

# 2003 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

## MAY 23-24, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 1A FINAL RESULTS

**ATTENDANCE**—Friday 8,802; Saturday 9,387 (record—old mark 9,120 in 2002). Total 18,189

**WEATHER**—Friday—Cloudy and cool to start the day. 60 degrees SE winds 5-10 mph Turned sunny in afternoon with high temperature of 72 degrees.

Saturday—Partly cloudy 63 degrees in morning with SE winds up to 10 mph. A few very light showers early in afternoon session. High of 65 degrees finishing under mostly sunny skies. Winds from East at 5-9 mph.

### TEAM SCORING

|    |                           |    |
|----|---------------------------|----|
| 1  | LeMars Gehlen Catholic    | 34 |
| 1  | Northeast                 | 34 |
| 3  | North Linn                | 32 |
| 4  | Cedar Falls NU High       | 30 |
| 4  | West Hancock              | 30 |
| 6  | Aplington-Parkersburg     | 24 |
| 7  | Iowa City Regina          | 20 |
| 8  | South Hamilton            | 19 |
| 8  | Tri-Center                | 19 |
| 10 | Battle Creek-Ida Grove    | 15 |
| 11 | AHSST                     | 14 |
| 11 | Postville                 | 14 |
| 11 | South Winneshiek          | 14 |
| 14 | Tipton                    | 13 |
| 15 | Armstrong-Ringsted        | 12 |
| 16 | Pekin                     | 11 |
| 17 | Ar-We-Va                  | 10 |
| 17 | Camanche                  | 10 |
| 17 | Charter Oak-Ute           | 10 |
| 20 | Alburnett                 | 8  |
| 20 | Allison-Bristow           | 8  |
| 20 | HLV                       | 8  |
| 20 | Kingsley-Pierson          | 8  |
| 24 | Gladbrook-Reinbeck        | 7  |
| 24 | Laurens-Marathon          | 7  |
| 26 | Columbus                  | 6  |
| 26 | Hinton                    | 6  |
| 26 | Interstate 35             | 6  |
| 26 | North Central             | 6  |
| 26 | Riverside                 | 6  |
| 31 | Galva-Holstein            | 5  |
| 31 | Hudson                    | 5  |
| 33 | Council Bluffs St. Albert | 4  |
| 33 | Pocahontas                | 4  |
| 33 | Preston-East Central      | 4  |
| 33 | Rockwell City-Lytton      | 4  |
| 33 | SCMT                      | 4  |
| 38 | CWL                       | 3  |
| 38 | Danville                  | 3  |
| 38 | Mediapolis                | 3  |
| 38 | Southern Cal              | 3  |
| 38 | Wapello                   | 3  |
| 43 | Clarion-Goldfield         | 2  |

|    |                    |   |
|----|--------------------|---|
| 43 | English Valleys    | 2 |
| 43 | Griswold           | 2 |
| 43 | Lake Mills         | 2 |
| 43 | Midland            | 2 |
| 43 | Rockford           | 2 |
| 49 | Denver             | 1 |
| 49 | Madrid             | 1 |
| 49 | Montezuma          | 1 |
| 49 | Underwood          | 1 |
| 49 | Valley             | 1 |
| 49 | West Branch        | 1 |
| 49 | Winfield-Mt. Union | 1 |

### 100 Meter Dash Finals

|   |                                     |    |       |
|---|-------------------------------------|----|-------|
| 1 | Meredith Kosmacek, Tri-Center       | JR | 12.20 |
| 2 | Ashley Granger, Cedar Falls NU High | JR | 12.30 |
| 3 | Nicole Cook, Cedar Falls NU High    | SO | 12.67 |
| 4 | Chelsey Jacobs, Allison-Bristow     | FR | 12.80 |
| 5 | Katie Bierl, Ar-We-Va               | JR | 12.82 |
| 6 | Ciara Murillo, Montezuma            | JR | 12.96 |
| 7 | Jamie Enfield, CMB                  | JR | 13.05 |
| 8 | Lisa Hager, Grundy Center           | SO | 13.27 |

#### Heat 1

|   |                                 |    |         |
|---|---------------------------------|----|---------|
| 1 | Chelsey Jacobs, Allison-Bristow | FR | 12.74 Q |
| 2 | Katie Bierl, Ar-We-Va           | JR | 12.77 Q |
| 3 | Courtney Pilch, New London      | SR | 13.08   |
| 4 | Michelle Moore, East Buchanan   | SO | 13.14   |
| 5 | Kayla Bright, Sioux Central     | SO | 13.17   |
| 6 | Hannah Collins, Springville     | FR | 13.33   |
| 7 | Becky Schweers, Lenox           | JR | 13.47   |
| 8 | Stacey Magnuson, Nishna Valley  | JR | 13.48   |

#### Heat 2

|   |                                  |    |         |
|---|----------------------------------|----|---------|
| 1 | Meredith Kosmacek, Tri-Center    | JR | 12.23 Q |
| 2 | Ciara Murillo, Montezuma         | JR | 12.99 Q |
| 3 | Lisa Hager, Grundy Center        | SO | 13.01 Q |
| 4 | Whitney Pralle, CAL-Dows         | JR | 13.20   |
| 5 | Casey Balvanz, Hubbard-Radcliffe | SO | 13.24   |
| 6 | Laura Northway, Springville      | SR | 13.34   |
| 7 | Katie Leuthold, West Lyon        | JR | 13.47   |
| 8 | Amy French, Bedford              | FR | 13.60   |

#### Heat 3

|   |                                     |    |         |
|---|-------------------------------------|----|---------|
| 1 | Ashley Granger, Cedar Falls NU High | JR | 12.33 Q |
| 2 | Nicole Cook, Cedar Falls NU High    | SO | 12.90 Q |

|   |                             |    |         |
|---|-----------------------------|----|---------|
| 3 | Jamie Enfield, CMB          | JR | 12.98 Q |
| 4 | Shelly Walter, Cardinal     | SR | 13.10   |
| 5 | Julie Hanigan, Boyer Valley | SO | 13.18   |
| 6 | Deanna Schultz, CWL         | JR | 13.28   |
| 7 | Amber Bietz, Hinton         | FR | 13.33   |
| 8 | Sarah Abele, Lake Mills     | SO | 13.55   |

## 200 Meter Dash Finals

|   |                                 |    |       |
|---|---------------------------------|----|-------|
| 1 | Meredith Kosmacek, Tri-Center   | JR | 24.69 |
| 2 | Erin Sheeley, Postville         | SR | 25.59 |
| 3 | Katie Bierl, Ar-We-Va           | JR | 26.05 |
| 4 | Jenn Kordick, Interstate 35     | FR | 26.34 |
| 5 | Chelsey Jacobs, Allison-Bristow | FR | 26.36 |
| 6 | Katie Rasmussen, CWL            | FR | 26.66 |
| 7 | Ciara Murillo, Montezuma        | JR | 26.86 |
| 8 | Kelli Nelson, Exira             | JR | 26.87 |

### Heat 1

|   |                                  |    |         |
|---|----------------------------------|----|---------|
| 1 | Katie Bierl, Ar-We-Va            | JR | 26.19 Q |
| 2 | Jenn Kordick, Interstate 35      | FR | 26.83 Q |
| 3 | Jenna Malcom, Schaller-Crestland | JR | 27.07   |
| 4 | Becky Schweers, Lenox            | JR | 27.27   |
| 5 | Emily Smith, Ogden               | SO | 27.36   |
| 6 | Deanna Schultz, CWL              | JR | 27.91   |
| 7 | Jennifer Irvin, Bedford          | JR | 28.40   |
| 8 | Rachelle Coppock, East Marshall  | SO | 33.82   |

### Heat 2

|   |                               |    |         |
|---|-------------------------------|----|---------|
| 1 | Meredith Kosmacek, Tri-Center | JR | 25.45 Q |
| 2 | Katie Rasmussen, CWL          | FR | 26.75 Q |
| 3 | Hannah Baker, Keota           | FR | 27.21   |
| 4 | Jenny Owens, Treynor          | JR | 27.37   |
| 5 | Keely Lawton, West Lyon       | FR | 27.42   |
| 6 | Kayla Bright, Sioux Central   | SO | 27.73   |
| 7 | Ashley Taylor, Hudson         | SR | 28.13   |
| 8 | Jenny Roberts, Springville    | FR | 28.42   |

### Heat 3

|   |                                       |    |         |
|---|---------------------------------------|----|---------|
| 1 | Erin Sheeley, Postville               | SR | 25.91 Q |
| 2 | Chelsey Jacobs, Allison-Bristow       | FR | 26.28 Q |
| 3 | Kelli Nelson, Exira                   | JR | 26.86 Q |
| 4 | Ciara Murillo, Montezuma              | JR | 27.04 Q |
| 5 | Amber Bietz, Hinton                   | FR | 27.12   |
| 6 | Lacy Christiansen, Armstrong-Ringsted | FR | 27.22   |
| 7 | Kiffany Dierckx, Louisa-Muscatine     | SO | 27.44   |
| 8 | Danielle Zimmeman, Grundy Center      | SO | 27.73   |

## 400 Meter Dash Finals

|   |  |    |         |
|---|--|----|---------|
| 1 | Erin Sheeley, Postville                | SR | :58.19  |
| 2 | Amy Koester, Gladbrook-Reinbeck        | SR | :59.35  |
| 3 | Katie Schnoes, SCMT                    | SR | :59.70  |
| 4 | Ariana Wolf, South Hamilton            | SO | :59.74  |
| 5 | Katie Rasmussen, CWL                   | FR | 1:00.30 |
| 6 | Ashley Taylor, Hudson                  | SR | 1:00.71 |
| 7 | Nancy Puck, Manning                    | SR | 1:01.08 |
| 8 | Eve Johnson, Council Bluffs St. Albert | SR | 1:01.89 |

### Heat 1

|   |  |    |           |
|---|--|----|-----------|
| 1 | Amy Koester, Gladbrook-Reinbeck        | SR | :59.51 Q  |
| 2 | Eve Johnson, Council Bluffs St. Albert | SR | 1:01.35 Q |
| 3 | Maggie Downs, Interstate 35            | JR | 1:01.37   |
| 4 | Ashley Wiederin, Bedford               | FR | 1:01.96   |
| 5 | Alisa Brinkman, Pocahontas Area        | SO | 1:02.50   |
| 6 | Ingrid Frisk, Logan-Magnolia           | SR | 1:02.76   |
| 7 | Abby Reinert, Eldora-New Providence    | SR | 1:02.83   |
| 8 | Kiffany Dierckx, Louisa-Muscatine      | SO | 1:03.28   |

## Heat 2

|   |   |    |           |
|---|---|----|-----------|
| 1 | Katie Schnoes, SCMT                       | SR | :59.37 Q  |
| 2 | Nancy Puck, Manning                       | SR | 1:00.38 Q |
| 3 | Katie Rasmussen, CWL                      | FR | 1:01.15 Q |
| 4 | Catie O'Malley, Council Bluffs St. Albert | SO | 1:01.74   |
| 5 | Danielle Van Eaton, Villisca              | SO | 1:01.98   |
| 6 | Erika Hoehns, Twin Cedars                 | JR | 1:02.27   |
| 7 | Kelli Nelson, Exira                       | JR | 1:02.45   |
| 8 | Ashley Westphal, Jesup                    | SR | 1:04.26   |

## Heat 3

|   |                                 |    |           |
|---|---------------------------------|----|-----------|
| 1 | Erin Sheeley, Postville         | SR | :59.46 Q  |
| 2 | Ariana Wolf, South Hamilton     | SO | 1:00.12 Q |
| 3 | Ashley Taylor, Hudson           | SR | 1:00.86 Q |
| 4 | Bri Bohlen, Allison-Bristow     | JR | 1:01.42   |
| 5 | Katie Lumpa, West Branch        | SO | 1:02.03   |
| 6 | Brittany Valvick, North Kossuth | SO | 1:02.04   |
| 7 | Tisha Schofield, Odebolt-Arthur | SR | 1:02.92   |
| 8 | Steph Meyer, HLV                | SO | 1:03.39   |

## 800 Meter Run Finals

|    |   |    |         |
|----|---|----|---------|
| 1  | Ellen Ries, North Linn                    | SO | 2:16.42 |
| 2  | Alyson Siegrist, West Hancock             | SO | 2:17.99 |
| 3  | Missy Janning, LeMars Gehlen Catholic     | JR | 2:20.04 |
| 4  | Laura Jacobson, Galva-Holstein            | JR | 2:20.25 |
| 5  | Sarah Johnston, Pekin                     | SO | 2:20.60 |
| 6  | Bryndee Boheman, Gladbrook-Reinbeck       | FR | 2:21.35 |
| 7  | Taralyn Taylor, BGM                       | FR | 2:21.55 |
| 8  | Heidi Porter, Manson-NW Webster           | JR | 2:21.95 |
| 9  | Katie Lantz, Rockwell City-Lytton         | SR | 2:21.97 |
| 10 | Brittany Heins, Postville                 | FR | 2:23.97 |
| 11 | Katie Lumpa, West Branch                  | SO | 2:24.31 |
| 12 | Libby Gerber, West Lyon                   | SR | 2:24.72 |
| 13 | Laura Sawatzke, Council Bluffs St. Albert | SR | 2:26.27 |
| 14 | Laura Preston, North Kossuth              | SR | 2:26.36 |
| 15 | Alexia Dunlop, Woodbine                   | SO | 2:26.37 |
| 16 | Betsy Halverson, Eldora-New Providence    | SO | 2:26.53 |
| 17 | Jenna Neuman, South Hamilton              | SR | 2:27.16 |
| 18 | Ashley Stevens, South Page                | SO | 2:27.65 |
| 19 | Stephanie Hillman, East Greene            | SR | 2:29.52 |
| 20 | Marie Gordon, Northeast                   | FR | 2:30.53 |
| 21 | Liz Hageman, Turkey Valley                | JR | 2:32.53 |
| 22 | Taryn Weston, Griswold                    | JR | 2:37.36 |
| 23 | Angie Kloster, Iowa Valley                | SR | 2:43.51 |
| 24 | Qynne Kelly, Preston-East Central         | SO | 2:50.97 |

## 1500 Meter Run Finals

|    |  |    |         |
|----|--|----|---------|
| 1  | Des Campbell, LeMars Gehlen Catholic     | SR | 4:46.62 |
| 2  | Meredith McKean, Armstrong-Ringsted      | SR | 4:47.83 |
| 3  | Katie Lantz, Rockwell City-Lytton        | SR | 4:57.52 |
| 4  | Sarah Johnston, Pekin                    | SO | 4:57.99 |
| 5  | Jayme Hoffman, Griswold                  | JR | 4:58.72 |
| 6  | Casey Huber, Denver                      | JR | 4:59.56 |
| 7  | Alexia Dunlop, Woodbine                  | SO | 4:59.78 |
| 8  | Carmen Moss, Laurens-Marathon            | SR | 5:01.68 |
| 9  | Morgan Nelson, Audubon                   | FR | 5:02.83 |
| 10 | Amanda Maas, North Linn                  | SR | 5:04.40 |
| 11 | Elizabeth Brown, Wapello                 | SO | 5:04.84 |
| 12 | Jessa Schweitzer, East Buchanan          | FR | 5:06.41 |
| 13 | Sarah Hamling, Council Bluffs St. Albert | JR | 5:06.61 |
| 14 | Dawn Heinrich, Durant-Bennett            | SR | 5:07.67 |
| 15 | Alicia Fischer, Tri-Center               | FR | 5:09.19 |
| 16 | Alyson Siegrist, West Hancock            | SO | 5:11.94 |
| 17 | Kami Keller, Mediapolis                  | FR | 5:12.24 |
| 18 | Shelby Beran, HLV                        | SO | 5:13.26 |

|    |                                  |    |         |
|----|----------------------------------|----|---------|
| 19 | Jennifer Muhl, Calamus-Wheatland | SR | 5:15.60 |
| 20 | Amanda Pottorff, Corning         | SO | 5:17.84 |
| 21 | Kelsey Stueland, Tipton          | FR | 5:19.29 |
| 22 | Amber Knapp, Southern Cal        | SR | 5:22.67 |
| 23 | Allison Stockstell, Hamburg      | SO | 5:23.37 |
| 24 | Steph Maule, West Harrison       | JR | 5:56.00 |

|   |   |    |         |
|---|---|----|---------|
| 3 | Kristi Green, Southern Cal              | SO | 15.36 Q |
| 4 | Brooke Cornelius, Aplington-Parkersburg | SO | 15.63   |
| 5 | Jennifer Ness, CMB                      | SR | 15.67   |
| 6 | Brittany Sinnwell, Nashua-Plainfield    | JR | 16.00   |
| 7 | Kelly Jensen, SCMT                      | FR | 16.05   |
| 8 | Catie Bobier, Akron-Westfield           | SO | 16.28   |

### 3000 Meter Run Finals

|    |                                      |    |          |
|----|--------------------------------------|----|----------|
| 1  | Des Campbell, LeMars Gehlen Catholic | SR | 10:27.69 |
| 2  | Meredith McKean, Armstrong-Ringsted  | SR | 10:40.10 |
| 3  | Amanda Maas, North Linn              | SR | 10:53.03 |
| 4  | Kami Keller, Mediapolis              | FR | 11:04.24 |
| 5  | Roxanne Soesbe, Clarion-Goldfield    | JR | 11:05.36 |
| 6  | Brittany Zimmerman, West Branch      | JR | 11:06.05 |
| 7  | Tracy Hartwig, Rockwell City-Lytton  | SR | 11:06.10 |
| 8  | Emily Salberg, West Sioux            | JR | 11:08.59 |
| 9  | Jillian Doddema, Cedar Falls NU High | SR | 11:09.95 |
| 10 | Jessa Schweitzer, East Buchanan      | FR | 11:11.43 |
| 11 | Elizabeth Brown, Wapello             | SO | 11:17.12 |
| 12 | Katie Engle, Kingsley-Pierson        | SO | 11:23.12 |
| 13 | Casey Huber, Denver                  | JR | 11:23.45 |
| 14 | Mallory Marshall, Harmony            | FR | 11:24.00 |
| 15 | Jenny Muhl, Calamus-Wheatland        | SR | 11:25.86 |
| 16 | Kelsey Stueland, Tipton              | FR | 11:26.62 |
| 17 | Courtney Stoelk, Ar-We-Va            | SO | 11:28.26 |
| 18 | Jena Zaputil, Denver                 | JR | 11:33.03 |
| 19 | Sarah Seehusen, Pocahontas Area      | SO | 11:37.40 |
| 20 | Teresa Booth, Stanton                | SR | 11:46.34 |
| 21 | Brooke Pottorff, Corning             | SO | 11:48.79 |
| 22 | Tonya Lehman, Valley                 | JR | 11:53.40 |
| 23 | Dani Murtha, HLV                     | FR | 11:54.34 |
| 24 | Amber Uhlenhake, South Winneshiek    | SO | 12:04.64 |

### 400 Meter Hurdles Finals

|   |                                    |    |         |
|---|------------------------------------|----|---------|
| 1 | Steph Arey, West Hancock           | SR | 1:03.96 |
| 2 | Ashley Adams, AHST                 | SR | 1:04.65 |
| 3 | Carly DuCharme, Iowa City Regina   | SO | 1:05.38 |
| 4 | Bri Bohlen, Allison-Bristow        | JR | 1:05.52 |
| 5 | Megan Raap, Pekin                  | SR | 1:06.24 |
| 6 | Mogane Metzger, Winfield-Mt. Union | SO | 1:06.60 |
| 7 | Jennifer Ness, CMB                 | SR | 1:07.45 |
| 8 | Danielle Van Eaton, Villisca       | SO | 1:07.69 |

#### Heat 1

|   |                                    |    |           |
|---|------------------------------------|----|-----------|
| 1 | Bri Bohlen, Allison-Bristow        | JR | 1:04.71 Q |
| 2 | Megan Raap, Pekin                  | SR | 1:05.42 Q |
| 3 | Mogane Metzger, Winfield-Mt. Union | SO | 1:06.19 Q |
| 4 | Danielle Van Eaton, Villisca       | SO | 1:06.48 Q |
| 5 | Sara Best, Audubon                 | JR | 1:07.22   |
| 6 | Betsy Behrens, Laurens-Marathon    | SR | 1:08.37   |
| 7 | Jenny Scham, Newell-Fonda          | SR | 1:10.12   |
| 8 | Mikki Stueben, Jesup               | SR | 1:11.31   |

#### Heat 2

|   |                                  |    |           |
|---|----------------------------------|----|-----------|
| 1 | Steph Arey, West Hancock         | SR | 1:03.60 Q |
| 2 | Jennifer Ness, CMB               | SR | 1:06.13 Q |
| 3 | Kelsey Grindle, Charter Oak-Ute  | SR | 1:07.36   |
| 4 | Jodi Best, Audubon               | FR | 1:07.72   |
| 5 | Rebecca Swalla, South Hamilton   | FR | 1:08.56   |
| 6 | Katie Felderman, Andrew          | JR | 1:08.73   |
| 7 | Hailey Beneke, Manson-NW Webster | FR | 1:08.93   |
| 8 | Megan Neeley, Lamoni             | SO | 1:10.84   |

#### Heat 3

|   |                                  |    |           |
|---|----------------------------------|----|-----------|
| 1 | Ashley Adams, AHST               | SR | 1:05.51 Q |
| 2 | Carly DuCharme, Iowa City Regina | SO | 1:05.81 Q |
| 3 | Tiffany Bowling, Twin Cedars     | SO | 1:08.68   |
| 4 | Amanda Heater, East Greene       | JR | 1:08.89   |
| 5 | Tara Hoge, Camanche              | JR | 1:09.51   |
| 6 | Jessica Torneten, Underwood      | SR | 1:10.71   |
| 7 | Sara Goodman, West Marshall      | SR | 1:11.06   |
| 8 | Halley Carlson, Interstate 35    | JR | 1:12.58   |

### 100 Meter Hurdles Finals

|   |                                  |    |       |
|---|----------------------------------|----|-------|
| 1 | Kelsey Grindle, Charter Oak-Ute  | SR | 15.08 |
| 2 | Lauren Anderson, Riverside       | FR | 15.26 |
| 3 | Carly DuCharme, Iowa City Regina | SO | 15.33 |
| 4 | Kristi Green, Southern Cal       | SO | 15.35 |
| 5 | Alex Petersburg, North Central   | SR | 15.39 |
| 6 | Leah Rinnan, Interstate 35       | SO | 15.67 |
| 7 | Cigi Low, Camanche               | JR | 15.68 |
| 8 | Megan Raap, Pekin                | SR | 15.70 |

#### Heat 1

|   |  |    |         |
|---|--|----|---------|
| 1 | Carly DuCharme, Iowa City Regina         | SO | 15.11 Q |
| 2 | Lauren Anderson, Riverside               | FR | 15.33 Q |
| 3 | Heather DeWall, Pocahontas Area          | SR | 15.83   |
| 4 | Kristy Siebrecht, Battle Creek-Ida Grove | SR | 15.88   |
| 5 | Sarah Ruffcorn, West Harrison            | SO | 16.01   |
| 6 | Laura Nanninga, Tri-Center               | SR | 16.13   |
| 7 | Angela Broderson, North Central          | SR | 16.36   |
| 8 | Sami Crane, BGM                          | SO | 16.73   |

#### Heat 2

|   |  |    |         |
|---|--|----|---------|
| 1 | Alex Petersburg, North Central         | SR | 15.27 Q |
| 2 | Kelsey Grindle, Charter Oak-Ute        | SR | 15.31 Q |
| 3 | Leah Rinnan, Interstate 35             | SO | 15.37 Q |
| 4 | Heidi Harriman, Battle Creek-Ida Grove | JR | 15.52   |
| 5 | Courtney Casper, West Branch           | FR | 15.79   |
| 6 | Betsy Behrens, Laurens-Marathon        | SR | 15.84   |
| 7 | Tasha Johnson, West Hancock            | SR | 16.31   |
| 8 | Justine Martin, Valley                 | SO | 20.11   |

#### Heat 3

|   |                    |    |         |
|---|--------------------|----|---------|
| 1 | Cigi Low, Camanche | JR | 15.30 Q |
| 2 | Megan Raap, Pekin  | SR | 15.34 Q |

### High Jump Finals

|    |   |    |       |
|----|---|----|-------|
| 1  | Elizabeth Berquist, Alburnett             | SR | 5'07" |
| 2  | Jenni Elbert, Laurens-Marathon            | JR | 5'06" |
| 3  | Kate Sievers, Preston-East Central        | SR | 5'05" |
| 4  | Halley Carlson, Interstate 35             | JR | 5'02" |
| 4  | Addie McCreedy, Midland                   | JR | 5'02" |
| 4  | Katie Schmitt, Rockford                   | JR | 5'02" |
| 7  | Kali Erlandson, Albert City-Truesdale     | SR | 5'02" |
| 7  | Nancy Puck, Manning                       | SR | 5'02" |
| 9  | Alicia Runge, North Kossuth               | FR | 5'02" |
| 10 | Heidi Harriman, Battle Creek-Ida Grove    | JR | 5'00" |
| 10 | Danielle Dunnwald, Hudson                 | JR | 5'00" |
| 10 | Tricia Croyley, Lawton-Bronson            | FR | 5'00" |
| 10 | Jocelyn Anderson, Prairie Valley          | SO | 5'00" |
| 10 | Darcy Hageman, South Winneshiek           | JR | 5'00" |
| 15 | Alicia Ford, Belle Plaine                 | FR | 5'00" |
| 15 | Laura Sawatzke, Council Bluffs St. Albert | SR | 5'00" |
| 15 | Mikki Stueben, Jesup                      | SR | 5'00" |
| 18 | Katie Felderman, Andrew                   | JR | 5'00" |

|     |                                     |    |       |
|-----|-------------------------------------|----|-------|
| 18  | Abby Reinert, Eldora-New Providence | SR | 5'00" |
| 18  | Julianna Klein, Keota               | FR | 5'00" |
| 18  | Miranda Boekhout, MMC               | JR | 5'00" |
| 18  | Alisha Willey, West Harrison        | JR | 5'00" |
| 999 | Tiffany King, Martensdale-St. Marys | FR | NH    |

\*Berquist won jumpoff with make on fourth jump at 5'07".

SERIES

|           |       |       |       |       |       |       |       |
|-----------|-------|-------|-------|-------|-------|-------|-------|
|           | 5'00" | 5'02" | 5'03" | 5'04" | 5'05" | 5'06" | 5'07" |
| Bergquist | X     | X     | X     | X     | X     | 00X   | 000X  |
| Elbert    | X     | X     | X     | X     | X     | 00X   | 0000  |
| Sievert   | X     | X     | X     | X     | X     | 000   |       |
| Schmidt   | X     | X     | 000   |       |       |       |       |
| McCreeady | X     | X     | 000   |       |       |       |       |
| Carlson   | X     | X     | 000   |       |       |       |       |
| Puck      | OX    | X     | 000   |       |       |       |       |
| Erlanson  | OX    | X     | 000   |       |       |       |       |
| Runge     | X     | 00X   |       |       |       |       |       |
| Harriman  | X     | 000   |       |       |       |       |       |
| Dunnwald  | X     | 000   |       |       |       |       |       |
| Cropley   | X     | 000   |       |       |       |       |       |
| Anderson  | X     | 000   |       |       |       |       |       |
| Hageman   | X     | 000   |       |       |       |       |       |
| Ford      | OX    | 000   |       |       |       |       |       |
| Sawatzke  | OX    | 000   |       |       |       |       |       |
| Stueben   | OX    | 000   |       |       |       |       |       |
| Felderman | 00X   | 000   |       |       |       |       |       |
| Reinert   | 00X   | 000   |       |       |       |       |       |
| Klein     | 00X   | 000   |       |       |       |       |       |
| Boekhout  | 00X   | 000   |       |       |       |       |       |
| Willey    | 00X   | 000   |       |       |       |       |       |

Class 1A Long Jump Finals

|     |   |    |           |
|-----|---|----|-----------|
| 1   | Stacy Butt, Northeast                     | JR | 17'07.50" |
| 2   | Carly DuCharme, Iowa City Regina          | SO | 17'02.25" |
| 3   | Heather DeWall, Pocahontas Area           | SR | 17'01.50" |
| 4   | Rachel West, Danville                     | JR | 17'01.25" |
| 5   | Abbie Bagenstos, Galva-Holstein           | JR | 17'01"    |
| 6   | Angie Lageschulte, Battle Creek-Ida Grove | JR | 17'00.50" |
| 7   | Cigi Low, Camanche                        | JR | 17'00.50" |
| 8   | Meredith Kosmacek, Tri-Center             | JR | 17'0"     |
| 9   | Katie Rasmussen, CWL                      | FR | 16'08.50" |
| 10  | Ashley Peters, Eldora-New Providence      | SR | 16'01"    |
| 11  | Karleen Meggers, Northeast                | JR | 16'0"     |
| 12  | Margaret Kuenzler, Mediapolis             | SR | 16'0"     |
| 13  | Jessica Liebergen, West Branch            | SR | 15'11.75" |
| 14  | Katie Bierl, Ar-We-Va                     | JR | 15'11"    |
| 15  | Amber Hejlik, West Hancock                | JR | 15'08"    |
| 16  | Ashley Steines, Camanche                  | JR | 15'08"    |
| 17  | Hannah Baker, Keota                       | FR | 15'07"    |
| 18  | Ashley Orris, Columbus                    | SO | 15'06"    |
| 19  | Traci Priebe, Sumner                      | SO | 15'04.5"  |
| 20  | Alicia Lovin, Albert City-Truesdale       | SR | 15'03.50" |
| 21  | Amber Bietz, Hinton                       | FR | 14'09"    |
| 22  | Whitney Pralle, CAL-Dows                  | JR | 14'08.75" |
| 23  | Morgan Shields, West Hancock              | SR | 3 Fouls   |
| 999 | Shelley Brown, Lenox                      | JR | DNC       |

SERIES

|             |           |           |           |           |           |           |
|-------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Butt        | 17'07.50" | 17'01.25" | 17'02.75" | 16'05"    | foul      | foul      |
| DuCharme    | foul      | 17'01"    | 16'09.75" | 16'01"    | 17'01.75" | 17'02.25" |
| DeWall      | 16'00.75" | 17'01.50" | 16'10.25" | 15'10"    | 16'11.50" | 16'08.50" |
| West        | 17'01.25" | 15'04"    | 16'09.50" | 16'09.25" | foul      | 15'09.25" |
| Bagenstos   | 17'01"    | foul      | 16'01.25" | foul      | 1'08.50"  | 17'00"    |
| Lageschulte | 16'10"    | 17'00.50" | foul      | foul      | 15'04.75" | 16'02"    |
| Low         | 16'02.25" | 17'00.50" | 15'10"    | 5'00"     | 16'04.75" | 16'08.75" |
| Kosmacek    | 16'10.50" | 16'04.75" | 17'00"    | 16'08.75" | 16'08.25" | 16'10.25" |
| Rasmussen   | foul      | 16'08.50" | 15'10.25" |           |           |           |

|           |           |           |           |
|-----------|-----------|-----------|-----------|
| Peters    | foul      | foul      | 16'01"    |
| Meggers   | 15'08.25" | 16'00"    | 12'10.75" |
| Kuenzler  | foul      | 15'01.50" | 16'00"    |
| Liebergen | 15'11.75" | foul      | foul      |
| Bierl     | 14'08.50" | 13'09"    | 15'11"    |
| Hejlik    | 15'08"    | 15'04.50: | foul      |
| Steines   | 15'03.25" | 15'03.75" | 15'08"    |
| Baker     | 15'07"    | 14'08.25" | 14'01.75" |
| Orris     | foul      | foul      | 15'06"    |
| Priebe    | foul      | 15'04.50" | 14'11.25" |
| Lovin     | 15'02.75" | 15'00.50" | 15'03.50" |
| Bietz     | foul      | 14'09"    | foul      |
| Pralle    | 14'03.25" | 14'04"    | 14'08.75" |
| Shields   | 15'03.25" | 15'03.75" | 15'08"    |

Class 1A Shot Put Finals

|    |  |    |           |
|----|--|----|-----------|
| 1  | Jackie Beitelspacher, LeMars Gehlen Catholic | SR | 39'08.25" |
| 2  | Brandie Weih, Tipton                         | SR | 39'04.25" |
| 3  | Alex Wilson, Hudson                          | JR | 38'08.00" |
| 4  | Tiffany Webb, Wapello                        | JR | 38'04.00" |
| 5  | Stephanie Voss, Tipton                       | SR | 37'09.75" |
| 6  | Heather Minssen, Underwood                   | FR | 36'00.00" |
| 7  | Sarah Hummelgard, Battle Creek-Ida Grove     | JR | 35'09.25" |
| 8  | Amy Bechen, Ar-We-Va                         | SR | 35'06.75" |
| 9  | Jessie Haug, West Bend-Mallard               | SR | 34'11.00" |
| 10 | Original Beckstrom, Kingsley-Pierson         | SR | 34'10.50" |
| 11 | Alesha Riley, Lakeland                       | SR | 34'09.75" |
| 12 | Annie Weller, Camanche                       | SR | 34'09.75" |
| 13 | Amanda Richardson, Winfield-Mt. Union        | SO | 34'09.50" |
| 14 | Brandi Hoffman, Glidden-Ralston              | SR | 34'08.75" |
| 15 | Sara Peterson, Andrew                        | JR | 34'07.25" |
| 16 | Wendy Ausdemore, Tri-Center                  | SO | 34'06.50" |
| 17 | Stephanie Eekhoff, Akron-Westfield           | SO | 33'11.75" |
| 18 | Kelsey Vincent, Columbus                     | JR | 33'10.25" |
| 19 | Audra Honeyman, Essex                        | SR | 33'04.50" |
| 20 | Dianna Abel, Westwood                        | JR | 33'02.50" |
| 21 | Katie Smith, Woodbury Central                | JR | 32'08.50" |
| 22 | Megan Webster, North Linn                    | SR | 32'04.75" |
| 23 | Holly Swanson, SCMT                          | FR | 31'11.25" |
| 24 | Jordan Balfour, Corning                      | FR | 30'09"    |

SERIES

|               |           |           |           |           |           |           |
|---------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Beitelspacher | 39'08.25" | 34'04.50: | 37'08"    | 37'07.75" | 37'03"    | 36'07"    |
| Weih          | 39'04.25" | 36'10"    | 39'01"    | foul      | 37'02.50" | 39'00.75" |
| Wilson        | 36'03"    | 38'08"    | 33'11"    | 34'06.25" | 34'08.25" | 36'01.75" |
| Webb          | 38'04"    | 31'06.25" | 35'08"    | 34'11"    | 35'01.25" | 35'10"    |
| Voss          | 34'06.75" | 37'09.50" | 36'07.25" | 35'11"    | 37'07.25" | 37'09.75" |
| Minssen       | 36'00"    | 35'03"    | 32'00.75" | 35'05"    | 33'02.50" | 33'02.75" |
| Hummelgard    | 35'05.50" | 35'09.25" | 35'09"    | 35'05.50" | 32'06.50" | 33'00"    |
| Bechen        | 34'04.50" | 35'06.75" | 32'09.75" | foul      | 35'01"    | foul      |
| Haug          | 33'07.25" | 34'04.75" | 34'11"    |           |           |           |
| Beckstrom     | 32'08"    | 34'10.50" | foul      |           |           |           |
| Riley         | 33'05.75" | 34'04"    | 34'09.75" |           |           |           |
| Weller        | 34'09.75" | 31'08"    | 33'00"    |           |           |           |
| Richardson    | 34'07"    | 34'08.75" | 34'09.50" |           |           |           |
| Hoffman       | 34'08.75" | foul      | 34'07"    |           |           |           |
| Peterson      | 33'02.25" | 34'07.25" | 33'04"    |           |           |           |
| Ausdemore     | 34'06.50" | 34'01"    | 33'11.75" |           |           |           |
| Eekhoff       | 33'03.50" | 33'04"    | 33'11.75" |           |           |           |
| Vincent       | 32'05"    | 33'05.75" | 33'10.25" |           |           |           |
| Honeyman      | 33'01"    | 33'00.25" | 33'04.50" |           |           |           |
| Abel          | 32'00.75" | 32'04.75" | 33'02.50" |           |           |           |
| Smith         | 32'08.50" | 31'02.75" | 31'04.75" |           |           |           |
| Webster       | 29'08.50" | 31'04.25" | 32'04.75" |           |           |           |
| Swanson       | 31'01"    | 30'11.50" | 31'11.25" |           |           |           |
| Balfour       | 29'03.25" | 29'09.50" | 30'09"    |           |           |           |

## Discus Finals

|    |  |    |         |
|----|--|----|---------|
| 1  | Original Beckstrom, Kingsley-Pierson         | SR | 122'04" |
| 2  | Ellen Thys, HLV                              | JR | 120'02" |
| 3  | Amy Bechen, Ar-We-Va                         | SR | 119'09" |
| 4  | Brandie Weih, Tipton                         | SR | 117'10" |
| 5  | Wendy Ausdemore, Tri-Center                  | SO | 117'03" |
| 6  | Crystal Cooley, Valley                       | JR | 115'04" |
| 7  | Joni Harpenau, Remsen St. Mary's             | SR | 113'05" |
| 8  | Kristin Rosenbeck, Guthrie Center            | SR | 111'10" |
| 9  | Ashley Sparks, Northeast                     | JR | 109'09" |
| 10 | Ann Mincks, Columbus                         | SR | 108'08" |
| 11 | Jenna Hendrix, Treynor                       | SR | 108'05" |
| 12 | Audra Honeyman, Essex                        | SR | 107'09" |
| 13 | Shelli Green, Southern Cal                   | SR | 107'07" |
| 14 | Molly Rawson, North Linn                     | SO | 107'05" |
| 15 | Brooke Strang, Aplington-Parkersburg         | SR | 103'07" |
| 16 | Michelle Zugg, Moravia-MU                    | SR | 102'10" |
| 17 | Stephanie Voss, Tipton                       | SR | 102'09" |
| 18 | Courtney Landers, Greene                     | SO | 102'02" |
| 19 | Jordan Balfour, Coming                       | FR | 101'04" |
| 20 | Audra Hovick, South Hamilton                 | SR | 98'10"  |
| 21 | Sarah Anderson, Tri-Center                   | SO | 98'05"  |
| 22 | Jackie Beitelspacher, LeMars Gehlen Catholic | SR | 96'08"  |
| 23 | Kim Goettsch, Sioux Central                  | SO | 94'07"  |
| 24 | Michele Bruess, Turkey Valley                | SR | 83'03"  |

### SERIES

| Beckstrom     | foul     | 122'04" | foul    | 092'04" | 103'11" | 117'04" |
|---------------|----------|---------|---------|---------|---------|---------|
| Thys          | 119'04"  | 120'02" | 117'09" | 114'11" | foul    | 117'01" |
| Bechen        | 118'10"  | foul    | 119'09" | foul    | 110'02" | 116'11" |
| Weih          | 115'07"  | 107'02" | 115'07" | 112'04" | 110'03" | 117'10" |
| Ausdemore     | 108'03"  | 108'03" | 117'03" | 113'06" | 109'09" | 112'00" |
| Cooley        | 104'00"1 | 114'10" | 111'07" | 111'00" | 115'04" | 107'00: |
| Harpenau      | 113'05"  | foul    | foul    | foul    | foul    | foul    |
| Rosenbeck     | 108'00"  | 111'10" | 110'04" | 105'06" | 110'11" | foul    |
| Sparks        | 107'04"  | 107'07" | 109'09" |         |         |         |
| Mincks        | 108'08"  | 100'03" | 108'04" |         |         |         |
| Hendrix       | 108'05"  | foul    | 093'00" |         |         |         |
| Honeyman      | 1j07'09" | 095'02" | 107'00" |         |         |         |
| Green         | 100'07"  | 106'08" | 107'07" |         |         |         |
| Rawson        | 107'05"  | 100'02" | 106'10" |         |         |         |
| Strang        | 102'06"  | 103'07" | 097'10" |         |         |         |
| Zugg          | foul     | 102'10" | 101'10" |         |         |         |
| Voss          | 102'09"  | foul    | 101'09" |         |         |         |
| Landers       | 102'02"  | foul    | 090'06" |         |         |         |
| Balfour       | 101'04"  | 086'10" | 095'02" |         |         |         |
| Hovick        | 098'10"  | 906'03" | 097'11" |         |         |         |
| Anderson      | 094'08"  | 098'05" | 085'00" |         |         |         |
| Beitelspacher | 088'00"  | 096'08" | 078'06" |         |         |         |
| Goettsch      | 094'04"  | 094'07" | 094'07" |         |         |         |
| Bruess        | foul     | 083'03" | 080'11" |         |         |         |

## 4x100 Meter Relay Finals

|   |  |       |
|---|--|-------|
| 1 | CEDAR FALLS NU HIGH  | 49.02 |
|   | (Nicole Cook, Lastascia Granger<br>Jade McAdams, Ashley Granger)         |       |
| 2 | APLINGTON-PARKERSBURG  | 50.02 |
|   | (Brooke Cornelius, Brittany Schipper<br>Megan Meyer, Crystal Williamson) |       |
| 3 | NORTHEAST  | 50.99 |
|   | (Kim Eskildsen, Angie Adrian<br>Carol Lawlor, Stacy Butt)                |       |
| 4 | COLUMBUS   | 51.14 |
|   | (Ashley Orris, Mackenzie Meyerholz<br>Nicole Stewart, Amanda Schweitzer) |       |

|               |  |         |
|---------------|--|---------|
| 5             | HLV  | 51.45   |
|               | (Laura Pirkl, Kacie Herzberg<br>Rachel Pirkl, Lindsay Beran)             |         |
| 6             | MADRID   | 51.46   |
|               | (McKenzie Knox, Tracy Thomas<br>Jenny Sachse, Angie Latta)               |         |
| 7             | WEST BRANCH  | 51.64   |
|               | (Jessica Liebergen, Jill Stevens<br>Kelly Hinkhouse, Sam Stoolman)       |         |
| 8             | CMB  | 51.72   |
|               | (Kristin Plunkett, Rachel Kauer<br>Mary Ketchum, Jamie Enfield)          |         |
| <b>Heat 1</b> |  |         |
| 1             | CEDAR FALLS NU HIGH  | 49.36 Q |
|               | (Nicole Cook, Lastascia Granger<br>Jade McAdams, Ashley Granger)         |         |
| 2             | HLV  | 51.65 Q |
|               | (Laura Pirkl, Kacie Herzberg<br>Rachel Pirkl, Lindsay Beran)             |         |
| 3             | MADRID   | 51.95 Q |
|               | (McKenzie Knox, Tracy Thomas<br>Jenny Sachse, Angie Latta)               |         |
| 4             | LAKE MILLS   | 52.24   |
|               | (Melissa Brackey, Lacey Mathews<br>Molly Nelson, Emily Neuwohner)        |         |
| 5             | LENOX  | 52.40   |
|               | (Erica Beck, Bethany Kinker<br>Shelley Brown, Becky Schweers)            |         |
| 6             | ALBURNETT  | 52.54   |
|               | (Nikki Price, Dana Burns<br>Rachel Rairdin, Alina Knoll)                 |         |
| 7             | MMC  | 52.98   |
|               | (Bailey Johnson, Allison Hoefling<br>Miranda Boekhout, Megen Sohn)       |         |
| 8             | WEST HANCOCK   | 53.01   |
|               | (Morgan Shields, Kelly Wagner<br>Tasha Johnson, Holly DeGeus)            |         |
| <b>Heat 2</b> |  |         |
| 1             | COLUMBUS   | 50.66 Q |
|               | (Ashley Orris, Mackenzie Meyerholz<br>Nicole Stewart, Amanda Schweitzer) |         |
| 2             | NORTHEAST  | 51.18 Q |
|               | (Kim Eskildsen, Angie Adrian<br>Carol Lawlor, Stacy Butt)                |         |
| 3             | PANORAMA   | 52.08   |
|               | (Kaylinn Hoyt, Sarah Tighe<br>Lindsie Leib, Whitney Sayre)               |         |
| 4             | SOUTHERN CAL   | 52.11   |
|               | (Sarah Garrett, Lindsay Steinkamp<br>Nicole Wiederin, Danni Richardson)  |         |
| 5             | WEST LYON  | 52.57   |
|               | (Katie Leuthold, Libby Gerber<br>Brittney Sehr, Keely Lawton)            |         |
| 6             | IKM  | 52.91   |
|               | (Margo Muhlbauer, Becky Graeve<br>Paula Kloewer, Christen Kloewer)       |         |
| 7             | SOUTH WINNESHIEK   | 53.01   |
|               | (Jesse Krivachek, Brittany Kuennen<br>Amber Moore, Katie Shatek)         |         |
| 8             | CARDINAL   | 53.23   |
|               | (Lisa Huit, Heather Parsons<br>Lyndsey Noe, Shelly Walter)               |         |

|                                 |   |         |   |               |  |         |
|---------------------------------|---|---------|---|---------------|--|---------|
| <b>Heat 3</b>                   |   |         |   |               |  |         |
| 1                               | APLINGTON-PARKERSBURG<br>(Brooke Cornelius, Brittany Schipper<br>Megan Meyer, Crystal Williamson) | 50.20   | Q | 5             | GALVA-HOLSTEIN<br>(Kelli Beyer, Jennifer Schlinz<br>Emily Frank, Abbie Bagenstos)              | 1:48.62 |
| 2                               | WEST BRANCH<br>(Jessica Liebergen, Jill Stevens<br>Kelly Hinkhouse, Sam Stoolman)                 | 51.58   | Q | 6             | IKM<br>(Margo Muhlbauer, Becky Graeve<br>Paula Kloewer, Kayla Gaskill)                         | 1:48.65 |
| 3                               | CMB<br>(Kristin Plunkett, Rachel Kauer<br>Mary Ketchum, Jamie Enfield)                            | 51.71   | Q | 7             | TIPTON<br>(Kellie Tholen, Danielle Yanda<br>Clarissa Kotz, Kaylee Kotz)                        | 1:52.83 |
| 4                               | IOWA CITY REGINA<br>(Hope Coffin, Katie Hurt<br>Lindy Ahrens, Emily Pechous)                      | 52.11   |   | 8             | MOUNT AYR<br>(Rachel Lesan, Beth Gourley<br>Jana Johnson, Heidi Winkler)                       | 1:52.88 |
| 5                               | EAST BUCHANAN<br>(Liz Reck, Jeanna Sullivan<br>Aubrey Dolan, Michelle Moore)                      | 52.16   |   | <b>Heat 2</b> |  |         |
| 6                               | BATTLE CREEK-IDA GROVE<br>(Jeni Eggspuehler, Ashley Redenius<br>Molly Kallin, Kristy Siebrecht)   | 52.54   |   | 1             | APLINGTON-PARKERSBURG<br>(Mandi Koenen, Crystal Williamson<br>Megan Meyer, Brittany Schipper)  | 1:45.47 |
| 7                               | TRI-CENTER<br>(Laura Nanninga, Samantha Manhart<br>Amy Nanninga, Missy Barrier)                   | 52.89   |   | 2             | WEST HANCOCK<br>(Morgan Shields, Amber Hejlik<br>Sarah Swanson, Holly DeGeus)                  | 1:47.96 |
| 8                               | SCMT<br>(Amber Duff, Amber Duff<br>Abbee Dickman, Katie Schnoes)                                  | 52.92   |   | 3             | TREYNOR<br>(Katie Hanner, Jana Trede<br>Laura Saar, Jenny Owens)                               | 1:48.45 |
| <b>4x200 Meter Relay Finals</b> |   |         |   | 4             | CARDINAL<br>(Lisa Huit, Heather Parsons<br>Lyndsey Noe, Shelly Walter)                         | 1:48.51 |
| 1                               | NORTHEAST<br>(Kim Eskildsen, Angie Adrian<br>Karleen Meggers, Stacy Butt)                         | 1:44.24 |   | 5             | ST. ANSGAR<br>(Allie Millonig, Alyssa Picht<br>Larissa Edgington, Jess Thurnau)                | 1:50.49 |
| 2                               | APLINGTON-PARKERSBURG<br>(Mandi Koenen, Crystal Williamson<br>Megan Meyer, Brittany Schipper)     | 1:44.83 |   | 6             | CAL-DOWS<br>(Shaylyn Wiarda, Kelsey Keehn<br>Whitney Plagge, Whitney Pralle)                   | 1:50.73 |
| 3                               | SOUTH WINNESHIEK<br>(Darcy Hageman, Katie Shatek<br>Ivy Elsbernd, Elise Elsbernd)                 | 1:47.08 |   | 7             | HUDSON<br>(Amber Allen, Danielle Dunnwald<br>Amanda Roth, Alex Wilson)                         | 1:51.05 |
| 4                               | WEST HANCOCK<br>(Morgan Shields, Amber Hejlik<br>Sarah Swanson, Holly DeGeus)                     | 1:47.12 |   | 8             | EAST BUCHANAN<br>(Liz Reck, Alyssa Wolfe<br>Aubrey Dolan, Michelle Moore)                      | 1:52.00 |
| 5                               | BATTLE CREEK-IDA GROVE<br>(Sarah Sykes, Heidi Harriman<br>Angie Lageschulte, Abby Lageschulte)    | 1:47.38 |   | <b>Heat 3</b> |  |         |
| 6                               | LAKE MILLS<br>(Sarah Abele, Melissa Brackey<br>Molly Nelson, Emily Neuwohner)                     | 1:48.13 |   | 1             | SOUTH WINNESHIEK<br>(Darcy Hageman, Katie Shatek<br>Ivy Elsbernd, Elise Elsbernd)              | 1:47.08 |
| 7                               | CMB<br>(Rachel Kauer, Mary Ketchum<br>Alex Kunkle, Jamie Enfield)                                 | 1:48.50 |   | 2             | BATTLE CREEK-IDA GROVE<br>(Sarah Sykes, Heidi Harriman<br>Angie Lageschulte, Abby Lageschulte) | 1:47.18 |
| 8                               | HLV<br>(Laura Pirkel, Kacie Herzberg<br>Rachel Pirkel, Lindsay Beran)                             | 1:48.72 |   | 3             | HLV<br>(Laura Pirkel, Kacie Herzberg<br>Rachel Pirkel, Lindsay Beran)                          | 1:47.58 |
| <b>Heat 1</b>                   |   |         |   | 4             | SOUTHERN CAL<br>(Sarah Garrett, Amber Moller<br>Lindsay Steinkamp, Danni Richardson)           | 1:49.37 |
| 1                               | NORTHEAST<br>(Kim Eskildsen, Angie Adrian<br>Karleen Meggers, Stacy Butt)                         | 1:44.49 | Q | 5             | COLUMBUS<br>(Ashley Orris, Tonia Leyva<br>Erin Morrison, Amanda Schweitzer)                    | 1:49.46 |
| 2                               | CMB<br>(Rachel Kauer, Mary Ketchum<br>Alex Kunkle, Jamie Enfield)                                 | 1:47.30 | Q | 6             | WEST LYON<br>(Katie Leuthold, Erica Hage<br>Brittney Sehr, Keely Lawton)                       | 1:50.32 |
| 3                               | LAKE MILLS<br>(Sarah Abele, Melissa Brackey<br>Molly Nelson, Emily Neuwohner)                     | 1:47.47 | Q | 7             | MEDIAPOLIS<br>(Margaret Kuenzler, Andrea Cling<br>Krista Wirt, Diana Wagenbach)                | 1:50.33 |
| 4                               | IOWA CITY REGINA<br>(Hope Coffin, Kelsey Homewood<br>Katie Hurt, Emily Pechous)                   | 1:48.41 |   | 8             | BOYER VALLEY<br>(Elizabeth Ramsey, Nicole Stessman<br>Juli Christiansen, Julie Hanigan)        | 1:51.57 |

## 4x400 Meter Relay Finals

|   |         |
|---|---------|
| 1 NORTHEAST   | 4:05.27 |
| (Kim Eskildsen 62.9, Danika Spain 62.0<br>Karleen Meggers 61.8, Stacy Butt 58.5)      |         |
| 2 SOUTH HAMILTON  | 4:06.53 |
| (Jamie Olson 63.1, Kyli Hake 61.3<br>Jenna Neuman 61.8, Ariana Wolf 60.3)             |         |
| 3 IOWA CITY REGINA  | 4:06.59 |
| (Kady Homewood 62.7, Kelsey Homewood 63.6<br>Emily Pechous 61.2, Carly DuCharme 59.0) |         |
| 4 WEST HANCOCK  | 4:07.13 |
| (Steph Arey 59.8, Sarah Swanson 61.9<br>Angela Pritchard 64.6, Holly DeGeus 60.9)     |         |
| 5 SOUTH WINNESHIEK  | 4:07.32 |
| (Amber Uhlenhake 64.5, Ivy Elsbernd 61.5<br>Darcy Hageman 61.7, Elise Elsbernd 59.7)  |         |
| 6 TIPTON  | 4:08.21 |
| (Carrie Larson, Megan Mathias<br>Clarissa Kotz, Kaylee Kotz)                          |         |
| 7 COUNCIL BLUFFS ST. ALBERT   | 4:09.29 |
| (Justine Olsen, Catie O'Malley<br>Laura Sawatzke, Eve Johnson)                        |         |
| 8 GLADBROOK-REINBECK  | 4:14.86 |
| (Chelsea Puls, Jennifer Lockhart<br>Bryndee Boheman, Amy Koester 61.11)               |         |

### Heat 1

|  |           |
|--|-----------|
| 1 IOWA CITY REGINA   | 4:06.93 Q |
| (Hope Coffin 62.1, Kelsey Homewood<br>Emily Pechous, Carly DuCharme 57.9)            |           |
| 2 SOUTH WINNESHIEK   | 4:07.05 Q |
| (Amber Uhlenhake 64.1, Darcy Hageman 61.6<br>Ivy Elsbernd 63.0, Elise Elsbernd 59.2) |           |
| 3 WEST HANCOCK   | 4:07.16 Q |
| (Steph Arey 58.6, Sarah Swanson 63.4<br>Angela Pritchard 63.7, Holly DeGeus 61.4)    |           |
| 4 PEKIN  | 4:12.70   |
| (Amber Millikin 63.1, Hollie Jagen 64.2<br>Brittainey Sieren 65.0, Megan Raap 60.4)  |           |
| 5 NORTH KOSSUTH  | 4:13.73   |
| (Laura Preston, Alissa Dudley<br>Alicia Runge, Brittany Valvick)                     |           |
| 6 HLV  | 4:14.57   |
| (Steph Meyer 62.3, Alyssa McGrory 64.2<br>Rachel Pirkel 65.0, Lindsay Beran 62.8)    |           |
| 7 MANNING  | 4:15.87   |
| (Erin Dammann, Danielle Hargens<br>Laura Heithoff, Nancy Puck)                       |           |
| 8 BATTLE CREEK-IDA GROVE   | 4:16.43   |
| (Allesha Olson, Molly Kallin<br>Angie Lageschulte, Abby Lageschulte 60.2)            |           |

### Heat 2

|  |           |
|--|-----------|
| 1 NORTHEAST  | 4:06.46 Q |
| (Kim Eskildsen 62.2, Danika Spain 61.3<br>Karleen Meggers 61.1, Stacy Butt 61.5)   |           |
| 2 TIPTON   | 4:07.34 Q |
| (Carrie Larson 60.1, Megan Mathias 63.5<br>Clarissa Kotz 63.2, Kaylee Kotz 60.5)   |           |
| 3 COUNCIL BLUFFS ST. ALBERT  | 4:08.43 Q |
| (Justine Olsen 63.1, Catie O'Malley 61.9<br>Laura Sawatzke 61.7, Eve Johnson 61.7) |           |
| 4 MANSON-NW WEBSTER  | 4:12.81   |
| (Mandie Barkley 64.9, Dene' Rasch 63.9<br>Hailey Beneke 63.4, Heidi Porter 60.6)   |           |

|  |                           |
|--|---------------------------|
| 5 GALVA-HOLSTEIN   | 4:14.30                   |
| (Donna Hanson 64.3, Emily Frank 64.3<br>Laura Jacobso 63.2n, Abbie Bagenstos 62.5)         |                           |
| 6 TURKEY VALLEY  | 4:14.88                   |
| (Kim Tupy, Leah Einwalter<br>Andrea Jirak, Liz Hageman)                                    |                           |
| 7 NORTH LINN   | 4:16.33                   |
| (Emily Broghammer 63.7, Samantha Aberle 63.7<br>Chelsea Martin 64.1, Lauren Robinson 65.2) |                           |
| 999 HUDSON   | DQ-#1 out of lane—4:12.83 |
| (Ashley Taylor 61.9, Amanda Roth<br>Casey Herkelman, Danielle Dunwald 62.3)                |                           |

### Heat 3

|   |           |
|---|-----------|
| 1 SOUTH HAMILTON  | 4:07.49 Q |
| (Jamie Olson 62.5, Kyli Hake 62.8<br>Jenna Neuman 62.3, Ariana Wolf 59.8)               |           |
| 2 GLADBROOK-REINBECK  | 4:11.53 Q |
| (Chelsea Puls 62.9, Jennifer Lockhart 64.7<br>Bryndee Boheman 64.7, Amy Koester 59.7)   |           |
| 3 INTERSTATE 35   | 4:12.76   |
| (Katie Beeler 63.4, Emily Foura<br>Jenn Kordick, Maggie Downs 62.1)                     |           |
| 4 AHST  | 4:13.18   |
| (Nicole Huttman 62.1, Danielle Adams 65.6<br>Mallory Messinger 63.3, Ashley Adams 62.2) |           |
| 5 AUDUBON   | 4:13.76   |
| (Sara Best, Whitney Henke<br>Jodi Best, Alyse Eddy)                                     |           |
| 6 POSTVILLE   | 4:13.93   |
| (Lexie Everman 66.5, Danielle Heins 66.2<br>Brittany Heins 61.4, Erin Sheeley 59.4)     |           |
| 7 IKM   | 4:14.48   |
| (Kayla Gaskill 65.7, Margo Muhlbauer 62.3<br>Paula Kloewer 64.3, Christen Kloewer 62.2) |           |
| 8 MEDIAPOLIS  | 4:23.21   |
| (Andrea Cling 65.4, Emily Kester 65.8<br>Krista Wirt 67.3, Margaret Kuenzler 64.1)      |           |

## 4x800 Meter Relay Finals

|  |          |
|--|----------|
| 1 NORTH LINN   | 9:38.67  |
| (Amanda Maas 2:26.9, Emily Broghammer 2:28.9<br>Chelsea Martin 2:29.7, Ellen Ries 2:13.1)            |          |
| 2 SOUTH HAMILTON   | 9:39.26  |
| (Jamie Olson 2:27.7, Rebecca Swalla 2:30.0<br>Jenna Neuman 2:29.4, Ariana Wolf 2:17.1)               |          |
| 3 HINTON   | 9:45.76  |
| (Jamie Vander Kooi 2:36.5, Candice Whitney 2:24.0<br>Delainye Hardersen 2:23.6, Kaylee Small 2:21.3) |          |
| 4 COUNCIL BLUFFS ST. ALBERT  | 9:47.60  |
| (Sarah Hamling 2:25.8, Catie O'Malley 2:33.7<br>Laura Sawatzke 2:24.6, Eve Johnson 2:23.5)           |          |
| 5 ENGLISH VALLEYS  | 10:02.41 |
| (Maddie Greene 2:35.6, Janelle Greene 2:38.0<br>Melissa Caster 2:28.9, Sarah Greene 2:24.9)          |          |
| 6 TIPTON   | 10:03.25 |
| (Megan Mathias 2:33.8, Jackie Reichert 2:30.8<br>Steph King 2:31.0, Carrie Larson 2:27.5)            |          |
| 7 TREYNOR  | 10:07.03 |
| (Katie Hanner 2:31.5, Laura Saar 2:29.6<br>Chrissy Bloom 2:33.7, Vanessa Vorthmann 2:32.2)           |          |
| 8 SOUTHERN CAL   | 10:07.96 |
| (Amber Knapp, Katie Block<br>Jenny Harris, Libby Gemberling)   |          |

|   |          |  |           |
|---|----------|--|-----------|
| 9 LOGAN-MAGNOLIA<br>(Ingrid Frisk, Kelli Kersten<br>Teri Willard, Jill Peterson)                            | 10:08.02 | 6 LAKE MILLS<br>(Melissa Brackey, Lacey Mathews<br>Emily Neuwohner, Sarah Abele)                     | 1:53.68   |
| 10 POCAHONTAS AREA<br>(Alisa Brinkman 2:27.0, Sarah Seehusen<br>Sarah Kerns, Steph Sefcik 2:32.2)           | 10:08.69 | 7 NORTHEAST<br>(Deena Meggers, Angie Adrian<br>Carol Lawlor, Karleen Meggers)                        | 1:54.34   |
| 11 HLV<br>(Shelby Beran, Steph Beran<br>Steph Meyer, Alyssa McGrory)  | 10:09.98 | 8 GLADBROOK-REINBECK<br>(Chelsea Puls, Hali Bird<br>Jennifer Lockhart, Amy Koester)                  | 1:57.05   |
| 12 ST. ANSGAR<br>(Kayla Johnson 2:33.1, Megan Rustad 2:30.6<br>Steph Schulz 2:34.5, Amanda Saaranen 2:32.6) | 10:11.13 | <b>Heat 1</b>  |           |
| 13 DURANT-BENNETT<br>(Dawn Heinrich 2:26.8, Meaghan Flack 2:33.8<br>Mandy Meyer, Chelsi Henderson)          | 10:11.21 | 1 SOUTH WINNESHIEK<br>(Amber Moore, Katie Shatek<br>Ivy Elsbernd, Elise Elsbernd 58.9)               | 1:51.69 Q |
| 14 WEST MARSHALL<br>(Kori Johnston 2:34.5, Cindy Smith 2:30.9<br>Katie Meier 2:30.2, Melissa Pfantz 2:35.9) | 10:11.64 | 2 LAKE MILLS<br>(Melissa Brackey, Lacey Mathews<br>Emily Neuwohner, Sarah Abele 62.3)                | 1:53.81 Q |
| 15 AUDUBON<br>(Autumn Wulf, Alyse Eddy<br>Morgan Nelson, Whitney Henke)                                     | 10:11.90 | 3 GLADBROOK-REINBECK<br>(Chelsea Puls, Hali Bird<br>Jennifer Lockhart, Amy Koester 57.7)             | 1:53.85 Q |
| 16 BELLE PLAINE<br>(Lindsay Johnson 2:28.3, Jenny Cronbaugh<br>Jill Cronbaugh, Emily Cronbaugh)             | 10:11.96 | 4 TREYNOR<br>(Katie Hanner, Anna Waymaster<br>Jenny Owens, Jana Trede)                               | 1:54.40   |
| 17 CALAMUS-WHEATLAND<br>(Nicole Hermiston, Karen Hart<br>Alyssa Soenksen, Sarah Hart)                       | 10:17.45 | 5 HUDSON<br>(Casey Herkelman, Amber Allen<br>Alex Wilson, Danielle Dunnwald)                         | 1:55.69   |
| 18 ELDORA-NEW PROVIDENCE<br>(Ashley Ritter, Stephanie Turner<br>Jenni Smith, Betsy Halverson)               | 10:17.85 | 6 BEDFORD<br>(Amy French, Jessica Irvin<br>Jennifer Irvin, Ashley Wiederin)                          | 1:55.75   |
| 19 WEST LYON<br>(Becky Kippley, Erica Hage<br>Dana Lantz, Libby Gerber)                                     | 10:18.90 | 7 MEDIAPOLIS<br>(Diana Wagenbach, Krista Wirt<br>Andrea Cing, Margaret Kuenzler)                     | 1:56.34   |
| 20 WAPSIE VALLEY<br>(Kira Matthias 2:36.9, Rachael Ryan 2:31.7<br>Jamie Sickles 2:39.5, Sheila Cox 2:33.1)  | 10:21.26 | 8 BELLE PLAINE<br>(Morgan Kozik, Shalan Danker<br>Katie Herman, Jill Formanek)                       | 1:58.22   |
| 21 COLFAX-MINGO<br>(Margaret Heggen, Taylor Wilson<br>Kelsie Goodman, Shawna Maher)                         | 10:23.80 | <b>Heat 2</b>  |           |
| 22 BCLUW<br>(Missy Morris, Kacie Dielschneider<br>Adrienne Landt, Morgan Martin)                            | 10:35.22 | 1 CEDAR FALLS NU HIGH<br>(Jade McAdams, Lastascia Granger<br>Ashley Granger, Jillian Doddema 59.8)   | 1:50.17 Q |
| 23 IOWA CITY REGINA<br>(Kady Homewood, Alyssa Reichelt<br>Meg Carney, Evelyn Ross)                          | 10:38.95 | 2 COLUMBUS<br>(Ashley Orris, Nicole Stewart<br>Mackenzie Meyerholz, Amanda Schweitzer 58.7)          | 1:51.87 Q |
| 24 MOUNT AYR<br>(Stephanie Noble, Clara Terrell<br>Kinda Fisher, Alison Quick)                              | 10:46.01 | 3 NORTHEAST<br>(Deena Meggers, Angie Adrian<br>Carol Lawlor, Karleen Meggers 59.7)                   | 1:52.93 Q |
|   |          | 4 BATTLE CREEK-IDA GROVE<br>(Sarah Sykes, Allesha Olson<br>Angie Lageschulte, Abby Lageschulte 60.1) | 1:53.69 Q |
|   |          | 5 GALVA-HOLSTEIN<br>(Kelli Beyer, Emily Frank<br>Abbie Bagenstos, Ashley McGuire)                    | 1:54.32   |
|   |          | 6 REMSEN ST. MARY'S<br>(Jamie Ruba, Lisa Kelley<br>Joni Harpenau, Julie Galles 60.1)                 | 1:54.56   |
|   |          | 7 BOYER VALLEY<br>(Elizabeth Ramsey, Nicole Stessman<br>Julie Hanigan, Juli Christiansen)            | 1:54.86   |
|   |          | 8 LEMARS GEHLEN CATHOLIC<br>(Anna Flaherty, Samantha Floy<br>Erin Puhl, Missy Janning)               | 1:55.03   |
|   |          | <b>Heat 3</b>  |           |
|   |          | 1 APLINGTON-PARKERSBURG<br>(Mandi Koenen, Crystal Williamson<br>Megan Meyer, Brittany Schipper 57.3) | 1:51.25 Q |
| <b>Sprint Medley Relay Finals</b>   |          |  |           |
| 1 CEDAR FALLS NU HIGH<br>(Jade McAdams, Lastascia Granger<br>Ashley Granger, Jillian Doddema 59.7)          | 1:49.87  |  |           |
| 2 APLINGTON-PARKERSBURG<br>(Mandi Koenen, Crystal Williamson<br>Megan Meyer, Brittany Schipper 58.8)        | 1:50.81  |  |           |
| 3 SOUTH WINNESHIEK<br>(Amber Moore, Katie Shatek<br>Ivy Elsbernd, Elise Elsbernd 58.0)                      | 1:51.21  |  |           |
| 4 BATTLE CREEK-IDA GROVE<br>(Sarah Sykes, Allesha Olson<br>Angie Lageschulte, Abby Lageschulte)             | 1:53.14  |  |           |
| 5 COLUMBUS<br>(Ashley Orris, Nicole Stewart<br>Mackenzie Meyerholz, Amanda Schweitzer 59.4)                 | 1:53.14  |  |           |



|   |         |   |         |
|---|---------|---|---------|
| 2 MANNING<br>(Natalie Ramsey, Mary Puck<br>Lauren Reischl, Nancy Puck 59.2)                           | 1:53.87 | 15 ENGLISH VALLEYS<br>(Brianna Morrison, Danny Breon<br>Melissa Caster 62.4, Sarah Greene 2:26.2)       | 4:24.55 |
| 3 COUNCIL BLUFFS ST. ALBERT<br>(Kristin McGlade, Ashley Petersen<br>Justine Olsen, Gina Assmann 60.2) | 1:54.44 | 16 DENVER<br>(Mallory Delagardelle, Miranda Adams<br>Erin Doepke, Casey Huber 2:25.0)                   | 4:25.13 |
| 4 INTERSTATE 35<br>(Elizabeth Curry, Leah Rinnan<br>Jenn Kordick, Maggie Downs 61.3)                  | 1:54.48 | 17 EAST GREENE<br>(Jill Bishop, Jessica Schrum<br>Amanda Heater, Stephanie Hillman)                     | 4:25.60 |
| 5 ELDORA-NEW PROVIDENCE<br>(Kim Hoversten, Tori Vinton<br>Ashley Peters, Abby Reinert)                | 1:55.52 | 18 BELLE PLAINE<br>(Shalan Danker, Katie Herman<br>Jill Formanek 62.6, Emily Cronbaugh 2:29.1)          | 4:27.59 |
| 6 SCMT<br>(Kelly Jensen, Cara Schmale<br>Abbee Dickman, Katie Schnoes 60.3)                           | 1:55.86 | 19 GRISWOLD<br>(Taryn Weston, Kasey Fay<br>Brittany Robinette 64.9, Jayme Hoffman 2:24.1)               | 4:27.75 |
| 7 POCAHONTAS AREA<br>(Lindsey Frederickson, Tami Moody<br>Heather DeWall, Alisa Brinkman)             | 1:56.71 | 20 WINFIELD-MT. UNION<br>(Missy MEIhinney, Jenny Hughes<br>Mogane Metzger 61.0, Danielle Mullen 2:26.3) | 4:28.40 |
| 8 WEST BRANCH<br>(Jill Stevens, Rachel Stoolman<br>Kelly Hinkhouse, Kaylyn Harms)                     | 1:56.98 | 21 PRESTON-EAST CENTRAL<br>(Kate Sievers, Melissa Daniels<br>Corinn Ruchotzke 63.9, Qynne Kelly 2:29.4) | 4:28.61 |

### Distance Medley Relay Finals

|   |         |
|---|---------|
| 1 NORTH LINN<br>(Chelsea Martin, Sarah Dolan<br>Emily Broghammer 60.4, Ellen Ries 2:11.9)         | 4:11.20 |
| 2 AHST<br>(Mallory Messinger, Nicole Huttman<br>Danielle Adams 61.4, Ashley Adams 2:15.6)         | 4:12.16 |
| 3 LEMARS GEHLEN CATHOLIC<br>(Jami Sitzmann, Erin Puhl<br>Missy Janning 60.3, Des Campbell 2:18.8) | 4:15.90 |
| 4 PEKIN<br>(Hollie Jagen, Amanda Mosinski<br>Amber Millikin 62.1, Sarah Johnston 2:17.0)          | 4:16.12 |
| 5 WEST HANCOCK<br>(Morgan Shields, Amber Hejlik<br>Sarah Swanson 61.6, Alyson Siegrist 2:21.3)    | 4:16.64 |
| 6 TRI-CENTER<br>(Meredith Kosmacek, Missy Barrier<br>Laura Nanninga 60.3, Alicia Fischer 2:26.2)  | 4:18.31 |
| 7 ARMSTRONG-RINGSTED<br>(Lacy Christiansen, Ali Gunderson<br>Diana Pelzer, Meredith McKean)       | 4:19.28 |
| 8 MANSON-NW WEBSTER<br>(Brooke Eischeid, Dene' Rasch<br>Hailey Beneke 60.3, Heidi Porter 2:21.6)  | 4:19.40 |
| 9 NASHUA-PLAINFIELD<br>(Ashley Poppe, Kayla Welter<br>Megan Benning 61.6, Beth Benning 2:22.7)    | 4:20.03 |
| 10 BGM<br>(Kayla Sherwood, Jadie Everhart<br>Amanda Ellis, Taralyn Taylor 2:22.4)                 | 4:20.32 |
| 11 ROCKWELL CITY-LYTTON<br>(Cari Monroe, Riley Lenz<br>Jill Johnson 61.3, Katie Lantz 2:21.3)     | 4:20.71 |
| 12 COUNCIL BLUFFS ST. ALBERT<br>(Justine Olsen, Emily Propst<br>Gina Assmann, Sarah Hamling)      | 4:21.21 |
| 13 GALVA-HOLSTEIN<br>(Kelli Beyer, Jennifer Schlinz<br>Donna Hanson, Laura Jacobson 2:27.3)       | 4:22.07 |
| 14 TIPTON<br>(Danielle Yanda, Clarissa Kotz<br>Kaylee Kotz 61.0, Carrie Larson 2:24.8)            | 4:22.52 |

### Shuttle Hurdle Relay Finals

|   |                           |
|---|---------------------------|
| 1 CAMANCHE<br>(Ashley Steines, Jodi Dobbins<br>Tara Hoge, Cigi Low)                             | 1:04.93                   |
| 2 BATTLE CREEK-IDA GROVE<br>(Melinda Boysen, Allesha Olson<br>Kristy Siebrecht, Heidi Harriman) | 1:05.02                   |
| 3 WEST HANCOCK<br>(Tasha Johnson, Angela Pritchard<br>Amber Hejlik, Steph Arey)                 | 1:05.06                   |
| 4 NORTH CENTRAL<br>(Angela Broderson, Alexis Hennigar<br>Stephanie Haacke, Alex Petersburg)     | 1:05.08                   |
| 5 CHARTER OAK-UTE<br>(Lilly Woodard, Karin Brandt<br>Kala Kuhlmann, Kelsey Grindle)             | 1:05.36                   |
| 6 LAURENS-MARATHON<br>(Lindsey Meyer, Kristi Brechler<br>Jenni Elbert, Betsy Behrens)           | 1:06.40                   |
| 999 INTERSTATE 35<br>(Tiffany Hoover, Halley Carlson<br>Callie Collins, Leah Rinnan)            | DQ-FS                     |
| 999 LEMARS GEHLEN CATHOLIC<br>(Leah Kluemper, Jacinta Ruhland<br>Jamie Wendt, Shannon Sitzmann) | DQ-#3 early start 1:06.10 |

#### Heat 1

|   |           |
|---|-----------|
| 1 LAURENS-MARATHON<br>(Lindsey Meyer, Lindsey Meyer<br>Jenni Elbert, Betsy Behrens)           | 1:05.63 Q |
| 2 LEMARS GEHLEN CATHOLIC<br>(Leah Kluemper, Jacinta Ruhland<br>Jamie Wendt, Shannon Sitzmann) | 1:06.15 Q |

|   |           |   |         |
|---|-----------|---|---------|
| 3 SOUTHERN CAL<br>(Erin Beckman, Lindsay Steinkamp<br>Tandy Blair, Kristi Green)                | 1:06.73   | 3 AUDUBON<br>(Sara Best, Jessica Jensen<br>Jodi Best, McKenzie Wetzel)    | 1:07.92 |
| 4 TIPTON<br>(Kellie Tholen, Elizabeth O'Donnell<br>Cindy O'Haver, Jill Fell)                    | 1:08.42   | 4 CMB<br>(Alex Kunkle, Keriann Parker<br>Kristin Plunkett, Jennifer Ness) | 1:11.75 |
| <b>Heat 2</b>   |           |   |         |
| 1 BATTLE CREEK-IDA GROVE<br>(Melinda Boysen, Allesha Olson<br>Kristy Siebrecht, Heidi Harriman) | 1:05.20 Q |   |         |
| 2 ALBURNETT<br>(Elizabeth Berquist, Erin Lagerquist<br>Amanda Null, Nikki Price)                | 1:07.26   |   |         |
| 3 NORTH KOSSUTH<br>(Hilary Menke, Brittney Johnson<br>Laura Preston, Alicia Runge)              | 1:08.64   |   |         |
| 4 WESTWOOD<br>(Dianna Abel, Haley Thorpe<br>Corrina Johannsen, Amber Nielsen)                   | 1:09.96   |   |         |
| <b>Heat 3</b>   |           |   |         |
| 1 NORTH CENTRAL<br>(Angela Broderson, Alexis Hennigar<br>Stephanie Haacke, Alex Petersburg)     | 1:05.95 Q |   |         |
| 2 AR-WE-VA<br>(Kelsey Kock, Beth Sander<br>Holly Andersen, Katie Bierl)                         | 1:06.92   |   |         |
| 3 SOUTH WINNESHIEK<br>(Tara Humpal, Darcy Hageman<br>Brittany Kuennen, Morgan Holthaus)         | 1:08.83   |   |         |
| 4 TRI-CENTER<br>(Alicia Gau, Samantha Manhart<br>Jessy Heimbaugh, Amy Nanninga)                 | 1:10.19   |   |         |
| <b>Heat 4</b>   |           |   |         |
| 1 CAMANCHE<br>(Ashley Steines, Jodi Dobbins<br>Tara Hoge, Cigi Low)                             | 1:05.38 Q |   |         |
| 2 CHARTER OAK-UTE<br>(Lilly Woodard, Karin Brandt<br>Kala Kuhlmann, Kelsey Grindle)             | 1:06.26 Q |   |         |
| 3 COLUMBUS<br>(Natalie Wheeler, Mackenzie Meyerholz<br>Ann Utter, Nicole Stewart)               | 1:09.17   |   |         |
| 4 STARMONT<br>(Libby Welter, Kelly Gifford<br>Ashley Rubner, Kristen Bockenstedt)               | 1:11.14   |   |         |
| <b>Heat 5</b>   |           |   |         |
| 1 INTERSTATE 35<br>(Tiffany Hoover, Halley Carlson<br>Callie Collins, Leah Rinnan)              | 1:06.46 Q |   |         |
| 2 APLINGTON-PARKERSBURG<br>(Mandi Koenen, Kali Schrage<br>Julia Meyer, Brooke Cornelius)        | 1:07.22   |   |         |
| 3 DIKE-NEW HARTFORD<br>(Dana Grassley, Brenda Floss<br>Trista LeBehn, Ashley Caley)             | 1:08.23   |   |         |
| 4 POCAHONTAS AREA<br>(Lindsey Frederickson, Tami Moody<br>Krista Winkleblack, Heather DeWall)   | 1:08.97   |   |         |
| <b>Heat 6</b>   |           |   |         |
| 1 WEST HANCOCK<br>(Angela Pritchard, Amber Hejlik<br>Steph Arey, Tasha Johnson)                 | 1:05.21 Q |   |         |
| 2 RIVERSIDE<br>(Elizabeth Bentley, Kathryn Bentley<br>Ashley McClain, Lauren Anderson)          | 1:07.63   |   |         |

# 2003 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

## MAY 23-24, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 2A FINAL RESULTS

**ATTENDANCE**—Friday 8,802; Saturday 9,387 (record—old mark 9,120 in 2002). Total 18,189

**WEATHER**—Friday—Cloudy and cool to start the day. 60 degrees SE winds 5-10 mph Turned sunny in afternoon with high temperature of 72 degrees.

Saturday—Partly cloudy 63 degrees in morning with SE winds up to 10 mph. A few very light showers early in afternoon session. High of 65 degrees finishing under mostly sunny skies. Winds from East at 5-9 mph.

### TEAM SCORING

|    |                             |    |
|----|-----------------------------|----|
| 1  | Atlantic                    | 44 |
| 2  | Charles City                | 34 |
| 3  | Roland-Story                | 26 |
| 4  | Grinnell                    | 24 |
| 4  | Monticello                  | 24 |
| 6  | Williamsburg                | 23 |
| 7  | Fairfield                   | 22 |
| 8  | Mount Vernon-Lisbon         | 20 |
| 9  | Okoboji                     | 18 |
| 10 | Unity Christian             | 17 |
| 11 | MOC-Floyd Valley            | 16 |
| 12 | New Hampton                 | 15 |
| 13 | Davenport Assumption        | 14 |
| 13 | North Fayette               | 14 |
| 15 | ADM                         | 12 |
| 15 | Bondurant-Farrar            | 12 |
| 15 | Independence                | 12 |
| 18 | Carroll                     | 11 |
| 18 | Clear Creek-Amana           | 11 |
| 20 | Nodaway Valley              | 10 |
| 21 | Harlan                      | 9  |
| 21 | PCM                         | 9  |
| 23 | Hampton-Dumont              | 8  |
| 23 | Spirit Lake Park            | 8  |
| 25 | Glenwood                    | 7  |
| 25 | Jefferson-Scranton          | 7  |
| 25 | Knoxville                   | 7  |
| 28 | Center Point-Urbana         | 6  |
| 28 | Clarke                      | 6  |
| 28 | Nevada                      | 6  |
| 28 | Waukon                      | 6  |
| 32 | Maquoketa Valley            | 5  |
| 32 | Waterloo Columbus-Don Bosco | 5  |
| 34 | Hartley-Melvin-Sanborn      | 4  |
| 35 | Carroll Kuemper             | 3  |
| 35 | Emmesburg/Graettinger       | 3  |
| 35 | Sheldon                     | 3  |
| 35 | Sibley-Ocheyedan            | 3  |
| 35 | West Liberty                | 3  |
| 40 | Cascade                     | 2  |
| 40 | Clarinda                    | 2  |
| 40 | Creston                     | 2  |
| 40 | North Polk                  | 2  |

|    |                   |   |
|----|-------------------|---|
| 40 | Osage             | 2 |
| 40 | Western Christian | 2 |
| 46 | Algona            | 1 |
| 46 | Forest City       | 1 |
| 46 | Gilbert           | 1 |
| 46 | Maquoketa         | 1 |
| 46 | Solon             | 1 |
| 46 | Wilton            | 1 |

### 100 Meter Dash Finals

|   |  |    |       |
|---|--|----|-------|
| 1 | Danielle Brooks, Grinnell              | SR | 12.56 |
| 2 | Kelsea Cannon, Clarke                  | SR | 12.56 |
| 3 | Lyndsey Haning, Knoxville              | JR | 12.66 |
| 4 | Whitney Harris, Wat Columbus-Don Bosco | SR | 12.92 |
| 5 | Jacque Jay, Creston                    | SO | 13.00 |
| 6 | Karyn Forke, Carroll                   | SO | 13.02 |
| 7 | Ashley Fulton, Centerville             | JR | 13.03 |
| 8 | Teri Snyder, Hartley-Melvin-Sanborn    | JR | 13.04 |

#### Heat 1

|   |  |    |         |
|---|--|----|---------|
| 1 | Danielle Brooks, Grinnell              | SR | 12.47 Q |
| 2 | Whitney Harris, Wat Columbus-Don Bosco | SR | 12.85 Q |
| 3 | Jacque Jay, Creston                    | SO | 12.87 Q |
| 4 | Teri Snyder, Hartley-Melvin-Sanborn    | JR | 12.90 Q |
| 5 | Karyn Forke, Carroll                   | SO | 12.92 Q |
| 6 | Liz Lange, Monticello                  | SR | 12.97   |
| 7 | Ashley Van Wyk, PCM                    | SR | 13.03   |
| 8 | Megan Jack, Independence               | SO | 13.22   |

#### Heat 2

|   |                                     |    |         |
|---|-------------------------------------|----|---------|
| 1 | Kelsea Cannon, Clarke               | SR | 12.79 Q |
| 2 | Ashley Fulton, Centerville          | JR | 12.92 Q |
| 3 | Laura Leazer, Wilton                | SR | 13.01   |
| 4 | Emily Muff, North Fayette           | JR | 13.04   |
| 5 | Vanessa Herman, Waukon              | SO | 13.04   |
| 6 | Amy Smith, Lone Tree/Highland       | SO | 13.14   |
| 7 | Katelyn Schut, Sioux Center         | FR | 13.49   |
| 8 | Brittany Chambers, Spirit Lake Park | SO | 13.67   |

#### Heat 3

|   |  |    |         |
|---|--|----|---------|
| 1 | Lyndsey Haning, Knoxville              | JR | 12.52 Q |
| 2 | Ashley Schiermeister, Bondurant-Farrar | SR | 12.93   |
| 3 | Kelsey Rethmeier, Winterset            | SO | 12.97   |
| 4 | Missy McLaughlin, Clear Lake           | JR | 13.33   |
| 5 | Katie Mitchell, Washington             | FR | 13.41   |
| 6 | Missy Kollasch, Spirit Lake Park       | FR | 13.46   |

|     |                                 |    |       |
|-----|---------------------------------|----|-------|
| 7   | Mikha Tan, Sergeant Bluff-Luton | JR | 13.62 |
| 999 | Lauren Osborne, Atlantic        | JR | DNS   |

## 200 Meter Dash Finals

|   |   |    |       |
|---|---|----|-------|
| 1 | Cortney Jacobs, Atlantic                | JR | 24.80 |
| 2 | Chelsea Kaczmarek, Davenport Assumption | SR | 25.38 |
| 3 | Bridget Burns, PCM                      | SR | 25.80 |
| 4 | Lyndsey Haning, Knoxville               | JR | 25.84 |
| 5 | Jenny Buelow, Center Point-Urbana       | SO | 26.12 |
| 6 | Laura Leazer, Wilton                    | SR | 26.45 |
| 7 | Amanda Melichar, Mount Vernon/Lisbon    | SO | 26.66 |
| 8 | Jacque Jay, Creston                     | SO | 26.69 |

### Heat 1

|   |                                      |    |         |
|---|--------------------------------------|----|---------|
| 1 | Lyndsey Haning, Knoxville            | JR | 26.20 Q |
| 2 | Amanda Melichar, Mount Vernon/Lisbon | SO | 26.44 Q |
| 3 | Rachel Rebling, Fairfield            | SR | 26.97   |
| 4 | Kelsey Rethmeier, Winterset          | SO | 27.02   |
| 5 | Brittany Van Beek, Western Christian | SO | 27.51   |
| 6 | Brittany Tanner, Belmont-Klemme      | JR | 27.73   |
| 7 | Krista Tessman, Norwalk              | SO | 27.77   |
| 8 | Becky Kempers, Sioux Center          | JR | 28.63   |

### Heat 2

|   |   |    |         |
|---|---|----|---------|
| 1 | Chelsea Kaczmarek, Davenport Assumption | SR | 25.85 Q |
| 2 | Laura Leazer, Wilton                    | SR | 26.39 Q |
| 3 | Ali Hosch, Cascade                      | SR | 26.69   |
| 4 | Kalli Olson, Nevada                     | JR | 26.92   |
| 5 | Kelsea Cannon, Clarke                   | SR | 27.06   |
| 6 | Jessica Dirksen, Clarinda               | SO | 27.11   |
| 7 | Sarah Indra, Osage                      | SO | 27.26   |
| 8 | Stevi Yanda, Maquoketa                  | FR | 27.56   |

### Heat 3

|   |                                   |    |         |
|---|-----------------------------------|----|---------|
| 1 | Cortney Jacobs, Atlantic          | JR | 25.24 Q |
| 2 | Bridget Burns, PCM                | SR | 25.87 Q |
| 3 | Jenny Buelow, Center Point-Urbana | SO | 25.90 Q |
| 4 | Jacque Jay, Creston               | SO | 26.51 Q |
| 5 | Danielle Stipe, Carroll Kuemper   | FR | 26.53   |
| 6 | Ashley Fulton, Centerville        | JR | 26.81   |
| 7 | Cherie Menz, Perry                | SR | 27.06   |
| 8 | Courtney Cuthrell, Cherokee       | JR | 27.20   |

## 400 Meter Dash Finals

|   |   |    |         |
|---|---|----|---------|
| 1 | Cortney Jacobs, Atlantic                | JR | :56.27  |
| 2 | Chelsea Kaczmarek, Davenport Assumption | SR | :57.80  |
| 3 | Bridget Burns, PCM                      | SR | :58.24  |
| 4 | Sam Black, West Liberty                 | SO | :59.34  |
| 5 | Ali Hosch, Cascade                      | SR | :59.44  |
| 6 | Emily Brown, Gilbert                    | SR | :59.52  |
| 7 | Melissa Schmitz, Wat Columbus-Don Bosco | SR | 1:00.37 |
| 8 | Angela Mataloni, Sibley-Ocheyedan       | SR | 1:00.52 |

### Heat 1

|   |  |    |          |
|---|--|----|----------|
| 1 | Bridget Burns, PCM                     | SR | :58.52 Q |
| 2 | Ali Hosch, Cascade                     | SR | :59.97 Q |
| 3 | Andrea Masters, Emmetsburg/Graettinger | SR | 1:01.10  |
| 4 | Natalie Miller, Roland-Story           | SO | 1:01.55  |
| 5 | Nikki Kiler, Independence              | FR | 1:02.63  |
| 6 | Suzi Anderson, Albia                   | JR | 1:03.31  |
| 7 | Stormy Weis, Creston                   | SO | 1:03.34  |
| 8 | Amber Wilde, Osage                     | SO | 1:05.07  |

### Heat 2

|   |   |    |           |
|---|---|----|-----------|
| 1 | Chelsea Kaczmarek, Davenport Assumption | SR | :59.54 Q  |
| 2 | Sam Black, West Liberty                 | SO | :59.87 Q  |
| 3 | Emily Brown, Gilbert                    | SR | 1:00.36 Q |

|   |                                      |    |         |
|---|--------------------------------------|----|---------|
| 4 | Lindsay Hough, Harlan                | FR | 1:00.78 |
| 5 | Brittany Van Beek, Western Christian | SO | 1:01.22 |
| 6 | Ruth Rolling, Waukon                 | FR | 1:04.10 |
| 7 | Chelsea Bruening, Carroll Kuemper    | FR | 1:04.75 |
| 8 | Natalie Miller, Solon                | SR | 1:05.44 |

### Heat 3

|   |   |    |            |
|---|---|----|------------|
| 1 | Cortney Jacobs, Atlantic                | JR | 0:55.52 *Q |
| 2 | Melissa Schmitz, Wat Columbus-Don Bosco | SR | 0:59.87 Q  |
| 3 | Angela Mataloni, Sibley-Ocheyedan       | SR | 1:00.30 Q  |
| 4 | Lindsey Onken, Carroll                  | SO | 1:01.03    |
| 5 | Abby Joines, Cherokee                   | JR | 1:01.62    |
| 6 | Emily Garrett, Waukon                   | SO | 1:02.67    |
| 7 | Emily Gaalswyk, Boyden-Hull/Rock Valley | SO | 1:03.38    |
| 8 | Patty Watkins, Clarke                   | SO | 1:04.76    |

STATE MEET RECORD: Old mark, 55.6', Sue Haynes, Webster City, 1974.

## 800 Meter Run Finals

|    |                                    |    |         |
|----|------------------------------------|----|---------|
| 1  | Amy Bagge, Monticello              | JR | 2:17.42 |
| 2  | Amanda Huling, Hampton-Dumont      | JR | 2:21.17 |
| 3  | Omega Wise, Jefferson-Scranton     | SR | 2:21.77 |
| 4  | Abby Jones, Williamsburg           | SR | 2:22.18 |
| 5  | Kara Ascherl, Sheldon              | SR | 2:22.57 |
| 6  | Sara Eppley, Charles City          | JR | 2:23.56 |
| 7  | Kristen Maakestad, Osage           | SR | 2:24.12 |
| 8  | Leah Koesters, Harlan              | SR | 2:24.17 |
| 9  | Lynn Nelson, Grinnell              | SR | 2:24.43 |
| 10 | Abby Huston, Red Oak               | SO | 2:24.84 |
| 11 | Ali Miller, Nodaway Valley         | SR | 2:25.07 |
| 12 | Ashley Schnug, PCM                 | SO | 2:25.10 |
| 13 | Bret Mortvedt, Nevada              | SO | 2:25.75 |
| 14 | Megan Stroud, Winterset            | SR | 2:25.99 |
| 15 | Leigh Christensen, Belmont-Klemme  | JR | 2:26.78 |
| 16 | Lynnette Wagner, MFL-Mar-Mac       | FR | 2:26.85 |
| 17 | Janelle Cross, Webster City        | SR | 2:26.91 |
| 18 | Madison Bliss, Marion              | FR | 2:27.32 |
| 19 | Katie Callahan, Knoxville          | SR | 2:27.36 |
| 20 | Abby Joynt, Emmetsburg/Graettinger | SR | 2:29.56 |
| 21 | Jill Wagaman, Union                | SR | 2:29.66 |
| 22 | Tess Putnam, Marion                | JR | 2:30.64 |
| 23 | Katie Flickinger, Independence     | SO | 2:32.25 |
| 24 | Lauren Jones, Centerville          | FR | 2:39.27 |

## 1500 Meter Run Finals

|    |   |    |         |
|----|---|----|---------|
| 1  | Whitney Johnson, ADM                      | SO | 4:49.30 |
| 2  | Bonnie McKernan, Independence             | SR | 4:50.29 |
| 3  | Terran Wertz, Williamsburg                | JR | 4:50.96 |
| 4  | Megan Winkelmann, Nodaway Valley          | SO | 4:51.60 |
| 5  | Marcy Rahn, Clear Creek-Amana             | JR | 4:52.30 |
| 6  | Mairead Kelly, Forest City                | JR | 4:52.97 |
| 7  | Caedryn Schrunck, Spirit Lake Park        | SO | 4:57.46 |
| 8  | Abby Huston, Red Oak                      | SO | 4:59.19 |
| 9  | Kelli Hildreth, Norwalk                   | FR | 4:59.27 |
| 10 | Chloe Millward, Benton                    | SR | 5:05.11 |
| 11 | Madison Bliss, Marion                     | FR | 5:05.36 |
| 12 | Sarah Hammel, Waukon                      | FR | 5:05.75 |
| 13 | Amanda Harris, Maquoketa Valley           | SO | 5:06.80 |
| 14 | Lisa Olson, Humboldt                      | JR | 5:06.95 |
| 15 | Julie Ridenour, Sheldon                   | JR | 5:08.19 |
| 16 | Emily Van Oosbree, Emmetsburg/Graettinger | SO | 5:08.40 |
| 17 | Brieann Reedy, Emmetsburg/Graettinger     | JR | 5:09.89 |
| 18 | Rachel Wobeter, South Tama                | SO | 5:10.40 |
| 19 | Brigham Hoegh, Atlantic                   | JR | 5:10.56 |
| 20 | Laura Bogaards, Fairfield                 | JR | 5:11.96 |
| 21 | Heather Hanson, Forest City               | JR | 5:13.34 |

|    |                                   |    |         |
|----|-----------------------------------|----|---------|
| 22 | Maria Osterhaus, Maquoketa        | SR | 5:13.65 |
| 23 | Angela Mahoney, Clear Creek-Amana | SR | 5:20.04 |
| 24 | Alex Olson, Gilbert               | JR | 5:24.14 |

|   |                                   |    |       |
|---|-----------------------------------|----|-------|
| 6 | Jessica Smith, Lone Tree/Highland | SR | 15.96 |
| 7 | Liz McDonald, Iowa Falls          | SR | 15.99 |
| 8 | Traci Ollendieck, Crestwood       | SR | 16.79 |

### 3000 Meter Run Finals

|     |   |    |          |
|-----|---|----|----------|
| 1   | Marcy Rahn, Clear Creek-Amana             | JR | 10:33.75 |
| 2   | Bonnie McKernan, Independence             | SR | 10:37.52 |
| 3   | Whitney Johnson, ADM                      | SO | 10:38.39 |
| 4   | Megan Winkelmann, Nodaway Valley          | SO | 10:38.61 |
| 5   | Ceadryn Schrunk, Spirit Lake Park         | SO | 10:48.67 |
| 6   | Maria Osterhaus, Maquoketa                | SR | 10:55.15 |
| 7   | Brieann Reedy, Emmetsburg/Graettinger     | JR | 10:58.51 |
| 8   | Chloe Millward, Benton                    | SR | 10:59.93 |
| 9   | Val Crutchley, Marion                     | SO | 11:03.12 |
| 10  | Lisa Olson, Humboldt                      | JR | 11:03.42 |
| 11  | Dani Wageman, Red Oak                     | SR | 11:04.91 |
| 12  | Julie Ridenour, Sheldon                   | JR | 11:07.68 |
| 13  | Kelli Hildreth, Norwalk                   | FR | 11:07.80 |
| 14  | Emily Van Oosbree, Emmetsburg/Graettinger | SO | 11:08.95 |
| 15  | Sarah Storm, Sheldon                      | FR | 11:13.22 |
| 16  | Marni Olson, Benton                       | JR | 11:17.94 |
| 17  | Constance Eshelmann, Nodaway Valley       | JR | 11:20.39 |
| 18  | Alex Olson, Gilbert                       | JR | 11:23.20 |
| 19  | Maureen O'Conner, Wat Columbus-Don Bosco  | SR | 11:23.72 |
| 20  | Danielle Farrell, Saydel                  | SR | 11:26.06 |
| 21  | Erin Anthopoulos, Independence            | FR | 11:39.03 |
| 22  | Amber Mayer, Shenandoah                   | FR | 11:50.68 |
| 23  | Christy Donohue, Eddyville-Blakesburg     | JR | 12:30.84 |
| 999 | Terran Wertz, Williamsburg                | JR | DNS      |

### 100 Meter Hurdles Finals

|   |                                       |    |       |
|---|---------------------------------------|----|-------|
| 1 | Crystal Hanson, Roland-Story          | SR | 14.96 |
| 2 | Alysa Klein, Okoboji                  | JR | 15.10 |
| 3 | Staci VanderBerg, Okoboji             | SR | 15.25 |
| 4 | Sheena Sullivan, Charles City         | SR | 15.52 |
| 5 | Samantha Sheffield, Western Christian | SO | 15.67 |
| 6 | Lauren Bucklin, Bondurant-Farrar      | FR | 15.79 |
| 7 | Alicia Whisner, ADM                   | SR | 15.87 |
| 8 | Kylie Hoffert, MFL-Mar-Mac            | JR | 15.99 |

#### Heat 1

|   |                                       |    |         |
|---|---------------------------------------|----|---------|
| 1 | Staci VanderBerg, Okoboji             | SR | 15.34 Q |
| 2 | Sheena Sullivan, Charles City         | SR | 15.53 Q |
| 3 | Samantha Sheffield, Western Christian | SO | 15.74 Q |
| 4 | Rachel Brinks, Carroll                | SR | 15.7594 |
| 5 | Abby Baldus, Algona                   | JR | 16.26   |
| 6 | Chelsea Kayser, Center Point-Urbana   | SO | 16.29   |
| 6 | Janette Kelsey, Solon                 | JR | 16.33   |
| 7 | Jordan Snitker, Waukon                | SO | 16.34   |

#### Heat 2

|   |                                  |    |           |
|---|----------------------------------|----|-----------|
| 1 | Alysa Klein, Okoboji             | JR | 15.33 Q   |
| 2 | Alicia Whisner, ADM              | SR | 15.65 Q   |
| 3 | Lauren Bucklin, Bondurant-Farrar | FR | 15.7533 Q |
| 4 | Kelsey Powell, Bondurant-Farrar  | JR | 15.87     |
| 5 | Allison Ford, Maquoketa Valley   | JR | 16.12     |
| 6 | Autumn Bartel, Cherokee          | SO | 16.13     |
| 6 | Mindy Twait, Forest City         | SR | 16.13     |
| 8 | Michelle Pelzer, West Liberty    | JR | 16.16     |

#### Heat 3

|   |   |    |         |
|---|---|----|---------|
| 1 | Crystal Hanson, Roland-Story                | SR | 14.96 Q |
| 2 | Kylie Hoffert, MFL-Mar-Mac                  | JR | 15.67 Q |
| 3 | Joclyn Ketelsen, Osage                      | SO | 15.83   |
| 4 | Whitney Nelson, Estherville-Lincoln Central | JR | 15.89   |
| 5 | Staci Hauptert, Jefferson-Scranton          | SR | 15.89   |

### 400 Meter Hurdles Finals

|   |                                   |    |         |
|---|-----------------------------------|----|---------|
| 1 | Whitney Jacobs, Atlantic          | FR | 1:05.82 |
| 2 | Shellie Mosman, Carroll           | FR | 1:06.40 |
| 3 | Rachel Brinks, Carroll            | SR | 1:06.74 |
| 4 | Kara Munson, Roland-Story         | JR | 1:06.75 |
| 5 | Missy Reinhart, North Polk        | JR | 1:07.20 |
| 6 | Savannah Walls, Clear Creek-Amana | FR | 1:07.24 |
| 7 | Jen Kempers, Unity Christian      | JR | 1:08.23 |
| 8 | Alysa Klein, Okoboji              | JR | 1:08.26 |

#### Heat 1

|   |                                       |    |           |
|---|---------------------------------------|----|-----------|
| 1 | Whitney Jacobs, Atlantic              | FR | 1:05.54 Q |
| 2 | Rachel Brinks, Carroll                | SR | 1:05.75 Q |
| 3 | Shellie Mosman, Carroll               | FR | 1:06.55 Q |
| 4 | Molly McKernan, Independence          | SO | 1:07.46   |
| 5 | Tiffany Fisk, Okoboji                 | SR | 1:08.16   |
| 6 | Hillary Charmichael, Union            | JR | 1:10.71   |
| 7 | Megan Mulder, Boyden-Hull/Rock Valley | SO | 1:11.68   |
| 8 | Sam Reiser, Waukon                    | SO | 1:13.46   |

#### Heat 2

|   |                                    |    |           |
|---|------------------------------------|----|-----------|
| 1 | Kara Munson, Roland-Story          | JR | 1:06.22 Q |
| 2 | Jen Kempers, Unity Christian       | JR | 1:06.66 Q |
| 3 | Yana Kruglikova, Harlan            | SR | 1:07.99   |
| 4 | Jessica Smith, Lone Tree/Highland  | SR | 1:08.03   |
| 5 | Kylie Hoffert, MFL-Mar-Mac         | JR | 1:08.03   |
| 6 | Lisa Thiesse, Sibley-Ocheyedan     | JR | 1:08.15   |
| 7 | Andrea Nie, Wat Columbus-Don Bosco | SR | 1:08.89   |
| 8 | Tiffany Hansen, Benton             | SR | 1:11.75   |

#### Heat 3

|   |                                   |    |           |
|---|-----------------------------------|----|-----------|
| 1 | Alysa Klein, Okoboji              | JR | 1:06.28 Q |
| 2 | Savannah Walls, Clear Creek-Amana | FR | 1:06.53 Q |
| 3 | Missy Reinhart, North Polk        | JR | 1:06.56 Q |
| 4 | Alicia Whisner, ADM               | SR | 1:06.93   |
| 5 | Jenna Nichol, Mount Vernon/Lisbon | JR | 1:07.83   |
| 6 | Brynn Phillips, Forest City       | FR | 1:09.55   |
| 7 | Danielle Wubbens, Charles City    | FR | 1:09.84   |
| 8 | Erin Bone, Monticello             | SR | 1:11.19   |

### High Jump Finals

|     |  |    |       |
|-----|--|----|-------|
| 1   | Crystal Hanson, Roland-Story           | SR | 5'06" |
| 2   | Rena Walker, Nevada                    | JR | 5'05" |
| 3   | Amy Kleinsmith, Mount Vernon/Lisbon    | JR | 5'04" |
| 4   | Carrie Van Engen, Sibley-Ocheyedan     | SR | 5'04" |
| 5   | Chelsea Talley, Clarinda               | SO | 5'04" |
| 6   | Andrea Masters, Emmetsburg/Graettinger | SR | 5'04" |
| 7   | Lindsey Begemann, Charles City         | JR | 5'02" |
| 8   | Maria Montagna, West Liberty           | SR | 5'02" |
| 9   | Stephanie Tiedemann, Benton            | SR | 5'02" |
| 9   | April Ziskovsky, Dallas Center-Grimes  | JR | 5'02" |
| 9   | Sarah Jens, Glenwood                   | JR | 5'02" |
| 12  | Jennifer Gould, Okoboji                | JR | 5'02" |
| 13  | Savanna Walls, Clear Creek-Amana       | FR | 5'00" |
| 13  | Sara Reynolds, Marion                  | JR | 5'00" |
| 13  | Ashley Van Wyk, PCM                    | SR | 5'00" |
| 16  | Brittany Okland, Ballard               | SO | 5'00" |
| 16  | Laura Rowen, Hampton-Dumont            | SR | 5'00" |
| 16  | Tiffany Helmbrecht, Maquoketa          | JR | 5'00" |
| 16  | Jen Kempers, Unity Christian           | JR | 5'00" |
| 20  | Amber Morrison, Eddyville-Blakesburg   | JR | 5'00" |
| 999 | Sarah Wernimont, Atlantic              | SR | nh    |

|     |                                  |    |    |
|-----|----------------------------------|----|----|
| 999 | Patty Watkins, Clarke            | SO | nh |
| 999 | Kelli Dabroski, Maquoketa Valley | SO | nh |
| 999 | Jenna Myers, Van Buren           | FR | nh |

**SERIES**

|             | 5'00" | 5'02" | 5'03" | 5'04" | 5'05" | 5'06" | 5'07" |
|-------------|-------|-------|-------|-------|-------|-------|-------|
| Hanson      | X     | OX    | X     | OX    | X     | X     | OOO   |
| Walker      | X     | OX    | X     | OOX   | OOX   | OOO   |       |
| Kleionsmith | X     | OX    | X     | X     | X     | OOO   |       |
| Van Engen   | X     | X     | X     | OX    | OOO   |       |       |
| Talley      | X     | OX    | X     | OX    | OOO   |       |       |
| Masters     | OX    | OX    | OOX   | OX    | OOO   |       |       |
| Begeman     | OX    | OX    | OOO   |       |       |       |       |
| Montagna    | X     | OOX   | OOO   |       |       |       |       |
| Tiedemann   | OX    | OOX   | OOO   |       |       |       |       |
| Ziskovsky   | OX    | OOX   | OOO   |       |       |       |       |
| Jens        | OX    | OOX   | OOO   |       |       |       |       |
| Gould       | OOX   | OOX   | OOO   |       |       |       |       |
| Walls       | X     | OOO   |       |       |       |       |       |
| Reynolds    | X     | OOO   |       |       |       |       |       |
| Van Wyk     | X     | OOO   |       |       |       |       |       |
| Okland      | OX    | OOO   |       |       |       |       |       |
| Rowen       | OX    | OOO   |       |       |       |       |       |
| Helmbrecht  | OX    | OOO   |       |       |       |       |       |
| Kempers     | OX    | OOO   |       |       |       |       |       |
| Morrison    | OOX   | OOO   |       |       |       |       |       |

**Long Jump Finals**

|     |   |    |           |
|-----|---|----|-----------|
| 1   | Sheena Sullivan, Charles City           | SR | 17'05.5"  |
| 2   | Elara Hopkins, Roland-Story             | SR | 17'01"    |
| 3   | Melinda Melichar, Mount Vernon/Lisbon   | SO | 17'00.25" |
| 4   | Danielle Stipe, Carroll Kuemper         | FR | 16'11.5"  |
| 5   | Yana Kruglikova, Harlan                 | SR | 16'09.25" |
| 6   | Natalie Miller, Solon                   | SR | 16'08.75" |
| 7   | Taylor Leichsenring, Clear Creek-Amana  | SR | 16'07.75" |
| 8   | Brandi Redel, Red Oak                   | SR | 16'07.5"  |
| 9   | Jamie Wieck, Hampton-Dumont             | FR | 16'05.25" |
| 10  | Missy Reinhart, North Polk              | JR | 16'05"    |
| 11  | Bridget Burns, PCM                      | SR | 16'04.5"  |
| 12  | Rebecca Ide, Washington                 | SR | 16'04.5"  |
| 13  | Karyn Forke, Carroll                    | SO | 16'04"    |
| 14  | Cortney Jacobs, Atlantic                | JR | 16'02.75" |
| 15  | Chelsea Kaczmarek, Davenport Assumption | SR | 16'02"    |
| 16  | Ashley Schiermeister, Bondurant-Farrar  | SR | 16'01"    |
| 17  | Courtney Varley, Nodaway Valley         | SO | 16'00.75" |
| 18  | Kelsey Powell, Bondurant-Farrar         | JR | 15'10.25" |
| 19  | Alicia Zadow, Algona                    | SR | 15'08.5"  |
| 20  | Jordan Snitker, Waukon                  | SO | 15'07.5"  |
| 21  | Amy Bolen, South Tama                   | JR | 15'07"    |
| 22  | Bethany Discher, Dallas Center-Grimes   | FR | 15'06.25" |
| 23  | Megan Marquis, Dallas Center-Grimes     | JR | 15'05.5"  |
| 999 | Lorilyn Vogel, Unity Christian          | SR | fouls     |

**SERIES**

|              |           |           |            |           |           |           |
|--------------|-----------|-----------|------------|-----------|-----------|-----------|
| Sullivan     | 17'05.50" | 16'10.25" | 16'07.50"  | 16'09.75" | 17'03.25" | 17'04"    |
| Hopkins      | 16'09.25" | 16'08.25" | ful        | 17'01"    | 16'11.75" | foul      |
| Melichar     | 16'00"    | 16'08.75" | FUL        | 15'10"    | 17'00.25" | 16'08"    |
| Stipe        | 16'11.50" | 16'07"    | 16'04.L75" | 16'04.50" | 16'07.25" | 16'08.75" |
| Kruglikova   | 16'02.75" | 16'06.75" | FOUL       | FOUL      | FOUL      | 16'09.25" |
| Miller       | 16'00.50" | 16'06.25" | 16'02.75"  | 16'03.75" | 15'11.75" | foul      |
| Leichsenring | foul      | 16'07.75" | 16'03.25"  | 16'05.50" | 16'00"    | 16'07"    |
| Redel        | 16'00.50" | foul      | 16'07.50"  | 16'07.50" | foul      | foul      |
| Wieck        | 15'05.50" | 16'01"    | 16'05.25"  |           |           |           |
| Reinhart     | 15'07.75" | 16'05"    | 15'10"     |           |           |           |
| Burns        | foul      | 16'01"    | 16'04.50"  |           |           |           |
| Ide          | 16'01.50" | foul      | foul       |           |           |           |
| Forke        | 15'05.75" | 16'04"    | 16'02.75"  |           |           |           |
| Jadcobs      | fou       | 16'02.75" | 16'02"     |           |           |           |
| Kaczmarek    | foul      | 16'02"    | 15'11.25"  |           |           |           |

|              |           |            |           |
|--------------|-----------|------------|-----------|
| Shiermeister | 15'8.50"  | 15'06.50"  | 16'01"    |
| Varley       | 16'00.75" | 15'01.175" | 15'04.50" |
| Powell       | 15'10.25" | 15'08"     | 15'09"    |
| Zadow        | 15'08.50" | foul       | 15'00.75" |
| Snitker      | 15'07.50" | 15'03.25"  | 15'07"    |
| Bolen        | 15'07"    | 15'04.50"  | 12'06.75" |
| Discher      | foul      | 14'09.25"  | 15'06.25" |
| Marquis      | 14'11.25" | 15'05.50"  | 14'11.50" |
| Vogel        | foul      | foul       | foul      |

**Shot Put Finals**

|    |   |    |           |
|----|---|----|-----------|
| 1  | Rachel Jansen, MOC-Floyd Valley           | SR | 42'05.25" |
| 2  | Tami Magner, Waukon                       | JR | 41'08.75" |
| 3  | Chelsey Keller, Fairfield                 | SR | 40'05.25" |
| 4  | Katie Wilson, Glenwood                    | JR | 39'11.00" |
| 5  | Sarah Harms, Hampton-Dumont               | JR | 39'10.75" |
| 6  | Apton Cook, Algona                        | SR | 39'06.75" |
| 7  | Kristi Chapin, Sheldon                    | SR | 39'04.50" |
| 8  | Maggie Matijevich, North Polk             | SR | 38'03.00" |
| 9  | Dani Lujan, Oelwein                       | JR | 38'02.75" |
| 10 | Ashley Dekkers, Unity Christian           | SR | 37'05"    |
| 11 | Chelsey Iverson, New Hampton              | JR | 37'00.50" |
| 12 | Amanda Eekhoff, Western Christian         | JR | 36'11.75" |
| 13 | Molly Tuggle, Shenandoah                  | SR | 36'08.75" |
| 14 | Katie Ripperger, Knoxville                | SR | 36'07.00" |
| 15 | Stephanie Mikulecky, Eddyville-Blakesburg | SR | 36'06.75" |
| 16 | Libby Hogan, Nodaway Valley               | SO | 35'03"    |
| 17 | Shawn Carter, West Liberty                | JR | 34'06.75" |
| 18 | Amy Veithoff, Harlan                      | SO | 34'06.50" |
| 19 | Alaina Holdgrafer, Webster City           | JR | 34'01.5"  |
| 20 | Ashley Lundberg, Winterset                | JR | 33'11"    |
| 21 | Kelsey Hagerty, South Tama                | SR | 33'09.50" |
| 22 | Briana Blake, Atlantic                    | SR | 33'06.75" |
| 23 | Katie Lautner, Jefferson-Scranton         | JR | 33'06.00" |
| 24 | Mindy Gormley, Clear Creek-Amana          | SR | 32'09"    |

**SERIES**

|            |            |           |           |           |           |           |
|------------|------------|-----------|-----------|-----------|-----------|-----------|
| Jansen     | 38'07"     | 42'05.25" | foul      | foul      | foul      | foul      |
| Magner     | 41'01.50"  | foul      | 41'08.75" | foul      | 40'06.50" | foul      |
| Keller     | 39'09.50"  | 40'05.25" | 39'08.75" | 39'07.75" | 39'05.50" | 40'04"    |
| Wilson     | 38'07.75"  | 39'10.50" | 39'11"    | fo9ul     | foul      | 39'11"    |
| Harms      | 39'10.75"  | 38'00.50" | 38'10.50" | 37'03.75" | 37'01.25" | 39'02.75" |
| Cook       | 35'09.75"  | 39'01"    | foul      | 36'11.50" | 39'06.75" | 39'02.25" |
| Chapin     | 38'05"     | FOUL      | 39'04.50" | 36'11.75" | 37'07.25" | 38'01.25" |
| Matijevich | 35'06.75"  | 38'03"    | 37'03.50" | 36'02"    | 35'06"    | 35'10.75" |
| Lujan      | 38'02.75"  | 35'07.50" | 35'10.75" |           |           |           |
| Dekkers    | 36'08"     | 35'10.75" | 37'05"    |           |           |           |
| Iverson    | 35'11.75"  | 36'09"    | 37'00.50" |           |           |           |
| Eekhoff    | 36'04.25"  | 36'11.75" | foul      |           |           |           |
| Tuggle     | 34'09.25"  | 36'06"    | 36'08.75" |           |           |           |
| Ripperger  | 36'07"     | 32'10"    | 34'11.75" |           |           |           |
| Mikulecky  | 36'04.25"  | 36'06.75" | 35'00.50" |           |           |           |
| Hogan      | 35'03"     | 34'10"    | 35'00"    |           |           |           |
| Carter     | 34'06.75"  | 34'01.75" | 33'05.50" |           |           |           |
| Velthoff   | 32'04"     | 32'07.50" | 34'06.50" |           |           |           |
| Holdgrafer | 34'01.150" | 32'04.25" | 31'01"    |           |           |           |
| Lundberg   | 33'10.25"  | foul      | 33'11"    |           |           |           |
| Hagerty    | 32'03.50"  | 33'09.50" | 30'03.50" |           |           |           |
| Blake      | 33'00"     | 33'05.75" | 33'06.75" |           |           |           |
| Lautner    | 32'05.25"  | 32'10.50" | 33'06"    |           |           |           |
| Gormley    | 32'09"     | 32:06.0   | 3208.50"  |           |           |           |

**Class 2A Discus Finals**

|   |                                 |    |         |
|---|---------------------------------|----|---------|
| 1 | Rachel Jansen, MOC-Floyd Valley | SR | 138'10" |
| 2 | Katie Brown, Spirit Lake Park   | FR | 131'10" |
| 3 | Katie Wilson, Glenwood          | JR | 127'00" |
| 4 | Laura Hupp, Jefferson-Scranton  | JR | 123'11" |
| 5 | Chelsey Iverson, New Hampton    | JR | 122'08" |

|    |   |    |         |
|----|---|----|---------|
| 6  | Kristi Chapin, Sheldon                    | SR | 122'04" |
| 7  | Katy Paxton, Albia                        | SR | 117'00" |
| 8  | Katie Post, Independence                  | JR | 116'00" |
| 9  | Katie Niggemeyer, Webster City            | SO | 114'00" |
| 10 | Callie Jeffries, Creston                  | JR | 112'09" |
| 11 | Amanda Munson, PCM                        | SR | 112'00" |
| 12 | Kelsey Hagerty, South Tama                | SR | 110'00" |
| 13 | Andrea Tuttle, Cherokee                   | SR | 109'09" |
| 14 | Briana Blake, Atlantic                    | SR | 107'07" |
| 15 | Chelsea Goedken, Cascade                  | JR | 107'07" |
| 16 | Aphton Cook, Algona                       | SR | 105'08" |
| 17 | Lillian Sawhill, Jefferson-Scranton       | FR | 104'08" |
| 18 | Molli Dant, Forest City                   | SR | 103'08" |
| 19 | Kenzie Huyser, Boyden-Hull/Rock Valley    | SR | 101'05" |
| 20 | Erin Wallinga, Unity Christian            | SO | 100'08" |
| 21 | Karma Weeden, Estherville-Lincoln Central | JR | 100'07" |
| 22 | Carrie Roller, Clear Creek-Amana          | SO | 098'07" |
| 23 | Tiffany Griffith, Cascade                 | JR | 098'01" |
| 24 | Angie Jenkins, Atlantic                   | SO | 095'11" |

**SERIES**

|            |         |         |         |         |         |         |
|------------|---------|---------|---------|---------|---------|---------|
| Jansen     | 138'10" | 136'10" | 136'07" | foul    | 136'08" | 134'09" |
| Brown      | 125'02" | 131'10" | 126'07" | 120'08" | 116'10" | 124'03" |
| Wilson     | 117'06" | foul    | 127'00" | 124'09" | 120'03" | 122'03" |
| Hupp       | 123'11" | 120'06" | 122'08" | 120'11" | 121'07" | 118'11" |
| Iverson    | 110'09" | 108'05" | 122'08" | 107'00" | 111'11" | 112'07" |
| Chapin     | foul    | 122'04" | 116'00" | 116'08" | 114'09" | 114'00" |
| Paxton     | 111'04" | 116'05" | 115'03" | 117'00" | 115'07" | 100'03" |
| Post       | 109'00" | 116'00" | 105'11" | 105'02" | 104'01" | 108'07" |
| Niggemeyer | 107'01" | 109'00" | 114'01" |         |         |         |
| Jeffries   | 112'09" | foul    | 090'00" |         |         |         |
| Munson     | 101'08" | 112'00" | 108'10" |         |         |         |
| Hagerty    | 106'04" | 110'01" | 104'03" |         |         |         |
| Tuttle     | 109'09" | 106'02" | 105'04" |         |         |         |
| Blake      | 100'11" | 107'07" | 093'03" |         |         |         |
| Goedken    | 098'10" | 100'07" | 107'07" |         |         |         |
| Cook       | 091'06" | 101'08" | 105'08" |         |         |         |
| Sawhill    | 104'08" | foul    | 100'07" |         |         |         |
| Dant       | 094'00" | 103'08" | foul    |         |         |         |
| Huyser     | foul    | 098'09" | 101'05" |         |         |         |
| Wallinga   | 100'08" | 091'10" | foul    |         |         |         |
| Weeden     | 100'07" | foul    | 098'10" |         |         |         |
| Roller     | 094'08" | 088'01" | 098'07" |         |         |         |
| Griffith   | 097'08" | 098'01" | 096'09" |         |         |         |
| Jenkins    | 095'11" | 084'09" | 089'06" |         |         |         |

**4x100 Meter Relay Finals**

|   |   |       |
|---|---|-------|
| 1 | GRINNELL  | 49.95 |
|   | (Krista Dayton, Kelley Briggs<br>Megan Brown, Danielle Brooks)          |       |
| 2 | NEW HAMPTON   | 50.16 |
|   | (Sammy Stone, Megan Vorwald<br>Ashley Boeding, Channing Weigel)         |       |
| 3 | NORTH FAYETTE   | 50.43 |
|   | (Megan Mitts, Melissa Snyder<br>Stefanie Nesvik, Emily Muff)            |       |
| 4 | CENTER POINT-URBANA   | 50.64 |
|   | (Karissa Kayser, Chelsea Kayser<br>Aimee Staskal-Brecht, Jenny Buelow)  |       |
| 5 | MOUNT VERNON/LISBON   | 50.71 |
|   | (Crystal Stauch, Melinda Melichar<br>Deanna Nelson, Amanda Melichar)    |       |
| 6 | BONDURANT-FARRAR  | 50.92 |
|   | (Kimber Kunze, Kelsey Powell<br>Jessica Antelman, Ashley Schiermeister) |       |

|   |   |       |
|---|---|-------|
| 7 | HARLAN  | 50.96 |
|   | (Sara Kenney, Lindsay Hough<br>Jessica Davis, Brittany Moore)   |       |
| 8 | NEVADA  | 51.21 |
|   | (Kalli Olson, Annalissa Vincent<br>Katie Jennings, Alicia Buck) |       |

**Heat 1**

|   |  |         |
|---|--|---------|
| 1 | GRINNELL   | 50.45 Q |
|   | (Krista Dayton, Kelley Briggs<br>Megan Brown, Danielle Brooks)         |         |
| 2 | CENTER POINT-URBANA  | 50.96 Q |
|   | (Karissa Kayser, Chelsea Kayser<br>Aimee Staskal-Brecht, Jenny Buelow) |         |
| 3 | CLEAR LAKE   | 51.90   |
|   | (Missy McLaughlin, Ashley Hare<br>Sara Vorland, Samantha Peterson)     |         |
| 4 | CLARKE   | 51.93   |
|   | (Kassie Paulsen, Patty Watkins<br>Laura Schiltz, Kelsea Cannon)        |         |
| 5 | NORWALK  | 52.02   |
|   | (Kayla Steinkamp, Cortney Heldenbrand<br>Katie Miller, Krista Tessman) |         |
| 6 | LONE TREE/HIGHLAND   | 52.21   |
|   | (Amy Smith, Heidi DeGood<br>Kyle Ronan, Rachel Yeggy)                  |         |
| 7 | RED OAK  | 52.93   |
|   | (Heidi Fehring, Sydney Lamb<br>Kylie Bauman, Brandi Redel)             |         |
| 8 | FOREST CITY  | 53.15   |
|   | (Haleigh Overson, Chelsy Dahms<br>Mindy Twait, Heather DeWeerd)        |         |

**Heat 2**

|   |   |         |
|---|---|---------|
| 1 | NEW HAMPTON   | 50.35 Q |
|   | (Sammy Stone, Megan Vorwald<br>Ashley Boeding, Channing Weigel)         |         |
| 2 | HARLAN  | 50.99 Q |
|   | (Sara Kenney, Lindsay Hough<br>Jessica Davis, Brittany Moore)           |         |
| 3 | BONDURANT-FARRAR  | 51.14 Q |
|   | (Kimber Kunze, Kelsey Powell<br>Jessica Antelman, Ashley Schiermeister) |         |
| 4 | SOUTH TAMA  | 51.83   |
|   | (Amy Bolen, Maria Manfull<br>Emily Manfull, Amber Karkosh)              |         |
| 5 | MARION  | 52.76   |
|   | (Whitney Perkins, Neanna Conklin<br>Tori Kloubec, Sarah Young)          |         |
| 6 | WEST LIBERTY  | 52.90   |
|   | (Sarah Bothell, Andrea Hull<br>Jennifer Davis, Sam Black)               |         |
| 7 | EAGLE GROVE   | 52.96   |
|   | (Kelsey Jeske, Jenni Williams<br>Sheri Bachel, Ashley Terwilliger)      |         |
| 7 | WILTON  | 52.96   |
|   | (Laura Sass, Peggy Riessen<br>Allie Grings, Laura Leazer)               |         |

**Heat 3**

|   |  |         |
|---|--|---------|
| 1 | NORTH FAYETTE  | 50.52 Q |
|   | (Megan Mitts, Melissa Snyder<br>Stefanie Nesvik, Emily Muff)         |         |
| 2 | MOUNT VERNON/LISBON  | 51.07 Q |
|   | (Crystal Stauch, Melinda Melichar<br>Deanna Nelson, Amanda Melichar) |         |

|  |         |
|--|---------|
| 3 NEVADA   | 51.62 Q |
| (Kalli Olson, Annalissa Vincent<br>Katie Jennings, Alicia Buck)    |         |
| 4 HARTLEY-MELVIN-SANBORN   | 51.77   |
| (Jenna Esdohr, Amber Rozeboom<br>Sarah Treimer, Teri Snyder)       |         |
| 5 ATLANTIC   | 52.15   |
| (Angie Jenkins, Cydney Hoegh<br>Samantha Montanye, Lauren Osborne) |         |
| 6 DALLAS CENTER-GRIMES   | 52.38   |
| (Sarah Levenhagen, Bethany Discher<br>Jenna Irving, Megan Marquis) |         |
| 7 WAUKON   | 52.68   |
| (Jessie Ryan, Amy Nordheim<br>Brittany Hogendom, Vanessa Herman)   |         |
| 8 FAIRFIELD  | 53.89   |
| (Danielle McElwee, Callie Snead<br>Amber Louros, Abby Bandy)       |         |

### 4x200 Meter Relay Finals

|  |                             |
|--|-----------------------------|
| 1 MOUNT VERNON/LISBON  | 1:45.06                     |
| (Jenna Nicol, Melinda Melichar<br>Deanna Nelson, Amanda Melichar)    |                             |
| 2 NORTH FAYETTE  | 1:46.44                     |
| (Kelsey Krivachek, Melissa Snyder<br>Stefanie Nesvik, Emily Muff)    |                             |
| 3 ATLANTIC   | 1:46.60                     |
| (Whitney Jacobs, Jaime Hoegh<br>Samantha Montanye, Lauren Osborne)   |                             |
| 4 HARTLEY-MELVIN-SANBORN   | 1:47.16                     |
| (Jenna Esdohr, Amber Rozeboom<br>Sarah Treimer, Teri Snyder)         |                             |
| 5 FAIRFIELD  | 1:47.40                     |
| (Rachel Rebling, Callie Snead<br>Alycia Bowers, Abby Bandy)          |                             |
| 6 NEW HAMPTON  | 1:47.60                     |
| (Sammy Stone, Megan Vorwald<br>Gabe Thorndson, Channing Weigel)      |                             |
| 7 CLEAR CREEK-AMANA  | 1:48.56                     |
| (Lydia McKenzie, Jenna Spratt<br>Taylor Leichsenring, Savanna Walls) |                             |
| 999 NEVADA   | DQ-1/2 out of zone--1:46.76 |
| (Kalli Olson, Annalissa Vincent<br>Katie Jennings, Alicia Buck)      |                             |

#### Heat 1

|  |           |
|--|-----------|
| 1 NEW HAMPTON  | 1:46.20 Q |
| (Sammy Stone, Megan Vorwald<br>Gabe Thorndson, Channing Weigel)        |           |
| 2 NORTH FAYETTE  | 1:46.50 Q |
| (Kelsey Krivachek, Melissa Snyder<br>Stefanie Nesvik, Emily Muff)      |           |
| 3 WAT COLUMBUS-DON BOSCO   | 1:48.32   |
| (Whitney Harris, Anna Schmitz<br>Molly Conway, Jamie Frederick)        |           |
| 4 SPIRIT LAKE PARK   | 1:48.57   |
| (Missy Kollasch, Amber Lawler<br>Alyssa Post, Brittany Hix)            |           |
| 5 FOREST CITY  | 1:50.63   |
| (Haleigh Overson, Chelsy Dahms<br>Marisa Jensen, Heather DeWeerd)      |           |
| 6 BENTON   | 1:50.86   |
| (M'Leigh Rempfer, Tiffany Jackson<br>Lacey Ritscher, Joanna Oehlerich) |           |

|   |                            |
|---|----------------------------|
| 7 SIOUX CENTER  | 1:51.74                    |
| (Katelyn Schut, Rachel Timmer<br>Meggan Jacobsma, Becky Kempers)      |                            |
| 999 BELLEVUE  | DNF                        |
| (Jessica Handke, Tabitha Blake<br>Kate Swift, Jena Kilburg)           |                            |
| <b>Heat 2</b>   |                            |
| 1 MOUNT VERNON/LISBON   | 1:46.25 Q                  |
| (Jenna Nicol, Melinda Melichar<br>Deanna Nelson, Amanda Melichar)     |                            |
| 2 ATLANTIC  | 1:47.32 Q                  |
| (Whitney Jacobs, Jaime Hoegh<br>Samantha Montanye, Lauren Osborne)    |                            |
| 3 FAIRFIELD   | 1:47.96 Q                  |
| (Rachel Rebling, Callie Snead<br>Alycia Bowers, Abby Bandy)           |                            |
| 4 ALGONA  | 1:49.22                    |
| (Emily Knudsen, Abby Marlow<br>Alicia Zadow, Julie Meyer)             |                            |
| 5 GRINNELL  | 1:49.40                    |
| (Cory Graves, Kelley Briggs<br>Krista Dayton, Megan Brown)            |                            |
| 6 DALLAS CENTER-GRIMES  | 1:50.36                    |
| (Sarah Levenhagen, Bethany Discher<br>April Ziskovsky, Megan Marquis) |                            |
| 7 ROLAND-STORY  | 1:50.58                    |
| (Jenn Hanson, Kara Dolch<br>Kara Munson, Elara Hopkins)               |                            |
| 8 ESTHERVILLE-LINCOLN CENTRAL   | 1:52.23                    |
| (Carlene Swisher, Sheri Howard<br>Anna Shonkwiler, McKenzie Eggers)   |                            |
| <b>Heat 3</b>   |                            |
| 1 NEVADA  | 1:46.43 Q                  |
| (Kalli Olson, Annalissa Vincent<br>Katie Jennings, Alicia Buck)       |                            |
| 2 HARTLEY-MELVIN-SANBORN  | 1:47.90 Q                  |
| (Jenna Esdohr, Amber Rozeboom<br>Sarah Treimer, Teri Snyder)          |                            |
| 3 CLEAR CREEK-AMANA   | 1:48.03 Q                  |
| (Sami Buck, Jenna Spratt<br>Taylor Leichsenring, Savanna Walls)       |                            |
| 4 EDDYVILLE-BLAKESBURG  | 1:49.41                    |
| (Kelsy Allen, Amber Morrison<br>Callie Adreon, Kylie Allen)           |                            |
| 5 PCM   | 1:49.62                    |
| (Jenny Oldham, Morgan Wilson<br>Ashley Schnug, Ashley Van Wyk)        |                            |
| 6 WILLIAMSBURG  | 1:49.70                    |
| (Brittany Pope, Michaela Malloy<br>Alyssa Capper, Diana Meyer)        |                            |
| 7 CENTERVILLE   | 1:50.82                    |
| (Barb Carter, Ashley Prunchak<br>Kyanne Henkle, Ashley Fulton)        |                            |
| 999 CLEAR LAKE  | DQ-3/4 out of zone-1:50.31 |
| (Missy McLaughlin, Sara Vorland<br>Abby Person, Samantha Peterson)    |                            |

### 4x400 Meter Relay Finals

|   |         |
|---|---------|
| 1 CHARLES CITY  | 3:57.70 |
| (Kristyn Ferris 60.2, Alexandra Walter 61.4<br>Kari Hutchinson 58.8, Jamie Hutchinson 57.4) |         |
| 2 FAIRFIELD   | 4:02.12 |
| (Amanda Kuiken 61.0, Katelyn Carr 60.3<br>Alycia Bowers 60.4, Jennifer Kuiken 60.4)         |         |



|   |         |
|---|---------|
| 3 HARLAN<br>(Lindsay Hough 60.8, Megan Kloewer 61.3<br>Brittany Moore 61.0, Leah Koesters 61.3)         | 4:04.42 |
| 4 ATLANTIC<br>(Lauren Osborne 59.3, Tracy Shriver 63.5<br>Sarah Wernimont 62.5, Whitney Jacobs 60.2)    | 4:04.57 |
| 5 DAVENPORT ASSUMPTION<br>(Kaitlin Schneden, Marci Furlong<br>Sarah Walsh, Chelsea Kaczmarek 59.1)      | 4:07.37 |
| 6 UNITY CHRISTIAN<br>(Melissa Eekhoff, 61.6 Jen Kempers<br>Joy Horstman, Gretchen Noteboom)             | 4:08.05 |
| 7 SOLON<br>(Kelsey Kidwell, Kaitlyn Wilkinson<br>Dana Manternach, Natalie Miller)                       | 4:08.21 |
| 8 MAQUOKETA VALLEY<br>(Lynn Nefzger 61.8, Kelli Dabroski 64.0<br>Erin Williams 63.6, Angie Dircks 59.1) | 4:08.47 |

#### Heat 1

|  |           |
|--|-----------|
| 1 CHARLES CITY<br>(Kristyn Ferris 59.8, Alexandra Walter 61.2<br>Kari Hutchinson 59.8, Jamie Hutchinson 57.6)    | 3:58.38 Q |
| 2 FAIRFIELD<br>(Amanda Kuiken 59.8, Katelyn Carr 63.7<br>Alycia Bowers 59.9, Jennifer Kuiken 59.9)               | 4:03.83 Q |
| 3 MAQUOKETA VALLEY<br>(Lynn Nefzger 61.2, Kelli Dabroski 63.4<br>Erin Williams 62.8, Angie Dircks 60.5)          | 4:08.28 Q |
| 4 SOLON<br>(Kelsey Kidwell 63.6, Kaitlyn Wilkinson 62.2<br>Dana Manternach 61.5, Natalie Miller 61.3)            | 4:08.58 Q |
| 5 CASCADE<br>(Jacque Coyle 63.3, Amanda Smith 61.9<br>Jeanette Fischer 64.3, Ali Hosch 60.8)                     | 4:10.25   |
| 6 CARROLL<br>(Karyn Forke 64.8, Joy Carroll 63.7<br>Shellie Mosman 61.0, Lindsey Onken 61.8)                     | 4:11.35   |
| 7 EMMETSBURG/GRAETTINGER<br>(Andrea Masters 64.0, Julie Stillman 62.4<br>Kate Fickbohm 64.1, Julie Ausborn 61.5) | 4:11.81   |
| 8 NORTH POLK<br>(Jen Newman, Steph Stall<br>Abigail Rhoades, Missy Reinhart)                                     | 4:23.19   |

#### Heat 2

|   |           |
|---|-----------|
| 1 ATLANTIC<br>(Whitney Jacobs 61.5, Tracy Shriver 61.5<br>Sarah Wernimont 61.6, Lauren Osborne 62.6)              | 4:07.26 Q |
| 2 DAVENPORT ASSUMPTION<br>(Kaitlin Schneden 61.9, Marci Furlong 61.1<br>Sarah Walsh 64.8, Chelsea Kaczmarek 60.9) | 4:09.18 Q |
| 3 SHELDON<br>(Kara Ascherl 61.2, Kim Riepma 62.0<br>Julie Ridenour 62.5, Kellye Davis 64.1)                       | 4:09.89   |
| 4 BELMOND-KLEMME<br>(Brenna Abel 62.9, Kali Kranz 65.8<br>Brittany Tanner 62.8, Leigh Christensen 61.5)           | 4:13.06   |
| 5 CHEROKEE<br>(Kayla Henke 63.7, Abby Joines 64.6<br>Autumn Bartel 64.0, Courtney Cuthrell 61.2)                  | 4:13.44   |
| 6 GLENWOOD<br>(Kristina Jens 62.5, Sarah Jens 65.1<br>Amber Sondag 64.6, Cortney Sondag 61.5)                     | 4:13.77   |
| 7 ALGONA<br>(Emily Knudsen 65.5, Heather Mills 65.0<br>Alicia Zadow 62.3, Julie Meyer 61.5)                       | 4:14.27   |

|   |           |
|---|-----------|
| 8 WESTERN CHRISTIAN<br>(Brittany Van Beek, Christa Anema<br>Haylee Bakker, Samantha Sheffield)                    | 4:18.28   |
| <b>Heat 3</b>   |           |
| 1 HARLAN<br>(Lindsay Hough 61.6, Megan Kloewer 62.9<br>Brittany Moore 59.6, Leah Koesters 62.6)                   | 4:06.71 Q |
| 2 UNITY CHRISTIAN<br>(Melissa Eekhoff 61.2, Jen Kempers 62.0<br>Joy Horstman 61.4, Gretchen Noteboom 63.3)        | 4:07.85 Q |
| 3 BENTON<br>(Abby Luther 60.4, Lacey Ritscher 63.7<br>Jenny Bridgewater, 63.3 Joanna Oehlerich 61.8)              | 4:09.21   |
| 4 CENTER POINT-URBANA<br>(Suzanne Rich 61.7, Melissa Werner 64.9<br>Aimee Staskal-Brecht 61.1, Jenny Buelow 61.7) | 4:09.48   |
| 5 SIBLEY-OCHEYEDAN<br>(Jessica Horak 61.7, Cassie Fick 65.0<br>Lisa Thiesse 62.6, Angela Mataloni 61.0)           | 4:10.29   |
| 6 WAT COLUMBUS-DON BOSCO<br>(Andrea Nie, Maggie Luce<br>Jamie Frederick, Melissa Schmitz)                         | 4:12.79   |
| 7 WAUKON<br>(Emily Garrett 62.9, Ruth Rolling 63.8<br>Amanda Rolling 63.6, Vanessa Herman 63.0)                   | 4:13.36   |
| 8 WILLIAMSBURG<br>(Amanda Stecker 63.7, Kelsey Witte 64.9<br>Alyssa Capper 64.0, Kelly Marine 64.1)               | 4:16.69   |

#### 4x800 Meter Relay Finals

|   |          |
|---|----------|
| 1 WILLIAMSBURG<br>(Abby Jones 2:23.3, Kelly Marine 2:26.3<br>Kelsey Witte 2:24.3, Terran Wertz 2:17.8)                  | 9:31.73  |
| 2 UNITY CHRISTIAN<br>(Jen Kempers 2:21.7, Melissa Eekhoff 2:24.9<br>Joy Horstman 2:26.9, Gretchen Noteboom 2:18.4)      | 9:32.05  |
| 3 FAIRFIELD<br>(Jennifer Kuiken 2:21.4, Laura Bogaards 2:29.7<br>Katelyn Carr 2:25.2, Amanda Kuiken 2:20.9)             | 9:37.32  |
| 4 MAQUOKETA VALLEY<br>(Angie Dircks 2:22.6, Kelli Dabroski<br>Erin Williams, Amanda Harris 2:22.8)                      | 9:45.64  |
| 5 EMMETSBURG/GRAETTINGER<br>(Briann Reedy 2:24.2, Julie Stillman 2:29.7<br>Emily Van Oosbree 2:29.5, Abby Joynt) 2:22.6 | 9:46.04  |
| 6 HARLAN<br>(Ashley Goeser, Lynsy Larsen<br>Marissa Dargy, Leah Koesters)   | 9:47.94  |
| 7 BENTON<br>(Abby Luther, Tiffany Hansen<br>Lacey Ritscher, Chloe Millward)   | 9:52.88  |
| 8 SPIRIT LAKE PARK<br>(Caedryn Schrunk, Katie Northey<br>Amy Nellis, Diane Meyer)                                       | 9:53.37  |
| 9 MARION<br>(Tess Putnam 2:27.2, Sarah Weston<br>Val Crutchley, Madison Bliss 2:24.7)                                   | 9:56.31  |
| 10 FOREST CITY<br>(Katie Boman, Heather Hanson<br>Aislinie Schultz, Marisa Jensen)                                      | 10:00.54 |
| 11 SIOUX CENTER<br>(Teri Byl, Jenilee Roddy<br>Tayna Jansen 2:28.6, Anna Kraayenbrink 2:26.2)                           | 10:01.69 |

|    |   |          |
|----|---|----------|
| 12 | WUKON<br>(Sam Reiser 2:34.6, Ashley Waters 2:29.6<br>Christa Hammel, Sarah Hammel)                            | 10:03.50 |
| 13 | GLENWOOD<br>(Kristina Jens, Cortney Sondag<br>Whitney Lincoln, Amber Sondag)                                  | 10:06.30 |
| 14 | ATLANTIC<br>(Brigham Hoegh, Bethany Rogers<br>Darci Culver, Beth Markham)                                     | 10:06.48 |
| 15 | MFL-MAR-MAC<br>(Jessica Fohey, Nicole Wirkler<br>Ashley Fahey, Lynnette Wagner)                               | 10:07.98 |
| 16 | CLEAR CREEK-AMANA<br>(Angela Mahoney 2:33.1, Carissa Bryson 2:26.8<br>Kelly Wood 2:30.1, Christy Loan 2:39.7) | 10:09.72 |
| 17 | UNION<br>(Jenna Meier, Jo Rausch<br>Heather White, Jill Wagaman)  | 10:10.26 |
| 18 | MONTICELLO<br>(Jennifer Larson, Emily Zumbach<br>Lindsay Larson, Jessie Dirks)                                | 10:10.73 |
| 19 | ALGONA<br>(Shannon Laubenthal 2:33.3, Erin Grandgenett 2:37.7<br>Heather Mills 2:32.5, Julie Meyer 2:28.4)    | 10:11.96 |
| 20 | BALLARD<br>(Megan McCasland 2:29.5, Kelsey Smith 2:33.2<br>Tera Petersen 2:39.4, Lynn Osterhout 2:30.4)       | 10:12.51 |
| 21 | MOC-FLOYD VALLEY<br>(Brooke Achterhoff 2:33.2, Kendra Van't Hof<br>Kristin Thompson, Carrie Johnston 2:32.1)  | 10:14.22 |
| 22 | HUMBOLDT<br>(Anne Stockdale, Angela Haverly<br>Lauren Zeman, Lea Stover)                                      | 10:23.36 |
| 23 | JEFFERSON-SCRANTON<br>(Morgan Hendricks, Mary Swanson<br>Laura Tronchetti, Kim Cunningham)                    | 10:25.65 |
| 24 | WINTERSET<br>(Megan Stroud, Amanda McBroom<br>Thea Koch, Maria Weiler )                                       | 10:55.25 |

### Sprint Medley Relay Finals

|   |  |         |
|---|--|---------|
| 1 | ATLANTIC<br>(Angie Jenkins, Jaime Hoegh<br>Lauren Osborne, Cortney Jacobs 56.3)              | 1:48.71 |
| 2 | CHARLES CITY<br>(Alexandra Walter, Kari Hutchinson<br>Kristyn Ferris, Jamie Hutchinson 57.1) | 1:49.96 |
| 3 | MONTICELLO<br>(Emily Decker, Jen Tuetken<br>Liz Lange, Amy Bagge 57.6)                       | 1:51.00 |
| 4 | NEW HAMPTON<br>(Gabe Thorndson, Sammy Stone<br>Megan Vorwald, Channing Weigel) 57.8          | 1:51.33 |
| 5 | WAT COLUMBUS-DON BOSCO<br>(Whitney Harris, Anna Schmitz<br>Melissa Schmitz, Jamie Frederick) | 1:51.76 |
| 6 | PCM<br>(Jenny Oldham, Ashley Schnug<br>Ashley Van Wyk, Bridget Burns 58.9)                   | 1:52.57 |
| 7 | CLEAR CREEK-AMANA<br>(Lydia McKenzie, Sami Buck<br>Taylor Leichsenring, Jenna Spratt)        | 1:52.96 |
| 8 | MOUNT VERNON/LISBON<br>(Jenna Kohl, Stephanie Burbridge<br>Melinda Melichar, Deanna Nelson)  | 1:55.91 |

### Heat 1

|     |  |                           |
|-----|--|---------------------------|
| 1   | ATLANTIC<br>(Angie Jenkins, Cydney Hoegh<br>Jaime Hoegh, Cortney Jacobs 56.9)                    | 1:51.28 Q                 |
| 2   | CLEAR CREEK-AMANA<br>(Lydia McKenzie, Sami Buck<br>Taylor Leichsenring, Jenna Spratt 58.9)       | 1:52.92 Q                 |
| 3   | MOUNT VERNON/LISBON<br>(Jenna Kohl, Stephanie Burbridge<br>Melinda Melichar, Deanna Nelson 59.9) | 1:53.29 Q                 |
| 4   | ROLAND-STORY<br>(Ashley Gibson, Elara Hopkins<br>Crystal Hanson, Natalie Miller 60.3)            | 1:53.35                   |
| 5   | CLARINDA<br>(Bethany Anderson, Kristin Williams<br>Michan Long, Jessica Dirksen 59.2)            | 1:53.98                   |
| 6   | NODAWAY VALLEY<br>(Krista Mostaert, Ali Hanson<br>Courtney Varley, Gentry Rice 60.0)             | 1:54.30                   |
| 7   | ALGONA<br>(Megan Person, Abby Marlow<br>Emily Knudsen, Alicia Zadow)                             | 1:55.15                   |
| 999 | WUKON<br>(Jessie Ryan, Brittany Hogendorn<br>Emily Garrett, Jordan Snitker)                      | DQ--#4 cut early--1:58.09 |

### Heat 2

|   |   |           |
|---|---|-----------|
| 1 | MONTICELLO<br>(Emily Decker, Jen Tuetken<br>Liz Lange, Amy Bagge 57.3)                  | 1:50.71 Q |
| 2 | NEW HAMPTON<br>(Gabe Thorndson, Sammy Stone<br>Megan Vorwald, Channing Weigel 58.7)     | 1:51.27 Q |
| 3 | CHEROKEE<br>(Kasey Seel, Autumn Bartel<br>Abby Joines, Courtney Cuthrell 59.3)          | 1:53.46   |
| 4 | SIBLEY-OCHEYEDAN<br>(Katie Wehmeyer, Jessica Horak<br>Jen Rachuy, Angela Mataloni 58.7) | 1:53.46   |
| 5 | WEST LIBERTY<br>(Michelle Pelzer, Jennifer Davis<br>Andrea Hull, Sam Black)             | 1:54.13   |
| 6 | MAQUOKETA VALLEY<br>(Amy Conrad, Jackie Hunt<br>Allison Ford, Lynn Nefzger 60.2)        | 1:54.33   |
| 7 | SPIRIT LAKE PARK<br>(Missy Kollasch, Brittany Chambers<br>Brittany Hix, Amber Lawler)   | 1:55.20   |
| 8 | NEVADA<br>(Alison Gerlach, Haley Huhn<br>Annalissa Vincent, Mariel McWilliams)          | 1:56.35   |

### Heat 3

|   |   |           |
|---|---|-----------|
| 1 | CHARLES CITY<br>(Alexandra Walter, Kari Hutchinson<br>Kristyn Ferris, Jamie Hutchinson 58.0)      | 1:50.69 Q |
| 2 | PCM<br>(Jenny Oldham, Ashley Van Wyk<br>Ashley Schnug, Bridget Burns 57.9)                        | 1:51.28 Q |
| 3 | WAT COLUMBUS-DON BOSCO<br>(Whitney Harris, Anna Schmitz<br>Melissa Schmitz, Jamie Frederick 59.8) | 1:52.35 Q |
| 4 | HAMPTON-DUMONT<br>(Tabitha Smith, Erica Marquard<br>Jamie Wieck, Katherine Kuehner 61.2)          | 1:54.59   |

|  |         |
|--|---------|
| 5 CRESTON  | 1:54.74 |
| (Jacque Jay, Maddie Moffitt<br>Stormy Weis, Ashley Hartsook 62.7)        |         |
| 6 EDDYVILLE-BLAKESBURG   | 1:55.49 |
| (Kelsy Allen, Kylie Allen<br>Amber Morrison, Callie Adreon)              |         |
| 7 SOLON  | 1:56.53 |
| (Dana Manternach, Janette Kelsey<br>Kelsey Kidwell, Natalie Miller 62.4) |         |
| 8 VAN BUREN  | 1:56.61 |
| (Courtney Warner, Brittani Smith<br>Abbye Metcalf, Jenna Myers)          |         |

### Distance Medley Relay Finals

|   |         |
|---|---------|
| 1 MONTICELLO  | 4:11.08 |
| (Liz Lange, Jen Tuetken<br>Jessie Dirks 61.4, Amy Bagge 2:14.6)                   |         |
| 2 UNITY CHRISTIAN   | 4:12.36 |
| (Emily DeWeerd, Joy Horstman<br>Melissa Eekhoff, Gretchen Noteboom 2:18.0)        |         |
| 3 WILLIAMSBURG  | 4:12.65 |
| (Diana Meyer, Michaela Malloy<br>Kelly Marine 62.1, Terran Wertz 2:18.1)          |         |
| 4 NODAWAY VALLEY  | 4:14.11 |
| (Courtney Varley, Krista Mostaert<br>Gentri Rice 59.8, Megan Winkelmann 2:19.4)   |         |
| 5 FAIRFIELD   | 4:15.18 |
| (Rachel Rebling, Callie Snead<br>Amanda Kuiken 61.0, Jennifer Kuiken 2:19.8)      |         |
| 6 MAQUOKETA VALLEY  | 4:17.75 |
| (Amy Conrad, Lynn Nefzger<br>Angie Dircks, 59.7 Amanda Harris 2:23.2)             |         |
| 7 SHELDON   | 4:17.83 |
| (Kellye Davis, Jodi Trei<br>Kim Riepma 60.5, Kara Ascherl 2:21.0)                 |         |
| 8 FOREST CITY   | 4:17.89 |
| (Haleigh Overson, Chelsy Dahms<br>Heather DeWeerd 60.5, Mairead Kelly 2:22.0)     |         |
| 9 RED OAK   | 4:18.23 |
| (Heidi Fehring, Sydney Lamb<br>Brandi Redel 60.6, Abby Huston 2:21.1)             |         |
| 10 HAMPTON-DUMONT   | 4:18.26 |
| (Erica Marquard, Jamie Wieck<br>Katherine Kuehner 61.6, Amanda Huling 2:21.2)     |         |
| 11 CLEAR CREEK-AMANA  | 4:18.90 |
| (Savanna Walls, Taylor Leichsenring<br>Jenna Spratt 60.1, Marcy Rahn 2:24.8)      |         |
| 12 BENTON   | 4:19.54 |
| (M'Leigh Rempfer, Joanna Oehlerich<br>Jenny Bridgewater 63.5, Abby Luther 2:21.8) |         |
| 13 CLARINDA   | 4:19.66 |
| (Kristin Williams, Michan Long<br>Jessica Dirksen 59.0, Garra Williams 2:25.7)    |         |
| 14 OSAGE  | 4:19.89 |
| (Ashley Pollard, Erin Sponheim<br>Renaeh Johanns 61.8, Kristen Maakestad 2:21.7)  |         |
| 15 NEVADA   | 4:20.07 |
| (Alison Gerlach, Katie Jennings<br>Mariel McWilliams 60.9, Bret Mortvedt 2:24.0)  |         |
| 16 GLENWOOD   | 4:20.70 |
| (Sarah Jens, Jenny Dashner<br>Cortney Sondag 61.9, Kristina Jens 2:23.1)          |         |
| 17 ADM  | 4:21.96 |
| (Alicia Whisner, Emily Madden<br>Mallory Milburn 66.4, Whitney Johnson 2:20-.4)   |         |

|   |         |
|---|---------|
| 18 INDEPENDENCE   | 4:22.35 |
| (Kristi Peterson, Paige Ficken<br>Carrie Gienau 61.9, Bonnie McKernan 2:24.2) |         |
| 19 BELMOND-KLEMME   | 4:22.89 |
| (Kali Kranz, Brenna Abel<br>Brittany Tanner 64.3, Leigh Christensen 2:26.3)   |         |
| 20 PERRY  | 4:24.23 |
| (Kelli Scheib, Danielle Murphy<br>Cherie Menz 63.8, Leanne Townsend 2:25.5)   |         |
| 21 JEFFERSON-SCRANTON   | 4:25.07 |
| (Ashley Nation, Jenna Graven<br>Anne Heun, Omega Wise 2:23.3)                 |         |
| 22 NORTH POLK   | 4:28.43 |
| (Jen Newman, Abigail Rhoades<br>Missy Reinhart 63.3, Steph Stall 2:28/4)      |         |
| 23 WEBSTER CITY   | 4:30.04 |
| (Emily Sewick, Joa Hayes<br>Kendra Neese 60.8, Janelle Cross 2:33.4)          |         |
| 24 MARION   | 4:38.55 |
| (Sarah Young, Neanna Conklin<br>Ashley Hanna 64.6, Tori Kloubec 2:38.9)       |         |

### Shuttle Hurdle Relay Finals

|   |           |
|---|-----------|
| 1 BONDURANT-FARRAR  | 1:03.59   |
| (Ashley Schiermeister, Kimber Kunze<br>Lauren Bucklin, Kelsey Powell) |           |
| 2 OKOBOJI   | 1:03.61   |
| (Alysa Klein, Tiffany Fisk<br>Tricia Kremmin, Staci VanderBerg)       |           |
| 3 GRINNELL  | 1:04.75   |
| (Kelley Briggs, Whitney Hennes<br>Rachel Mintle, Danielle Brooks)     |           |
| 4 CHARLES CITY  | 1:05.43   |
| (Molly Kelly, Meghan Carr<br>Joy Buehler, Sheena Sullivan)            |           |
| 5 OSAGE   | 1:06.02   |
| (Jade Ruehlow, Rachel Hall<br>Molly Bengel, Joclyn Ketelsen)          |           |
| 6 ROLAND-STORY  | 1:06.35   |
| (Ashley Gibson, Elara Hopkins<br>Kara Munson, Crystal Hanson)         |           |
| 7 NORTH FAYETTE   | 1:07.46   |
| (Kelly Langreck, Tiffany Anderson<br>Stefanie Nesvik, Megan Mitts)    |           |
| 8 CARROLL   | 1:07.68   |
| (Lindsey Onken, Karyn Forke<br>Bailey Dillehay, Rachel Brinks)        |           |
| <b>Heat 1</b>   |           |
| 1 ROLAND-STORY  | 1:05.90 Q |
| (Ashley Gibson, Elara Hopkins<br>Kara Munson, Crystal Hanson)         |           |
| 2 NEW HAMPTON   | 1:07.54   |
| (Katy Kuehn, Kelly Anderson<br>Kim Humpal, Ashley Boeding)            |           |
| 3 UNION   | 1:08.30   |
| (Gina Nechanicky, Ashley Charmichael<br>Rachele Monroe, Lacey Albert) |           |
| 4 HUMBOLDT  | 1:09.53   |
| (Amber Bacon, Lexi Maurer<br>Jami Olson, Katie Almond)                |           |
| <b>Heat 2</b>   |           |
| 1 CARROLL   | 1:05.37 Q |
| (Lindsey Onken, Karyn Forke<br>Bailey Dillehay, Rachel Brinks)        |           |

|               |   |                            |
|---------------|---|----------------------------|
| 2             | NODAWAY VALLEY<br>(Courtney Varley, Lynn Frank<br>Andrea Westphal, Laura McCann)                | 1:07.79                    |
| 3             | INDEPENDENCE<br>(Heidi Moore, Mikki Robinson<br>Katie Reiff, Molly McKernan)                    | 1:08.90                    |
| 4             | IOWA FALLS<br>(Liz McDonald, Ashley Stockdale<br>Caitlyn Taylor, Taran Kloetzer)                | 1:09.95                    |
| <b>Heat 3</b> |   |                            |
| 1             | CHARLES CITY<br>(Molly Kelly, Meghan Carr<br>Joy Buehler, Sheena Sullivan)                      | 1:05.39 Q                  |
| 2             | MARION<br>(Bailey Schindler, Amanda Van Meighem<br>Neanna Conklin, Sara Reynolds)               | 1:08.57                    |
| 3             | ALGONA<br>(Nikki White, Steph Gaedke<br>Abby Marlow, Abby Baldus)                               | 1:08.68                    |
| 4             | JEFFERSON-SCRANTON<br>(Staci Hauptert, Trista Powers<br>Bridget Pope, Krystal Berger)           | 1:11.12                    |
| <b>Heat 4</b> |   |                            |
| 1             | BONDURANT-FARRAR<br>(Ashley Schiermeister, Kimber Kunze<br>Lauren Bucklin, Kelsey Powell)       | 1:04.24 Q                  |
| 2             | ATLANTIC<br>(Samantha Montanye, Sarah Wernimont<br>Cassie Beach, Angie Jenkins)                 | 1:08.19                    |
| 3             | LONE TREE/HIGHLAND<br>(Lisa Roberts, Jenna Foster<br>Melissa Loan, Jessica Smith)               | 1:08.45                    |
| 999           | SIBLEY-OCHEYEDAN<br>(Katie Ernst, Jessica Hiemstra<br>Lisa Thiesse, Jen Rachuy)                 | DQ-#3 early start--1:08.85 |
| <b>Heat 5</b> |   |                            |
| 1             | OKOBOJI<br>(Alysa Klein, Tiffany Fisk<br>Tricia Kremmin, Staci VanderBerg)                      | 1:04.40 Q                  |
| 2             | OSAGE<br>(Jade Ruehlow, Rachel Hall<br>Molly Bengel, Joclyn Ketelsen)                           | 1:06.38 Q                  |
| 3             | NORTH FAYETTE<br>(Kelly Langreck, Tiffany Anderson<br>Stefanie Nesvik, Megan Mitts)             | 1:06.73 Q                  |
| 4             | UNITY CHRISTIAN<br>(Joy Horstman, Lorilyn Vogel<br>Kristen Draayer, Emily DeWeerd)              | 1:07.55                    |
| <b>Heat 6</b> |   |                            |
| 1             | GRINNELL<br>(Kelley Briggs, Whitney Hennes<br>Rachel Mintle, Danielle Brooks)                   | 1:06.62 Q                  |
| 2             | MOUNT VERNON/LISBON<br>(Renee Jennings, Jenna Kohl<br>Mandy Bedell, Jenna Nicol)                | 1:06.97                    |
| 3             | MAQUOKETA VALLEY<br>(Jackie Hunt, Brianna Boies<br>Cassie Bawek, Allison Ford)                  | 1:08.77                    |
| 4             | BOYDEN-HULL/ROCK VALLEY<br>(Jessica Stienstra, Megan Mulder<br>Krista Sheldahl, Emily Gaalswyk) | 1:09.53                    |

# 2003 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

## MAY 23-24, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 3A FINAL RESULTS

**ATTENDANCE**—Friday 8,802; Saturday 9,387 (record—old mark 9,120 in 2002). Total 18,189

**WEATHER**—Friday—Cloudy and cool to start the day. 60 degrees SE winds 5-10 mph Turned sunny in afternoon with high temperature of 72 degrees.

Saturday—Partly cloudy 63 degrees in morning with SE winds up to 10 mph. A few very light showers early in afternoon session. High of 65 degrees finishing under mostly sunny skies. Winds from East at 5-9 mph.

### TEAM SCORING

|    |                                |    |
|----|--------------------------------|----|
| 1  | Iowa City High                 | 82 |
| 2  | West Des Moines Valley         | 42 |
| 3  | Mount Pleasant                 | 40 |
| 4  | Cedar Rapids Washington        | 42 |
| 5  | Iowa City West                 | 24 |
| 6  | Cedar Falls                    | 22 |
| 6  | Cedar Rapids Xavier            | 22 |
| 8  | Des Moines Roosevelt           | 19 |
| 9  | Ankeny                         | 17 |
| 9  | West Delaware                  | 17 |
| 11 | Cedar Rapids Kennedy           | 14 |
| 11 | Sioux City East                | 14 |
| 13 | Mason City                     | 13 |
| 14 | Cedar Rapids Jefferson         | 12 |
| 14 | Cedar Rapids Prairie           | 12 |
| 14 | Clinton                        | 12 |
| 17 | Burlington                     | 11 |
| 17 | Dubuque Wahlert                | 11 |
| 19 | Denison-Schleswig              | 10 |
| 20 | Marshalltown                   | 9  |
| 20 | Sioux City West                | 9  |
| 22 | Central DeWitt                 | 8  |
| 22 | Spencer                        | 8  |
| 24 | North Scott                    | 7  |
| 25 | Waukee                         | 5  |
| 26 | Council Bluffs Abraham Lincoln | 4  |
| 26 | Des Moines East                | 4  |
| 26 | Ottumwa                        | 4  |
| 26 | Sioux City Heelan              | 4  |
| 26 | Southeast Polk                 | 4  |
| 31 | Pleasant Valley                | 3  |
| 31 | Storm Lake                     | 3  |
| 33 | Dubuque Hempstead              | 2  |
| 33 | Sioux City North               | 2  |
| 35 | Ames                           | 1  |
| 35 | Davenport West                 | 1  |
| 35 | Fort Dodge                     | 1  |
| 35 | Urbandale                      | 1  |

### 100 Meter Dash Finals

|   |  |    |       |
|---|--|----|-------|
| 1 | LaNeisha Waller, Cedar Rapids Washington | JR | 12.05 |
| 2 | Miriam Chisala, Des Moines Roosevelt     | JR | 12.31 |

|   |                                      |    |       |
|---|--------------------------------------|----|-------|
| 3 | Tenika Smith, Cedar Rapids Jefferson | SR | 12.43 |
| 4 | Sonya Bonwell, Sioux City West       | SO | 12.61 |
| 5 | Megan White, Waukee                  | SR | 12.71 |
| 6 | Sara Lynch, Fort Dodge               | SR | 12.76 |
| 7 | Shannon Burge, Bettendorf            | SO | 12.81 |
| 8 | Shatrece Burt, Cedar Falls           | JR | 12.84 |

#### Heat 1

|   |   |    |         |
|---|---|----|---------|
| 1 | Miriam Chisala, Des Moines Roosevelt        | JR | 12.31 Q |
| 2 | Shatrece Burt, Cedar Falls                  | JR | 12.67 Q |
| 3 | Shannon Burge, Bettendorf                   | SO | 12.68 Q |
| 4 | Megan Iverson, Sioux City Heelan            | JR | 12.88   |
| 5 | Tinny McGowan, Davenport West               | SO | 13.24   |
| 6 | Chelsea Drumheller, West Des Moines Dowling | SO | 13.35   |
| 7 | Andrea Hawthorne, Central DeWitt            | JR | 13.43   |
|   | Lacy Brunnette, West Des Moines Valley      | JR | DNS     |

#### Heat 2

|   |   |    |         |
|---|---|----|---------|
| 1 | Sonya Bonwell, Sioux City West          | SO | 12.42 Q |
| 2 | Sara Lynch, Fort Dodge                  | SR | 12.76 Q |
| 3 | Lindsey Digmann, Linn-Mar               | FR | 12.92   |
| 4 | Jazzla Newman, Burlington               | SO | 13.00   |
| 5 | Rachel Terry, Lewis Central             | FR | 13.11   |
| 6 | Lalara Lumpkin, Cedar Rapids Washington | FR | 13.21   |
| 7 | Betsy Reynolds, Sioux City East         | SR | 13.21   |
|   | Camille Jordan, Iowa City High          | JR | DNS     |

#### Heat 3

|   |  |    |         |
|---|--|----|---------|
| 1 | LaNeisha Waller, Cedar Rapids Washington | JR | 12.27 Q |
| 2 | Tenika Smith, Cedar Rapids Jefferson     | SR | 12.63 Q |
| 3 | Megan White, Waukee                      | SR | 12.80 Q |
| 4 | Emily Prinson, West Delaware             | FR | 12.94   |
| 5 | Erica Cook, Keokuk                       | FR | 13.22   |
| 6 | Muffy Sadler, Cedar Rapids Kennedy       | FR | 13.45   |
| 7 | Sheena Bass, Clinton                     | JR | 13.55   |
|   | Audra Robinson, West Des Moines Valley   | FR | DNS     |

### 3A 200 Meter Dash Finals

|   |                                       |    |       |
|---|---------------------------------------|----|-------|
| 1 | Miriam Chisala, Des Moines Roosevelt  | JR | 24.96 |
| 2 | Lynnette Wilson, Cedar Rapids Kennedy | SR | 25.30 |
| 3 | Liz Bradfield, Cedar Falls            | JR | 25.46 |
| 4 | Lindsay Wiebers, Denison-Schleswig    | SO | 25.87 |
| 5 | Chelsy Kemmet, Waukee                 | SO | 26.06 |
| 6 | Megan Iverson, Sioux City Heelan      | JR | 26.24 |
| 7 | Alison Burns, Marshalltown            | SR | 26.26 |

8 Kelsey Steffens, Central DeWitt SO 26.42

#### Heat 1

1 Lindsay Wiebers, Denison-Schleswig SO 25.83 Q  
2 Alison Burns, Marshalltown SR 26.36 Q  
3 Erin Barnes, Des Moines Roosevelt JR 26.4642  
4 Tara Fry, Cedar Rapids Jefferson JR 26.78  
5 Megan Curry, Southeast Polk SO 27.17  
6 Abby Zipperer, Cedar Rapids Xavier JR 27.29  
7 Meaghan Bruner, Des Moines East SO 27.70  
Camille Jordan, Iowa City High JR DNS

#### Heat 2

1 Miriam Chisala, Des Moines Roosevelt JR 25.24 Q  
2 Liz Bradfield, Cedar Falls JR 25.77 Q  
3 Megan Iverson, Sioux City Heelan JR 26.45 Q  
4 Kelsey Steffens, Central DeWitt SO 26.4615 Q  
5 Patrice Jones, Iowa City High SO 26.65  
6 Akeya Aimable, Waterloo West SO 26.86  
7 Tracy Marlow, Pella SO 26.90  
8 LaToya Johnson, Cedar Rapids Washington JR 27.98

#### Heat 3

1 Lynnette Wilson, Cedar Rapids Kennedy SR 25.71 Q  
2 Chelsy Kemmet, Waukee SO 26.35 Q  
3 Lindsey Digmann, Linn-Mar FR 26.82  
4 Brooke Whitcher, Waverly-Shell Rock SR 26.89  
5 Betsy Embree, Waukee FR 26.96  
6 Brooke Niles, Sioux City Heelan SR 27.57  
7 Candace Harrell, Sioux City North FR 27.73  
Lauren Carruthers, Pleasant Valley JR DNS

### 400 Meter Dash Finals

1 Lynnette Wilson, Cedar Rapids Kennedy SR :57.86  
2 Sarah Cunningham, West Des Moines Valley SO :58.36  
3 Liz Bradfield, Cedar Falls JR :58.58  
4 Lauren Carruthers, Pleasant Valley JR :58.65  
5 Alison Burns, Marshalltown SR :59.80  
6 Mary Bridget Corken, Dubuque Wahlert SO 1:00.23  
7 Carrie Jenaman, Dubuque Senior JR 1:00.82  
8 Ashley Letze, Des Moines East JR 1:01.57

#### Heat 1

1 Lauren Carruthers, Pleasant Valley JR :58.80 Q  
2 Sarah Cunningham, West Des Moines Valley SO :59.06 Q  
3 Carrie Jenaman, Dubuque Senior JR 1:00.46 Q  
4 Haley Miller, Keokuk SO 1:01.40  
5 Steph Mount, Iowa City West FR 1:01.75  
6 Laura Struve, Iowa City High SR 1:02.52  
7 Lindsey Beckwith, Ames JR 1:06.97  
Lindsey Windauer, Iowa City West SR DNS

#### Heat 2

1 Liz Bradfield, Cedar Falls JR :58.79 Q  
2 Cris Prins, Clinton SR 1:00.8490  
3 Rachele Tipton, Newton FR 1:00.92  
4 Akeya Aimable, Waterloo West SO 1:01.18  
5 Nicole Novy, Linn-Mar JR 1:02.56  
6 Mary Beth Kluesner, Ames FR 1:08.27  
Katie Krei, Iowa City High SO DNS  
Lindsey Boldt, Mount Pleasant FR DNS

#### Heat 3

1 Lynnette Wilson, Cedar Rapids Kennedy SR :58.78 Q  
2 Mary Bridget Corken, Dubuque Wahlert SO :59.61 Q  
3 Alison Burns, Marshalltown SR :59.73 Q  
4 Ashley Letze, Des Moines East JR 1:00.8484 Q  
5 Kelsey Dicken, Johnston FR 1:02.16  
6 Molly Lohry, Sioux City Heelan FR 1:03.97

7 Nicole Kouri, Des Moines East SO 1:04.10  
8 LaToya Johnson, Cedar Rapids Washington JR 1:04.95

### 800 Meter Run Finals

1 Lynn Dobyms, Iowa City West SR 2:15.84  
2 Erin Penticoff, Cedar Rapids Xavier SO 2:17.51  
3 Mary Bridget Corken, Dubuque Wahlert SO 2:18.02  
4 Allison Werner, Mount Pleasant SR 2:18.17  
5 Abby Wiese, North Scott SR 2:19.97  
6 Cassi Sokol, Urbandale FR 2:21.57  
7 Katie Stewart, Sioux City North JR 2:21.99  
8 Anne Grady, LeMars FR 2:22.57  
9 Gina Messamer, Oskaloosa JR 2:23.04  
10 Noelle Peterson, Mason City SR 2:23.58  
11 Alex Krog, Fort Dodge SO 2:24.19  
12 Maggie Leyendecker, Iowa City High SO 2:24.21  
13 Kristin Siepkes, Spencer SR 2:24.40  
14 Lindy Shaw, West Des Moines Valley FR 2:24.63  
15 Maggie Schnackel, Pleasant Valley JR 2:24.89  
16 Amy Garrett, Southeast Polk SR 2:26.75  
17 Janelle Platts, Mason City SR 2:27.02  
18 Kelsey Wettach, Decorah SO 2:27.93  
19 Molly Fisher, Ottumwa JR 2:29.43  
20 Jackie Brannen, Ames JR 2:32.50  
21 Lindsey Hosier, Dubuque Hempstead SO 2:32.64  
Meggan Reed, Iowa City High SR DNS  
Kate Greer, Marshalltown SR DNS  
Lauren Hill, West Des Moines Valley JR DNS

### 1500 Meter Run Finals

1 Nelle Trefz, Iowa City High JR 4:40.00  
2 Sara Fassbinder, Dubuque Wahlert JR 4:44.36  
3 Megan Glover, Cedar Rapids Xavier SR 4:44.60  
4 Shannon Oster, Cedar Rapids Washington SR 4:46.73  
5 Hannah Roeder, Des Moines Roosevelt FR 4:48.10  
6 Kate Greer, Marshalltown SR 4:48.23  
7 Robdu Adam, Iowa City West SR 4:48.65  
8 Traci Hawley, Ames SR 4:50.22  
9 Nina Hoppenjan, Dubuque Wahlert SR 4:50.91  
10 Jessica Brandhorst, Ankeny SR 4:54.22  
11 Julia Frudden, Iowa City West SO 4:55.29  
12 Melissa Jay, Ottumwa JR 4:56.24  
13 Lisa Koll, Fort Dodge SO 4:56.30  
14 Jenna Bieri, Davenport Central FR 4:56.45  
15 Katie Stewart, Sioux City North JR 4:56.52  
16 Jennie Funk, Iowa City High JR 4:57.15  
17 Sara Hayes, Waukee SR 4:57.51  
18 Mackenzie Madison, Ankeny JR 4:58.56  
19 Ellen Hart, Pleasant Valley SO 4:59.37  
20 Samantha Nygren, Cedar Falls SO 5:01.35  
21 Quinn Vermie, Southeast Polk SR 5:01.42  
22 Lyssa Steckelberg, Cedar Falls JR 5:02.82  
23 Robyn Werner, Mount Pleasant SR 5:04.09  
24 Lauren Erickson, Mount Pleasant SO 5:11.60

### 3000 Meter Run Finals

1 Nelle Trefz, Iowa City High JR 10:10.21  
2 Jennie Funk, Iowa City High JR 10:16.36  
3 Shannon Oster, Cedar Rapids Washington SR 10:21.97  
4 Hannah Roeder, Des Moines Roosevelt FR 10:24.59  
5 Robdu Adam, Iowa City West SR 10:24.77  
6 Traci Hawley, Ames SR 10:25.36

|    |   |    |          |
|----|---|----|----------|
| 7  | Kate Greer, Marshalltown                  | SR | 10:28.29 |
| 8  | Jenna Bieri, Davenport Central            | FR | 10:29.42 |
| 9  | Lisa Koll, Fort Dodge                     | SO | 10:32.90 |
| 10 | Sara Hayes, Waukee                        | SR | 10:34.62 |
| 11 | Mackenzie Madison, Ankeny                 | JR | 10:36.84 |
| 12 | Quinn Vermie, Southeast Polk              | SR | 10:43.12 |
| 13 | Beth Whalen, Bettendorf                   | JR | 10:48.85 |
| 14 | Whitney Mark, Indianola                   | FR | 11:03.64 |
| 15 | Jessica Pape, Sioux City Heelan           | JR | 11:07.86 |
| 16 | Janet Dobyms, Iowa City West              | SO | 11:08.52 |
| 17 | Whitney Mitvalsky, Cedar Rapids Jefferson | SR | 11:13.50 |
| 18 | Jessica Viner, North Scott                | JR | 11:14.24 |
| 19 | Kim Cessna, Cedar Falls                   | SO | 11:17.28 |
| 20 | Sarah Ahearn, Cedar Rapids Xavier         | FR | 11:29.01 |
| 21 | Heather Collum, Central DeWitt            | JR | 11:29.27 |
| 22 | Liz Schyver, Marshalltown                 | SO | 11:33.95 |
| 23 | Shayla Houlihan, Sioux City East          | SR | 11:45.52 |
|    | Brenda Funke, Cedar Rapids Kennedy        | SR | DNF      |

### 100 Meter Hurdles Finals

|   |                                     |    |       |
|---|-------------------------------------|----|-------|
| 1 | Kasey McDaniel, Spencer             | SR | 14.19 |
| 2 | Jenna Caffrey, Burlington           | FR | 14.31 |
| 3 | Sara Boisen, West Des Moines Valley | SR | 14.69 |
| 4 | Nicole Carroll, Mason City          | JR | 14.91 |
| 5 | Kelsey Steffens, Central DeWitt     | SO | 15.11 |
| 6 | Kara Yahn, Clinton                  | SR | 15.14 |
| 7 | Kayla Sauter, Mason City            | SR | 15.24 |
| 8 | Emily Triplett, Iowa City High      | JR | 15.36 |

#### Heat 1

|   |                                 |    |         |
|---|---------------------------------|----|---------|
| 1 | Kasey McDaniel, Spencer         | SR | 14.30 Q |
| 2 | Nicole Carroll, Mason City      | JR | 14.65 Q |
| 3 | Kelsey Steffens, Central DeWitt | SO | 14.96 Q |
| 4 | Megan Nielsen, Southeast Polk   | JR | 15.26   |
| 5 | Cali Lyons, Dubuque Hempstead   | JR | 15.37   |
| 6 | Stacy Holthaus, Urbandale       | JR | 15.74   |
| 7 | Melanie Anderson, Bettendorf    | SO | 15.77   |
| 8 | Amy Kopatich, Ottumwa           | JR | 15.80   |

#### Heat 2

|   |                                       |    |         |
|---|---------------------------------------|----|---------|
| 1 | Jenna Caffrey, Burlington             | FR | 14.24 Q |
| 2 | Sara Boisen, West Des Moines Valley   | SR | 14.76 Q |
| 3 | Emily Triplett, Iowa City High        | JR | 14.93 Q |
| 4 | Mackenzie Heston, Ankeny              | SR | 15.21   |
| 5 | Amanda Brodsack, Cedar Rapids Prairie | SO | 15.44   |
| 6 | Toccaro Ross, Davenport Central       | JR | 15.88   |
| 7 | Christina Swift, Iowa City West       | JR | 16.23   |
| 8 | Martha Meiners, Johnston              | JR | 16.37   |

#### Heat 3

|   |   |    |         |
|---|---|----|---------|
| 1 | Kara Yahn, Clinton                      | SR | 14.81 Q |
| 2 | Kayla Sauter, Mason City                | SR | 14.94 Q |
| 3 | Laura Tomes, Sioux City East            | SR | 15.09   |
| 4 | Maya Monitto-Webber, Iowa City High     | SR | 15.12   |
| 5 | Amy Klostermann, West Delaware          | SR | 15.52   |
| 6 | Leah Timmerman, Dubuque Hempstead       | JR | 15.80   |
| 7 | Chelsea Newmeister, North Scott         | SR | 16.32   |
|   | Ashley Havlicek, Cedar Rapids Jefferson | JR | DNF     |

### 400 Meter Hurdles Finals

|   |                                     |    |         |
|---|-------------------------------------|----|---------|
| 1 | Sara Boisen, West Des Moines Valley | SR | 1:03.71 |
| 2 | Deb Durey, West Delaware            | JR | 1:04.71 |
| 3 | Maura McDermott, Central DeWitt     | SO | 1:06.68 |
| 4 | Ashley Letze, Des Moines East       | JR | 1:07.19 |
| 5 | Kelly Sherry, Iowa City High        | SR | 1:07.49 |
| 6 | Paige Havens, Storm Lake            | SR | 1:07.83 |

|   |                                    |    |         |
|---|------------------------------------|----|---------|
| 7 | Laura Kirk, West Des Moines Valley | FR | 1:08.86 |
| 8 | Elise Watts, Bettendorf            | SO | 1:12.93 |

#### Heat 1

|   |  |    |           |
|---|--|----|-----------|
| 1 | Sara Boisen, West Des Moines Valley      | SR | 1:04.18 Q |
| 2 | Elise Watts, Bettendorf                  | SO | 1:06.23 Q |
| 3 | Kristen Reavis, West Des Moines Dowling  | JR | 1:08.12   |
| 4 | Michelle Treska, West Des Moines Dowling | JR | 1:08.35   |
| 5 | Kara Yahn, Clinton                       | SR | 1:08.94   |
| 6 | Megan Lawrence, Clinton                  | FR | 1:09.01   |
| 7 | Jessica Regan, CB Abraham Lincoln        | JR | 1:09.55   |
|   | Nicole Carroll, Mason City               | JR | DNF       |

#### Heat 2

|   |                                    |    |           |
|---|------------------------------------|----|-----------|
| 1 | Maura McDermott, Central DeWitt    | SO | 1:05.73 Q |
| 2 | Paige Havens, Storm Lake           | SR | 1:05.82 Q |
| 3 | Laura Kirk, West Des Moines Valley | FR | 1:07.59 Q |
| 4 | Caylin Cervetti, Cedar Falls       | JR | 1:08.42   |
| 5 | Ashley Wehle, Denison-Schleswig    | FR | 1:08.49   |
| 6 | Abby Erion, Decorah                | SR | 1:09.09   |
| 7 | Amber Appleton, West Delaware      | SO | 1:10.95   |
|   | Lindsey Boldt, Mount Pleasant      | FR | DNF       |

#### Heat 3

|   |                                 |    |           |
|---|---------------------------------|----|-----------|
| 1 | Deb Durey, West Delaware        | JR | 1:05.27 Q |
| 2 | Ashley Letze, Des Moines East   | JR | 1:06.59 Q |
| 3 | Kelly Sherry, Iowa City High    | SR | 1:07.28 Q |
| 4 | Jennifer Snowbarger, Oskaloosa  | SR | 1:08.03   |
| 5 | Bryna Copes, Ankeny             | JR | 1:09.13   |
| 6 | Laura Krumm, Iowa City High     | SO | 1:09.26   |
| 7 | Cherie Nichting, Mount Pleasant | JR | 1:09.76   |
| 8 | Amber Brueklender, Pella        | JR | 1:12.23   |

### High Jump Finals

|    |  |    |       |
|----|--|----|-------|
| 1  | Laura Tomes, Sioux City East               | SR | 5'06" |
| 2  | Rachel Sippy, Cedar Rapids Prairie         | SR | 5'05" |
| 3  | Jessica Statler, Cedar Rapids Prairie      | FR | 5'03" |
| 4  | Lindsey Scott, Mount Pleasant              | SO | 5'03" |
| 5  | Jenna Caffrey, Burlington                  | FR | 5'03" |
| 6  | Ashten Stelken, West Delaware              | SO | 5'03" |
| 7  | Alison Dirks, Iowa City West               | SO | 5'03" |
| 8  | Alyssa Fischer, Cedar Rapids Kennedy       | SO | 5'02" |
| 8  | Lindsey Boldt, Mount Pleasant              | FR | 5'02" |
| 10 | Caë Lamb, Iowa City West                   | SO | 5'02" |
| 11 | Lisa Miner, Cedar Falls                    | SR | 5'00" |
| 11 | Katie Kooienga, Urbandale                  | JR | 5'00" |
| 13 | Mollie Hermiston, North Scott              | JR | 5'00" |
| 13 | Amy Kopatich, Ottumwa                      | JR | 5'00" |
| 13 | Kayla Trenkamp, West Delaware              | SO | 5'00" |
| 16 | Angie Hensel, Clinton                      | SR | 5'00" |
| 16 | Amber Ruden, Dubuque Hempstead             | SR | 5'00" |
| 16 | Stephanie Petsche, Lewis Central           | FR | 5'00" |
|    | Emily Ita, Burlington                      | JR | nh    |
|    | Megan Freeman, CB Abraham Lincoln          | JR | nh    |
|    | Toccaro Ross, Davenport Central            | JR | nh    |
|    | Christina Gaard, Decorah                   | SR | nh    |
|    | Aubry Boles, Des Moines Roosevelt          | JR | nh    |
|    | Karine Grindberg, Fort Dodge               | SO | nh    |
|    | Sarah Reese, Johnston                      | FR | nh    |
|    | Amanda Wollman, LeMars                     | FR | nh    |
|    | Dania Liebergesell, West Des Moines Valley | FR | nh    |

#### SERIES

|         |       |       |       |       |       |       |       |
|---------|-------|-------|-------|-------|-------|-------|-------|
|         | 5'00" | 5'02" | 5'03" | 5'04" | 5'05" | 5'06" | 5'08" |
| Tomes   | X     | X     | OX    | X     | X     | X     | 000   |
| Sippy   | X     | X     | OOX   | X     | OX    | OOO   |       |
| Statler | X     | OX    | OX    | OOO   |       |       |       |
| Scott   | OX    | OX    | OX    | OOO   |       |       |       |

|           |     |      |     |     |
|-----------|-----|------|-----|-----|
| Caffrey   | X   | X    | OOX | OOO |
| Stelken   | X   | OX   | OOX | OOO |
| Dirks     | X   | OOX  | OOX | OOO |
| Fischer   | X   | OX   | OOO |     |
| Boldt     | X   | OX   | OOO |     |
| Lamb      | OOX | OOX  | OOO |     |
| Miner     | X   | OOO  |     |     |
| Kooienga  | X   | OOO  |     |     |
| Hermiston | OX  | OOO  |     |     |
| Kopatich  | OX  | OOO  |     |     |
| Trenkamp  | OX  | OOO  |     |     |
| Hense;    | OOX | OOO  |     |     |
| Ruden     | OOX | OOO  |     |     |
| Petsche   | OOX | OOOO |     |     |

### Long Jump Finals

|    |  |    |           |
|----|--|----|-----------|
| 1  | LaNeisha Waller, Cedar Rapids Washington | JR | 19'05.00" |
| 2  | Laura Tomes, Sioux City East             | SR | 18'00.75" |
| 3  | Lindsey Swanson, Denison-Schleswig       | FR | 17'11.75" |
| 4  | Angie Hensel, Clinton                    | SR | 17'11.50" |
| 5  | Amy Wulfekuhler, Storm Lake              | SR | 17'10.50" |
| 6  | Abby Lahr, West Delaware                 | JR | 17'06.75" |
| 7  | Deb Durey, West Delaware                 | JR | 17'04.50" |
| 8  | Nicole Carroll, Mason City               | JR | 17'02.75" |
| 9  | Danielle Hutchinson, Mount Pleasant      | SR | 17'02.50" |
| 10 | Liz Bradfield, Cedar Falls               | JR | 16'08.25" |
| 11 | Kelly Meade, Des Moines Hoover           | JR | 16'07.75" |
| 12 | Katie Paulson, Ottumwa                   | JR | 16'06.25" |
| 13 | Kristen Reavis, West Des Moines Dowling  | JR | 16'06.00" |
| 14 | Mallory Henderson, Mount Pleasant        | FR | 16'06.00" |
| 15 | Kasey McDaniel, Spencer                  | SR | 16'04.50" |
| 16 | Tracy Marlow, Pella                      | SR | 16'04.00" |
| 17 | Kara Yahn, Clinton                       | SR | 16'03.75" |
| 18 | Lacy Brunnette, West Des Moines Valley   | JR | 15'11.75" |
| 19 | April Mech, Davenport North              | SR | 15'11.00" |
| 20 | Elisha Turek, CB Abraham Lincoln         | SR | 15'11.00" |
| 21 | Jessica Kugler, Waterloo East            | SR | 15'03.50" |
| 22 | Erica Heiden, Urbandale                  | JR | 15'03.25" |
| 23 | Caroline Strait, Des Moines North        | SR | 15'00.50" |
| 24 | Krystle Blanks, Decorah                  | FR | 14'10.00" |

(RECORD—old mark, 19'03.50", Tashika Lewis, Des Moines North, 1993)  
(IOWA ALL-TIME BEST—old mark, 19'04", Tashika Lewis, Des Moines, North, 1994).

Wind on record jump -- 0.6 mps.

#### SERIES

|             |            |           |           |           |           |           |
|-------------|------------|-----------|-----------|-----------|-----------|-----------|
| Waller      | 18'09.50"  | 18'11.75" | 19'05"    | 18'00"    | 17'03"    | foul      |
| Tomes       | foul       | 17'11.50" | 18'00.25" | 16'06.50" | 18'00.75" | 17'07.75" |
| Swanson     | 17'01.50"  | 17'11.75" | 17'07.75" | 16'04.00" | 17'03.00" | 16'03.00" |
| Hensel      | 17'06.75"  | 17'06.50" | 17'11.50" | 17'10.00" | foul      | 17'06.75" |
| Wulfekuhler | 16'11.50"  | 17'05.75" | 17'10.50" | foul      | 17'07.50" | foul      |
| Lahr        | 17'06.75"  | 16'06.50" | 16'04.75" | 16'03.50" | 16'08.75" | 16'11.25" |
| Durey       | 16'11.25"  | 17'02.75" | 17'03"    | 17'00175" | foul      | 17'04.50" |
| Carroll     | 16'05"     | 17'00"    | 17'02.75" | 16'07.50" | 16'04.50" | 16'10.25" |
| Hutchinson  | 14'10.75"  | 17'02.50" | 16'02.75) |           |           |           |
| Bradfield   | 16'08.25"  | 16'01.50" | foul      |           |           |           |
| Meade       | 15'08.50"  | foul      | 16'07.75" |           |           |           |
| Paulson     | foul       | foul      | 16'06.25" |           |           |           |
| Reavis      | 16'06"     | 16'05.25" | foul      |           |           |           |
| Hendeson    | foul       | 16'06"    | 16'03.50" |           |           |           |
| McDaniel    | 16'00.25"  | foul      | 16'04.50" |           |           |           |
| Marlow      | foul       | 16'04"    | foul      |           |           |           |
| Yahn        | 15'10.50"  | 16'03.75" | 15'10"    |           |           |           |
| Brunnette   | 14'061.50: | 15'11.75" | 15'08.25" |           |           |           |
| Mech        | 15'11"     | 15'10.25" | 15'00.75" |           |           |           |
| Turek       | foul       | foul      | 15'11"    |           |           |           |
| Kugler      | 15'03.50"  | foul      | foul      |           |           |           |

|        |           |        |           |
|--------|-----------|--------|-----------|
| Heiden | foul      | foul   | 15'03.25" |
| Strait | 15'00.50" | foul   | 15'00"    |
| Blanks | 14'10"    | 14'01" | 13'11.75" |

### Shot Put Finals

|    |                                      |    |           |
|----|--------------------------------------|----|-----------|
| 1  | Sheena James, Clinton                | SR | 43'03.50" |
| 2  | Lee Holland, Sioux City West         | SR | 41'00.50" |
| 3  | Jessica Elliott, Iowa City High      | SR | 39'11.75" |
| 4  | Maria Linnenenbrink, North Scott     | SR | 39'10.50" |
| 5  | Ashley Simpson, Dubuque Hempstead    | JR | 39'06.00" |
| 6  | Micaela Mallett, Des Moines East     | SR | 38'07.00" |
| 7  | Megan Hinds, Sioux City Heelan       | SR | 37'07.50" |
| 8  | Holly Joens, Cedar Rapids Prairie    | SR | 37'04.75" |
| 9  | Amy Waggoner, Marshalltown           | JR | 36'10.00" |
| 10 | Rachel Boeke, Cedar Rapids Jefferson | SO | 36'09.00" |
| 11 | Angela Sheridan, Dubuque Wahlert     | SO | 36'04.50" |
| 12 | Johnna Gamble, Davenport West        | SR | 36'04.05" |
| 13 | Angel Anderson, Davenport Central    | SR | 36'04.00" |
| 14 | Julie Wittrock, Boone                | SR | 36'03.50" |
| 15 | Libby Williams, Ottumwa              | SR | 36'01.00" |
| 16 | Cassie Cheever, Sioux City Heelan    | JR | 35'08.50" |
| 17 | Brandi Mulder, Waverly-Shell Rock    | SO | 35'08.00" |
| 18 | Joselyn Siems, Cedar Falls           | SO | 35'07.50" |
| 19 | Corrie Wagner, Iowa City High        | SO | 35'07.00" |
| 20 | Kellie Price, CB Abraham Lincoln     | SR | 35'02.00" |
| 21 | Amy Kamies, Spencer                  | SR | 34'08.50" |
| 22 | Tanyana West, Des Moines Roosevelt   | JR | 34'06.00" |
| 23 | Anne Morgan, Spencer                 | JR | 34'05.00" |
| 24 | Megan Callahan, Dubuque Wahlert      | SO | 34'04.00" |

#### SERIES

|             |                 |           |           |           |           |           |
|-------------|-----------------|-----------|-----------|-----------|-----------|-----------|
| James       | foul            | 43'03.50" | foul      | foul      | 42'06"    | foul      |
| Holland     | foul            | 37'08.50" | 36'03"    | 38'07.50" | 39'08.75" | 41'00.50) |
| Elliott     | foul            | 36'01.50" | 39'11.50" | 38'10"    | 39'10.50" | 39'11.75" |
| Linnenbrink | 35'02"          | 37'09"    | 37'06"    | 38'10.25" | 39'10.50" | 37'00.25  |
| Simpson     | 38'03"          | foul      | 39'06"    | 38'05"    | 38'10.25" | 38'05.75" |
| Mallett     | 36'09"          | 37'01"    | 37'04.50" | 37'11"    | 38'07"    | 37'07.50" |
| Hinds       | 36'10.50"       | 37'07.50" | 36'01"    | 36'06.50" | 36'07"    | foul      |
| Joens       | 37'04"          | 36'05.50: | 36'07"    | 36'07.50" | 37'04.75" | 35'09.75" |
| Waggoner    | foul            | 34'03"    | 36'10"    |           |           |           |
| Boeke       | 36'01.50"       | 35'03.50" | 36'09"    |           |           |           |
| Sheridan    | 34'11"          | 36'04.50" | 35'03"    |           |           |           |
| Gamble      | 36'01"          | 36'01.50" | 36'04.50" |           |           |           |
| Anderson    | 32'07"          | 36'04"    | 33'11"    |           |           |           |
| Wittrock    | 36'03.50"       | 35'11"    | 35'11"    |           |           |           |
| Williams    | 34'04"          | 36'01"    | 35'05"    |           |           |           |
| Cheever     | 31'07.50"       | 35'05.50" | 35'08.50" |           |           |           |
| Mulder      | 33'02.50"       | 35'08"    | 34'06"    |           |           |           |
| Siems       | 34'04"35'07.50" |           | 33'09.50" |           |           |           |
| Wagner      | 35'07"          | 34'10"    | 34'11.50" |           |           |           |
| Price       | 35'02"          | foul      | 35'02"    |           |           |           |
| Kamies      | 34'03"          | 34'08.50" | 34'02.50" |           |           |           |
| West        | foul            | 34'06     | 32'04.50" |           |           |           |
| Morgan      | 34'05"          | 33'09.50" | 33'00.50" |           |           |           |
| Callahan    | 33'02"          | 34'04"    | 32'01.50" |           |           |           |

### Discus Finals

|    |                                      |    |         |
|----|--------------------------------------|----|---------|
| 1  | Wendy Milam, Cedar Rapids Washington | SR | 132'05" |
| 2  | Amy Waggoner, Marshalltown           | JR | 131'07" |
| 3  | Kellie Price, CB Abraham Lincoln     | SR | 126'02" |
| 4  | Megan Hinds, Sioux City Heelan       | SR | 123'07" |
| 5  | Holly Joens, Cedar Rapids Prairie    | SR | 122'03" |
| 6  | Johnna Gamble, Davenport West        | SR | 121'02" |
| 7  | Sheena James, Clinton                | SR | 119'00" |
| 8  | Jessica Bates, Indianola             | JR | 116'11" |
| 9  | Michaela Mallett, Des Moines East    | SR | 112'04" |
| 10 | Becky Wittrock, Boone                | SO | 112'00" |



|    |  |    |         |
|----|--|----|---------|
| 11 | Jessica Elliott, Iowa City High        | SR | 111'10" |
| 12 | Missy Fessler, Dubuque Hempstead       | SR | 111'04" |
| 13 | Jess Jewell, Decorah                   | JR | 110'07" |
| 14 | Joslyn Siems, Cedar Falls              | SO | 109'00" |
| 15 | Rachel Boeke, Cedar Rapids Jefferson   | SO | 107'06" |
| 16 | Stef Winslow, Pleasant Valley          | SO | 104'09" |
| 17 | Katie Stilwell, West Des Moines Valley | JR | 102'05" |
| 18 | Anne Morgan, Spencer                   | JR | 102'03" |
| 19 | Elena Leon, West Des Moines Valley     | FR | 100'07" |
| 20 | Kathleen Armbruster, Sioux City Heelan | SR | 99'10"  |
| 21 | Cat Nelson, Sioux City North           | FR | 99'00"  |
| 22 | Monica Diercks, Waverly-Shell Rock     | JR | 98'00"  |
|    | Marissa Banks, Ames                    | FR | fouls   |
|    | Rikki Southard, Lewis Central          | SO | fouls   |

|                  |         |         |         |         |         |         |  |
|------------------|---------|---------|---------|---------|---------|---------|--|
| <i>Series</i>    |         |         |         |         |         |         |  |
| <i>Milam</i>     | 132'03" | 132'05" | foul    | foul    | foul    | foul    |  |
| <i>Waggoner</i>  | 117'00" | 119'04" | 131'07" | 124'04" | foul    | foul    |  |
| <i>Price</i>     | 114'02" | 123'06" | foul    | 123'08" | foul    | 126'02" |  |
| <i>Hinds</i>     | 119'04" | 111'03" | 121'08" | 110'11" | 119'06" | 123'07" |  |
| <i>Joens</i>     | 99'09"  | 122'03" | 114'08" | 114'10" | 114'02" | foul    |  |
| <i>Gamble</i>    | 120'01" | 114'11" | 119'05" | 101'02" | 121'02" | 111'02" |  |
| <i>James</i>     | 116'04" | 115'11" | 119'00" | foul    | 103'00" | 115'02" |  |
| <i>Bates</i>     | 116'11" | 116'03" | 114'05" | 104'07" | 116'07" | 113'03" |  |
| <i>Mallett</i>   | 109'11" | 112'04" | 103'06" |         |         |         |  |
| <i>Wittrock</i>  | 112'00" | 105'10" | 104'08" |         |         |         |  |
| <i>Elliott</i>   | 96'00"  | 111'10" | foul    |         |         |         |  |
| <i>Fessler</i>   | 109'00" | 111'04" | 109'11" |         |         |         |  |
| <i>Jewell</i>    | 108'00" | 93'06"  | 110'07" |         |         |         |  |
| <i>Siems</i>     | 98'00"  | 106'05" | 109'08" |         |         |         |  |
| <i>Boeke</i>     | foul    | 104'11" | 107'06" |         |         |         |  |
| <i>Winslow</i>   | 101'10" | 104'09" | 95'05"  |         |         |         |  |
| <i>Stilwell</i>  | 97'06"  | foul    | 102'05" |         |         |         |  |
| <i>Morgan</i>    | 99'09"  | 102'03" | 96'09"  |         |         |         |  |
| <i>Leon</i>      | 100'07" | 97'02"  | 93'03"  |         |         |         |  |
| <i>Armbuster</i> | 99'03"  | 99'10"  | 99'00"  |         |         |         |  |
| <i>Nelson</i>    | 95'07"  | 99'00"  | 92'00"  |         |         |         |  |
| <i>Dierks</i>    | 95'00"  | 97'07"  | 98'00"  |         |         |         |  |

**4x100 Meter Relay Finals**

|   |   |       |
|---|---|-------|
| 1 | CEDAR FALLS   | 49.34 |
|   | (Liz Bradfield, Mattie Thompson<br>Danielle Barkema, Shatrece Burt)   |       |
| 2 | CEDAR RAPIDS JEFFERSON  | 49.42 |
|   | (Ashley Havlicek, Tara Fry<br>Katie Cooper, Tenika Smith)             |       |
| 3 | MOUNT PLEASANT  | 49.44 |
|   | (Danielle Hutchinson, Lindsey Scott<br>Mallory Henderson, Haley Sinn) |       |
| 4 | ANKENY  | 49.62 |
|   | (Amanda Johnston, Christine Andresen<br>Jenna Lago, Lauren Cummings)  |       |
| 5 | WEST DES MOINES VALLEY  | 50.00 |
|   | (Aubrie Fontanini, Audra Robinson<br>Kelly Anderson, Lacy Brunnette)  |       |
| 6 | WEST DELAWARE   | 50.50 |
|   | (Megan Klein, Emily Prinson<br>Misty Ross, Abby Lahr)                 |       |
| 7 | BETTENDORF  | 51.01 |
|   | (Elise Watts, Alex Hemberger<br>Melanie Anderson, Shannon Burge)      |       |
| 8 | STORM LAKE  | 51.53 |
|   | (Stacy Schmidt, Paige Havens<br>Molly Daniels, Amy Wulfekuhler)       |       |

|               |   |                          |
|---------------|---|--------------------------|
| <b>Heat 1</b> |   |                          |
| 1             | ANKENY  | 49.66 Q                  |
|               | (Amanda Johnston, Christine Andresen<br>Jenna Lago, Lauren Cummings)  |                          |
| 2             | STORM LAKE  | 50.93 Q                  |
|               | (Stacy Schmidt, Paige Havens<br>Molly Daniels, Amy Wulfekuhler)       |                          |
| 3             | WAUKEE  | 51.08                    |
|               | (Maddie Romano, Chelsy Kemmet<br>Jaymi Kragel, Megan White)           |                          |
| 4             | IOWA CITY HIGH  | 51.82                    |
|               | (Ashton Strickland, Heaven Tutson<br>Megan Hichwa, Kerry Kamber)      |                          |
| 5             | CEDAR RAPIDS PRAIRIE  | 51.87                    |
|               | (Kimie Jaeger, Lindsey Lehman<br>Sadie White, Danielle Salwey)        |                          |
| 6             | WEST DES MOINES DOWLING   | 52.79                    |
|               | (Christie Scott, Dani Berrone<br>Chelsea Drumheller, Jaime Lang)      |                          |
| 7             | IOWA CITY WEST  | 53.18                    |
|               | (Cara Montgomery, Annie McAleer<br>Kristin Jacobs, Heather Brechtel)  |                          |
| 999           | CEDAR RAPIDS WASHINGTON   | DQ-1/2 out of zone-49.73 |
|               | (Carrie Boyle, Claire Mattison<br>Cassandra Lumpkin, LaNeisha Waller) |                          |

|               |  |         |
|---------------|--|---------|
| <b>Heat 2</b> |  |         |
| 1             | CEDAR RAPIDS JEFFERSON   | 49.60 Q |
|               | (Ashley Havlicek, Tara Fry<br>Katie Cooper, Tenika Smith)            |         |
| 2             | WEST DES MOINES VALLEY   | 50.19 Q |
|               | (Aubrie Fontanini, Audra Robinson<br>Kelly Anderson, Lacy Brunnette) |         |
| 3             | WEST DELAWARE  | 50.44 Q |
|               | (Megan Klein, Emily Prinson<br>Misty Ross, Abby Lahr)                |         |
| 4             | BETTENDORF   | 50.56 Q |
|               | (Elise Watts, Alex Hemberger<br>Melanie Anderson, Shannon Burge)     |         |
| 5             | URBANDALE  | 51.23   |
|               | (Reda Chester, Stacy Holthouse<br>Katie Kooienga, Dana Hanson)       |         |
| 6             | CEDAR RAPIDS KENNEDY   | 51.54   |
|               | (Muffy Sadler, Alyssa Fischer<br>Melissa Kane, Raeannon Fairlie)     |         |
| 7             | INDIANOLA  | 51.78   |
|               | (Ashley Golly, Amber Reisinger<br>Emily Kaldenberg, Liz Homan)       |         |
| 8             | DUBUQUE HEMPSTEAD  | 51.91   |
|               | (Lindsey Derby, Brittany Williams<br>Audrey Decker, Rachael Kueter)  |         |

|               |   |         |
|---------------|---|---------|
| <b>Heat 3</b> |   |         |
| 1             | CEDAR FALLS   | 49.43 Q |
|               | (Liz Bradfield, Mattie Thompson<br>Danielle Barkema, Shatrece Burt)   |         |
| 2             | MOUNT PLEASANT  | 49.63 Q |
|               | (Danielle Hutchinson, Lindsey Scott<br>Mallory Henderson, Haley Sinn) |         |
| 3             | SPENCER   | 51.16   |
|               | (Maggie Roos, Abbie Waggoner<br>Kasey McDaniel, Ariel Hornby)         |         |
| 4             | BURLINGTON  | 51.46   |
|               | (Joanna Opiekun, Emily Hayhoe<br>Lauren Lindstadt, Jazzla Newman)     |         |
| 5             | DAVENPORT WEST  | 51.62   |
|               | (Troysheanna Hawkins, Nicole Jackson<br>Erin Dillie, Tinny McGowan)   |         |

|   |       |  |           |
|---|-------|--|-----------|
| 6 SIOUX CITY WEST<br>(Sonya Bonwell, Lee Holland<br>Antoinette Greene, Kelli Nelson)        | 51.63 | 2 ANKENY<br>(Amanda Johnston, Lauren Cummings<br>Christine Andresen, Jenna Lago) | 1:44.55 Q |
| 7 CENTRAL DEWITT<br>(Megan Machovec, Kaitlyn Petersen<br>Andrea Hawthorne, Samantha Leslie) | 52.25 | 3 OTTUMWA<br>(Katie Jay, Emily Roberts<br>Amy Wetrich, Katie Paulson)            | 1:45.95 Q |
| 8 MUSCATINE<br>(Amber Fisher, Jessica Shaw<br>McKinsie Williams, Sarah Eichelberger)        | 52.79 | 4 DAVENPORT NORTH<br>(Bre Manders, Queesha Houston<br>Courtney Sisk, April Mech) | 1:46.57   |

#### 4x200 Meter Relay Finals

|  |         |  |         |
|--|---------|--|---------|
| 1 MOUNT PLEASANT<br>(Danielle Hutchinson, Stephanie Fedler<br>Lindsey Boldt, Mallory Henderson)  | 1:43.70 | 6 WAUKEE<br>(Maddie Romano, Chelsy Kemmet<br>Jaymi Kragel, Megan White)                        | 1:48.21 |
| 2 IOWA CITY HIGH<br>(Patrice Jones, Ashton Strickland<br>Virginia Dreier, Camille Jordan)        | 1:44.06 | 7 CEDAR RAPIDS PRAIRIE<br>(Laura Carver, Lindsey Lehman<br>Danielle Salwey, Melissa Langhurst) | 1:48.81 |
| 3 ANKENY<br>(Amanda Johnston, Lauren Cummings<br>Christine Andresen, Jenna Lago)                 | 1:44.34 | 8 KEOKUK<br>(Emily Sibbing Lindy Rader<br>Lindsey Hurt, Erica Cook \)                          | 1:49.84 |
| 4 WEST DES MOINES VALLEY<br>(Aubrie Fontanini, Audra Robinson<br>Kelly Anderson, Lacy Brunnette) | 1:45.50 |  |         |
| 5 WEST DELAWARE<br>(Emily Prinson, Abby Lahr<br>Misty Ross, Deb Durey)                           | 1:45.55 |  |         |
| 6 DENISON-SCHLESWIG<br>(Lindsey Swanson, Liz Glenn<br>Liz Peterson, Lindsay Wiebers)             | 1:45.86 |  |         |
| 7 CEDAR FALLS<br>(Danielle Barkema, Mattie Thompson<br>Ashley Barkema, Shatrece Burt)            | 1:45.92 |  |         |
| 8 OTTUMWA<br>(Katie Jay, Emily Roberts<br>Amy Wetrich, Katie Paulson)                            | 1:47.09 |  |         |

#### Heat 1

|  |                            |
|--|----------------------------|
| 1 IOWA CITY HIGH<br>(Patrice Jones, Ashton Stickland<br>Virginia Dreier, Camille Jordan)           | 1:43.96 Q                  |
| 2 WEST DES MOINES VALLEY<br>(Aubrie Fontanini, Audra Robinson<br>Kelly Anderson, Lacy Brunnette)   | 1:44.78 Q                  |
| 3 CEDAR FALLS<br>(Danielle Barkema, Mattie Thompson<br>Ashley Barkema, Shatrece Burt)              | 1:46.17 Q                  |
| 4 BETTENDORF<br>(Alex Hemberger, Shannon Burge<br>Lauren Kasper, Elise Watts)                      | 1:47.76                    |
| 5 PELLA<br>(Lyndsay Van Maaren, Sierra Smith<br>Allison Mansueto, Tracy Marlow)                    | 1:48.61                    |
| 6 CEDAR RAPIDS KENNEDY<br>(Raeannon Fairlie, Alyssa Fischer<br>Karen Haycraft, Rachel Wharton)     | 1:49.38                    |
| 7 SPENCER<br>(Maggie Roos, Dani Merchant<br>Liz Davis, Ariel Hornby)                               | 1:50.16                    |
| 999 DES MOINES ROOSEVELT<br>(Erin Barnes, Dominique Jenkins<br>Jacqueline Stewart, Miriam Chisala) | DQ-3/4 out of zone 1:48.22 |

#### Heat 2

|  |           |
|--|-----------|
| 1 WEST DELAWARE<br>(Emily Prinson, Abby Lahr<br>Misty Ross, Deb Durey) | 1:44.52 Q |
|--|-----------|

|  |           |
|--|-----------|
| 2 ANKENY<br>(Amanda Johnston, Lauren Cummings<br>Christine Andresen, Jenna Lago)               | 1:44.55 Q |
| 3 OTTUMWA<br>(Katie Jay, Emily Roberts<br>Amy Wetrich, Katie Paulson)                          | 1:45.95 Q |
| 4 DAVENPORT NORTH<br>(Bre Manders, Queesha Houston<br>Courtney Sisk, April Mech)               | 1:46.57   |
| 5 STORM LAKE<br>(Stacy Schmidt, Amy Wulfekuhler<br>Molly Daniels, Paige Havens)                | 1:47.40   |
| 6 WAUKEE<br>(Maddie Romano, Chelsy Kemmet<br>Jaymi Kragel, Megan White)                        | 1:48.21   |
| 7 CEDAR RAPIDS PRAIRIE<br>(Laura Carver, Lindsey Lehman<br>Danielle Salwey, Melissa Langhurst) | 1:48.81   |
| 8 KEOKUK<br>(Emily Sibbing Lindy Rader<br>Lindsey Hurt, Erica Cook \)                          | 1:49.84   |

#### Heat 3

|   |           |
|---|-----------|
| 1 MOUNT PLEASANT<br>(Danielle Hutchinson, Stephanie Fedler<br>Lindsey Boldt, Mallory Henderson) | 1:44.36 Q |
| 2 DENISON-SCHLESWIG<br>(Lindsey Swanson, Liz Glenn<br>Liz Peterson, Lindsay Wiebers)            | 1:45.52 Q |
| 3 CEDAR RAPIDS JEFFERSON<br>(Ashley Havlicek, Tara Fry<br>Katie Cooper, Tenika Smith)           | 1:46.87   |
| 4 CENTRAL DEWITT<br>(Quinn Hanrahan, Kaitlyn Petersen<br>Maura McDermott, Alyssa Maher)         | 1:46.88   |
| 5 WEST DES MOINES DOWLING<br>(Jamie Powers, Jessica Katch<br>Ann Abramovich, Kathleen Ramirez)  | 1:47.70   |
| 6 AMES<br>(Emily Tuttle, Kate Pollush<br>Christina Tim, Amy Rodgers)                            | 1:47.97   |
| 7 SOUTHEAST POLK<br>(Afton Bauer, Liz Pollack<br>Danielle Davis, Heather Gilmore)               | 1:49.72   |
| 8 NEWTON<br>(Leiah Spilly, Vanessa Jimenez<br>Stephanie Kunch, Madison Sheets)                  | 1:52.41   |

#### 4x400 Meter Relay Finals

|  |         |
|--|---------|
| 1 IOWA CITY HIGH<br>(Monica Mims 60.1, Katie Krei 59.3<br>Virginia Dreier 59.8, Meggan Reed 57.7)              | 3:56.94 |
| 2 IOWA CITY WEST<br>(Steph Mount 60.8, Claire Hall 59.8<br>Lindsey Windauer 59.5, Lynn Dobyys 57.8)            | 3:57.90 |
| 3 WEST DES MOINES VALLEY<br>(Sara Boisen 59.4, Lauren Thorson 61.2<br>Lauren Hill 60.9, Sarah Cunningham 57.8) | 3:59.35 |
| 4 OTTUMWA<br>(Katie Jay 61.2, Katie Paulson 58.5<br>Emily Roberts 59.9, Ashley Spurgeon 62.6)                  | 4:02.23 |
| 5 DENISON-SCHLESWIG<br>(Lindsey Swanson 61.3, Liz Peterson 60.2<br>Ashley Wehle 62.8, Lindsay Wiebers 59.8)    | 4:04.17 |

|   |         |
|---|---------|
| 6 SIOUX CITY NORTH<br>(Britni Persinger, Carrie Cole<br>Christy Vongphakdy, Katie Yockey)     | 4:04.56 |
| 7 PLEASANT VALLEY<br>(Lauren Carruthers, Teresa Prais<br>Maggie Schnackel, Alysha Overturf)   | 4:05.64 |
| 8 WEST DES MOINES DOWLING<br>(Kathleen Ramirez, Jessica Katch<br>Ann Abramovich, Ally Thrall) | 4:06.34 |

#### Heat 1

|  |           |
|--|-----------|
| 1 WEST DES MOINES VALLEY<br>(Sara Boisen 59.5, Lauren Thorson 61.2<br>Lauren Hill 61.9, Sarah Cunningham 58.2) | 4:00.81 Q |
| 2 OTTUMWA<br>(Katie Jay 62.3, Katie Paulson 57.9<br>Ashley Spurgeon 62.8, Emily Roberts 60.7)                  | 4:03.67 Q |
| 3 CEDAR FALLS<br>(Jess Bates 73.4, Cassie Naaktgeboren<br>Katie Goulden, Ashley Barkema 61.2)                  | 4:08.04   |
| 4 DES MOINES EAST<br>(Meaghan Bruner 62.0, Nicole Kouri 63.1<br>Elyse Logan 63.1, Ashley Letze 60.9)           | 4:09.10   |
| 5 WAVERLY-SHELL ROCK<br>(Beth Dove 73.7, Erica St. John 64.1<br>April Suhr 62.6, Brooke Whitcher 61.5)         | 4:11.92   |
| 6 JOHNSTON<br>(Stacy Johnson, Lori Bjork<br>Kelsey Dicken, Emily DePenning)                                    | 4:12.52   |
| 7 OSKALOOSA<br>(Jennifer Snowbarger 63.6, Kasey Kerr 63.6<br>Hilary Groetwold 64.5, Gina Messamer 71.-)        | 4:12.80   |
| 8 DUBUQUE SENIOR<br>(Lacy Siegert 64.4, Natalie White 62.7<br>Katherine McCabe 65.4, Carolyn Egan 64.9)        | 4:17.31   |

#### Heat 2

|   |           |
|---|-----------|
| 1 IOWA CITY WEST<br>(Steph Mount, 62.0 Claire Hall 61.0<br>Lindsey Windauer 59.7, Lynn Dobyns 58.0)               | 4:00.86 Q |
| 2 DENISON-SCHLESWIG<br>(Lindsey Swanson 61.3, Liz Peterson 61.9<br>Ashley Wehle 62.8, Lindsay Wiebers 58.5)       | 4:04.61 Q |
| 3 WEST DES MOINES DOWLING<br>(Kathleen Ramirez 63.1, Jessica Katch 61.1<br>Ann Abramovich 61.3, Ally Thrall 60.7) | 4:04.84 Q |
| 4 PLEASANT VALLEY<br>(Lauren Carruthers 61.2, Teresa Prais 50.4<br>Maggie Schnackel, Amy Garbin)                  | 4:05.42 Q |
| 5 ANKENY<br>(Christine Andresen 61.5, Dawn Caffrey 62.6<br>Chelsea Kellar 62.8, Katy Fuchtmann 59.7)              | 4:06.65   |
| 6 MASON CITY<br>(Shauna Olson, Janelle Platts<br>Andrea Sellers, Noelle Peterson)                                 | 4:08.81   |
| 7 AMES<br>(Amy Rodgers 61.8, Katie Kramer 62.3<br>Emily Tuttle 63.7, Christina Tim 61.2)                          | 4:09.17   |
| 8 MOUNT PLEASANT<br>(Emily Petzelka 61.7, Jill Moeller 62.7<br>Elaine Mertens 67.3, Sammie Schneider 65.0)        | 4:21.97   |

#### Heat 3

|  |           |
|--|-----------|
| 1 IOWA CITY HIGH<br>(Meggan Reed 60.1, Katie Krei 59.6<br>Maggie Leyendecker 61.7, Virginia Dreier 61.0) | 4:02.40 Q |
|--|-----------|

|   |           |
|---|-----------|
| 2 SIOUX CITY NORTH<br>(Britni Persinger 61.5, Carrie Cole 58.8<br>Christy Vongphakdy 62.3, Katie Yockey 61.3) | 4:04.26 Q |
| 3 NORTH SCOTT<br>(Allison Erichsen 61.8, Ashley Balli 60.2<br>Abby Wiese 62.2, Stephanie Leibold 62.1)        | 4:07.30   |
| 4 DAVENPORT NORTH<br>(Bre Manders 63.3, Courtney Sisk 61.4<br>Annie Ripslinger 63.3, April Mech 61.2)         | 4:07.95   |
| 5 LEMARS<br>(Jaclyn TeBrink 63.1, Jodi Hettwer 61.7<br>Jessica Harringa 64.1, Anne Grady 59.1)                | 4:08.08   |
| 6 DECORAH<br>(Liz Elsbernd 63.8, Kelsey Wettach 62.0<br>Abby Erion 63.1, Lydia Huinker 61.1)                  | 4:10.03   |
| 7 CENTRAL DEWITT<br>(Sarah Leners, Kim Osmun<br>Tory Harrington, Quinn Hanrahan)                              | 4:10.06   |
| 8 NEWTON<br>(Courtney Lenz 63.3, Rachele Tipton 62.4<br>Tabetha McCormick 62.4, Chantelle MacVey 62.4)        | 4:10.61   |

### Class 3A 4x800 Meter Relay Finals

|   |         |
|---|---------|
| 1 IOWA CITY HIGH<br>(Maggie Leyendecker, 2:23.0 Jennie Funk 2:21.5<br>Meggan Reed 2:17.3, Nelle Trefz 2:13.9)         | 9:14.85 |
| 2 CEDAR RAPIDS XAVIER<br>(Jessica Levin 2:20.9, Sara Clancy 2:22.9<br>Megan Glover 2:18.5, Erin Penticoff 2:13.0)     | 9:15.38 |
| 3 MOUNT PLEASANT<br>(Jill Moeller 2:23.1, Robyn Werner 2:18.4<br>Lauren Erickson 2:24.1, Allison Werner 2:18.5)       | 9:24.12 |
| 4 CEDAR FALLS<br>(Samantha Nygren 2:22.6, Caylin Cervetti 2:19.0<br>Lyssa Steckelberg 2:24.7, Jess Bates 2:24.7)      | 9:31.00 |
| 5 WEST DES MOINES VALLEY<br>(Jessica Wiegert 2:21.3, Lindy Shaw 2:21.1<br>Megan Altemeier 2:31.7, Lauren Hill 2:23.7) | 9:37.84 |
| 6 ANKENY<br>(Dawn Caffrey 2:23.1, Jessica Brandhorst 2:24.5<br>Mackenzie Madison 2:30.2, Katy Fuchtmann 2:24.5)       | 9:42.37 |
| 7 IOWA CITY WEST<br>(Julia Frudden 2:23.4, Robdu Adam<br>Janet Dobyns, Claire Hall) 2:25.4                            | 9:43.59 |
| 8 MASON CITY<br>(Janelle Platts 2:23.4, Nicole Meany 2:31.7<br>Rachel Busch 2:29.7, Noelle Peterson 2:23.1)           | 9:46.48 |
| 9 SPENCER<br>(Kristin Siepkas 2:23.1, Cindy Jones 2:26.6<br>Heather Brown 2:26.7, Jamie Keefer 2:31.2)                | 9:47.64 |
| 10 WEST DES MOINES DOWLING<br>(Hannah Weiss 2:25.9, Chelsea Wirtz 2:27.2<br>Kate Nevins 2:28.1, Jenni Baker 2:29.2)   | 9:50.15 |
| 11 DECORAH<br>(Kelsey Wettach 2:26.0, Liz Madrigal 2:29.5<br>Lydia Huinker 2:29.0, Christina Gaard 2:25.1)            | 9:50.16 |
| 12 URBANDALE<br>(Jessica Hibbs, Andrea Vance<br>Kristin Mollman, Cassi Sokol)   | 9:52.32 |
| 13 OTTUMWA<br>(Molly Fisher, Samantha Thorgaard<br>Melissa Jay, Denise Eslinger)                                      | 9:55.04 |
| 14 NEWTON<br>(Megan Carman, Rachele Tipton<br>Courtney Lenz, Chantelle MacVey)  | 9:57.83 |

|   |          |   |                    |
|---|----------|---|--------------------|
| 15 FORT DODGE<br>(Lisa Koll, Jill Winninger<br>Lydia Gawtry, Alex Krog)                                     | 9:58.87  | 3 CENTRAL DEWITT<br>(Andrea Hawthorne, Megan Machovec<br>Alyssa Maher, Quinn Hanrahan 61.3)             | 1:54.12            |
| 16 DUBUQUE SENIOR<br>(Carrie Jenaman, Megan Simpson<br>Meghan Murphy, Natalie White)                        | 10:00.14 | 4 DAVENPORT NORTH<br>(Sonya Fulton, Queesha Houston<br>April Mech, Courtney Sisk 61.7)                  | 1:54.69            |
| 17 INDIANOLA<br>(Stacie Suntken 2:26.1, Lacey Mitchell 2:29.4<br>Kathy Bogs 2:30.7, Heather Elliott 2:35.0) | 10:01.39 | 5 LINN-MAR<br>(Kelsey Long, Katelin Blasingame<br>Lindsey Digmann, Nicole Novy)                         | 1:55.09            |
| 18 SIOUX CITY HEELAN<br>(Karla Block, Ali Lenz<br>Sara Funk 2:23.5, Sarah Pattison 2:34.0)                  | 10:01.48 | 6 PELLA<br>(Lyndsay Van Maaren, Sierra Smith<br>Allison Mansueto, Tracy Marlow 61.8)                    | 1:55.61            |
| 19 DAVENPORT NORTH<br>(Tabitha Kabala, Lauren Coughlin<br>Sarah Sheedy, Annie Ripslinger)                   | 10:01.75 | 7 SOUTHEAST POLK<br>(Afton Bauer, Kassady Gilmore<br>Danielle Davis, Amy Garrett)                       | 1:56.39            |
| 20 BETTENDORF<br>(Jill Klosak, Rachel Lawrence<br>Amanda Dunlavy, Megan Flynn)                              | 10:02.17 | 999 CEDAR RAPIDS KENNEDY<br>(Raeannon Fairlie, Alyssa Fischer<br>Karen Haycraft, Lynnette Wilson 59.2)  | DQ-1/2 out of zone |
| 21 CENTRAL DEWITT<br>(Sarah Leners, Brittany Mangan<br>Aileen Gilroy, Erin Connell)                         | 10:02.23 | <b>Heat 2</b>   |                    |
| 22 DENISON-SCHLESWIG<br>(Ashley Wehle, Chelsea Gustafson<br>McKenzi Mendlik, Sara Slater 2:30.0)            | 10:02.82 | 1 WEST DES MOINES VALLEY<br>(Aubrie Fontanini, Audra Robinson<br>Lacy Brunnette, Sarah Cunningham 58.3) | 1:49.88 Q          |
| 23 DUBUQUE HEMPSTEAD<br>(Lindsey Hosier, Elisabeth Johnson<br>Jamie Schmitt, Morgan Loveless)               | 10:06.75 | 2 BURLINGTON<br>(Ainsley Fedler, Lauren Lindstadt<br>Jazzla Newman, Jenna Caffrey 59.8)                 | 1:52.81 Q          |
| 24 PELLA<br>(Amber Bruekländer, Mary Heimstra<br>Clare Stofferahn, Tera Behning)                            | 10:13.70 | 3 WAUKEE<br>(Maddie Romano, Jaymi Kragel<br>Betsy Embree, Chelsy Kemmet 59.5)                           | 1:52.91 Q          |
|   |          | 4 CEDAR RAPIDS PRAIRIE<br>(Andrea Jansa, Danielle Salwey<br>Melissa Langhurst, Laura Carver 60.0)       | 1:53.68            |
|   |          | 5 LEMARS<br>(Molly Reuter, Natasha Schulz<br>Jackie Weiler, Anne Grady 59.5)                            | 1:53.89            |
|   |          | 6 JOHNSTON<br>(Ashley Meade, Chelsea Hudson<br>Amanda Hyde, Kelsey Dicken 60.9)                         | 1:55.02            |
|   |          | 7 KEOKUK<br>(Emily Sibbing, Lindsey Hurt<br>Erica Cook, Haley Miller)                                   | 1:55.80            |
|   |          | 8 DENISON-SCHLESWIG<br>(Amy Larson, Katie Kruse<br>Nicole Clausen, Emily Haase)                         | 1:58.63            |

### Sprint Medley Relay Finals

|   |           |   |           |
|---|-----------|---|-----------|
| 1 WEST DES MOINES VALLEY<br>(Aubrie Fontanini, Audra Robinson<br>Lacy Brunnette, Sarah Cunningham 58.1) | 1:49.67   | <b>Heat 3</b>   |           |
| 2 IOWA CITY HIGH<br>(Emily Triplett, Maya Monitto-Webber<br>Camille Jordan, Monica Mims 58.9)           | 1:49.86   | 1 ANKENY<br>(Amanda Johnston, Lauren Cummings<br>Jenna Lago, Katy Fuchtman 59.8)                | 1:51.29 Q |
| 3 ANKENY<br>(Amanda Johnston, Lauren Cummings<br>Jenna Lago, Katy Fuchtman 59.4)                        | 1:50.85   | 2 MOUNT PLEASANT<br>(Mallory Henderson, Haley Sinn<br>Stephanie Fedler, Lindsey Boldt 59.7)     | 1:51.42 Q |
| 4 MOUNT PLEASANT<br>(Mallory Henderson, Haley Sinn<br>Stephanie Fedler, Lindsey Boldt 59.4)             | 1:51.12   | 3 IOWA CITY WEST<br>(Lizz Huntley, Christina Swift<br>Kristin Jacobs, Lindsey Windauer 59.6)    | 1:52.26 Q |
| 5 BURLINGTON<br>(Ainsley Fedler, Lauren Lindstadt<br>Jazzla Newman, Jenna Caffrey 60.7)                 | 1:53.55   | 4 WEST DES MOINES DOWLING<br>(Christie Scott, Dani Berrone<br>Jamie Powers, Kathleen Ramirez)   | 1:53.24 Q |
| 6 WAUKEE<br>(Maddie Romano, Jaymi Kragel<br>Betsy Embree, Chelsy Kemmet)                                | 1:54.47   | 5 DUBUQUE HEMPSTEAD<br>(Lindsey Derby, Leah Timmerman<br>Nina Schnee, Rachael Kueter 61.0)      | 1:54.03   |
| 7 WEST DES MOINES DOWLING<br>(Christie Scott, Dani Berrone<br>Jamie Powers, Kathleen Ramirez)           | 1:55.16   | 6 CEDAR FALLS<br>(Ashley Wilde, Katie Goulden<br>Brynn Lantz, Cassie Naaktgeboren 61.6)         | 1:55.46   |
| 8 IOWA CITY WEST<br>(Christina Swift, Annie McAleer<br>Lizz Huntley, Kristin Jacobs)                    | 1:55.59   | 7 CEDAR RAPIDS XAVIER<br>(Heather Waddell, Abby Zipperer<br>Jennifer Potts, Jessica Levin 63.5) | 1:57.60   |
| <b>Heat 1</b>   |           |   |           |
| 1 IOWA CITY HIGH<br>(Emily Triplett, Maya Monitto-Webber<br>Camille Jordan, Monica Mims 59.7)           | 1:50.36 Q |   |           |
| 2 INDIANOLA<br>(Emily Kaldenberg, Kathy Bogs<br>Liz Homan, Ashley Golly 60.1)                           | 1:53.35   |   |           |

999 DES MOINES HOOVER DQ--#3 Jewelry  
(Cherie Mayes, Hannah Laird  
Holly Tredway, Kelly Meade)

### Distance Medley Relay Finals

1 IOWA CITY HIGH 4:04.54  
(Virginia Dreier, Camille Jordan  
Monica Mims 59.5, Meggan Reed 2:12.9)

2 MOUNT PLEASANT 4:06.20  
(Danielle Hutchinson, Lindsey Scott  
Lindsey Boldt 57.9, Allison Werner 2:15.3)

3 IOWA CITY WEST 4:06.56  
(Lizz Huntley, Lindsey Windauer  
Claire Hall 60.0, Lynn Dobyns 2:13.7)

4 CEDAR RAPIDS XAVIER 4:10.04  
(Heather Waddell, Jennifer Potts  
Erin Penticoff 58.8, Megan Glover 2:17.2)

5 NORTH SCOTT 4:13.49  
(Allison Bennett, Abby Wiese  
Ashley Balli 60.0, Abby Wiese 2:18.9)

6 SIOUX CITY NORTH 4:13.88  
(Carrie Cole, Candace Harrell  
Britni Persinger 60.4, Katie Stewart 2:19.2)

7 WEST DES MOINES DOWLING 4:14.38  
(Jessica Katch, Jamie Powers  
Ann Abramovich 62.5, Ally Thrall 2:18.3)

8 OTTUMWA 4:15.40  
(Katie Jay, Emily Roberts  
Katie Paulson 62.4, Melissa Jay 2:19.0)

9 WEST DES MOINES VALLEY 4:16.14  
(Kelly Anderson, Jenny Elgin  
Lauren Thorson 61.0, Jessica Wiegert 2:22.2)

10 PLEASANT VALLEY 4:18.48  
(Kelly Harris, Maggie Allen  
Alysha Overturf 60.9, Kelsey Bulat 2:22.2)

11 CEDAR FALLS 4:18.54  
(Ashley Wilde, Katie Goulden  
Cassie Naaktgeboren 61.0, Caylin Cervetti 2:27.1)

12 SOUTHEAST POLK 4:19.49  
(Danielle Davis, Liz Pollack  
Megan Curry 62.9, Amy Garrett 2:18.9)

13 OSKALOOSA 4:19.99  
(Hilary Groetwold, Allison Knoot  
Kasey Kerr 62.6, Gina Messamer 2:21.3)

14 DES MOINES HOOVER 4:21.17  
(Cherie Mayes, Hannah Laird  
Kelly Meade 60.6, Holly Tredway 2:23.4)

15 DECORAH 4:22.07  
(Jessica Nanke, Abby Erion  
Lydia Huinker, Christina Gaard)

16 URBAN DALE 4:23.06  
(Stacy Holthaus, Dana Hanson  
Katie Kooienga 62.1, Cassi Sokol 2:27.1)

17 WAVERLY-SHELL ROCK 4:24.03  
(Brooke Witcher, Beth Dove  
Erica St. John 61.8, Staci Ruebel 2:27.3)

18 CB ABRAHAM LINCOLN 4:25.91  
(Christine Wagner, Britney Thomas  
Erin Kellar 62.4, Beth Knott 2:24.2)

19 DAVENPORT NORTH 4:26.21  
(Sonya Fulton, Queesha Houston  
Bre Manders 61.2, Annie Ripslinger 2:29.1)

20 CEDAR RAPIDS PRAIRIE 4:26.68  
(Sadie White, Melissa Langhurst  
Laura Carver 59.8, Amanda Carson 2:30.2)

21 PELLA 4:27.20  
(Lyndsay Van Maaren, Sierra Smith  
Allison Mansueto 62.7, Amber Bruecklander 2:28.9)

22 CEDAR RAPIDS WASHINGTON 4:28.15  
(Carrie Boyle, Claire Mattison  
Whitey Roberts, Erica Leuenberger)

23 ANKENY 4:29.11  
(Amber Bohlen, Dawn Brugioni  
Bryna Copes 62.3, Shawn Paca 2:29.7)

999 DUBUQUE WAHLERT DQ 1/2 out of zone-4:22.76  
(Rachel Alt, Mary Bridget Corken  
Tess Miller, Sara Fassbinder)

### Shuttle Hurdle Relay Finals

1 MASON CITY 1:00.89 \*  
(Nicole Carroll, Danielle Hill  
Andrea Sellers, Kayla Sauter)

2 IOWA CITY HIGH 1:01.60  
(Emily Triplett, Annie Fraga  
Tara Whiting, Maya Monitto-Webber)

3 WEST DELAWARE 1:02.66  
(Abby Lahr, Ashten Stelken  
Amy Klostermann, Deb Durey)

4 SOUTHEAST POLK 1:02.83  
(Jenna Wilkin, Kelsie Host  
Heather Gilmore, Megan Nielsen)

5 CENTRAL DEWITT 1:03.74  
(Maura McDermott, Kelly Menneke  
Alyssa Maher, Kelsey Steffens)

6 BURLINGTON 1:04.39  
(Emily Ita, Natalie Standard  
Hannah Luttenegger, Jenna Caffrey)

7 MOUNT PLEASANT 1:05.06  
(Cherie Nichting, Sara Graf  
Anne Graber, Haley Sinn)

8 OTTUMWA 1:06.45  
(Anna Burn, Aubrey Anderson  
Amy Kopatich, Rachel McElroy)

\*-STATE MEET RECORD: Old mark, 1:01.40, BURLINGTON (Debbie Skerik, Leisa Davis, Julie Bickel, Joni Johnson), 1979.

#### Heat 1

1 MASON CITY 1:01.70 Q  
(Nicole Carroll, Danielle Hill  
Andrea Sellers, Kayla Sauter)

2 MOUNT PLEASANT 1:05.34 Q  
(Cherie Nichting, Sara Graf  
Anne Graber, Haley Sinn)

3 CB ABRAHAM LINCOLN 1:06.60  
(Kendra Chapin, Elisha Turek  
Jessica Regan, Crystal Reedy)

4 INDIANOLA 1:07.54  
(Steph Lawrence, Anna Robbins  
Lindze Webb, Natti Tipayamongkol)

#### Heat 2

1 BURLINGTON 1:05.20 Q  
(Emily Ita, Natalie Standard  
Hannah Luttenegger, Jenna Caffrey)

2 WAUKEE 1:08.84  
(Anna Stork, Reiko Cunningham  
Kati Beller, Sasha Kemmet)

3 BETTENDORF 1:09.90  
(Kristin Baker, Kelly Hill  
Kelsie Sass, Melanie Anderson)

999 CLINTON DQ-#s 2&4 left early-1:04.32  
 (Angie Hensel, Barb Kremer  
 Jesse Hlubek, Kara Yahn)  
**Heat 3**  
 1 SOUTHEAST POLK 1:02.89 Q  
 (Jenna Wilkin, Kelsie Host  
 Heather Gilmore, Megan Nielsen)  
 2 DENISON-SCHLESWIG 1:07.70  
 (Amy Larson, Katie Kruse  
 Ashton Schmidt, Liz Peterson)  
 3 CEDAR RAPIDS PRAIRIE 1:09.27  
 (Amanda Brodsack, Renee Dawson  
 Whitney Carson, Lindsey Gee)  
 999 DUBUQUE HEMPSTEAD DQ-#3 left early-1:03.57  
 (Cali Lyons, Nichole Schnee  
 Nina Schnee, Leah Timmerman)  
**Heat 4**  
 1 CENTRAL DEWITT 1:04.05 Q  
 (Maura McDermott, Kelly Menneke  
 Alyssa Maher, Kelsey Steffens)  
 2 WEST DES MOINES DOWLING 1:06.62  
 (Lynndi Decker, Kristen Reavis  
 Michelle Treska, Cara Coy)  
 3 SPENCER 1:06.79  
 (Ariel Hornby, Chelsea Linsley  
 Lisa Paulsen, Kasey McDaniel)  
 4 IOWA CITY WEST 1:08.01  
 (Lindsay Freeman, Chloe Mellecker  
 Kristen Shaffer, Christina Swift)  
**Heat 5**  
 1 WEST DELAWARE 1:05.44 Q  
 (Abby Lahr, Ashton Stelken  
 Amy Klostermann, Deb Durey)  
 2 OTTUMWA 1:06.03 Q  
 (Anna Burn, Aubrey Anderson  
 Amy Kopatich, Rachel McElroy)  
 3 JOHNSTON 1:07.95  
 (Ashley Meade, Sara Embrey  
 Charili Richter, Martha Meiners)  
 999 NORTH SCOTT DQ-#3 left early-1:10.74  
 (Chelsea Newmeister, Allyson Balli  
 Kimi Logan, Rachel Murphy)  
**Heat 6**  
 1 IOWA CITY HIGH 1:02.96 Q  
 (Emily Triplett, Annie Fraga  
 Tara Whiting, Maya Monitto-Webber)  
 2 WEST DES MOINES VALLEY 1:06.51  
 (Lindsay Anderson, Megan Kanis  
 Ashley Coningsby, Sara Hawley)  
 3 ANKENY 1:07.28  
 (Mackenzie Heston, Lexi Frye  
 Allison Stewart, Cyndi O'Hern)  
 4 CEDAR RAPIDS JEFFERSON 1:08.78  
 (Brittany Ruzicka, Kara Taylor  
 Ashley Havlicek, Chandice O'Bannon)

# 2003 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

## MAY 23-24, DRAKE STADIUM—JIM DUNCAN TRACK WHEELCHAIR FINAL RESULTS

**ATTENDANCE**—Friday 8,802; Saturday 9,387 (record—old mark 9,120 in 2002). Total 18,189

**WEATHER**—Friday—Cloudy and cool to start the day. 60 degrees SE winds 5-10 mph Turned sunny in afternoon with high temperature of 72 degrees.

Saturday—Partly cloudy 63 degrees in morning with SE winds up to 10 mph. A few very light showers early in afternoon session. High of 65 degrees finishing under mostly sunny skies. Winds from East at 5-9 mph.

### 100 Meter Dash Finals

|   |                                       |    |       |
|---|---------------------------------------|----|-------|
| 1 | Kristina Gehrls, North Scott          | SR | 30.93 |
| 2 | Erin Hobbs, Norwalk                   | SO | 38.67 |
| 3 | Rachel Marshall, Cedar Rapids Kennedy | SO | 50.91 |

### 400 Meter Dash Finals

|   |                              |    |         |
|---|------------------------------|----|---------|
| 1 | Kristina Gehrls, North Scott | SR | 1:52.83 |
| 2 | Erin Hobbs, Norwalk          | SO | 2:30.10 |

### Shot Put Finals

|   |                                       |    |           |
|---|---------------------------------------|----|-----------|
| 1 | Kristina Gehrls, North Scott          | SR | 10'00.25" |
| 2 | Rachel Marshall, Cedar Rapids Kennedy | SO | 8'11"     |