

STATE TRACK & FIELD RESULTS
Jim Duncan Track--Drake Stadium
May 18-19, 2001

****5th year in a row in the top 2
at state**

****8th of last 9 years in the top 3
at state**

****Distance Medley sets all-time
state record!!**

CLASS 3A TEAM SCORING

1 Iowa City West	53
2 Iowa City High	52
3 Cedar Rapids Washington	37
4 Ames	22
4 Muscatine	22
6 Dubuque Senior	21
6 Cedar Falls	21
8 Cedar Rapids Jefferson	20
9 Clinton	19.5
10 Lewis Central	19
10 Linn-Mar	19
10 Marshalltown	19
13 Mount Pleasant	18
14 West Des Moines Dowling	17
15 Des Moines Roosevelt	13
15 Sioux City East	13

15 West Delaware	13
18 Johnston	12
18 Pleasant Valley	12
20 Harlan	11.5
21 Waterloo West	10
22 Burlington	8
23 Ankeny	7
23 West Des Moines Valley	7
25 Council Bluffs Abraham Lincoln	6
26 Dubuque Wahlert	5
27 LeMars	4
27 Mason City	4
27 Waterloo East	4
30 Newton	3
30 Sioux City Heelan	3
32 Cedar Rapids Kennedy	2
32 Decorah	2
32 Waverly-Shell Rock	2
35 Cedar Rapids Xavier	1
35 Denison-Schleswig	1
35 Dubuque Hempstead	1
35 Spencer	1

100-METER DASH

1 Pam Orris, Dubuque Senior	SR	12.48
2 Laneisha Waller, Cedar Rapids Washington	FR	12.70
3 Sarah Riedel, Muscatine	JR	12.78
4 Beth Michael, Marshalltown	JR	12.91
5 Tenika Smith, Cedar Rapids Jefferson	SO	12.99
6 Angie Kerndt, Decorah	SR	13.11
7 Brook Bowman, North Scott	SR	13.28
999 Kristyn Barber, Cedar Rapids Washington	SR	FS

Heat 1

1 Beth Michael, Marshalltown	JR	12.50 Q
2 Laneisha Waller, Cedar Rapids Washington	FR	12.51 Q
3 Sarah Riedel, Muscatine	JR	12.66 Q
4 Danielle Salwey, Cedar Rapids Prairie	SO	13.35
5 Amanda Oostendorp, Dubuque Hempstead	SR	13.41
6 Sheila Pettigrew, Davenport Central	FR	13.70
7 Chrissy Scott, West Des Moines Dowling	SO	13.70
8 Kalli Hansen, Harlan	JR	13.77

Heat 2

1 Pam Orris, Dubuque Senior	SR	12.23 Q
2 Brook Bowman, North Scott	SR	12.79 Q
3 Angie Kerndt, Decorah	SR	12.82 Q
4 Allameshia Tiesman, Des Moines East	FR	13.07
5 Shanna Kissinger, Sioux City West	JR	13.17
6 Jessica Carson, Newton	SR	13.17
7 Allie Cade, West Des Moines Valley	JR	13.18
8 Sara Adkins, Muscatine	JR	13.35

Heat 3

1 Kristyn Barber, Cedar Rapids Washington	SR	12.52 Q
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2	Tenika Smith, Cedar Rapids Jefferson	SO	12.91 Q
3	Miriam Chisala, Des Moines Roosevelt	FR	13.14
4	Meghan Menough, West Des Moines Dowling	SR	13.17
5	Machelle Peterson, Fort Dodge	SR	13.46
6	Abby Tiedemann, Cedar Rapids Jefferson	SR	13.47
7	Kim Rodgers, Ames	SR	13.48
8	Courtney Sisk, Davenport North	SO	13.62

200-METER DASH

1	Pam Orris, Dubuque Senior	SR	25.16
2	Sarah Riedel, Muscatine	JR	25.91
3	Kylan Loney, Ames	SR	26.16
4	Beth Michael, Marshalltown	JR	26.33
5	Katy Bogguss, Cedar Rapids Washington	SR	26.39
6	Angie Kerndt, Decorah	SR	26.50
7	Ashley Williams, Linn-Mar	JR	26.55
8	Jenny Lorenson, Cedar Rapids Xavier	JR	27.04

Heat 1

1	Beth Michael, Marshalltown	JR	26.17 Q
2	Liz Bradfield, Waterloo West	FR	26.84
3	Jamie Powers, West Des Moines Dowling	SO	27.04
4	Jenny Eisenlauer, Bettendorf	JR	27.19
5	Alicia Graber, Newton	JR	27.19
6	Lindsay Ruisch, Johnston	JR	27.31
7	Tara Fry, Cedar Rapids Jefferson	FR	27.46
8	Sam Schmidt, Mason City	FR	28.17

Heat 2

1	Pam Orris, Dubuque Senior	SR	25.76 Q
2	Angie Kerndt, Decorah	SR	26.49 Q
3	Stacy Lawrence, Clinton	JR	26.54
4	Brooke Niles, Sioux City Heelan	SO	26.75
5	Brook Bowman, North Scott	SR	27.01
6	Kim Hibbert, Urbandale	SR	27.51
7	Shanna Kissinger, Sioux City West	JR	27.67
8	Maggie Allen, Pleasant Valley	SO	27.87

Heat 3

1	Kylan Loney, Ames	SR	25.93 Q
2	Sarah Riedel, Muscatine	JR	26.01 Q
3	Ashley Williams, Linn-Mar	JR	26.35 Q
4	Katy Bogguss, Cedar Rapids Washington	SR	26.40 Q
5	Jenny Lorenson, Cedar Rapids Xavier	JR	26.45 Q
6	Lynette Wilson, Cedar Rapids Kennedy	SO	26.64
7	Allameshia Tiesman, Des Moines East	FR	27.80
999	Lindsey Windauer, Iowa City West	SO	DNS

400-METER DASH

1	Ashley Williams, Linn-Mar	JR	0:57.35
2	Lindsey Windauer, Iowa City West	SO	0:58.46
3	Jenny Carbone, Johnston	SR	0:58.68

4	Lynn Dobyms, Iowa City West	SO	0:59.06
5	Liz Bradfield, Waterloo West	FR	0:59.06
6	Ellen Jackson, Lewis Central	JR	1:00.19
7	Stacy Lawrence, Clinton	JR	1:01.30
	Lauren Carruthers, Pleasant Valley	FR	DNS

Heat 1

1	Jenny Carbone, Johnston	SR	0:59.09 Q
2	Lindsey Windauer, Iowa City West	SO	1:00.35 Q
3	Jessica Johnson, Waterloo East	SR	1:00.49
4	Carrie Jenaman, Dubuque Senior	FR	1:01.29
5	Ashley Harding, Des Moines East	SO	1:01.41
6	Toshia Burrell, Fort Dodge	SO	1:02.76
7	Tabatha Shaw, CB Abraham Lincoln	JR	1:04.48
8	Rachel Tritz, Sioux City Heelan	FR	1:05.21

Heat 2

1	Lynn Dobyms, Iowa City West	SO	0:59.15 Q
2	Liz Bradfield, Waterloo West	FR	0:59.43 Q
3	Ellen Jackson, Lewis Central	JR	0:59.97 Q
4	Stacy Lawrence, Clinton	JR	1:00.40 Q
5	Ashley Letze, Des Moines East	FR	1:01.93
6	Laura Burke, West Des Moines Valley	SR	1:02.25
7	Kim Wutzke, Cedar Rapids Jefferson	SO	1:02.75
999	Katie Hill, Iowa City High	SR	DNS

Heat 3

1	Ashley Williams, Linn-Mar	JR	0:58.74 Q
2	Lauren Carruthers, Pleasant Valley	FR	1:00.00 Q
3	Stephanie May, Dubuque Wahlert	SO	1:00.75
4	Jamie Hutchinson, Charles City	SO	1:01.06
5	Jessica Keefe, Ames	FR	1:01.13
6	Alex Wink, Sioux City North	SR	1:01.60
7	Rachel Steffen, Western Dubuque	JR	1:02.22
8	Tylynn Rouillard, Sioux City West	SO	1:03.67

800-METER RUN

1	Amanda Bales, Pleasant Valley	SR	2:14.39 J
2	Linnea Hopp, Harlan	SO	2:15.27
3	Katy Grady, LeMars	JR	2:15.62
4	Casey Owens, Des Moines Roosevelt	SR	2:16.45
5	Allison Werner, Mount Pleasant	SO	2:19.06
6	Megan Glover, Cedar Rapids Xavier	SO	2:19.83
7	Alicia Irons, Boone	JR	2:20.19
8	Jen Wendt, Pleasant Valley	JR	2:20.27
9	Amy Garrett, Southeast Polk	SO	2:20.65
10	Leah Koesters, Harlan	SO	2:23.84
11	Andrea Lowry, Marshalltown	JR	2:24.02
12	Kristin Siepkes, Spencer	SO	2:24.91
13	Sarah Fassbinder, Dubuque Wahlert	FR	2:24.98
14	Kelsey Andresen, Ankeny	FR	2:26.75
15	Sara Eppley, Charles City	FR	2:26.76
16	Emily Sadler, Cedar Rapids Xavier	SR	2:27.20
17	Michelle Lake, Iowa City High	SR	2:27.71

18	Beth Abramovich, West Des Moines Dowling	SR	2:28.31
18	Celie Corken, Dubuque Wahlert	SR	2:28.31
20	Katie Brown, Marshalltown	JR	2:28.76
21	Kelly Baustian, Cedar Rapids Washington	JR	2:28.89
22	Liz Myers, Cedar Falls	SR	2:29.78
23	Shirley Stern, Iowa City West	SO	2:29.84
24	Shaela Bresnan, Indianola	SR	2:40.33

1500-METER RUN

1	Emily Shoopman, Waterloo West	SR	4:40.87 J
2	Jeni Frudden, Iowa City West	JR	4:41.06 J
3	Jennie Funk, Iowa City High	SO	4:41.64 J
4	Nelle Trefz, Iowa City High	FR	4:43.12 J
5	Casey Owens, Des Moines Roosevelt	SR	4:44.83 J
6	Lauren Levy, Iowa City West	SR	4:50.69
7	Shannon Oster, Cedar Rapids Washington	SO	4:50.70
8	Robyn Werner, Mount Pleasant	SO	4:51.09
9	Kristin Scheumann, Cedar Rapids Jefferson	SR	4:55.39
10	Megan Glover, Cedar Rapids Xavier	SO	4:55.93
11	Katy Grady, LeMars	JR	4:57.37
12	Nina Hoppenjan, Dubuque Wahlert	SO	4:57.50
13	Janelle Platts, Mason City	SO	4:58.16
14	Kelsey Andresen, Ankeny	FR	5:00.20
15	Kate Greer, Marshalltown	SO	5:00.71
16	Jannae Holubar, Marshalltown	SR	5:02.84
17	Quinn Vermie, Southeast Polk	SO	5:03.53
18	Katie Stewart, Sioux City North	FR	5:03.75
19	Allison Heid, Urbandale	JR	5:04.54
20	Jessica Schultz, Mount Pleasant	SR	5:05.30
21	Megan Riepma, Spencer	JR	5:05.37
22	Sarah Lacina, Muscatine	JR	5:06.74
23	Casey Hornick, Fairfield	JR	5:13.00
24	Erin Kappeler, Bettendorf	SR	5:21.05

3200-METER RUN

1	Casey Owens, Des Moines Roosevelt	SR	09:50.33 J
2	Jennie Funk, Iowa City High	SO	09:54.91 J
3	Jeni Frudden, Iowa City West	JR	09:58.67 J
4	Nelle Trefz, Iowa City High	FR	10:17.55 J
5	Robdu Adam, Iowa City West	SO	10:23.32 J
6	Shannon Oster, Cedar Rapids Washington	SO	10:30.85
7	Sarah Lacina, Muscatine	JR	10:42.21
8	Lindsey Nye, Fort Madison	SR	10:44.58
9	Beth Whalen, Bettendorf	FR	10:46.19
10	Abbie Smith, West Des Moines Dowling	SR	10:53.08
11	Erin Kappeler, Bettendorf	SR	10:54.96
12	Emily Shoopman, Waterloo West	SR	10:55.92
13	Kate Greer, Marshalltown	SO	10:56.35
14	Quinn Vermie, Southeast Polk	SO	11:01.60
15	Brenda Funke, Cedar Rapids Kennedy	SO	11:03.36

16	Allison Heid, Urbandale	JR	11:05.96
17	Ashley Culp, West Des Moines Valley	SO	11:10.67
18	Traci Hawley, Ames	FR	11:14.55
19	Maureen O'Connor, Wat. Columbus-Don Bosco	SO	11:18.27
20	Jessica Viner, North Scott	FR	11:18.38
21	Sarah Ita, Mount Pleasant	JR	11:24.48
22	McKenzie Madison, Ankeny	FR	11:34.92
23	Danielle Beery, Johnston	JR	11:36.97
24	Stephanie Wilson, Sioux City West	JR	11:45.81

100-METER HURDLES

1	Blair Anderson, Burlington	SR	14.62
2	Becky Lauver, Lewis Central	SR	14.98
3	Erica Lynn, Ames	SR	15.17
4	Kayla Sautter, Mason City	SO	15.18
5	Laura Tomes, Sioux City East	SO	15.30
6	Lara Janson, Iowa City West	SR	15.36
7	Madeline Schlenczek, Dubuque Senior	SR	15.75
8	Brooke Plumb, Newton	SR	16.38

Heat 1

1	Blair Anderson, Burlington	SR	14.44 Q
2	Lara Janson, Iowa City West	SR	15.31 Q
3	Lindsay Anderson, West Des Moines Valley	SR	15.62
4	Molly Nauman, West Des Moines Dowling	SR	15.82
5	Emily Triplett, Iowa City High	FR	16.07
6	Tara Pollastrini, Newton	SR	16.25
7	Jocelyn Thurston, Cedar Falls	SO	16.62
8	Tristan Smith, Fort Dodge	SR	19.97

Heat 2

1	Kayla Sautter, Mason City	SO	14.92 Q
2	Becky Lauver, Lewis Central	SR	15.06 Q
3	Maya Monitto-Weber, Iowa City High	SO	15.39
4	Kourtney Kelso, Cedar Rapids Kennedy	SR	15.55
5	Allie Karns, West Des Moines Valley	SR	15.66
6	Emily Hall, Harlan	SR	15.79
7	Carly Mortensen, Ames	SR	16.03
8	Amanda Faas, Cedar Rapids Washington	SR	16.29

Heat 3

1	Brooke Plumb, Newton	SR	14.64 Q
2	Erica Lynn, Ames	SR	14.98 Q
3	Madeline Schlenczek, Dubuque Senior	SR	15.13 Q
4	Laura Tomes, Sioux City East	SO	15.20 Q
5	Tara Jetter, Clinton	SR	15.40
6	Megan Nielsen, Southeast Polk	FR	16.15
7	Cali Lyons, Dubuque Hempstead	FR	16.33
999	Nicole Carroll, Mason City	FR	DNS

400-METER HURDLES

1	Angie German, West Delaware	SR	1:02.19 J
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2	Lara Janson, Iowa City West	SR	1:04.35
3	Jessica Johnson, Waterloo East	SR	1:05.87
4	Brooke Plumb, Newton	SR	1:05.87
5	Kelsie Linder, Iowa City High	SR	1:06.65
6	Deb Durey, West Delaware	FR	1:07.65
7	Tara Jetter, Clinton	SR	1:08.21
8	Katie Fraga, Iowa City High	JR	1:09.07

Heat 1

1	Jessica Johnson, Waterloo East	SR	1:05.66 Q
2	Kelsie Linder, Iowa City High	SR	1:05.94 Q
3	Tara Jetter, Clinton	SR	1:06.19 Q
4	Amanda Faas, Cedar Rapids Washington	SR	1:07.15
5	Sara Boisen, West Des Moines Valley	SO	1:07.39
6	Andrea LeClere, Cedar Rapids Jefferson	SR	1:09.61
7	Mindy Rauwold, Pleasant Valley	FR	1:09.75
8	Jessi Swaim, Ames	SO	1:13.03

Heat 2

1	Angie German, West Delaware	SR	1:02.94 J Q
2	Brooke Plumb, Newton	SR	1:05.72 Q
3	Ashley Letze, Des Moines East	FR	1:07.15
4	Kristin Way, Johnston	SR	1:08.45
5	Katie O'Bryne, Sioux City East	JR	1:08.49
6	Nora Liebergeseil, West Des Moines Valley	FR	1:08.83
7	Jennifer Snowbarger, Oskaloosa	SO	1:10.35
8	Elisha Turek, CB Abraham Lincoln	SO	1:11.57

Heat 3

1	Lara Janson, Iowa City West	SR	1:05.80 Q
2	Deb Durey, West Delaware	FR	1:06.46 Q
3	Katie Fraga, Iowa City High	JR	1:06.82 Q
4	Kim Lorenzen, Cedar Rapids Jefferson	SR	1:06.86
5	Ashley Wilson, Urbandale	JR	1:07.72
6	Sarah Kiester, Johnston	SR	1:08.50
7	Amanda Oostendorp, Dubuque Hempstead	SR	1:09.94
8	Michelle Gee, Ankeny	JR	1:11.76

HIGH JUMP

1	Laura Tomes, Sioux City East	SO	5'06" (1.68m)
2	Ashley Freeman, CB Abraham Lincoln	JR	5'05" (1.65m)
3	Stacy Boerema, Clinton	JR	5'04" (1.63m)
3	Sondra Rauterkus, Harlan	SR	5'04" (1.63m)
5	Kourtney Kelso, Cedar Rapids Kennedy	SR	5'03" (1.60m)
6	Brooke Zrudsky, Linn-Mar	SR	5'03" (1.60m)
7	Erica Lynn, Ames	SR	5'03" (1.60m)
8	Angie Hensel, Clinton	SO	5'03" (1.60m)
8	Rachel Sippy, Cedar Rapids Prairie	SO	5'03" (1.60m)
10	Christina Gaard, Decorah	SO	5'03" (1.60m)
11	Anne Holthaus, Decorah	JR	5'02" (1.57m)
11	Beth Ratterman, Dubuque Hempstead	SR	5'02" (1.57m)
13	Jessie Branstetter, Iowa City High	JR	5'02" (1.57m)
14	Emily White, Cedar Falls	FR	5'02" (1.57m)
15	Britt Jones, Ankeny	SR	5'00" (1.52m)

15	Niki Sauerbrei, Muscatine	JR	5'00"	(1.52m)
17	Veronica Dykstra, Iowa City West	FR	5'00"	(1.52m)
17	Amber Christopher, Fairfield	SR	5'00"	(1.52m)
19	Kristie Gravel, Western Dubuque	JR	5'00"	(1.52m)
20	Kiersten Lovan, Keokuk	SO	4'10"	(1.47m)
20	Ashley Sly, Southeast Polk	SR	4'10"	(1.47m)
22	Katy Grady, LeMars	JR	4'10"	(1.47m)
22	Angela Tapley, Oskaloosa	JR	4'10"	(1.47m)
999	Katie Kooienga, Urbandale	FR	nh	

SERIES	4-10	5-0	5-2	5-3	5-4	5-5	5-6	5-7
Tomes	X	X	X	OX	X	X	OX	000
Freeman	X	X	X	OX	OOX	X	000	
Rauterkas	OX	X	OX	OOX	OOX	000		
Boerema	OX	OX	X	OOX	OOX	000		
Kelso	X	OX	OOX	X	000			
Zrudsky	X	X	X	OX	000			
Lynn	X	X	OX	OX	000			
Hensel	X	X	X	OOX	000			
Sippy	X	X	X	OOX	000			
Gaard	X	OX	OOX	OOX	000			
Holthaus	X	X	X	000				
Ratterman	X	X	X	000				
Branstetter	X	X	OX	000				
White	X	OX	OOX	000				
Sauerbrei	X	OX	000					
Jones	X	X	000					
Dykstra	X	OOX	000					
Christopher	X	OOX	000					
Gravel	OX	OOX	000					
Lovan	X	000						
Sly	X	000						
Grady	OOX	000						
Tapley	OOX	000						
Kooienga	000							

LONG JUMP

1	Laneisha Waller, Cedar Rapids Washington	FR	17'08"	(5.38m)
2	Abby Vanderah, Marshalltown	SR	17'03.75"	(5.28m)
3	Angie Hensel, Clinton	SO	17'00.25"	(5.19m)
4	Laura Tomes, Sioux City East	SO	16'09.75"	(5.12m)
5	Heidi Brody, Cedar Falls	SR	16'09.50"	(5.12m)
6	Pam Orris, Dubuque Senior	SR	16'09.50"	(5.12m)
7	Stacy Boerema, Clinton	JR	16'09.50"	(5.12m)
8	Sheena Sullivan, Charles City	SO	16'06.50"	(5.04m)

9	Anne Berger, Sioux City Heelan	SR	16'04.50"
(4.99m)			
10	Kylan Loney, Ames	SR	16'04.50"
(4.99m)			
11	Marla Froelich, Iowa City West	SR	16'04" (4.98m)
12	Jessica Tracy, West Des Moines Valley	SR	15'11" (4.85m)
13	Madalyn Schlenczek, Dubuque Senior	SR	15'10" (4.83m)
14	Liz Huntley, Iowa City West	FR	15'09" (4.80m)
15	Deb Durey, West Delaware	FR	15'08.25"
(4.78m)			
16	Jessica Iserman, Waverly-Shell Rock	JR	15'07.25"
(4.76m)			
17	Sarah Hoy, West Des Moines Valley	SR	15'06.50"
(4.74m)			
18	Aimee Rasmusson, Cedar Falls	SO	15'03.25"
(4.65m)			
19	Cara Young, Burlington	SO	15'01.50"
(4.61m)			
20	Tristan Smith, Fort Dodge	SR	14'10" (4.52m)
21	Tanya Miller, West Des Moines Dowling	SR	14'09" (4.50m)
22	Allison Stracke, Harlan	JR	13'11" (4.24m)
23	Angie German, West Delaware	SR	12'11.50"
(3.95m)			
24	Kasey McDaniel, Spencer	SO	11'01.50"
(3.39m)			

SERIES						
	Waller	foul	16'05.25	17'05.75	17'08.00	16'05.25
foul	Vanderah		17'00.50	17'03.75	16'04.25	16'03.00
foul	Hensel	foul	17'00.25	16'05.00	foul	16.05.25
foul	Tomes		16'00.50	16'09.75	16'01.75	16'03.25
16'03.50	Brody	foul	16'06.75	foul	15'11.25	16'09.50
15'11.50	Orris		14'07.50	14'00.00	16'09.50	15'11.25
16'02.75	Boerema		16'09.50	foul	16'02.50	15'04.25
15'07.25	Sullivan		16'03.75	16'05.00	16'05.50	15'09.50
15'06.75	Berger	foul	16'04.50	15'07.50		
	Loney	foul	16'04.50	13'04.75		
	Froelich		15'07.25	15'11.00	16'04.00	
	Tracy	foul	15'11.00	15'05.75		
	Schlenczek		15'08.00	15'10.00	foul	
	Huntley		14'10.00	15'04.00	15'09.00	
	Durey		14'09.00	15'08.25	foul	
	Iserman		15'07.25	foul	14'06.00	
	Hoy		15'06.50	foul	15'02.75	
	Rasmusson	foul	foul	foul	15'03.25	
	Young		15'01.50	foul	14'06.50	

Smith	14'02.50	14'10.00	14'06.50
Miller	14'09.00	foul	foul
Stracke	foul	13'11.00	foul
German	foul	12'11.50	foul
McDaniel	foul	foul	11'11.50

SHOT PUT

1	Aubrey Martin, Muscatine (13.32m)	JR	43'08.25"
2	Sheena James, Clinton (13.12m)	SO	43'00.50"
3	Abby Emsick, Lewis Central (13.02m)	JR	42'08.75"
4	Kim Hansen, Cedar Falls (12.62m)	SR	41'05"
5	Joli Coil, Waverly-Shell Rock (12.34m)	SR	40'06"
6	Rainie Goedken, Spencer (12.17m)	SR	39'11"
7	Tara Davis, Spencer (12.08m)	SR	39'07.75"
8	Martina Phillips, Clinton (12.00m)	SR	39'04.50"
9	Hayley Yarkosky, Oskaloosa (11.82m)	JR	38'09.50"
10	Maria Linnebrink, North Scott (11.41m)	SO	37'05.25"
11	Abby Ostwinkle, Western Dubuque (11.37m)	SR	37'03.50"
12	Kellie Price, CB Abraham Lincoln (11.35m)	SO	37'02.75"
13	Tiffany Steines, Dubuque Wahlert (11.25m)	SR	36'11"
14	Lee Ann Holland, Sioux City North (11.17m)	SO	36'07.75"
15	Liz Hatfield, West Des Moines Valley (11.03m)	SR	36'02.25"
16	Monica Stringfellow, Waterloo West (10.94m)	SR	35'10.75"
17	Kesley Egli, Cedar Falls (10.90m)	JR	35'09.25"
18	Andrea Barker, Marshalltown (10.82m)	SR	35'06"
19	Morgen Edwards, Cedar Rapids Jefferson (10.67m)	JR	35'00"
20	Johnna Gamble, Davenport West (10.62m)	SO	34'10"
21	Dixie Church, Cedar Rapids Kennedy (10.61m)	SR	34'09.75"
22	Brien Richard, Denison-Schleswig (10.48m)	JR	34'04.50"
23	Laura Leslein, Pleasant Valley (10.41m)	SR	34'02"

24 Jessica Bates, Indianola FR 33'07.75"
(10.26m)

SERIES						
Martin	40'06.65	39'03.25	38'09.75	39'07.00	43'08.25	
42'03.00						
James	42'00.00	43'00.25	39'05.50	42'05.75	41'04.50	
41'04.25						
Emsick	42'08.75	foul	foul	40'09.50	foul	
foul						
Hansen	39'09.50	41'05.00	38'04.50	39'10.25	foul	
40'04.00						
Coil	37'01.75	38'07.50	40'02.00	38'07.25	40'06.00	
foul						
Goedken	37'06.25	39'01.00	38'02.25	39'11.00	39'00.50	
foul						
Davis	39'04.50	37'07.00	38'02.75	39'07.00	39'01.75	
39'07.75						
Phillips	37'02.75	37'08.75	39'04.50	37'09.25	37'00.25	
37'04.50						
Yarkosky	37'04.50	37'04.75	38'09.50			
Linnebrink	35'10.50	37'05.25	foul			
Ostwinkle	36'00.25	37'03.50	35'02			
Price	37'02.75	36'06.25	36'06.00			
Steines	36'11.00	foul	foul			
Holland	35'08.00	36'07.75	35'05.25			
Hatfield	36'00.75	33'00.75	36'02.25			
Stringfellow	34'10.75	34'06.25	35'10.75			
Egli	35'09.25	foul	35'05.50			
Barker	35'06.00	34'08.00	34'08.75			
Edwards	33'00.00	34'01.75	35'00.00			
Gamble	34'07.50	34'10.00	foul			
Church	33'07.00	34'03.25	34'09.75			
Richard	33'07.50	34'03.00	34'04.50			
Leslein	33'09.75	34'02.00	foul			
Bates	33'04.00	foul	33'07.75			

DISCUS

1	Abby Emsick, Lewis Central	JR	144'02"
	(43.94m)		
2	Kim Hansen, Cedar Falls	SR	140'08"
	(42.88m)		
3	Aubrey Martin, Muscatine	JR	132'00"
	(40.23m)		
4	Tiffany Steines, Dubuque Wahlert	SR	124'05"
	(37.92m)		
5	Kesley Egli, Cedar Falls	JR	123'05"
	(37.62m)		
6	Brien Richard, Denison-Schleswig	JR	122'06"
	(37.34m)		
7	Beth Aunan, Iowa City West	SR	120'00"
	(36.58m)		

8	Mikayla Larsen, CB Thomas Jefferson	JR	119'02"
(36.32m)			
9	Amy Beringer, Sioux City North	JR	119'00"
(36.27m)			
10	Lindsey Pleuss, Boone	SR	118'01"
(35.99m)			
11	Amy Waggoner, Marshalltown	FR	116'02"
(35.41m)			
12	Kellie Price, CB Abraham Lincoln	SO	114'11"
(35.03m)			
13	Jessica Elliott, Iowa City High	SO	114'03"
(34.82m)			
14	Stacy Boerema, Clinton	JR	113'02"
(34.49m)			
15	Morgen Edwards, Cedar Rapids Jefferson	JR	112'05"
(34.26m)			
16	Tara King, Ottumwa	JR	109'11"
(33.50m)			
17	Holly Joens, Cedar Rapids Xavier	SO	108'09"
(33.15m)			
18	Betsy Funk, Urbandale	JR	108'01"
(32.94m)			
19	Megan Bustin, West Des Moines Dowling	JR	107'04"
(32.72m)			
20	Leslie Sheridan, Dubuque Wahlert	JR	105'04"
(32.11m)			
21	Tara Davis, Spencer	SR	105'03"
(32.08m)			
22	Joli Coil, Waverly-Shell Rock	SR	104'08"
(31.90m)			
23	Julie Wittrock, Boone	SO	104'05"
(31.83m)			
24	Katie Kelly, Charles City	SR	103'11"
(31.67m)			

SERIES						
Emsick	123'05"	136'10"	140'08"	foul	143'02"	
133'05"						
Hansen	123'05"	136'10"	140'08"	scratch	136'11"	
140'08"						
Martin	127'10"	123'10"	foul	121'05"	126'00"	
132'01"						
Steines	124'05"	119'10"	119'09"	112'11"	114'05"	
113'05"						
Egli	120'06"	108'03"	117'00"	123'05"	109'07"	
118'10"						
Richard	117'05"	122'06:	foul	116'00"	foul	
118'03"						
Aunan	112'00"	116'08"	120'00"	113'11"	114'00"	
116'04"						
Larson	100'00"	115'03"	119'03"	foul	111'06"	
117'11"						
Beringer	114'08"	119'00"	106'08"			
Pleuss	foul	107'11"	118'01"			

Waggoner	107'08"	116'02"	108'06"
Price	foul	105'07"	114'11"
Elliott	107'08"	116'02"	108'06"
Boerema	105'05"	108'04"	113'02"
Edwards	105'06"	104'02"	112'05"
King	114'03"	113'09"	foul
Joens	104'00"	108'09"	103'00"
Funk	100'08"	097'06"	108'01"
Bustin	foul	096'02"	107'04"
Sheridan	097'05"	105'04"	foul
Davis	109'11"	105'03"	foul
Coil	foul	105'08"	foul
Wittrock	104'04"	092'05"	104'05"
Kelly	103'11"	103'03"	foul

4x100-METER RELAY

1	CEDAR RAPIDS WASHINGTON	48.80
	(Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	
2	CEDAR RAPIDS JEFFERSON	49.21
	(Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp)	
3	MARSHALLTOWN	49.64
	(Abby Vanderah, Tiffany Cruickshank Alison Burns, Beth Michael)	
4	CLINTON	50.64
	(Hillary Armstrong, Lyndsey Kroymann Sara Deters, Stacy Lawrence)	
5	CEDAR FALLS	50.69
	(Heidi Brody, Carly Miller Yolonda Little, Shatrece Burt)	
6	WEST DES MOINES DOWLING	50.82
	(Amy Howe, Erin Fitzgerald Maggie Dohrmann, Meghan Menough)	
7	JOHNSTON	51.36
	(Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch)	
999	DUBUQUE WAHLERT (2-3 oozone)	DQ-50.79
	(Leah Driscoll, Kristen Anglin Amanda Reiss, Stephanie Herbst)	

Heat 1

1	MARSHALLTOWN	49.57 Q
	(Abby Vanderah, Tiffany Cruickshank Alison Burns, Beth Michael)	
2	DUBUQUE WAHLERT	50.13 Q
	(Leah Driscoll, Kristen Anglin Amanda Reiss, Stephanie Herbst)	
3	CEDAR FALLS	50.28 Q
	(Heidi Brody, Carly Miller Yolonda Little, Shatrece Burt)	
4	CLINTON	50.66 Q
	(Hillary Armstrong, Lyndsey Kroymann)	

	Sara Deters, Stacy Lawrence)	
5	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Angel Ejiasi, Debbie Akerly)	51.23
6	CEDAR RAPIDS KENNEDY (Melissa Kane, Lynette Wilson Raeannon Fairlie, Kourtney Kelso)	51.85
7	SIOUX CITY NORTH (Jacinta Ojinnaka, Amanda Wilch Kristi Hendrichsen, Lee Ann Holland)	51.92
8	DAVENPORT NORTH (Kendra Maxwell, Breanna Manders Marcia Hare, Courtney Sisk)	52.36
	Heat 2	
1	CEDAR RAPIDS JEFFERSON (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp)	50.02 Q
2	WEST DES MOINES DOWLING (Amy Howe, Erin Fitzgerald Maggie Dohrmann, Meghan Menough)	50.70 Q
3	JOHNSTON (Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch)	50.83 Q
4	SPENCER (Kasey McDaniel, Amy Lensing Abby Hill, Megan Nuebel)	50.86
5	SIOUX CITY HEELAN (Melissa Rhinehart, Sheena Wright Jessica Hooks, Kara Fenceroy)	51.17
6	BURLINGTON (Joanna Opiekun, Carissa Overstreet Cara Young, Blair Anderson)	51.84
7	MOUNT PLEASANT (Danielle Hutchinson, Catie Moore Stephanie Duckett, Haley Sinn)	52.01
8	IOWA CITY HIGH (Morgan Rohrbach, Maya Monitto-Weber Virginia Dreier, Elizabeth Matzen)	52.44
	Heat 3	
1	CEDAR RAPIDS WASHINGTON (Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	49.10 Q
2	WEST DES MOINES VALLEY (Aubrie Fontanini, Jessica Tracy Alisa Scarrow, Lacy Brunnette)	50.84
3	MUSCATINE (Sara Adkins, Natalie Hetzler Becca Siler, Sarah Riedel)	50.92
4	DUBUQUE SENIOR (Jordan Hougham, Tonya Ansel Carrie Jenamen, Madeline Schlenczek)	51.05
5	ANKENY (Jenna Lago, Haley Younger Lindsay McCracken, Kylie Lago)	51.06

6	MASON CITY (Nicole Carroll, Ana Ziegler Julie Jacobson, Kayla Sautter)	51.44
7	NEWTON (Jessica Carson, Annie Marshall Tori Dunham, Alicia Graber)	51.75
8	NORTH SCOTT (Amanda Wilford, Lisa Hildebrandd Becca Lewandowski, Mindy Heidgerken)	53.25

4x200-METER RELAY

1	CEDAR RAPIDS WASHINGTON (Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	1:43.66
2	CEDAR RAPIDS JEFFERSON (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp)	1:44.59
3	ANKENY (Sarah Lindner, Kylie Lago Haley Younger, Lindsay McCracken)	1:44.88
4	WEST DELAWARE (Megan Nieman, Abby Lahr Deb Durey, Angie German)	1:46.03
5	SIOUX CITY HEELAN (Melissa Rhinehart, Brooke Niles Jessica Hooks, Kara Fenceroy)	1:46.72
6	DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Nina Schnee, Amanda Oostendorp)	1:46.76
7	CEDAR RAPIDS PRAIRIE (Amber Schilling, Debbie Akerly Melissa Langhurst, Ashley Baird)	1:47.68
999	WEST DES MOINES DOWLING (2-3 ooz) (Jamie Powers, Cat Ramirez Maggie Dohrmann, Meghan Menough)	DQ-1:45.73

Heat 1

1	ANKENY (Sarah Lindner, Kylie Lago Haley Younger, Lindsay McCracken)	1:44.54 Q
2	CEDAR RAPIDS PRAIRIE (Amber Schilling, Debbie Akerly Melissa Langhurst, Ashley Baird)	1:46.41 Q
3	SIOUX CITY NORTH (Jacinta Ojinnaka, Marie Lucas Lee Ann Holland, Carrie Cale)	1:47.74
4	URBANDALE (Kim Hibbert, Tessa Prati Allison Ripperger, Dana Hanson)	1:47.89
5	OSKALOOSA (Gina Messamer, Kristen Foster Amanda Knoot, Hilary Grotewold)	1:48.58

6	MOUNT PLEASANT (Danielle Hutchinson, Catie Moore Cherie Nichting, Stephanie Duckett)	1:48.60
7	AMES (Megan Maher, Kim Rodgers Laura Skladany, Kesha Johns)	1:48.76
8	BETTENDORF (Lauraen Kasper, Jenny Frels Erin Riley, Jenny Eisenlauer)	1:49.98
	Heat 2	
1	CEDAR RAPIDS JEFFERSON (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp)	1:44.80 Q
2	DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Nina Schnee, Amanda Oostendorp)	1:46.54 Q
3	WEST DES MOINES VALLEY (Aubrie Fontanini, Carolyn Schoen Sarah Best, Lacy Brunnette)	1:47.40
4	CEDAR RAPIDS KENNEDY (Kourtney Kelso, Raeannon Fairlie Kristi Muench, Lynette Wilson)	1:47.66
5	OTTUMWA (Hannah Elkins, Emily Roberts Brandie Moore, Katie Paulsen)	1:47.76
6	SPENCER (Megan Nuebel, Mandi Mesner Afton Erick, Abby Hill)	1:47.80
7	IOWA CITY WEST (Liz Huntley, Marla Froelich Alyssa Cress, Christen Karniski)	1:49.11
8	IOWA CITY HIGH (Ashton Strickland, Katie Lynch Heaven Tutson, Tiffany Belmont)	1:50.58
	Heat 3	
1	CEDAR RAPIDS WASHINGTON (Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	1:44.21 Q
2	WEST DELAWARE (Megan Nieman, Abby Lahr Deb Durey, Angie German)	1:44.51 Q
3	WEST DES MOINES DOWLING (Jamie Powers, Cat Ramirez Maggie Dohrmann, Meghan Menough)	1:45.12 Q
4	SIOUX CITY HEELAN (Melissa Rhinehart, Brooke Niles Jessica Hooks, Kara Fenceroy)	1:46.22 Q
5	CEDAR RAPIDS XAVIER (RyAnne Ridge, Madelyn Pilcher Abby Zipperer, Jenny Lorenson)	1:47.67
6	MARSHALLTOWN (Sarah Otten, Kalynn Rowley Brittany Garland, Abby Vanderah)	1:48.10
7	CLINTON	1:48.28

(Hillary Armstrong, Angie Hensel
Sara Deters, Hadley Armstrong)
8 HARLAN 1:53.25
(Becky Mages, Michelle Grabill
Taryn Mathis, Amanda Cairney)

4x400-METER RELAY

1 LINN-MAR 3:56.96
(Katie Clymer 62.3, Tara Hansen 59.0
Brooke Rhatigan 59.1, Ashley Williams 56.6)
2 IOWA CITY WEST 3:56.98
(Lara Janson 60.3, Avery Bang 60.0
Lindsey Windauer 58.4, Lynn Dobyms 58.3)
3 AMES 3:59.75
(Jessica Keefe 60.9, Erica Lynn 60.8
Kesha Johns 59.8, Kylan Loney 58.2)
4 IOWA CITY HIGH 3:59.87
(Meggan Reed 60.4, Katie Hill 58.7
Kelsie Linder 60.0, Monica Mims 60.7)
5 HARLAN 4:00.25
(Katie Hosack 61.9, Leah Koesters 60.0
Sondra Rauterkus 60.6, Linnea Hopp 57.7)
6 WEST DES MOINES VALLEY 4:05.08
(Sara Boisen 62.0, Sarah Best 60.9
Stephanie Perkins 61.6, Christy Drescher 60.5)
7 CEDAR FALLS 4:05.26
(Heidi Brody 61.0, Ashley Barkema 62.6
Jess Bates 61.7, Chelsey Dempster 59.9)
8 OTTUMWA 4:08.81
(Brandie Moore 63.2, Melissa Ebelscheiser 63.8
Katie Paulsen 62.9, Hannah Elkins 59.9)

Heat 1

1 LINN-MAR 4:00.81 Q
(Katie Clymer 61.9, Tara Hansen 59.1
Brooke Rhatigan 61.5, Ashley Williams 58.2)
2 IOWA CITY HIGH 4:01.33 Q
(Meggan Reed 60.4, Katie Hill 60.4
Kelsie Linder 61.8, Monica Mims 58.7)
3 SIOUX CITY HEELAN 4:04.25
(Melissa Rhinehart 61.8, Anne Berger 60.9
Karla Block 62.6, Brooke Niles 59.4)
4 CEDAR RAPIDS XAVIER 4:08.63
(Abby Zipperer 63.4, RyAnne Ridge 60.7
Shannon Ridge 62.0, Dani Anderson 62.5)
5 WEST DES MOINES DOWLING 4:08.84
(Allie Thrall 61.6, Nellie Walsh 63.6
Emily Nessler 62.4, Beth Abramovich 61.2)
6 BOONE 4:09.36
(Megan Montag 61.0, Kristin Anderson 63.6
Alicia Irons 61.4, Jessica Moul 63.4)
7 CLINTON 4:10.50

	(Megan Vens 63.9, Angie Hensel 63.1 Kara Yahn 62.5, Hadley Armstrong 59.3)	
8	MASON CITY	4:12.79
	(Shauna Olson 63.4, Hollie Walusz 62.5 Sam Schmidt 62.4, Julie Jacobson 64.4)	
	Heat 2	
1	AMES	4:01.74 Q
	(Jessica Keefe 61.5, Erica Lynn 60.8 Kesha Johns 60.8, Kylan Loney 58.6)	
2	HARLAN	4:01.82 Q
	(Katie Hosack 61.6, Leah Koesters 60.1 Sondra Rauterkus 62.6, Linnea Hopp 58.8)	
3	WEST DES MOINES VALLEY	4:03.18 Q
	(Sara Boisen 61.2, Sarah Best 60.8 Stephanie Perkins 60.6, Christy Drescher 60.5)	
4	CEDAR FALLS	4:03.64 Q
	(Heidi Brody 59.4, Ashley Barkema 62.0 Jess Bates 61.8, Chelsey Dempster 60.4)	
5	ANKENY	4:04.22
	(Haley Younger 60.7, Kelsey McKimpson 61.7 Lindsay McCracken 59.8, Katy Fuchtman 62.0)	
6	SIOUX CITY NORTH	4:10.25
	(Marie Lucas 62.3, Carrie Cale 62.0 Katie Yockey 63.1, Alex Wink 62.8)	
7	OSKALOOSA	4:12.05
	(Hilary Grotewold 63.0, Kasey Kerr 65.4 Gina Messamer 61.7, Jennifer Snowbarger 61.9)	
8	URBANDALE	4:13.05
	(Ashley Wilson 62.2, Allison Ripperger 63.8 Tessa Prati 63.5, Dana Hanson 63.6)	
	Heat 3	
1	IOWA CITY WEST	4:02.65 Q
	(Lara Janson 61.2, Avery Bang 61.5 Lindsey Windauer 60.4, Lynn Dobyys 59.8)	
2	OTTUMWA	4:04.17 Q
	(Brandie Moore 62.3, Melissa Ebelscheiser Katie Paulsen, Hannah Elkins 58.9)	
3	CHARLES CITY	4:06.23
	(Sheena Sullivan 62.8, Kari Hutchinson 62.1 Kristyn Ferris 61.8, Jamie Hutchinson 59.5)	
4	DUBUQUE WAHLERT	4:07.49
	(Emily Roling 63.0, Courtney Kass 62.4 Emily May 62.0, Stephanie May 60.0)	
5	DECORAH	4:07.85
	(Angie Kerndt 63.0, Kara Lukes Hannah Huinker, Mandy Reddel 60.0)	
6	JOHNSTON	4:09.46
	(Chelsea Hudson 63.0, Kristin Way Lizz Swanson, Sarah Kiester 62.3)	
7	PLEASANT VALLEY	4:13.70
	(Karina Carson 64.7, Jen Wendt 60.8 Maggie Allen 65.6, Amanda Bales 62.6)	
8	MOUNT PLEASANT	4:18.37
	(Jamie McLaughlin 63.7, Jayme Jandrey 63.3)	

Jill Moeller 67.2, Cherie Nichting 64.2)

4x800-METER RELAY

1	IOWA CITY WEST (Shirley Stern 2:27.2, Lynn Dobyngs 2:18.1 Lauren Levy 2:16.5, Jeni Frudden 2:15.2)	09:17.02
2	MOUNT PLEASANT (Jill Moeller 2:24.9, Robyn Werner 2:17.0 Jessica Schultz 2:23.2, Allison Werner 2:16.2)	09:21.35
3	IOWA CITY HIGH (Meggan Reed 2:19.4, Ali Kirsch 2:23.1 Katie Funk 2:22.8, Jennie Funk 2:18.2)	09:24.16
4	WEST DES MOINES DOWLING (Allie Thrall 2:19.7, Sarah Bird 2:23.2 Emily Nessler 2:22.8, Beth Abramovich 2:19.2)	09:24.93
5	DUBUQUE WAHLERT (Celie Corken 2:23.7, Sara Fassbinder 2:20.7 Melissa Meyer 2:24.5, Stephanie May 2:22.4)	09:31.44
6	MARSHALLTOWN (Andrea Lowry 2:21.6, Katie Brown 2:21.9 Kate Greer 2:25.7, Jannae Holubar 2:23.3)	09:32.72
7	CEDAR RAPIDS WASHINGTON (Suzanne Crumley 2:25.3, Zoe Marquardt 2:29.1 Kelly Baustian 2:24.7, Shannon Oster 2:18.4)	09:37.75
8	ANKENY (Kelsey Andresen 2:21.9, Kelsey McKimpson 2:24.1 Dawn Caffrey 2:23.4, Katy Fuchtman 2:28.4)	09:37.85
9	CEDAR FALLS (Jess Bates, Cassie Naaktgeboren Kira Anderson, Chelsey Dempster)	09:43.70
10	WEST DES MOINES VALLEY (Christy Drescher 2:26.5, Lauren Hill 2:23.9 Ashley Culp 2:31.3, Stephanie Perkins 2:23.8)	09:45.48
11	AMES (Julie Reger 2:25.5, Colleen Armstrong 2:27.2 Jackie Brannan 2:30.0, Rachel Tapper 2:29.7)	09:48.08
12	SIOUX CITY HEELAN (Jessica Pape 2:25.6, Sarah Pattison 2:38.4 Anne Berger 2:21.3, Karla Block 2:23.0)	09:49.37
13	MASON CITY (Janelle Platts, Melissa Barnes Aimee Nielsen, Hollie Walusz)	09:49.63
14	FAIRFIELD (Lindsay Smith 2:24.8, Kari Hunerdosse Casey Hornick 2:24.2, Cassie Schmitz)	09:53.18
15	INDIANOLA (Shaela Bresnan, Heather Elliott Stacie Suntken, Rhiannon Lyon)	09:55.15
16	DECORAH (Hannah Huinker, Jessie Leuschen Mandy Reddel, Christina Gaard)	09:55.48
17	WAVERLY-SHELL ROCK	09:55.48

	(Randi Mehmen 2:26.6, Rhonda Harmening 2:28.7 Cathryn Henning 2:30.2, Staci Ruebel 2:29.9)	
18	DENISON-SCHLESWIG (Jodi Boeck 2:26.1, Rachelle Kuhlmann 2:34.1 Chelsea Gustafson 2:31.2, Liz Peterson 2:28.3)	09:59.79
19	MUSCATINE (Heather Maxwell, Leslie Morales Cori Moore, Sarah Lacina)	10:02.78
20	SIOUX CITY NORTH (Holly Boston, Katie Stewart Madison Davis, Sharon Benzoni)	10:04.84
21	HARLAN (Megan Anderson, Renee Schechinger Ashley Goeser, Sara Reinig)	10:07.24
22	CEDAR RAPIDS XAVIER (Emily Sadler, Caitlinn Curphey Kristin Jennings, Elise Voss)	10:17.04
23	DAVENPORT CENTRAL (Cathleen Miller, Rathi Ravikumar Beth Cunningham, Jill Robertson)	10:19.65
999	PLEASANT VALLEY (Karina Carson, Jackie Kubik Jen Wendt, Amanda Bales)	DNF

SPRINT MEDLEY RELAY

1	IOWA CITY HIGH (Morgan Rohrbach, Maya Monitto-Weber Virginia Dreier, Monica Mims 57.6)	1:49.88
2	JOHNSTON (Amanda Hyde, Lindsey Way Lindsay Ruisch, Jenny Carbone 58.3)	1:49.89
3	CEDAR FALLS (Danielle Barkema, Carly Miller Shatrece Burt, Heidi Brody 58.2)	1:50.25
4	DUBUQUE SENIOR (Jordan Hougham, Madeline Schlenzcek Pam Orris, Mary Ann Schilling 59.5)	1:51.12
5	WEST DES MOINES DOWLING (Amy Howe, Erin Fitzgerald Jamie Powers, Cat Ramirez 59.5)	1:51.80
6	ANKENY (Sarah Lindner, Kylie Lago Haley Younger, Lindsay McCracken 60.2)	1:51.96
7	CEDAR RAPIDS XAVIER (Madelyn Pilcher, Abby Zipperer Jenny Lorenson, RyAnne Ridge 60.4)	1:53.71
8	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Ashley Baird, Debbie Akerly 61.5)	1:54.36

Heat 1

1	IOWA CITY HIGH	1:50.50 Q
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**(Morgan Rohrbach, Maya Monitto-Weber
Virginia Dreier, Monica Mims 58.7)**

2	DUBUQUE SENIOR (Jordan Hougham, Madeline Schlenzcek Pam Orris, Mary Ann Schilling 59.8)	1:50.73 Q
3	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Ashley Baird, Debbie Akerly 58.7)	1:52.17 Q
4	WEST DES MOINES VALLEY (Alisa Scarrow, Jessica Tracy Carolyn Schoen, Laura Burke 61.1)	1:54.86
5	LINN-MAR (Amanda Albaugh, Tara Hansen Lindsey Kaspari, Nicole Novy 61.5)	1:54.89
6	MUSCATINE (Laura Palmer, Valerie Vargus Margaret Lear, Natalie Hetzler 61.6)	1:55.50
7	SIOUX CITY HEELAN (Sheena Wright, Jessica Hooks Megan Iverson, Rachel Tritz 61.3)	1:56.50
8	CHARLES CITY (Katie Kelly, Laci Klinkel Sheena Sullivan, Kristyn Ferris 62.3)	1:56.56
	Heat 2	
1	JOHNSTON (Amanda Hyde, Lindsey Way Lindsay Ruisch, Jenny Carbone 57.2)	1:49.43 Q
2	WEST DES MOINES DOWLING (Amy Howe, Erin Fitzgerald Jamie Powers, Cat Ramirez 58.5)	1:50.77 Q
3	URBANDALE (Stacy Holthaus, Allison Ripperger Dana Hanson, Kim Hibbert 59.4)	1:52.34
4	WATERLOO WEST (Stephanie Brooks, Alison Lubbert Liz Bradfield, Dominique McNeal 60.3)	1:53.39
5	OSKALOOSA (Kristen Foster, Hayley Yarkosky Hilary Grotewold, Gina Messamer 60.7)	1:53.98
6	SIOUX CITY WEST (Jessica Winter, Jessica Kenagy Shanna Kissinger, Niya Branch 61.0)	1:54.32
7	MARSHALLTOWN (Alison Burns, Tiffany Cruickshank Sarah Otten, Kalynn Rowley 61.5)	1:55.08
8	NORTH SCOTT (Amanda Wilford, Mindy Heidgerken Brook Bowman, Abby Wiese 63.1)	1:56.20
	Heat 3	
1	ANKENY (Sarah Lindner, Kylie Lago Haley Younger, Lindsay McCracken 58.8)	1:50.30 Q
2	CEDAR FALLS (Danielle Barkema, Carly Miller	1:51.52 Q

3	SHATRECE BURT, HEIDI BRODY 59.8) CEDAR RAPIDS XAVIER (Madelyn Pilcher, Abby Zipperer Jenny Lorenson, RyAnne Ridge 59.8)	1:51.96 Q
4	DUBUQUE HEMPSTEAD (Emily Luensmann, Nina Schnee Allie Splinter, Rachael Kueter 60.7)	1:53.58
5	WEST DELAWARE (Andrea Bockenstedt, Allison Bockenstedt Abby Lahr, Megan Nieman 61.3)	1:54.05
6	FAIRFIELD (Callie Snead, Jessica Mantia Rachel Rebling, Lindsay Smith 60.7)	1:54.16
7	CEDAR RAPIDS JEFFERSON (Abby Tiedemann, Katie Cooper Tara Fry, Ashley Anderson 60.9)	1:54.26
8	AMES (Megan Maher, Abby Van Maaren Kim Rodgers, Amy Rodgers 62.4)	1:55.98

DISTANCE MEDLEY RELAY

1	IOWA CITY HIGH State Record! (Morgan Rohrbach, Elizabeth Matzen Monica Mims 58.2, Nelle Trefz 2:12.2)	4:03.56 (All-Time
2	MOUNT PLEASANT (Danielle Hutchinson, Haley Sinn Robyn Werner 59.2, Allison Werner 2:14.7)	4:06.86
3	IOWA CITY WEST (Christen Karniski, Lindsey Windauer Avery Bang 60.0, Lauren Levy 2:15.0)	4:07.89
4	PLEASANT VALLEY (Maggie Allen, Lindsey VenHorst Lauren Carruthers 61.2, Amanda Bales 2:13.8)	4:09.54
5	CEDAR RAPIDS JEFFERSON (Leslie Tiedtke, Ashley Anderson Alisha Culp 59.3, Kristin Scheumann 2:17.7)	4:10.34
6	SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles Anne Berger 60.9, Karla Block 2:20.00)	4:13.11
7	BOONE (Jessica Moul, Emily Greiner Megan Montag 60.1, Alicia Irons 2:18.6)	4:13.45
8	HARLAN (Katie Hosack, Sondra Rauterkus Allison Stracke 62.0, Linnea Hopp 2:20.1)	4:14.11
9	CEDAR RAPIDS XAVIER (Madelyn Pilcher, Dani Anderson Shannon Ridge 60.8, Megan Glover 2:18.4)	4:14.26
10	FAIRFIELD (Rachel Rebling, Amber Christopher Lindsay Smith, Casey Hornick)	4:14.83

11	MASON CITY (Ana Ziegler, Jennifer Low Julie Jacobson 61.9, Janelle Platts 2:19.2)	4:16.40
12	OTTUMWA (Hannah Elkins, Brandie Moore Katie Paulsen 58.9, Melissa Jay 2:23.3)	4:17.14
13	WATERLOO WEST (Stephanie Brooks, Alison Lubbert Dominque McNeal 62.1, Emily Shoopman 2:20.3)	4:17.90
14	MARSHALLTOWN (Sarah Otten, Abby Vanderah Alison Burns 60.2, Jannae Holubar 2:23.9)	4:17.91
15	WEST DES MOINES VALLEY (Aubrie Fontanini, Lacy Brunnette Christy Drescher 60.1, Lauren Hill 2:23.8)	4:18.50
16	CEDAR FALLS (Carly Miller, Shatrece Burt Ashley Barkema 63.4, Jess Bates 2:22.6)	4:18.87
17	AMES (Laura Skladany, Abby Van Maaren Amy Rodgers 62.6, Julie Reger 2:24.6)	4:21.83
18	NORTH SCOTT (Mindy Heidgerken, Becca Lewandowski Eden Olsen 63.3, Abby Wiese 2:23.9)	4:22.50
19	SPENCER (Mandi Mesner, Amy Lensing Afton Erick 61.1, Megan Riepma 2:24.5)	4:22.56
20	DUBUQUE WAHLERT (Rachel Herrig, Amanda Reiss Emily Roling 61.2, Tess Miller 2:29.4)	4:25.78
21	WEST DES MOINES DOWLING (Maggie Dohrmann, Nellie Walsh Anne Abramovich 61.8, Liz Lane 2:29.1)	4:25.94
22	DUBUQUE HEMPSTEAD (Rachael Kueter, Nina Schnee Allie Splinter 61.7, Julie White 2:29.6)	4:26.06
23	SOUTHEAST POLK (Danielle Davis, Ashley Sly Amber Johnson 63.5, Amy Garrett 2:27.5)	4:27.91
24	DUBUQUE SENIOR (Jordan Hougham, Chelsea Lange Jenny Liphardt 64.0, Carolyn Sinsky 2:30.6)	4:30.14

SHUTTLE HURDLE RELAY

1	WEST DES MOINES DOWLING (Erin Fitzgerald 15.2, Tanya Miller 16.0 Amy Howe 15.8, Molly Nauman 15.6)	1:02.63
2	AMES (Carly Mortensen 15.9, Erica Lynn 14.8 Jessica Keefe 16.2, Kylan Loney 15.7)	1:02.64
3	WEST DES MOINES VALLEY (Lindsay Anderson 15.4, Carolyn Schoen 16.1)	1:02.87

	Sara Boisen 15.7, Allie Karns 15.6)	
4	IOWA CITY HIGH (Emily Triplett 15.8, Katie Fraga 15.9 Virginia Dreier 16.5, Maya Monitto-Weber 15.0)	1:03.48
5	CLINTON (Kara Yahn, Lyndsey Kroymann Stacy Boerema, Tara Jetter)	1:03.63
6	MASON CITY (Nicole Carroll, Danielle Hill Emily Silberstein, Kayla Sautter)	1:03.96
7	SIOUX CITY EAST (Laura Tomes, Laura Brouwer Chauntee Alfredson, Katie O'Bryne)	1:04.30
8	WEST DELAWARE (Megan Nieman, Deb Durey Amy Klostermann, Angie German)	1:12.44
Heat 1		
1	IOWA CITY HIGH (Emily Triplett 16.4, Katie Fraga 15.8 Virginia Dreier 16.3, Maya Monitto-Weber 15.1)	1:03.67 Q
2	SIOUX CITY EAST (Laura Tomes 15.4, Laura Brouwer 16.6 Chauntee Alfredson 17.3, Katie O'Bryne 16.1)	1:05.13 Q
3	SOUTHEAST POLK (Marisol Lopez, Jenna Wilkin Lindsey Denning, Megan Nielsen)	1:06.27
4	ANKENY (Michelle Gee, Cyndi O'Hern Iveree Christians, MacKenzie Heston)	1:06.94
Heat 2		
1	WEST DES MOINES DOWLING (Erin Fitzgerald 15.5, Amy Howe 16.0 Tanya Miller 16.7, Molly Nauman 15.6)	1:03.83 Q
2	MASON CITY (Nicole Carroll 16.2, Danielle Hill 16.9 Emily Silberstein 17.0, Kayla Sautter 14.9)	1:04.71 Q
3	SPENCER (Kasey McDaniel, Katie Grave Jenny Kabrick, Angie Mahrt)	1:06.90
4	CEDAR RAPIDS JEFFERSON (Amy Rhoads, Ashley Havlicek Jenni Zearley, Andrea LeClere)	1:08.89
Heat 3		
1	CLINTON (Kara Yahn 16.0, Lyndsey Kroymann 15.9 Stacy Boerema 15.8, Tara Jetter 15.3)	1:03.03 Q
2	LEWIS CENTRAL (JJ Padilla 16.6, Rachel Hildreth 17.0 Kellie Evans 16.9, Becky Lauver 15.0)	1:05.53
3	CEDAR RAPIDS WASHINGTON (Renee Golinvou, Cara Ross Ashley Edmonds, Amanda Faas)	1:07.28
4	MUSCATINE	1:08.29

(Katie Petersen, Natalie Wieskamp
Ashley Carlson, Becca Siler)

Heat 4

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|---|---|-----------|
| 1 | AMES | 1:03.16 Q |
| | (Jessica Keefe 16.5, Erica Lynn 14.7
Carly Mortensen 15.8, Kylan Loney 16.2) | |
| 2 | BURLINGTON | 1:06.11 |
| | (Hannah Luttenegger 17.1, Laura Maschmann 16.9
Kellie Huckins 17.3, Blair Anderson) 14.8 | |
| 3 | URBANDALE | 1:07.11 |
| | (Stacy Holthaus, Erica Heiden
Stephanie Accurso, Tessa Prati) | |
| 4 | FORT DODGE | 1:08.44 |
| | (Tristan Smith, Katie Craigmile
Missy Arends, Emily Burmeister) | |

Heat 5

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| 1 | WEST DES MOINES VALLEY | 1:03.04 Q |
| | (Lindsay Anderson 15.8, Sara Boisen 15.7
Carolyn Schoen 15.9, Allie Karns 15.7) | |
| 2 | OSKALOOSA | 1:05.52 |
| | (Ashley Moore, Angela Tapley
Jennifer Snowbarger, Jenni Rinehart) | |
| 3 | NEWTON | 1:05.57 |
| | (Tara Pollastrini 16.7, Cali Dunham 16.5
Tori Dunham 17.6, Brooke Plumb 14.8) | |
| 4 | DENISON-SCHLESWIG | 1:08.98 |
| | (Katie Kruse, Holli Hamilton
Sarah Heiden, Rachelle Kuhlmann) | |

Heat 6

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|---|--|-----------|
| 1 | WEST DELAWARE | 1:03.26 Q |
| | (Megan Nieman 16.8, Deb Durey 15.5
Amy Klostermann 15.5, Angie German 15.1) | |
| 2 | HARLAN | 1:06.03 |
| | (Taryn Mathis, Melissa Stewart
Liz Olson, Emily Hall) | |
| 3 | MOUNT PLEASANT | 1:07.01 |
| | (Cherie Nichting, Catie Moore
Alicia Meierotto, Haley Sinn) | |
| 4 | LINN-MAR | 1:09.19 |
| | (Abby Thompson, Kirsten Reck
Brooke Benesh, Laura Reck) | |