

City High Girls make Drake Relays History:

***Michelle Lilienthal wins Drake 3000m and sets a new meet record**

***City High becomes the first team in state history to win all three girls relay events.**

***Teesa Price named Outstanding High School Female at the Drake Relays**

Results

3000m

1. Michelle Lilienthal, City High, 9:54.97--MEET RECORD, 2. Emily Shoopman, Waterloo West, 10:13.37, 3. Sarah Arens, Remsen St. Mary's, 10:20.71, 4. Anne Ruffcorn, Bettendorf, 10:28.50, **5. Lindsey Wetzel, City High, 10:36.13**, 6. Jeni Frudden, West, 10:38.21, 7. Lahann, Calamus-Wheatland, 10:40.41, 8. Kappeler, Durant-Bennett, 10:42.18, 9. Glass, Dubuque, 10:44.95, 10. Levy, Iowa City West, 10:45.39, 11. Tabor, Dubuque, 10:46.46, 12. Kite, Jesup, 10:47.58, 13. Keith, Iowa City West, 10:49.08, 14. Smith, Iowa City West, 10:50.86, 15. Millward, Benton of Van Horne, 10:52.66, 16. Seglar, Dowling of West Des Moines, 10:55.41, **17. Meng, Iowa City, 10:59.03**, 18. Schiltz, Dowling of West Des Moines, 11:01.78, 19. Nielsen, Mason City, 11:07.05, 20. Tuttle, Marshalltown, 11:10.62, 21. Smith, Davenport North, 11:13.39

800m

1. Jessica Huff, Marshalltown, 2:14.58, 2. Carey Morris, Fort Madison, 2:17.02, 3. Michelle Sokol, Urbandale, 2:17.47, 4. Wendy Shaw, Davenport Central, 2:18.20, **5. Michelle Lilienthal, City High, 2:18.39**, 6. Jessica Rowenhorst, Orange City Unity Christian, 2:18.48, 7. Jones, Oskaloosa, 2:18.57, 8. Stevens, Eagle Grove, 2:19.33, 9. Kappeler, Durant-Bennett, 2:20.47, 10. Ruffcorn, Bettendorf, 2:20.67, 11. Lahann, Calamus-Wheatland, 2:20.99, 12. Drahn, Belle Plaine, 2:21.49, 13. Schmitt, Muscatine, 2:21.74, 14. Frudden, Iowa City West, 2:22.06, **15. Heefner, Iowa City, 2:23.05**, 16. Gilchrist, Ames, 2:23.45, 17. Flood, Valley of West Des Moines, 2:25.79

100m

1. Kate Gordon, Sioux City North, 12.38, **2. Kristin Knight, City High, 12.44**, 3. Luyre Hupfer, Clinton, 12.60, 4. Keely Huber, Oelwein, 12.67, 5. Amanda Beck, Gowrie Prairie Valley, 12.68, 6. Kylan Loney, Ames, 12.89, 7. Asigbee, Cedar Rapids Prairie, 12.99, 8. Jones, Davenport North, 13.07

4x100 Relay

1. IOWA CITY HIGH (Amanda Nearad, Nicole Gatens, Teesa Price, Kristin Knight), 48.98, 2. CLINTON, (Hillary Armstrong, Lindsey Larson, Luyre Hupfer, Stacy Lawrence), 49.55, 3. ANKENY, (Lindsay McCracken, Kylie Lago, Sarah Lindner, Ambre Moton), 50.19, 4. MARSHALLTOWN, (Tiffany Cruikshank, Kendra Crow, Beth Michael, Diane Gaskill), 50.33, 5. DUBUQUE, (Erin Strub, Theresa Redding, Katie Kluesner, Pam Orris), 50.43, 6. SIOUX CITY HEELAN, (Alissa Koerner, Sara Heying, Julie Moeller, Laura Wharton), 50.45, 7. AMES, (Kylan Loney, Tiffany Belz, Jessica Wray, Erin Maysent), 50.51, 8. URBANDALE, (Laura Simmons, Kim Hibbert, Diane Stratton, Sarah Turner), 51.34

4x400 Relay

1. IOWA CITY, (Anne Heefner, Nicole Gatens, Kristin Knight, Teesa Price), 3:58.11, 2. AMES, (Erin Maysent, Claire Gilchrist, Erica Lynn, Kylan Loney), 4:00.82, 3. CEDAR RAPIDS PRAIRIE, (Lisa Ungerer, Debbie Akerly, Tina Klith, Fiona Asigbee), 4:01.62, 4. INDIANOLA, (Dondra Nichols, Steph Suntken, Shaela Bresnan, Lacey Adams-Brown), 4:02.78, 5. MARSHALLTOWN, (Jessica Huff, Nicole Chizek, Teresa Wauters, Diane Gaskill), 4:03.33, 6. SIOUX CITY HEELAN, (Alissa Koerner, Julie Moeller, Laura Keane, Katie Berger), 4:03.99, 7. CLINTON, (Megan Vens, Hadley Armstrong, Stacy Lawrence, Luyre Hupfer), 4:06.91, 8. VALLEY OF WEST DES MOINES, (Laura Burke, Christie Muenzenberger, Christy Drescher, Kristin Flood), 4:08.64

Sprint Medley Relay

1. IOWA CITY, (Amanda Nearad, Nicole Gatens, Kristin Knight, Teesa Price), 1:47.22, 2. INDIANOLA, (Aly Mikulanec, Dondra Nichols, Steph Suntken, Lacey Adams-Brown), 1:49.54, 3. VALLEY OF WEST DES MOINES, (Shannon Smith, Jeffia Hill, Kristin Flood, Christie Muenzenberger), 1:49.58, 4. AMES, (Jessica Wray, Tiffany Belz, Erin Maysent, Kylan Loney), 1:49.81, 5. DUBUQUE, (Erin Strub, Katie Kluesner, Pam Orris, Nicole Dougherty), 1:50.80, 6. MARSHALLTOWN, (Tiffany Cruikshank, Diane Gaskill, Teresa Wauters, Nicole Chizek), 1:51.63, 7. OSKALOOSA, (Jessica Cyphers, Jenni Rinehart, Andrea Jones, Candi Jones), 1:52.28, 8. CEDAR RAPIDS XAVIER, (Marie Zach, Stacey Gibbs, Casey Novy, Shannon Geraghty), 1:57.06

High School Girls' Long Jump Finals

- 1 Asigbee, Cedar Rapids Prairie, 18'01" (5.51m)
- 2 Pedersen, Atlantic, 17'10" (5.44m)
- 3 Carr, Des Moines Roosevelt, 17'02.50" (5.25m)
- 4 Fisher, Sioux City Heelan, 17'00.75" (5.20m)
- 5 Pugh, Columbus of Columbus Junction, 16'08.50" (5.09m)
- 6 Brocka, Aplington-Parkersburg, 16'06.25" (5.04m)
- 7 Jones, Davenport North, 16'03.50" (4.97m)
- 8 Rockwell, Clinton, 16'03" (4.95m)
- 9 Nally, Bedford, 16'02" (4.93m)
- 10 Stephens, Mount Ayr, 16'01.50" (4.91m)
- 11 Ouren, Harlan, 16'01" (4.90m)
- 12 Vanderah, Marshalltown, 15'10.50" (4.84m)
- 13 Steffen, Western Dubuque of Epworth, 15'09" (4.80m)
- 14 Guffey, Bettendorf, 15'08.25" (4.78m)
- 15 Stidfole, Sioux City West, 14'07.75" (4.46m)

High School Girls' Shot Put Finals

- 1 Kruger, South O'Brien of Paullina, 41'02.75" (12.57m)
- 2 Grems, Estherville-Lincoln Central, 41'00.25" (12.50m)
- 3 Emsick, Lewis Central of Council Bluffs, 40'06.25" (12.35m)
- 4 Goedken, Spencer, 39'07" (12.07m)
- 5 Jenkins, Cedar Rapids Jefferson, 38'07" (11.76m)
- 6 Hohensee, Pocahontas Area, 38'03.50" (11.67m)
- 7 Dennis, Ballard of Huxley, 38'03.25" (11.66m)
- 8 Ruby, Humboldt, 37'10.25" (11.54m)
- 9 Dunlap, Ames, 37'04.50" (11.39m)
- 10 Chamberlain, Harlan, 37'03" (11.35m)
- 11 Anderson, Dallas Center-Grimes, 37'03" (11.35m)
- 12 Smith, New Hampton, 37'00.25" (11.28m)
- 13 Achenbach, Cedar Rapids Kennedy, 36'11.25" (11.26m)
- 14 Hoback, Columbus of Columbus Junction, 36'04" (11.07m)
- 15 Shimon, Perry, 35'08" (10.87m)
- 16 Hinz, Cedar Falls, 35'06.50" (10.83m)
- 17 Coil, Waverly-Shell Rock, 35'05" (10.80m)
- 18 Bond, Centerville, 35'01.50" (10.71m)
- 19 Brosamle, Galva-Holstein, 34'10.50" (10.63m)
- 20 Streeter, North Fayette of West Union, 33'07.25" (10.24m)

High School Girls' Discus Finals

- 1 Emsick, Lewis Central of Council Bluffs, 130'03" (39.70m)
- 2 Foley, Tipton, 127'04" (38.81m)
- 3 Achenbach, Cedar Rapids Kennedy, 121'05" (37.01m)
- 4 Boline, Bettendorf, 120'11" (36.86m)
- 5 Hanson, Belmond-Klemme, 118'00" (35.97m)
- 6 Stoffel, Dubuque Wahlert, 117'09" (35.89m)
- 7 Kaiser, Des Moines Hoover, 117'07" (35.84m)
- 8 Haan, Pella Christian, 116'05" (35.48m)
- 9 Diehl, Clarke of Osceola, 115'01" (35.08m)
- 10 Dennis, Ballard of Huxley, 115'00" (35.05m)
- 11 Corcoran, Johnston, 110'08" (33.73m)
- 12 Roach, Eddyville-Blakesburg, 110'06" (33.68m)
- 13 Dunlap, Ames, 108'10" (33.17m)
- 14 Stotts, Northwood-Kensett, 108'05" (33.05m)
- 15 Myers, Grundy Center, 107'06" (32.77m)
- 16 Hogue, Carroll, 106'03" (32.39m)
- 17 Robison, Sioux City West, 105'00" (32.00m)
- 18 Kephart, Knoxville, 104'00" (31.70m)
- 19 Michels, Independence, 103'09" (31.62m)

High School Girls' High Jump Finals

- 1 Sondra Rauterkus, Harlan, 5'05" (1.65m)
- 2 Melissa Nelson, Algona, 5'04" (1.63m)
- 2 Tina Wolfe, Pleasant Valley, 5'04" (1.63m)
- 4 Jameela Hameed, Fort Dodge, 5'02" (1.57m)
- 4 Janae Anderson, Boyden -Hull-Rock Valley, 5'02" (1.57m)
- 4 Margaret Wrage, Union of LaPorte City, 5'02" (1.57m)
- 4 Paula Hughes, Farragut, 5'02" (1.57m)
- 8 Angie Froehlich, Algona Garrigan, 5'02" (1.57m)
- 8 Stephanie Goettsch, A-H-S-T of Avoca, 5'02" (1.57m)
- 8 Ashley Henning, Calamus-Wheatland, 5'02" (1.57m)
- 8 Stacy Boerema, Clinton, 5'02" (1.57m)
- 12 Theresa Trede, Treynor, 5'02" (1.57m)
- 12 Anna Friederichs, Davenport West, 5'02" (1.57m)
- 14 Kalyn Byers, Clarinda, 5'02" (1.57m)
- 15 Sara Langel, Le Mars Gehlen, 5'02" (1.57m)

16 Susan Adrian, Pekin of Packwood, 5'02" (1.57m)
16 Luyre Hupfer, Clinton, 5'02" (1.57m)
16 Brooke Zrudsky, Linn-Mar of Marion, 5'00" (1.52m)
16 Tarah Murray, Hudson, 5'00" (1.52m)
16 Jill Foster, North Tama of Traer, 5'00" (1.52m)