

Licensed to IAHSAA Championship Meet HY-TEK's Meet Manager 5/12/2023 01:53 PM
 Iowa Girls & Boys State Track Meet 2023 - 5/18/2023 to 5/20/2023
 Des Moines, Iowa
 Drake Stadium
 Meet Program

Event 7 Girls 100 Meter Dash 4A (24)

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 Thursday 5/18/2023 - 12:57 PM

State Record: 11.49 2018 Sydney Milani, Southeast Polk
 All-Time: 11.49 2018 Syndey Milani, Southeast Polk
 Name Year School

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 Heat 1 Prelims

1	Arina Tembo	12 DSM, East
2	Carson Bohonek	10 Bettendorf
3	Mylee Stiefel	09 Burlington
4	Claire Farrell	12 Norwalk
5	Alexis Boord	12 SE Polk
6	Annie Schwartz	12 IC, West
7	Avery Schroeder	11 Muscatine
8	Grace E Anderson	10 Johnston

Heat 2 Prelims

1	Esaba Okwaramoi	12 Urbandale
2	Kellesse Heard	12 SC, West
3	Giada Grimes	11 Johnston
4	Elliana Harris	11 SC, East
5	Kanijah Angel	11 Clinton
6	Nyla Norman	12 WAT East
7	Sarah Jordan	12 Prairie, CR
8	Gentry Williams	10 Waukee

Heat 3 Prelims

1	Christella Boyer	12 Burlington
2	Quren Hullon	11 CR Kennedy
3	Olivia Kramer	12 Dowling Cath
4	Mercie Hansel	11 North Scott
5	Promise Zandy	11 DSM, Rooseve
6	Emily Heitzman	10 Dowling Cath
7	Asia Ross	12 Ames
8	Hannah Malli	11 Clinton

Event 15 Girls 200 Meter Dash 4A (24)

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 Thursday 5/18/2023 - 10:50 AM

State Record: 23.68 2018 Sydney Milani, Southeast Polk
 All-Time: 23.68 2018 Sydney Milani, Southeast Polk
 Name Year School

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 Heat 1 Prelims

1	Annie Schwartz	12 IC, West
2	Ashley Hansen	09 Pleasant Val
3	Giada Grimes	11 Johnston
4	Claire Farrell	12 Norwalk
5	Nyla Norman	12 WAT East
6	Anjelena Carder	11 Waukee
7	Karli Wagner	11 Johnston

8 Carson Bohonek	10 Bettendorf
Heat 2 Prelims	
1 Kierah Wiseman	10 Burlington
2 Grace Erick	10 SC, East
3 Lauren McCoy	09 Dowling Cath
4 Alexis Boord	12 SE Polk
5 Cameron Moon	12 Ames
6 Promise Zandy	11 DSM, Rooseve
7 Asia Russell	10 Prairie, CR
8 Katie Stahl	09 Waukee NW
Heat 3 Prelims	
1 Quinn Nielsen	11 Clinton
2 Kanijah Angel	11 Clinton
3 Olivia Kramer	12 Dowling Cath
4 Elliana Harris	11 SC, East
5 Mercie Hansel	11 North Scott
6 Addison Swartzendruber	11 CR Kennedy
7 Sophia Hatcher	09 Ames
8 Emerson Swearinger	09 CR Kennedy

Event 23 Girls 400 Meter Dash 4A (24)

Thursday 5/18/2023 - 1:30 PM

State Record: 52.90 2018	Sydney Milani, Southeast Polk
All-Time: 52.90 2018	Sydney Milani, Southeast Polk
Name	Year School

Section 1 Timed Finals

1 Raneen Rheem	12 Valley, WDM
2 Erinn Varga	11 IC, West
3 Camdyn Kay	11 DUB Hempstea
4 Jenna Francois	12 SE Polk
5 Saylor Horras	10 Ames
6 Madison Nagel	09 Dowling Cath
7 Felicity Severs	11 SE Polk
8 Josie Case	11 Pleasant Val

Section 2 Timed Finals

1 Ke'Ayla Madison	12 Waukee NW
2 Nyla Norman	12 WAT East
3 Maya Williams	11 Bettendorf
4 Jaida Bell	10 Johnston
5 Julia Flick	10 Ankeny Cent
6 Karis Finley	09 Cedar Falls
7 Maddy LaVoi	12 Ankeny Cent
8 Morgan Johnson	11 Ankeny

Section 3 Timed Finals

1 Bethany Northrup	12 Linn-Mar
2 Cameron Moon	12 Ames
3 Claire Farrell	12 Norwalk
4 Addison Swartzendruber	11 CR Kennedy
5 Sidney Swartzendruber	11 CR Kennedy
6 Jayce Blanchard	12 Johnston
7 Ani Wedemeyer	10 IC, City Hig
8 Lauren McCoy	09 Dowling Cath

Event 31 Girls 800 Meter Run 4A (24)

Saturday 5/20/2023 - 11:00 AM

State Record: 2:08.15 5/21/2011 Shelby Houlihan, SC, East

All-Time: 2:06.52 2021 Ainsley Erzen, Carlisle

Name Year School

Section 1 Timed Finals

1	Aerielles Johnson	10	DVPT, Centra
2	Alex Mackie	11	Urbandale
3	Mya DouBrava	12	Valley, WDM
4	Anna Sheriff	10	Waukee NW
5	Emily Naughton	12	Indianola
6	Brooke O'Brien	12	DUB Hempstea
7	Jaylee Duncan	09	Pleasant Val
8	Chloe Egbert	09	Linn-Mar
9	Alli Macke	10	Ankeny
10	Brogan Evans	09	Mason City
11	Ivy Glendening	11	SE Polk
12	Reagan Prendergast	09	Ankeny

Section 2 Timed Finals

1	Taylor Barbour	10	SE Polk
2	Josee Simonson	10	Cedar Falls
3	Keelee Leitzen	11	DUB Hempstea
4	Grace Boleyn	10	Pleasant Val
5	Ani Wedemeyer	10	IC, City Hig
6	Adrienne Buettner-Cable	12	DSM, Rooseve
7	Alyx Woodley	09	Johnston
8	Sidney Swartzendruber	11	CR Kennedy
9	Bethany Northrup	12	Linn-Mar
10	Paige Wilson	09	Cedar Falls
11	Klaire Lietz	10	Valley, WDM
12	Bree Mauro	12	Norwalk

Event 39 Girls 1500 Meter Run 4A (24)

Saturday 5/20/2023 - 3:07 PM

State Record: 4:27.76 5/23/2015 Stephanie Jenks, Linn-Mar

All-Time: 4:26.39 2011 Shelby Houlihan, SC East

Name Year School

Section 1 Timed Finals

1	Keelee Leitzen	11	DUB Hempstea
2	Alyx Woodley	09	Johnston
3	Adrienne Buettner-Cable	12	DSM, Rooseve
4	Lydia Sommer	12	Pleasant Val
5	Addison Dorenkamp	11	Valley, WDM
6	Olivia Verde	11	Johnston
7	Marley Turk	10	Ames
8	Drew Beason	10	Ankeny
9	Cori Mac	11	IC, Liberty
10	Leah Klapatauskas	11	DUB Senior
11	Rondi Quass	12	Ankeny Cent
12	Grace Boleyn	10	Pleasant Val
13	Dylan Moeller	10	DVPT, Centra
14	Nina Peterson	10	IC, City Hig
15	Cohen Kooker	11	Valley, WDM
16	Sophia Dallal	12	DUB Hempstea
17	Elena Gentry	11	DSM, Rooseve

18	Emily See	11	Bettendorf
19	Sydney Turk	12	Ames
20	Michelle McConkey	09	Waukee
21	Claire Hoyer	10	DUB Senior
22	Paige Beason	12	Ankeny
23	Isabella Webb	12	Waukee
24	Rachel Mandt	12	Cedar Falls

Event 47 Girls 3000 Meter Run 4A (24)

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Thursday 5/18/2023 - 9:55 AM

State Record: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

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

Name	Year	School
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Section 1 Timed Finals

1	Leah Klapatauskas	11	DUB Senior
2	Rondi Quass	12	Ankeny Cent
3	Adrienne Buettner-Cable	12	DSM, Rooseve
4	Addison Dorenkamp	11	Valley, WDM
5	Olivia Verde	11	Johnston
6	Drew Beason	10	Ankeny
7	Cori Mac	11	IC, Liberty
8	Anika Mohrhauser	10	Ankeny Cent
9	Camryn Sattler	11	Clinton
10	Lydia Sommer	12	Pleasant Val
11	Michelle McConkey	09	Waukee
12	Emily See	11	Bettendorf
13	Emma Chesterman	09	DUB Senior
14	Marley Turk	10	Ames
15	Nicole Peterson	10	IC, City Hig
16	Isabella Webb	12	Waukee
17	Paige Beason	12	Ankeny
18	Audrey Dummermuth	09	Johnston
19	Liv Hall	11	Dowling Cath
20	Maddie Gallagher	11	Cedar Falls
21	Evie Henneberry	10	DUB Hempstea
22	Nina Peterson	10	IC, City Hig
23	Maddy Stevens	10	DC-Grimes
24	Lauren Risdal	10	Ames

Event 55 Girls 100 Meter Hurdles 4A (24)

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Friday 5/19/2023 - 10:30 AM

State Record: 14.10 2022 Mackenzie Carney, Waukee Northwest

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

Name	Year	School
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Heat 1 Prelims

1	Kamryn Vogt	11	Waukee NW
2	Alex Gaskell	10	Dowling Cath
3	Grace Braden	12	CR Kennedy
4	Ali Frandsen	12	Ames
5	Ruby Lemman	10	Dowling Cath
6	Sophia Olivo	10	IC, West
7	Ryann Decker	11	Prairie, CR
8	Katy Hand	12	Linn-Mar

Heat 2 Prelims

1	Bailey Mahoney	09	Waukee NW
2	Alexandria Petersen	12	DVPT, West
3	Erinah Carter	11	IC, West
4	Esaba Okwaramoi	12	Urbandale
5	Emma Havighurst	10	Valley, WDM
6	Paige Paup	11	Cedar Falls
7	Lainey Drown	11	Urbandale
8	Ella Schroeder	12	Muscatine

Heat 3 Prelims

1	Alina Markutsya	12	Ames
2	Rosa Monarch	12	Mason City
3	Sydney Skarich	11	North Scott
4	Josie McGraw	10	Indianola
5	Addy Patten	12	Pleasant Val
6	Jayla Williams	09	Ankeny
7	Kate Desmond	12	Norwalk
8	Natalie Sitzmann	09	Waukee

Event 60 Girls 400 Meter Hurdles 4A (24)

Friday 5/19/2023 - 12:10 PM

State Record: 1:00.15 2018 Payton Wensel, Linn-Mar

All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School
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Section 1 Timed Finals

1	Camille Strim	11	SC, North
2	Johnna Dieken	12	Cedar Falls
3	Tatum Miller	09	Bettendorf
4	Ella Schroeder	12	Muscatine
5	Bailey Boddicker	12	North Scott
6	Katherine Banker	10	Dowling Cath
7	Bailey Birmingham	10	Norwalk
8	Sage Slessor	12	CR Washingto

Section 2 Timed Finals

1	Gracie Lindaman	10	Ankeny
2	Hannah McVey	11	Pleasant Val
3	Natalie Sitzmann	09	Waukee
4	Alyssa Bartlett	10	SE Polk
5	Erinn Varga	11	IC, West
6	Abby LaSale	12	CB, A Lincol
7	Jessie Clemons	11	Pleasant Val
8	Hannah Hughes	10	Prairie, CR

Section 3 Timed Finals

1	Reese Ervin	12	Dowling Cath
2	Ariana Klein	11	SC, North
3	Avery Winter	10	Waukee NW
4	Ali Frandsen	12	Ames
5	Eva Reynolds	12	IC, City Hig
6	Lillian Smith	11	Ankeny
7	Angelica Attinger	09	Ames
8	Maggie Burry	11	Johnston

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A (24)

Thursday 5/18/2023 - 9:20 AM

State Record: 1:00.44 2022 Dowling Catholic, Dowling Catholic
 O Kramer, R Leman, A Gaskell, E Okwaramoi
 All-Time: 1:00.44 2022 Dowling Catholic, Dowling Catholic
 O Kramer, R Leman, A Gaskell, E Okwaramoi

School

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Heat 1 Prelims
  1 Cedar Falls '1'
  3 Ames '1'
  5 Ankeny '1'
  7 IC, Liberty '1'
Heat 2 Prelims
  1 Urbandale '1'
  3 Dowling Cath '1'
  5 Bettendorf '1'
  7 CR Kennedy '1'
Heat 3 Prelims
  1 North Scott '1'
  3 IC, West '1'
  5 Indianola '1'
  7 SE Polk '1'
Heat 4 Prelims
  1 Muscatine '1'
  3 Waukee NW '1'
  5 Johnston '1'
  7 Mason City '1'
Heat 5 Prelims
  1 Waukee '1'
  3 Norwalk '1'
  5 Pleasant Valley '1'
  7 IC, City High '1'
Heat 6 Prelims
  1 DC-Grimes '1'
  3 Valley, WDM '1'
  5 Linn-Mar '1'
  7 Ankeny Cent '1'
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Event 76 Girls 4x100 Meter Relay 4A (24)

Friday 5/19/2023 - 12:50 PM

State Record: 47.89 5/19/2010 Iowa City West, Iowa City West
 All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt
 CR Jefferson Tied in 2015

School

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Heat 1 Prelims
  1 DVPT, Central '1'
  2 Valley, WDM '1'
  3 Clinton '1'
  4 Dowling Cath '1'
  5 Pleasant Valley '1'
  6 Prairie, CR '1'
  7 CR Kennedy '1'
  8 Indianola '1'
Heat 2 Prelims
  1 Linn-Mar '1'
  2 IC, Liberty '1'
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3 Johnston '1'
 4 Waukee NW '1'
 5 SC, East '1'
 6 North Scott '1'
 7 Norwalk '1'
 8 CR Jefferson '1'

Heat 3 Prelims

1 WAT East '1'
 2 Waukee '1'
 3 DSM, Roosevelt '1'
 4 Burlington '1'
 5 Ames '1'
 6 Ankeny Cent '1'
 7 Ankeny '1'
 8 SE Polk '1'

Event 84 Girls 4x200 Meter Relay 4A (24)

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 Friday 5/19/2023 - 11:15 AM

State Record: 1:39.24 5/22/2015 CR Jefferson, CR Jefferson
 A Ranschau, J Blue, M Meese, L Schneekloth
 All-Time: 1:39.24 5/22/2015 CR Jefferson, CR Jefferson
 A Ranschau, J Blue, M Meese, L Schneekloth

School

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Section 1 Timed Finals

1 CR Kennedy '1'
 2 IC, City High '1'
 3 Ankeny Cent '1'
 4 Valley, WDM '1'
 5 Linn-Mar '1'
 6 WAT West '1'
 7 Cedar Falls '1'
 8 CB, A Lincoln '1'

Section 2 Timed Finals

1 IC, Liberty '1'
 2 Prairie, CR '1'
 3 Pleasant Valley '1'
 4 Ankeny '1'
 5 SE Polk '1'
 6 Bettendorf '1'
 7 DSM, Roosevelt '1'
 8 North Scott '1'

Section 3 Timed Finals

1 Clinton '1'
 2 Johnston '1'
 3 Ames '1'
 4 Waukee NW '1'
 5 Waukee '1'
 6 Burlington '1'
 7 SC, East '1'
 8 Dowling Cath '1'

Event 92 Girls 4x400 Meter Relay 4A (24)

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 Friday 5/19/2023 - 1:40 PM

State Record: 3:48.49 5/20/2009 Sioux City East, Sioux City East

All-Time: 3:48.39 5/23/2009 Sioux City, East, Sioux City, E
S Houlihan, R Mikulicz, E McCarthy, E Dougherty

School

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Heat 1 Prelims

- 1 Mason City '1'
- 2 Dowling Cath '1'
- 3 Ankeny '1'
- 4 Ames '1'
- 5 IC, City High '1'
- 6 IC, West '1'
- 7 Waukee '1'
- 8 CR Jefferson '1'

Heat 2 Prelims

- 1 Valley, WDM '1'
- 2 Prairie, CR '1'
- 3 Bettendorf '1'
- 4 SE Polk '1'
- 5 CR Kennedy '1'
- 6 IC, Liberty '1'
- 7 Linn-Mar '1'
- 8 DUB Hempstead '1'

Heat 3 Prelims

- 1 DC-Grimes '1'
- 2 Pleasant Valley '1'
- 3 Johnston '1'
- 4 Cedar Falls '1'
- 5 Ankeny Cent '1'
- 6 Waukee NW '1'
- 7 North Scott '1'
- 8 WAT West '1'

Event 100 Girls 4x800 Meter Relay 4A (24)

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Thursday 5/18/2023 - 11:45 AM

State Record: 9:09.34 2018 Waukee, Waukee
L Campbell, J Caraway, M Groathouse, L Akason
All-Time: 9:09.09 2001 Iowa City West, Iowa City West
School

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Section 1 Timed Finals

- 1 Prairie, CR '1'
- 2 DUB Senior '1'
- 3 Ankeny Cent '1'
- 4 Urbandale '1'
- 5 DC-Grimes '1'
- 6 Bettendorf '1'
- 7 Linn-Mar '1'
- 8 IC, West '1'
- 9 Waukee '1'
- 10 DVPT, Central '1'
- 11 Mason City '1'
- 12 North Scott '1'

Section 2 Timed Finals

- 1 Johnston '1'
- 2 Waukee NW '1'
- 3 DUB Hempstead '1'

4 DSM, Roosevelt '1'
 5 SE Polk '1'
 6 Ames '1'
 7 Valley, WDM '1'
 8 Ankeny '1'
 9 Cedar Falls '1'
 10 Pleasant Valley '1'
 11 Dowling Cath '1'
 12 Indianola '1'

Event 114 Girls 800 Sprint Medley 4A (24)

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 Saturday 5/20/2023 - 9:37 AM

State Record: 1:43.64 2018 Linn-Mar, Linn-Mar
 A Rolle, O Hubler, J Bennett, P Wensel
 All-Time: 1:43.64 2018 Linn-Mar, Linn-Mar
 A Rolle, O Hubler, J Bennett, P Wensel

School

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 Section 1 Timed Finals

1 WAT West '1'
 2 DUB Hempstead '1'
 3 SC, East '1'
 4 Clinton '1'
 5 Urbandale '1'
 6 IC, West '1'
 7 DVPT, Central '1'
 8 CB, A Lincoln '1'

Section 2 Timed Finals

1 SE Polk '1'
 2 Ankeny Cent '1'
 3 Ankeny '1'
 4 Linn-Mar '1'
 5 Pleasant Valley '1'
 6 Cedar Falls '1'
 7 IC, Liberty '1'
 8 Valley, WDM '1'

Section 3 Timed Finals

1 Bettendorf '1'
 2 Dowling Cath '1'
 3 Ames '1'
 4 CR Kennedy '1'
 5 Waukee NW '1'
 6 Johnston '1'
 7 Waukee '1'
 8 IC, City High '1'

Event 122 Girls High Jump 4A (24)

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 Thursday 5/18/2023 - 11:30 AM

State Record: 5-08.25 5/19/2009 Khanishah Williams, Burlington
 All-Time: 6-01 2010 Hannah Wilms, Dike-NH
 Name Year School

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 Flight 1 Finals

1 Cassidy Hartman 12 IC, Liberty
 2 Hannah Spencer 10 Waukee NW

3	Cambel Drapeau	09	DUB Senior
4	Elle Lonergan	09	Clinton
5	Kendall Woods	12	SE Polk
6	Alyssa O'Neal	10	Bettendorf
7	Kenya Harris	10	SC, West
8	Natalie Nwatchock	09	North Scott
9	Kambria Leazer	11	Ankeny Cent
10	Sierra Emison Clair	12	Valley, WDM
11	Megan Tobin	11	Mason City
12	Allison Kriegel	12	Linn-Mar
13	Hannah Abbey	11	Johnston
14	Sydney Skarich	11	North Scott
15	Anisa Percival	10	Ames
16	Jayla Williams	09	Ankeny
17	Ayak Akol	09	Ames
18	Reagan Hanfelt	10	Ankeny
19	Alex Gaskell	10	Dowling Cath
20	Ellie Muller	09	Dowling Cath
21	Lyla Canny	09	Prairie, CR
22	Katy Hand	12	Linn-Mar
23	Meena Tate	12	IC, West
24	Josie Moreland	12	Waukee

Event 130 Girls Long Jump 4A (24)

Friday 5/19/2023 - 11:30 AM

State Record: 19-05 Waller/Thomas, CRW/CBAL

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

Name Year School

Flight 1 Finals

1	Sophia Bauman	10	DC-Grimes
2	Ava Leinen	10	Ankeny
3	Olivia Mentzer	11	SC, East
4	Lilah Kress	10	Waukee NW
5	Josie Vande Krol	11	Waukee NW
6	Kambria Leazer	11	Ankeny Cent
7	Elodie Stroup	10	Pleasant Val
8	Bella Chamberlin	09	Pleasant Val
9	Emily Arling	12	IC, City Hig
10	Madelyn Houk	12	Ottumwa
11	Jazlyn Hoehle	12	Urbandale
12	Ruth Cloyd	10	IC, City Hig

Flight 2 Finals

1	Maya Augustine	12	SC, West
2	Lainey Drown	11	Urbandale
3	Kiya James	09	DSM, East
4	Alexi Thigpen	09	IC, Liberty
5	Meena Tate	12	IC, West
6	Brooke Magistrelli	12	Bettendorf
7	Aubrey Sandbothe	10	CB, A Lincol
8	Jaeden Pratt	10	Ankeny Cent
9	Petra Sherman	11	Linn-Mar
10	Abby Mecklenburg	09	Linn-Mar
11	Jasmine Barney	12	IC, Liberty
12	Ruby Leman	10	Dowling Cath

Event 138 Girls Discus Throw 4A (24)

Thursday 5/18/2023 - 9:00 AM

State Record: 156-04 5/17/2008 Taylor Freeman, Iowa City We

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

Name Year School

Flight 1 Finals

1	Katie Strotman	12	Ames
2	Olivia Christie	12	Waukee NW
3	Hannah Braun	09	IC, City Hig
4	Erica Kinn	10	Linn-Mar
5	Kendra Winfrey	12	Ankeny
6	Gabbi Frederick	11	DUB Hempstea
7	Rachel Haack	09	IC, City Hig
8	Ava Tichy	10	Indianola
9	Jolie Nordell	11	IC, Liberty
10	Yalayzah Lovan	12	Dowling Cath
11	Jordan Pauls	12	Ottumwa
12	Gwen Gaffney	11	Linn-Mar

Flight 2 Finals

1	Delilah Subsin	09	Ottumwa
2	Jaelyn Falls	11	Mason City
3	Abbie Kluver	09	Indianola
4	Mariah Myers	10	Fort Dodge
5	Hannah Baier	12	Ankeny
6	Mackenzie Mohler	10	Valley, WDM
7	Ava Smith	12	Waukee NW
8	Gabriella Ragins	10	Pleasant Val
9	Audrey Ott	11	Dowling Cath
10	Jorie Hanenburg	12	North Scott
11	Kileigh Lachacz	12	DC-Grimes
12	Reese Goodlet	11	Pleasant Val

Event 146 Girls Shot Put 4A (24)

Friday 5/19/2023 - 9:00 AM

State Record: 47-01.50 5/20/2016 Erika Hammond, Clinton

All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

Name Year School

Flight 1 Finals

1	Peyton Cota	10	Cedar Falls
2	Lainey Maehl	12	Fort Dodge
3	Mackenzie Dean	11	Dowling Cath
4	Zoey Valenta	12	DC-Grimes
5	Emersyn Stout	11	Prairie, CR
6	Lydia Smith	11	Waukee
7	Kamiyah Elders	10	CR Washingto
8	Helen Penning	11	IC, West
9	Jolie Nordell	11	IC, Liberty
10	Tatum Johnson	09	Urbandale
11	Kendra Winfrey	12	Ankeny
12	Ellie Erpelding	12	Bettendorf

Flight 2 Finals

1	Josianna Toingar	11	Linn-Mar
2	Mariah Myers	10	Fort Dodge

3	Ava Smith	12	Waukee NW
4	Rachel Vonderhaar	12	Pleasant Val
5	Kennedy Evans	12	Linn-Mar
6	Abby Princehouse	11	Waukee NW
7	Greta Brus	09	DVPT, North
8	Delilah Subsin	09	Ottumwa
9	Kileigh Lachacz	12	DC-Grimes
10	Mackenzie Fah	10	Pleasant Val
11	Kendall McDaniel	11	Indianola
12	Jorie Hanenburg	12	North Scott

Event 151 Girls Distance Medley 4A (24)

Friday 5/19/2023 - 9:20 AM

State Record: 4:00.19 5/17/2019 Cedar Falls, Cedar Falls
E Green, M Sterrett, S Stokes, M Michael

All-Time: 3:55.82 2017 Assumption, Assumption
School

Section 1 Timed Finals

1 Linn-Mar '1'
2 Indianola '1'
3 Mason City '1'
4 DVPT, Central '1'
5 CR Kennedy '1'
6 DC-Grimes '1'
7 North Scott '1'
8 Clinton '1'

Section 2 Timed Finals

1 Norwalk '1'
2 Bettendorf '1'
3 IC, City High '1'
4 Ankeny '1'
5 SE Polk '1'
6 Urbandale '1'
7 IC, Liberty '1'
8 Ankeny Cent '1'

Section 3 Timed Finals

1 Waukee NW '1'
2 Pleasant Valley '1'
3 Ames '1'
4 Johnston '1'
5 DUB Hempstead '1'
6 Cedar Falls '1'
7 Valley, WDM '1'
8 DSM, Roosevelt '1'