

## Iowa Girls &amp; Boys State Track Meet 2021 - 5/20/2021 to 5/22/2021

Des Moines, Iowa  
Drake Stadium  
Performance List

## Event 5 Girls 100 Meter Dash 3A (24) Prelims

Thursday 5/20/2021 - 12:57 PM

State Record: 12.08 2017 Keaton Kester, ADM  
All-Time: 11.49 2018 Syndey Milani, Southeast Polk

Name	Year	School	Seed	Time
1	Miracle Ailes	12 Keokuk	12.54	1
2	Audrey Biermann	11 Epworth, Western Dubuque	12.63	1
3	Alaina McConnell	11 Assumption, Davenport	12.70	2
4	Ariana Yaklich	12 Wahlert Catholic, Dubuque	12.71	1
5	Jada Piercy	10 Spencer	12.73	1
6	Tierney Huss	09 MOC-Floyd Valley	12.82	2
7	Stella Hector	09 LeMars	12.91	3
8	Emily McMartin	11 Pella	12.96	1
9	Meghan McDonald	10 Wahlert Catholic, Dubuque	12.97	2
10	JoJo Tyynismaa	11 South Tama County	13.01	2
11	Carolynn Meines	10 MOC-Floyd Valley	13.02	4
12	Anna Dunlap	11 Fairfield	13.05	3
13	McKenna Marlow	10 West Burlington/Notre Dame	13.08	4
14	Adeline Bowman	12 Maquoketa	13.08	3
15	Ella Schindler	12 Epworth, Western Dubuque	13.10	2
16	Makenna West	10 Bondurant-Farrar	13.11	3
17	Josey Dunbar	10 Clarke, Osceola	13.11	1
18	Jena Young	10 Winterset	13.12	1
19	Shay Sinnard	10 Carroll	13.21	2
20	Jaelyn Johnson	11 Spencer	13.29	5
21	Delanie Reynolds	10 Pella	13.30	4
22	Ella Grossman	10 ADM, Adel	13.34	2
23	Morgan Olson	11 Humboldt	13.37	1
24	Alexa Chase	12 Algona	13.41	2

## Event 13 Girls 200 Meter Dash 3A (24) Prelims

Thursday 5/20/2021 - 10:50 AM

State Record: 24.59 5/21/2015 Kari Dufoe, ADM  
All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed	Time
1	Audrey Biermann	11 Epworth, Western Dubuque	25.49	1
2	Miracle Ailes	12 Keokuk	25.72	1
3	Amiya Davis	10 West Burlington/Notre Dame	25.89	2
4	Laney Fitzpatrick	12 Assumption, Davenport	26.02	3
5	Calla Kerndt	11 Pella	26.05	1
6	Maleah Walker	10 Oskaloosa	26.28	2
7	Allison Piercy	11 Spencer	26.29	1
8	Emily McMartin	11 Pella	26.29	3
9	Alaina McConnell	11 Assumption, Davenport	26.34	4
10	Olivia Tollari	11 ADM, Adel	26.42	1
11	Rylee Steffen	09 Wahlert Catholic, Dubuque	26.53	1
12	Jena Young	10 Winterset	26.57	2
13	Haley Rasmussen	12 Atlantic	26.68	1
14	Abigail Wallace	12 Wahlert Catholic, Dubuque	26.73	2
15	Deanna Trucksess	12 Spirit Lake Park	26.85	2
16	Emma Salker	11 Sergeant Bluff-Luton	26.91	3

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## Event 13 ... (Girls 200 Meter Dash 3A (24) Prelims)

Name	Year	School	Seed Time
17 Mia Duckett	09	Solon	26.91 3
18 Hannah Jorgensen	11	Carroll	26.92 2
19 JoJo Tyynismaa	11	South Tama County	26.94 4
20 Paige DeWinter	11	Humboldt	27.01 1
21 Kylie Rasmussen	09	North Polk, Alleman	27.02 2
22 Ava Maloney	09	Center Point-Urbana	27.06 2
23 Lindsay Grau	11	Spirit Lake Park	27.09 4
24 Sammy Recker	11	Epworth, Western Dubuque	27.15 3

## Event 21 Girls 400 Meter Dash 3A (24)

Thursday 5/20/2021 - 1:30 PM

State Record: 54.73 5/19/2016 Dianna Slight, Boone  
 All-Time: 52.90 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time
1 Audrey Biermann	11	Epworth, Western Dubuque	56.94 1
2 Alyssa Larson	11	Independence	59.25 2
3 Jacie Trine	09	Pella	59.43 1
4 Rylee Steffen	09	Wahlert Catholic, Dubuque	59.69 1
5 Ainsley Erzen	11	Carlisle	59.74 1
6 Laney Fitzpatrick	12	Assumption, Davenport	59.85 1
7 Maleah Walker	10	Oskaloosa	1:00.71 2
8 Megan Elliott	10	North Polk, Alleman	1:01.53 1
9 Brooklyn Stanley	09	Bishop Heelan Catholic, SC	1:01.56 1
10 Haley Rasmussen	12	Atlantic	1:01.58 2
11 Reese Kuhlman	09	Maquoketa	1:01.58 2
12 Alivia Schulte	10	West Delaware, Manchester	1:02.05 3
13 Kyler Bomgaars	11	Boyden-Hull/Rock Valley	1:02.09 1
14 Meredith McDermott	10	Dallas Center-Grimes	1:02.17 2
15 Emma Meester	10	Mount Vernon	1:02.45 3
16 Kenley Meis	10	Bishop Heelan Catholic, SC	1:02.91 3
17 Ashley Stinocher	12	Solon	1:03.29 4
18 Ava Hawthorne	11	Gilbert	1:03.42 2
19 Kennedy Tunink	12	Perry	1:03.42 3
20 Keziah McQuillen	09	Monticello	1:03.51 5
21 Melanie Sullivan	10	Knoxville	1:03.52 3
22 Nyalang Yak	09	Storm Lake	1:03.59 2
23 Natalie McAllister	09	Marion	1:03.96 6
24 Logan Kelley	09	West Burlington/Notre Dame	1:04.36 2

## Event 29 Girls 800 Meter Run 3A (24)

Saturday 5/22/2021 - 9:50 AM

State Record: 2:07.51 5/21/2016 Joy Ripslinger, Assumption  
 All-Time: 2:07.18 2017 Joy Ripslinger, Assumption

Name	Year	School	Seed Time
1 Ainsley Erzen	11	Carlisle	2:18.92 1
2 Megan Sterbenz	12	Dallas Center-Grimes	2:20.02 2
3 Ava Rush	10	Atlantic	2:21.09 1
4 Kiki Connell	12	Charles City	2:21.47 1
5 Kaia Bieker	11	Harlan	2:21.51 2
6 Elly Burds	12	Epworth, Western Dubuque	2:21.56 2

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## Event 29 ... (Girls 800 Meter Run 3A (24))

Name	Year	School	Seed Time
7 Emma Hoins	12	Waverly-Shell Rock	2:21.83 3
8 Liv Freund	12	Harlan	2:22.56 3
9 Emma Bock	11	Solon	2:22.57 1
10 Kaia Holtkamp	11	Solon	2:22.96 2
11 Liza Schaffer	10	North Polk, Alleman	2:23.22 1
12 Peyton Steffen	11	Marion	2:24.93 3
13 Miranda Muhlstein	12	Dallas Center-Grimes	2:25.35 3
14 Alyssa Larson	11	Independence	2:25.55 4
15 Jorie Randall	12	Mount Vernon	2:25.73 4
16 Jamie Schmid	11	Wahlert Catholic, Dubuque	2:25.85 5
17 Laney Fitzpatrick	12	Assumption, Davenport	2:25.97 1
18 Lizzy Schmitt	12	Xavier, Cedar Rapids	2:26.10 6
19 Alyssa Shannon	11	Newton	2:27.64 1
20 Lucy Schaffer	11	North Polk, Alleman	2:28.28 2
21 Kayla Sieck	11	Grinnell	2:28.43 2
22 Abigail Kleese	09	Washington	2:28.76 2
23 Nyalang Yak	09	Storm Lake	2:30.56 1
24 Sophia Karras	10	Sergeant Bluff-Luton	2:30.95 2

## Event 37 Girls 1500 Meter Run 3A (24)

Saturday 5/22/2021 - 12:02 PM

State Record: 4:39.00 2017

Joy Ripslinger, Assumption

All-Time: 4:26.39 2011

Shelby Houlihan, SC East

Name	Year	School	Seed Time
1 Ainsley Erzen	11	Carlisle	4:52.08 1
2 Kiki Connell	12	Charles City	4:54.63 1
3 Emma Hoins	12	Waverly-Shell Rock	4:55.55 2
4 Shewaye Johnson	10	Ballard	4:56.06 2
5 Megan Sterbenz	12	Dallas Center-Grimes	4:56.47 3
6 Paityn Noe	10	Ballard	4:58.01 4
7 Emma Hughes	12	Glenwood	5:01.71 1
8 Brecken Van Baale	12	Harlan	5:02.47 2
9 Ellie Meyer	11	Wahlert Catholic, Dubuque	5:03.36 1
10 Geneva Timmerman	10	ADM, Adel	5:03.49 5
11 Alixandra Oliver	12	Wahlert Catholic, Dubuque	5:03.83 2
12 Alyssa Klein	09	Epworth, Western Dubuque	5:04.18 3
13 Kay Fett	11	Center Point-Urbana	5:05.30 4
14 Kiersten Conway	12	Solon	5:05.30 3
15 Liza Schaffer	10	North Polk, Alleman	5:05.30 1
16 Lauren Klein	12	Epworth, Western Dubuque	5:06.28 5
17 Taylor McCreedy	12	Atlantic	5:08.31 3
18 Emily Haverdink	11	MOC-Floyd Valley	5:09.47 1
19 Alyssa Shannon	11	Newton	5:12.15 1
20 Moriah Knapp	10	Algona	5:12.53 2
21 Brenna Fisher	11	Spencer	5:15.26 2
22 Kayla Sieck	11	Grinnell	5:16.34 2
23 Skylar Hoffman	11	Assumption, Davenport	5:20.82 1
24 Cristina Carthey	12	Mount Pleasant	5:24.11 2

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## Event 45 Girls 3000 Meter Run 3A (24)

Thursday 5/20/2021 - 9:55 AM

State Record: 9:55.37 2017 Joy Ripslinger, Assumption

All-Time: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

Name	Year	School	Seed Time	
1	Shewaye Johnson	10 Ballard	10:01.32	1
2	Paityn Noe	10 Ballard	10:09.86	2
3	Kiki Connell	12 Charles City	10:32.95	1
4	Emma Hoins	12 Waverly-Shell Rock	10:32.98	2
5	Gabby Moran	12 Wahlert Catholic, Dubuque	10:54.30	1
6	Emma Althoff	10 Monticello	10:59.00	2
7	Kiersten Conway	12 Solon	11:00.61	3
8	Geneva Timmerman	10 ADM, Adel	11:04.86	3
9	Moriah Knapp	10 Algona	11:05.43	1
10	Emily Haverdink	11 MOC-Floyd Valley	11:09.96	1
11	Lilly Boge	11 Epworth, Western Dubuque	11:11.03	3
12	Sydney Bochman	09 Waverly-Shell Rock	11:13.66	4
13	Emma Hughes	12 Glenwood	11:15.58	1
14	Taylor McCreedy	12 Atlantic	11:21.46	2
15	Abby McGuire	10 Gilbert	11:22.80	2
16	Emma Haley	12 MOC-Floyd Valley	11:23.57	2
17	Kay Fett	11 Center Point-Urbana	11:27.89	5
18	Ellie Kirby	11 Wahlert Catholic, Dubuque	11:27.90	4
19	Erin Schultz	12 Glenwood	11:31.39	3
20	Emma Wilkerson	09 Center Point-Urbana	11:34.90	6
21	Carley Seeley	09 Fairfield	11:36.01	1
22	Abby Blint	11 Mount Pleasant	11:43.06	2
23	Abby Cutler	12 Pella	11:46.29	1
24	Mary Jacobson	09 Grinnell	11:50.24	2

## Event 51 Girls 100 Meter Hurdles 3A (24) Prelims

Friday 5/21/2021 - 10:10 AM

State Record: 14.51 2018 Grace Martensen, Benton Community

All-Time: 13.90 4/13/2010 Alex Gochenour, Logan-Mag.

Name	Year	School	Seed Time	
1	Kendall Anderson	11 Bondurant-Farrar	15.38	1
2	JoJo Tyynismaa	11 South Tama County	15.57	2
3	Anna Dunlap	11 Fairfield	15.71	1
4	Karsyn Lamm	12 Mount Pleasant	15.80	2
5	Emma Zoet	12 Boyden-Hull/Rock Valley	15.81	1
6	Kelsey Pacha	11 Fairfield	15.83	3
7	Isabella Knutson	12 Decorah	15.84	1
8	Lilly McNaughton	11 LeMars	16.05	2
9	Emma Mathis	11 Clear Creek-Amana	16.15	4
10	Silvana Kabolo	10 Clear Creek-Amana	16.16	5
11	Addisyn Terpstra	10 Newton	16.27	3
12	Maddie Morony	11 Spencer	16.34	3
13	Jori Hajek	12 Humboldt	16.35	1
14	Lily Groat	12 Humboldt	16.37	2
15	Kenna Lamm	11 Mount Pleasant	16.38	6
16	Mia Schumann	12 North Polk, Alleman	16.39	3

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## Event 51 ... (Girls 100 Meter Hurdles 3A (24) Prelims)

Name	Year	School	Seed Time	
17 Soren Maricle	10	Central DeWitt	16.44	1
18 Allison Soderberg	10	Winterset	16.67	1
19 Reagan Demmon	12	North Polk, Alleman	16.67	4
20 Tory Henry	09	Clarke, Osceola	16.74	1
21 Jaya Kleemeier	09	Winterset	16.76	2
22 Kallie Mincks	11	Decorah	16.78	2
23 Claire Miller	10	Denison-Schleswig	16.78	2
24 Sophia Stahle	10	Solon	17.08	2

## Event 59 Girls 400 Meter Hurdles 3A (24)

Friday 5/21/2021 - 11:50 AM

State Record: 1:02.53 5/19/2010 Holly Salzbrenner, Mount Vernon-Lisbon  
 All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time	
1 Darci Wiseman	11	Winterset	1:05.69	1
2 Emma Zoet	12	Boyden-Hull/Rock Valley	1:06.29	1
3 Jerra Merchant	10	Spencer	1:06.35	2
4 Alivia Schulte	10	West Delaware, Manchester	1:07.60	1
5 Madison Prier	11	Marion	1:07.91	1
6 Jordan Czerwinski	11	Oskaloosa	1:08.43	1
7 Emma Arnold	10	Xavier, Cedar Rapids	1:08.58	2
8 Abby Hughes	11	Glenwood	1:08.60	1
9 Chloe Mullenix	10	Atlantic	1:09.02	2
10 Adeline Bowman	12	Maquoketa	1:09.25	3
11 Vanessa Bickford	09	Dallas Center-Grimes	1:09.33	2
12 Meredith Bahl	11	Epworth, Western Dubuque	1:09.45	2
13 Reagan Dahlquist	12	Waverly-Shell Rock	1:09.54	3
14 Raquel Schneider	11	Fort Madison	1:09.62	1
15 Lily Groat	12	Humboldt	1:09.79	1
16 Laura Swart	10	Mount Vernon	1:09.91	4
17 JoJo Tyynismaa	11	South Tama County	1:10.10	2
18 Reagan Demmon	12	North Polk, Alleman	1:10.42	2
19 Audrey Castle	11	Boone	1:11.36	3
20 Lauren Staudt	09	Charles City	1:11.49	4
21 Mia Stahle	09	Solon	1:11.53	5
22 Addie Tesdahl	09	Webster City	1:11.68	3
23 Kate Hughes	10	Glenwood	1:11.74	3
24 Mallory Lyon	11	Fairfield	1:12.11	2

## Event 68 Girls 4x100 Meter Shuttle Hurdle 3A (24) Prelims

Thursday 5/20/2021 - 9:20 AM

State Record: 1:03.13 5/21/2016 Pella, Pella  
 K Pingel, E Holterhaus, E Thoreson, C McKinstrey  
 All-Time: 1:00.61 2017 Waukee, Waukee  
 S Winger, M Gray, L Nelson, H Schau

Team	Relay	Seed Time	
1 Clear Creek-Amana	1	1:05.93	1
2 Fairfield	1	1:07.88	2
3 Mount Pleasant	1	1:08.01	3
4 Spencer	1	1:08.05	1

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	Team	Relay	Seed Time	
5	Winterset	1	1:08.55	1
6	Decorah	1	1:08.78	1
7	Solon	1	1:08.91	1
8	Bondurant-Farrar	1	1:08.93	1
9	Humboldt	1	1:09.59	1
10	Boyden-Hull/Rock Valley	1	1:09.76	2
11	North Polk, Alleman	1	1:09.77	2
12	Newton	1	1:10.13	2
13	Mount Vernon	1	1:10.26	2
14	Carlisle	1	1:10.54	2
15	Xavier, Cedar Rapids	1	1:10.74	3
16	West Delaware, Manchester	1	1:10.98	2
17	Denison-Schleswig	1	1:11.24	1
18	Fort Madison	1	1:11.43	4
19	Pella	1	1:11.69	3
20	LeMars	1	1:11.76	3
21	MOC-Floyd Valley	1	1:11.78	4
22	Dallas Center-Grimes	1	1:11.97	3
23	Harlan	1	1:12.10	2
24	Charles City	1	1:12.69	3

## Event 74 Girls 4x100 Meter Relay 3A (24) Prelims

Friday 5/21/2021 - 12:50 PM

State Record: 48.21 2018 Wahlert, Dubuque, Wahlert, Dubuque  
 L Wedewer, A Sherman, C Broderick, B Hasken  
 All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt  
 CR Jefferson Tied in 2015

	Team	Relay	Seed Time	
1	Wahlert Catholic, Dubuque	1	49.50	1
2	Pella	1	49.58	1
3	Bondurant-Farrar	1	49.67	2
4	West Burlington/Notre Dame	1	49.93	1
5	Spencer	1	50.20	1
6	MOC-Floyd Valley	1	50.44	2
7	Decorah	1	50.60	1
8	ADM, Adel	1	50.86	1
9	Solon	1	50.88	2
10	Fairfield	1	51.05	2
11	Assumption, Davenport	1	51.13	3
12	Dallas Center-Grimes	1	51.23	2
13	Humboldt	1	51.26	1
14	Boone	1	51.30	3
15	Glenwood	1	51.33	1
16	Grinnell	1	51.37	3
17	Epworth, Western Dubuque	1	51.39	2
18	Carroll	1	51.50	2
19	Sioux Center	1	51.55	3
20	Winterset	1	51.60	4
21	Clear Creek-Amana	1	51.66	4

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## Event 74 ... (Girls 4x100 Meter Relay 3A (24) Prelims)

Team	Relay	Seed Time
22 Mount Pleasant	1	51.73 5
23 LeMars	1	51.82 4
24 Gilbert	1	52.37 2

## Event 82 Girls 4x200 Meter Relay 3A (24)

Friday 5/21/2021 - 11:05 AM

State Record: 1:40.93 2018

Wahlert, Dubuque, Wahlert, Dubuque

L Wedewer, A Sherman, C Broderick, B Hasken

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

CR Jefferson, CR Jefferson

A Ranschau, J Blue, M Meese, L Schneekloth

Team	Relay	Seed Time
1 West Burlington/Notre Dame	1	1:44.62 1
2 Wahlert Catholic, Dubuque	1	1:45.05 1
3 Pella	1	1:45.37 1
4 Spencer	1	1:45.65 1
5 ADM, Adel	1	1:46.54 1
6 Assumption, Davenport	1	1:46.60 2
7 Solon	1	1:46.96 2
8 Bondurant-Farrar	1	1:47.03 2
9 Decorah	1	1:47.12 1
10 Mount Vernon	1	1:47.13 3
11 Spirit Lake Park	1	1:47.23 2
12 LeMars	1	1:47.35 3
13 North Polk, Alleman	1	1:47.92 1
14 MOC-Floyd Valley	1	1:48.00 4
15 Waverly-Shell Rock	1	1:48.07 2
16 Epworth, Western Dubuque	1	1:48.09 3
17 Carroll	1	1:48.63 1
18 Sioux Center	1	1:48.65 5
19 Dallas Center-Grimes	1	1:49.34 2
20 Nevada	1	1:49.53 2
21 Humboldt	1	1:49.56 3
22 Glenwood	1	1:49.60 2
23 Harlan	1	1:49.62 3
24 Algona	1	1:49.82 4

## Event 90 Girls 4x400 Meter Relay 3A (24) Prelims

Friday 5/21/2021 - 1:40 PM

State Record: 3:53.05 5/24/2014

MOC-FV, MOC-FV

R Mullenburg, D Heimensen, K Landhuis, A Conaway

All-Time: 3:48.39 5/23/2009

Sioux City, East, Sioux City, E

S Houlihan, R Mikulicz, E McCarthy, E Dougherty

Team	Relay	Seed Time
1 Solon	1	4:00.18 1
2 Bishop Heelan Catholic, SC	1	4:05.99 1
3 Harlan	1	4:06.85 2
4 Assumption, Davenport	1	4:07.22 1
5 Wahlert Catholic, Dubuque	1	4:07.99 2
6 Spirit Lake Park	1	4:08.03 1
7 Dallas Center-Grimes	1	4:09.78 1

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	Team	Relay	Seed Time	
8	West Burlington/Notre Dame	1	4:10.70	2
9	Clear Creek-Amana	1	4:11.29	3
10	Winterset	1	4:11.47	2
11	Oskaloosa	1	4:12.43	1
12	Independence	1	4:12.99	1
13	Glenwood	1	4:13.01	3
14	North Polk, Alleman	1	4:13.33	1
15	Spencer	1	4:13.53	2
16	Epworth, Western Dubuque	1	4:13.54	2
17	Mount Vernon	1	4:14.67	3
18	Sergeant Bluff-Luton	1	4:14.97	3
19	Marion	1	4:15.50	4
20	Atlantic	1	4:15.55	4
21	Decorah	1	4:15.80	3
22	Sioux Center	1	4:16.03	4
23	Pella	1	4:18.25	2
24	Gilbert	1	4:22.83	2

## Event 98 Girls 4x800 Meter Relay 3A (24)

Thursday 5/20/2021 - 11:45 AM

State Record: 9:17.72 5/18/2010 Mount Vernon/Lisbon, Mount Vernon/Lisbon

All-Time: 9:09.09 2001 Iowa City West, Iowa City West

	Team	Relay	Seed Time	
1	Wahlert Catholic, Dubuque	1	9:38.33	1
2	Dallas Center-Grimes	1	9:42.84	1
3	Solon	1	9:43.58	2
4	Winterset	1	9:50.33	2
5	Ballard	1	9:54.11	3
6	Mount Vernon	1	9:56.31	3
7	Marion	1	10:01.97	4
8	Epworth, Western Dubuque	1	10:05.77	1
9	Harlan	1	10:06.85	1
10	Clear Creek-Amana	1	10:11.22	1
11	ADM, Adel	1	10:13.07	4
12	Decorah	1	10:14.46	2
13	Atlantic	1	10:14.77	2
14	Sioux Center	1	10:14.98	1
15	Assumption, Davenport	1	10:16.45	2
16	Benton Community	1	10:16.55	1
17	Sergeant Bluff-Luton	1	10:18.19	2
18	Newton	1	10:20.58	2
19	Pella	1	10:21.54	3
20	Nevada	1	10:24.05	1
21	Carlisle	1	10:24.89	5
22	Glenwood	1	10:25.84	3
23	Monticello	1	10:26.76	5
24	Gilbert	1	10:39.96	2



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## Event 112 Girls 800 Sprint Medley 3A (24)

Saturday 5/22/2021 - 9:10 AM

State Record: 1:46.46 5/21/2016

Wahlert, Dub, Wahlert, Dub

J Ganshirt, A Osterberger, L Sherman, K Fricano

All-Time: 1:43.64 2018

Linn-Mar, Linn-Mar

A Rolle, O Hubler, J Bennett, P Wensel

Team	Relay	Seed Time
1 Epworth, Western Dubuque	1	1:47.73 1
2 Wahlert Catholic, Dubuque	1	1:49.21 1
3 West Burlington/Notre Dame	1	1:50.14 1
4 Assumption, Davenport	1	1:50.73 2
5 Pella	1	1:50.89 1
6 Mount Vernon	1	1:51.73 2
7 Spirit Lake Park	1	1:52.05 1
8 Independence	1	1:52.34 2
9 Spencer	1	1:52.49 2
10 Maquoketa	1	1:53.31 3
11 Oskaloosa	1	1:53.47 2
12 MOC-Floyd Valley	1	1:53.49 3
13 Decorah	1	1:53.69 3
14 North Polk, Alleman	1	1:53.73 1
15 Atlantic	1	1:53.73 1
16 Fairfield	1	1:53.83 3
17 Harlan	1	1:53.87 2
18 Dallas Center-Grimes	1	1:54.00 1
19 Waverly-Shell Rock	1	1:54.25 4
20 Solon	1	1:54.46 4
21 Newton	1	1:54.48 3
22 Glenwood	1	1:54.55 3
23 Humboldt	1	1:55.35 2
24 ADM, Adel	1	1:57.12 2

## Event 120 Girls High Jump 3A (24)

Thursday 5/20/2021 - 11:30 AM

State Record: 5-09 5/22/2014

Alexis Conaway, MOC-FV

All-Time: 6-01 2010

Hannah Wilms, Dike-NH

Name	Year	School	Seed Mark
1 Taylor Jochum	11	Bishop Heelan Catholic, SC	5-05.00 1
2 Miracle Ailes	12	Keokuk	5-04.00 1
3 Josie Bentz	11	West Burlington/Notre Dame	5-04.00 2
4 Thea Banning	11	Winterset	5-03.00 1
5 Peyton Seberg	12	Assumption, Davenport	5-03.00 3
6 Soren Maricle	10	Central DeWitt	5-03.00 1
7 Ivy Dearstone	12	Wahlert Catholic, Dubuque	5-03.00 2
8 Coryl Matheny	11	Glenwood	5-02.00 2
9 Lauren Carter	11	Winterset	5-02.00 2
10 Kayla Griffith	12	Vinton-Shellsburg	5-01.00 1
11 Emily Wingert	12	Boone	5-01.00 4
12 Keely Collins	09	Charles City	5-01.00 2
13 Avery Nelson	12	Bishop Heelan Catholic, SC	5-01.00 3
14 Britni Blackburn	11	Boone	5-01.00 3

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## Event 120 ... (Girls High Jump 3A (24))

Name	Year	School	Seed	Mark
15 Jacie Vander Waal	12	Sioux Center	5-01.00	1
16 Reagan Dahlquist	12	Waverly-Shell Rock	5-00.00	3
17 Sadie Long	12	North Polk, Alleman	5-00.00	2
18 Dionna VanGorkem	12	Algona	5-00.00	1
19 Ella Bartels	11	Marion	5-00.00	3
20 Mary Yanga	12	Storm Lake	5-00.00	3
21 Aija Jenkins	09	Fort Madison	5-00.00	4
22 Jasmine Namminga	10	Pella	5-00.00	1
23 Addy Mosier	11	Sergeant Bluff-Luton	5-00.00	2
24 Emma Harwick	10	South Tama County	4-10.00	2

## Event 128 Girls Long Jump 3A (24)

Friday 5/21/2021 - 11:30 AM

State Record: 18-08.50 5/17/2019 Aliyah Carter, Wahlert, Dub

All-Time: 19-10.25 2014 Lexus Lovan, Urbandale

Name	Year	School	Seed	Mark
1 Tessa Berning	11	Wahlert Catholic, Dubuque	18-01.00	1
2 Maleah Walker	10	Oskaloosa	17-10.25	1
3 Olivia Tollari	11	ADM, Adel	17-10.00	1
4 Shay Sinnard	10	Carroll	17-09.00	1
5 Makinley Levin	11	Solon	17-05.00	2
6 Miracle Ailes	12	Keokuk	17-02.50	1
7 Morgan Machovec	12	Central DeWitt	17-02.00	3
8 Kenley Meis	10	Bishop Heelan Catholic, SC	16-11.50	2
9 Rebekah Fuller	11	Bondurant-Farrar	16-10.25	2
10 Ashley Hall	12	Harlan	16-09.75	3
11 Isabelle Noring	10	Carlisle	16-09.50	2
12 Kelsey Pacha	11	Fairfield	16-07.00	2
13 Lilly McNaughton	11	LeMars	16-07.00	1
14 Lydia Staudt	11	Charles City	16-04.50	1
15 Riley Kious	11	Winterset	16-04.00	3
16 Josey Dunbar	10	Clarke, Osceola	16-03.75	4
17 Addy Mosier	11	Sergeant Bluff-Luton	16-03.00	2
18 Sophie Hefel	12	Wahlert Catholic, Dubuque	16-02.50	4
19 Makayla Crannell	09	ADM, Adel	16-01.00	4
20 Karsyn Lamm	12	Mount Pleasant	16-01.00	3
21 Ava Maloney	09	Center Point-Urbana	16-01.00	2
22 Danielle Breen	11	Fairfield	16-01.00	4
23 Erin Bathie	12	Gilbert	16-00.00	1
24 Eleanor Elliott-Rude	12	Nevada	15-11.25	2

## Event 136 Girls Discus Throw 3A (24)

Thursday 5/20/2021 - 9:00 AM

State Record: 154-07 5/17/2012 Katelyn Weimerskirch, Wahlert, Dub

All-Time: 179-07 2014 Kiana Phelps, KP-WC

Name	Year	School	Seed	Mark
1 Sophia Dykstra	12	Oskaloosa	140-05	1
2 Faith DeRonde	11	Oskaloosa	139-04	2
3 Kendal Clark	12	Humboldt	134-07	1
4 Anna Wohlers	12	Assumption, Davenport	133-05	1

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**Event 136 ... (Girls Discus Throw 3A (24))**

	Name	Year	School	Seed	Mark
5	Katelyn Lappe	11	Bondurant-Farrar	126-03	3
6	Ava Conrad	12	Solon	124-10	1
7	Kileigh Lachacz	10	Dallas Center-Grimes	124-08	1
8	Kelsey Fields	12	Creston	124-08	1
9	Grace Kelley	12	Mount Pleasant	124-05	2
10	Brylee Bruce	10	Vinton-Shellsburg	124-02	1
11	Brooke Goshorn	12	Harlan	122-10	2
12	Carly Stevenson	12	Charles City	119-06	2
13	Maisey Belger	11	West Burlington/Notre Dame	118-02	3
14	Talbot Kinney	12	Central DeWitt	117-11	2
15	Claire Neighbor	12	Center Point-Urbana	116-07	3
16	Julia Alberts	10	Decorah	116-05	4
17	Tessa Smith	12	Sergeant Bluff-Luton	116-04	1
18	Ciara Heffron	09	Knoxville	116-03	4
19	Fran Travis	09	Spirit Lake Park	115-10	2
20	Erin Ades	09	Boone	115-01	2
21	Lauren Andersen	12	Harlan	114-03	3
22	Makenna Walhof	10	Sioux Center	114-01	3
23	Vanessa Vande Vegte	10	MOC-Floyd Valley	112-02	4
24	Deni McDaniel	12	Humboldt	111-03	2

**Event 144 Girls Shot Put 3A (24)**

Friday 5/21/2021 - 9:00 AM

**State Record:** 45-05 5/18/2007 **Brooke Gritters, Pella**  
**All-Time:** 53-03.50 1992 **Paulette Mitchell, Council Bluffs AL**

	Name	Year	School	Seed	Mark
1	Jadan Brumbaugh	11	Mount Pleasant	44-10.50	1
2	Kendal Clark	12	Humboldt	42-06.50	1
3	Faith DeRonde	11	Oskaloosa	42-02.75	1
4	Kelsey Fields	12	Creston	42-02.00	1
5	Katelyn Lappe	11	Bondurant-Farrar	40-11.00	2
6	Sophia Dykstra	12	Oskaloosa	39-10.00	3
7	Chloe Reiser	10	Decorah	38-09.50	1
8	Kileigh Lachacz	10	Dallas Center-Grimes	38-06.00	1
9	Jori Harskamp	11	Sioux Center	38-05.75	1
10	Olivia Huckfelt	09	Spencer	38-05.50	2
11	Anna Wohlers	12	Assumption, Davenport	38-03.50	2
12	Hannah Kling	10	Grinnell	37-07.00	4
13	Carolyn Miller	10	Bondurant-Farrar	37-06.25	5
14	Jaclyn Wooldridge	11	Center Point-Urbana	37-05.50	2
15	Kirsten Kilker	11	ADM, Adel	37-04.00	2
16	Abby Bartz	11	Vinton-Shellsburg	37-04.00	3
17	Ava Conrad	12	Solon	37-02.75	1
18	Ashlyn Finarty	10	Knoxville	37-02.00	6
19	Shaelyn Hansen	12	Center Point-Urbana	36-07.00	4
20	Vanessa Vande Vegte	10	MOC-Floyd Valley	36-06.00	3
21	Briona Charipar	12	Xavier, Cedar Rapids	36-02.75	2
22	Sydney McCarron	12	Keokuk	36-01.25	3
23	Brynlee Arnold	11	Glenwood	34-00.75	2

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## Event 144 ... (Girls Shot Put 3A (24))

Name	Year	School	Seed	Mark
24 Rylee Coyle	09	Humboldt	33-11.00	2

## Event 150 Girls Distance Medley 3A (24)

Friday 5/21/2021 - 9:20 AM

State Record: 4:03.14 5/19/2006 Fairfield, Fairfield  
 A Bowers, A Bandy, A Kuiken, J Kuiken  
 All-Time: 3:55.82 2017 Assumption, Assumption

Team	Relay	Seed	Time
1 Solon	1	4:11.37	1
2 Carlisle	1	4:13.64	1
3 Waverly-Shell Rock	1	4:14.49	1
4 Charles City	1	4:16.55	2
5 Dallas Center-Grimes	1	4:16.92	2
6 Glenwood	1	4:17.75	1
7 Harlan	1	4:17.91	2
8 Wahlert Catholic, Dubuque	1	4:18.30	2
9 Marion	1	4:19.56	3
10 North Polk, Alleman	1	4:20.76	1
11 Mount Vernon	1	4:21.63	4
12 Assumption, Davenport	1	4:21.76	1
13 Xavier, Cedar Rapids	1	4:23.22	5
14 Center Point-Urbana	1	4:23.84	3
15 Sergeant Bluff-Luton	1	4:24.51	1
16 MOC-Floyd Valley	1	4:25.12	2
17 Clear Creek-Amana	1	4:25.14	2
18 West Burlington/Notre Dame	1	4:25.72	3
19 Boone	1	4:25.84	3
20 Oskaloosa	1	4:26.32	1
21 Ballard	1	4:26.36	4
22 Spirit Lake Park	1	4:26.53	3
23 Pella	1	4:28.99	2
24 Nevada	1	4:30.09	2