

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

Des Moines, Iowa

Drake Stadium

Performance List

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

Thursday 5/16/2024 - 12:57 PM

Name	Year	School	Seed	Time
1 Tierney Huss	12	MOC-FV	11.94	1
2 Jessica Kyne	12	DSM, Hoover	12.17	1
3 Kaleigh Tooker	10	MOC-FV	12.23	2
4 Mackenzie Harder	11	Storm Lake	12.30	1
5 Kelly Grobstich	11	Assumption	12.38	1
6 Taylor Wing	11	Maquoketa	12.40	1
7 Allison Koontz	11	Glenwood	12.44	2
8 Mia Duckett	12	Solon	12.50	2
9 Aubrey McDaniel	11	Carlisle	12.54	1
10 Jada Grove	11	ADM, Adel	12.56	3
11 Alex Scott	10	Mt Pleasant	12.58	2
12 Kenzie Lovell	11	Marion	12.60	3
13 Ava Ramler	12	Epworth, WD	12.61	1
14 Shannon Cleary	10	Bishop Heelan	12.63	3
15 Aiden Gosselink	10	Grinnell	12.65	2
16 Brynn Walters	12	Epworth, WD	12.65	2
17 Carly Busch	11	Boone	12.74	1
18 Maddy Simoens	11	North Polk	12.75	2
19 Lauren Clarke	10	Newton	12.76	3
20 Jordis Ichelson	12	ADM, Adel	12.77	4
21 Addison Flinn	10	North Polk	12.80	3
22 Stella Pole	10	Decorah	12.84	2
23 Kyia Clark	10	Denison-Schlswg	12.85	5
24 Natalie Johnson	10	Algona	12.86	3

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

Thursday 5/16/2024 - 10:50 AM

Name	Year	School	Seed	Time
1 Jessica Kyne	12	DSM, Hoover	25.04	1
2 Rylee Steffen	12	Wahlert, Dub	25.10	1
3 Tierney Huss	12	MOC-FV	25.24	1
4 Abby Cave	10	Marion	25.46	1
5 Danika Arnold	12	Glenwood	25.85	1
6 Taylor Wing	11	Maquoketa	25.86	2
7 Brynn Walters	12	Epworth, WD	25.87	2
8 Kelly Grobstich	11	Assumption	25.94	1
9 Aiden Gosselink	10	Grinnell	25.95	2
10 Ava Ramler	12	Epworth, WD	26.07	3
11 Courtney Kiley	12	Bond-Farrar	26.08	1
12 Mackenzie Harder	11	Storm Lake	26.09	2
13 Carly Busch	11	Boone	26.12	1
14 Audrey Essa	09	Decorah	26.13	2
15 Caliana Whitaker	10	Mt Vernon	26.24	4
16 Cora Widel	10	Maquoketa	26.26	3
17 Mara Schiebout	11	Pella	26.28	3
18 Elizabeth Timmerman	10	Clear Crk-Amana	26.28	2
19 Alize Rau	11	Bishop Heelan	26.32	2
20 Lauren Clarke	10	Newton	26.37	4

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

	Name	Year	School	Seed Time	
21	Aubrey McDaniel	11	Carlisle	26.40	2
22	Avery Staver	10	Creston	26.47	3
23	Kynlee White	10	Mt Pleasant	26.49	3
24	Maddy Simoens	11	North Polk	26.76	3

Event 21 Girls 400 Meter Dash 3A (24)

Thursday 5/16/2024 - 1:30 PM

	Name	Year	School	Seed Time	
1	Rylee Steffen	12	Wahlert, Dub	57.03	1
2	Reese Brownlee	11	Clear Lake	57.32	1
3	Kelly Grobstich	11	Assumption	58.05	1
4	Ava Hocker	09	Williamsburg	58.08	1
5	Tierney Carter	10	Oskaloosa	58.66	2
6	Marie Dea	12	Carroll	58.84	1
7	Danika Arnold	12	Glenwood	58.85	2
8	Caliana Whitaker	10	Mt Vernon	1:00.06	2
9	Mackenzie Harder	11	Storm Lake	1:00.12	3
10	Frankie Huether	09	North Polk	1:00.21	1
11	Avery Bitker	10	Sioux Center	1:00.35	1
12	McKenzie Riley	11	Decorah	1:00.44	2
13	Lizzie Neumann	10	Pella	1:00.68	1
14	Olivia Donovan	11	Wahlert, Dub	1:00.75	3
15	Isabel Grosseohme	09	Webster City	1:01.00	3
16	Tess Erickson	12	Vinton-Shellbrg	1:01.18	4
17	Reaghan Ressler	11	Independence	1:01.71	5
18	Madelyn Roundcount	10	ADM, Adel	1:01.79	4
19	Madeline Fidone	12	Lewis Central	1:01.89	2
20	Macy Schroeder	12	Pella	1:02.02	2
21	Maci Schmalbeck	11	Sioux Center	1:02.28	3
22	Elliott Kruse	09	Bond-Farrar	1:02.31	2
23	Lily Hambly	11	Hampton-Dumont-CAL	1:02.57	4
24	Camryn Atterberg	11	Keokuk	1:03.05	2

Event 29 Girls 800 Meter Run 3A (24)

Saturday 5/18/2024 - 10:50 AM

	Name	Year	School	Seed Time	
1	Audrina Jones	09	Sioux Center	2:18.46	1
2	Kolby Oldenkamp	10	Sioux Center	2:18.97	2
3	Iris Dahl	10	Washington	2:19.99	1
4	Sarah Feddersen	11	Gilbert	2:20.98	1
5	Mara Smith	10	Fort Madison	2:21.04	2
6	Macie Ripslinger	12	Assumption	2:21.13	3
7	Kyra Cordes	11	Marion	2:22.01	1
8	Adalyn Schoelerman	12	Spencer	2:22.88	3
9	Ava Bussey	11	Lewis Central	2:23.42	4
10	Scarlett Walsh	12	Bishop Heelan	2:23.79	5
11	Evelyn Moeller	09	Mt Vernon	2:23.86	1
12	Tierney Carter	10	Oskaloosa	2:23.96	2
13	Grace Estling	09	CPU	2:23.98	2
14	Keira Andersen	10	Gilbert	2:24.23	2

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

	Name	Year	School	Seed Time	
15	Sam Schoff	11	Mt Vernon	2:24.56	3
16	Marie Dea	12	Carroll	2:24.62	1
17	Raegan Snieder	11	Pella	2:24.74	3
18	Macy Knapp	10	Algona	2:24.80	1
19	Greta Hansen	11	Marion	2:25.28	3
20	Bella Winther	11	Newton	2:26.53	4
21	Anna Feuerbach	12	Clear Lake	2:26.84	2
22	Claire Pellett	12	Atlantic	2:26.90	2
23	Brinkley Strickland	09	Bond-Farrar	2:27.92	1
24	Kaylen Torrence	11	Bond-Farrar	2:27.94	2

Event 37 Girls 1500 Meter Run 3A (24)

Saturday 5/18/2024 - 2:30 PM

	Name	Year	School	Seed Time	
1	Marissa Ferebee	10	Pella	4:42.80	1
2	Lindsey Sonderman	11	Harlan	4:52.53	1
3	Emee Dani	09	Gilbert	4:55.54	2
4	Grace Berglund	09	Glenwood	4:56.10	2
5	Isabelle Hardin	10	Maquoketa	4:56.37	1
6	Clare Stahr	12	Gilbert	4:59.73	3
7	Addison Bertrand	10	Bishop Heelan	5:00.71	1
8	Avery Rump	10	Fort Madison	5:00.73	1
9	Sydney Dee	11	Solon	5:01.11	2
10	Addison Doughan	11	Clear Lake	5:01.16	1
11	Sarah May	11	MOC-FV	5:01.16	2
12	Ruth Dunham	09	Pella	5:01.51	4
13	Claire Pellett	12	Atlantic	5:02.70	3
14	Delayna Reese	09	Lewis Central	5:03.57	3
15	Amelia Roe	10	Decorah	5:05.04	2
16	Mia Deegan	10	Xavier, CR	5:05.54	3
17	Kiersten Swart	10	Mt Vernon	5:07.63	1
18	Maya Bergstrom	12	Carlisle	5:07.96	1
19	Cora Shirley-Brown	09	ADM, Adel	5:08.31	4
20	Marie Daggett	12	Carlisle	5:08.91	2
21	Iris Dahl	10	Washington	5:08.97	2
22	Deni Katcher	10	CPU	5:09.36	2
23	Peyton Morey	11	Spencer	5:09.79	4
24	Adalyn Appleby	11	Central DeWitt	5:09.88	4

Event 45 Girls 3000 Meter Run 3A (24)

Thursday 5/16/2024 - 9:55 AM

	Name	Year	School	Seed Time	
1	Isabelle Hardin	10	Maquoketa	10:35.34	1
2	Grace Berglund	09	Glenwood	10:35.98	1
3	Marissa Ferebee	10	Pella	10:39.44	1
4	Lindsey Sonderman	11	Harlan	10:42.80	2
5	Emee Dani	09	Gilbert	10:48.05	2
6	Ruth Dunham	09	Pella	10:50.99	3
7	Maya Bergstrom	12	Carlisle	10:56.35	1
8	Marie Daggett	12	Carlisle	10:56.45	2

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

	Name	Year	School	Seed Time	
9	Olivia Primrose	11	Vinton-Shellbrg	10:59.99	1
10	Lucy Murphy	10	Wahlert, Dub	11:00.07	2
11	Claire Jensen	10	Mt Vernon	11:00.36	3
12	Addison Bertrand	10	Bishop Heelan	11:01.09	1
13	Avery Rump	10	Fort Madison	11:02.12	1
14	Avelyn Vance	12	Ballard	11:02.67	3
15	Madelyn Hoss	09	Lewis Central	11:03.57	2
16	Elyse Zwart	11	Boy-Hul/Rock Val	11:05.98	3
17	Alyssa Klein	12	Epworth, WD	11:11.04	4
18	Addison Doughan	11	Clear Lake	11:13.35	1
19	Morgan Back	10	Winterset	11:15.17	4
20	Lydia Maas	12	Hampton-Dumont-CAL	11:18.19	2
21	Carley Seeley	12	Fairfield	11:18.74	2
22	Edith Dawson	10	Mt Vernon	11:21.45	5
23	Sydney Dee	11	Solon	11:22.02	2
24	Sydney Bochmann	12	Waverly-SR	11:22.73	6

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

Friday 5/17/2024 - 10:30 AM

	Name	Year	School	Seed Time	
1	Victoria Henry	12	Clarke	15.46	1
2	Elise Coghlan	10	ADM, Adel	15.46	1
3	Ali Weiser	09	North Polk	15.57	1
4	Jayci Reed	10	Atlantic	15.62	2
5	Carly Dunn	11	Sioux Center	15.64	1
6	Aly Stahle	11	Solon	15.66	1
7	Jaya Kleemeier	12	Winterset	15.67	2
8	Renae Wilson	10	Decorah	15.70	1
9	Kacy Williams	12	Maquoketa	15.80	2
10	Emma Robinson	10	Carlisle	15.82	3
11	Avery Schmitz	09	W Delaware	15.84	1
12	JaKya Powell	11	DSM, Hoover	15.85	2
13	Haley Nelson	10	ADM, Adel	15.90	3
14	Sophia Calpito	09	Charles City	15.90	2
15	Tori White	10	Newton	15.93	3
16	Sydney Kipp	12	Decorah	15.97	3
17	Leighton Messinger	10	Washington	16.00	1
18	Hannah Quang	12	Oskaloosa	16.03	3
19	Brooklyn Banghart	10	Independence	16.05	2
20	Keely Collins	12	Charles City	16.10	4
21	Kavri Van Kekerix	11	Boy-Hul/Rock Val	16.11	2
22	Mia Stahle	12	Solon	16.16	4
23	Sophia Overman	11	Gilbert	16.17	4
24	Lilly Bergren	11	Fairfield	16.20	2

Event 59 Girls 400 Meter Hurdles 3A (24)

Friday 5/17/2024 - 12:10 PM

	Name	Year	School	Seed Time	
1	Reese Brownlee	11	Clear Lake	1:02.97	1
2	Eastin Whisner	09	Mt Vernon	1:07.03	1

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

	Name	Year	School	Seed	Time
3	Sophia Bleich	11	Gilbert	1:07.39	1
4	Leighton Messinger	10	Washington	1:07.46	1
5	Jaya Kleemeier	12	Winterset	1:07.49	1
6	Madi James	11	ADM, Adel	1:07.61	1
7	Elise Coghlan	10	ADM, Adel	1:07.63	2
8	Breckyn Petersen	11	Glenwood	1:07.83	3
9	Makinze Rensink	11	Boy-Hul/Rock Val	1:07.90	1
10	Norah Peyton	10	W Delaware	1:08.21	2
11	Brynlie Zomer	11	Boy-Hul/Rock Val	1:08.35	2
12	Gracie Anderson	09	Bond-Farrar	1:08.54	2
13	Ryen Pepper	10	Washington	1:08.60	2
14	Justice Armbruster	10	Maquoketa	1:08.88	1
15	Emmalee Wells-Stout	11	Oskaloosa	1:08.99	2
16	Keston Spratt	09	Williamsburg	1:09.03	3
17	Layla Arp	11	North Polk	1:09.24	3
18	Lauren Staudt	12	Charles City	1:09.28	2
19	Lilly Bergren	11	Fairfield	1:09.55	3
20	Abby Broeckelman	11	Harlan	1:09.59	4
21	Evelyn Adam	12	Oskaloosa	1:09.62	4
22	Delilah Kroymann	10	Waverly-SR	1:09.88	3
23	Lucy Simington	09	Spencer	1:10.17	3
24	Gracie Clayton	12	Newton	1:12.18	2

Event 68 Girls 4x100 Meter Shuttle Hurdle 3A (24) Prelims**Thursday 5/16/2024 - 9:20 AM**

	Team	Relay	Seed	Time
1	Charles City	1	1:06.37	1
	1) Edie Collins 09	2) Lauren Staudt 12	3) Sophia Calpito 09	4) Keely Collins 12
	5) Madison Lensing 12	6) Emma Schmitt 09	7) Laurie Baking 11	
2	ADM, Adel	1	1:06.46	1
	1) Haley Nelson 10	2) Isabella Smyth 09	3) Elise Coghlan 10	4) Josi Dufoe 11
	5) Addy Bjork 09	6) Eliza Schmidt 10	7) Madi James 11	8) Madison Siefken 12
3	Decorah	1	1:06.97	2
	1) Sydney Kipp 12	2) Kelby Kerndt 10	3) Kennady Riehle 09	4) Renae Wilson 10
	5) Lillian Olson 11	6) Lauren Holthaus 10		
4	North Polk	1	1:07.02	1
	1) Layla Arp 11	2) Ali Weiser 09	3) Reese Wagner 09	4) Frankie Huether 09
	5) Addison Mart 10	6) Anika Schoenberg 10	7) Reagan Petersen 10	8) Leah Bracelin 09
5	Newton	1	1:07.12	1
	1) Macy Lampe 11	2) Mack Sims 10	3) Chloe Rorabaugh 12	4) Tori White 10
	5) Gracie Clayton 12	6) Lola Rivera 11		
6	Clarke	1	1:07.39	2
	1) Finley Cooper 10	2) Josephine Moore 10	3) Alissa Henry 12	4) Victoria Henry 12
	5) Aretzy Herrera 12	6) Reagan Fry 09	7) Kya Thornton 11	8) Victoria Rosales 09
7	Solon	1	1:07.48	1
	1) Mia Stahle 12	2) Trea Eidahl 10	3) Zoey Grimm 11	4) Aly Stahle 11
	5) Hailey Miller 12	6) Cydney Jaster 10	7) Mallory Pettit 09	8) Keegan Kleppe 09
8	W Delaware	1	1:07.88	1
	1) Norah Peyton 10	2) Josie McMahon 11	3) Lauren LeClere 10	4) Avery Schmitz 09
	5) Kate Loecke 12	6) Abigail O'Rear 12	7) Brooklin Ante 10	8) Erin Mensen 10

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

Team	Relay	Seed Time
9 Mt Vernon	1	1:08.28 2
1) Chloe Meester 11	2) Kiersten Swart 10	3) Olivia Haverback 11
5) Eastin Whisner 09	6) Sydney Maue 11	7) Ava Willems 09
8) Paige Schurbon 11		
10 Maquoketa	1	1:08.35 2
1) Chloee Abeln 11	2) Kylie Trentz 11	3) Justice Armbruster 10
5) Maelyn Kluever 10	6) Finley Starr 11	7) Atty Moore 09
8) Kendall Kuhlman 10		
11 Sioux Center	1	1:08.45 1
1) Carly Dunn 11	2) Taylor Holverson 09	3) Alivia Johnston 11
5) Averi Heie 11	6) Mia Jensen 11	7) Gabriella Oteri 10
8) Michaela Hanley 11		
12 Waverly-SR	1	1:08.77 3
1) Delilah Kroymann 10	2) Rhett Dahlquist 09	3) Rachel Foster 09
5) Coryn Eckerman 10	6) Anika Wrage 09	7) Ramey Dahlquist 12
8) Jocelyn Endelman 10		
13 Washington	1	1:09.03 1
1) Ryan Pepper 10	2) Leighton Salazar 10	3) Kendall Hinrichsen 11
5) Sarah Berdo 09	6) Abigail Kleese 12	7) Ada Kendall 12
8) Rachel Sands 11		
14 LeMars	1	1:09.13 2
1) Aubree Leusink 11	2) Liberty Larson 12	3) Aduk Dut 09
5) Britt Hessenius 09	6) Holly McNaughton 11	4) Claire Susemihl 10
15 Hampton-Dumont-CAL	1	1:09.41 3
1) Teaghan Bird 12	2) Lily Hambly 11	3) Aubryee Showalter 11
5) Maren Subbert 09	6) Lydia Maas 12	7) Addison Aalbers 09
8) Marlee Maas 09		
16 Atlantic	1	1:09.72 2
1) Morgan Botos 11	2) Lila Wiederstein 10	3) Adler Bruce 10
5) Makayla Atkinson 12	6) Avery Knuth 12	4) Jayci Reed 10
17 Fairfield	1	1:09.78 2
1) Maya Lane 12	2) Lilly Bergren 11	3) Isabel McCready 10
5) Maddy Martin 10	6) Lauren Martin 10	7) Ashley Lyons 09
4) Hayley Reinier 11		
18 Oskaloosa	1	1:09.84 3
1) Sadie Blommers 10	2) Lydia VanVeldhuizen 12	3) Emmalee Wells-Stout 11
5) Kennedy Wright 09	6) Hannah Van Arkel 09	7) Ryleigh Wilken 10
4) Hannah Quang 12		
19 Carroll	1	1:09.94 3
1) Averi Burke 12	2) Katelyn Aden 11	3) Olivia Rowedder 11
5) Maggie Dirx 09	6) Abby Neppel 10	4) Autumn Fortner 12
20 Clear Crk-Amana	1	1:10.23 3
1) Sydney Pfeiffer 10	2) Amanda McDowell 09	3) Bella Behrens 09
5) Layla Green 09	6) Olivia Stopko 11	4) Emma Karsten 09
21 Xavier, CR	1	1:10.33 5
1) Olivia Neal 10	2) Sofia Musick 09	3) Makenna Huntington 09
5) Annabelle Neal 12	6) Elena Schmit 12	7) Caylin Miller 09
4) Ava VanBerkum 11		
8) Emma McGregor 10		
22 Benton Comm	1	1:10.33 4
1) Mabry Sadler 11	2) Belle Werner 10	3) Haiden Moore 11
5) Piper Nelson 12	6) Kennedy Lohrer 11	7) Graisee Schluter 12
4) Sophia Seeck 10		
8) Emma Townsley 12		
23 MOC-FV	1	1:10.77 3
1) Kaylea Bruxvoort 12	2) McKenna Cleveringa 12	3) Maggie Verschuure 10
5) Jersey Fleming 10		4) Payton Kleinhesselink 12
24 Winterset	1	1:11.38 2
1) Madelyn Nordstrom 09	2) Gigi Hanselman 11	3) Luci Davis 11
5) MaKenna Sheffield 12	6) Bailey Baldwin 09	7) Brynn Acton 11
4) Jaya Kleemeier 12		
8) Geona Hanselman 11		

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

Friday 5/17/2024 - 12:50 PM

	Team	Relay	Seed Time	
1	Epworth, WD	1	48.82	1
	1) Ava Goins 12	2) Ava Ramler 12	3) Claire Stuntz 10	4) Brynn Walters 12
	5) Lucy Ehlers 11	6) Haley Williams 09	7) Alley Graber 10	8) Kendall Jacobi 10
2	MOC-FV	1	49.23	1
	1) Kaleigh Tooker 10	2) Maggie McEwen 11	3) Payton Kleinhesselink 12	4) Tierney Huss 12
	5) McKenna Cleveringa 12	6) Olyvia Bahrke 10	7) Lily Vander Pol 09	8) Eliana Van Zee 09
3	Maquoketa	1	49.59	1
	1) Kacy Williams 12	2) Cora Widel 10	3) Reese Kuhlman 12	4) Taylor Wing 11
	5) Chloe Abeln 11	6) Kylie Trentz 11	7) Maelyn Kluever 10	8) Rylee Wing 11
4	Glenwood	1	49.69	1
	1) Zoie Carda 12	2) Elaina Dougherty 11	3) Danika Arnold 12	4) Allison Koontz 11
	5) Brooklyn Schultz 11	6) Courtney Crawford 11	7) Jaylynn Floyd 11	8) Maddie Stratton 12
5	ADM, Adel	1	49.76	2
	1) Calli Seehase 11	2) Jada Grove 11	3) Jordis Ichelson 12	4) Josi Dufoe 11
	5) Aniston Tollari 11	6) Peyton Standley 10	7) Torianna Schmidt 12	8) Isabelle Book 09
6	Mt Pleasant	1	49.88	1
	1) Kynlee White 10	2) Alex Scott 10	3) Bailey J alas 12	4) Andi Scott 12
	5) Courtney Raub 12	6) Kiyah Sanders 09	7) Olivia McCormick 10	8) Meadow Carter 10
7	Bishop Heelan	1	49.97	2
	1) Alize Rau 11	2) Shannon Cleary 10	3) Maddy Schermerhorn 10	4) Trelyn White 11
	5) Maria Brown 10			
8	Solon	1	49.98	2
	1) Aly Stahle 11	2) Mia Stahle 12	3) Piper Stahle 10	4) Mia Duckett 12
	5) Marin Ashbacker 10	6) Avery Kellen 09	7) Bella Jedlicka 12	8) Britta Elijah 12
9	North Polk	1	50.30	1
	1) Maddy Simoens 11	2) Mia Doonan 11	3) Addison Flinn 10	4) Frankie Huether 09
	5) Krista Schoenberg 09	6) Jocelyn Manock 10	7) Anna Noble 12	8) Devyn Caves 12
10	Gilbert	1	50.35	1
	1) Taylor Banning 12	2) Keaton Hanson 10	3) Laurel Mizerak 11	4) Gretchen Mizerak 11
	5) Averie Bruner 12	6) Abby Deal 11	7) Natasha Flower 10	8) Sammy Johnson 09
11	Grinnell	1	50.39	2
	1) Myah Stephenson 11	2) Alyssa Flander 10	3) Kendra Nolton 09	4) Aiden Gosselink 10
	5) Ella Seney 09	6) Kaitlyn Smith 09	7) Lauren Loudon 10	8) Katelyn Nath 09
12	Marion	1	50.43	3
	1) Solana Groothuis 11	2) Kenzie Lovell 11	3) Mila Van Weelden 12	4) Abby Cave 10
	5) Imari Michaels 09	6) Allie Rodman 09		
13	Williamsburg	1	50.46	4
	1) Ailea Wetjen 11	2) Taylor Sanchez 09	3) Makenna Hughes 11	4) Ava Hocker 09
	5) Shannon Finn 12	6) Graceyn Uhlmann 09	7) Elizabeth Stohlmann 12	8) Lily Wilson 10
14	DSM, Hoover	1	50.47	3
	1) Jalina Jordan 12	2) Kim Karnga 12	3) Deu Wal 12	4) Jessica Kyne 12
	5) Tyla Shepstone 09	6) Ernestine Kennedy 10	7) Monah Kyne 10	8) Aleyna Kashama 10
15	Wahlert, Dub	1	50.64	2
	1) Kylie Sieverding 10	2) Karyn Ellis 10	3) Anna Roling 11	4) Lauren McClimon 11
	5) Bella Eisbach 11	6) Olivia Donovan 11	7) Rylee Steffen 12	8) Karley Belken 10
16	LeMars	1	50.67	3
	1) Holly McNaughton 11	2) Madi Huls 12	3) Aubree Leusink 11	4) Stella Hector 12
	5) Claire Susemihl 10	6) Ahrianna Westhoff 11		
17	Decorah	1	50.73	1
	1) Kelby Kerndt 10	2) Audrey Essa 09	3) Ava Holthaus 10	4) Hayley Stowe 12
	5) Renae Wilson 10	6) Sydney Kipp 12	7) Ella Stille 11	8) Kennady Riehle 09

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

Team	Relay	Seed Time
18 Atlantic	1	50.91 3
1) Hailey Huffman 11	2) Jayci Reed 10	3) Allison Middents 09
5) Morgan Botos 11	6) Jersey Phippen 11	7) Taylee Hagen 10
4) Lila Wiederstein 10	8) Adler Bruce 10	
19 Boone	1	50.96 2
1) Erin Ades 12	2) Sydney Adams 11	3) Avery Howie 09
5) Taylor Arringdale 10	6) Halle Bailey 09	4) Carly Busch 11
20 Spencer	1	51.03 4
1) Sydnee Hopkins 10	2) Tyriana Vail 12	3) Lucy Simington 09
5) Khia Koenig 11		4) Mercedes Krieg 09
21 Boy-Hul/Rock Val	1	51.37 5
1) Rylee Bomgaars 11	2) Ciana Zomer 09	3) Kavri Van Kekerix 11
5) Maya Netten 11	6) Brynlie Zomer 11	7) Ava Den Boer 12
4) Makinze Rensink 11	8) Clara Hoegh 11	
22 Washington	1	51.43 2
1) Ada Kendall 12	2) Leighton Messinger 10	3) Leighton Salazar 10
5) Rachel Sands 11	6) Ryen Pepper 10	7) Emery Walton 12
4) Jaedyn Moore 09	8) Eden Levetzow 11	
23 Charles City	1	51.46 3
1) Edie Collins 09	2) Emerson Bohlen 11	3) Madison Lensing 12
5) Sophia Calpito 09	6) Joslyn Bormann 10	7) Jady Van Horn 11
4) Destiny Kolheim 11	8) Mayzie Bruening 09	
24 Bond-Farrar	1	51.83 2
1) Lauren Tegeler 11	2) Addison Brown 10	3) Sienna Lewis 11
5) Holli Hetzer 10	6) Aubri Waterhouse 11	7) Rayna Ackerman 09
4) Maddie Martin 09	8) Erica Lyle 11	

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

Friday 5/17/2024 - 11:15 AM

Team	Relay	Seed Time
1 Epworth, WD	1	1:43.99 1
1) Claire Stuntz 10	2) Ava Ramler 12	3) Alley Graber 10
5) Ava Goins 12	6) Haley Williams 09	7) Natalie Soppe 11
4) Brynn Walters 12	8) Lucy Ehlers 11	
2 MOC-FV	1	1:44.08 1
1) Kaleigh Tooker 10	2) Maggie McEwen 11	3) Ady Jeltema 10
5) Payton Kleinhesselink 12	6) Olyvia Bahrke 10	7) Lily Vander Pol 09
4) Tierney Huss 12	8) McKenna Cleveringa 12	
3 Maquoketa	1	1:44.23 1
1) Chloe Abeln 11	2) Cora Widel 10	3) Reese Kuhlman 12
5) Kacy Williams 12	6) Maelyn Kluever 10	7) Kalyn Hackman 11
4) Taylor Wing 11	8) Kylie Trentz 11	
4 Gilbert	1	1:45.43 1
1) Taylor Banning 12	2) Keaton Hanson 10	3) Laurel Mizerak 11
5) Averie Bruner 12	6) Claire Grandgenett 11	7) Natasha Flower 10
4) Gretchen Mizerak 11	8) Addison Holz 12	
5 LeMars	1	1:45.44 2
1) Aubree Leusink 11	2) Stella Hector 12	3) Madi Huls 12
5) Claire Beitelspacher 10	6) Ahrianna Westhoff 11	4) Sienna Kass 11
6 Glenwood	1	1:45.50 1
1) Zoie Carda 12	2) Brooklyn Schultz 11	3) Allison Koontz 11
5) Danika Arnold 12	6) Elaina Dougherty 11	7) Courtney Crawford 11
4) Megan Hughes 09	8) Neyla Nanfito 12	
7 Mt Pleasant	1	1:45.55 1
1) Kiyah Sanders 09	2) Kynlee White 10	3) Alex Scott 10
5) Courtney Raub 12	6) Bailey Jalas 12	7) Olivia McCormick 10
4) Andi Scott 12	8) Josie Gilmore 12	
8 ADM, Adel	1	1:45.81 2
1) Aniston Tollari 11	2) Jada Grove 11	3) Makayla Crannell 12
5) Calli Seehase 11	6) Madelyn Roundcount 10	7) Torianna Schmidt 12
4) Josi Dufoe 11	8) Peyton Standley 10	
9 Bond-Farrar	1	1:45.89 1
1) Aubri Waterhouse 11	2) Addison Brown 10	3) Maddie Martin 09
5) Sienna Lewis 11	6) Lauren Tegeler 11	7) Gracie Anderson 09
4) Courtney Kiley 12	8) Delaney Kamman 09	

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

Event	Team	Relay	Seed Time
10	North Polk	1	1:46.21 2
	1) Maddy Simoens 11	2) Jocelyn Manock 10	3) Mia Doonan 11
	5) Kylie Rasmussen 12	6) Krista Schoenberg 09	7) Emma Daggett 11
			8) Peyton Westra 10
11	Decorah	1	1:46.32 1
	1) Stella Pole 10	2) Ava Holthaus 10	3) Hayley Stowe 12
	5) McKenzie Riley 11	6) Renae Wilson 10	7) Kelby Kerndt 10
			8) Ella Stille 11
12	Solon	1	1:46.74 2
	1) Piper Stahle 10	2) Marin Ashbacker 10	3) Kobi Lietz 11
	5) Aly Stahle 11	6) Gracie Federspiel 12	7) Mia Stahle 12
			8) Grace Hoepfer 11
13	Marion	1	1:46.79 3
	1) Natalie McAllister 12	2) Kenzie Lovell 11	3) Mila Van Weelden 12
	5) Allie Rodman 09	6) Imari Michaels 09	7) Jayda Carnes 11
			4) Abby Cave 10
14	Clear Crk-Amana	1	1:46.95 2
	1) Anna Johnson 10	2) Maycin Ernst 11	3) Bliss Beck 12
	5) Olivia Webb 11	6) Bailey Simpson 09	7) Kennedy Stratton 10
			8) Sydney Pfeiffer 10
15	Wahlert, Dub	1	1:47.36 2
	1) Kylie Sieverding 10	2) Lauren McClimon 11	3) Anna Roling 11
	5) Olivia Donovan 11	6) Rylee Steffen 12	7) Karley Belken 10
			8) Naomi Deuhr 11
16	Davis County, B	1	1:47.54 3
	1) Sydney Utt 12	2) Augusta Warren 10	3) Isabelle Carnahan 12
	5) Lilah Carnahan 09	6) Holland Hunter 12	7) Nicole Derby 12
			8) Addison McClure 11
17	Boone	1	1:47.68 2
	1) Erin Ades 12	2) Gracie Vodenik 09	3) Avery Howie 09
	5) Sydney Adams 11	6) Taylor Arringdale 10	4) Carly Busch 11
18	Bishop Heelan	1	1:47.99 3
	1) Alize Rau 11	2) Shannon Cleary 10	3) Maddie Demke 12
	5) Maria Brown 10	6) Charlie Wiener 11	4) Trelyn White 11
19	Pella	1	1:48.09 2
	1) Abigail Melvin 10	2) Kyla Barnes 09	3) Kamry Trine 09
	5) Kamryn Long 10	6) Avery Parks 09	7) Bray-Lynne VanZante 09
			8) Mara Schiebout 11
20	Newton	1	1:48.81 3
	1) Abby Bruce 11	2) Gracie Clayton 12	3) Lola Rivera 11
	5) Bella Winther 11	6) Alivia Conley 09	7) BrookLynn Britton 09
			8) Claire Breuer 12
21	Grinnell	1	1:48.98 4
	1) Lauren Loudon 10	2) Myah Stephenson 11	3) Alyssa Flander 10
	5) Norah Nicol 10	6) Ella Seney 09	7) Katelyn Nath 09
			8) Kaitlyn Smith 09
22	Spencer	1	1:50.07 4
	1) Sydnee Hopkins 10	2) Lucy Simington 09	3) Mercedes Krieg 09
	5) Khia Koenig 11		4) Tyriana Vail 12
23	Algona	1	1:50.23 3
	1) Lilly Allie 09	2) Kaitlyn Burns 11	3) Summer Thompson 10
	5) Maya Lentz 09	6) Alissa Engel 09	4) Natalie Johnson 10
24	Carlisle	1	1:50.28 3
	1) Danica Penman 11	2) Kira Fisk 11	3) Mara Hoffman 12
	5) Sydney Light 11	6) Mayzee Daugherty 10	7) Aubrey McDaniel 11
			8) Audrey Zondervan 10

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

Friday 5/17/2024 - 1:40 PM

Event	Team	Relay	Seed Time
1	Sioux Center	1	4:00.78 1
	1) Avery Bitker 10	2) Taylor Holverson 09	3) Kolby Oldenkamp 10
	5) Cori Harald 12	6) Maci Schmalbeck 11	7) Mya Romero 12
			8) Kendra Zeutenhorst 12

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

Event	Team	Relay	Seed Time
2	Gilbert	1	4:01.17 1
	1) Rebecca Schrader 12	2) Sophia Bleich 11	3) Keira Andersen 10
	5) Gretchen Mizerak 11	6) Clare Stahr 12	7) Nora Ryan 12
			8) Kaitlyn Dear 10
3	Solon	1	4:04.08 1
	1) Jerzey Haluska 09	2) Anna Quillin 12	3) Grace Hoeper 11
	5) Gracie Federspiel 12	6) Aly Stahle 11	7) Ava Rolwes 09
			8) Laeni Hinkle 09
4	Carroll	1	4:04.44 1
	1) Marasyn Wittrock 11	2) Averi Burke 12	3) Katelyn Aden 11
	5) Aubrie Drake 10	6) Kaci Wiederien 09	7) Priscila Linares 09
			8) Autumn Fortner 12
5	Marion	1	4:04.81 2
	1) Natalie McAllister 12	2) Jayda Carnes 11	3) Greta Hansen 11
	5) Kenzie Lovell 11	6) Abby Cave 10	7) Ada Dietzenbach 10
			4) Kyra Cordes 11
6	Wahlert, Dub	1	4:05.23 1
	1) Anna Roling 11	2) Olivia Donovan 11	3) Kylie Sieverding 10
	5) Karley Belken 10	6) Olivia Bellini 10	7) Karyn Ellis 10
			8) Caroline Freed 09
7	ADM, Adel	1	4:05.61 2
	1) Hannah Desmarais 11	2) Aniston Tollari 11	3) Makayla Crannell 12
	5) Madelyn Roundcount 10	6) Calli Seehase 11	7) Brenna Seidl 10
			8) Madi James 11
8	Mt Vernon	1	4:07.21 2
	1) Kara Swantz 11	2) Eastin Whisner 09	3) Alivia Truitt 09
	5) Kiersten Swart 10	6) Evelyn Moeller 09	7) Sam Schoff 11
			8) Abbie Moss 11
9	Bond-Farrar	1	4:07.99 1
	1) Elliott Kruse 09	2) Courtney Kiley 12	3) Aubri Waterhouse 11
	5) Madelyn Klinkenborg 09	6) Gracie Anderson 09	7) Lauren Tegeler 11
			8) Kaiya Cameron 11
10	Clear Crk-Amana	1	4:08.66 1
	1) Kiera Rogers 12	2) Bailey Simpson 09	3) Sam Schrage 12
	5) Payton Curtin 09	6) Maycin Ernst 11	7) Olivia Webb 11
			8) Sara Kinzenbaw 11
11	W Delaware	1	4:08.76 3
	1) Anna O'Rear 10	2) Avery Schmitz 09	3) Josie McMahon 11
	5) Norah Peyton 10	6) Charly Lynch 09	7) Kirstyn Kolbet 11
			8) Brynn Kartman 09
12	Assumption	1	4:09.07 2
	1) Macie Ripslinger 12	2) Alexis Pilgrim 10	3) Amelia Moore 10
	5) Julia DeVries 12	6) Mariella Guerra 10	7) Jada Hoffman 11
			8) Avery O'Neill 10
13	Lewis Central	1	4:09.34 2
	1) Brooke Nelson 09	2) Irelynn James 12	3) Addison Holt 12
	5) Madelyn Hoss 09	6) Ellie Borns 09	7) Madison Kafka 12
			8) Madison Jones 12
14	Pella	1	4:09.64 2
	1) Mara Schiebout 11	2) Kyla Barnes 09	3) Lizzie Neumann 10
	5) Chloe Punt 11	6) Abby Teagarden 12	7) Kamry Trine 09
			8) Emerson Wogen 10
15	Glenwood	1	4:09.75 3
	1) Brooklyn Schultz 11	2) Lauren Hughes 12	3) Breckyn Petersen 11
	5) Megan Hughes 09	6) Maya Schau 11	7) Neyla Nanfito 12
			8) Averi Newman 10
16	Williamsburg	1	4:10.45 3
	1) Shannon Finn 12	2) Makenna Hughes 11	3) Keston Spratt 09
	5) Phoenix Gryp 12	6) Graceyn Uhlmann 09	7) Ashlyn Hoffman 10
			8) Reagan McMenomy 12
17	Epworth, WD	1	4:11.54 4
	1) Natalie Soppe 11	2) Alley Graber 10	3) Haley Williams 09
	5) Katie McKenna 11	6) Claire Vaske 09	7) Kasey McIlrath 11
			8) Alyssa Klein 12
18	Decorah	1	4:11.80 1
	1) Renae Wilson 10	2) McKenzie Riley 11	3) Lillian Olson 11
	5) Lily Sandhorst 11	6) Claire Storhoff 09	7) Lauren Holthaus 10
			8) Audrey Essa 09

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

Team	Relay	Seed Time
19 Maquoketa	1	4:12.75 4
1) Justice Armbruster 10	2) Kalyn Hackman 11	3) Rylee Wing 11
5) Chloe Abeln 11	6) Kylie Trentz 11	7) Allison Bean 12
8) Finley Starr 11		
20 North Polk	1	4:12.98 2
1) Elyse Engebretson 11	2) Mia Doonan 11	3) Addison Fiore 09
5) Hannah Haaland 10	6) Ali Weiser 09	7) Alyvia Gudenkauf 09
8) Madison McGraw 12		
21 MOC-FV	1	4:13.01 3
1) Ady Jeltema 10	2) Payton Kleinhesselink 12	3) Maya Immeker 12
5) Kennedy Fernstrum 11	6) Eva Immeker 09	7) Brooklyn Konz 09
22 Oskaloosa	1	4:14.29 5
1) Ryleigh Wilken 10	2) Emmalee Wells-Stout 11	3) Evelyn Adam 12
5) Sarah Phillips 12	6) Miley McCain 11	7) Lydia VanVeldhuizen 12
8) Hannah Quang 12		
23 Webster City	1	4:15.05 2
1) Cloe Savitski 11	2) Adeline Tesdahl 12	3) Rosemary Chamness 09
5) Tristyn Wright 09	6) Kaitlyn Winkler 09	7) Lydia VanDeer 11
24 Davis County, B	1	4:16.87 3
1) Augusta Warren 10	2) Halle Husted 10	3) Cassidy VanLaningham 11
5) Bradi Houston 10	6) Noelle Hill 10	7) Kallee Nebel 10
8) Morgan Schultz 10		

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

Thursday 5/16/2024 - 11:45 AM

Team	Relay	Seed Time
1 Gilbert	1	9:40.70 1
1) Clare Stahr 12	2) Sophia Bleich 11	3) Keira Andersen 10
5) Kaitlyn Dear 10		4) Sarah Feddersen 11
2 Mt Vernon	1	9:46.69 1
1) Sam Schoff 11	2) Madison Hoffert 09	3) Evelyn Moeller 09
5) Eastin Whisner 09	6) Abbie Moss 11	7) Claire Jensen 10
8) Edith Dawson 10		
3 Marion	1	9:47.51 1
1) Kyra Cordes 11	2) Kendall Orozco 12	3) Jayda Carnes 11
5) Elise Moore 10		4) Greta Hansen 11
4 ADM, Adel	1	9:47.99 1
1) Madi James 11	2) Addy Bjork 09	3) Cora Shirley-Brown 09
5) Brecken Morse 10	6) Makayla Crannell 12	7) Mackealin Sutton 11
8) Paige Mattes 12		
5 W Delaware	1	9:48.15 2
1) Anna O'Rear 10	2) Kirstyn Kolbet 11	3) Charly Lynch 09
5) Kennedy Kolbet 11	6) Addison Schulte 09	7) Erin Mensen 10
8) Norah Peyton 10		
6 Pella	1	9:49.03 2
1) Macy Schroeder 12	2) Lizzie Neumann 10	3) Raegan Snieder 11
5) Abby Teagarden 12	6) Tess Paulsen 12	7) Ruth Dunham 09
8) Elsie Brenneman 09		
7 Fort Madison	1	9:49.75 1
1) McKayla Schinstock 10	2) Mara Smith 10	3) Avery Rump 10
5) Ellie Huebner 10		4) Addison Rump 10
8 Sioux Center	1	9:49.80 1
1) Molly Isakson 09	2) Mya Romero 12	3) Maci Schmalbeck 11
5) Audrina Jones 09	6) Corinne McCord 11	7) Olivia Kraayenbrink 12
8) Cori Harald 12		
9 Solon	1	9:50.42 2
1) Ava Rolwes 09	2) Grace Hoeper 11	3) Falyn Svalstad 09
5) Gracie Federspiel 12	6) Sydney Dee 11	7) Mya Fordice 09
8) Ashlyn Williams 12		
10 Clear Lake	1	9:52.35 1
1) Emily McLaughlin 12	2) Addison Doughan 11	3) Rebekah Steinbron 11
5) Alaina Hartl 09	6) Avery Puttmann 10	7) Brooklyn Heesch 10
8) Jizzie Thompson 09		

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

Event	Team	Relay	Seed Time
11	Decorah	1	9:52.65 2
	1) Amelia Roe 10	2) Lillian Olson 11	3) Lauren Holthaus 10
	5) Olivia Volkmann 09	6) Claire Storhoff 09	7) Brinlee Courtney 09
12	Lewis Central	1	9:55.79 2
	1) Ava Bussey 11	2) Delayna Reese 09	3) Addison Holt 12
	5) Madison Jones 12	6) Madison Kafka 12	7) Kate Strohmeier 09
			8) Mallory Wohlers 10
13	Washington	1	9:56.57 2
	1) Lauren Horak 11	2) Abigail Kleese 12	3) Kendall Hinrichsen 11
	5) Emma Horak 09	6) Amelia Dahl 12	7) Taylor Bartholomew 12
			8) Isabella Lujan 11
14	Clear Crk-Amana	1	10:00.52 3
	1) Kiera Rogers 12	2) Kira Barker 11	3) Sara Kinzenbaw 11
	5) Raegan Wyant 11	6) Kadence Whitmer 09	4) Sam Schrage 12
15	Creston	1	10:01.06 2
	1) Maylee Riley 10	2) Hope Henderson 09	3) Avery Staver 10
	5) Ella Turner 10	6) Reese Strunk 09	7) Karter Clayton 11
			8) Braylee Pokorny 10
16	Bond-Farrar	1	10:05.57 1
	1) Kaylen Torrence 11	2) Claire Meislahn 11	3) Delaney Edwards 09
	5) Clare Haselhoff 11	6) Bethany Guertin 10	7) Autumn Harter 09
			8) Abbie Neville 12
17	Algona	1	10:06.34 3
	1) Andi Jensen 11	2) Mara Davis 09	3) Malyn Davis 11
	5) Charli Dodds 09	6) Maya Lentz 09	4) Macy Knapp 10
18	Xavier, CR	1	10:08.54 3
	1) Annabelle Neal 12	2) Annabell Deegan 09	3) Keira Richmond 11
	5) Caylin Miller 09	6) Elena Schmit 12	7) Marie Francois 10
			8) Cayleigh O'Brien 09
19	Glenwood	1	10:08.91 3
	1) Breckyn Petersen 11	2) Maya Schau 11	3) Madelyn Berglund 11
	5) Grace Berglund 09	6) Katelyn Harms 09	7) Haylee Hughes 10
			8) Lauren Hughes 12
20	MOC-FV	1	10:09.06 3
	1) Sarah May 11	2) Natalie Anderson 09	3) Maya Immeker 12
	5) Kennedy Fernstrum 11	6) Kienna Lassen 10	7) Rachel Haverdink 10
			8) Elin Van Der Werff 11
21	Wahlert, Dub	1	10:09.57 3
	1) Olivia Donovan 11	2) Lucy Lueken 09	3) Olivia Bellini 10
	5) Lucy Murphy 10	6) Lilly Graham 11	7) Sara Bandy 11
			8) Ella Rohner 09
22	Winterset	1	10:10.56 2
	1) Sami Craven 12	2) Maven Smith 09	3) Klaire Seidler 09
	5) Mackenzie Craven 10	6) Morgan Back 10	7) Abril Iniesta 12
			8) Morgan Sutton 12
23	Spencer	1	10:11.77 4
	1) Adalyn Schoelerman 12	2) Kiera Brown 10	3) Emily Schmidt 09
	5) Braylee Haldin 11		4) Peyton Morey 11
24	Ballard	1	10:12.38 3
	1) Brynn Wilson 11	2) Annika Larson 11	3) Raya Miller 09
	5) Brenna Baumgardner 10	6) Katie Tollefson 12	4) Ava Richardson 11

Event 112 Girls 800 Sprint Medley 3A (24)

Saturday 5/18/2024 - 9:25 AM

Event	Team	Relay	Seed Time
1	Wahlert, Dub	1	1:48.08 1
	1) Lauren McClimon 11	2) Karyn Ellis 10	3) Kylie Sieverding 10
	5) Olivia Donovan 11	6) Anna Roling 11	7) Bella Eisbach 11
			8) Rylee Steffen 12
2	Clear Lake	1	1:48.81 1
	1) Madison Leisure 11	2) Lydia Brattrud 11	3) Lauren Englin 10
	5) Emersyn McGrath 10	6) Lily Lilliberg 11	7) Taylor Schwenn 09
			8) Reese Brownlee 11
			8) Saylor Schmitt 09

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

Event	Team	Relay	Seed Time
3	Williamsburg	1	1:49.31 1
	1) Makenna Hughes 11	2) Taylor Sanchez 09	3) Ailea Wetjen 11
	5) Shannon Finn 12	6) Graceyn Uhlmann 09	7) Lily Wilson 10
			8) Ashlyn Hoffman 10
4	Solon	1	1:50.00 2
	1) Piper Stahle 10	2) Avery Kellen 09	3) Mia Duckett 12
	5) Marin Ashbacher 10	6) Gracie Federspiel 12	7) Aly Stahle 11
			8) Mia Stahle 12
5	Mt Vernon	1	1:50.55 2
	1) Lillian Wischmeyer 12	2) Kara Swantz 11	3) Caliana Whitaker 10
	5) Elsa Appleton 12	6) Lucy Wischmeyer 09	7) Alivia Truitt 09
			8) Josie Niehaus 12
6	Sioux Center	1	1:50.63 1
	1) Carly Dunn 11	2) Taylor Holverson 09	3) Kendra Zeutenhorst 12
	5) Alivia Johnston 11	6) Audrina Jones 09	7) Cori Harald 12
			8) Emalee Vermeer 12
7	MOC-FV	1	1:51.00 2
	1) Payton Kleinhesselink 12	2) Maggie McEwen 11	3) Kaleigh Tooker 10
	5) Tierney Huss 12	6) Olyvia Bahrke 10	7) McKenna Cleveringa 12
			8) Lily Vander Pol 09
8	LeMars	1	1:51.18 3
	1) Aubree Leusink 11	2) Stella Hector 12	3) Madi Huls 12
	5) Ahrianna Westhoff 11	6) Holly McNaughton 11	4) Sienna Kass 11
9	Bond-Farrar	1	1:51.54 1
	1) Aubri Waterhouse 11	2) Sienna Lewis 11	3) Addison Brown 10
	5) Lauren Tegeler 11	6) Brinkley Strickland 09	7) Maddie Martin 09
			8) Addy Pasker 10
10	Gilbert	1	1:51.89 1
	1) Taylor Banning 12	2) Laurel Mizerak 11	3) Keaton Hanson 10
	5) Averie Bruner 12	6) Abby Deal 11	7) Natasha Flower 10
			8) Sophia Bleich 11
11	Decorah	1	1:51.91 2
	1) Kelby Kerndt 10	2) Ava Holthaus 10	3) Audrey Essa 09
	5) Hayley Stowe 12	6) Lillian Olson 11	7) Stella Pole 10
			8) McKenzie Riley 11
12	Glenwood	1	1:52.05 1
	1) Zoie Carda 12	2) Allison Koontz 11	3) Megan Hughes 09
	5) Danika Arnold 12	6) Elaina Dougherty 11	7) Keisi Duran 11
			8) Rossalyne Johansen 11
13	Lewis Central	1	1:52.11 4
	1) Payton Mathews 10	2) Irelynn James 12	3) Brooke Nelson 09
	5) Ellie Borns 09	6) Addison Taylor 10	7) Elise Mullenix 11
			8) Addison Holt 12
14	Newton	1	1:52.15 2
	1) Chloe Rorabaugh 12	2) Abby Bruce 11	3) Lola Rivera 11
	5) Bella Winther 11	6) Gracie Clayton 12	7) Alivia Conley 09
			8) Lauren Clarke 10
15	Epworth, WD	1	1:52.32 3
	1) Claire Stuntz 10	2) Lucy Ehlers 11	3) Ava Goins 12
	5) Alley Graber 10	6) Natalie Soppe 11	7) Claire Vaske 09
			8) Haley Williams 09
16	Boy-Hul/Rock Val	1	1:52.55 5
	1) Maya Netten 11	2) Kavri Van Kekerix 11	3) Rylee Bomgaars 11
	5) Ciana Zomer 09	6) Olivia Miller 12	7) Clara Hoegh 11
			8) Makinze Rensink 11
17	Mt Pleasant	1	1:52.68 1
	1) Courtney Raub 12	2) Bailey J alas 12	3) Kynlee White 10
	5) Andi Scott 12	6) Kiyah Sanders 09	7) Monroe James 09
			8) Alexis Wagner 11
18	Winterset	1	1:52.82 2
	1) Neela Applegate 11	2) Ashlynn Devine 11	3) Madelyn Nordstrom 09
	5) Braelyn Andrew 10	6) Addison Gross 09	7) Luci Davis 11
			8) Ainsley McLaren 09
19	DSM, Hoover	1	1:53.04 3
	1) Jalina Jordan 12	2) Kim Karnga 12	3) Jessica Kyne 12
	5) Emma Miller 09	6) Monah Kyne 10	7) Aleyna Kashama 10
			8) Tyla Shepstone 09

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

Team	Relay	Seed Time
20 CPU	1	1:53.25 4
1) Maya Burkhart 11	2) Emily Goebel 09	3) Addilyn Wade 11
5) Addison Schmitt 09	6) Kaitlyn Beck 09	4) Grace Estling 09
21 Clear Crk-Amana	1	1:53.28 2
1) Maycin Ernst 11	2) Kennedy Stratton 10	3) Anna Johnson 10
5) Bliss Beck 12	6) Bailey Simpson 09	7) Olivia Webb 11
8) Sydney Pfeiffer 10		
22 Carroll	1	1:53.53 2
1) Brenna Goins 12	2) Elizabeth Perkins 12	3) Marasyn Wittrock 11
5) Amelia Holt 12	6) Autumn Fortner 12	7) Averi Burke 12
8) Katelyn Aden 11		
23 Atlantic	1	1:53.62 3
1) Hailey Huffman 11	2) Jayci Reed 10	3) Morgan Botos 11
5) Nicole Middents 12	6) Allison Middents 09	7) Taylee Hagen 10
8) Lila Wiederstein 10		
24 Pella	1	1:54.02 4
1) Abigail Melvin 10	2) Kamry Trine 09	3) Kamryn Long 10
5) Emmilyn Riddick 09	6) Avery Parks 09	7) Mara Schiebout 11
8) Macy Schroeder 12		

Event 120 Girls High Jump 3A (24)

Thursday 5/16/2024 - 11:30 AM

Name	Year	School	Seed Mark
1 Keely Collins	12	Charles City	5-06.00 1
2 London Warmuth	11	ADM, Adel	5-06.00 1
3 Sydney Maue	11	Mt Vernon	5-04.00 1
4 Reese Wagner	09	North Polk	5-03.00 1
5 Madison Henrichs	11	North Polk	5-02.00 3
6 Ryleigh Wilken	10	Oskaloosa	5-02.00 1
7 Melanie Chanthapangna	10	Storm Lake	5-02.00 2
8 Ava VanBerkum	11	Xavier, CR	5-02.00 2
9 Allie Grandgenett	09	Gilbert	5-02.00 1
10 Edie Collins	09	Charles City	5-02.00 2
11 Emma Robinson	10	Carlisle	5-02.00 2
12 Madison Ehrig	12	Algona	5-01.00 3
13 Carlee Webber	11	Marion	5-01.00 4
14 Lauren LeClere	10	W Delaware	5-01.00 2
15 Lilly Towne	12	Solon	5-01.00 3
16 Ramey Dahlquist	12	Waverly-SR	5-00.00 4
17 Tori White	10	Newton	5-00.00 2
18 Olivia Ausdemore	09	Lewis Central	5-00.00 1
19 Paige Schurbon	11	Mt Vernon	5-00.00 5
20 Jocelyn Endelman	10	Waverly-SR	5-00.00 3
21 Josie Gilmore	12	Mt Pleasant	4-10.00 3
22 Jayden Kneifl	11	SB-Luton	4-10.00 2
23 Bliss Beck	12	Clear Crk-Amana	4-10.00 1
24 Alyssa O'Neal	11	Assumption	4-10.00 2

Event 128 Girls Long Jump 3A (24)

Friday 5/17/2024 - 11:30 AM

Name	Year	School	Seed Mark
1 Mackenzie Harder	11	Storm Lake	18-07.25 1
2 Reese Brownlee	11	Clear Lake	18-06.00 1
3 Aiden Gosselink	10	Grinnell	18-05.00 1
4 Aniston Tollari	11	ADM, Adel	17-06.00 2

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

	Name	Year	School	Seed	Mark
5	Lila Wiederstein	10	Atlantic	17-05.50	3
6	Frankie Huether	09	North Polk	17-03.75	1
7	Rylee Bomgaars	11	Boy-Hul/Rock Val	17-02.25	1
8	Kenzie Niehus	09	LeMars	17-01.25	2
9	Calli Seehase	11	ADM, Adel	16-11.00	4
10	Elizabeth Timmerman	10	Clear Crk-Amana	16-10.00	1
11	Hailey Miller	12	Solon	16-07.00	1
12	Myah Stephenson	11	Grinnell	16-06.50	2
13	Bailey Jalas	12	Mt Pleasant	16-06.00	2
14	Shannon Cleary	10	Bishop Heelan	16-04.75	3
15	Avery Bock	10	Denison-Schlswg	16-04.75	5
16	Sophia Calpito	09	Charles City	16-03.00	2
17	Kim Karnga	12	DSM, Hoover	16-01.50	3
18	Anna Noble	12	North Polk	15-08.75	2
19	Gabriella Landau	09	Clear Lake	15-07.50	3
20	Lucy Wischmeyer	09	Mt Vernon	15-07.25	1
21	Imari Michaels	09	Marion	15-06.00	2
22	Avery DeHaan	10	Storm Lake	15-05.75	6
23	Leighton Salazar	10	Washington	15-05.50	3
24	Elsa Appleton	12	Mt Vernon	14-10.25	2

Event 136 Girls Discus Throw 3A (24)

Thursday 5/16/2024 - 9:00 AM

	Name	Year	School	Seed	Mark
1	Charlee Morton	11	Hampton-Dumont-CAL	142-02	1
2	Ciara Heffron	12	Knoxville	139-03	1
3	Libby Dix	11	Mt Vernon	131-07	1
4	Lauren Hagedorn	10	ADM, Adel	129-00	1
5	Olivia Hilby	11	Wahlert, Dub	125-04	2
6	Maren Subbert	09	Hampton-Dumont-CAL	123-06	2
7	Ashlynn Works	12	Humboldt	121-03	3
8	Madison Hettinga	11	MOC-FV	117-09	1
9	Olivia Rowedder	11	Carroll	117-02	2
10	Ana Glawe	11	Benton Comm	115-09	1
11	Reagan Haynes	09	Algona	113-10	4
12	Taylor Braun	11	ADM, Adel	112-08	3
13	Kya Goodrich	12	Mt Pleasant	110-11	1
14	Maddie Kneifl	11	SB-Luton	109-09	2
15	Abigail Felton	12	Solon	109-08	2
16	Mayah Slater	11	Denison-Schlswg	109-05	4
17	Jordyn Matiyow	11	Lewis Central	109-05	3
18	Savannah Slobodnik	11	Mt Pleasant	109-02	2
19	Abby Wallinga	10	MOC-FV	107-11	4
20	Brylie Lorence	11	Fort Madison	107-09	3
21	Elyse Setterstrom	10	Fairfield	107-03	4
22	Addie Hammerly	09	Newton	106-08	2
23	Karlee Akers	12	Winterset	99-10	1
24	Izabella Taylor	11	Winterset	97-03	2

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Event 144 Girls Shot Put 3A (24)**Friday 5/17/2024 - 9:00 AM**

	Name	Year	School	Seed	Mark
1	Charlee Morton	11	Hampton-Dumont-CAL	42-11.25	1
2	Lauren Luzum	10	Decorah	39-07.00	2
3	Emma Kuhlmann	11	Carroll	39-00.50	1
4	Jordyn Matiyow	11	Lewis Central	38-05.50	1
5	Ciara Heffron	12	Knoxville	38-05.00	1
6	Libby Dix	11	Mt Vernon	38-04.50	1
7	Brylie Lorence	11	Fort Madison	38-00.25	1
8	Taylor Schwenn	09	Clear Lake	37-09.25	3
9	Katelyn Eggena	12	Waverly-SR	37-08.50	2
10	Madison Hettinga	11	MOC-FV	37-07.50	2
11	Katie Scheckel	10	Pella	37-05.00	2
12	Michaela Silich	12	Epworth, WD	37-04.50	3
13	Aly Erickson	10	Vinton-Shellbrg	37-02.00	4
14	Leah Stewart	11	Charles City	37-01.00	4
15	Olivia Rowedder	11	Carroll	37-00.25	2
16	Kennedy Stanford	11	ADM, Adel	37-00.00	3
17	Ana Glawe	11	Benton Comm	36-08.00	1
18	Ashlynn Works	12	Humboldt	36-06.00	5
19	Kylie Krumm	12	Grinnell	36-04.00	3
20	Abigail Felton	12	Solon	36-04.00	2
21	Adysen Poppen	11	Webster City	36-01.75	6
22	Ella Ensminger	10	Mt Pleasant	35-11.00	2
23	Skylar Kula	11	Bond-Farrar	34-05.75	1
24	Qwynn Nerem	11	North Polk	33-03.25	2

Event 150 Girls Distance Medley 3A (24)**Friday 5/17/2024 - 9:20 AM**

	Team	Relay	Seed	Time
1	Sioux Center	1	4:14.22	1
	1) Avery Bitker 10	2) Taylor Holverson 09	3) Kolby Oldenkamp 10	4) Audrina Jones 09
	5) Emalee Vermeer 12	6) Aislin Maassen 11	7) Mya Romero 12	8) Cori Harald 12
2	Gilbert	1	4:17.34	1
	1) Taylor Banning 12	2) Keaton Hanson 10	3) Sarah Feddersen 11	4) Emee Dani 09
	5) Claire Grandgenett 11	6) Laurel Mizerak 11	7) Sophia Bleich 11	8) Keira Andersen 10
3	W Delaware	1	4:18.01	1
	1) Natalie Mensen 10	2) Norah Peyton 10	3) Anna O'Rear 10	4) Brynn Kartman 09
	5) Kirstyn Kolbet 11	6) Josie McMahon 11	7) Charly Lynch 09	8) Addison Huffman 11
4	Marion	1	4:18.11	1
	1) Natalie McAllister 12	2) Kenzie Lovell 11	3) Jayda Carnes 11	4) Kyra Cordes 11
	5) Abby Cave 10	6) Mila Van Weelden 12	7) Allie Rodman 09	8) Greta Hansen 11
5	Pella	1	4:18.25	2
	1) Mara Schiebout 11	2) Kamry Trine 09	3) Chloe Punt 11	4) Marissa Ferebee 10
	5) Macy Schroeder 12	6) Lizzie Neumann 10	7) Abigail Melvin 10	8) Kyla Barnes 09
6	Lewis Central	1	4:18.82	2
	1) Irelynn James 12	2) Madeline Fidone 12	3) Brooke Nelson 09	4) Delayna Reese 09
	5) Avaeh Smith 09	6) Ellie Borns 09	7) Megan Scheel 10	8) Ava Bussey 11
7	Solon	1	4:20.52	2
	1) Mia Stahle 12	2) Aly Stahle 11	3) Anna Quillin 12	4) Ava Rolwes 09
	5) Gracie Federspiel 12	6) Marin Ashbacker 10	7) Kobi Lietz 11	8) Mia Duckett 12

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

Event	Team	Relay	Seed Time
8	Mt Vernon	1	4:21.26 2
	1) Josie Niehaus 12	2) Kara Swantz 11	3) Kiersten Swart 10
	5) Caliana Whitaker 10	6) Lillian Wischmeyer 12	7) Alivia Truitt 09
			8) Evelyn Moeller 09
9	Washington	1	4:21.36 1
	1) Ada Kendall 12	2) Eden Levetzow 11	3) Jaedyn Moore 09
	5) Lauren Horak 11	6) Taylor Bartholomew 12	7) Rachel Sands 11
			8) Leighton Messenger 10
10	Atlantic	1	4:22.33 1
	1) Morgan Botos 11	2) Lila Wiederstein 10	3) Nicole Middents 12
	5) Callee Pellett 12	6) Jayci Reed 10	7) Hailey Huffman 11
			8) Avery Nicholas 12
11	CPU	1	4:22.59 3
	1) Maya Burkhart 11	2) Addilyn Wade 11	3) Grace Estling 09
	5) Kaitlyn Beck 09	6) Emma Wilkerson 12	7) Addison Schmitt 09
			4) Deni Katcher 10
12	Fort Madison	1	4:23.01 2
	1) Lillian Gelsthorpe 11	2) Olivia Buckner 11	3) Mara Smith 10
	5) Hailey Kemper 11	6) McKayla Schinstock 10	4) Avery Rump 10
13	Williamsburg	1	4:23.12 3
	1) Ailea Wetjen 11	2) Makenna Hughes 11	3) Shannon Finn 12
	5) Reagan McMenomy 12	6) Graceyn Uhlmann 09	7) Keston Spratt 09
			8) Ava Hocker 09
14	Decorah	1	4:24.39 1
	1) Lillian Olson 11	2) Ella Stille 11	3) Claire Storhoff 09
	5) McKenzie Riley 11	6) Hayley Stowe 12	7) Stella Pole 10
			8) Lily Sandhorst 11
15	Harlan	1	4:25.23 2
	1) Kami Stork 12	2) Samantha Ineson 12	3) Aubree Wegner 09
	5) Jaylee Schmitz 11	6) Brylee Schechinger 11	7) Aubrey Schwieso 11
			8) Abby Broeckelman 11
16	Boy-Hul/Rock Val	1	4:25.29 3
	1) Rylee Bomgaars 11	2) Ciana Zomer 09	3) Makinze Rensink 11
	5) Kavri Van Kekerix 11	6) Olivia Miller 12	7) Maya Netten 11
			8) Brynlie Zomer 11
17	Bond-Farrar	1	4:25.71 1
	1) Lauren Tegeler 11	2) Sienna Lewis 11	3) Gracie Anderson 09
	5) Courtney Kiley 12	6) Addison Brown 10	7) Aubri Waterhouse 11
			8) Kaylen Torrence 11
18	Wahlert, Dub	1	4:26.00 4
	1) Karyn Ellis 10	2) Anna Roling 11	3) Karley Belken 10
	5) Olivia Donovan 11	6) Kylie Sieverding 10	7) Caroline Freed 09
			8) Ella Rohner 09
19	Clear Lake	1	4:26.66 2
	1) Lauren Englin 10	2) Emersyn McGrath 10	3) Rebekah Steinbron 11
	5) Madison Leisure 11	6) Gabriella Landau 09	7) Hope Halverson 10
			8) Emily McLaughlin 12
20	Perry	1	4:26.90 2
	1) Cate Erickson 09	2) Treasure Moore 10	3) Taryn Nehring 11
	5) Alexa Garcia 12	6) Mylah Meis 11	7) Litzy Ramirez 11
			8) Denise Rivera 11
21	Spencer	1	4:26.92 4
	1) Sydnee Hopkins 10	2) Tyriana Vail 12	3) Kiera Brown 10
	5) Mercedes Krieg 09	6) Peyton Morey 11	4) Adalyn Schoelerman 12
22	Assumption	1	4:27.24 3
	1) Alexis Pilgrim 10	2) Julia DeVries 12	3) Macie Ripslinger 12
	5) Kelly Grobstich 11	6) Amelia Moore 10	7) Ellyanna Johnson 10
			8) Alyssa O'Neal 11
23	Carlisle	1	4:28.44 3
	1) Mallie Stoner 10	2) Sydney Light 11	3) Aubrey McDaniel 11
	5) Marie Daggett 12	6) Audrey Zondervan 10	7) Kira Fisk 11
			8) Mara Hoffman 12
24	ADM, Adel	1	4:28.47 3
	1) Peyton Standley 10	2) Calli Seehase 11	3) Hannah Desmarais 11
	5) Madi James 11	6) Makayla Crannell 12	7) Josi Dufoe 11
			8) Madelyn Roundcount 10