

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

Des Moines, Iowa

Drake Stadium

Performance List

Event 7 Girls 100 Meter Dash 4A (24) Prelims

Thursday 5/16/2024 - 6:37 PM

	Name	Year	School	Seed	Time
1	Alayna Goldsberry	09	SE Polk	12.19	1
2	Elliana Harris	12	SC, East	12.20	1
3	Promise Zandy	12	DSM, Roosevelt	12.21	2
4	Asia Russell	11	Prairie, CR	12.31	1
5	Katie Stahl	10	Waukee NW	12.32	3
6	Ayrisa Robinson	09	Waukee NW	12.35	4
7	Carson Bohonek	11	Bettendorf	12.37	1
8	Grace Erick	11	SC, East	12.42	2
9	Duprasia Beets	09	CR Washington	12.42	2
10	Kanijah Angel	12	Clinton	12.44	1
11	Tessa Gripp	10	Indianola	12.49	5
12	Fiona Mulligan	09	Urbandale	12.50	6
13	Mylee Stiefel	10	Burlington	12.53	2
14	Tracy Waylee	09	Urbandale	12.58	7
15	Morgan Posusta	12	Ankeny Cent	12.64	8
16	Mercie Hansel	12	North Scott	12.65	3
17	Emily Heitzman	11	Dowling Cath	12.68	1
18	Morgan Hospodarsky	10	CR Kennedy	12.69	4
19	Quinn Nielsen	12	Clinton	12.70	2
20	Avah Cooper	10	Prairie, CR	12.78	4
21	Shariah Hart	12	Burlington	12.78	3
22	Quren Hullon	12	CR Kennedy	12.79	5
23	Payton Keiser	09	Valley, WDM	12.80	3
24	Nyah Hulbert	11	Norwalk	12.86	2

Event 15 Girls 200 Meter Dash 4A (24) Prelims

Thursday 5/16/2024 - 4:30 PM

	Name	Year	School	Seed	Time
1	Annie Smith	11	Dowling Cath	25.17	1
2	Elliana Harris	12	SC, East	25.21	1
3	Ashley Hansen	10	Pleasant Valley	25.35	1
4	Avery Winter	11	Waukee NW	25.39	1
5	Giada Grimes	12	Johnston	25.44	1
6	Sophia Hatcher	10	Ames	25.49	2
7	Katie Stahl	10	Waukee NW	25.49	2
8	Anjelena Carder	12	Waukee	25.53	3
9	Asia Russell	11	Prairie, CR	25.66	2
10	Grace Erick	11	SC, East	25.72	2
11	Promise Zandy	12	DSM, Roosevelt	26.11	3
12	Kanijah Angel	12	Clinton	26.12	1
13	Fiona Mulligan	09	Urbandale	26.18	4
14	Karli Wagner	12	Johnston	26.20	2
15	Duprasia Beets	09	CR Washington	26.20	3
16	Alayna Goldsberry	09	SE Polk	26.27	5
17	Sarah White	10	Linn-Mar	26.30	2
18	Madison Nagel	10	Dowling Cath	26.32	4
19	Alexa Zanders	12	WAT West	26.45	3
20	Mercie Hansel	12	North Scott	26.48	4

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Event 15 ... (Girls 200 Meter Dash 4A (24) Prelims)

	Name	Year	School	Seed Time	
21	Abby Mecklenburg	10	Linn-Mar	26.58	4
22	Kate Roussell	10	Cedar Falls	26.60	5
23	Karsen Jacks	12	Ankeny	26.67	3
24	Julia Knapp	10	DSM, Roosevelt	26.69	6

Event 23 Girls 400 Meter Dash 4A (24)

Thursday 5/16/2024 - 7:10 PM

	Name	Year	School	Seed Time	
1	Addison Swartzendruber	12	CR Kennedy	56.94	1
2	Maya Williams	12	Bettendorf	57.21	2
3	Anjelena Carder	12	Waukee	57.25	1
4	Olivia Fehn	10	Johnston	57.49	3
5	Lauren McCoy	10	Dowling Cath	57.63	2
6	Chelsea VeDepo	09	IC, Liberty	58.48	4
7	Avery Winter	11	Waukee NW	59.04	1
8	Natalie Ramsey	10	IC, Liberty	59.05	5
9	Mijara Robinson	11	Waukee NW	1:00.13	2
10	Lydia Bennett	09	Waukee	1:00.24	3
11	Ayla Osterkamp	11	DUB Hempstead	1:00.84	1
12	Morgan Johnson	12	Ankeny	1:01.12	1
13	Paige Wilson	10	Cedar Falls	1:01.29	2
14	Felicity Severs	12	SE Polk	1:01.33	3
15	Jovie Veach	12	CR Kennedy	1:01.83	6
16	Kahlan Kearns	11	Cedar Falls	1:01.87	3
17	Kailee Wilson	10	Pleasant Valley	1:02.05	1
18	Charlee Cibula	10	Ankeny	1:02.63	2
19	Kaylee Mowen	11	Pleasant Valley	1:02.66	2
20	Ellie Pollock	09	Ankeny Cent	1:02.67	4
21	Emma White	09	Indianola	1:02.68	5
22	Claire Unke	12	Clinton	1:03.06	4
23	Micah Fitzgerald	10	Johnston	1:03.08	7
24	Isabel Brauhn	12	DUB Hempstead	1:03.12	5

Event 31 Girls 800 Meter Run 4A (24)

Saturday 5/18/2024 - 11:00 AM

	Name	Year	School	Seed Time	
1	Ani Wedemeyer	11	Pleasant Valley	2:10.77	1
2	Grace Boleyn	11	Pleasant Valley	2:12.15	2
3	Keelee Leitzen	12	DUB Hempstead	2:13.92	1
4	Julia Gehl	12	DUB Hempstead	2:17.91	2
5	Anna Sheriff	11	Waukee NW	2:18.73	1
6	Alli Macke	11	Ankeny	2:19.03	1
7	Makenna Madetzke	10	Ankeny	2:19.27	2
8	Alyx Woodley	10	Johnston	2:19.32	1
9	Meredith Gentry	10	DSM, Roosevelt	2:20.15	2
10	Krissy Spear	12	Johnston	2:21.09	2
11	Ivy Glendening	12	SE Polk	2:21.31	3
12	Alex Mackie	12	Urbandale	2:21.56	4
13	Klaire Lietz	11	Valley, WDM	2:21.78	3
14	Chloe Egbert	10	Linn-Mar	2:22.35	3

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Event 31 ... (Girls 800 Meter Run 4A (24))

	Name	Year	School	Seed Time	
15	Julia Flick	11	Ankeny Cent	2:22.39	5
16	Emme Baugh VanZee	09	Waukee	2:22.97	1
17	Ellie Blevins	09	Ankeny Cent	2:23.18	6
18	Greta Bergman	10	Valley, WDM	2:23.31	4
19	Averie Bilskemper	11	IC, Liberty	2:25.01	3
20	Nevaeh Kessler	10	DUB Senior	2:25.50	4
21	Tess Meggison	12	DC-Grimes	2:25.68	5
22	Carryn Sattler	10	Clinton	2:25.74	5
23	Katie Rush	11	Waukee NW	2:26.05	7
24	Emma Stanley	09	Ames	2:28.54	2

Event 39 Girls 1500 Meter Run 4A (24)

Saturday 5/18/2024 - 2:37 PM

	Name	Year	School	Seed Time	
1	Addison Dorenkamp	12	Valley, WDM	4:33.58	1
2	Keelee Leitzen	12	DUB Hempstead	4:43.74	1
3	Bella Hodges	11	Ankeny Cent	4:45.06	1
4	Julia Gehl	12	DUB Hempstead	4:45.20	2
5	Cohen Kooker	12	Valley, WDM	4:45.61	2
6	Jordyn Brown	11	Indianola	4:45.83	2
7	Olivia Verde	12	Johnston	4:46.50	1
8	Anika Mohrhauser	11	Ankeny Cent	4:47.11	3
9	Cori Mac	12	IC, Liberty	4:47.21	2
10	Piper Messerly	09	DC-Grimes	4:47.55	3
11	Alyx Woodley	10	Johnston	4:47.67	3
12	Nakia Ollivierre	10	WAT West	4:48.65	3
13	Camryn Sattler	12	Clinton	4:48.66	4
14	Marley Turk	11	Ames	4:49.18	1
15	Leah Klapatauskas	12	DUB Senior	4:51.67	5
16	Drew Beason	11	Ankeny	4:52.77	4
17	Lauren Risdal	11	Ames	4:53.55	2
18	Addison Dooley	10	DC-Grimes	4:53.60	5
19	Ani Wedemeyer	11	Pleasant Valley	4:54.95	1
20	Elena Gentry	12	DSM, Roosevelt	4:55.03	4
21	Frankie Gotto	09	Pleasant Valley	4:56.62	2
22	Sydney Burrier	10	Waukee	4:56.96	3
23	Contessa Guerrero-Jones	09	SE Polk	4:58.51	5
24	Dylan Moeller	11	DVPT, Central	4:59.06	3

Event 47 Girls 3000 Meter Run 4A (24)

Thursday 5/16/2024 - 3:35 PM

	Name	Year	School	Seed Time	
1	Addison Dorenkamp	12	Valley, WDM	9:37.00	1
2	Cohen Kooker	12	Valley, WDM	10:02.98	2
3	Drew Beason	11	Ankeny	10:04.92	3
4	Olivia Verde	12	Johnston	10:08.73	1
5	Jordyn Brown	11	Indianola	10:10.56	1
6	Julia Gehl	12	DUB Hempstead	10:11.24	1
7	Nakia Ollivierre	10	WAT West	10:11.70	2
8	Camryn Sattler	12	Clinton	10:12.76	3

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Event 47 ... (Girls 3000 Meter Run 4A (24))

	Name	Year	School	Seed Time	
9	Cori Mac	12	IC, Liberty	10:15.32	2
10	Anika Mohrhauser	11	Ankeny Cent	10:15.93	2
11	Piper Messerly	09	DC-Grimes	10:21.81	4
12	Grace Beasley	09	Johnston	10:24.26	3
13	Haley Hveem	11	Ankeny Cent	10:25.87	3
14	Leah Klapatauskas	12	DUB Senior	10:28.52	4
15	Marley Turk	11	Ames	10:32.51	1
16	Contessa Guerrero-Jones	09	SE Polk	10:33.83	4
17	Vivian McCombs	09	Pleasant Valley	10:34.90	1
18	Elena Gentry	12	DSM, Roosevelt	10:35.20	5
19	Lexi Minard	12	Pleasant Valley	10:35.74	2
20	Nicole Peterson	11	IC, City High	10:36.80	3
21	Lauren Risdal	11	Ames	10:37.23	2
22	Liv Hall	12	Dowling Cath	10:45.83	3
23	emily meyers	11	DC-Grimes	10:48.31	5
24	Finley Habgood	12	Waukee NW	10:53.41	6

Event 55 Girls 100 Meter Hurdles 4A (24) Prelims

Friday 5/17/2024 - 4:10 PM

	Name	Year	School	Seed Time	
1	Emma Havighurst	11	Valley, WDM	14.09	1
2	Annie Smith	11	Dowling Cath	14.59	1
3	Josie McGraw	11	Indianola	14.64	1
4	Alayna Schulte	10	Waukee NW	14.75	2
5	Franny Brooks	10	Dowling Cath	14.93	2
6	Ryann Decker	12	Prairie, CR	14.93	1
7	Anna Woods	09	Ankeny Cent	15.08	3
8	Jana Maharry	09	Waukee	15.10	3
9	Kenya Harris	11	SC, West	15.15	2
10	Eriniah Carter	12	IC, West	15.35	2
11	Sophia Olivo	11	IC, West	15.40	3
12	Nyankuer Arou	12	Valley, WDM	15.45	3
13	Ariana Klein	12	SC, North	15.47	4
14	Ivy Nuro Gyina	11	IC, Liberty	15.51	1
15	Kamryn Vogt	12	Waukee NW	15.51	4
16	Sierra Pruessner	12	IC, City High	15.61	4
17	Sydney Skarich	12	North Scott	15.61	2
18	Paige Paup	12	Cedar Falls	15.73	1
19	Campbell Dopler	11	Bettendorf	15.76	3
20	Madeline Pooch	12	Ankeny	15.85	5
21	Natalie Sitzmann	10	Waukee	15.91	4
22	Sophia Tognetti	10	Cedar Falls	15.95	2
23	Ellea Lewerke	12	Mason City	15.99	5
24	Hannah McVey	12	Pleasant Valley	16.03	5

Event 60 Girls 400 Meter Hurdles 4A (24)

Friday 5/17/2024 - 5:50 PM

	Name	Year	School	Seed Time	
1	Angelica Attinger	10	Ames	1:03.84	1
2	Madison Grover	09	Indianola	1:04.42	1

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Event 60 ... (Girls 400 Meter Hurdles 4A (24))

Name	Year	School	Seed	Time
3	Kylin Smith	11	Ankeny Cent	1:04.54 2
4	Jessie Clemons	12	Pleasant Valley	1:04.61 1
5	Katherine Banker	11	Dowling Cath	1:05.86 2
6	Ryann Decker	12	Prairie, CR	1:05.88 2
7	Avery Winter	11	Waukee NW	1:06.18 3
8	Ariana Klein	12	SC, North	1:06.69 1
9	Alayna Schulte	10	Waukee NW	1:06.85 4
10	Birklie Waskow	09	Cedar Falls	1:07.01 1
11	Mia Rice	12	SC, East	1:07.02 2
12	Hannah McVey	12	Pleasant Valley	1:07.28 3
13	Brenna Van Cleave	10	Ames	1:07.40 3
14	Mya Curry	12	DUB Hempstead	1:07.53 2
15	Jacie Wessels	11	Cedar Falls	1:07.90 3
16	Tatum Miller	10	Bettendorf	1:07.96 1
17	Ava Barten	10	Ankeny Cent	1:08.26 5
18	Gracie Lindaman	11	Ankeny	1:08.30 3
19	Krissy Spear	12	Johnston	1:08.35 2
20	Sescie Haan	11	Clinton	1:08.38 4
21	Ivy Nuro Gyina	11	IC, Liberty	1:08.80 3
22	Hannah Hughes	11	Prairie, CR	1:08.91 4
23	Erinn Varga	12	IC, West	1:08.92 5
24	Olivia Berger	09	Waukee	1:09.18 4

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

Thursday 5/16/2024 - 8:00 PM

Team	Relay	Seed	Time	
1	Dowling Cath	1	1:02.68 1	
	1) Annie Smith 11	2) Franny Brooks 10	3) Alex Gaskell 11	4) Ruby Lemar 11
	5) Katherine Banker 11	6) Matilda Vizcarra 09	7) Veronica Eure 09	8) Shae Lage 12
2	Waukee NW	1	1:03.15 1	
	1) Katie Willits 10	2) Aunya Van Zetten 11	3) Kamryn Vogt 12	4) Alayna Schulte 10
	5) Bailey Mahoney 10	6) Hailey Davis 12	7) Avery Vogt 10	8) Lily Twigg 09
3	Waukee	1	1:04.19 2	
	1) Natalie Sitzmann 10	2) Sophia Taylor 09	3) Lena Bruening 09	4) Jana Maharry 09
	5) Kendall Davey 11	6) Hannah Wiemers 11		
4	Indianola	1	1:04.68 2	
	1) Sully Downey 11	2) Madison Grover 09	3) Lilly Hoger 09	4) Josie McGraw 11
	5) Gabby Akin 11			
5	Ankeny Cent	1	1:04.81 3	
	1) Samantha Johansen 10	2) Kylin Smith 11	3) Anna Woods 09	4) Ava Barten 10
	5) Carlee Gerke 12	6) Anna Bauch 09	7) Lila Blake 11	8) Jaylah Simon 11
6	Valley, WDM	1	1:04.82 1	
	1) Anna Stanbro 10	2) Emma Havighurst 11	3) Emery Harris 09	4) Nyankuer Arou 12
	5) Payton Keiser 09	6) Avery Schultz 09	7) Lisa Gaye 12	8) Zoey Kruchten 10
7	IC, West	1	1:05.29 1	
	1) Erinn Varga 12	2) Jaylin Herring 10	3) Eriniah Carter 12	4) Sophia Olivo 11
	5) Lily McConnell 11	6) Eva Willis 10	7) Erin Chen 09	8) Ania Willis 10
8	Cedar Falls	1	1:06.13 1	
	1) Sophia Tognetti 10	2) Lauren Waskow 12	3) Addi Spier 10	4) Paige Paup 12
	5) Birklie Waskow 09	6) Mattie Dieken 11	7) Laken Petrie 10	8) Jacey Homewood 10

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

Event	Team	Relay	Seed Time
9	Ames	1	1:06.37 3
	1) Angelica Attinger 10	2) Elia Varghese 10	3) Camryn Johnson 11
	5) Isabelle Stagg 10	6) Shelby Esslinger 09	7) Brenna Van Cleave 10
			8) Jada Britten 11
10	Ankeny	1	1:06.53 2
	1) Madeline Pooch 12	2) Lillian Smith 12	3) Ella Jumper 12
	5) Reagan Hanfelt 11	6) Grace Buch 11	7) Marlee Buchan 11
			8) Quinn Roush 09
11	Pleasant Valley	1	1:08.04 2
	1) Hannah McVey 12	2) Hanley Schmidt 10	3) Carsyn Kelley 10
	5) Grace Schmidt 11	6) Jessie Clemons 12	7) Jaylee Duncan 10
			8) Maddie Millage 09
12	North Scott	1	1:08.14 1
	1) Chloe Morrison 11	2) Addison Allen 10	3) Alyssa Schroeder 09
	5) Sydney Skarich 12	6) Harmony Hansel 12	7) Delainey Pratt 09
			8) Reese Jackson 10
13	Mason City	1	1:08.35 4
	1) Gwen Fiser 12	2) Ariel Lee 12	3) Greta Lewerke 11
	5) Macy Schlitter 11	6) Piper Johnson 10	4) Ellea Lewerke 12
14	Linn-Mar	1	1:08.68 2
	1) Christina Gorsich 10	2) Mariah Young 11	3) Peyton Irons 09
	5) Tori Sletteland 10	6) Gwen Gaffney 12	7) Jasmine Drumm 12
			8) Shreya Singh 09
15	IC, Liberty	1	1:08.78 2
	1) Ivy Nuro Gyina 11	2) Lucy Maassen 10	3) Cindy Eckhardt 10
	5) Lilly McManus 10	6) Brynlee Slockett 12	7) Marissa Becker 11
			4) Megan Brewer 11
16	DVPT, Central	1	1:09.09 3
	1) Khaliah Knox 12	2) Claire O'Melia 11	3) Ellie Linehan 11
	5) Olivia Bassier 12		4) Nazayda Bloch 11
17	Norwalk	1	1:09.40 5
	1) Ella Johnson 11	2) Kaia Stoullil 10	3) Leah Crick 09
	5) Kinsley Stumbaugh 09	6) Piper Routh 09	4) Jillian Hammond 10
18	Prairie, CR	1	1:09.41 4
	1) Baylee Whitehill 09	2) Cora Frese 09	3) Hannah Hughes 11
	5) Isabelle Decker 10	6) Kelsey Toyne 12	7) Lexi Harrison 12
			8) Reagan Bennis 09
19	SE Polk	1	1:09.56 4
	1) Gabriella Severs 10	2) Abby Gustafson 11	3) Zoe Hinze 11
	5) Brilynn Kiestler 09	6) Rylee Thovson 09	7) Emory Braunschweig-Norris
			8) Margaret Johnson 11
20	Johnston	1	1:09.65 3
	1) Ella Smithson 12	2) Avery Peterson 11	3) Paityn Ahrens 10
	5) Maris Clifton 09	6) Bella Grummert 10	7) Emilia Kongshaug 10
			8) Morgan Sullivan 11
21	Muscatine	1	1:09.78 5
	1) Fiona Glynn 12	2) Haley Thomas 12	3) Kensley Paul 10
	5) Marissa Eads 09		4) Ayla McGlaughlin 10
22	DUB Hempstead	1	1:09.79 3
	1) Mya Curry 12	2) Rebecca Roling 09	3) Savannah Bailey 10
	5) Paige Howieson 12	6) Mady Morrison 10	4) Sydney Feldhacker 09
23	Bettendorf	1	1:10.25 4
	1) Tatum Miller 10	2) Anna Miller 10	3) Grace Boehm 11
	5) Charlotte Smith 09	6) Riley Freking 12	4) Campbell Dopler 11
24	IC, City High	1	1:10.66 6
	1) Willow Schultz 09	2) Mary Hamilton 11	3) Kayden Jensen 11
	5) Angelica Hamilton 11		4) Gloria Konu 10

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Event 76 Girls 4x100 Meter Relay 4A (24) Prelims

Friday 5/17/2024 - 6:30 PM

	Team	Relay	Seed Time	
1	Waukee NW	1	48.66	1
	1) Aunya Van Zetten 11	2) Josie Vande Krol 12	3) Ayrissa Robinson 09	4) Katie Willits 10
	5) Katie Stahl 10	6) Keziah Caldwell 09	7) Lilah Kress 11	8) Avery Vogt 10
2	Johnston	1	49.16	1
	1) Karli Wagner 12	2) Jaida Bell 11	3) Grace E Anderson 11	4) Giada Grimes 12
	5) Keira Johannes 11	6) Sydney Hodges 12	7) Cora Shaw 09	8) Amirra Holmes 09
3	Pleasant Valley	1	49.16	1
	1) Kai Rebro 09	2) Jessie Clemons 12	3) Sophia Lewis 11	4) Ashley Hansen 10
	5) Elodie Stroup 11	6) Bella Chamberlin 10	7) Kami Wood 10	8) Hannah Horsfield 11
4	SC, East	1	49.17	1
	1) Shamyra Grant 12	2) Grace Erick 11	3) Alex Flattery 12	4) Elliana Harris 12
	5) Mia Rice 12	6) Sydnie Brown 09		
5	Burlington	1	49.26	2
	1) Kierah Wiseman 11	2) Shariah Hart 12	3) Sophie Brown 11	4) Mylee Stiefel 10
	5) Meilah Ertz 09	6) Kylee Hill 09	7) Kilee Peoples 10	8) Daphne Brown 10
6	Urbandale	1	49.52	2
	1) Ela Tabakovic 11	2) Precious Karyee 11	3) Fiona Mulligan 09	4) Marlie Schneider 09
	5) Tracy Waylee 09	6) Lainey Drown 12	7) Avery McKinney 12	8) Beatrice Isumbelo 09
7	Bettendorf	1	49.58	2
	1) Maya Williams 12	2) Abby Reilly 11	3) Anna Ostrom 11	4) Carson Bohonek 11
	5) Tatum Miller 10	6) Cecelia Spector 10	7) Calista Rasmer 11	8) Emily Smith 12
8	CR Washington	1	49.61	3
	1) Jocelyn Parker 11	2) Duprasia Beets 09	3) Kamarionna Crittenden 10	4) Cassie Thurmond 10
	5) Ava Pasker 10	6) Elisabeth Bult 09	7) Madelyn Dyer 09	
9	Indianola	1	49.62	3
	1) Tessa Gripp 10	2) Kiley Kindelspire 11	3) Kaydence Eaton 12	4) Josie McGraw 11
	5) Hadley Vetter 10	6) Gabby Akin 11	7) Aubrey Griffin 09	8) Katelyn Lee 10
10	Valley, WDM	1	49.76	2
	1) Gabby Clark 12	2) Ashley Buchholz 12	3) Payton Keiser 09	4) Emma Havighurst 11
	5) Maggie Garrison 09	6) Taishon Graham 12	7) Miah Fritz 12	8) Taylor Burns 11
11	Linn-Mar	1	49.82	1
	1) Ja'Niya Crawford 11	2) Kaylee Bunn 12	3) Sarah White 10	4) Abby Mecklenburg 10
	5) Gwen Gaffney 12	6) Audrey Morris 10	7) Brooklyn Guild 10	8) Petra Elizabeth Sherman 12
12	Ankeny Cent	1	49.90	4
	1) Olivia Larsen 11	2) Morgan Posusta 12	3) Jaeden Pratt 11	4) Addison Arringdale 12
	5) Ava Barten 10	6) Kambria Leazer 12	7) Crystal Opoku 12	8) Anna Woods 09
13	Ankeny	1	49.92	3
	1) Ava Leinen 11	2) Lillian Buckley 09	3) Lillian Smith 12	4) Karsen Jacks 12
	5) Jayla Williams 10	6) Charlee Cibula 10	7) Morgan Conklin 11	8) Maya Durbin-Wilson 11
14	Waukee	1	50.11	1
	1) Natalie Sitzmann 10	2) Gentry Williams 11	3) Lena Bruening 09	4) Estelle Hinke 09
	5) Audrey Megonigle 09	6) Deja James 12	7) Anjelena Carder 12	8) Jana Maharry 09
15	Dowling Cath	1	50.25	2
	1) Ellie Mead 09	2) Emily Heitzman 11	3) Shea Johnson 12	4) Franny Brooks 10
	5) Madison Nagel 10	6) Ruby Leman 11	7) Annie Smith 11	8) Lauren McCoy 10
16	Norwalk	1	50.28	3
	1) Savannah Welch 12	2) Hailey Gear 12	3) Jaylynn Brandt 12	4) Nyah Hulbert 11
	5) Dani Peters 10	6) Ella Johnson 11	7) Lily Kingsley 11	8) Taylor Hanrahan-Klem 10
17	Clinton	1	50.33	2
	1) Quinn Nielsen 12	2) Hannah Malli 12	3) Aumree Russell 09	4) Kanijah Angel 12
	5) Emme Jensen 09	6) Sescie Haan 11		

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Event 76 ... (Girls 4x100 Meter Relay 4A (24) Prelims)

Team	Relay	Seed Time
18 North Scott	1	50.36 4
1) Georgia Brunkan 12	2) Micayla Ramirez 09	3) Harmony Hansel 12
5) Adalynn Johnson 10	6) Parker Ward 09	7) Chloe Morrison 11
		8) Emily Stutting 10
19 Cedar Falls	1	50.72 3
1) Avalon Burns 12	2) Paige Paup 12	3) LaNeeha Bell 09
5) Sophia Tognetti 10	6) Addi Spier 10	7) Macey Schrage 10
		8) Kenley Gelhaus 10
20 CR Kennedy	1	50.89 5
1) Morgan Hospodarsky 10	2) Molly Gieseman 10	3) Jameelah Campbell 09
5) Annie Garsayne 10	6) Salma Abu-Halawa 12	4) Quren Hullon 12
21 DUB Hempstead	1	50.92 4
1) Akeelah Anderson 11	2) Savannah Bailey 10	3) Jillian Renne 10
5) Mallory Tomkins 10	6) Kaylee Carley 09	7) Ayla Osterkamp 11
		8) Sydney Feldhacker 09
22 SE Polk	1	50.93 5
1) Mylie Leo 09	2) Blayke Stubbs 09	3) Ellie Powell 10
5) Jady Woods 10	6) Brooke Myers 10	7) Sienna Larsen 12
		8) Avery Warren 11
23 WAT East	1	51.11 3
1) Denia Willingham 12	2) Amari Becker 09	3) Amyah Todd 10
5) Sha'Lae Todd 10	6) Zoe Westpfahl 11	7) Ka'Jhira Mhoon 09
		8) ShaMarii Moore 09
24 Ames	1	51.13 4
1) Alli Ryan 11	2) Holly Dettbarn 11	3) Edyn Cowles 10
5) Saylor Horras 11	6) Sophia Hatcher 10	7) Josie Theilen 11
		8) Jada Britten 11

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

Friday 5/17/2024 - 4:55 PM

Team	Relay	Seed Time
1 Waukee NW	1	1:41.26 1
1) Ayrissa Robinson 09	2) Keziah Caldwell 09	3) Aunya Van Zetten 11
5) Katie Stahl 10	6) Avery Winter 11	7) Lilah Kress 11
		8) Avery Vogt 10
2 SC, East	1	1:43.93 1
1) Alex Flattery 12	2) Elliana Harris 12	3) Mia Rice 12
5) Sydnie Brown 09	6) Olivia Mentzer 12	4) Grace Erick 11
3 Prairie, CR	1	1:44.89 1
1) Sarah Till 09	2) Izzy McClure 12	3) Avah Cooper 10
5) Ryann Decker 12	6) Reese Wiley 09	7) Lillie Young 09
		8) Lyla Canny 10
4 Ames	1	1:44.97 1
1) Angelica Attinger 10	2) Edyn Cowles 10	3) Holly Dettbarn 11
5) Saylor Horras 11	6) Natalya Deardorff 10	7) Alli Ryan 11
		8) Destiny Davis 12
5 SE Polk	1	1:44.97 2
1) Mylie Leo 09	2) Blayke Stubbs 09	3) Anna Van Kooten 12
5) Felicity Severs 12	6) Ellie Powell 10	7) Sienna Larsen 12
		8) Avery Warren 11
6 DSM, Roosevelt	1	1:45.05 3
1) Julia Knapp 10	2) Sydney Goding 10	3) Avery Vukovich 11
5) Olive Trausch 09	6) Abbie Roecker 11	4) Promise Zandy 12
7 Linn-Mar	1	1:45.21 1
1) Sarah White 10	2) Brooklyn Guild 10	3) Kaylee Bunn 12
5) Audrey Morris 10	6) Ja'Niya Crawford 11	7) Eunice Koffi 12
		8) Peyton Irons 09
8 Johnston	1	1:45.47 1
1) Grace E Anderson 11	2) Cora Shaw 09	3) Sydney Hodges 12
5) Amirra Holmes 09	6) Reagan Pitts 09	7) Emma Gray 10
		8) Brenna Murphy 12
9 Dowling Cath	1	1:45.63 2
1) Alex Gaskell 11	2) Shea Johnson 12	3) Emily Heitzman 11
5) Lauren McCoy 10	6) Annie Smith 11	7) Franny Brooks 10
		8) Marion Boot 10

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

Event	Team	Relay	Seed Time	
10	Urbandale	1	1:45.74 4	
	1) Ela Tabakovic 11	2) Precious Karyee 11	3) Fiona Mulligan 09	
	4) Marlie Schneider 09	5) Tracy Waylee 09	6) Maggie Walker 10	
	7) Avery McKinney 12	8) Vanessa Twitty 10		
11	Ankeny Cent	1	1:46.07 5	
	1) aly drefke 10	2) Addison Arringdale 12	3) Teagan Jackson 09	
	4) Julia Flick 11	5) Anna Woods 09	6) Jaeden Pratt 11	
	7) Kacy Olson 11	8) Kylin Smith 11		
12	Waukee	1	1:46.43 3	
	1) Lena Bruening 09	2) Estelle Hinke 09	3) Deja James 12	
	4) Gentry Williams 11	5) Audrey Megonigle 09	6) Natalie Sitzmann 10	
	7) Jayden Rees 10	8) Anjelena Carder 12		
13	North Scott	1	1:46.67 2	
	1) Adalynn Johnson 10	2) Micayla Ramirez 09	3) Harmony Hansel 12	
	4) Mercie Hansel 12	5) Georgia Brunkan 12	6) Jayda Neiber 11	
	7) Emily Stutting 10	8) Natalie Nwatchock 10		
14	Burlington	1	1:46.72 2	
	1) Kierah Wiseman 11	2) Shariah Hart 12	3) Sophie Brown 11	
	4) Mylee Stiefel 10	5) Meilah Ertz 09	6) Kylee Hill 09	
	7) Kilee Peoples 10	8) Daphne Brown 10		
15	Bettendorf	1	1:46.80 3	
	1) Tatum Miller 10	2) Carson Bohonek 11	3) Anna Ostrom 11	
	4) Abby Reilly 11	5) Maya Williams 12	6) Calista Rasmer 11	
	7) Layla Gomez 11	8) Hadley Appel 09		
16	Clinton	1	1:47.05 2	
	1) Quinn Nielsen 12	2) Hannah Malli 12	3) Sescie Haan 11	
	4) Kanijah Angel 12	5) Joselyn Petersen 10	6) Aumree Russell 09	
17	Cedar Falls	1	1:47.16 3	
	1) Avalon Burns 12	2) Avery Berte 11	3) Kate Roussell 10	
	4) Presley Davison 10	5) Grace Hannam 11	6) Grace Knutson 12	
	7) Jacie Wessels 11	8) Macey Schrage 10		
18	Norwalk	1	1:47.33 4	
	1) Savannah Welch 12	2) Hailey Gear 12	3) Kennedy Robbins 12	
	4) Nyah Hulbert 11	5) Jaylynn Brandt 12	6) Dani Peters 10	
	7) Ava Norem 10	8) Lily Kingsley 11		
19	WAT East	1	1:47.70 3	
	1) Denia Willingham 12	2) Amari Becker 09	3) Amyah Todd 10	
	4) Miah Norman 12	5) Kyleigh Hay 12	6) Sha'Lae Todd 10	
	7) Ka'Jhira Mhoon 09	8) Mariah Jenkins 09		
20	Ankeny	1	1:47.76 2	
	1) Lillian Smith 12	2) Sophie Loeffler 11	3) Jayla Williams 10	
	4) Karsen Jacks 12	5) Lillian Buckley 09	6) Teagan Moyer 09	
	7) Morgan Johnson 12	8) Alli Macke 11		
21	CR Washington	1	1:47.79 4	
	1) Jocelyn Parker 11	2) Kamarionna Crittenden 10	3) Cassie Thurmond 10	
	4) Breanna Franklin 12	5) Duprasia Beets 09	6) Madelyn Dyer 09	
	7) Ava Graw 10			
22	DUB Hempstead	1	1:47.90 4	
	1) Akeelah Anderson 11	2) Kassidy Buchenau 10	3) Jillian Renne 10	
	4) Mallory Tomkins 10	5) Sydney Feldhacker 09	6) Ayla Osterkamp 11	
	7) Kaylee Carley 09	8) Piper Birkenholz 10		
23	DC-Grimes	1	1:48.72 3	
	1) Alicia Glay 09	2) Ashlyn Menough 11	3) Olivia Curtis 12	
	4) Asia Jahangir 12	5) Anna Bahnsen 11	6) Maddie Schmitz 11	
	7) Hayden Smith 09	8) Mara Redenius 11		
24	CR Kennedy	1	1:48.86 5	
	1) Morgan Hospodarsky 10	2) Jameelah Campbell 09	3) Emerson Blocker 10	
	4) Quren Hullon 12	5) Raelyn Van Kerckhove 11	6) Molly Gieseman 10	

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

Friday 5/17/2024 - 7:20 PM

Event	Team	Relay	Seed Time
1	Waukee NW	1	3:58.39 1
	1) Lilah Kress 11	2) Mijara Robinson 11	3) Logan Vogt 09
	4) Keziah Caldwell 09	5) Anna Sheriff 11	6) Avery Winter 11
	7) Sadie Maas 12	8) Emilie Parks 11	

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

Event	Team	Relay	Seed Time
2	Waukee	1	3:58.50 1
	1) Lydia Bennett 09	2) Jana Maharry 09	3) Emme Baugh VanZee 09
	5) Anjelena Carder 12	6) Jayden Rees 10	4) Olivia Berger 09
		7) Natalie Sitzmann 10	8) Gentry Williams 11
3	Pleasant Valley	1	3:58.63 1
	1) Ani Wedemeyer 11	2) Aerielle Johnson 11	3) Kaylee Mowen 11
	5) Hannah McVey 12	6) Jessie Clemons 12	4) Grace Boleyn 11
		7) Kai Rebro 09	8) Ashley Hansen 10
4	Dowling Cath	1	3:59.78 2
	1) Madison Nagel 10	2) Alex Gaskell 11	3) Katherine Banker 11
	5) Annie Smith 11	6) Elise Huegerich 10	4) Lauren McCoy 10
		7) Franny Brooks 10	8) Sadie Reinhardt 10
5	SE Polk	1	4:01.43 2
	1) Anna Van Kooten 12	2) Alayna Goldsberry 09	3) Carli Bennett 12
	5) Felicity Severs 12	6) Taylor Barbour 11	4) Libby Hartz 12
		7) Brooke Myers 10	8) Isabel Powers 10
6	Johnston	1	4:02.20 1
	1) Krissy Spear 12	2) Lila Shaw 09	3) Jayna Lamping 10
	5) Sydney Hodges 12	6) Micah Fitzgerald 10	4) Olivia Fehn 10
		7) Grace Beasley 09	8) Kate Rastetter 12
7	Ankeny Cent	1	4:02.96 3
	1) Kylin Smith 11	2) Addie Pollock 12	3) Teagan Jackson 09
	5) Ellie Pollock 09	6) Cassidy Griggs 11	4) Julia Flick 11
		7) Elizabeth Mahama 12	8) Cora DenHartog 11
8	Valley, WDM	1	4:03.99 1
	1) Brooklyn Brown 10	2) Taylor Burns 11	3) Kaelyn Wieland 10
	5) Finley Hancock 11	6) Brynn Cibula 09	4) Sydney Small 10
		7) Amyra Dayton 09	8) Klaire Lietz 11
9	DC-Grimes	1	4:04.65 2
	1) Alicia Glay 09	2) Olivia Curtis 12	3) Asia Jahangir 12
	5) Tess Meggison 12	6) Anna Bahnsen 11	4) Maddie Schmitz 11
		7) Hayden Smith 09	8) Haydn Little 12
10	DUB Hempstead	1	4:04.73 1
	1) Mallory Tomkins 10	2) Piper Birkenholz 10	3) Mya Curry 12
	5) Julia Gehl 12	6) Keelee Leitzen 12	4) Ayla Osterkamp 11
		7) Jillian Renne 10	8) Isabel Brauhn 12
11	Ankeny	1	4:05.61 3
	1) Sophie Loeffler 11	2) Morgan Johnson 12	3) Lillian Buckley 09
	5) Charlee Cibula 10	6) Teagan Moyer 09	4) Alli Macke 11
		7) Grace Landmesser 12	8) Gracie Lindaman 11
12	Indianola	1	4:05.73 4
	1) Emma White 09	2) Madison Grover 09	3) Hadley Erickson 09
	5) Tessa Gripp 10	6) Gracie Foster 12	4) Kendal Sandy 09
		7) Keira Labertew 09	8) Leah Hartford 10
13	IC, Liberty	1	4:06.11 2
	1) Chelsea VeDepo 09	2) Natalie Ramsey 10	3) Averie Bilskemper 11
	5) Olivia Meyer 09	6) Lucy Maassen 10	4) Marissa Becker 11
		7) Lilly McManus 10	8) Ivy Nuro Gyina 11
14	Cedar Falls	1	4:06.14 2
	1) Jacie Wessels 11	2) Grace Knutson 12	3) Grace Hannam 11
	5) Josee Simonson 11	6) Kahlan Kearns 11	4) Paige Wilson 10
		7) Avery Berte 11	8) Birklie Waskow 09
15	Ames	1	4:08.09 3
	1) Angelica Attinger 10	2) Edyn Cowles 10	3) Katie Campbell 10
	5) Marley Turk 11	6) Saylor Horras 11	4) Natalya Deardorff 10
		7) Sophia Hatcher 10	8) Charley Bleyle 12
16	Mason City	1	4:08.54 4
	1) Savannah Davis 11	2) Janae Hansen 11	3) Megan Tobin 12
	5) Latasha York 09	6) Anna Latham 09	4) Kamina Munson 12
17	IC, West	1	4:08.54 2
	1) Eva Willis 10	2) Sophia Austen 09	3) Erinn Varga 12
	5) Kate Van Waning 10	6) Jena Frank 10	4) Jaylin Herring 10
		7) Lydia Evans 10	8) Gabby Moniza 12
18	IC, City High	1	4:08.66 3
	1) Ruth Cloyd 11	2) Sierra Pruessner 12	3) Abigail Burns 10
	5) Cooper Hamilton 10	6) Esther Oyunge 11	4) Josephine LeClair 11
		7) Laila Pho 09	8) Noelle Schnoebelen 10

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

Team	Relay	Seed Time
19 Urbandale	1	4:08.71 5
1) Alex Mackie 12	2) Sarah Webster 11	3) Mia German 09
5) Avery Smit 10	6) Mariah Dixon 09	7) Annabelle Schwartz 09
8) Vanessa Twitty 10		
20 North Scott	1	4:10.00 3
1) Olivia Graham 09	2) Natalie Nwachock 10	3) Peyton Madison 12
5) Ella Siokos 09	6) Sydney Skarich 12	7) Lana McCoy 09
8) Jayda Neiber 11		
21 Linn-Mar	1	4:11.47 3
1) Maia Denge-Hagen 12	2) Chloe Egbert 10	3) Anna Sojka 10
5) Emerson McCormick 09	6) Anna Buchholz 11	7) Christina Gorsich 10
8) Jayda Bowman 12		
22 Clinton	1	4:13.08 4
1) Claire Unke 12	2) Carryn Sattler 10	3) Sescie Haan 11
5) Camryn Sattler 12	6) Joselyn Petersen 10	4) Julia Suessmith 12
23 WAT West	1	4:13.79 5
1) Alexa Zanders 12	2) Charlotte Gettman 12	3) Emma Beckman 11
5) Taniya O'Brien 09	6) Jada Smith 11	7) Jenaya Shaw 11
8) Ava Wells 09		
24 Muscatine	1	4:15.97 4
1) Kensley Paul 10	2) Benediction Sewa 10	3) Ella Maynard 10
5) Amelia Luna 11		4) Taryn Watson 09

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

Thursday 5/16/2024 - 5:25 PM

Team	Relay	Seed Time
1 Pleasant Valley	1	9:27.02 1
1) Aerielle Johnson 11	2) Kaylee Mowen 11	3) Frankie Gotto 09
5) Grace Boleyn 11	6) Lexi Minard 12	7) Caitlin Quinn 11
8) Kailee Wilson 10		
2 Ankeny	1	9:32.46 1
1) Makenna Madetzke 10	2) Lauren Jackson 11	3) Gwen Briggs 12
5) Drew Beason 11	6) Sophia Graber 11	7) Reagan Prendergast 10
8) Sophie Loeffler 11		
3 SE Polk	1	9:32.57 1
1) Ivy Glendening 12	2) Anna Van Kooten 12	3) Carli Bennett 12
5) Contessa Guerrero-Jones 09	6) Alyssa Bartlett 11	7) Taylor Barbour 11
8) Eliza Heaberlin 09		
4 DC-Grimes	1	9:35.28 2
1) maddy stevens 11	2) Addison Dooley 10	3) Tess Meggison 12
5) Piper Messerly 09	6) emily meyers 11	7) Haydn Little 12
8) Emerson Medermott 10		
5 Waukee	1	9:36.48 1
1) Mallory Wurth 11	2) Lydia Bennett 09	3) Hayden Beyer 10
5) Sydney Burrier 10	6) Taylor LeBlanc 12	7) Olivia Berger 09
8) Sydney Berger 12		
6 Waukee NW	1	9:37.50 2
1) Sadie Maas 12	2) Allison Sheriff 09	3) Lillian Sundet 12
5) Anna Sheriff 11	6) Clara Olson 10	7) Jamison Reinders 10
8) Caroline Opfer 09		
7 Valley, WDM	1	9:38.22 3
1) Klaire Lietz 11	2) Greta Bergman 10	3) Finley Hancock 11
5) Cohen Kooker 12	6) Jade Winne 09	7) Kate Vogel 10
8) Marley McMahon 10		
8 Johnston	1	9:39.02 1
1) Jayna Lamping 10	2) Marissa Pewe 11	3) Ele Wharton 09
5) Olivia Fehn 10	6) Olivia Verde 12	7) Grace Beasley 09
8) Krissy Spear 12		
9 Ankeny Cent	1	9:39.41 3
1) Ellie Blevins 09	2) Julia Flick 11	3) Tallie Plueger 11
5) Bella Hodges 11	6) Anika Mohrhauser 11	7) Haley Hveem 11
8) Piper Zeman 10		
10 Dowling Cath	2	9:43.82 2
1) Elise Huegerich 10	2) Avery Muller 12	3) Sadie Reinhardt 10
5) Cora Volp 09	6) Ava Van Ee 11	7) Liv Hall 12
8) Braelyn Gifford 11		

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

Event	Team	Relay	Seed Time
11	DUB Hempstead	1	9:43.97 1
	1) Mylee Lange 11	2) Paige Pitz 09	3) Julia Gehl 12
	5) Natalie Leitzen 09	6) Eva Stevenson 10	7) Mya Curry 12
			8) Isabel Brauhn 12
12	Ames	1	9:45.41 3
	1) Emma Stanley 09	2) Katie Campbell 10	3) Brenna Van Cleave 10
	5) Marley Turk 11	6) Lauren Risdal 11	7) Natalya Deardorff 10
			8) Leah Kincaid 09
13	DUB Senior	1	9:49.95 2
	1) Emma Chesterman 10	2) Nevaeh Kessler 10	3) Claire Hoyer 11
	5) Emily Gorton 11		4) Leah Klapatauskas 12
14	DSM, Roosevelt	1	9:54.30 4
	1) Meredith Gentry 10	2) Emma Sherman 10	3) Elena Gentry 12
	5) Kate Johnson 11	6) Anna Lundy 12	4) Charlotte McCoy 10
15	IC, City High	1	9:55.33 2
	1) Naomi Downing-Sherer 09	2) Claire Locher 10	3) Lucy Sherburne 09
	5) Nicole Peterson 11	6) Nina Peterson 11	7) Sophia Romero 12
			8) Kendra Schwarting 12
16	Bettendorf	1	9:57.11 2
	1) Mackenzie Schaefer 11	2) Calista Rasmer 11	3) Ella Ripslinger 09
	5) Emily See 12	6) Kennah Block 11	7) Ella Boehm 11
			8) Victoria Stellmach 09
17	DVPT, Central	1	9:59.00 3
	1) Dylan Moeller 11	2) Sloane Moeller 09	3) Hannah Ford 12
	5) Faith Bohling 09	6) Evelyn Barfels 12	7) Gabriela Marceleno 11
			4) Cameron Shumpert 10
18	Mason City	1	10:00.59 4
	1) Brogan Evans 10	2) Kamina Munson 12	3) Audra Mulholland 12
	5) Savannah Davis 11	6) Peyton Bobolz 09	7) Nettie Foat 10
			4) Janae Hansen 11
19	Prairie, CR	1	10:02.74 4
	1) Ava Christensen 12	2) Hannah Hughes 11	3) Catie Reittinger 12
	5) Reese Wiley 09	6) Sophie McNabb 10	7) Stella Rose 10
			8) Lamise Ajram 09
20	North Scott	1	10:03.24 3
	1) Madison Wilshusen 12	2) Peyton Madison 12	3) Kaelin Carlson-Gross 11
	5) Natalie Nwatchock 10	6) Sophia Schneckloth 09	7) Khloe Hamilton 09
			8) JoLee Steinecke 10
21	IC, Liberty	1	10:03.97 4
	1) Carleigh Maher 10	2) Bridget Canton 12	3) Clara Welch 11
	5) Cori Mac 12	6) Averie Bilskemper 11	7) Marissa Becker 11
			4) Madelyn Johnson 11
22	Cedar Falls	1	10:04.72 3
	1) Grace Knutson 12	2) Emily Meyer 11	3) Zoe Zylstra 11
	5) Josee Simonson 11	6) Jacie Wessels 11	7) Paige Wilson 10
			8) Ashley Bernardy 11
23	Linn-Mar	1	10:07.10 4
	1) Anna Buchholz 11	2) Hailey Kozloski 09	3) Grace Meier 09
	5) Emerson McCormick 09	6) Chloe Egbert 10	7) Addie Domer 10
			8) Payzlee Shaffer 09
24	Indianola	1	10:17.21 5
	1) Paige Hoger 09	2) Keira Labertew 09	3) Michaela Appel 10
	5) Melina Kingkade 10	6) Alexa Guyer 09	7) Aspen Nelsen 11
			4) Leah Hartford 10
			8) Taylor Hoger 11

Event 104 Girls 200 Meter Dash Wheelchair Para (1)

Saturday 5/18/2024 - 1:45 PM

	Name	Year	School	Seed Time
1	Ally Darter	11	DUB Hempstead	47.75

Event 106 Girls 400 Meter Dash Wheelchair Para (1)

Saturday 5/18/2024 - 3:15 PM

	Name	Year	School	Seed Time
1	Ally Darter	11	DUB Hempstead	1:31.96 1

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Event 114 Girls 800 Sprint Medley 4A (24)

Saturday 5/18/2024 - 9:37 AM

	Team	Relay	Seed Time	
1	Johnston	1	1:45.94	1
	1) Karli Wagner 12	2) Jaida Bell 11	3) Giada Grimes 12	4) Olivia Fehn 10
	5) Sydney Hodges 12	6) Grace E Anderson 11	7) Cora Shaw 09	8) Lila Shaw 09
2	Waukee	1	1:46.12	1
	1) Estelle Hinke 09	2) Gentry Williams 11	3) Jana Maharry 09	4) Anjelena Carder 12
	5) Lena Bruening 09	6) Lydia Bennett 09	7) Natalie Sitzmann 10	8) Emme Baugh VanZee 09
3	Dowling Cath	1	1:46.48	2
	1) Shea Johnson 12	2) Emily Heitzman 11	3) Annie Smith 11	4) Lauren McCoy 10
	5) Madison Nagel 10	6) Adalyn Jones 09	7) Ellie Mead 09	8) Alex Gaskell 11
4	Bettendorf	1	1:47.47	2
	1) Tatum Miller 10	2) Abby Reilly 11	3) Carson Bohonek 11	4) Maya Williams 12
	5) Anna Ostrom 11	6) Calista Rasmer 11	7) Cecelia Spector 10	8) Marlee Griffin 09
5	Waukee NW	1	1:47.67	1
	1) Lilah Kress 11	2) Aunya Van Zetten 11	3) Ayrissa Robinson 09	4) Keziah Caldwell 09
	5) Katie Stahl 10	6) Avery Winter 11	7) Katie Willits 10	8) Mijara Robinson 11
6	Indianola	1	1:47.85	2
	1) Tessa Gripp 10	2) Kaydence Eaton 12	3) Josie McGraw 11	4) Emma White 09
	5) Kendal Sandy 09	6) Madison Grover 09	7) Hadley Vetter 10	
7	CR Kennedy	1	1:47.93	3
	1) Morgan Hospodarsky 10	2) Quren Hullon 12	3) Emerson Blocker 10	4) Addison Swartzendruber 12
	5) Annie Garsayne 10	6) Charley Lovell 09		
8	Pleasant Valley	1	1:48.86	1
	1) Kai Rebro 09	2) Sophia Lewis 11	3) Jessie Clemons 12	4) Ashley Hansen 10
	5) Elodie Stroup 11	6) Josie Case 12	7) Hannah McVey 12	8) Grace Boleyn 11
9	IC, Liberty	1	1:49.15	4
	1) Alexi Thigpen 10	2) Brynlee Slockett 12	3) Chelsea VeDepo 09	4) Natalie Ramsey 10
	5) Haley Schroeder 12	6) Ivy Nuro Gyina 11	7) Olivia Meyer 09	
10	Ankeny	1	1:49.37	1
	1) Jayla Williams 10	2) Charlee Cibula 10	3) Karsen Jacks 12	4) Lillian Buckley 09
	5) Ava Leinen 11	6) Lillian Smith 12	7) Alli Macke 11	8) Teagan Moyer 09
11	Burlington	1	1:50.66	2
	1) Meilah Ertz 09	2) Shariah Hart 12	3) Kierah Wiseman 11	4) Mylee Stiefel 10
	5) Sarina Cline 10	6) Daphne Brown 10	7) Sophie Brown 11	8) Gemma Plummer 09
12	Prairie, CR	1	1:50.92	3
	1) Sarah Till 09	2) Avah Cooper 10	3) Izzy McClure 12	4) Reese Wiley 09
	5) Asia Russell 11	6) Ryann Decker 12	7) Emersyn Stout 12	8) Lexi Kuboushek 09
13	DC-Grimes	1	1:51.75	2
	1) Chloe Wanat 10	2) Alicia Glay 09	3) Asia Jahangir 12	4) Olivia Curtis 12
	5) Maddie Schmitz 11	6) Ashlyn Menough 11	7) Mara Redenius 11	8) Anna Bahnsen 11
14	DUB Hempstead	1	1:51.75	1
	1) Akeelah Anderson 11	2) Cassidy Buchenau 10	3) Mallory Tomkins 10	4) Ayla Osterkamp 11
	5) Kaylee Carley 09	6) Piper Birkenholz 10	7) Jillian Renne 10	8) Keelee Leitzen 12
15	Cedar Falls	1	1:51.78	2
	1) Paige Paup 12	2) Sophia Tognetti 10	3) Presley Davison 10	4) Kahlan Kearns 11
	5) Avalon Burns 12	6) Paige Wilson 10	7) Grace Hannam 11	8) Josee Simonson 11
16	SE Polk	1	1:51.94	3
	1) Mylie Leo 09	2) Ellie Powell 10	3) Blayke Stubbs 09	4) Felicity Severs 12
	5) Brooke Myers 10	6) Jaide Harris 10	7) Libby Hartz 12	8) Alayna Goldsberry 09
17	SC, North	1	1:52.04	3
	1) Camille Strim 12	2) Chloe Cross 09	3) Mya Motz 09	4) Ariana Klein 12
	5) Kamesha Zinn 09	6) Elise Helvig 12	7) Zoey Berger 09	8) Maria Gutierrez 10

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Event 114 ... (Girls 800 Sprint Medley 4A (24))

	Team	Relay	Seed Time
18	Valley, WDM	1	1:52.16 4
	1) Gabby Clark 12	2) Ashley Buchholz 12	3) Sydney Small 10
	5) Payton Keiser 09	6) Taishon Graham 12	7) Kaylin Kiner 12
			8) Kaelyn Wieland 10
19	SC, East	1	1:52.18 5
	1) Shamyra Grant 12	2) Sydnie Brown 09	3) Mia Rice 12
	5) Grace Erick 11	6) Elliana Harris 12	7) Amiyah Drew 10
20	Clinton	1	1:52.41 3
	1) Emme Jensen 09	2) Hannah Malli 12	3) Quinn Nielsen 12
	5) Aumree Russell 09	6) Claire Unke 12	4) Carryn Sattler 10
21	Muscatine	1	1:53.06 4
	1) Ayla McGlaughlin 10	2) Lola Stamler 12	3) Benediction Sewa 10
	5) Annie Harmon 09	6) Ella Maynard 10	4) Taryn Watson 09
22	CR Washington	1	1:53.25 5
	1) Jocelyn Parker 11	2) Cassie Thurmond 10	3) Duprasia Beets 09
	5) Kamarionna Crittenden 10	6) Ava Pasker 10	7) Breanna Franklin 12
23	Linn-Mar	1	1:53.47 4
	1) Ja'Niya Crawford 11	2) Brooklyn Guild 10	3) Abby Mecklenburg 10
	5) Maia Denge-Hagen 12	6) Audrey Morris 10	7) Kaylee Bunn 12
			8) Emerson McCormick 09
24	IC, City High	1	1:53.66 5
	1) Ellie Fraga 09	2) Shaniya Jackson 11	3) Ruth Cloyd 11
	5) Cooper Hamilton 10	6) Esther Oyunge 11	7) Dede Aboussa-Folly 10
			8) Grace Kirschling 12

Event 122 Girls High Jump 4A (24)**Thursday 5/16/2024 - 4:30 PM**

	Name	Year	School	Seed Mark
1	Reagan Hanfelt	11	Ankeny	5-08.00 1
2	Alex Gaskell	11	Dowling Cath	5-05.00 1
3	Madison Grover	09	Indianola	5-04.00 1
4	Kate Nelson	11	Dowling Cath	5-03.00 2
5	Sydney Skarich	12	North Scott	5-03.00 1
6	Anna Woods	09	Ankeny Cent	5-02.00 2
7	Hannah Abbey	12	Johnston	5-02.00 3
8	Sophia Austen	09	IC, West	5-02.00 2
9	Lyla Canny	10	Prairie, CR	5-02.00 1
10	Mila Badillo	09	Ankeny	5-02.00 2
11	Maia Denge-Hagen	12	Linn-Mar	5-02.00 1
12	Natalie Nwatchock	10	North Scott	5-02.00 2
13	Elle Lonergan	10	Clinton	5-01.00 3
14	Cambel Drapeau	10	DUB Senior	5-01.00 2
15	Ayak Akol	10	Ames	5-01.00 3
16	Preslie King	09	DC-Grimes	5-01.00 3
17	Claire Lorenz	09	Linn-Mar	5-01.00 4
18	Anisa Percival	11	Ames	5-00.00 4
19	Hanley Schmidt	10	Pleasant Valley	5-00.00 3
20	Jacey McFarland	10	DC-Grimes	5-00.00 4
21	Lilian Mennen	09	Burlington	5-00.00 3
22	Kambria Leazer	12	Ankeny Cent	4-10.00 3
23	Addy Phillips	09	CR Kennedy	4-10.00 4
24	Jadyn Woods	10	SE Polk	4-10.00 4

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Event 130 Girls Long Jump 4A (24)

Friday 5/17/2024 - 4:30 PM

	Name	Year	School	Seed Mark	
1	Abby Mecklenburg	10	Linn-Mar	18-02.50	1
2	Kiya James	10	DSM, East	17-07.00	1
3	Elodie Stroup	11	Pleasant Valley	17-05.50	1
4	Sophia Hatcher	10	Ames	17-05.00	1
5	Jaida Bell	11	Johnston	17-02.75	1
6	Ava Leinen	11	Ankeny	17-02.00	1
7	Petra Elizabeth Sherman	12	Linn-Mar	17-01.00	2
8	Aubrey Sandbothe	11	CB, A Lincoln	16-11.50	2
9	Nyankuer Arou	12	Valley, WDM	16-11.50	3
10	Lilah Kress	11	Waukee NW	16-09.50	2
11	Miah Norman	12	WAT East	16-07.50	2
12	Alexi Thigpen	10	IC, Liberty	16-06.25	2
13	Sydney Skarich	12	North Scott	16-06.00	3
14	Gabby Akin	11	Indianola	16-05.00	3
15	Lainey Drown	12	Urbandale	16-04.50	4
16	Edyn Cowles	10	Ames	16-04.00	2
17	Maya Durbin-Wilson	11	Ankeny	16-03.75	4
18	Katie Willits	10	Waukee NW	16-03.50	5
19	Elizabeth Mahama	12	Ankeny Cent	16-02.50	6
20	Ruth Cloyd	11	IC, City High	16-02.25	3
21	Bella Chamberlin	10	Pleasant Valley	16-01.75	4
22	Kambria Leazer	12	Ankeny Cent	16-01.50	7
23	Adalyn Jones	09	Dowling Cath	16-00.50	3
24	Joselyn Petersen	10	Clinton	16-00.00	3

Event 138 Girls Discus Throw 4A (24)

Thursday 5/16/2024 - 2:00 PM

	Name	Year	School	Seed Mark	
1	Delilah Subsin	10	Ottumwa	137-06	1
2	Reese Goodlet	12	Pleasant Valley	137-03	1
3	Gabriella Ragins	11	Pleasant Valley	135-09	2
4	Kylee Hill	09	Burlington	131-07	3
5	Kamiyah Elders	11	CR Washington	131-07	1
6	Audrey Ott	12	Dowling Cath	126-04	2
7	Abbie Kluver	10	Indianola	126-03	1
8	Ava Tichy	11	Indianola	121-10	2
9	Rachel Haack	10	IC, City High	120-03	4
10	Macy Faust	09	Bettendorf	119-01	2
11	Elayna Matthews	11	Waukee	118-05	3
12	Hannah Braun	10	IC, City High	117-11	5
13	Cassidy Danburg	09	Waukee NW	116-08	3
14	Erica Kinn	11	Linn-Mar	115-02	1
15	Bella Anderson	09	Ankeny Cent	114-09	4
16	Mackenzie Mohler	11	Valley, WDM	114-04	1
17	Madalynn Weber	10	Prairie, CR	114-00	6
18	Sam Poock	11	Ankeny	113-00	2
19	Kennedy Borud	11	SE Polk	112-10	5
20	Lexi Steele	10	SE Polk	111-03	6

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Event 138 ... (Girls Discus Throw 4A (24))

Name	Year	School	Seed Mark	
21 Ava Tomlinson	12	Ankeny	110-08	3
22 Lauren Black	12	Norwalk	110-02	4
23 Gwen Gaffney	12	Linn-Mar	110-02	2
24 Ella Stobbe	10	Waukee	107-09	5

Event 146 Girls Shot Put 4A (24)

Friday 5/17/2024 - 2:00 PM

Name	Year	School	Seed Mark	
1 Kylee Hill	09	Burlington	46-00.00	1
2 Delilah Subsin	10	Ottumwa	42-03.50	1
3 Mackenzie Fah	11	Pleasant Valley	41-01.25	2
4 Tatum Johnson	10	Urbandale	41-00.00	1
5 Reese Goodlet	12	Pleasant Valley	40-06.00	3
6 Abby Princehouse	12	Waukee NW	40-01.00	2
7 Greta Brus	10	DVPT, North	39-10.50	1
8 Zuri Patterson	11	Waukee NW	39-09.00	3
9 Helen Penning	12	IC, West	38-10.75	4
10 Kennedy Borud	11	SE Polk	38-05.25	4
11 Mackenzie Dean	12	Dowling Cath	38-01.50	2
12 Sam Gripp	09	Indianola	38-01.25	5
13 Rachel Haack	10	IC, City High	36-11.50	5
14 Jolie Nordell	12	IC, Liberty	36-10.00	1
15 Kamiyah Elders	11	CR Washington	36-09.00	2
16 Katie Kluver	10	Indianola	36-04.00	6
17 Mo Purdy	12	DSM, East	35-08.50	7
18 Lydia Smith	12	Waukee	35-08.50	3
19 Mackenzie Mohler	11	Valley, WDM	35-07.50	1
20 Halley Beaudet	11	DC-Grimes	35-05.00	2
21 Josianna Toingar	12	Linn-Mar	35-04.50	2
22 Kennedi Smith	09	DVPT, North	35-03.50	3
23 Kendie Huizenga	12	Clinton	35-00.25	4
24 Kelly Hoffman	11	Waukee	35-00.00	4

Event 151 Girls Distance Medley 4A (24)

Friday 5/17/2024 - 3:00 PM

Team	Relay	Seed Time	
1 DUB Hempstead	1	4:08.91	1
1) Akeelah Anderson 11	2) Mallory Tomkins 10	3) Piper Birkenholz 10	4) Keelee Leitzen 12
5) Ayla Osterkamp 11	6) Julia Gehl 12	7) Cassidy Buchenau 10	8) Jillian Renne 10
2 Johnston	1	4:13.00	1
1) Karli Wagner 12	2) Giada Grimes 12	3) Jayna Lamping 10	4) Olivia Verde 12
5) Olivia Fehn 10	6) Krissy Spear 12	7) Sydney Hodges 12	8) Grace Beasley 09
3 Pleasant Valley	1	4:13.59	1
1) Sophia Lewis 11	2) Hannah Horsfield 11	3) Aerielle Johnson 11	4) Grace Boleyn 11
5) Ani Wedemeyer 11	6) Ashley Hansen 10	7) Josie Case 12	8) Kai Rebro 09
4 DC-Grimes	1	4:14.33	1
1) Alicia Glay 09	2) Asia Jahangir 12	3) Maddie Schmitz 11	4) Piper Messerly 09
5) maddy stevens 11	6) Olivia Curtis 12	7) Addison Dooley 10	8) Tess Meggison 12
5 Waukee NW	1	4:14.78	1
1) Lilah Kress 11	2) Avery Vogt 10	3) Sadie Maas 12	4) Anna Sheriff 11
5) Keziah Caldwell 09	6) Mijara Robinson 11	7) Ayrissa Robinson 09	8) Katie Willits 10

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Event 151 ... (Girls Distance Medley 4A (24))

Event	Team	Relay	Seed Time
6	Ankeny Cent	1	4:15.65 2
	1) Olivia Larsen 11	2) Jaeden Pratt 11	3) Cora DenHartog 11
	5) aly drefke 10	6) Anna Woods 09	7) Addison Arringdale 12
7	Indianola	1	4:17.62 3
	1) Kaydence Eaton 12	2) Kiley Kindelspire 11	3) Kendal Sandy 09
	5) Emma White 09	6) Madison Grover 09	7) Jordyn Brown 11
8	Cedar Falls	1	4:17.88 2
	1) Avery Berte 11	2) Presley Davison 10	3) Grace Hannam 11
	5) Paige Wilson 10	6) Josee Simonson 11	7) Kahlan Kearns 11
9	Waukee	1	4:18.00 1
	1) Lena Bruening 09	2) Gentry Williams 11	3) Jayden Rees 10
	5) Lydia Bennett 09	6) Emme Baugh VanZee 09	7) Anjelena Carder 12
10	Valley, WDM	1	4:18.17 2
	1) Brooklyn Brown 10	2) Sydney Small 10	3) Kaelyn Wieland 10
	5) Addison Dorenkamp 12	6) Greta Bergman 10	7) Ashley Buchholz 12
11	Clinton	1	4:19.03 3
	1) Hannah Malli 12	2) Sescie Haan 11	3) Carryn Sattler 10
	5) Joselyn Petersen 10	6) Claire Unke 12	4) Camryn Sattler 12
12	North Scott	1	4:19.50 2
	1) Jayda Neiber 11	2) Emily Stutting 10	3) Natalie Nwatchock 10
	5) Sophia Schneckloth 09	6) Harmony Hansel 12	7) Mercie Hansel 12
13	IC, West	1	4:20.42 2
	1) Natalie Steva 11	2) Jaylin Herring 10	3) Erinn Varga 12
	5) Miracle Stewart 11	6) Jena Frank 10	7) Eva Willis 10
14	Ankeny	1	4:21.00 3
	1) Lillian Smith 12	2) Lillian Buckley 09	3) Sophie Loeffler 11
	5) Alli Macke 11	6) Karsen Jacks 12	7) Makenna Madetzke 10
15	Bettendorf	1	4:21.35 3
	1) Abby Reilly 11	2) Anna Ostrom 11	3) Calista Rasmer 11
	5) Maya Williams 12	6) Tatum Miller 10	7) Mackenzie Schaefer 11
16	SE Polk	1	4:21.37 4
	1) Ellie Powell 10	2) Anna Van Kooten 12	3) Libby Hartz 12
	5) Felicity Severs 12	6) Blayke Stubbs 09	7) Avery Warren 11
17	DUB Senior	1	4:22.57 4
	1) Olivia Brimeyer 12	2) Khloe Sweet 09	3) Sophie Link 12
	5) Claire Hoyer 11		4) Emma Chesterman 10
18	Mason City	1	4:22.77 2
	1) Latasha York 09	2) Megan Tobin 12	3) Janae Hansen 11
	5) Brogan Evans 10	6) Peyton Zilge 09	7) Gwen Fiser 12
19	WAT West	1	4:23.11 5
	1) Samantha Elliott 12	2) Alexa Zanders 12	3) Charlotte Gettman 12
	5) Emma Beckman 11	6) Taniya O'Brien 09	7) Jenaya Shaw 11
20	Muscatine	1	4:23.29 3
	1) Lola Stamler 12	2) Ella Maynard 10	3) Benediction Sewa 10
	5) Ayla McGlaughlin 10	6) Amelia Luna 11	4) Taryn Watson 09
21	Norwalk	1	4:25.27 3
	1) Hailey Gear 12	2) Jaylynn Brandt 12	3) Ashlyn Brown 12
	5) Nyah Hulbert 11	6) Savannah Welch 12	7) Kennedy Robbins 12
22	Prairie, CR	1	4:26.00 4
	1) Hailey Gammon 12	2) Catie Reittinger 12	3) Rowen Kelley 09
	5) Riley Redig 11	6) Hannah Hughes 11	7) Aiko Benesh 09
			8) Lauren Hunt 11

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Event 151 ... (Girls Distance Medley 4A (24))

	Team	Relay	Seed Time
23	IC, Liberty	1	4:26.81 4
	1) Haley Schroeder 12	2) Olivia Meyer 09	3) Marissa Becker 11
	4) Cori Mac 12	5) Averie Bilskemper 11	6) Lilly McManus 10
	7) Chelsea VeDepo 09	8) Ivy Nuro Gyina 11	
24	Ames	1	4:27.18 4
	1) Josie Theilen 11	2) Suzanne Guedeyi 12	3) Kate Nigh 09
	4) Lauren Risdal 11	5) Natalya Deardorff 10	6) Holly Dettbarn 11
	7) Saylor Horras 11	8) Marley Turk 11	

Event 152 Girls Shot Put Wheelchair Para (1)

Saturday 5/18/2024 - 10:00 AM

	Name	Year	School	Seed Mark
1	Ally Darter	11	DUB Hempstead	13-08.50

Event 162 Girls 800 Meter Run Wheelchair Para (1)

Friday 5/17/2024 - 2:00 PM

	Name	Year	School	Seed Time
1	Ally Darter	11	DUB Hempstead	3:52.96 1

Event 164 Girls 100 Meter Dash Ambulatory Para (2)

Saturday 5/18/2024 - 12:43 AM

	Name	Year	School	Seed Time
1	Hannah Longmire	10	IC, West	15.24 1
2	TayVeona Thomas-Everett	12	DVPT, Central	40.61 2

Event 166 Girls 200 Meter Dash Ambulatory Para (2)

Saturday 5/18/2024 - 1:50 PM

	Name	Year	School	Seed Time
1	Hannah Longmire	10	IC, West	32.98 1
2	TayVeona Thomas-Everett	12	DVPT, Central	1:34.03 2

Event 168 Girls 400 Meter Dash Ambulatory Para (1)

Saturday 5/18/2024 - 3:20 AM

	Name	Year	School	Seed Time
1	Hannah Longmire	10	IC, West	1:16.59

Event 170 Girls 800 Meter Run Ambulatory Para (1)

Friday 5/17/2024 - 2:05 AM

	Name	Year	School	Seed Time
1	Hannah Longmire	10	IC, West	2:52.67