

Team Scores

City High 108

Linn-Mar 96

West High 94

CR Washington 81.5

CR Kennedy 76

CR Jefferson 67.5

CR Prairie 53

CR Xavier 0

Women's 3000m Run

Erilynn Russo ICH 12:07.24

Laurie Heckman ICH 12:14.41

Kelly Baustian CRW 12:40.36

Becky Hansen CRK 13:46.56

Crystal Barkalow CRP 14:06.59

Women's Shuttle Hurdle

CRJ 1:10.31

LM 1:15.09

CRW 1:16.55

Women's Distance Medley Relay

ICW 4:38.04

CRK 4:43.13

CRW 4:56.13

ICH (Melody Lynch, Lindsey Quigley, Kim Nuygen, Rachel Gannon) 4:57.36

CRP 5:20.68

CRJ 5:24.66

Women's 100 Meter Dash

Nikki Darling ICW 12.81

Emily Hodge ICH 12.96

Heather Schloss CRJ 13.40

Brooke Beuter ICH 13.52

Teresa Gaul CRW 13.56
Brooke Benish LM 13.81
Abby Stutsman ICW 13.96
Molly Duggan CRX 13.96
Mary Schuett LM 14.06
Kristen Worley CRX 14.16
Carrie Garin CRK 14.37
Rachel Biere CRK 14.44
Jennifer Allison CRP 14.50
Lisa Fritts CRJ 14.96

Women's 4 X 800 Meter Relay

CRJ 11:04.15
CRW 11:24.50
CRK 11:34.92

Women's 100 Meter Hurdles

Natasha Karniski ICW 16.41
Kourtney Kelso CRK 16.59
Amanda Faas CRW 16.72
Andrea LeClaire CRJ 16.74
Abby Thompson LM 16.81
Megan Kennedy ICH 16.91
Amy Rhodes CRJ 17.31
Jen Cook LM 17.43
Kristen Wurster ICW 18.12
Denise Flatten CRK 18.43
Loren Slaughter CRW 18.68

Women's 400 Meter Dash

Sondra Vasquez CRP 1:05.33
Rachel Liedtke CRK 1:06.42
Hailey Hoffman LM 1:07.78
Brenna Burgh LM 1:08.44
Krystal Henderson 1:08.50
Kelly Rilett CRW 1:11.14
Ann Ryder CRW 1:11.84
Rachel Schaefer CRK 1:13.52
Kim Nguyen ICH 1:15.18

Melissa Cushin CRW 1:16.98
Bridget Casey ICH 1:17.16
Denise Flatten CRK 1:23.15

Women's 4 X 200 Meter Relay

CRP 1:48.52
LM 1:49.71
CRW 1:59.00
ICW 2:01.69
CRK 2:08.18
CRJ 2:09.28

Women's 800 Meter Run

Michelle Lake ICH 2:25.81
Molly Gable ICH 2:27.56
Abby Krueger ICH 2:28.90
Sarah Heefner ICH 2:28.18
Katie Wells ICW 2:30.87
Kelly Hrycyszyn CRJ 2:36.61
Emily Ask CRJ 2:42.17
Brandi Ward CRK 2:45.40

Women's 200 Meter Dash

Katie Bogguss CRW 27.00
Ashley Williams LM 27.88
Sondra Vasquez CRP 28.43
Nikki Darling ICW 28.54
Mariah Ritter ICW 29.13
Megan Ruchotzke CRK 29.73
Chantel Shea CRP 29.97
Jay Laser CRJ 30.12
Angel Browning CRK 30.69
Michelle Colton LM 31.30
Bridgette Casey ICH 33.37
Britany Franklin CRW 33.56
Sarah Popelka CRJ 35.10

Women's 400 Meter Hurdles

Jessi Zearly CRJ 1:10.93
Amanda Faas CRW 1:10.35
Megan Kennedy ICH 1:12.78
Andrea LeClere CRJ 1:15.96
Jennifer Nebraska LM 1:16.24
Renee Golinvaux CRW 1:17.37
Lindsay Drew LM 1:18.85
Dawn Wu ICW 1:18.34
Angie Ottoson CRK 1:21.62

Women's Sprint Medley Relay

ICH (Brooke Bueter, Lindsay Quigley, Dana Dunham, Rachel Gannon)2:04.34
LM 2:05.06
CRW 2:08.34
CRP 2:12.90
CRK 2:14.35
CRJ 2:15.73

Women's 1500 Meter Run

Kirsty Moreno ICH 5:10.39
Darby Hollenrake LM 5:15.07
Katie Wells ICW 5:26.95
Leah Grafft CRW 5:30.23
Michelle Lake ICH 5:30.86
Jill Noah CRJ 5:37.59
Emily O'Shaughnessy ICH 5:38.07
Sophie Severance ICH 5:42.72
Erilynn Russo ICH 5:43.39
Kelly Baustian CRW 5:50.64
Natalie Ross CRK 5:51.10
Kirsten Coffelt CRW 5:51.53
Laurie Heckmen ICH 5:53.44
Susie Drahos CRW 6:09.96

Women's 4 X 100 Meter Relay

ICH (Emily Hodge, Dana Dunham, Brook Bueter, Melody Lynch) 53.72
ICW 55.95

CRJ 57.90
CRP 59.42
CRW 1:01.28
LM 1:02.68
CRK 1:02.78

Women's 4 X 400 Meter Relay

LM 4:08.78
CRP 4:13.43
ICH (Abby Krueger, Molly Gable, Sarah Heefner, Megan Kennedy) 4:25.77
CRJ 4:31.60
ICW 4:31.04
CRK 4:36.66
CRW 4:40.95

Shot Put

2nd Maxine Jackson 30' 6"

Long Jump

High Jump

Discus

3rd Lindsey Quigley 99' 2"