amy Krumm, Ballard	JR	1:01.89
7	Patti Watkins, Clarke	FR	1:02.22
8	Alana Cook, Anamosa	SO	1:02.98

800 METER RUN

1	Kristin Hansen, Okoboji	SR	2:12.21
2	Audrey Lickhart, Sheldon	SR	2:16.42
3	Molly Ubben, Iowa Falls	JR	2:18.06
4	Abby Jones, Williamsburg	JR	2:18.81
5	Linnea Hopp, Harlan	JR	2:19.01
6	Amanda Huling, Hampton-Dumont	SO	2:20.77
7	Abby Luther, Benton	SO	2:21.86
8	Lyndsey Weller, Central DeWitt	SR	2:22.64
9	Jill Wagaman, Union	JR	2:23.41
10	Heidi Bumann, Maple Valley-Anthon-Oto	JR	2:23.50
11	Whitney Johnson, ADM	FR	2:23.63
12	Leah Koesters, Harlan	JR	2:23.66
13	Katie Meyer, Belmont-Klemme	SR	2:24.84
14	Mary Rouleau, Saydel	SO	2:24.85
15	Sara Eppley, Charles City	SO	2:25.32
16	Mackenzie Lauman, Shenandoah	SR	2:25.46
17	Steph Feldman, Carroll Kuemper	SR	2:25.59
18	Ashley Schnug, PCM	FR	2:25.87
19	Lynn Nelson, Grinnell	JR	2:26.17
20	Leanne Townsend, Perry	JR	2:27.16
21	Qynne Kelly, Preston/East Central	FR	2:27.75
22	Rachel Vomacka, Clear Creek-Amana	SR	2:27.96
23	Lydia Colthurst, Washington	SO	2:29.11
24	Katie Martin, Prairie Valley	SR	2:30.49

1500 METER RUN

1	Kristin Hansen, Okoboji	SR	4:40.51
2	Mairead Kelly, Forest City	SO	4:52.16
3	Terran Wertz, Williamsburg	SO	4:54.39
4	Molly Duitsman, Estherville-Lincoln Central	SR	4:56.46
5	Angela Mahoney, Clear Creek-Amana	JR	4:59.53
6	Bonnie McKernan, Independence	JR	5:00.94
7	Krysta Metz, Atlantic	SR	5:01.21
8	Gretchen Noteboom, Unity Christian	JR	5:01.33
9	Jennifer Van Beek, Western Christian	SR	5:02.27
10	Lindsey Croner, Estherville-Lincoln Central	SR	5:04.33
11	Jill Wagaman, Union	JR	5:06.67
12	Whitney Johnson, ADM	FR	5:07.29
13	Sara Eppley, Charles City	SO	5:08.87
14	Lisa Olson, Humboldt	SO	5:09.23
15	Alex Olson, Gilbert	SO	5:09.73
16	Holly Rathje, Benton	FR	5:09.96
17	Lara Bowman, Preston/East Central	SR	5:11.77
18	Chloe Millward, Benton	JR	5:16.90
19	Rachel Smith, Atlantic	SR	5:16.94
20	Rachel Wobeter, South Tama	FR	5:20.17
21	Rebecca Goldsmith, Chariton	SR	5:20.69
22	Heather Hanson, Forest City	SO	5:22.34
23	Lindsay Larson, Monticello	JR	5:23.82
24	Jessica King, Saydel	JR	5:26.84

3000 METER RUN

1	Kristin Hansen, Okoboji	SR	10:01.98
2	Mairead Kelly, Forest City	SO	10:36.10
3	Molly Duitsman, Estherville-Lincoln Central	SR	10:43.67
4	Gretchen Noteboom, Unity Christian	JR	10:44.11
5	Terran Wertz, Williamsburg	SO	10:44.53
6	Marcy Rahn, Clear Creek-Amana	SO	10:49.04
7	Bonnie McKernan, Independence	JR	11:03.39
8	Sarah Seehusen, Pocahontas Area	FR	11:06.85
9	Sarah McDermott, Cascade	SR	11:09.92
10	Emily Van Oosbree, Emmetsburg/Graettinger	SO	11:13.58
11	Caedryn Schrunk, Spirit Lake Park	FR	11:18.86
12	Valarie Crutchley, Marion	FR	11:22.58
13	Heather Laaveg, Forest City	JR	11:25.11
14	Sara Hayes, Waukee	JR	11:28.00
15	Rachel Wobeter, South Tama	FR	11:31.73
16	Rachel Smith, Atlantic	SR	11:31.75
17	Brenda Pavelka, Glenwood	SO	11:35.18
18	Lane Palmer, Waukon	JR	11:36.23
19	Marni Olson, Benton	SO	11:39.32
20	Paula Fischer, Cascade	SO	11:42.33
21	Courtney Jones, Okoboji	SO	11:48.12
22	Allison Folkmann, Williamsburg	SO	11:53.33
23	Abby Engelmann, Bellevue	JR	11:57.24
24	Erin Zimmer, Central DeWitt	SR	12:04.18

100 METER HURDLES

1	Nikki Gruber, Pocahontas Area	SR	14.74
2	Staci Vander Berg, Okoboji	JR	14.94
3	Crystal Hanson, Roland-Story	JR	15.05
4	Alicia Whisner, ADM	JR	15.31
5	Sara Wernimont, Atlantic	SO	15.41
6	Alysa Klein, Okoboji	SO	15.41
7	Jenna DeBrower, Clear Creek-Amana	SR	15.43
8	Jill Bouma, Unity Christian	SR	16.06

Heat 1

1	Crystal Hanson, Roland-Story	JR	15.02 Q
2	Alysa Klein, Okoboji	SO	15.60 Q
3	Jenna DeBrower, Clear Creek-Amana	SR	15.77 Q
4	Kelly Cram, Clear Lake	SR	16.03
5	Whitney Nelson, Estherville-Lincoln Central	SO	16.12
6	Molly Kelly, Charles City	FR	16.29
7	Samanatha Sheffield, Western Christian	FR	16.50
8	Carlee Mason, Clarke	SO	21.09

Heat 2

1	Nikki Gruber, Pocahontas Area	SR	14.91 Q
2	Jill Bouma, Unity Christian	SR	15.87 Q
3	Autumn Bartel, Cherokee	FR	15.94
4	Liz McDonald, Iowa Falls	JR	15.97
5	Jenna Irving, Dallas Center-Grimes	JR	15.98
6	Jordan Snitker, Waukon	FR	16.49
7	Whitney Hennes, Grinnell	SO	16.50
8	Tiffany Hansen, Benton	JR	16.71

Heat 3

1	Staci Vander Berg, Okoboji	JR	15.26 Q
2	Alicia Whisner, ADM	JR	15.38 Q
3	Sara Wernimont, Atlantic	SO	15.48 Q
4	Joclyn Ketelsen, Osage	FR	15.94
5	Michelle Pelzer, West Liberty	SO	16.01
6	Elyse Walters, Norwalk	SR	16.08
7	Mindy Twait, Forest City	JR	16.47
8	Jessica Smith, Lone Tree/Highland	JR	16.87

400 METER HURDLES

1	Mandy Tryon, ADM	SR	1:06.09
2	Lisa Thiesse, Sibley-Ocheyedan	SO	1:07.08
3	Rachel Brincks, Carroll	JR	1:07.81
4	Alysa Klein, Okoboji	SO	1:07.88
5	Jenna Nicol, Mount Vernon/Lisbon	SO	1:09.08
6	Kara Munson, Roland-Story	SO	1:09.57
7	Jo Lynn Legg, South Tama	SR	1:10.51
8	Analee Porteous, Iowa Falls	SR	1:11.36

Heat 1

1	Lisa Thiesse, Sibley-Ocheyedan	SO	1:07.14 Q
2	Mandy Tryon, ADM	SR	1:08.28 Q
3	Analee Porteous, Iowa Falls	SR	1:08.79 Q
4	Megan Mulder, Boyden-Hull/Rock Valley	FR	1:09.95
5	Emily Pappas, Nevada	SR	1:09.97
6	Sarah Flaws, Carlisle	SR	1:09.99
7	Traci Smook, Spirit Lake Park	FR	1:13.68
8	Erin Bone, Monticello	JR	1:14.60

Heat 2

1	Rachel Brincks, Carroll	JR	1:06.71 Q
2	Kara Munson, Roland-Story	SO	1:06.94 Q
3	Jenna Nicol, Mount Vernon/Lisbon	SO	1:08.36 Q
4	Sara Wernimont, Atlantic	SO	1:09.35
5	Kate Sievers, Preston/East Central	JR	1:10.04
6	Jessica Smith, Lone Tree/Highland	JR	1:10.38
7	Maura McDermott, Central DeWitt	FR	1:11.02
8	Erin Hawes, Central Lee	FR	1:11.47

Heat 3

1	Alysa Klein, Okoboji	SO	1:06.80 Q
2	Jo Lynn Legg, South Tama	SR	1:07.60 Q
3	Kylie Hoffert, MFL MarMac	SO	1:08.82
4	Julia Van Meeteren, Sheldon	SR	1:09.76
5	Whitney Taylor, Eddyville-Blakesburg	SO	1:10.38
6	Cassidy Davis, Knoxville	FR	1:10.42
7	Tiffany Hansen, Benton	JR	1:10.99
8	Mandy Hansen, Red Oak	SR	1:11.47

HIGH JUMP

1	Crystal Hanson, Roland-Story	JR	5'07"
2	Carmen Cox, Red Oak	SR	5'06"
3	JoLynn Legg, South Tama	SR	5'05"
4	Carrie Van Engen, Sibley-Ocheyedan	JR	5'03"
5	Andrea Masters, Emmetsburg/Graettinger	JR	5'03"
5	Amy Kleinsmith, Mount Vernon/Lisbon	SO	5'03"
7	Kate Sievers, Preston/East Central	JR	5'03"
8	Steph Tiedemann, Benton	JR	5'02"
9	Laura Rowen, Hampton-Dumont	JR	5'02"
9	Renae Walker, Nevada	SO	5'02"
9	Maria Montagna, West Liberty	JR	5'02"
12	Lindsey Fischbach, Carroll	SR	5'02"
13	Kate Swift, Bellevue	SO	5'00"
13	Alysa Klein, Okoboji	SO	5'00"
13	April Ziskovsky, Dallas Center-Grimes	SO	5'00"
16	Casey Culton, Clarinda	JR	5'00"
17	Katie Christensen, Humboldt	SO	5'00"
18	Shelley Manning, Gilbert	FR	4'10"
18	Danielle Dunnwald, Hudson	SO	4'10"
18	Brittney Hix, Spirit Lake Park	JR	4'10"
999	Tera Petersen, Ballard	JR	NH
999	Amber Morrison, Eddyville-Blakesburg	SO	NH
999	Vanessa Herman, Waukon	FR	NH

SERIES

	4-10	5-0	5-2	5-3	5-4	5-5	5-6	5-7	5-8
Hanson	x	ox	ox	x	x	x	ox	x	ooo
Cox	x	x	x	x	ox	ox	ox	ooo	
Legg	x	x	x	x	ox	oox	ooo		
Van Engen	x	x	x	x	ooo				
Kleinsmith	x	oox	oox	ox	ooo				
Masters	x	oox	oox	ox	ooo				
Sievers	ox	oox	ox	oox	ooo				
Tiedemann	x	x	x	ooo					
Rowen	x	x	oox	ooo					
Walker	x	x	oox	ooo					
Montagna	x	x	oox	ooo					
Fischbach	x	ox	oox	ooo					
Swift	x	x	ooo						
Klein	x	x	ooo						
Ziskovsky	x	x	ooo						
Culton	x	oox	ooo						
Christensen	ox	oox	ooo						
Manning	x	ooo							
Dunnwald	x	ooo							
Hix	x	ooo							
Petersen	ooo								
Morrison	ooo								
Herman	ooo								

LONG JUMP

1	Nikki Gruber, Pocahontas Area	SR	17'09.50"
2	Natalie Miller, Solon	JR	17'02.25"
3	Elara Hopkins, Roland-Story	JR	17'02.00"
4	Sheena Sullivan, Charles City	JR	17'01.00"
5	Bridget Burns, PCM	JR	17'00.25"
6	Brandi Redel, Red Oak	JR	16'10.75"
7	Heather Dewart, Pocahontas Area	JR	16'09.25"
8	Kayla Maassen, MOC-Floyd Valley	SR	16'06.00"
9	Alexis Hall, Perry	SR	16'03.75"
10	Cortney Jacobs, Atlantic	SO	16'03.00"
11	Lorilyn Vogel, Unity Christian	JR	16'01.50"
12	Jordan Snitker, Waukon	FR	16'00.25"
13	Andrea Rave, Maquoketa Valley	JR	15'08.75"
14	Megan Marquis, Dallas Center-Grimes	SO	15'07.00"
15	Lindsey Onken, Carroll	SO	15'06.25"
16	Michelle Kirschbaum, Sheldon	SR	15'05.25"
17	Suzi Anderson, Albia	SO	15'05.25"
18	Lacey Albert, Union	JR	15'05.00"
19	Nicole Baier, Clarinda	SR	15'04.50"
20	Jacque Jay, Creston	FR	15'02.00"
21	Sarah Levenhagen, Dallas Center-Grimes	JR	15'01.75"
22	Ashley Taylor, Hudson	JR	14'10.75"
23	Megan Vorwald, New Hampton	JR	14'09.50"
24	Leah Rohden, Prairie Valley	SR	14'06.00"

SERIES

Gruber	16'05	16'11	16'07	foul	17'09.50	16'03.25
Miller	17'02.25	foul	foul	17'00.50	foul	15'11
Hopkins	16'10	16'00.75	15'06.75	16'02.75	16'03.75	17'02
Sullivan	16'02	17'01	16'06.50	16'08.50	15'03.75	15'01
Burns	15'10.25	16'01.50	16'05.50	16'03.25	17'00.25	16'06.75
Redel	14'00.50	16'10.75	foul	15'11.50	16'02.50	14'07
Dewart	16'09.25	foul	16'00	foul	foul	foul
Maassen	foul	16'06	foul	15'03.25	15'09	15'09.50
Hall	16'03.75	foul	15'00.25			
Jacobs	16'03	16'00	pass			
Vogel	foul	foul	16'01.50			
Snitker	14'06.50	15'00.25	16'00.25			
Rave	foul	foul	15'08.75			

Marquis	14'05.75	15'03.25	15'07
Onken	15'03.75	15'06.25	foul
Kirschbaum	15'00	15'00.75	15'05.25
Anderson	foul	15'05.25	14'10.50
Albert	15'05	15'04.25	foul
Baier	foul	15'04.50	foul
Jay	14'09.50	15'01.50	15'02
Levenhagen	foul	15'01.75	foul
Taylor	foul	14'10.75	14'09.25
Vorwald	14'04.25	14'00.50	14'09.50
Rohden	foul	14'06	14'05.75

SHOT PUT

1	Apton Cook, Algona	JR	40'11.25"
2	Rachel Jansen, MOC-Floyd Valley	JR	39'11.75"
3	Dani Lujan, Oelwein	SO	39'05.75"
4	Tami Magner, Waukon	SO	38'02.75"
5	Jenae Muller, North Fayette	JR	37'06.25"
6	Megan Klingbeil, Estherville-Lincoln Central	SR	37'04.25"
7	Amanda Eekhoff, Western Christian	SO	36'09"
8	Caroline Capper, Washington	SR	36'08.75"
9	Kara Swingen, Forest City	SO	36'06.50"
10	Paula Banowetz, Central DeWitt	SR	36'04.25"
11	Sarah Harms, Hampton-Dumont	SO	36'03.75"
12	Kristi Chapin, Sheldon	JR	35'06.25"
13	Chelsey Iverson, New Hampton	SO	35'04.50"
14	Katie Wilson, Glenwood	SO	35'00.75"
15	Brooke Graham, Shenandoah	SR	34'09.75"
16	Ashley Dekkers, Unity Christian	JR	34'03.50"
17	Molly Tuggle, Shenandoah	JR	33'08.75"
18	Caroline Ruppert, Clear Creek-Amana	SR	33'08.50"
19	DeAnn May, Clarke	SO	33'04.75"
20	Chelsea Goedken, Cascade	SO	33'02"
21	Lindsey Black, Prairie Valley	SO	33'00.50"
22	Kelsey Haggerty, South Tama	JR	33'00.25"
23	Santana Hildebrand, Waukee	SR	30'11.75"
24	Katie Post, Independence	SO	23'01"

Series

Cooki	39'07.125	39'011	40'10.75	36'06.25	37'02.25	40'11.25
Jansen	38'10.75	38'02.75	39'11.75	38'09.25	39'01.25	foul
Lujan	38'11.75	39'05.75	37'09.75	35'03	32'09.25	36'10.50
Magner	37'06.75	37'09.75	36'11.50	37'04.50	38'02.75	36'11.50
Muller	37'02.75	36'07.50	37'06.25	35'06	37'02	33'07.50
Klingbeil	37'02.75	37'03	34'02.75	37'04.25	35'10	37'04.25
Eekhoff	35'02.50	36'09	36'04.75	35'03.50	34'04.75	36'00.25
Capper	foul	33'08.25	36'08.75	33'03	35'05.50	32'08.50
Swingen	34'09.75	33'10	36'06.50			
Banowetz	36'04.25	33'07.75	34'11			
Harms	foul	36'03.75	34'01.75			
Chapin	34'04.50	35'06.25	34'00.25			
Iverson	34'09.25	35'04.50	33'07			
Wilson	35'00.75	foul	33'08.75			
Graham	34'05.75	34'09.75	33'07.75			
Dekkers	foul	32'06.25	34'03.50			
Tuggle	33'08.75	32'10.25	33'01.25			
Ruppert	33'00.50	foul	33'08.50			
May	33'04.75	foul	31'02.50			
Goedken	foul	33'02	foul			
Black	30'07.25	28'03.50	33'00.50			
Haggerty	32'06.50	33'00.25	32'04.25			
Hildebrand	30'08.50	30'11.75	30'07.50			
Post	23'01	20'02.50	pass			

Class 2A Discus Finals

1	Caroline Ruppert, Clear Creek-Amara	SR	132'03"
2	Rachel Jansen, MOC-Floyd Valley	JR	131'10"
3	Paula Banowetz, Central DeWitt	SR	121'02"
4	Callie Jeffreys, Creston	SO	117'04"
5	Betsy Hertz, Nevada	SR	116'02"
6	Amanda Munson, PCM	JR	116'00"
7	Katie Wilson, Glenwood	SO	115'08"
8	Laura Hupp, Jefferson-Scranton	SO	114'06"
9	Kerry Krogman, Sibley-Ocheyedan	SR	113'11"
10	Kristi Chapin, Sheldon	JR	113'08"
11	Alicia Whisner, ADM	JR	112'02"
12	Katy Paxton, Albia	JR	110'05"
13	Lynn Fuhrmeister, Solon	SR	109'04"
14	Santana Hildebrand, Wauke	SR	107'07"
15	Ashley Powell, Perry	JR	106'07"
16	Audra Ketelsen, Anamosa	FR	106'03"
17	Aphton Cook, Algona	JR	103'04"
18	Maggie McGrew, Washington	JR	102'04"
19	Molly Tuggle, Shenandoah	JR	101'06"
20	Missy Helling, Hudson	SO	100'06"
21	Becky Buls, Independence	JR	099'10"
22	Laura Schiltz, Clarke	SO	093'07"
23	Becky Donovan, Central DeWitt	JR	081'08"
24	Katie Post, Independence	SO	070'05"

Series

Ruppert	111'00	125'11	126'05	129'00	113'05	132'03
Jansen	106'05	113'02	131'10	foul	foul	foul
Banowetz	121'02	119'04	113'10	109'11	116'06	116'11
Jeffreys	108'01	117'04	103'01	109'06	108'11	106'05
Hertz	111'05	115'10	105'03	108'08	116'02	107'08
Munson	107'05	115'08	foul	114'10	116'00	108'09
Wilson	105'03	108'00	115'08	110'06	113'10	104'08
Hupp	114'06	103'09	114'01	109'11	107'00	112'08
Krogman	109'06	113'11	106'05			
Chapin	113'08	101'02	foul			
Whisner	087'11	112'02	111'11			
Paxton	106'09	110'05	106'08			
Fuhrmeister	100'07	102'01	109'04			
Hildebrand	103'09	099'10	107'07			
Powell	104'04	106'07	foul			
Ketelsen	106'03	103'00	089'08			
Cook	103'04	105'00	096'10			
McGrew	094:00	102':04	092'10			
Tuggle	099'07	101'06	085'03			
Helling	100'06	foul	086'01			
Buls	094'00	095'05	099'10			
Schiltz	foul	093'07	foul			
Donovan	foul	foul	081'06			
Post	063'05	070'05	foul			

4x100 METER RELAY

1	WAUKEE	50.66
	(Megan White, Chelsy Kemmet Jaymi Kragel, Carrie Embree)	
2	CENTER POINT-URBANA	50.69
	(Niki Staskal-Brecht, Laura Rhoads Aimee Staskal-Brecht, Jenny Buelow)	
3	NORTH FAYETTE	50.78
	(Stephanie Nesvik, Melissa Snyder Natalie Whitcher, Emily Muff)	
4	CENTRAL DEWITT	50.91
	(Liz Brady, Katie Novak Andrea Hawthorne, Kelsey Steffens)	

5	PERRY	50.93
	(Kelli Scheib, Alexis Hall Rachel Kautzky, Cherie Menz)	
6	POCAHONTAS AREA	50.94
	(Emily Baade, Rachael Jergens Heather Dewall, Nikki Gruber)	
7	ATLANTIC	51.62
	(Ashley Hayes, Kristin Burkhart Samantha Montanye, Lauren Osborne)	
8	CLEAR CREEK-AMANA	51.92
	(Lydia McKenzie, Stephanie Stratton Jenna Spratt, Angela Ganschow)	

Heat 1

1	CENTER POINT-URBANA	50.61 Q
	(Niki Staskal-Brecht, Laura Rhoads Aimee Staskal-Brecht, Jenny Buelow)	
2	CLEAR CREEK-AMANA	51.35 Q
	(Lydia McKenzie, Stephanie Stratton Jenna Spratt, Angela Ganschow)	
3	CLEAR LAKE	51.82
	(Missy McLaughlin, Kelly Cram Dawn Scarrow, Samantha Peterson)	
4	HARLAN	52.07
	(Michelle Grabill, Becky Mages Jessica Davis, Kalli Hansen)	
5	NEW HAMPTON	52.48
	(Sammy Stone, Megan Vorwald Brittney Flansche, Trista Humpal)	
6	ROLAND-STORY	52.60
	(Ashley Gibson, Jamie Engstrom Elara Hopkins, Jackie Doolittle)	
7	BELLEVUE	53.20
	(Kate Daugherty, Tabitha Blake Katie Kilburg, Jena Kilburg)	
999	SOUTH TAMA	DQ-(2/3 out of zone)-51.32
	(Amy Bolen, JoLynn Legg Emily Manfull, Amber Karkosh)	

Heat 2

1	PERRY	50.77 Q
	(Kelli Scheib, Alexis Hall Rachel Kautzky, Cherie Menz)	
2	POCAHONTAS AREA	50.82 Q
	(Emily Baade, Rachael Jergens Nikki Gruber, Heather Dewall)	
3	NORTH FAYETTE	50.93 Q
	(Stephanie Nesvik, Melissa Snyder Natalie Whitcher, Emily Muff)	
4	ATLANTIC	51.45 Q
	(Ashley Hayes, Kristin Burkhart Samantha Montanye, Lauren Osborne)	
5	HAMPTON-DUMONT	52.24
	(Jeni Winters, Angie Greimann Jill Patton, Misty Dirksen)	
6	RED OAK	52.65
	(Brandi Redel, Jenny Hossle Sydney Lamb, Carmen Cox)	
7	PRAIRIE VALLEY	52.68
	(Jennifer Porter, Laura Petersen Leah Rohden, Amy Beschorner)	
8	NORWALK	52.79
	(Tiffani Smith, Cortney Heldenbrand Elyse Walters, Kaya Steinkamp)	

Heat 3			5 ALBIA	1:50.18
1 WAUKEE	50.24 Q	(Megan White, Chelsy Kemmet Jaymi Kragel, Carrie Embree)	(Emily Gardner, Krista Hampton Ashley Lepley, Suzi Anderson)	
2 CENTRAL DEWITT	50.67 Q	(Liz Brady, Katie Novak Andrea Hawthorne, Kelsey Steffens)	6 ROLAND-STORY	1:51.05
3 FOREST CITY	51.56	(Josi Askvig, Heather DeWaard Mindy Twait, Haleigh Overson)	(Jamie Engstrom, Kara Munson Jackie Doolittle, Elara Hopkins)	
4 HARTLEY-MELVIN-SANBORN	51.78	(Jenna Esdohr, Lisa Eppling April Taylor, Teri Snyder)	7 DALLAS CENTER-GRIMES	1:51.55
5 GILBERT	52.22	(Molly Sundberg, Emily Brown Jessie Wannemuehler, Abbey Clark)	(Sarah Levenhagen, Megan Marquis Heather Tuttle, April Ziskovsky)	
6 GRINNELL	52.23	(Katie Lidtka, Whitney Jensen Whitney Hennes, Danielle Brooks)	Heat 2	
7 ALBIA	52.30	(Ashley Lepley, Krista Hampton Emily Gardner, Suzi Anderson)	1 CENTRAL DEWITT	1:46.69 Q
8 BALLARD	52.83	(Emily Okland, Katie Lem Serah Bugler, Heidi Evans)	(Quinn Hanrahan, Katie Novak Ashley Baxter, Audra Bark)	
4x200 METER RELAY			2 CENTER POINT-URBANA	1:47.34 Q
1 CENTRAL DEWITT	1:45.42	(Quinn Hanrahan, Katie Novak Ashley Baxter, Audra Bark)	(Niki Staskal-Brecht, Laura Rhoads Aimee Staskal-Brecht, Jenny Buelow)	
2 NORTH FAYETTE	1:45.98	(Stephanie Nesvik, Melissa Snyder Natalie Whitcher, Emily Muff)	3 HAMPTON-DUMONT	1:48.31
3 ATLANTIC	1:46.00	(Ashley Hayes, Kristin Burkhart Steph Jacobs, Lauren Osborne)	(Jeni Winters, Angie Greimann Jill Patton, Katherine Kuehner)	
4 UNITY CHRISTIAN	1:46.02	(Joy Horstman, Ranae Hoekstra Kate Lesage, Lorilyn Vogel)	4 POCAHONTAS AREA	1:48.80
5 CENTER POINT-URBANA	1:46.15	(Niki Staskal-Brecht, Laura Rhoads Aimee Staskal-Brecht, Jenny Buelow)	(Emily Baade, Kellie Kirsch Heather Dewall, Rachael Jergens)	
6 PERRY	1:46.17	(Kelli Scheib, Alexis Hall Rachel Kautzky, Cherie Menz)	5 CARROLL	1:49.27
7 CLEAR CREEK-AMANA	1:47.04	(Angela Ganschow, Stephanie Stratton Jenna Spratt, Erin Dougherty)	(Rachel Brincks, Karyn Forke Lindsey Onken, Kendra Bengston)	
8 CLEAR LAKE	1:48.41	(Missy McLaughlin, Kelly Cram Dawn Scarrow, Samantha Peterson)	6 GLENWOOD	1:49.42
Heat 1			(Cortney Sondag, Sarah Jens Munica Armstrong, Lynette Woodrow)	
1 NORTH FAYETTE	1:46.77 Q	(Stephanie Nesvik, Melissa Snyder Natalie Whitcher, Emily Muff)	7 HARLAN	1:50.72
2 ATLANTIC	1:46.90 Q	(Ashley Hayes, Kristin Burkhart Steph Jacobs, Lauren Osborne)	(Whitney Fowler, Megan Kloewer Amanda Cairney, Jessica Davis)	
3 PERRY	1:47.28 Q	(Kelli Scheib, Alexis Hall Rachel Kautzky, Cherie Menz)	8 GRINNELL	1:51.22
4 CLEAR LAKE	1:48.15 Q	(Missy McLaughlin, Kelly Cram Dawn Scarrow, Samantha Peterson)	(Krista Dayton, Megan Brown Whitney Jensen, Kelley Briggs)	
			Heat 3	
			1 UNITY CHRISTIAN	1:47.26 Q
			(Joy Horstman, Ranae Hoekstra Kate Lesage, Lorilyn Vogel)	
			2 CLEAR CREEK-AMANA	1:47.81 Q
			(Angela Ganschow, Stephanie Stratton Jenna Spratt, Erin Dougherty)	
			3 SOUTH TAMA	1:48.79
			(Carrie Kupka, JoLynn Legg Maria Manfull, Amber Karkosh)	
			4 FOREST CITY	1:48.92
			(Josi Askvig, Heather DeWaard Marisa Jensen, Haleigh Overson)	
			5 MOUNT VERNON/LISBON	1:48.96
			(Melinda Melicher, Deanna Nelson Jenna Nicol, Amanda Melichar)	
			6 ESTHERVILLE-LINCOLN CENTRAL	1:49.56
			(Sheri Howard, Christina Schneider MacKenzie Eggers, Megan Klingbeil)	
			7 HARTLEY-MELVIN-SANBORN	1:49.77
			(Sarah Treimer, Lisa Eppling April Taylor, Teri Snyder)	
			8 DAVIS COUNTY-FOX VALLEY	1:50.12
			(Tess Silko, Libby Cottey Abby Janssen, Cheyenne DeYoung)	

4x400 METER RELAY

1 ATLANTIC	4:04.20
(Steph Jacobs 60.6, Michelle Allen 63.3 Tracy Shriver 62.5, Cortney Jacobs 57.8)	
2 HARLAN	4:04.73
(Whitney Fowler 62.1, Amanda Cairney 61.4 Leah Koesters 60.8, Linnea Hopp 60.4)	
3 SHELDON	4:06.15
(Audrey Lickhart 58.1, Kara Asherl 61.9 Jodi Trei 62.6, Michelle Kirschbaum 63.5)	
4 CHARLES CITY	4:06.48
(Kristyn Ferris 61.7, Sheena Sullivan 63.4 Kari Hutchinson 61.1, Jamie Hutchinson 60.2)	
5 NEVADA	4:07.07
(Kalli Olson 61.7, Katie Jennings 62.1 Bret Mortvedt 63.0, Alicia Buck 60.2)	
6 EDDYVILLE-BLAKESBURG	4:10.38
(Whitney Taylor 63.3, Kelsy Allen 63.2 Amber Morrison 62.9, Nicole Lorenzen 61.0)	
7 HUDSON	4:12.28
(Ashley Taylor, Amanda Roth Danielle Dunnwald, Jodi Stevens)	
8 ROLAND-STORY	4:13.58
(Jenn Hanson, Amanda Kirkpatrick Crystal Hanson, Natalie Miller)	

Heat 1

1 ATLANTIC	4:05.83 Q
(Steph Jacobs 61.2, Michelle Allen 63.0 Tracy Shriver, 62.2 Cortney Jacobs 59.4)	
2 EDDYVILLE-BLAKESBURG	4:08.19 Q
(Whitney Taylor, 63.0 Kelsy Allen 62.6 Amber Morrison 62.1, Nicole Lorenzen 60.4)	
3 ROLAND-STORY	4:11.12 Q
(Jenn Hanson 63.4, Amanda Kirkpatrick Natalie Miller, Crystal Hanson 62.6)	
4 SOLON	4:11.58
(Lynn Fuhrmeister, Dana Manternach Kaitlin Wilkinson, Natalie Miller)	
5 CLARINDA	4:11.89
(Nicole Baier, 64.0 Jessica Dirksen 61.4 Sara Eason 64.4, Michan Long 62.1)	
6 EMMETSBURG/GRAETTINGER	4:11.90
(Lesley Rose, Julie Stillman Kate Fickbohm, Julia Veltri)	
7 UNITY CHRISTIAN	4:12.29
(Kate Lesage, Lorilyn Vogel 60.0 Melissa Eekhoff, Ranae Hoekstra)	
8 MAQUOKETA VALLEY	4:15.83
(Erin Williams, Angie Dircks Kelli Dabroski, Lynn Nefzger)	

Heat 2

1 SHELDON	4:06.08 Q
(Audrey Lickhart 58.4, Kara Asherl 61.8 Jodi Trei 62.9, Michelle Kirschbaum 63.0)	
2 CHARLES CITY	4:06.13 Q
(Kristyn Ferris 60.8, Sheena Sullivan 62.5 Kari Hutchinson 62.2, Jamie Hutchinson 60.6)	
3 HUDSON	4:09.90 Q
(Ashley Taylor, Amanda Roth Danielle Dunnwald, Jodi Stevens)	
4 BENTON	4:12.21
(Ashley Swick 63.3, Lacey Ritscher 62.6 Cameron Jacobson 64.3, Katie Prusha 62.0)	

5 ADM	4:12.49
(Mandy Tryon 63.1, Alicia Whisner 63.3 Kate Olson 63.0, Becca Hansen 63.1)	
6 DAVENPORT ASSUMPTION	4:12.70
(Kaitlin Schneden 63.2, Suzy Stelk 63.9 Molly Harris 64.0, Chelsea Kaczmarek 61.6)	
7 IOWA FALLS	4:13.75
(Kaitlyn Moore, Keisha Wagoner Libby Jennings, Molly Ubben)	
8 WEBSTER CITY	4:19.73
(Jenny Flora, Heidi Moenck Janelle Cross, Stef Hill)	

Heat 3

1 HARLAN	4:07.84 Q
(Whitney Fowler 62.8, Amanda Cairney Leah Koesters, Linnea Hopp 62.1)	
2 NEVADA	4:09.75 Q
(Kalli Olson 62.3, Katie Jennings 61.6 Bret Mortvedt 65.0, Alicia Buck 60.8)	
3 CASCADE	4:14.73
(Jacque Coyle, Ali Hosch Lisa Coyle, Katie Knapp)	
4 CENTRAL DEWITT	4:15.79
(Lyndsey Weller, Sarah Leners Maura McDermott, Katie Novak)	
5 MONTICELLO	4:16.42
(Jessi Dirks, Allison Faust Kelsie Ralston, Amy Bagge)	
6 GLENWOOD	4:16.58
(Munica Armstrong, Sarah Jens Cortney Sondag, Lynette Woodrow)	
7 DYERSVILLE BECKMAN	4:16.59
(Amy Gravel, Miki Milbert Jenni Wedewer, Liz Nosbisch)	
8 CLEAR LAKE	4:17.29
(Allison Kolker, Megan Keefe Abby Person, Dawn Scarrow)	

4x800 METER RELAY

1 WILLIAMSBURG	9:29.64
(Terran Wertz 2:19.7, Kelly Marine 2:29.4 Annie Jones 2:24.9, Abby Jones 2:15.6)	
2 BENTON	9:32.76
(Abby Luther 2:21.9, Heidi Rathje 2:21.8 Chloe Millward 2:28.9, Katie Prusha 2:20.1)	
3 HARLAN	9:37.58
(Leah Koesters, Ashley Goeser Megan Anderson, Linnea Hopp 2:19.2)	
4 ESTHERVILLE-LINCOLN CENTRAL	9:41.74
(Lindsey Croner, Emily Christensen Emily Wegner, Molly Duitsman 2:22.9)	
5 ATLANTIC	9:44.02
(Krysta Metz 2:23.1, Brigham Hoegh 2:28.6 Michelle Allen 2:26.5, Bethany Rogers 2:26.0)	
6 UNITY CHRISTIAN	9:46.84
(Jen Kempers 2:26.5, Melissa Eekhoff 2:27.4 Joy Horstman 2:27.4, Gretchen Noteboom 2:25.5)	
7 SPIRIT LAKE PARK	9:49.06
(Caedryn Schrunk, Amy Nellis Angie Gehring, Jen Fairchild)	
8 CHARLES CITY	9:51.02
(Kristyn Ferris 2:24.7, Kari Hutchinson 2:28.6 Jamie Hutchinson 2:30.9, Sara Eppley 2:27.0)	

9 EMMETSBURG/GRAETTINGER (BrieAnn Reedy 2:21.2 Julie Stillman 2:30.5 Abby Joynt 2:26.7, Lesley Rose 2:24.0)	09:52.35	6 MONTICELLO (Lindsay Herndon, Emly Decker Liz Lange, Amy Bagge)	1:54.02
10 NEW HAMPTON (Channing Weigel, Shelbey Frisch Jenna Snyder, Kristin Wendl)	09:52.87	7 PCM (Jenny Oldham, Ashley Van Wyk Ashley Schnug, Bridget Burns 60.1)	1:55.00
11 NEVADA (Mariel McWilliams, Bret Mortvedt Bridgett Schell, Katie Jennings)	09:58.39	8 GLENWOOD (Sarah Jens, Kristina Ludwig Munica Armstrong, Lynette Woodrow)	1:55.52
12 CLEAR CREEK-AMANA (Angela Mahoney, 2:28.3 Rachel Vomacka 2:26.3 Kelly Wood, Marcy Rahn)	10:01.48	Heat 1	
13 SHENANDOAH (Mackenzie Lauman 2:25.4, Abby Ballain 2:30.1 Heather McCall 2:36.2, Lori Dinville 2:32..1)	10:03.84	1 ATLANTIC (Angie Jenkins, Jamie Hoegh Ashley Hayes, Cortney Jacobs 57.3)	1:50.94 Q
14 FOREST CITY (Heather Hanson, Molli Dant Katie Boman, Ainslie Schultz)	10:08.63	2 NEW HAMPTON (Sammy Stone, Megan Vorwald Trista Humpal, Channing Weigel 58.8)	1:52.06 Q
15 WEST LIBERTY (Sam Black 2:26.3, Kalen Hillyer Katie Lemkau, Kelsie Wiele 2:34.0)	10:10.84	3 WAUKEE (Megan White, Jaymi Kragel Carrie Embree, Chelsy Kemmet 60.3)	1:52.91 Q
16 PRESTON/EAST CENTRAL (Qynne Kelly, Corinn Ruchotzke Lindsay Trenkamp, Lara Bowman)	10:13.68	4 CLARINDA (Nicole Baier, Kristin Williams Jessica Dirksen, Michan Long 59.9)	1:54.02
17 POCAHONTAS AREA (Kim Loterbour 2:32.3, Tasha Wernimont 2:34.4 Amanda Wood 2:38.8, Steph Sefcik) 2:28.6	10:14.17	5 NORTH FAYETTE (Megan Mitts, Kelsey Krivachek Melissa Snyder, Natalie Whitcher 60.2)	1:54.69
18 MONTICELLO (Lindsay Larson, Jenna Jones Jennifer Larson, Jessi Dirks)	10:15.80	6 MAQUOKETA VALLEY (Allison Ford, Jackie Hunt Jaymi Strum, Lynn Nefzger 60.3)	1:54.72
19 WINTERSET (Megan Stroud 2:28.8, Amanda McBroom 2:37.1 Abby Emmert 2:35.0, Stacy Christensen 2:36.1)	10:16.98	7 WEST LIBERTY (Michelle Pelzer, Jennifer Davis Andrea Hull, Sam Black)	1:55.08
20 MAQUOKETA VALLEY (Kelli Dabroski, Amanda Harris Erin Williams, Angie Dirks)	10:17.61	8 GRINNELL (Katie Lidtka, Whitney Jensen Megan Brown, Nicole Dunne)	1:55.27
21 SHELDON (Julia Van Meeteren, Amber Klemme Kara Asherl, Patience Vander Plaats)	10:17.70	Heat 2	
22 COLFAX-MINGO (Karen Schwartztrauber, Margaret Heggen Shawna Maher, Kelsie Goodman)	10:20.14	1 CHARLES CITY (Alexandra Walter, Laci Klinkel Sheena Sullivan, Jamie Hutchinson 57.9)	1:52.71 Q
23 JEFFERSON-SCRANTON (Audrey Monthei, Morgan Hendricks Steph Harrison, Omega Wise)	10:21.26	2 PCM (Jenny Oldham, Ashley Van Wyk Ashley Schnug, Bridget Burns 59.1)	1:52.92 Q
24 CHARITON (Lydia McGee, Tiffany Jurgens Ashlynn Hunter, Rebecca Goldsmith)	10:32.03	3 GLENWOOD (Sarah Jens, Kristina Ludwig Munica Armstrong, Lynette Woodrow 60.2)	1:53.29 Q
		4 MONTICELLO (Lindsay Herndon, Emly Decker Liz Lange, Amy Bagge 59.2)	1:53.38 Q
		5 CASCADE (Jacque Coyle, Andrea Noonan Lisa Coyle, Ali Hosch 59.5)	1:53.64
SPRINT MEDLEY RELAY		6 DALLAS CENTER-GRIMES (Sarah Levenhagen, Megan Marquis Jenna Irving, Heather Tuttle)	1:55.61
1 ATLANTIC (Angie Jenkins, Jamie Hoegh Ashley Hayes, Cortney Jacobs 56.8)	1:50.58	7 BALLARD (Emily Okland, Nacia Collins Heidi Evans, Amy Krumm 62.5)	1:57.30
2 NEW HAMPTON (Sammy Stone, Megan Vorwald Trista Humpal, Channing Weigel 58.9)	1:52.05	8 ADM (Lindsay Hemphill, Shantelle Winters Alicia Whisner, Lisa Rohret)	1:58.01
3 WAUKEE (Megan White, Jaymi Kragel Carrie Embree, Chelsy Kemmet 59.2)	1:52.76	Heat 3	
4 RED OAK (Sydney Lamb, Jenny Hossle Brandi Redel, Carmen Cox 58.8)	1:52.84	1 RED OAK (Sydney Lamb, Jenny Hossle Brandi Redel, Carmen Cox 59.3)	1:52.98 Q
5 CHARLES CITY (Alexandra Walter, Laci Klinkel Sheena Sullivan, Jamie Hutchinson 58.3)	1:52.91		

2	CHEROKEE (Kasey Seel, Autumn Bartel Abby Joines, Courtney Cuthrell)	1:54.09
3	HAMPTON-DUMONT (Misty Dirksen, Angie Greimann Jill Patton, Katherine Kuehner)	1:54.65
4	ALGONA (Shena Schemmel, Kristen Kuecker Alicia Zadow, Julie Meyer 61.3)	1:55.60
5	JEFFERSON-SCRANTON (Ashley Nation, Jenna Graven Becky Haluska, Jessie Walker)	1:55.94
6	CARROLL (Cara DeBolt, Angie Rowedder Kendra Bengston, Lindsey Onken 60.6)	1:56.11
6	WAUKON (Shelby Nordheim, Jordan Snitker Vanessa Herman, Amanda Rolling 63.2)	1:56.11
8	CENTRAL DEWITT (Liz Brady, Andrea Hawthorne Quinn Hanrahan, Kim Osmun 63.1)	1:56.40

DISTANCE MEDLEY RELAY

1	FOREST CITY (Josi Askvig, Heather DeWaard Jarlayn Benson 61.5, Mairead Kelly 2:16.7)	4:12.28
2	WILLIAMSBURG (Andria Marlin, Michaela Malloy Kelly Marine 62.3, Abby Jones 2:14.9)	4:13.56
3	SHELDON (Kim Riepma, Jodi Trei Kara Asherl, Audrey Lickhart)	4:14.48
4	BENTON (Ashley Swick, Jenny Bridgewater Cameron Jacobson, Katie Prusha)	4:15.41
5	HAMPTON-DUMONT (Misty Dirksen, Jeni Winters Katherine Kuehner, Amanda Huling)	4:16.60
6	IOWA FALLS (Elyse Rickel, Libby Jennings Kaitlyn Moore, Molly Ubben)	4:18.94
7	ADM (Lisa Rohret, Kate Olson Becca Hansen, Whitney Johnson)	4:19.55
8	CENTRAL DEWITT (Liz Brady, Quinn Hanrahan Sarah Leners 62.3, Lyndsey Weller 2:22.3)	4:20.41
9	ESTHERVILLE-LINCOLN CENTRAL (Kara Hansen, Megan Klingbeil Christina Schneider, Lindsey Croner)	4:20.97
10	MONTICELLO (Allison Faust, Liz Lange Amy Bagge, Jessi Dirks)	4:21.90
11	UNITY CHRISTIAN (Kate Lesage, Ranae Hoekstra Melissa Eekhoff, 62.3 Jen Kempers 2:25.6)	4:22.90
12	NEVADA (Kalli Olson, Bre Van Sickle Alicia Buck, Bret Mortvedt 2:27.5)	4:23.54
13	ATLANTIC (Jamie Hoegh, Samantha Montanye Tracy Shriver, 61.2 Bethany Rogers 2:26.0)	4:23.75
14	WEBSTER CITY (Amber Angstrom, Whitney Mingus Stef Hill, Janelle Cross)	4:24.38

15	BELMOND-KLEMME (Kali Kranz, Brittany Tanner Leigh Christensen, Katie Meyer)	4:24.63
16	OSAGE (Ashley Pollard, Renae Johanns Erin Sponheim, Kristen Maakestad)	4:24.66
17	SHENANDOAH (Sarah Bonefas, Emily Suchomel Brooke Graham 64.7, Mackenzie Lauman 2:22.5)	4:25.44
18	GRINNELL (Krista Dayton, Megan Brown Nicole Dunne, Lynn Nelson)	4:26.24
19	HARLAN (Jill Grabill, Becky Mages Megan Kloewer, Megan Anderson)	4:26.34
20	PERRY (Alexis Hall, Rachel Kautzky Leanne Townsend, Leslie Kealhofer)	4:26.81
21	INDEPENDENCE (Paige Ficken, Kristi Petersen Carrie Gienau 63.1, Bonnie McKernan 2:18.5)	4:29.63
22	PRAIRIE VALLEY (Laura Petersen, Leah Rohden Amy Beschorner, Katie Martin)	4:31.29
23	DYERSVILLE BECKMAN (Emily Reicher, Cassie Milbert Amy Gravel 61.0, Liz Nosbisch)	4:32.20
999	CLEAR CREEK-AMANA DQ-(#1 out of lane)-4:18.93 (Jenna Spratt, Stephanie Stratton Erin Dougherty, Angela Mahoney 2:24.5)	

SHUTTLE HURDLE RELAY

1	OKOBOJI (Alysa Klein, Tiffany Fisk Tricia Kremmin, Staci Vander Berg)	1:03.98
2	CENTRAL DEWITT (Ashley Baxter, Samantha Rathje Kelly Menneke, Kelsey Steffens)	1:04.03
3	CARROLL (Angie Rowedder, Karyn Forke Lindsey Onken, Rachel Brincks)	1:04.94
4	ATLANTIC (Kristin Burkhart, Sara Wernimont Maggie Wernimont, Angie Jenkins)	1:05.26
5	GRINNELL (Kelley Briggs, Whitney Hennes Jill Miller, Danielle Brooks)	1:06.02
6	POCAHONTAS AREA (Heather Dewall, Tami Moody Lindsey Frederickson, Nikki Gruber)	1:06.32
7	ROLAND-STORY (Ashley Gibson, Elara Hopkins Kara Munson, Crystal Hanson)	1:06.64
8	CHARLES CITY (Joy Buehler, Sheena Sullivan Rachel Hall, Molly Kelly)	1:06.94
Heat 1		
1	OKOBOJI (Alysa Klein, Tiffany Fisk Tricia Kremmin, Staci Vander Berg)	1:05.15 Q
2	ROLAND-STORY (Ashley Gibson, Elara Hopkins Kara Munson, Crystal Hanson)	1:06.38 Q

3 BOYDEN-HULL/ROCK VALLEY (Karin Jespersen, Ashley Koele Jessica Stienstra, Emily Gaalswyk)	1:08.12	3 IOWA FALLS (Liz McDonald, Ashley Stockdale Taran Kloetzer, Analee Porteous)	1:07.74
4 ALGONA (Nikki White, Abby Baldus Stephanie Gaedke, Kristen Kuecker)	1:08.39	4 WEBSTER CITY (Amy Olson, Alison Kauffman Cali Olson, Mandy Williams)	1:07.98
Heat 2			
1 CHARLES CITY (Joy Buehler, Sheena Sullivan Rachel Hall, Molly Kelly)	1:06.83 Q		
2 DALLAS CENTER-GRIMES (Jo Reed, April Ziskovsky Jessica Gregory, Jenna Irving)	1:09.14		
999 JEFFERSON-SCRANTON DQ-(#3 out of zone)	1:06.53		
(Stacy Hauptert, Brudget Pope Krystal Berger, Jessie Walker)			
999 NORWALK DQ-(#4-out of zone)	1:10.63		
(Kristashea Sloan, Sami Sparks Laura Bergman, Elyse Walters)			
Heat 3			
1 POCAHONTAS AREA (Heather Dewall, Tami Moody Lindsey Frederickson, Nikki Gruber)	1:06.22 Q		
2 KNOXVILLE (Melinda Miller, Cassidy Davis Elli Anderson, Jen VandeKamp)	1:07.58		
3 CLEAR CREEK-AMANA (Sami Buck, Amberly Bult Sheena Rohret, Jenna DeBrower)	1:08.10		
999 UNITY CHRISTIAN DQ-(#3 out of zone)	1:05.94		
(Lorilyn Vogel, Joy Horstman Jen Kempers, Jill Bouma)			
Heat 4			
1 NEW HAMPTON (Katy Kuehn, Sammy Stone Brittney Flansche, Trista Humpal)	1:06.99		
2 NORTH FAYETTE (Stephanie Nesvik, Chelsea Johnson Hannah Muff, Megan Mitts)	1:07.35		
3 FOREST CITY (Ashley Davis, Amber Folkerts Kelsey Sinnwell, Mindy Twait)	1:13.20		
999 LONE TREE/HIGHLAND DQ-(#2 out of zone)	1:06.91		
(Amber Birtcher, Lisa Roberts Amy Smith, Jessica Smith)			
Heat 5			
1 CARROLL (Angie Rowedder, Karyn Forke Lindsey Onken, Rachel Brincks)	1:04.89 Q		
2 GRINNELL (Kelley Briggs, Whitney Hennes Jill Miller, Danielle Brooks)	1:06.31 Q		
3 MAQUOKETA VALLEY (Becky Tekippe, Cassie Bower Brianna Boies, Allison Ford)	1:08.16		
4 WILLIAMSBURG (McKenzie Leichty, Stacie Onken Shelon Stanerson, Beth Braden)	1:09.11		
Heat 6			
1 CENTRAL DEWITT (Ashley Baxter, Samantha Rathje Kelly Menneke, Kelsey Steffens)	1:04.45 Q		
2 ATLANTIC (Maggie Wernimont, Kristin Burkhart Angie Jenkins, Sara Wernimont)	1:05.54 Q		

2002 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS DRAKE STADIUM/JIM DUNCAN TRACK MAY 17 & 18, 2002

ATTENDANCE--FRIDAY--9,173; SATURDAY--9,120 (Saturday record--old mark, 9,049 in 2001). TOTAL--18,294

WEATHER--FRIDAY--High temperature of 61 degrees at 4 p.m. Winds 12-15 mph North/Northwest. Temperature 55 degrees at 12:00 noon start.

SATURDAY--High temperature of 61 degrees at 3 p.m. Winds 10/12 mph from North/Northwest. Temperature 51 degrees at 9 a.m. start--58 degrees at 1 p.m.

CLASS 3A OFFICIAL RESULTS

TEAM SCORING

1	Iowa City High	65
2	Iowa City West	39
3	Cedar Falls	34
4	Mount Pleasant	30
5	Clinton	28
6	West Des Moines Valley	26
7	Muscatine	25
8	Mason City	24
9	Cedar Rapids Xavier	20
10	West Delaware	19
11	Linn-Mar	18
12	Cedar Rapids Washington	17
13	Cedar Rapids Jefferson	16
14	Cedar Rapids Prairie	15
15	Lewis Central	12
16	Council Bluffs Abraham Lincoln	10
	Dubuque Wahlert	10
	Ottumwa	10
19	Ankeny	9
20	Cedar Rapids Kennedy	8
21	Des Moines East	7
	Dubuque Hempstead	7
	Pleasant Valley	7
	Sioux City East	7
	West Des Moines Dowling	7
26	Des Moines Roosevelt	6
27	Marshalltown	5
	Oskaloosa	5
29	LeMars	4
	Storm Lake	4
31	Southeast Polk	3
32	Davenport West	2
	Pella	2
	Urbandale	2
35	Ames	1
	Spencer	1

100 METER DASH

1	Laneisha Waller, Cedar Rapids Washington	SO	12.20
2	Miriam Chisala, Des Moines Roosevelt	SO	12.45
3	Shatrece Burt, Cedar Falls	FR	12.57
4	Sarah Riedel, Muscatine	SR	12.61
5	Tenika Smith, Cedar Rapids Jefferson	JR	12.63
6	Lauren Cummings, Ankeny	FR	12.73
7	Alicia Graber, Newton	SR	12.80
8	Stacy Schmidt, Storm Lake	JR	13.19

Heat 1

1	Laneisha Waller, Cedar Rapids Washington	SO	12.38 Q
2	Lacy Brunette, West Des Moines Valley	SO	12.82
3	Beth Michael, Marshalltown	SR	12.93
4	Shannon Burge, Bettendorf	FR	13.15
5	Katie Cooper, Cedar Rapids Jefferson	SO	13.18
6	Lindsey Way, Johnston	SR	13.31
7	Brandi Saldeen, Burlington	FR	13.38
8	Sarah Adkins, Muscatine	SR	13.41

Heat 2

1	Sarah Riedel, Muscatine	SR	12.52 Q
2	Shatrece Burt, Cedar Falls	FR	12.56 Q
3	Lauren Cummings, Ankeny	FR	12.67 Q
4	Stacy Schmidt, Storm Lake	JR	12.81 Q
5	Tracy Marlow, Pella	JR	12.94
6	Amber Schilling, Cedar Rapids Prairie	SR	13.13
7	Sara Deters, Clinton	SR	13.25
8	Janet Ho, Boone	SO	13.78

Heat 3

1	Miriam Chisala, Des Moines Roosevelt	SO	12.51 Q
2	Tenika Smith, Cedar Rapids Jefferson	JR	12.57 Q
3	Alicia Graber, Newton	SR	12.79 Q
4	Cassie Tonjes, Sioux City East	SR	12.89
5	Kendra Maxwell, Davenport North	SR	13.02
6	Amanda Hyde, Johnston	SO	13.12
7	Sheena Bass, Clinton	SO	13.30
8	Ashley Wilde, Cedar Falls	FR	13.38

200 METER DASH

1	Sarah Riedel, Muscatine	SR	25.68
2	Jenny Lorenson, Cedar Rapids Xavier	SR	25.88
3	Lynette Wilson, Cedar Rapids Kennedy	JR	26.17
4	Jamie Powers, West Des Moines Dowling	JR	26.26
5	Katie Paulson, Ottumwa	SO	26.38
6	Alison Burns, Marshalltown	JR	26.49
7	Leslie Tiedtke, Cedar Rapids Jefferson	SR	26.53
8	Stacy Lawrence, Clinton	SR	26.63

Heat 1

1	Lynette Wilson, Cedar Rapids Kennedy	JR	26.17 Q
2	Stacy Lawrence, Clinton	SR	26.70 Q
3	Alison Burns, Marshalltown	JR	26.72 Q
4	Allie Splinter, Dubuque Hempstead	SR	26.78
5	Tracy Marlow, Pella	JR	26.97
6	Lauren Carruthers, Pleasant Valley	SO	27.05
7	Dana Hanson, Urbandale	JR	27.21
8	Elise Watts, Bettendorf	FR	27.74

Heat 2

1	Jenny Lorenson, Cedar Rapids Xavier	SR	25.99 Q
2	Leslie Tiedtke, Cedar Rapids Jefferson	SR	26.40 Q
3	Jamie Powers, West Des Moines Dowling	JR	26.49 Q
4	Kalin Kluver, Denison-Schleswig	SR	26.99
5	Sarah Eichelberger, Muscatine	SO	27.43
6	Erin Barnes, Des Moines Roosevelt	SO	27.48
7	Ashton Strickland, Iowa City High	SO	27.54
8	Sheila Pettygrew, Davenport Central	SO	28.23

Heat 3

1	Sarah Riedel, Muscatine	SR	26.17 Q
2	Katie Paulson, Ottumwa	SO	26.47 Q
3	Beth Michael, Marshalltown	SR	26.81
4	Alicia Graber, Newton	SR	26.83
5	Stacy Schmidt, Storm Lake	JR	26.89
6	Dani Anderson, Cedar Rapids Xavier	JR	27.15
7	Carrie Jenaman, Dubuque Senior	SO	27.17
8	Rachel Rebling, Fairfield	JR	27.41

400 METER DASH

1	Ashley Williams, Linn-Mar	SR	58.90
2	Lauren Carruthers, Pleasant Valley	SO	59.27
3	Monica Mims, Iowa City High	JR	59.64
4	Alison Burns, Marshalltown	JR	1:00.07
5	Lynette Wilson, Cedar Rapids Kennedy	JR	1:00.32
6	Ashley Letze, Des Moines East	SO	1:01.08
7	Megan Curry, Southeast Polk	FR	1:01.65
8	Erin Penticoff, Cedar Rapids Xavier	FR	1:02.63

Heat 1

1	Ashley Williams, Linn-Mar	SR	58.94 Q
2	Alison Burns, Marshalltown	JR	59.35 Q
3	Hannah Huinker, Decorah	SO	1:01.52
4	Sondra Vasquez, Cedar Rapids Prairie	SR	1:01.74
5	Rachel Steffen, Western Dubuque	SR	1:02.41
6	Haley Miller, Keokuk	FR	1:02.71
999	Nicole Harkness, Ankeny	SO	DNS
999	Katie Krei, Iowa City High	FR	DNS

Heat 2

1	Lauren Carruthers, Pleasant Valley	SO	59.05 Q
2	Lynette Wilson, Cedar Rapids Kennedy	JR	59.40 Q
3	Megan Curry, Southeast Polk	FR	1:00.38 Q
4	Erin Penticoff, Cedar Rapids Xavier	FR	1:00.97 Q
5	Breanna Manders, Davenport North	JR	1:01.19
6	Carrie Cale, Sioux City North	SO	1:01.48
7	Cassie Raemakers, Davenport West	SO	1:01.76
999	Lindsey Windauer, Iowa City West	JR	DNS

Heat 3

1	Monica Mims, Iowa City High	JR	58.38 Q
2	Ashley Letze, Des Moines East	SO	1:00.86 Q
3	Toshia Burrell, Fort Dodge	JR	1:01.35
4	Quinntesha Tillman, Waterloo East	SR	1:01.49
5	Michelle Gee, Ankeny	SR	1:01.69
6	Melissa Schmitz, Waterloo Columbus/Don Bosco	JR	1:01.70
7	Kalin Kluver, Denison-Schleswig	SR	1:02.01
8	Britni Persinger, Sioux City North	FR	1:03.54

800 METER RUN

1	Allison Werner, Mount Pleasant	JR	2:13.16
2	Meggan Reed, Iowa City High	JR	2:14.92
3	Katy Grady, LeMars	SR	2:18.05
4	Jessica Levin, Cedar Rapids Xavier	FR	2:20.68
5	Janelle Platts, Mason City	JR	2:21.08
6	Erin Penticoff, Cedar Rapids Xavier	FR	2:21.11
7	Amy Garrett, Southeast Polk	JR	2:21.56
8	Julia Frudden, Iowa City West	FR	2:22.41
9	Kelly Baustian, Cedar Rapids Washington	SR	2:22.42
10	Jen Wendt, Pleasant Valley	SR	2:23.09
11	Alicia Irons, Boone	SR	2:23.60
12	Karla Block, Sioux City Heelan	KR	2:23.81
13	Maggie Leyendecker, Iowa City High	FR	2:23.91
14	Julia Mead, Fort Madison	FR	2:24.80
15	Kristin Siepkes, Spencer	JR	2:24.84
16	Katie Nevins, West Des Moines Dowling	FR	2:27.27
17	Sara Gray, Fort Madison	JR	2:28.30
18	Randi Mehmen, Waverly-Shell Rock	SR	2:28.66
19	Nicole Phipps, Southeast Polk	SR	2:28.95
20	Anne Blommer, Ottumwa	SR	2:29.39
21	Gina Messamer, Oskaloosa	SO	2:29.40
22	Nicole Kreber, Sioux City Heelan	SR	2:30.55
23	Paige Gruis, Des Moines Lincoln	SO	2:33.86
999	Lynn Dobyns, Iowa City West	JR	DNS

1500 METER RUN

1	Sara Fassbinder, Dubuque Wahlert	SO	4:39.31
2	Jennie Funk, Iowa City High	SO	4:40.39
3	Megan Glover, Cedar Rapids Xavier	JR	4:49.68
4	Nelle Trefz, Iowa City High	SO	4:53.14
5	Robyn Werner, Mount Pleasant	JR	4:54.48
6	Janet Dobyns, Iowa City West	FR	4:55.13
7	Jeni Frudden, Iowa City West	SR	4:57.85
8	Tracy Hawley, Ames	SO	4:58.70
9	McKenzie Madison, Ankeny	SO	4:59.62
10	Janelle Platts, Mason City	JR	5:00.41
11	Kate Greer, Marshalltown	JR	5:00.44
12	Shannon Oster, Cedar Rapids Washington	JR	5:00.49
13	Whitney Mitvalsky, Cedar Rapids Jefferson	JR	5:01.28
14	Melissa Jay, Ottumwa	SO	5:01.52
15	Cassie Naaktgeboren, Cedar Falls	SO	5:01.55
16	Jessica Pape, Sioux City Heelan	SO	5:02.02
17	Quinn Vermie, Southeast Polk	JR	5:02.16
18	Lyssa Steckelberg, Cedar Falls	SO	5:02.36
19	Abbie Smith, West Des Moines Dowling	SR	5:03.51
20	Ashley Culp, West Des Moines Valley	JR	5:05.35
21	Nina Hoppenjan, Dubuque Wahlert	JR	5:05.96
22	Katie Stewart, Sioux City North	SO	5:09.51
23	Ellen Hart, Pleasant Valley	FR	5:12.35
24	Amy Garrett, Southeast Polk	JR	5:15.45

3000 METER RUN

1	Jennie Funk, Iowa City High	SO	10:11.80	J
2	Robdu Adam, Iowa City West	JR	10:22.75	J
3	Jeni Frudden, Iowa City West	SR	10:24.72	J
4	Quinn Vermie, Southeast Polk	JR	10:24.96	J
5	Shannon Oster, Cedar Rapids Washington	JR	10:41.62	
6	Tracy Hawley, Ames	SO	10:42.13	
7	Jessica Pape, Sioux City Heelan	SO	10:46.03	
8	Ashley Culp, West Des Moines Valley	JR	10:46.75	
9	Kate Greer, Marshalltown	JR	10:47.12	
10	Carolyn Sinsky, Dubuque Senior	SR	10:55.14	
11	Whitney Mitvalsky, Cedar Rapids Jefferson	JR	10:55.14	
12	Betsy Ellsmore, Iowa City High	JR	10:57.14	
13	Lisa Koll, Fort Dodge	FR	10:58.22	
14	Melissa Jay, Ottumwa	SO	11:00.27	
15	Aimee Nielsen, Mason City	SR	11:04.02	
16	Lauren Erickson, Mount Pleasant	FR	11:16.99	
17	Sarah Lacina, Muscatine	SR	11:18.24	
18	Sarah Mills, Southeast Polk	JR	11:20.53	
19	McKenzie Madison, Ankeny	SO	11:25.07	
20	Allison Heid, Urbandale	SR	11:27.53	
21	Kathryn Walker, West Delaware	JR	11:28.99	
22	Anne Pick, West Des Moines Dowling	SR	11:29.87	
23	Caylin Cervetti, Cedar Falls	JR	11:45.08	
999	Brenda Funke, Cedar Rapids Kennedy	JR		DNS

100 METER HURDLES

1	Kayla Sautter, Mason City	JR	14.41	
2	Nicole Carroll, Mason City	SO	14.63	
3	Sara Boisen, West Des Moines Valley	JR	14.95	
4	Laura Tomes, Sioux City East	JR	15.20	
5	Kara Yahn, Clinton	JR	15.22	
6	Maya Monitto-Weber, Iowa City High	JR	15.23	
7	Kasey McDaniel, Spencer	JR	15.37	
8	Amanda Faas, Cedar Rapids Washington	SR	15.56	

Heat 1

1	Kayla Sautter, Mason City	JR	14.25	Q
2	Kara Yahn, Clinton	JR	14.90	Q
3	Amanda Faas, Cedar Rapids Washington	SR	15.29	Q
4	Katie O'Bryne, Sioux City East	SR	15.73	
5	Tessa Prati, Urbandale	JR	15.82	
6	Kati Person, LeMars	SR	15.87	
7	Laura Mitchell, Pella	FR	15.89	
8	Amy Rhoads, Cedar Rapids Jefferson	SR	16.19	

Heat 2

1	Nicole Carroll, Mason City	SO	14.78	Q
2	Sara Boisen, West Des Moines Valley	JR	15.14	Q
3	Ashley Havlicek, Cedar Rapids Jefferson	SO	15.31	
4	Kristen Reavis, West Des Moines Dowling	SO	15.61	
5	Cali Lyons, Dubuque Hempstead	SO	15.90	
6	Emily Triplett, Iowa City High	SR	16.15	
7	Jocelyn Thurston, Cedar Falls	JR	16.24	
8	McKinsie Williams, Muscatine	FR	16.60	

Heat 3

1	Kasey McDaniel, Spencer	JR	15.22	Q
2	Laura Tomes, Sioux City East	JR	15.25	Q
3	Maya Monitto-Weber, Iowa City High	JR	15.26	Q
4	Amy Klostermann, West Delaware	JR	15.75	
5	Aimee Rasmusson, Cedar Falls	JR	15.82	
6	Carrie Yaley, Fort Madison	SR	15.86	
7	Megan Nielsen, Southeast Polk	SO	16.07	
8	Stacy Holthaus, Urbandale	SO	16.14	

400 METER HURDLES

1	Sara Boisen, West Des Moines Valley	JR	1:02.97	
2	Deb Durey, West Delaware	SO	1:05.75	
3	Katie Fraga, Iowa City High	SR	1:06.49	
4	Jennifer Snowbarger, Oskaloosa	JR	1:06.49	
5	Ashley Wilson, Urbandale	SR	1:06.55	
6	Amanda Faas, Cedar Rapids Washington	SR	1:07.18	
7	Katie O'Bryne, Sioux City East	SR	1:08.31	
8	Kira Anderson, Cedar Falls	JR	1:08.80	

Heat 1

1	Katie Fraga, Iowa City High	SR	1:06.71	Q
2	Amanda Faas, Cedar Rapids Washington	SR	1:06.86	Q
3	Kira Anderson, Cedar Falls	JR	1:07.09	Q
4	Katie O'Bryne, Sioux City East	SR	1:07.45	Q
5	Nora Liebergesell, West Des Moines Valley	SO	1:07.85	
6	Shawna Stumpf, Des Moines North	JR	1:09.17	
7	Dyann Peterson, Fort Dodge	FR	1:10.01	
8	Abby Erion, Decorah	JR	1:12.97	

Heat 2

1	Sara Boisen, West Des Moines Valley	JR	1:04.96	Q
2	Ashley Wilson, Urbandale	SR	1:06.86	Q
3	Paige Havens, Storm Lake	JR	1:07.95	
4	Michelle Treska, West Des Moines Dowling	SO	1:09.06	
5	Ashley Baird, Cedar Rapids Prairie	SR	1:09.22	
6	Cherie Nichting, Mount Pleasant	SO	1:09.38	
7	Mindy Rauwolf, Pleasant Valley	FR	1:11.34	
8	Renee Golinvaux, Cedar Rapids Washington	SR	1:12.04	

Heat 3

1	Deb Durey, West Delaware	SO	1:06.34	Q
2	Jennifer Snowbarger, Oskaloosa	JR	1:06.85	Q
3	Ashley Letze, Des Moines East	SO	1:07.80	
4	Laura Mitchell, Pella	FR	1:07.99	
5	Kelly Sherry, Iowa City High	JR	1:09.18	
6	Bryna Copes, Ankeny	SO	1:11.07	
7	Rachel Hutchinson, Mount Pleasant	FR	1:13.76	
8	Lindsey Schwartz, Pleasant Valley	FR	1:17.13	

HIGH JUMP

1	Stacy Boerema, Clinton	SR	5'07"	
2	Ashley Freeman, CB Abraham Lincoln	SR	5'05"	
3	Laura Tomes, Sioux City East	JR	5'04"	
4	Rachel Sippy, Cedar Rapids Prairie	JR	5'03"	
5	Alyssa Fischer, Cedar Rapids Kennedy	FR	5'03"	
6	Lisa Miner, Cedar Falls	JR	5'03"	
7	Alison Dirks, Iowa City West	FR	5'03"	
7	Lindsay Scott, Mount Pleasant	FR	5'03"	
9	Amy Kopatch, Ottumwa	SO	5'02"	
10	Emily Ita, Burlington	SO	5'02"	
11	Jessie Branstetter, Iowa City High	SR	5'00"	
11	Veronica Dykstra, Iowa City West	SO	5'00"	
11	Emily Kinning, Pleasant Valley	SR	5'00"	
14	Amanda Brodsack, Cedar Rapids Prairie	FR	5'00"	
15	Jessica Winter, Sioux City West	SR	5'00"	
15	Lauren Waldstein, Waverly-Shell Rock	SR	5'00"	
17	Krissy Engle, Lewis Central	FR	5'00"	
18	Kayla Sautter, Mason City	JR	5'00"	
19	Lane Cox, Oskaloosa	SR	4'10"	
20	Angie Hensel, Clinton	JR	4'10"	
20	Angela Tapley, Oskaloosa	SR	4'10"	
999	Alicia Irons, Boone	SR		nh
999	Katie Longden, Des Moines Lincoln	SR		nh
999	Katy Grady, LeMars	SR		dnc

SERIES

	4-10	5-0	5-2	5-3	5-4	5-5	5-6	5-7	5-8
Boerema	p	x	x	x	x	x	oox	x	ooo
Freeman	p	x	x	x	ox	ox	ooo		
Tomes	x	x	x	x	ox	ooo			
Sippy	x	x	x	x	ooo				
Fischer	x	x	x	ox	ooo				
Miner	x	x	ox	ox	ooo				
Dirks	x	ox	x	oox	ooo				
Scott	x	x	ox	oox	ooo				
Kopatich	x	ox	oox	ooo					
Ita	x	oox	oox	ooo					
Branstetter	x	x	ooo						
Dysktra	x	x	ooo						
Kinning	x	x	ooo						
Broadsack	x	ox	ooo						
Winter	ox	ox	ooo						
Waldstein	ox	ox	ooo						
Engle	x	oox	ooo						
Sautter	ox	oox	ooo						
Cox	x	ooo							
Hensel	oox	ooo							
Tapley	oox	ooo							
Irons	ooo								
Longden	ooo								
Grady	dnc								

LONG JUMP

1	Angie Hensel, Clinton	JR	18'10.50"
2	Laniesha Waller, Cedar Rapids Washington	SO	18'05.75"
3	Amy Wulfekuhler, Storm Lake	JR	18'05.50"
4	Abby Lahr, West Delaware	SO	17'08.75"
5	Tracy Marlow, Pella	JR	17'06"
6	Kasey McDaniel, Spencer	JR	17'04.25"
7	Nicole Carroll, Mason City	SO	17'03.50"
8	Doni Berrone, West Des Moines Dowling	FR	17'02.25"
9	Brandy Olsen, Cedar Rapids Washington	SR	17'00.25"
10	Deb Durey, West Delaware	SO	16'10.50"
11	Tonya Ansel, Dubuque Senior	SR	16'10.15"
12	Shanna Kissinger, Sioux City West	SR	16'09.50"
13	Danna Kelly, Boone	FR	16'05"
14	Jess Iserman, Waverly-Shell Rock	SR	16'01.75"
15	Jennifer Low, Mason City	SR	16'00.50"
16	Brittany Lourens, Oskaloosa	FR	16'00.25"
17	Sadie White, Cedar Rapids Prairie	SO	15'11"
18	Brandi Saldeen, Burlington	FR	15'09.50"
19	Elisha Turek, CB Abraham Lincoln	JR	15'09.25"
20	Stacy Arkovich, Ames	SR	15'06.50"
21	Haley Sinn, Mount Pleasant	JR	15'05.50"
22	Kelly Meade, Des Moines Hoover	SO	14'00"
999	Dana Noss, Ames	SR	fouls
999	Aimee Rasmusson, Cedar Falls	JR	fouls

SERIES

Hensel	18'07.50	foul	17'11.50	17'05.25	18'01	18'10.50
Waller	17'09.75	foul	foul	foul	18'05.75	18'05
Wulfekuhler	18'03.50	18'00.75	foul	foul	17'10.25	18'05.50
Lahr	16'10	17'04	17'08.75	15'11.75	17'02.25	16'08
Marlow	foul	17'06	16'11.50	17'04.50	foul	16'10
McDaniel	foul	17'04.25	16'08.50	16'03	foul	foul
Carroll	17'03.50	16'10.50	16'07.50	16'07.50	foul	17'02.50
Berrone	15'10	17'02.25	15'07	16'06.75	16'03	14'09.50
Olsen	foul	foul	17'00.25			
Durey	foul	16'02.25	16'10.50			
Ansel	foul	16'10.25	16'10			
Kissinger	foul	16'09.50	15'04			

Kelly	16'05	foul	15'10
Iserman	14'07.50	16'01.75	foul
Low	15'00.50	foul	16'00.50
Lourens	14'11	16'00.25	14'03.75
White	15'00	15'03.25	15'11
Saldeen	15'04.50	foul	15'09.50
Turek	14'11.50	foul	15'09.25
Arkovich	foul	foul	15'06.50
Sinn	fol	fol	15'05.50
Meade	14'00	13'09.75	13'10.50
Noss	foul	foul	foul
Rasmusson	foul	foul	foul

SHOT PUT

1	Aubrey Martin, Muscatine	SR	45'10"
2	Sheena James, Clinton	JR	45'01"
3	Abby Emsick, Lewis Central	SR	43'04.25"
4	Micaela Mallett, Des Moines East	JR	40'09"
5	Johnna Gamble, Davenport West	JR	40'02.50"
6	Hayley Yarkosky, Oskaloosa	SR	39'10.75"
7	Jessica Elliott, Iowa City High	JR	39'03.75"
8	Morgen Edwards, Cedar Rapids Jefferson	SR	39'01.25"
9	Maria Linnenbrink, North Scott	JR	37'01"
10	Ashley Simpson, Dubuque Hempstead	SO	36'08"
11	Missy Fessler, Dubuque Hempstead	JR	36'04.50"
12	Amy Waggoner, Marshalltown	SO	36'03.50"
13	Tennille Thieschafer, Lewis Central	SR	35'06"
14	Jess Bates, Indianola	SO	35'05.50"
15	Rachel Spensley, Dubuque Senior	SO	35'02.50"
16	Chelsey Keller, Fairfield	JR	35'01.50"
17	Kesley Egli, Cedar Falls	SR	34'10.50"
18	Kellie Price, CB Abraham Lincoln	JR	34'09.50"
19	Brien Richard, Denison-Schleswig	SR	34'08.75"
20	Jenny Evans, Iowa City West	SR	34'05.75"
21	Lisa Glasoe, Cedar Rapids Washington	SR	33'09.75"
22	Betsy Funk, Urbandale	SR	33'08.75"
23	Ashley Partlow, Spencer	SR	33'03.75"
24	Cassie Cheever, Sioux City Heelan	SO	33'02.75"

SERIES

Martin	44'11.50	45'01	foul	43'09.75	43'09.25	45'10
James	41'00.25	42'04.25	foul	43'04.75	foul	45'01
Emsick	40'05.25	foul	foul	41'02.75	foul	43'04.25
Mallett	39'08.25	37'02.75	37'10	40'09	foul	36'00.25
Gamble	38'01.25	foul	38'02	foul	39'00	40'02.50
Yarkosky	38'11.25	39'10.75	39'08.25	foul	foul	38'01
Elliott	38'00.50	38'01	39'03.75	36'06	37'10	36'09.25
Edwards	39'01.25	35'10.50	37'08	foul	foul	38'07.25
Linnenbrink	37'01	35'08.25	35'05.25			
Simpson	35'09	36'08	35'11.25			
Fessler	33'09.50	36'04.50	35'05.50			
Waggoner	34'10.75	35'09.75	36'03.50			
Thieschafer	35'06	33'03.25	foul			
Bates	35'05.50	foul	35'02.50			
Spensley	33'06.75	31'10.25	35'02.50			
Keller	34'01.50	33'06.25	35'01.50			
Egli	foul	34'10.25	34'10.50			
Price	foul	33'10.50	34'09.50			
Richard	33'07	34'08.75	33'08.25			
Evans	34'05.75	32'03.50	31'03			
Glasoe	33'08.50	30'11.50	33'09.75			
Funk	33'02.50	33'08.75	33'06.25			
Partlow	33'03.75	29'10.75	31'05			
Cheever	foul	33'02.75	32'08.75			

DISCUS

1	Abby Emsick, Lewis Central	SR	140'05"
2	Aubrey Martin, Muscatine	SR	134'00"
3	Kellie Price, CB Abraham Lincoln	JR	133'00"
4	Micaela Mallett, Des Moines East	JR	131'08"
5	Morgen Edwards, Cedar Rapids Jefferson	SR	131'02"
6	Kesley Egli, Cedar Falls	SR	128'09"
7	Betsy Funk, Urbandale	SR	125'09"
8	Tara King, Ottumwa	SR	125'07"
9	Jessica Elliott, Iowa City High	JR	125'01"
10	Amy Waggoner, Marshalltown	SO	121'00"
11	Megan Bustin, West Des Moines Dowling	SR	117'04"
12	Valerie Matters, Ames	SR	115'00"
13	Julie Wittrock, Boone	JR	114'00"
14	Wendy Milam, Cedar Rapids Washington	JR	113'03"
15	Leslie Sheridan, Dubuque Wahlert	SR	112'06"
16	Johnna Gamble, Davenport West	JR	111'03"
17	Brien Richard, Denison-Schleswig	SR	110'10"
18	Missy Fessler, Dubuque Hempstead	JR	110'08"
19	Jess Bates, Indianola	SO	107'03"
20	Holly Joens, Cedar Rapids Prairie	JR	103'07"
21	Jess Jewell, Decorah	SO	103'07"
22	Mikala Larsen, CB Thomas Jefferson	SR	102'01"
23	Jody Iversen, Denison-Schleswig	SR	099'01"
24	Sheena James, Clinton	JR	092'11"

SERIES

Emsick	132'09	134'01	133'09	140'05	138'10	foul
Martin	121'07	133'11	foul	121'00	125'09	134'00
Price	122'02	123'10	133'00	116'00	127'00	121'11
Mallett	122'00	131'08	115'02	117'11	113'06	122'09
Edwards	131'02	foul	130'03	128'10	124'07	129'04
Egli	128'06	124'00	120'07	128'09	127'06	125'02
King	125'07	122'07	105'11	106'04	106'11	113'10
Elliott	116'01	122'01	125'01			
Waggoner	117'08	121'00	105'00			
Bustin	108'04	117'04	105'10			
Matters	108'08	112'06	115'00			
Wittrock	108'00	114'00	102'05			
Milam	108'08	113'03	foul			
Sheridan	105'00	110'11	112'06			
Gamble	110'09	106'09	111'03			
Richard	foul	110'10	109'11			
Fessler	108'07	107'02	110'08			
Bates	089'08	094'04	107'03"			
Joens	102'03	103'07	foul			
Jewell	103'07	foul	096'09			
Larsen	100'11	foul	102'01			
Iversen	094'05	097'09	099'00			
James	foul	foul	092'11			

4x100 METER RELAY

1	CEDAR RAPIDS JEFFERSON	48.93
	(Katie Cooper, Tara Fry Leslie Tiedtke, Tenika Smith)	
2	ANKENY	49.42
	(Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	
3	CEDAR FALLS	49.52
	(Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	

4	WEST DES MOINES VALLEY	49.74
	(Aubrie Fontanini, Allie Cade Alisa Scarrow, Lacy Brunnette)	
5	IOWA CITY HIGH	50.25
	(Camille Jordan, Virginia Dreier Maya Monitto-Weber, Elizabeth Matzen)	
6	MARSHALLTOWN	50.34
	(Alison Burns, Sarah Otten Kalyynn Rowley, Beth Michael)	
7	CEDAR RAPIDS WASHINGTON	50.55
	(Carrie Boyle, Cassandra Lumpkin Laneisha Waller, Laniesha Waller)	
8	DES MOINES ROOSEVELT	50.75
	(Miriam Chisala, Erin Barnes Jacqueline Stewart, Latasha Hudson)	

Heat 1

1	WEST DES MOINES VALLEY	49.99 Q
	(Aubrie Fontanini, Allie Cade Lisa Scarrow, Lacy Brunnette)	
2	CEDAR RAPIDS WASHINGTON	50.46 Q
	(Carrie Boyle, Cassandra Lumpkin Alynsia Bell, Laneisha Waller,)	
3	MUSCATINE	50.73
	(Sarah Adkins, Sarah Eichelberger McKinsie Williams, Sarah Riedel)	
4	DUBUQUE WAHLERT	51.01
	(Amanda Reiss, Rachel Herrig Jackie Pepin, Stephanie Herbst)	
5	STORM LAKE	51.15
	(Stacy Schmidt, Paige Havens Billie Blanchard, Amy Wulfekuhler)	
6	CLINTON	51.19
	(Kara Yahn, Jade Ammons Stacy Boerema, Stacy Lawrence)	
7	SIOUX CITY EAST	51.84
	(Ashley Holstein, Chauntee Alfredson Cassie Tonjes, Betsy Reynolds)	
8	BURLINGTON	52.01
	(Joanna Opiekun, Lauren Lindstadt Cara Young, Carissa Overstreet)	

Heat 2

1	ANKENY	49.42 Q
	(Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	
2	CEDAR FALLS	49.46 Q
	(Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	
3	MARSHALLTOWN	50.42 Q
	(Alison Burns, Sarah Otten Kalyynn Rowley, Beth Michael)	
4	MASON CITY	51.22
	(Jennifer Low, Nicole Carroll Andrea Sellers, Kayla Sautter)	
5	CEDAR RAPIDS KENNEDY	51.40
	(Melissa Kane, Alyssa Fischer RaeAnnon Fairlie, Lynette Wilson)	
6	WEST DELAWARE	51.51
	(Megan Klein, Michelle Wessels Allison Bockenstedt, Abby Lahr)	
7	BETTENDORF	51.94
	(Shannon Burge, Alex Hemberger Jenny Eisenlauer, Angela Vinene)	

999 WEST DES MOINES DOWLING (Christa Scott, Chelsea Drumheller Nellie Walsh, Lindsey Rizzuti)	DNF	3 WEST DELAWARE (Megan Nieman, Abby Lahr Allison Bockenstedt, Deb Durey)	1:47.31 Q
Heat 3		4 CLINTON (Stacy Lawrence, Sara Deters Angie Hensel, Stacy Boerema)	1:48.08
1 CEDAR RAPIDS JEFFERSON (Katie Cooper, Tara Fry Leslie Tiedtke, Tenika Smith)	49.24 Q	5 MOUNT PLEASANT (Danielle Hutchinson, Lindsay Scott Steph Park, Stephanie Benge)	1:48.91
2 IOWA CITY HIGH (Camille Jordan, Virginia Dreier Maya Monitto-Weber, Elizabeth Matzen)	50.20 Q	6 SIOUX CITY HEELAN (Sheena Wright, Megan Iverson Jenni Jones, Brooke Niles)	1:49.32
3 DES MOINES ROOSEVELT (Miriam Chisala, Erin Barnes Jacqueline Stewart, Latasha Hudson)	50.44 Q	7 MUSCATINE (Sarah Adkins, Katie Post Jessica Shaw, Sarah Eichelberger)	1:51.75
4 SPENCER (Maggie Roos, Abbie Waggoner Bre Schmillen, Kasey McDaniel)	50.64	8 DAVENPORT CENTRAL (Angie Young, Shivonne Foster Sheila Pettygrew, Becky Zilly)	1:52.01
5 CEDAR RAPIDS PRAIRIE (Andrea Jansa, Danielle Salwey Sadie White, Amber Schilling)	51.19	Heat 2	
6 SIOUX CITY HEELAN (Sheena Wright, Megan Iverson Jenni Jones, Brooke Niles)	51.60	1 CEDAR FALLS (Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:44.57 Q
7 DAVENPORT NORTH (Kendra Maxwell, Sarah Sheedy Marcia Hare, Breanna Manders)	51.69	2 ANKENY (Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	1:45.04 Q
8 MOUNT PLEASANT (Danielle Hutchinson, Lindsay Scott Steph Park, Haley Sinn)	52.71	3 OTTUMWA (Brandie Moore, Ashley Spurgeon Emily Roberts, Katie Paulson)	1:47.47 Q
4x200 METER RELAY		4 OSKALOOSA (Jennifer Snowbarger, Kristen Foster Amanda Knoot, Hilary Grotewold)	1:48.37
1 CEDAR FALLS (Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:44.50	5 PLEASANT VALLEY (Maggie Allen, Kelly Harris Sarah Seffrin, Emily Kinning)	1:49.05
2 WEST DES MOINES VALLEY (Alisa Scarrow, Sarah Best Allie Cade, Lacy Brunnette)	1:44.90	6 BURLINGTON (Joanna Opiekun, Lauren Lindstadt Cara Young, Carissa Overstreet)	1:49.11
3 DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Lindsey Derby, Nina Schnee)	1:45.49	7 CEDAR RAPIDS KENNEDY (Alyssa Fischer, Cierra French Rachel Wharton, RaeAnnon Fairlie)	1:49.32
4 CEDAR RAPIDS PRAIRIE (Danielle Salwey, Laura Carver Amber Schilling, Debbie Ackerly)	1:46.42	8 SPENCER (Maggie Roos, Mandi Mesner Liz Davis, Bre Schmillen)	1:50.35
5 CEDAR RAPIDS JEFFERSON (Katie Cooper, Tara Fry Tenika Smith, Leslie Tiedtke)	1:46.94	Heat 3	
6 OTTUMWA (Brandie Moore, Ashley Spurgeon Emily Roberts, Katie Paulson)	1:47.39	1 CEDAR RAPIDS PRAIRIE (Danielle Salwey, Laura Carver Amber Schilling, Debbie Ackerly)	1:45.61 Q
7 WEST DELAWARE (Megan Nieman, Abby Lahr Allison Bockenstedt, Deb Durey)	1:47.87	2 DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Lindsey Derby, Nina Schnee)	1:46.83 Q
999 ANKENY (Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	DNF	3 BETTENDORF (Elise Watts, Alex Hemberger Jenny Eisenlauer, Angela Vinene)	1:49.22
Heat 1		3 DUBUQUE WAHLERT (Amanda Reiss, Jackie Pepin Rachel Alt, Stephanie Herbst)	1:49.22
1 WEST DES MOINES VALLEY (Lisa Scarrow, Allie Cade Allie Cade, Lacy Brunnette)	1:45.34 Q	5 WAVERLY-SHELL ROCK (Jen Green, Lisa Fiene April Suhr, Miranda Pickett)	1:52.22
2 CEDAR RAPIDS JEFFERSON (Katie Cooper, Tara Fry Tenika Smith, Leslie Tiedtke)	1:45.65 Q	999 IOWA CITY HIGH (Ashton Strickland, Virginia Dreier Camille Jordan, Elizabeth Matzen)	DQ-(#2-3 out of zone)-1:45.73

999 LINN-MAR DQ-(#2-3 out of zone)-1:54.20
 (Lindsay Kaspari, Marissa Becker
 Kelsey Long, Hayley Fry)
 999 WDM DOWLING DQ-(#3 out of lane)-1:46.91
 (Jamie Powers, Anne Abramovich
 Maggie Dohrmann, Cat Ramirez)

4x400 METER RELAY

1 IOWA CITY WEST 4:00.83
 (Nicole Novak 60.6, Kristin Jacobs 60.4
 Lindsey Windauer 60.5, Lynn Dobyns 59.3)
 2 CEDAR RAPIDS PRAIRIE 4:01.39
 (Ashley Baird, 61.8 Sondra Vasquez 60.6
 Laura Carver 59.3, Debbie Ackerly 59.6)
 3 OTTUMWA 4:01.46
 (Brandie Moore 61.3, Melissa Ebelsheiser 61.1
 Ashley Spurgeon 59.3, Katie Paulson 59.7)
 4 LINN-MAR 4:02.11
 (Nicole Novy 60.6, Marissa Becker 61.3
 Brooke Rhatigan 60.5, Ashley Williams 59.7)
 5 WEST DES MOINES VALLEY 4:02.78
 (Sara Boisen 59.5, Lisa Moser 62.7
 Sarah Best 60.7, Sarah Cunningham 59.8)
 6 IOWA CITY HIGH 4:03.36
 (Katie Krei 61.6, Tiffiney Belmont 60.9
 Meggan Reed 60.4, Monica Mims 60.4)
 7 CEDAR RAPIDS WASHINGTON 4:07.65
 (Kelly Baustian, Amanda Faas
 Brandy Olsen, Latoya Johnson)
 8 CEDAR FALLS 4:09.54
 (Jess Bates, Ashley Barkema
 Kira Anderson, Chelsey Dempster)

Heat 1

1 CEDAR RAPIDS PRAIRIE 4:03.53 Q
 (Ashley Baird 62.9, Sondra Vasquez 61.4
 Laura Carver 60.2, Debbie Ackerly 59.0)
 2 WEST DES MOINES VALLEY 4:03.91 Q
 (Sara Boisen 60.0, Sarah Best 61.2
 Lisa Moser 62.6, Sarah Cunningham 60.0)
 3 LINN-MAR 4:04.98 Q
 (Nicole Novy 61.1, Marissa Becker 61.8
 Brooke Rhatigan 61.1, Ashley Williams 61.0)
 4 CEDAR FALLS 4:07.29 Q
 (Jess Bates 62.1, Ashley Barkema 60.3
 Kira Anderson 62.8, Chelsey Dempster 62.1)
 5 DUBUQUE HEMPSTEAD 4:15.29
 (Beth Morrow, Amber Ruden
 Brittany Williams, Rachael Kueter)
 6 MOUNT PLEASANT 4:16.32
 (Jill Moeller, Emily Petrzelka
 Elaina Mertens, Sarah Ita)
 7 SPENCER 4:21.99
 (Liz Davis, Mandi Mesner
 Megan Spears, Bre Schmillen)
 8 LEMARS 4:25.86
 (Kati Person, Joei Hettwer
 Dana Lehner, Ali Boehmer)

Heat 2

1 OTTUMWA 4:04.15 Q
 (Brandie Moore 61.8, Melissa Ebelsheiser 61.4
 Ashley Spurgeon 61.9, Katie Paulson 59.0)

2 URBANDALE 4:10.32
 (Ashley Wilson, Allison Ripperger
 Dana Hanson, Kristin Mollman)
 3 DUBUQUE SENIOR 4:10.49
 (Carrie Jenaman, Lacey Siegert
 Tonya Ansel, Jenny Liphard)
 4 WEST DES MOINES DOWLING 4:14.98
 (Anne Abramovich, Jessica Katch
 Katie Nevins, Kristen Reavis)
 5 BOONE 4:15.31
 (Danna Kelly 65.0, Kristin Behling 66.2
 Megan Montag 62.3, Alicia Irons 61.8)
 6 DECORAH 4:15.41
 (Liz Elsbernd 65.3, Kelsey Wettach 62.1
 Lydia Huinker 63.3, Hannah Huinker 65.1)
 7 WESTERN DUBUQUE 4:18.61
 (Kristen Pitz, Kristin Kluesner
 Phylicia Schwartz, Rachel Steffen)
 8 SIOUX CITY HEELAN 4:21.14
 (Rachel Tritz, Nicole Kreber
 Tami Roethler, Sara Funk)

Heat 3

1 IOWA CITY HIGH 4:03.29 Q
 (Katie Krei 59.8, Tiffiney Belmont 63.8
 Meggan Reed 60.1, Monica Mims 59.3)
 2 IOWA CITY WEST 4:03.52 Q
 (Nicole Novak 60.3, Kristin Jacobs 62.1
 Lindsey Windauer 61.4, Lynn Dobyns 59.7)
 3 CEDAR RAPIDS WASHINGTON 4:09.56 Q
 (Kelly Baustian, Amanda Faas
 Brandy Olsen, Latoya Johnson)
 4 PLEASANT VALLEY 4:11.55
 (Karina Carson 63.1, Maggie Schnackel 61.7
 Jen Wendt 63.0, Sarah Seffrin 64.1)
 5 ANKENY 4:12.21
 (Michelle Gee 63.6, Danielle Leo 62.2
 Nicole Harkness 62.4, Katy Fuchtman 64.0)
 6 INDIANOLA 4:13.55
 (Heather Elliott, Liz Homan
 Emily Kaldenberg, Stacie Suntken)
 7 SIOUX CITY NORTH 4:18.89
 (Sarah Schoenfish 64.5, Carrie Cale 61.9
 Katie Yockey 67.2, Britni Persinger 65.3)
 8 WAVERLY-SHELL ROCK 4:21.84
 (Jen Green, Randi Mehmen
 April Suhr, Lisa Fiene)

4x800 METER RELAY

1 IOWA CITY WEST 9:18.68
 (Julia Frudden 2:21.8, Janet Dobyns 2:24.1
 Jeni Frudden 2:17.6, Lynn Dobyns 2:15.1)
 2 IOWA CITY HIGH 9:27.01
 (Katie Funk 2:21.4, Ali Kirsch 2:24.0
 Nelle Trefz 2:19.4, Jennie Funk 2:22.2)
 3 CEDAR FALLS 9:29.44
 (Cassie Naaktgeboren, Lyssa Steckelberg
 Samantha Nygren, Jess Bates)
 4 CEDAR RAPIDS XAVIER 9:29.71
 (Erin Penticoff, 2:21.3 Kristin Jennings 2:30.2
 Megan Glover 2:18.7, Jessica Levin 2:19.6)
 5 MOUNT PLEASANT 9:33.60
 (Jill Moeller 2:24.3, Emily Petrzelka 2:25.2
 Sarah Ita 2:24.4, Robyn Werner 2:19.7)

6 PLEASANT VALLEY	9:36.07	3 LINN-MAR	1:50.84
(Maggie Schnackel, Ellen Hart Karina Carson, Jen Wendt)		(Lindsay Kaspari, Nicole Novy Brooke Rhatigan, Ashley Williams 57.4)	
7 MASON CITY	9:42.79	4 CEDAR FALLS	1:51.76
(Janelle Platts 2:20.9, Noelle Peterson 2:24.1 Melissa Barnes 2:29.9, Aimee Nielsen 2:17.8)		(Adelle Close, Danielle Barkema Mattie Thompson, Ashley Barkema 59.7)	
8 CEDAR RAPIDS WASHINGTON	9:43.75	5 DUBUQUE WAHLERT	1:52.25
(Kelly Baustian 2:21.3, Zoe Marquardt 2:27.2 Suzanne Crumley 2:29.6, Shannon Oster 2:24.6)		(Stephanie Herbst, Rachel Herrig Amanda Reiss, Mary Bridget Corken 59.1)	
9 SOUTHEAST POLK	9:46.77	6 DUBUQUE HEMPSTEAD	1:52.56
(Quinn Vermie 2:22.8, Nicole Phipps 2:24.4 Sarah Mills 2:39.1, Amy Garrett 2:20.4)		(Lindsey Derby, Nina Schnee Rachael Kueter, Allie Splinter)	
10 WEST DES MOINES DOWLING	9:50.77	7 WEST DES MOINES DOWLING	1:52.94
(Katie Nevins 2:26.5, Chelsea Wirtz 2:33.2 Abbie Smith 2:28.9, Allie Thrall 2:22.1)		(Christa Scott, Maggie Dohrmann Cat Ramirez, Allie Thrall)	
11 MARSHALLTOWN	9:51.54	8 WEST DES MOINES VALLEY	1:53.76
(Katie Brown, 2:25.9 Andrea Lowry 2:28.2 Michelle Jebesen 2:29.0, Rachel Hawks 2:28.4)		(Aubrie Fontanini, Allie Cade Sarah Best, Sarah Cunningham 61.8)	
12 SIOUX CITY NORTH	9:52.98	Heat 1	
(Holly Boston 2:24.0, Katie Stewart 2:30.0 Christy Vongphakdy 2:30.8, Sharon Benzoni 2:27.4)		1 DUBUQUE WAHLERT	1:52.26 Q
13 SIOUX CITY HEELAN	9:53.67	(Stephanie Herbst, Rachel Herrig Amanda Reiss, Mary Bridget Corken 60.4)	
(Karla Block, Nicole Kreber Jessica Pape, Sarah Patterson)		2 DUBUQUE HEMPSTEAD	1:52.88 Q
14 DUBUQUE WAHLERT	9:54.28	(Lindsey Derby, Nina Schnee Rachael Kueter, Allie Splinter)	
(Nina Hoppenjan, Tess Miller Kim Tranel, Mary Bridget Corken 2:20.9)		3 ANKENY	1:53.37
15 SPENCER	9:54.65	(Ashley Danner, Kylie Lago Jenna Lago, Haley Younger 60.5)	
(Kristin Siepkes, Cindy Jones Jamie Keefer, Megan Riepma)		4 URBANDALE	1:54.24
16 WAVERLY-SHELL ROCK	9:57.69	(Stacy Holthaus, Tessa Prati Dana Hanson, Allison Ripperger 61.4)	
(Rhonda Hermening 2:30.4, Randi Mehmen 2:27.9 Cathryn Henning 2:30.4, Staci Ruebel 2:28.9)		5 NORTH SCOTT	1:54.85
17 INDIANOLA	9:58.69	(Amanda Wilford, Stephanie Leibold Mindy Heidgerken, Allison Erichsen 61.8)	
(Stacie Suntken, Heather Elliott Sarah Paplow, Kathy Bogs)		6 LEMARS	1:55.58
18 ANKENY	10:03.98	(Molly Reuter, Laura Reuter Jacki Weiler, Katy Grady 61.1)	
(Danielle Leo, Jessica Brandhorst Kelsey Andresen, Katy Fuchtmann)		7 DAVENPORT NORTH	1:57.39
19 URBANDALE	10:04.32	(Kendra Maxwell, Sarah Sheedy Marcia Hare, Breanna Manders 62.9)	
(Andrea Vance, Rachel Young Jessica Hibbs, Kristin Mollman)		999 PLEASANT VALLEY	DNF
20 DUBUQUE SENIOR	10:04.80	(Lindsey Ven Horst, Kelly Harris Maggie Allen, Lauren Carruthers)	
(Meghan Simpson, Natalie White Meghan Murphy, Carolyn Sinsky)		Heat 2	
21 CEDAR RAPIDS JEFFERSON	10:07.37	1 WEST DES MOINES VALLEY	1:50.70 Q
(Jenelle Vega, Sarah Samek Elizabeth Wiebold, Whitney Mitvalsky)		(Aubrie Fontanini, Allie Cade Sarah Best, Sarah Cunningham 58.2)	
22 DECORAH	10:07.37	2 IOWA CITY HIGH	1:51.21 Q
(Christina Gaard, Lydia Huinker Hannah Huinker, Kelsey Wettach)		(Monica Mims, Heaven Tutson Elizabeth Matzen, Virginia Dreier 59.1)	
23 OTTUMWA	10:15.34	3 WEST DES MOINES DOWLING	1:52.70 Q
(Vanessa Hasley, Molly Fisher Heather Thorgaard, Anne Blommer)		(Christa Scott, Maggie Dohrmann Cat Ramirez, Allie Thrall 61.8)	
24 DAVENPORT NORTH	10:30.90	4 OSKALOOSA	1:54.98
(Tabitha Kabala, Lauren Coughlin Annie Ripplinger, Sarah Sheedy)		(Kristen Foster, Amanda Knoot Hilary Grotewold, Gina Messamer)	
SPRINT MEDLEY RELAY		5 DAVENPORT WEST	1:55.32
1 IOWA CITY HIGH	1:50.00	(Tinny McGowan, Kassie Daugherty Erin Dillie, Elise Henson 61.6)	
(Virginia Dreier, Heaven Tutson Elizabeth Matzen, Monica Mims 58.4)		6 FORT DODGE	1:55.52
2 MOUNT PLEASANT	1:50.01	(Sara Lynch, Kati Egemo Tasha Nagel, Toshia Burrell)	
(Danielle Hutchinson, Lindsay Scott Haley Sinn, Allison Werner 57.6)		7 CEDAR RAPIDS WASHINGTON	1:59.50
		(Carrie Boyle, Brandy Olsen Laneisha Waller, Latoya Johnson 64.2)	

999 MARSHALLTOWN DQ-(#3-4 out of zone)-2:03.39
 (Phon Lovan, Amanda Stephan
 Laura Loney, Liz Balk 67.7)

Heat 3

1 MOUNT PLEASANT 1:49.59 Q
 (Danielle Hutchinson, Lindsay Scott
 Haley Sinn, Allison Werner 57.3)

2 LINN-MAR 1:51.50 Q
 (Lindsay Kaspari, Nicole Novy
 Brooke Rhatigan, Ashley Williams 58.8)

3 CEDAR FALLS 1:52.10 Q
 (Adelle Close, Danielle Barkema
 Mattie Thompson, Ashley Barkema 60.6)

4 SIOUX CITY HEELAN 1:54.27
 (Sheena Wright, Jenni Jones
 Megan Iverson, Brooke Niles 60.5)

5 DES MOINES ROOSEVELT 1:55.13
 (Miriam Chisala, Jacqueline Stewart
 Erin Barnes, Latasha Hudson)

6 BURLINGTON 1:55.70
 (Jazzla Newman, Joanna Opiekun
 Cara Young, Carissa Overstreet 61.8)

7 IOWA CITY WEST 1:56.81
 (Cara Montgomery, Liz Huntley
 Amanda Judisch, Naomi Hillsman)

999 CEDAR RAPIDS PRAIRIE DQ-(#3-4 out of zone)-2:15.37
 (Danielle Salwey, Amber Schilling
 Laura Carver, Debbie Ackerly)

DISTANCE MEDLEY RELAY

1 MOUNT PLEASANT 4:06.98
 (Danielle Hutchinson, Haley Sinn
 Robyn Werner 60.8, Allison Werner 2:12.2)

2 IOWA CITY WEST 4:07.23
 (Amanda Judisch, Liz Huntley
 Lindsey Windauer 60.4, Lynn Dobyns 2:13.7)

3 IOWA CITY HIGH 4:09.82
 (Ashton Strickland, Camille Jordan
 Katie Krei 60.1, Meggan Reed 2:16.0)

4 WEST DES MOINES DOWLING 4:12.02
 (Jamie Powers, Maggie Dohrmann
 Cat Ramirez, Allie Thrall)

5 CEDAR RAPIDS XAVIER 4:13.87
 (Abby Zipperer, Dani Anderson
 Jenny Lorensen, Megan Glover)

6 OTTUMWA 4:18.50
 (Brandie Moore, Ashley Spurgeon
 Melissa Ebelsheiser, Melissa Jay 2:22.9)

7 SIOUX CITY HEELAN 4:18.62
 (Sheena Wright, Megan Iverson
 Brooke Niles 61.4, Karla Block 2:22.3)

8 BOONE 4:20.2546
 (Kristy Ertz, Emily Greiner
 Megan Montag 61.3, Alicia Irons 2:22.5)

9 NORTH SCOTT 4:21.22
 (Stephanie Leibold, Mindy Heidgerken
 Mollie Hermiston 62.1, Abby Weise 2:23.5)

10 CEDAR RAPIDS WASHINGTON 4:22.28
 (Murah Frana, Carrie Boyle
 Latoya Johnson, Zoe Marquardt)

11 DUBUQUE SENIOR 4:22.86
 (Jenny Liphard, Lacey Siegert
 Carrie Jenaman 60.9, Meghan Simpson)

12 CEDAR FALLS 4:23.88
 (Kira Anderson, Brynn Lantz
 Chelsey Dempster, Jess Bates)

13 SOUTHEAST POLK 4:24.38
 (Danielle Davis, Liz Pollock
 Megan Curry, Nicole Phipps)

14 CB ABRAHAM LINCOLN 4:27.03
 (Tiffany Shaheen, Christine Wagner
 Erin Kellar, Beth Knott)

15 FORT MADISON 4:27.24
 (Ali Glenn, Danielle Boeding
 Sara Gray, Julia Mead)

16 DECORAH 4:27.84
 (Alli Carolan, Abby Erion
 Lydia Huinker 62.0, Christina Gaard 2:30.1)

17 PELLA 4:27.87
 (Lyndsay Van Maaren, Erika Englebrecht
 Allison Mansueto, Mary Hiemstra)

18 SPENCER 4:28.10
 (Megan Spears, Liz Davis
 Mandi Mesner, Megan Riepma)

19 WEST DELAWARE 4:28.97
 (Allison Bockenstedt, Amber Appleton
 Megan Klein 63.0, Katie Berry 2:29.1)

20 ANKENY 4:31.33
 (Ashley Danner, Amanda Johnston
 Britt Jones, Kelsey McKimpson)

21 FAIRFIELD 4:32.25
 (Rachel Rebling, Amanda Liebe
 Mandy Manchester, Laura Bogaards)

22 DES MOINES HOOVER 4:32.31
 (Tiffany Ziegler, Linda Ubah
 Kelly Meade, Holly Tredway)

23 MASON CITY 4:33.19
 (Shauna Olson, Jennifer Low
 Katie Anderson, Rachel Smalley)

999 WEST DES MOINES VALLEY DNF
 (Lisa Scarrow, Lauren Thorson
 Sarah Cunningham, Lauren Hill)

SHUTTLE HURDLE RELAY

1 WEST DELAWARE 1:02.41
 (Megan Nieman, Abby Lahr
 Amy Klostermann, Deb Durey)

2 MASON CITY 1:02.44
 (Nicole Carroll, Danielle Hill
 Andrea Sellers, Kayla Sautter)

3 IOWA CITY HIGH 1:02.82
 (Emily Triplett, Tara Whiting
 Katie Fraga, Maya Monitto-Weber)

4 CLINTON 1:03.36
 (Kara Yahn, Jessica Hlubek
 Angie Hensel, Stacy Boerema)

5 CEDAR FALLS 1:03.79
 (Aimee Rasmusson, Jenna Richtsmeier
 Emily White, Jocelyn Thurston)

6 OSKALOOSA 1:05.36
 (Ashley Moore, Angela Tapley
 Chanelle Trowbridge, Jennifer Snowbarger)

7 URBANDALE 1:05.57
 (Stacy Holthaus, Erica Heiden
 Stephanie Accurso, Tessa Prati)

999 SIOUX CITY EAST DQ-(#1 pushed hurdle)-1:05.94
 (Laura Tomes, Laura Brouwer
 Chauntee Alfredson, Katie O'Bryne)

Heat 1		Heat 6	
1 WEST DELAWARE	1:03.17 Q	1 MASON CITY	1:03.32 Q
(Megan Nieman, Abby Lahr Amy Klostermann, Deb Durey)		(Nicole Carroll, Danielle Hill Andrea Sellers, Kayla Sautter)	
2 CEDAR FALLS	1:05.42 Q	2 DUBUQUE HEMPSTEAD	1:05.79
(Aimee Rasmusson, Jenna Richtsmeier Emily White, Jocelyn Thurston)		(Nichole Schnee, Stacy Stender Leah Timmerman, Cali Lyons)	
3 BURLINGTON	1:07.23	3 ANKENY	1:06.69
(Hannah Luttenegger, Laura Maschmann Kellie Huckins, Torie Wischmeier)		(Iveree Christians, Whitney Richards Marcie McQuinn, Michelle Gee)	
4 NORTH SCOTT	1:10.81	4 MUSCATINE	1:09.80
(Chelsea Newmeister, Allyson Balli Rachel Murphy, Amanda Wilford)		(Katie Petersen, Natalie Wieskamp Ashley Carlson, McKinsie Williams)	
Heat 2			
1 SIOUX CITY EAST	1:03.87 Q		
(Laura Tomes, Laura Brouwer Chauntee Alfredson, Katie O'Bryne)			
2 CEDAR RAPIDS JEFFERSON	1:06.69		
(Amy Rhoads, Ashley Wensel Brittany Ruzicka, Ashley Havlicek)			
3 CB ABRAHAM LINCOLN	1:07.28		
(Elisha Turek, Kendra Chapin Ashley Freeman, Jessica Regan)			
4 DUBUQUE SENIOR	1:08.97		
(Tonya Ansel, Jill Thomas Rachel Lampe, Tiffany Kohl)			
Heat 3			
1 IOWA CITY HIGH	1:04.74 Q		
(Emily Triplett, Katie Fraga Tara Whiting, Maya Monitto-Weber)			
2 SOUTHEAST POLK	1:06.88		
(Jenna Wilkin, Kassady Gilmore Lindsey Denning, Megan Nielsen)			
3 AMES	1:08.24		
(Katie Adam, Dana Noss Lindsey Olson, Stacy Arkovich)			
4 PLEASANT VALLEY	1:08.77		
(Lindsey Ven Horst, Keeley Filgo Lindsey Schwartz, Mindy Rauwolf)			
Heat 4			
1 WEST DES MOINES VALLEY	1:05.59		
(Lindsay Anderson, Nora Liebergesell Ashley Coningsby, Meggie Kanis)			
2 MOUNT PLEASANT	1:06.15		
(Cherie Nichting, Catie Moore Rachel Hutchinson, Haley Sinn)			
3 WEST DES MOINES DOWLING	1:07.82		
(Michelle Treska, Katie White Lynndi Decker, Kristen Reavis)			
999 CEDAR RAPIDS XAVIER	DQ-(#4 out of zone)-1:08.85		
(Shannon Ridge, Brittany Oglesby Jamie Spoden, Elise Voss)			
Heat 5			
1 CLINTON	1:04.22 Q		
(Kara Yahn, Angie Hensel Jessica Hlubek, Stacy Boerema)			
2 OSKALOOSA	1:05.34 Q		
(Ashley Moore, Angela Tapley Chanelle Trowbridge, Jennifer Snowbarger)			
3 URBANDALE	1:05.51 Q		
(Stacy Holthaus, Erica Heiden Stephanie Accurso, Tessa Prati)			
4 WESTERN DUBUQUE	1:11.54		
(Lisa Steffen, Kristie Gravel Shawna Burkle, Kristin Kluesner)			

2002 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS DRAKE STADIUM/JIM DUNCAN TRACK MAY 17 & 18, 2002

ATTENDANCE--FRIDAY--9,173; SATURDAY--9,120 (Saturday record--old mark, 9,049 in 2001). TOTAL--18,294

WEATHER--FRIDAY--High temperature of 61 degrees at 4 p.m. Winds 12-15 mph North/Northwest. Temperature 55 degrees at 12:00 noon start.

SATURDAY--High temperature of 61 degrees at 3 p.m. Winds 10/12 mph from North/Northwest. Temperature 51 degrees at 9 a.m. start--58 degrees at 1 p.m.

WHEELCHAIR OFFICIAL RESULTS non-scoring

WHEELCHAIR 100 METER DASH

1	Ashley Lerch, Anamosa	SR	21.54
2	Christina Gehrls, North Scott	JR	26.60

WHEELCHAIR 400 METER DASH

1	Ashley Lerch, Anamosa	SR	1:24.22
999	Christina Gehrls, North Scott	JR	DNS

WHEELCHAIR SHOT PUT

1	Christina Gehrls, North Scott	JR	10'08"
2	Ashley Lerch, Anamosa	SR	9'03.75"