

Iowa Girls & Boys State Track Meet 2024 - 5/16/2024 to 5/18/2024

Des Moines, Iowa

Drake Stadium

Performance List

Event 3 Girls 100 Meter Dash 2A (24) Prelims

Thursday 5/16/2024 - 12:50 PM

Name	Year	School	Seed	Time
1 Rachel Kacmarynski	09	Pella Christian	12.23	1
2 Eden Moore	12	Van Meter	12.42	1
3 Jovi Evans	10	Mid-Prairie, W	12.43	1
4 Jerzee Knight	11	Clarinda	12.50	2
5 Miley Wells	10	Okoboji, Milford	12.52	1
6 Anna Heynen	12	Unity Chrst, OC	12.56	2
7 Jayden Cravatta	12	Camanche	12.59	1
8 Amanda Davis	11	Pocahon Area	12.66	3
9 Addison Westergard	11	W Sioux Hwardn	12.71	4
10 Addison Adam	11	Cardinal, Eldon	12.79	2
11 Morgan Karr	10	PCM, Monroe	12.83	2
12 Jacey Johnston	10	Osage	12.90	1
13 Hayden Thomas	09	Woodward-Grangr	12.94	3
14 Ayden Feske	12	Eagle Grove	12.95	4
15 Audrey Girard	12	W Marshall	12.99	1
16 Julija Miletic	12	Kingsley-Pierson	13.03	1
17 Molly Moore	11	Centerville	13.05	3
18 Abigale Chapman	11	Chariton	13.08	4
19 Charley Curtis	10	Crestwood	13.12	2
20 Avery Wilson	10	Sioux Ctrl, SR	13.14	5
21 Macey Jones	12	W Lyon, Inwood	13.16	6
22 Alivia Chambers	10	Northeast, GL	13.17	2
23 Sydney Brouwer	12	Lawton-Bronson	13.20	2
24 Alli Sheldahl	11	South Hardin	13.49	2

Event 11 Girls 200 Meter Dash 2A (24) Prelims

Thursday 5/16/2024 - 10:40 AM

Name	Year	School	Seed	Time
1 Meredith Van Wyk	10	Pella Christian	25.56	1
2 Jaselyne Anderson	12	Estherville-LC	25.73	1
3 Jerzee Knight	11	Clarinda	25.75	1
4 Jovi Evans	10	Mid-Prairie, W	26.05	1
5 Anthea Leupold	09	Spirit Lake	26.14	2
6 Eden Moore	12	Van Meter	26.16	2
7 Kamryn Lande	11	Roland-Story	26.22	2
8 Krishauna Allen	11	Okoboji, Milford	26.29	3
9 Jordan Tegeler	09	Northeast, GL	26.34	1
10 Anna Heynen	12	Unity Chrst, OC	26.35	4
11 Lela Haveman	11	Lawton-Bronson	26.56	1
12 Jacey Johnston	10	Osage	26.68	1
13 Audrey Girard	12	W Marshall	26.74	1
14 Molly Shafer	11	Eddyvl-Blakes/F	26.75	2
15 Jocelyn O'Neal	10	Red Oak	26.78	3
16 Macie Graves	11	Dike-NH	26.79	2
17 Avery Recker	10	Regina, IC	26.82	2
18 Rachel Schany	10	Emmetsburg	26.89	5
19 Miranda Neighbor	10	Alburnett	26.95	3
20 Addison Adam	11	Cardinal, Eldon	27.07	3

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Event 11 ... (Girls 200 Meter Dash 2A (24) Prelims)

Name	Year	School	Seed Time	
21 Hailee Pesek	12	New Hampton	27.16	2
22 Addison Rubendall	10	Lawton-Bronson	27.17	2
23 Amanda Davis	11	Pocahon Area	27.17	6
24 Kyndra Gramstad	11	W Lyon, Inwood	27.32	7

Event 19 Girls 400 Meter Dash 2A (24)

Thursday 5/16/2024 - 1:20 PM

Name	Year	School	Seed Time	
1 Abby George	11	Albia	58.13	1
2 Bailey Vos	10	Pella Christian	58.62	1
3 Jaselyne Anderson	12	Estherville-LC	58.80	1
4 Kate Shafer	11	Eddyvl-Blakes/F	58.82	2
5 Rachel Schany	10	Emmetsburg	59.70	2
6 Jacey Johnston	10	Osage	59.89	1
7 Jordan Tegeler	09	Northeast, GL	59.93	1
8 Ella Hein	09	Tipton	1:00.04	2
9 Olivia Phillips	11	I-35, Truro	1:00.37	3
10 Marisa Kehoe	12	Monticello	1:00.60	3
11 Reagan Seuntjens	11	MVAOCO	1:01.06	1
12 Taylor Davis	09	Hudson	1:01.08	1
13 Jocelyn O'Neal	10	Red Oak	1:01.13	2
14 Maria Kruse	12	Beckman	1:01.36	2
15 Jenna Vonnahme	12	Pocahon Area	1:01.76	3
16 Kinsley Hackman	11	New Hampton	1:01.92	2
17 Kyndra Gramstad	11	W Lyon, Inwood	1:02.37	4
18 Kennedy Schumacher	12	Durant	1:02.62	4
19 Abby Scott	11	Spirit Lake	1:02.67	5
20 Ella Howell	09	Louisa-Musc	1:02.79	5
21 Raelyn Steinmeyer	09	Grundy Center	1:02.79	3
22 Chloe Judisch	12	South Cent Cal	1:03.76	1
23 Cici Herrick	09	S Hamilton	1:04.68	2
24 Claire Weaver	09	Forest City	1:04.96	2

Event 27 Girls 800 Meter Run 2A (24)

Saturday 5/18/2024 - 10:40 AM

Name	Year	School	Seed Time	
1 Noelle Steines	11	Tipton	2:14.66	1
2 Alivia Edens	12	Tipton	2:21.40	2
3 Brooklyn Fryar	12	Van Meter	2:21.68	1
4 Clare Wright	12	Jesup	2:22.40	1
5 Abby George	11	Albia	2:23.05	1
6 Caroline Van Utrecht	11	Eddyvl-Blakes/F	2:23.60	2
7 Chloe Judisch	12	South Cent Cal	2:24.54	1
8 Paige Prazak	11	Central Sprngs	2:24.68	1
9 Kaycee Pittman	10	Greene County	2:25.32	2
10 Marisa Kehoe	12	Monticello	2:25.43	3
11 Ava Krutsinger	10	Chariton	2:25.44	3
12 Addison Liston	11	Unity Chrst, OC	2:25.45	1
13 Grace Hamann	09	West Branch	2:25.64	4
14 Mollie Hansen	10	Hudson	2:25.68	2

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Event 27 ... (Girls 800 Meter Run 2A (24))

	Name	Year	School	Seed Time	
15	Laura Streck	09	Van Meter	2:25.93	2
16	Greta Sieren	12	Mid-Prairie, W	2:26.60	4
17	Linnea Bloom	11	Sioux Ctrl, SR	2:26.63	2
18	Teryn Hansen	10	Northeast, GL	2:27.04	5
19	Grace Storjohann	10	Grundy Center	2:28.32	2
20	Brynn Albertsen	10	Union, LaPorte C	2:29.15	3
21	Kaylee Mesz	09	Lawton-Bronson	2:30.05	3
22	Danika Rieks	09	Ia Falls-Alden	2:30.64	1
23	Zoey Osmundson	10	Woodward-Grangr	2:31.14	2
24	Hailey Homan	11	Denver	2:31.31	3

Event 35 Girls 1500 Meter Run 2A (24)

Saturday 5/18/2024 - 2:22 PM

	Name	Year	School	Seed Time	
1	Hillary Trainor	12	Sumner-Fredrksbg	4:50.25	1
2	Noelle Steines	11	Tipton	4:50.35	1
3	Clare Wright	12	Jesup	4:53.15	2
4	Olivia Hoogland	12	Unity Chrst, OC	4:54.37	1
5	McKenna Montgomery	10	Albia	4:57.34	1
6	Grace Hamann	09	West Branch	5:00.08	2
7	Laura Streck	09	Van Meter	5:00.37	1
8	Hallie Kelchen	10	Cascade	5:00.44	3
9	Danielle Hostetler	12	Mid-Prairie, W	5:01.19	2
10	Alyssa Richman	11	Manson NW Web	5:02.15	1
11	Ashlyn Sauser	09	Oelwein	5:03.37	1
12	Ruby Greving	10	Regina, IC	5:03.61	4
13	Ava Remley	10	Anamosa	5:03.72	5
14	Emma McCoy	11	Van Meter	5:06.47	2
15	Addison Liston	11	Unity Chrst, OC	5:06.88	2
16	Kinze Shea	12	Crestwood	5:07.04	3
17	Julia Mertz	12	Beckman	5:07.62	2
18	Laura Owen	11	Tipton	5:08.81	6
19	Abby Fleming	12	Mid-Prairie, W	5:09.00	3
20	Scarlett Byrnes	10	Osage	5:09.44	4
21	Amilia Condon	11	Union, LaPorte C	5:10.21	3
22	Meryl Casady	10	DSM Christian	5:11.29	1
23	Abi Teeter	10	PCM, Monroe	5:11.30	2
24	Chloe Judisch	12	South Cent Cal	5:11.67	2

Event 43 Girls 3000 Meter Run 2A (24)

Thursday 5/16/2024 - 9:40 AM

	Name	Year	School	Seed Time	
1	McKenna Montgomery	10	Albia	10:24.55	1
2	Laura Streck	09	Van Meter	10:31.95	1
3	Noelle Steines	11	Tipton	10:36.49	1
4	Hillary Trainor	12	Sumner-Fredrksbg	10:39.82	1
5	Danielle Hostetler	12	Mid-Prairie, W	10:42.93	2
6	Hallie Kelchen	10	Cascade	10:45.50	2
7	Ava Remley	10	Anamosa	10:48.78	3
8	Kinze Shea	12	Crestwood	10:49.10	2

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Event 43 ... (Girls 3000 Meter Run 2A (24))

	Name	Year	School	Seed Time	
9	Alyssa Richman	11	Manson NW Web	10:52.64	1
10	Abby Fleming	12	Mid-Prairie, W	10:54.53	3
11	Mackenzie Wilson	11	Jesup	10:55.89	3
12	Taitlin Koch	12	W Central Valley	10:56.50	1
13	Izzy Houts	12	Dike-NH	10:57.96	1
14	Eva Fleshner	10	Woodward-Grangr	10:59.48	2
15	Scarlett Byrnes	10	Osage	11:01.55	4
16	Julia Mertz	12	Beckman	11:01.92	2
17	Amilia Condon	11	Union, LaPorte C	11:05.68	3
18	Iris Melody	10	South Cent Cal	11:11.67	2
19	Meryl Casady	10	DSM Christian	11:12.33	3
20	Lauren Youngblut	12	Union, LaPorte C	11:12.63	4
21	Rachel Putze	10	Kingsley-Pierson	11:27.16	3
22	Hailey Egbert	11	Shenandoah	11:29.03	2
23	Katie Young	10	Unity Chrst, OC	11:31.80	1
24	Adison Frerichs	12	Okoboji, Milford	12:21.07	2

Event 50 Girls 100 Meter Hurdles 2A (24) Prelims

Friday 5/17/2024 - 10:20 AM

	Name	Year	School	Seed Time	
1	Morgan Karr	10	PCM, Monroe	15.17	1
2	Annie Metzger	11	W Lyon, Inwood	15.31	1
3	Leah Bolluyt	09	Spirit Lake	15.43	2
4	Hadley Hardersen	11	DSM Christian	15.54	2
5	Bailey Boeve	10	Hinton	15.55	1
6	Miranda Neighbor	10	Alburnett	15.64	1
7	Rowan Jensen	12	Ridge View	15.73	2
8	Reese Naeve	10	Regina, IC	15.77	1
9	Cara Schiltz	11	Estherville-LC	15.86	3
10	Addi Hindt	12	Southeast Valley	15.88	3
11	Taydem Graden	11	Ogden	15.91	3
12	Kate Green	11	Cascade	15.94	2
13	Kinsey Mohwinkle	12	Aplntn-Parksbg	15.97	2
14	Quinn Wilkinson	10	Sioux Ctrl, SR	16.09	4
15	Ryleigh Waldstein	11	Sioux Ctrl, SR	16.13	5
16	Molly Shafer	11	Eddyvl-Blakes/F	16.17	1
17	Chloe Denton	11	Shenandoah	16.19	1
18	Isabelle Janssen	09	Ia Falls-Alden	16.21	4
19	Jailyn Petersen	11	Union, LaPorte C	16.22	3
20	Burkli Harkins	10	Van Meter	16.28	2
21	Haedyn Rebelsky	11	Van Meter	16.39	3
22	Behla Schmidt	12	Mid-Prairie, W	16.41	2
23	Sara Mead	10	Jesup	16.67	1
24	Cameron Johnson	12	Waukon	16.75	2

Event 58 Girls 400 Meter Hurdles 2A (24)

Friday 5/17/2024 - 12:00 PM

	Name	Year	School	Seed Time	
1	Leah Bolluyt	09	Spirit Lake	1:05.71	1
2	Morgan Neuroth	12	E Marshall	1:06.60	1

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Event 58 ... (Girls 400 Meter Hurdles 2A (24))

	Name	Year	School	Seed	Time
3	Laney Wolfswinkel	11	Cherokee, Wash	1:06.63	1
4	Addie Nerem	12	Tipton	1:06.96	1
5	Charlotte Pritchard	12	Spirit Lake	1:07.22	2
6	Kate Shafer	11	Eddyvl-Blakes/F	1:07.30	1
7	Eden Moore	12	Van Meter	1:07.48	1
8	Preslie Peterson	12	Sioux Ctrl, SR	1:07.49	3
9	Olivia Phillips	11	I-35, Truro	1:07.58	2
10	Madison Boese	11	Van Meter	1:07.94	2
11	Tiffani Koonce	12	PCM, Monroe	1:08.35	1
12	Bethany Warren	11	Forest City	1:08.37	2
13	Annie Metzger	11	W Lyon, Inwood	1:08.45	4
14	Bailey Nordyke	12	Clarinda	1:08.99	3
15	Ava Eddy	10	Aplntn-Parksbg	1:09.23	2
16	Ella Steele	10	Hudson	1:09.36	3
17	Emma Bose	10	Jesup	1:09.41	1
18	Hadley Hardersen	11	DSM Christian	1:09.45	2
19	Taylor Ries	11	New Hampton	1:09.50	2
20	Lainey Shelangoski	12	Durant	1:09.50	2
21	Payton Trapp	09	Kingsley-Pierson	1:09.81	3
22	Molly Roling	11	Cascade	1:09.92	3
23	Liliana Cortes	11	Postville	1:10.34	3
24	Makenna Paulsen	10	AHSTW	1:10.47	4

Event 67 Girls 4x100 Meter Shuttle Hurdle 2A (24) Prelims**Thursday 5/16/2024 - 9:00 AM**

	Team	Relay	Seed	Time
1	Ridge View	1	1:06.61	1
	1) Tatum Shepherd 12	2) Faith Freese 12	3) Gabi Mason 11	4) Rowan Jensen 12
	5) Lilly Whitmer 11	6) Bryli Blunk 09	7) Naunika Crum 10	8) Reese Hawthorne 10
2	Aplntn-Parksbg	1	1:06.63	1
	1) Kinsey Mohwinkle 12	2) Adri Allan 09	3) Olyvia Bellows 12	4) Ava Eddy 10
	5) Megan Junker 10	6) Lexi Aswegen 12	7) Emma Wolff 11	8) Zoey Uhlenhopp 10
3	Cascade	1	1:07.59	1
	1) Molly Roling 11	2) Makayla Paar 09	3) Addison Frake 10	4) Kate Green 11
	5) Emersyn Green 11	6) Kalynn Lamey 11	7) Dani Knepper 11	8) Ellie Green 12
4	Sioux Ctrl, SR	1	1:08.06	1
	1) Ryleigh Waldstein 11	2) Quinn Wilkinson 10	3) Vivi Orenday 11	4) Preslie Peterson 12
	5) Annaliese Bloom 12			
5	Regina, IC	1	1:08.09	2
	1) Alli Clark 12	2) Ella Keune 10	3) Morgan Miller 11	4) Reese Naeve 10
	5) Katie Molony 12			
6	Union, LaPorte C	1	1:08.15	2
	1) Ava Mills 12	2) Reagan Sorensen 12	3) Jailyn Petersen 11	4) Hinley Mast 09
	5) Mallory Karr 09	6) Ruby Parson 11	7) Katie Jackson 09	8) Sydney Anton 12
7	Van Meter	1	1:08.65	1
	1) Madison Boese 11	2) Burkli Harkins 10	3) Kylie Keller 10	4) Haedyn Rebelsky 11
	5) Saylor Simmons 09	6) Bella Bruins 10	7) Bella Weber 11	8) Finley Netten 11
8	Jesup	1	1:08.89	1
	1) Sara Mead 10	2) Emma Bose 10	3) Marlie Schissel 09	4) Katelyn Zelle 11
	5) Layni Schilling 10	6) Carmen Nuehring 09		

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Event 67 ... (Girls 4x100 Meter Shuttle Hurdle 2A (24) Prelims)

Team	Relay	Seed Time
9 W Lyon, Inwood	1	1:09.51 2
1) Evy Knoblock 12	2) Jenna Bullerman 10	3) Emersyn Rentschler 10
5) Lucy Doorneweerd 09	6) Kyndra Gramstad 11	7) Leah Blauwet 10
8) Macey Jones 12		
10 Ogden	1	1:09.61 2
1) Alena Wilson 09	2) Aubrey Leonard 10	3) Hazel Friedrichsen 11
5) Brylie Hicks 09	6) Samantha Lass 11	7) Sydney King 11
8) Thea Alexander 12		
11 PCM, Monroe	1	1:09.63 1
1) Tori Lindsay 10	2) Jorja Teeter 10	3) Lillian Humpal 10
5) Alyssa Buckingham 10	6) Kylie Tuller 10	4) Morgan Karr 10
12 Roland-Story	1	1:09.65 2
1) Brookelyn Jondle 09	2) Maddi Lucas 09	3) Hope Scarrow 09
5) Abbi Scarrow 09	6) Jaclyn Gessner 12	7) Mackenzie Petersen 09
13 Cent Decatur	1	1:09.79 1
1) Hadley Bell 12	2) Addy Schreck 11	3) Makenna Perkins 11
5) Aubri Perkins 09	6) Morgan Havlik 10	7) Zoey Quigley 09
8) Rilee Alley 10		
14 W Marshall	1	1:10.16 3
1) Audrey Girard 12	2) Ella Wertz 12	3) Amelia Ranson 11
5) Jenna Randall 09	6) Elyse Ranson 09	7) Kamden Jacobson 11
8) Olivia Randall 09		
15 OABCIG	1	1:10.22 2
1) Kenai Nielsen 12	2) Addisyn Pritchard 09	3) Abby Winterrowd 12
5) Jenessa Kolar 09	6) Avery Behrendsen 12	7) Sydney Neubauer 10
8) Allie Godbersen 10		
16 Treynor	1	1:10.35 3
1) Ava Kennedy 11	2) Zoey Zadalis 10	3) Emma Miller 11
5) Reese Chapman 11	6) Channing Reed 09	4) Rylee Hemmingsen 09
17 Pleasantville	1	1:10.55 3
1) Danika Park 12	2) Lauren Furnal 11	3) Aria Phipps 10
5) Madilyn Rowson 12	6) Kyleigh McConnell 11	7) Ella Clark 11
8) Emmy Hiemstra 10		
18 Forest City	1	1:10.57 3
1) Lexi Isebrand 10	2) Claire Weaver 09	3) Jessa Swearingen 11
5) Bethany Warren 11	6) Jocelyn Pagcu 12	4) Hayden Brown 10
19 Waukon	1	1:10.72 2
1) Reese McCormick 11	2) Kaylin Regan 09	3) Kaitlyn Krambeer 12
5) Mari Delaney 11	6) Brynn Weymiller 09	4) Cameron Johnson 12
20 Southeast Valley	1	1:11.11 4
1) Haylea Hutchinson 11	2) Madelyn Farley 10	3) Ava Brunner 12
5) Mae Searcy 09	6) Avrie Hanson 09	4) Addi Hindt 12
21 E Marshall	1	1:11.28 4
1) Morgan Neuroth 12	2) Vaeda Bryan 11	3) Makayla Hala 11
5) Mya Gould 09	6) Mallory Ostroski 11	7) Marisa Cahalan 09
4) Cora Talbert 11		
22 Audubon	1	1:11.40 4
1) Taryn Petersen 09	2) Mattie Nielsen 12	3) Jaelynn Petersen 10
5) Kadence Brannan-Sporrer 10		4) Michelle Brooks 12
23 Shenandoah	1	1:11.47 5
1) Caroline Rogers 12	2) Jenna Burdorf 12	3) Abbagale Dumler 10
5) Zoe Young 09	6) Lynnae Green 11	7) Ashlynn Hodges 11
4) Chloe Denton 11		
24 Mid-Prairie, W	1	1:13.19 2
1) Sophie Miller 10	2) Olivia Schlabach 10	3) Nora Pennington 12
5) Myli Hershberger 09	6) Kyrie Poll 09	7) Laurin Fay 10
8) Dessa Poll 11		

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Event 72 Girls 4x100 Meter Relay 2A (24) Prelims

Friday 5/17/2024 - 12:40 PM

	Team	Relay	Seed Time	
1	Spirit Lake	1	50.02	1
	1) Reese Keenan 11	2) Leah Bolluyt 09	3) Maggie Bruinsma 10	4) Anthea Leupold 09
	5) Faith DeWild 11	6) Zoe Ackerman 12	7) Abby Scott 11	8) Fran Travis 12
2	Forest City	1	50.31	1
	1) Colette Loges 11	2) Jalyn Hovenga 12	3) Emma Anderson 12	4) Chloe Hennigar 10
	5) Jocelyn Pagcu 12	6) Casey Buffington 09	7) Zoey Holmes 12	8) Alexa Torres 12
3	Roland-Story	1	50.31	1
	1) Adalyn Sporleder 11	2) Kennedy Petersen 11	3) Lauryn Kilstofte 12	4) Kamryn Lande 11
	5) Matilde Motta 11	6) Brookelyn Jondle 09	7) Olivia Reitano 10	8) Selah Helgeson 10
4	Okoboji, Milford	1	50.37	2
	1) Alivia Avery 09	2) Riley Meyer 09	3) Miley Wells 10	4) Krishauna Allen 11
	5) Celeste DeVos 09	6) Ella DeRuyter 10	7) Alyssa Hintz 10	8) Emma Graves 12
5	Cent Decatur	1	51.08	1
	1) Soiyer Smith 09	2) Abigail Leahy 11	3) Addy Schreck 11	4) Breegan Lindsey 10
	5) Hadley Bell 12	6) Makenna Perkins 11	7) Rilee Alley 10	8) Zoey Quigley 09
6	Van Meter	1	51.08	1
	1) Makenzie Dubbin 11	2) Avery Banks 09	3) Haedyn Rebelsky 11	4) Kennedy Wiedman 12
	5) Eden Moore 12	6) Teya Speltz 11	7) Bella Weber 11	8) Finley Netten 11
7	Lawton-Bronson	1	51.14	2
	1) Sydney Brouwer 12	2) Addison Smith 11	3) Addison Rubendall 10	4) Lela Haveman 11
	5) Kaitlyn Oehler 09	6) Laney Nelson 09	7) Kaylynne Newton 10	8) Kaylee Mesz 09
8	Cardinal, Eldon	1	51.17	2
	1) Emma Becker 12	2) Makenna Chickering 11	3) Ashlyn Patrick 11	4) Addison Adam 11
	5) Brinlee Ostrander 12	6) Emarie Finch 11		
9	Dike-NH	1	51.17	1
	1) Kailyn Meester 09	2) Shelby Ohrt 12	3) Chloe Paulsen 09	4) Macie Graves 11
	5) Autumn Meester 10	6) Haley Badker 09	7) Madde Buskohl 11	8) Ashtyn Weber 09
10	Mid-Prairie, W	1	51.24	3
	1) Dakota Mitchell 11	2) Myli Hershberger 09	3) Emma Lueck 12	4) Jovi Evans 10
	5) Lanee Duwa 11	6) Paige Saffly 12	7) Izzy Kite 09	8) Behla Schmidt 12
11	Underwood	1	51.27	2
	1) Tieler Hull 11	2) Kinsley Ferguson 12	3) Ainsley Roberts 09	4) Haley Stangl 11
	5) Mallorie Leaders 10	6) Claire Cook 11	7) Trinity Bret 09	8) Ruby Patomson 11
12	Pella Christian	1	51.31	2
	1) Amelia Boender 12	2) Claire Westerkamp 11	3) Lexi Terpstra 10	4) Amaia Agre 10
	5) Makayla Nikkel 12	6) Bailey Vos 10	7) Rachel Kacmarynski 09	8) Meredith Van Wyk 10
13	Denver	1	51.46	1
	1) Deidra Cinadr 12	2) Amelia Powers 11	3) Jillian Clayton 10	4) Elaina Hildebrandt 12
	5) Maryn Laures 10	6) Aubrey Decker 12	7) Haley Lalk 11	8) Mollie Tierney 10
14	Regina, IC	1	51.68	1
	1) Avery Kies 12	2) Reese Naeve 10	3) Betsy Wolfe 09	4) Avery Recker 10
	5) Alaina Timmerman 12	6) Caitlin Martin 11	7) Alli Clark 12	
15	Clarinda	1	51.77	3
	1) Bailey Nordyke 12	2) Alexa Barnes 09	3) Kylie Meier 10	4) Jerzee Knight 11
	5) Brynn Isaacson 09	6) Maddie Cole 10		
16	Kingsley-Pierson	1	51.87	3
	1) Lexi Gilbert 09	2) Emma King 11	3) Rhian Wright 10	4) Julija Miletic 12
	5) Natalie Schlenger 10	6) Kady Lloyd 09		
17	S Hamilton	1	51.88	3
	1) Sydnee Flaugh 11	2) Makena Galetich 12	3) Ashlyn Erickson 12	4) Tanna Thompson 12
	5) Brooklyn Doolittle 10	6) Sara Scheller 10	7) Riah Van De Pol 09	8) Lillie Ammerman 10

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Event 72 ... (Girls 4x100 Meter Relay 2A (24) Prelims)

Team	Relay	Seed Time
18 South Hardin	1	51.93 2
1) Lorina Dykman 09	2) Alli Sheldahl 11	3) Katie Allison 09
5) Madison Stille 12	6) Hailey Rosonke 12	7) Maddy Dewhurst 11
4) Ayda Eller 09	8) Mary Engelson 10	
19 Sioux Ctrl, SR	1	51.93 3
1) Avery Wilson 10	2) Taylor Cavanaugh 09	3) Ryleigh Waldstein 11
5) Preslie Peterson 12	6) Quinn Wilkinson 10	7) Evelyn Geisinger 11
4) Vivi Orenday 11	8) Linnea Bloom 11	
20 Alburnett	1	51.94 3
1) Gralynn Martin 12	2) Savannah Caves 12	3) Peyton Scott 12
5) Melani Ellis 10	6) Marie Burger 12	7) Greely Sloan 09
4) Miranda Neighbor 10	8) Leia Gilchrist 10	
21 Chariton	1	51.96 4
1) Payton Snook 10	2) Ava Krutsinger 10	3) Sydney Cain 11
5) Brooke Kephart 11	6) Paige Andrews 11	4) Abigale Chapman 11
22 Beckman	1	52.06 4
1) Rebecca Goerdt 11	2) Paige Fangman 09	3) Kaitlyn Besler 11
5) Natalie Besler 09	6) Briseyda Rodriguez 10	7) Kennedy Recker 12
4) Maria Kruse 12	8) Julia Mertz 12	
23 Northeast, GL	1	52.14 2
1) Kaitlyn Hansen 12	2) Jordan Tegeler 09	3) Teryn Hansen 10
5) Rielely Burken 10	6) Raelyn Schroeder 10	7) Addison Holst 11
4) Alivia Chambers 10		
24 Grundy Center	1	52.75 2
1) Carlie Willis 12	2) Shirley Monaghan 12	3) Allison Koch 10
5) Blessing Edittu 12	6) Evelyn Geerdes 09	7) Ava Mundt 09
4) Ava Heeren 09	8) Jocelyn Freed 10	

Event 80 Girls 4x200 Meter Relay 2A (24)

Friday 5/17/2024 - 11:00 AM

Team	Relay	Seed Time
1 Pella Christian	1	1:44.37 1
1) Lexi Terpstra 10	2) Rachel Kacmarynski 09	3) Amaia Agre 10
5) Bailey Vos 10	6) Claire Westerkamp 11	7) Amelia Boender 12
4) Meredith Van Wyk 10	8) Josie Settles 10	
2 Roland-Story	1	1:45.61 2
1) Adalyn Sporleder 11	2) Kennedy Petersen 11	3) Lauryn Kilstofte 12
5) Matilde Motta 11	6) Brookelyn Jondle 09	7) Maddi Lucas 09
4) Kamryn Lande 11	8) Olivia Reitano 10	
3 Spirit Lake	1	1:45.87 1
1) Reese Keenan 11	2) Faith DeWild 11	3) Zoe Ackerman 12
5) Gelena Duvall 10	6) Abby Scott 11	7) Kinley Dodds 09
4) Anthea Leupold 09	8) Leah Bolluyt 09	
4 Okoboji, Milford	1	1:46.61 2
1) Alivia Avery 09	2) Celeste DeVos 09	3) Miley Wells 10
5) Riley Meyer 09	6) Emma Graves 12	7) Ella DeRuyter 10
4) Krishauna Allen 11	8) Harper Rabel 11	
5 Forest City	1	1:46.68 1
1) Colette Loges 11	2) Jalyn Hovenga 12	3) Emma Anderson 12
5) Zoey Holmes 12	6) Chloe Hennigar 10	7) Jessa Swearingen 11
4) Casey Buffington 09	8) Lexi Isebrand 10	
6 South Hardin	1	1:47.24 1
1) Alli Sheldahl 11	2) Katie Allison 09	3) Ayda Eller 09
5) Madison Stille 12	6) Mary Engelson 10	7) Maddy Dewhurst 11
4) Lorina Dykman 09	8) Alyssa Stille 12	
7 Lawton-Bronson	1	1:47.69 2
1) Addison Rubendall 10	2) Addison Smith 11	3) Sydney Brouwer 12
5) Kaylee Mesz 09	6) Kaylynn Newton 10	7) Kaitlyn Oehler 09
4) Lela Haveman 11	8) Laney Nelson 09	
8 Cent Decatur	1	1:47.78 1
1) Soiyer Smith 09	2) Abigail Leahy 11	3) Addy Schreck 11
5) Hadley Bell 12	6) Izzy Carcamo 10	7) Rilee Alley 10
4) Breegan Lindsey 10	8) Zoey Quigley 09	
9 Clarinda	1	1:47.89 1
1) Jerzee Knight 11	2) Alexa Barnes 09	3) Kylie Meier 10
5) Brynn Isaacson 09	6) Maddie Cole 10	4) Bailey Nordyke 12

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Event 80 ... (Girls 4x200 Meter Relay 2A (24))

Event	Team	Relay	Seed Time
10	Dike-NH	1	1:48.00 2
	1) Kailyn Meester 09	2) Shelby Ohrt 12	3) Chloe Paulsen 09
	5) Autumn Meester 10	6) Haley Badker 09	7) Madde Buskohl 11
			8) Ashtyn Weber 09
11	Van Meter	1	1:48.27 2
	1) Makenzie Dubbin 11	2) Avery Banks 09	3) Kennedy Wiedman 12
	5) Eden Moore 12	6) Bella Bruins 10	7) Bella Weber 11
			8) Finley Netten 11
12	Kingsley-Pierson	1	1:48.31 3
	1) Lexi Gilbert 09	2) Brooklyn Beelner 11	3) Payton Trapp 09
	5) Julija Miletic 12	6) Emma King 11	4) Natalie Schlenger 10
13	Cherokee, Wash	1	1:48.56 4
	1) Kate Maves 12	2) Laney Wolfswinkel 11	3) Jada Timmerman 12
	5) Danika Ducommun 09	6) Addy Pigott 11	4) Ellana Mortenson 09
14	S Hamilton	1	1:49.04 3
	1) Makena Galetich 12	2) Brooklyn Doolittle 10	3) Ashlyn Erickson 12
	5) Sydnee Flaugh 11	6) Sara Scheller 10	7) Lillie Ammerman 10
			8) Riah Van De Pol 09
15	Mediapolis	1	1:49.17 2
	1) Bailey Jackson 10	2) Josie Hutcheson 10	3) Kira Messer 11
	5) Annabelle Hedges 09	6) Amelia Pfeiff 09	7) Madden Thie 09
			8) Avery Crear 09
16	Underwood	1	1:49.39 3
	1) Tieler Hull 11	2) Kinsley Ferguson 12	3) Ainsley Roberts 09
	5) Mallorie Leaders 10	6) Claire Cook 11	7) Trinity Bret 09
			8) Avery Smith 10
17	Denver	1	1:49.79 1
	1) Deidra Cinadr 12	2) Amelia Powers 11	3) Jillian Clayton 10
	5) Maryn Laures 10	6) Aubrey Decker 12	7) Lily Cooper 11
			8) Hailey Homan 11
18	OABCIG	1	1:50.26 4
	1) Sydney Neubauer 10	2) Abby Winterrowd 12	3) Allie Godbersen 10
	5) Lia Hansen 09	6) Jenessa Kolar 09	7) Anna Hoffman 11
			8) Chloe Murphy 09
19	Regina, IC	1	1:50.42 1
	1) Avery Kies 12	2) Betsy Wolfe 09	3) Caitlin Martin 11
	5) Ava Wiltgen 11	6) Reese Naeve 10	7) Alli Clark 12
			4) Avery Recker 10
20	Cascade	1	1:50.63 2
	1) Makayla Paar 09	2) Addison Frake 10	3) Maddie Recker 10
	5) Kalynn Lamey 11	6) Emersyn Green 11	7) Kate Green 11
			4) Molly Roling 11
			8) Ellie Green 12
21	Cardinal, Eldon	1	1:50.81 3
	1) Brinlee Ostrander 12	2) Makenna Chickering 11	3) Ashlyn Patrick 11
	5) Emma Becker 12	6) Emarie Finch 11	7) Makenzi Strasko 11
			4) Addison Adam 11
			8) Kaylin Hissem 10
22	DSM Christian	1	1:50.81 4
	1) Gianna Bennett 12	2) Ava DeGan 10	3) Hailey Mull 10
	5) Brynn Van Mersbergen 09	6) Lana Lo 11	7) Marli Lambert 10
			4) Etta Fish 11
			8) Zoe Fish 09
23	AHSTW	1	1:50.93 5
	1) Delaney Goshorn 12	2) Brooklyn Buck 11	3) Rylie Knop 12
	5) Caitlyn Dills 11	6) Lorelei Wahling 11	7) Brooke Lee 09
			4) Bella Lamp 09
			8) Adaline McIntosh 09
24	Crestwood	1	1:52.09 2
	1) Charley Curtis 10	2) Olivia Johnson 11	3) Lily Troendle 11
	5) Ava Johnson 10	6) Keira Shea 09	7) Mea Shelton 09
			4) Aubrey Mannery 11
			8) Isabella Schlatter 10

Event 88 Girls 4x400 Meter Relay 2A (24) Prelims

Friday 5/17/2024 - 1:20 PM

Event	Team	Relay	Seed Time
1	Pella Christian	1	4:02.88 1
	1) Rachel Kacmarynski 09	2) Meredith Van Wyk 10	3) Maisy Meinders 10
	5) Chloe Nikkel 10	6) Amaia Agre 10	7) Esther Ford 11
			4) Bailey Vos 10
			8) Ashlyn Ver Meer 09

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Event 88 ... (Girls 4x400 Meter Relay 2A (24) Prelims)

Event	Team	Relay	Seed Time
2	Eddyvl-Blakes/F	1	4:07.02 1
	1) Abby Jager 12	2) Caroline Van Utrecht 11	3) Kate Shafer 11
	5) Lacey Taylor 10	6) Kaitlynn Glenn 11	7) Claire Hayward 11
			8) Hailey Boyer 12
3	Forest City	1	4:08.32 1
	1) Zoey Holmes 12	2) Hayden Brown 10	3) Emma Anderson 12
	5) Claire Weaver 09	6) Lexi Isebrand 10	7) Emilie Weaver 12
			8) Jessa Swearingen 11
4	Tipton	1	4:09.82 1
	1) Addie Nerem 12	2) Ella Hein 09	3) Zoe Holstein 10
	5) Paityn Daedlow 09	6) Noelle Steines 11	7) Averie Bolger 09
			8) Alivia Tucker 09
5	Van Meter	1	4:10.66 1
	1) Bella Bruins 10	2) Teya Speltz 11	3) Emma McCoy 11
	5) Eden Moore 12	6) Madison Boese 11	7) Bella Weber 11
			8) Lizzy McCann 10
6	Western Christ	1	4:10.81 1
	1) Kayla Van Otterloo 12	2) Kyryn De Groot 11	3) Avery Dykstra 09
	5) Paisley Groeneweg 09	6) Lydia Ellis 11	4) Addi Van't Hul 10
7	Albia	1	4:10.92 2
	1) Abby George 11	2) McKenna Montgomery 10	3) Avery Major 12
	5) Raegan Carter 09	6) Serene Thompson 11	7) Millie McAninch 09
			8) Janelle Clark 12
8	Cherokee, Wash	1	4:11.31 2
	1) Kalexis Hyndman 10	2) Laney Wolfswinkel 11	3) Ellana Mortenson 09
	5) Macy Gravenish 10	6) Deidra Doeden 09	7) Sabrina Valentin 09
			4) Megan Courtright 12
9	AHSTW	1	4:11.93 2
	1) Delaney Goshorn 12	2) Ava Paulsen 10	3) Makenna Paulsen 10
	5) Macey Goshorn 09	6) Yana Lander 09	7) Adaline McIntosh 09
			8) Brooke Lee 09
10	Hinton	1	4:12.35 3
	1) Gabbie Friessen 12	2) Ava Lang 11	3) Kaci Allen 12
	5) Bailey Boeve 10	6) Ashlyn Kovarna 12	7) Kaelyn Burns 10
			8) Cailyn Badar 09
11	Unity Chrst, OC	1	4:12.47 2
	1) Morgan De Groot 11	2) Sienna Rosenboom 09	3) Emily Noteboom 11
	5) Avery Rowenhorst 09	6) Olivia Hoogland 12	4) Jaelye Woudstra 11
12	S Hamilton	1	4:12.77 2
	1) Brooklyn Doolittle 10	2) Makena Galetich 12	3) Tanna Thompson 12
	5) Olivia Beaune 10	6) McKenna Miller 11	7) Cici Herrick 09
			8) Bianca Seaton 10
13	Aplntn-Parksbg	1	4:13.49 1
	1) Quinnlyn Schultz 11	2) Emma Wolff 11	3) Kennedy Kalkwarf 09
	5) Britnie Aswegen 10	6) Kate Livingood 10	7) Elle Strickland 12
			8) Adri Allan 09
14	Roland-Story	1	4:13.73 3
	1) Lauryn Kilstofte 12	2) Matilde Motta 11	3) Riley Johnson 09
	5) Lucy Schmidt 09	6) Alli Janes 10	7) Mackenzie Petersen 09
			8) Kennedy Petersen 11
15	Spirit Lake	1	4:13.83 3
	1) Zoe Ackerman 12	2) Abby Scott 11	3) Kinley Dodds 09
	5) Gelena Duvall 10	6) Ella Beck 09	7) Leah Bolluyt 09
			8) Charlotte Pritchard 12
16	New Hampton	1	4:13.84 1
	1) Taylor Ries 11	2) Kinsley Hackman 11	3) Megan Pickar 12
	5) Capri Lester 09	6) Sydney Laues 09	7) Kinslee Rings 09
			8) Natalie Nosbisch 11
17	Grundy Center	1	4:14.39 2
	1) Raelyn Steinmeyer 09	2) Laney Dole 12	3) Karlee Lynch 10
	5) Maddy Hendershot 09	6) Lydia Hook 10	7) Grace Storzjohann 10
			8) Evelyn Geerdes 09
18	Audubon	1	4:14.47 3
	1) Taryn Petersen 09	2) Mattie Nielsen 12	3) Jaelynn Petersen 10
	5) Anna Larsen 10	6) Addie Hocker 12	4) Kadence Brannan-Sporrer 10

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Event 88 ... (Girls 4x400 Meter Relay 2A (24) Prelims)

Team	Relay	Seed Time
19 Sioux Ctrl, SR	1	4:14.54 4
1) Linnea Bloom 11	2) Karina Bloom 09	3) Evelyn Geisinger 11
5) Preslie Peterson 12	6) Nora Christian 10	7) Quinn Wilkinson 10
8) Vivi Orenday 11		
20 DSM Christian	1	4:14.68 4
1) Hailey Mull 10	2) Ella Jicinsky 12	3) Brynn Van Mersbergen 09
5) Hadley Hardersen 11	6) Etta Fish 11	7) Marli Lambert 10
8) Maddie Miesen 11		
21 Southeast Valley	1	4:15.11 5
1) Kenna Scott 12	2) Lauren Eslick 11	3) Camryn Lane 10
5) Ava Brunner 12	6) Liberty Suchan 09	4) Breck Mills 12
22 South Hardin	1	4:15.39 2
1) Makana Ayers 09	2) Madison Stille 12	3) Mary Engelson 10
5) Katie Allison 09	6) Lorina Dykman 09	7) Alyssa Stille 12
8) Ava Guiles 10		
23 Estherville-LC	1	4:15.43 5
1) Kylie Olson 10	2) Rylee Yager 11	3) Morgan Clabaugh 10
4) Tatum Dunlavy 12		
24 Monticello	1	4:15.68 2
1) Peyton Ries 09	2) Keziah McQuillen 12	3) Ava Capron 11
5) Leah Koehler 11	6) Brynn Schmit 09	4) Marisa Kehoe 12

Event 96 Girls 4x800 Meter Relay 2A (24)

Thursday 5/16/2024 - 11:20 AM

Team	Relay	Seed Time
1 Tipton	1	9:45.42 1
1) Addie Nerem 12	2) Laura Owen 11	3) Ella Hein 09
5) Zoe Holstein 10	6) Noelle Steines 11	7) Addi Tholen 12
8) Averie Bolger 09		
2 Unity Chrst, OC	1	9:49.46 1
1) Emily Noteboom 11	2) Olivia Hoogland 12	3) Avery Rowenhorst 09
5) Sienna Rosenboom 09	6) Jaelye Woudstra 11	7) Katie Young 10
3 Van Meter	1	9:52.72 1
1) Brooklyn Fryar 12	2) Lizzy McCann 10	3) Olivia Halfpap 10
5) Laura Streck 09	6) Macy Hyer 09	7) Lydia Hunter 09
8) Natalie Marzen 09		
4 Albia	1	9:53.69 1
1) Abby George 11	2) Avery Major 12	3) Serene Thompson 11
5) Raegan Carter 09	6) Aliyah Hood 09	7) Millie McAninch 09
8) Sophie Hemann 09		
5 Forest City	1	9:55.16 1
1) Hayden Brown 10	2) Bethany Warren 11	3) Claire Weaver 09
5) Ashlee Aukes 09	6) Brennen Grunzke 11	7) Emilie Weaver 12
8) Ashlen Kingland 09		
6 Western Christ	1	9:56.97 2
1) Kyrin De Groot 11	2) Avery Dykstra 09	3) Kayla Van Otterloo 12
5) Lydia Ellis 11	6) Paisley Groeneweg 09	4) Addi Van't Hul 10
7 AHSTW	1	10:00.77 2
1) Ava Paulsen 10	2) Makenna Paulsen 10	3) Delaney Goshorn 12
5) Macey Goshorn 09	6) Yana Lander 09	7) Graycen Partlow 12
8) Rylie Knop 12		
8 Hinton	1	10:01.77 2
1) Gabbie Friessen 12	2) Ava Lang 11	3) Kaci Allen 12
5) Ruby Harper 11	6) Isabell Hodgson 09	4) Kadence Peters 12
9 Grundy Center	1	10:01.94 1
1) Laney Dole 12	2) Ellery Luhring 12	3) Karlee Lynch 10
5) Lydia Hook 10	6) Raelyn Steinmeyer 09	7) Maddy Hendershot 09
8) Anabeth Hawk 10		
10 Treynor	1	10:02.50 3
1) Alyssa Kulesa 12	2) Madeline Knispel 09	3) Emma Miller 11
5) Anne Miller 09	6) Reese Chapman 11	7) Elsie Mausbach 10
8) Lilly Yochum 10		
8) Ryleigh Thomas 11		

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Event 96 ... (Girls 4x800 Meter Relay 2A (24))

Event	Team	Relay	Seed Time
11	Union, LaPorte C	1	10:05.21 1
	1) Brynn Albertsen 10	2) Kate Carlson 11	3) Lily Lorenzen 11
	5) Emily Petersen 12	6) Amilia Condon 11	7) Addie Tudor 10
			8) Laikyn Ewoldt 09
12	Mid-Prairie, W	1	10:05.36 2
	1) Greta Sieren 12	2) Annika Poll 12	3) Brooklyn Stutzman 09
	5) Phoebe Shetler 12	6) Rebekah Wallington 10	7) Hannah Rodgers 10
			8) Abby Fleming 12
13	Monticello	1	10:08.79 2
	1) Peyton Ries 09	2) Ava Capron 11	3) Leah Koehler 11
	5) Brynn Schmit 09		4) Marisa Kehoe 12
14	Aplntn-Parksbg	1	10:09.05 2
	1) Quinnlyn Schultz 11	2) Ava Eddy 10	3) Kennedy Kalkwarf 09
	5) Ashley Schipper 12	6) Aubrey Williamson 10	7) Sara Eilers 11
			8) Ellie Muilenburg 11
15	Sioux Ctrl, SR	1	10:09.13 3
	1) Karina Bloom 09	2) Nora Christian 10	3) Marley Madsen 10
	5) Evelyn Geisinger 11	6) Preslie Peterson 12	7) Quinn Wilkinson 10
			8) Annaliese Bloom 12
16	New Hampton	1	10:10.77 2
	1) Taylor Ries 11	2) Megan Pickar 12	3) Sophie Glaser 09
	5) Kinslee Rings 09	6) Madalyn Van Wey 12	7) Sydney Laures 09
			8) Kailynn Gebel 09
17	Cent Lyon	1	10:16.01 4
	1) Molly Konechne 10	2) Ashlynn Davis 12	3) Maryanna Schriever 12
	5) Anika Springer 09	6) Ella Jager 12	4) Riley Weiler 12
18	Mediapolis	1	10:16.29 3
	1) Grace Holsteen 10	2) Paige Steiner 10	3) Avery Dietz 09
	5) Aubrey Kuntz 12	6) Shelby Schulz 11	7) Maylen Zaugg 09
			8) Delaney Griffith 09
19	Oelwein	1	10:16.47 3
	1) Kinzie See 10	2) Ashlyn Sauser 09	3) Rachel Rulapaugh 12
	5) Jenna Bahe 10	6) Khloie Martin 09	7) Claire Prouty 11
			8) Emma Woodson 10
20	PCM, Monroe	1	10:18.07 1
	1) Abi Teeter 10	2) Bailey Wheeler 09	3) Tiffani Koonce 12
	5) Paiten Rumbaugh 10	6) Addison Steenhoek 11	4) Lila Milani 09
21	Denver	1	10:18.89 3
	1) Lily Cooper 11	2) Adeline Decker 09	3) Reeve Ristau 11
	5) Sophie Sanderson 10	6) Avery Trunkhill 10	7) Aubrey Decker 12
			8) Avery McIntosh 10
22	Regina, IC	1	10:19.05 3
	1) Harper Erwin 10	2) Caitlyn Bell 10	3) Ruby Eastman 10
	5) Ellie Johnson 10	6) Faith Boileau 12	4) Ruby Greving 10
23	Waukon	1	10:21.28 4
	1) Elle Wilkins 10	2) Emma O'Neill 10	3) Mallory Berns 11
	5) Jaelyn Johanningmeier 09	6) Jenna Goltz 09	4) Reegan Benzing 09
24	DSM Christian	1	10:37.99 2
	1) Sienna Stec 09	2) Gabby Grove 11	3) Charlotte Erzen 10
	5) Abby Ten Pas 12	6) Hailey Mull 10	7) Ellie Johnson 11
			8) Meryl Casady 10

Event 102 Girls 100 Meter Dash Wheelchair Para (1)

Saturday 5/18/2024 - 12:40 PM

Name	Year	School	Seed Time
1 Payton Maas	10	West Liberty	30.36

Event 104 Girls 200 Meter Dash Wheelchair Para (1)

Saturday 5/18/2024 - 1:45 PM

Name	Year	School	Seed Time
1 Payton Maas	10	West Liberty	1:00.38

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Event 106 Girls 400 Meter Dash Wheelchair Para (1)

Saturday 5/18/2024 - 3:15 PM

Name	Year	School	Seed	Time
1 Payton Maas	10	West Liberty	2:08.71	1

Event 110 Girls 800 Sprint Medley 2A (24)

Saturday 5/18/2024 - 9:12 AM

Team	Relay	Seed	Time
1 Pella Christian	1	1:48.36	1
1) Amaia Agre 10	2) Rachel Kacmarynski 09	3) Meredith Van Wyk 10	4) Bailey Vos 10
5) Amelia Boender 12	6) Lexi Terpstra 10	7) Maisy Meinders 10	8) Josie Settles 10
2 Estherville-LC	1	1:50.90	1
1) Cara Schiltz 11	2) Zoey DeRuyter 10	3) Tatum Dunlavy 12	4) Jaselyne Anderson 12
5) Hillary Ruschy 11	6) Morgan Clabaugh 10	7) Kylie Olson 10	8) Aracely Astello 11
3 Spirit Lake	1	1:51.26	2
1) Reese Keenan 11	2) Faith DeWild 11	3) Anthea Leupold 09	4) Zoe Ackerman 12
5) Abby Scott 11	6) Maggie Bruinsma 10	7) Leah Bolluyt 09	8) Fran Travis 12
4 AHSTW	1	1:51.44	1
1) Caitlyn Dills 11	2) Lorelei Wahling 11	3) Brooklyn Buck 11	4) Bella Lamp 09
5) Makenzie Pauley 12	6) Brooke Lee 09	7) Adaline McIntosh 09	8) Graycen Partlow 12
5 Roland-Story	1	1:51.48	2
1) Adalyn Sporleder 11	2) Lauryn Kilstofte 12	3) Kennedy Petersen 11	4) Kamryn Lande 11
5) Brookelyn Jondle 09	6) Matilde Motta 11	7) Selah Helgeson 10	8) Makenna Willis 09
6 South Hardin	1	1:51.67	1
1) Alli Sheldahl 11	2) Katie Allison 09	3) Lorina Dykman 09	4) Ayda Eller 09
5) Madison Stille 12	6) Mary Engelson 10	7) Makana Ayers 09	8) Hailey Rosonke 12
7 Van Meter	1	1:51.85	2
1) Makenzie Dubbin 11	2) Kennedy Wiedman 12	3) Eden Moore 12	4) Bella Bruins 10
5) Avery Banks 09	6) Haedyn Rebelsky 11	7) Teya Speltz 11	8) Bella Weber 11
8 Unity Chrst, OC	1	1:51.98	3
1) Haley Kuperus 12	2) Anna Heynen 12	3) Jaida Barrow 10	4) Jaelye Woudstra 11
5) Maddie Hoogland 11	6) Morgan De Groot 11	7) Emily Noteboom 11	
9 Pocahon Area	1	1:52.07	4
1) Halee Hauswirth 10	2) Tiffany Sheets 12	3) Amanda Davis 11	4) Jenna Vonnahme 12
5) Jacalyn Sobotka 12	6) Khloe Mefferd 10	7) Natalie Sommerlot 09	
10 Forest City	1	1:52.19	1
1) Jocelyn Pagcu 12	2) Colette Loges 11	3) Jalyn Hovenga 12	4) Zoey Holmes 12
5) Chloe Hennigar 10	6) Emma Anderson 12	7) Casey Buffington 09	8) Bethany Warren 11
11 Jesup	1	1:52.21	1
1) Sara Mead 10	2) Amaya Trebon-Boyd 11	3) Katelyn Zelle 11	4) Clare Wright 12
5) Emma Bose 10	6) Marlie Schissel 09	7) Camille Thorson 12	
12 Eddyvl-Blakes/F	1	1:52.53	1
1) Hailey Boyer 12	2) Hollie Roberts 10	3) Lacey Taylor 10	4) Kate Shafer 11
5) Molly Shafer 11	6) Abby Jager 12	7) Claire Hayward 11	8) Caroline Van Utrecht 11
13 Kingsley-Pierson	1	1:52.87	2
1) Lexi Gilbert 09	2) Julija Miletic 12	3) Payton Trapp 09	4) Natalie Schlenger 10
5) Rhian Wright 10	6) Brooklyn Beelner 11		
14 Lawton-Bronson	1	1:53.00	3
1) Sydney Brouwer 12	2) Addison Smith 11	3) Lela Haveman 11	4) Addison Rubendall 10
5) Kaylee Mesz 09	6) Kaylynn Newton 10	7) Laney Nelson 09	8) Kaitlyn Oehler 09
15 I-35, Truro	1	1:53.08	2
1) Grace Upp 10	2) Aurora Alery 10	3) Elyse Maxwell 09	4) Olivia Phillips 11
5) Addisyn Edwards 10	6) Macy Flaherty 09		

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Event 110 ... (Girls 800 Sprint Medley 2A (24))

	Team	Relay	Seed Time
16	New Hampton	1	1:53.58 2
	1) Madison Shawver 10	2) Kinsley Hackman 11	3) Taylor Ries 11
	5) Jenna Heeren 12	6) Ava Leichtman 09	7) Addison Trower 12
			8) Megan Pickar 12
17	Sioux Ctrl, SR	1	1:53.69 5
	1) Avery Wilson 10	2) Taylor Cavanaugh 09	3) Preslie Peterson 12
	5) Quinn Wilkinson 10	6) Vivi Orenday 11	7) Annaliese Bloom 12
			8) Linnea Bloom 11
18	Dike-NH	1	1:53.75 2
	1) Kailyn Meester 09	2) Shelby Ohrt 12	3) Macie Graves 11
	5) Autumn Meester 10	6) Haley Badker 09	7) Madde Buskohl 11
			8) Sedona Oldenburger 10
19	S Hamilton	1	1:54.50 3
	1) Sydnee Flaugh 11	2) Makena Galetich 12	3) Tanna Thompson 12
	5) Brooklyn Doolittle 10	6) Sara Scheller 10	7) Lillie Ammerman 10
			8) Olivia Beaune 10
20	Beckman	1	1:54.66 3
	1) Rebecca Goerdt 11	2) Kaitlyn Besler 11	3) Paige Fangman 09
	5) Natalie Besler 09	6) Julia Mertz 12	7) Maria Dudzik 12
			8) Kennedy Recker 12
21	Northeast, GL	1	1:54.86 1
	1) Kaitlyn Hansen 12	2) Alivia Chambers 10	3) Teryn Hansen 10
	5) Rieley Burken 10	6) Addison Holst 11	7) Raelyn Schroeder 10
			4) Jordan Tegeler 09
22	MVAOCO	1	1:54.90 3
	1) Irelynne McNamara 09	2) Trista Ohlmeier 11	3) Taya Ohlmeier 09
	5) Brenna Mammen 10	6) Renee Oberruter 11	7) Makynlee Yockey 11
			8) Claire Smallwood 09
23	South Cent Cal	1	1:55.26 4
	1) Olivia Toms 12	2) Jayci Graeve 11	3) Mya Ridgely 10
	5) Onna Hauptert 11	6) Claire Riat 12	7) Brenna McAlister 11
			8) Breanne Patterson 11
24	Camanche	1	1:56.13 2
	1) Jasalyn Jensen 10	2) Celina Hermann 12	3) Miley Duritza 11
	5) Jayden Cravatta 12	6) Krishel Kalina 11	7) Calie Waltz 10
			8) Delany Homan 09

Event 118 Girls High Jump 2A (24)

Friday 5/17/2024 - 11:30 AM

	Name	Year	School	Seed Mark
1	Rachel Schany	10	Emmetsburg	5-04.00 1
2	Bailey Boeve	10	Hinton	5-03.00 1
3	Cameron Johnson	12	Waukon	5-02.00 1
4	Molly Shafer	11	Eddyvl-Blakes/F	5-02.00 1
5	Samantha Lass	11	Ogden	5-02.00 3
6	Madison Stowater	12	Ridge View	5-02.00 2
7	Grace Hunsberger	10	Colfax-Mingo	5-01.00 2
8	Reese Naeve	10	Regina, IC	5-01.00 1
9	Maddie Hoogland	11	Unity Chrst, OC	5-01.00 2
10	Ayla Barrett	12	PCM, Monroe	5-01.00 1
11	Willow Ray	09	W Central Valley	5-01.00 3
12	Allison Koch	10	Grundy Center	5-00.00 2
13	Mikayla Beisel	11	Clarion-Golfd-Dows	5-00.00 3
14	Trista Ohlmeier	11	MVAOCO	5-00.00 1
15	Ava Mills	12	Union, LaPorte C	5-00.00 1
16	Kylee Schuler	11	W Marshall	5-00.00 2
17	Alaysia McCord	12	Woodward-Grangr	5-00.00 5
18	Grace Neuberger	12	S Hamilton	5-00.00 4
19	Lexi Isebrand	10	Forest City	5-00.00 4
20	Alliya Vratney	11	Anamosa	5-00.00 2

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Event 118 ... (Girls High Jump 2A (24))

	Name	Year	School	Seed Mark	
21	Ella Van Dyke	11	I-35, Truro	5-00.00	2
22	Tatum Nebergall	11	Tipton	4-10.00	3
23	Emersyn Rentschler	10	W Lyon, Inwood	4-10.00	3
24	Elaina Hesse	09	Clarinda	4-10.00	2

Event 126 Girls Long Jump 2A (24)

Thursday 5/16/2024 - 11:30 AM

	Name	Year	School	Seed Mark	
1	Kinsey Mohwinkle	12	Aplntn-Parksbg	18-00.00	1
2	Rachel Schany	10	Emmetsburg	17-04.75	1
3	Emma Lueck	12	Mid-Prairie, W	17-03.50	1
4	Kylie Meier	10	Clarinda	17-00.00	1
5	Adalyn Sporleder	11	Roland-Story	16-11.00	1
6	Emma Becker	12	Cardinal, Eldon	16-11.00	2
7	Addyson Jeske	11	Eagle Grove	16-10.75	2
8	Sully Hall	09	West Liberty	16-09.50	1
9	Catie Hook	12	Wilton	16-08.00	2
10	Irelynne McNamara	09	MVAOCO	16-07.75	2
11	Taydem Graden	11	Ogden	16-07.50	1
12	Bailey Boeve	10	Hinton	16-07.00	2
13	Lily Troendle	11	Crestwood	16-05.50	1
14	Lexi Gilbert	09	Kingsley-Pierson	16-03.25	3
15	Addisyn Pritchard	09	OABCIG	16-02.25	3
16	Isabella Schlatter	10	Crestwood	16-01.50	2
17	Ava Mills	12	Union, LaPorte C	16-00.50	2
18	Kyla Egli	11	Manson NW Web	16-00.50	4
19	Jocelyn O'Neal	10	Red Oak	16-00.50	4
20	Soiyer Smith	09	Cent Decatur	15-11.50	3
21	Avery Banks	09	Van Meter	15-11.00	5
22	Morgan Masching	09	Kuemper Cath	15-10.50	6
23	Emma Wolff	11	Aplntn-Parksbg	15-10.00	3
24	Sara Bjerke	12	Cent Lyon	15-08.50	2

Event 134 Girls Discus Throw 2A (24)

Friday 5/17/2024 - 9:00 AM

	Name	Year	School	Seed Mark	
1	Fran Travis	12	Spirit Lake	139-10	1
2	Jana Ter Wee	12	W Lyon, Inwood	127-07	2
3	Maddie Fischer	12	Anamosa	126-01	1
4	Hannah Schroeder	10	N Fayette Val	124-03	1
5	Kloe Hemmersbach	12	Waukon	123-02	2
6	Jadyn Huisman	12	Treynor	122-04	1
7	Addy Engel	11	Hudson	120-08	1
8	Lauren Travis	10	Spirit Lake	119-08	3
9	Maya Zappia	12	MO Valley	119-00	2
10	Lauren Kounkel	12	Hinton	118-09	1
11	Ciera Hutton Spieker	12	I-35, Truro	116-09	1
12	Ericka Power	12	Osage	116-04	3
13	Emma Ewalt	11	Greene County	114-08	2
14	Brigitte Rohrer	12	Union, LaPorte C	114-07	2

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Event 134 ... (Girls Discus Throw 2A (24))

Name	Year	School	Seed	Mark
15	Tristin Gorden	09 South Cent Cal	114-02	3
16	Aliyah Parker	12 Shenandoah	114-01	3
17	Cynthia Albert	12 Cardinal, Eldon	112-07	2
18	Ellie Sibbel	12 Kuemper Cath	111-05	4
19	Paige Irvine	11 Camanche	110-07	2
20	Morgan Stecher	12 Louisa-Musc	110-04	3
21	Hillary Ruschy	11 Estherville-LC	110-04	4
22	Hannah True	12 Central Sprngs	109-07	3
23	Alivia Tupper	11 Ia Falls-Alden	105-06	1
24	Lauren Rodgers	11 Woodward-Grangr	105-04	2

Event 142 Girls Shot Put 2A (24)

Thursday 5/16/2024 - 9:00 AM

Name	Year	School	Seed	Mark
1	Lauren Travis	10 Spirit Lake	43-06.25	1
2	Jana Ter Wee	12 W Lyon, Inwood	43-02.50	2
3	Hillary Ruschy	11 Estherville-LC	41-06.25	3
4	Alyssa Pierce	11 West Branch	41-01.75	1
5	Lauren Kounkel	12 Hinton	39-02.00	1
6	Brigitte Rohrer	12 Union, LaPorte C	38-06.00	1
7	Paige Irvine	11 Camanche	38-05.00	2
8	Alex Kitchen	12 Southeast Valley	37-07.50	1
9	Ellie Sibbel	12 Kuemper Cath	37-07.00	1
10	Kloe Hemmersbach	12 Waukon	37-05.25	1
11	Hannah Schroeder	10 N Fayette Val	37-05.00	2
12	Tristin Gorden	09 South Cent Cal	37-00.25	2
13	Lynnae Green	11 Shenandoah	36-11.50	2
14	Miya Schrock	09 Unity Chrst, OC	36-11.00	4
15	Addy Engel	11 Hudson	36-11.00	2
16	Aliyah Parker	12 Shenandoah	36-08.75	3
17	Elian Dzangue	12 Tipton	36-08.50	3
18	Halee Hauswirth	10 Pocahon Area	36-05.50	5
19	Fran Travis	12 Spirit Lake	36-03.00	6
20	Korey Hrdlicka	11 Crestwood	36-02.00	3
21	Delaney Mathews	10 Treynor	36-01.50	4
22	Cynthia Albert	12 Cardinal, Eldon	35-10.25	1
23	Harper Pacha	10 Mid-Prairie, W	35-08.50	2
24	Alivia Tupper	11 Ia Falls-Alden	33-03.50	2

Event 149 Girls Distance Medley 2A (24)

Friday 5/17/2024 - 9:00 AM

Team	Relay	Seed	Time	
1	Tipton	1	4:13.83	1
	1) Ella Hein 09	2) Alivia Edens 12	3) Addie Nerem 12	4) Noelle Steines 11
	5) Tatum Nebergall 11	6) Bella Dallege 10	7) Laura Owen 11	8) Zoe Holstein 10
2	Forest City	1	4:16.02	1
	1) Emma Anderson 12	2) Jalyn Hovenga 12	3) Zoey Holmes 12	4) Bethany Warren 11
	5) Casey Buffington 09	6) Chloe Hennigar 10	7) Jessa Swearingen 11	8) Colette Loges 11

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Event 149 ... (Girls Distance Medley 2A (24))

Event	Team	Relay	Seed Time
3	Chariton	1	4:18.48 1
	1) Abigale Chapman 11	2) Sydney Cain 11	3) Payton Snook 10
	5) Brooke Kephart 11	6) Miah Milledge 09	4) Ava Krutsinger 10
4	Mid-Prairie, W	1	4:18.55 2
	1) Dakota Mitchell 11	2) Emma Lueck 12	3) Jovi Evans 10
	5) Greta Sieren 12	6) Laurin Fay 10	7) Paige Saffly 12
			8) Lance Duwa 11
5	Jesup	1	4:18.83 1
	1) Katelyn Zelle 11	2) Amaya Trebon-Boyd 11	3) Emma Bose 10
	5) Sara Mead 10	6) Marlie Schissel 09	4) Clare Wright 12
6	Unity Chrst, OC	1	4:19.62 1
	1) Emily Noteboom 11	2) Jaida Barrow 10	3) Jaelye Woudstra 11
	5) Anna Heynen 12	6) Olivia Hoogland 12	7) Haley Kuperus 12
7	Van Meter	1	4:20.79 1
	1) Bella Weber 11	2) Finley Netten 11	3) Bella Bruins 10
	5) Avery Banks 09	6) Kennedy Wiedman 12	7) Eden Moore 12
			8) Brooklyn Fryar 12
8	Eddyvl-Blakes/F	1	4:21.42 3
	1) Hailey Boyer 12	2) Lacey Taylor 10	3) Abby Jager 12
	5) Kaitlynn Glenn 11	6) Kate Shafer 11	7) Hollie Roberts 10
			8) Caroline Van Utrecht 11
9	West Branch	1	4:23.20 2
	1) Addi Schultes 10	2) Kennedy Simpson 10	3) Lexi Skay 10
	5) Alyse Klinkkammer 12	6) Joelle Haas 11	7) Finley Rushton 09
			8) Nina Torkelson 12
10	Aplntn-Parksbg	1	4:23.46 1
	1) Emma Wolff 11	2) Kennedy Kalkwarf 09	3) Lexi Aswegen 12
	5) Kinsey Mohwinkle 12	6) Ashley Schipper 12	7) Ava Eddy 10
			8) Hope Mehmen 10
11	Central Sprngs	1	4:23.83 2
	1) Madison Beyer 12	2) Payten Kruger 11	3) Claire Rye 11
	5) Julia Whipple 12	6) Lily Wilson 12	7) Azaria McDonough 11
			8) Kaci Crum 11
12	Sioux Ctrl, SR	1	4:23.89 2
	1) Taylor Cavanaugh 09	2) Preslie Peterson 12	3) Marley Madsen 10
	5) Vivi Orenday 11	6) Quinn Wilkinson 10	7) Annaliese Bloom 12
			8) Karina Bloom 09
13	Greene County	1	4:24.60 2
	1) Addison Gannon 10	2) Kaylee Stalder 12	3) Savannah Lansman 10
	5) Lila Osterson 10	6) Payton Kokenge 11	7) Hailey Carman 11
			8) Sadie Shannon 11
14	Cascade	1	4:25.22 3
	1) Kate Green 11	2) Addison Frake 10	3) Molly Roling 11
	5) Maddie Recker 10	6) Makayla Paar 09	7) Lilly Sutton 11
			8) Ellie Green 12
15	Treynor	1	4:25.85 2
	1) Averie Carollo 12	2) Rylee Hemmingsen 09	3) Madeline Knispel 09
	5) Taylor Mass 11	6) Allie Houser 12	7) Paige Putnam 09
			8) Ellie Kinsella 10
16	Cherokee, Wash	1	4:26.17 3
	1) Laney Wolfswinkel 11	2) Jada Timmerman 12	3) Ellana Mortenson 09
	5) Megan Courtright 12	6) Kate Maves 12	4) Kalexis Hyndman 10
17	Hinton	1	4:26.59 4
	1) Olivia Petersen 11	2) Ashlyn Kovarna 12	3) Gabbie Friessen 12
	5) Ava Lang 11	6) Bailey Boeve 10	7) Kaci Allen 12
			4) Kadence Peters 12
18	Ia Falls-Alden	1	4:28.67 1
	1) Isabelle Janssen 09	2) Cidni Phipps 11	3) Vada Campbell 11
	5) Caitlyn Archer 11	6) Addison Vanderloop 11	7) Sydney Holland 10
			8) Lydia Nachazel 11
19	Woodward-Grangr	1	4:29.10 2
	1) Hayden Thomas 09	2) Charissa Klocke 10	3) Riley McCaulley 10
	5) Zoey Osmundson 10	6) Chloe Creger 10	7) Haley Hollingsworth 10
			4) Eva Fleshner 10

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Event 149 ... (Girls Distance Medley 2A (24))

	Team	Relay	Seed Time
20	W Central Valley	1	4:29.13 3
	1) Tia Williams 11	2) Breanna Powell 12	3) Willow Ray 09
	5) Emily Partlow 11	6) Jorie Handy 10	7) Malia Fuller 11
			8) Talia Williams 10
21	Grundy Center	1	4:29.20 2
	1) Ellery Luhring 12	2) Laney Dole 12	3) Grace Storjohann 10
	5) Ava Heeren 09	6) Paige Venenga 11	7) Lydia Hook 10
			8) Raelyn Steinmeyer 09
22	Western Christ	1	4:29.29 3
	1) Avery Dykstra 09	2) Kayla Van Otterloo 12	3) Addi Van't Hul 10
	5) Shae Reitsma 11	6) Paisley Groeneweg 09	7) Lydia Ellis 11
			4) Kyrin De Groot 11
23	Hudson	1	4:30.37 3
	1) Rebecca Vidal 09	2) Maggie Haskovec 10	3) Teagan Honermann 10
	5) Taylor Davis 09	6) Sophia Brown 12	7) Taylor Rogers 12
			8) Jaylea Trevey 09
24	Audubon	1	4:30.67 3
	1) Jaelynn Petersen 10	2) Taryn Petersen 09	3) Mattie Nielsen 12
	5) Michelle Brooks 12	6) Gemini Goodwin 12	4) Kadence Brannan-Sporrer 10

Event 152 Girls Shot Put Wheelchair Para (1)

Saturday 5/18/2024 - 10:00 AM

	Name	Year	School	Seed Mark
1	Isabella Buesing	12	Durant	11-05.50

Event 162 Girls 800 Meter Run Wheelchair Para (1)

Friday 5/17/2024 - 2:00 PM

	Name	Year	School	Seed Time
1	Payton Maas	10	West Liberty	4:31.83 1