

TEAM SCORES

Iowa City High 111

Iowa City West 93.5
Cedar Rapids Prairie 56
Dubuque Senior 47.5
Cedar Falls 34
Cedar Rapids Kennedy 33
Cedar Rapids Xavier 29
Dubuque Whalert 29
Cedar Rapids Jefferson 25
Linn-Mar 20
Waterloo East 13
Waterloo West 12
Dubuque Hempstead 2
Cedar Rapids Washington 0

100 Meter Hurdles (PRELIMS)

Teesa Price ICH 14.423 1st-Lane 4

Jamie Nemmers CF 15.681 2nd-Lane 5
Ashley Tucker ICW 16.353 3rd-Lane 3
Katie Mailander CRX 16.428 4th-Lane 6
Keri Koser ICW 16.621 5th-Lane 2
Lori Smothers DS 16.708 6th-Lane 7
Kellie Smits CF 16.899 7th-Lane 1
Rashelle Whitson CRP 16.9 8th-Lane 8
Jenni Moser DH 16.915
Sarah Ernst CRK 16.964
Kiley Fedlar CRW 17.076
Andrea LeClere CRJ 17.141
Beth Herbst DW 17.184
Amy Rhoads CRJ 17.206
Melanie Spiegel DW 17.324

Megan Kennedy ICH 17.385

Abby Thompson LM 17.478
Madelyn Pilcher CRX 17.524
Megan Cesareti DS 17.782
Allison Frederick WW 17.844
Jennifer Radziewicz WE 17.978

Megan Morse CRW 18.247
Jessica Ehlers CRK 18.285
Katie Marshall WW 19.24
Tiffany O'Brien WE 19.285
Nicole Cross DH 19.41
Heidi Looney LM 22.41

100 Meter Dash (PRELIMS)

Teesa Price ICH 12.548 1st-Lane 4

Tina Klith CRP 12.846 2nd-Lane 5
Rasheeda Jones WE 13.043 3rd-Lane 3
Pam Orris DS 13.094 4th-Lane 6
Jessica Clapp WW 13.316 5th-Lane 2

Melissa Holland ICH 13.351 6th-Lane 7

Abby Tiedemann CFJ 13.424 7th-Lane 1
Amber Schilling CRP 13.556 8th-Lane 8
Leah Driscoll DW 13.563
Redding DS 13.727
Amanda Albaugh LM 13.78
Melissa Meng ICW 13.783
Abby Buckwalter ICW 13.844
Jenny Kremer DW 13.851
Katie Bogguss CRW 13.899
Mimi Nguyen WW 14
Lynn Abraham CRX 14.107
Kris Hansen CRJ 14.153
Alynsia Bell CRW 14.268
Teri Siers CF 14.282
Brooke Benesh LM 14.481
Angel Browning CRK 14.872
Dawa Smith CRK 15.039
Nicole Cross DH 15.424
Sara White DH 16.758

200 Meter Dash (PRELIMS)

Fiona Asigbee CRP 26.993 1st-Lane 4
Millman DS 27.133 2nd-Lane 5

Jenny Lorensen CRX 27.246 3rd-Lane3
Ashley Williams LM 27.72 4th-Lane 6
Tajah Theroith WE 27.821 5th-Lane2
Jenny Strienz ICW 28.017 6th-Lane7
Shannon Ridge CRX 28.239 7th-Lane1
Paisley DW 28.246 8th-Lane 8
Afor Niji CRW 28.281
Jill Coan ICW 28.32
Allie Splinter DH 28.815
Tracy Stranathan CRW 28.954

Buetner ICH 29.068

Ellen Ridler CRK 29.083
Teri Siers CF 29.54
Glenn CRJ 29.561
Chantelle Shea CRP 29.763
Hearn DS 29.801
Joyce Laursners LM 29.827
Alexa Knier DH 29.938
Amber Johnson WW 30.028
Jade Kacer CRJ 30.656
Chelsey Meier CRK 31.202
Chelsey Bahlmann WW 35.819

3000 Meter Run

Record: Sarah Gray, CF - 10:26.32 (1997)

1st Michelle Lilienthal ICH 9:55.378 -NEW RECORD

2nd Molly Meng ICH 11:06.284

3rd Nicole Wood DW 11:12.048
4th Heidi Landhere LM 11:15.742
5th Julie White DH 11:22.828
6th Katie Well ICW 11:29.832

4 x 800 Meter Relay

Record: Dubuque Wahlert, 9:33.80 (1987)

1st ICW 9:26.448 -NEW RECORD

**2nd ICH (Patricia Ekiring, Kelsie Linder, Michelle Lake, Kirsty Moreno)
9:42.031**

3rd DW 10:00.094
4th CF 10:05.275

5th CRJ 10:05.569
6th DS 10:09.861

Shuttle Hurdle Relay

Record: IC West, 1:03.60 (1999)

1st ICW 1:03.512 -NEW RECORD

2nd CRK 1:08.292

3rd ICH (Laura Haas, Maureen Tabor, Lisa Croker, Katy Fraga) 1:09.138

4th DW 1:09.509

5th CRJ 1:10.040

6th DS 1:11.542

CF 1:11.592

DH 1:11.801

LM 1:11.910

CRW 1:13.497

WW 1:14.632

Distance Medley

Record: IC City High - 4:09.90 (1992)

1st ICW 4:19.219

2nd DS 4:26.694

3rd CF 4:29.598

4t ICH (Morgan Rohrbach, Jill Teimeyer, Katie Hill, Molly Gable) 4:30.124

5th CRP 4:37.028

6th DW 4:39.644

LM 4:42.145

CRW 4:45.340

CRJ 4:45.409

CRK 4:59.597

WE 5:03.429

DH 5:10.800

WW 5:11.710

100 Meter Dash

Record: Robin Threatt, CRJ - :12.10 (1988)

1st Pam Orris DS 12.478

2nd Teesa Price ICH 12.538

3rd Tina Klith CRP 12.606

4th RasheedaJones WE 13.172

5th Jessica Clapp WW 13.312

6th Abby Tiedemann CRJ 13.532

400 Meter Dash

Record: Jill Myatt, ICC - :57.24 (1993)

1st Maria Johnson CRX 0:59.951

2nd Ashley Baird CRP 1:00.428

3rd Patricia Ekiring ICH 1:01.835

4th Erin Fantroy WW 1:04.318

5th Erin Johnson CRK 1:04.431

6th Missy Miller ICW 1:04.770

Elizabeth Wurster ICW 1:05.298

Katie Burkhardt CF 1:05.951

Kelly Hrycyshyn CRJ 1:06.012

Nikki Damgaard CF 1:06.139

Haily Neisis DW 1:07.071

Nicole Fondel DS 1:08.049

Steph Walker LM 1:09.320

Jessi Papelka CRJ 1:09.557

Lindsay Smith CRW 1:09.801

Geisie DW 1:11.865

Sarah Myelenbrick DH 1:12.496

Alissa Sorg CRP 1:13.835

4 x 200 Meter Relay

Record: IC City High - 1:43.46 (1997)

1st DS 1:44.473

2nd CRP 1:44.612

**3rd ICH (Amanda Nearad, Elizabeth Matzen, Amber Starr, Nicole Gatens)
1:45.607**

4th ICW 1:47.354

5th WE 1:48.197

6th CRJ 1:49.153

CRX 1:51.928

CRW 1:52.713

DH 1:53.233
DW 1:55.280
CF 1:56.216

100 Meter Hurdles

Record: Tessa Price, ICC - :14.10 (1998)

1st Teesa Price ICH 14.688

2nd Jamie Nemmers CF 15.447
3rd Katie Mailander CRX 16.223
4th Ashley Tucker ICW 16.439
5th Keri Koser ICW 16.522
6th Lori Smothers DS 16.636

800 Meter Run

Record: Jan Sedlacek, CRJ - 2:17.28 (1981)

1st Leslie Smith ICW 2:20.443
2nd Ann Marie Noel DW 2:23.472
3rd Ann Heefner ICH 2:23.727
4th Shannon Geraghty CRX 2:24.273
5th Brittany Kieth ICW 2:26.015
6th Michelle Lake ICH 2:28.095
Melicia Patik CRP 2:44.597
Emily Karsten CRP 2:52.837
Beth Ratterman DH 2:57.043
Sara White DH 2:57.906
Heather Heit WE 3:13.335

200 Meter Dash

Record: Kristin Knight, ICC :25.03 (1999)

1st Fiona Asigbee CRP 26.229
2nd Jenny Lorenson CRX 26.945
3rd Millman DS 27.172
4th Ashley Williams LM 27.459
5th Jenny Strienz ICW 27.582
6th Tajah Theroith WE 27.954

400 Meter Hurdles

Record: Jill Myatt, ICC 1:04.68 (1992)

1st Teesa Price ICH 1:04.461 -NEW RECORD

2nd Jamie Nemmers CF 1:06.461

3rd Lara Johnson ICW 1:06.691

4th Sarah Ernst CRK 1:09.547

5th Kelsie Linder ICH 1:10.085

6th Jessica Johnson WE 1:10.172

Katie Mailander CRX 1:10.689

Anea LeClere CRJ 1:12.798

Kristin Guess CF 1:13.717

Madelyn Pilcher CRX 1:14.935

Jessi Zearley CRJ 1:15.221

Ellen Ridler CRK 1:15.269

Jennifer Nebraska LM 1:16.395

Renee Golinvaux CRW 1:17.345

Lindsey Drew LM 1:20.019

Sprint Medley

Record: CR Jefferson - 1:49.49 (1993)

**1st ICH (Amanda Nearad, Elizabeth Matzen, Nicole Gatens, Amber Starr)
1:50.056**

2nd DS 1:50.607

3rd WE 1:53.862

4th ICW 1:54.112

5th CF 1:55.539

6th CRP 1:56.170

CRX 1:59.082

DW 2:00.423

DH 2:00.803

CRW 2:04.669

WW 2:09.946

CRK 2:11.936

1500 Meter Run

Record: Michelle Lilienthal, ICC - 4:45.00 (1999)

1st Michelle Lilienhal ICH 4:36.676 -NEW RECORD

2nd Emily Schoopman WW 4:51.466

3rd Lindsay Wetzel ICH 4:55.263

4th Lauren Levy ICW 5:01.739

5th Masumi Fottral CRP 5:12.755

6th Sarah Lapp DS 5:13.152

4 x 100 Meter Relay

Record: IC City High - :49.39 (1997)

1st ICH (Morgan Rohrbach, Elizabeth Matzen, Melissa Holland, Amanda Nearad) 51.151

2nd CRJ 51.515

3rd ICW 51.872

4th CRP 52.164

5th CF 52.32

6th WW 52.814

DW 53.105

CRW 53.276

DH 54.056

CRX 54.467

LM 54.693

CRK 59.02

4 x 400 Meter Relay

Record: IC City High - 3:59.01 (1992)

1st CRP 4:00.621

2nd CRX 4:06.443

3rd LM 4:06.472

4th CRJ 4:06.695

5th ICH (Anne Heefner, Michelle Lake, Patricia Ekiring, Nicole Gatens) 4:08.958

6th DS 4:08.958

CRK 4:16.774

DH 4:27.178
CF 4:29.224
CRW 4:38.800

Long Jump

Record: Kendra Stannard, CRW - 18' 8" (1993)

Fiona Asigbee CRP 17' 8 1/2"

Teesa Price ICH 17' 7 3/4"

Sarah Ernst CRK 16' 7 1/4"

Carissa Salwey CRP 16' 5 1/2"

Theresa Redding DS 16' 1" TIE

Marla Froelich ICW 16' 1" TIE

High Jump

Record: A.Mudd, CRK & J.Gremmel, DW - 5' 6 1/2"

Brooke Zrudsky LM 5' 2"

Jill Arganbright ICW 5' 1"

Kourtney Kelso CRK 4' 10"

Katie Northrup DS 4' 10"

Carolyn Giese DW 4' 10"

Erin Coen CF 4' 10"

Discus

Record: Christy Hebert, CRJ - 140' 2" (1992)

Devin Achenbach CRK 137' 10"

Mareen Head ICW 120' 8"

Sue Stoffel DW 120' 6"

Kim Hansen CF 110'

Mandy Brant DW 103' 11"

Kim Jenkins CRJ 101' 4"

Shot Put

Record: Amy Herrig, DS - 43' 2 3/4" (1994)

Head ICW 41' 10 1/2"

Jenkins CRJ 41' 8 1/2"

Achenbach CRK 40' 1"

Hansen CF 38' 5"

Sawyer ICW 37' 3"
Hinz CF 37'