

2000 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS

Class 3A Results

****Michelle Lilienthal wins 3 events****

****Nicole Gatens gets 18th & 19th relay
medals****

****City gets 7th top 3 finish in eight years****

3A TEAM SCORING

1	Iowa City West	56
2	Iowa City High	48
3	Des Moines Roosevelt	42
4	West Des Moines Valley	34
5	Dubuque Senior	27
6	Sioux City Heelan	23
7	Cedar Rapids Prairie	21
8	Lewis Central	19
9	Ankeny	18
9	Clinton	18
11	Mount Pleasant	16
11	Newton	16
13	Oskaloosa	14
14	Fort Madison	12
14	Harlan	12
16	Sioux City West	11
17	Ames	10
18	Spencer	9
19	Dubuque Wahlert	8
19	Muscatine	8
19	West Delaware	8
22	CB Abraham Lincoln	7
22	Cedar Falls	7
22	Indianola	7
22	Pleasant Valley	7
22	West Des Moines Dowling	7
27	Burlington	6
27	Des Moines East	6
29	Marshalltown	5
29	Waterloo West	5

31	Cedar Rapids Jefferson	4
32	Cedar Rapids Kennedy	3
32	Davenport Central	3
34	Charles City	2
34	Fairfield	2
34	Linn-Mar	2
37	Bettendorf	1
37	Cedar Rapids Washington	1

3A 100-METER DASH FINAL

1	Lolo Jones, Des Moines Roosevelt,	12.24
2	Pam Orris, Dubuque Senior,	12.47
3	Tieesha Griffin, Sioux City West,	12.60
4	Sarah Riedel, Muscatine,	12.65
5	Ambre Moton, Ankeny,	12.67
6	Kristyn Barber, Cedar Rapids Washington,	12.79
7	Christen Karniski, Iowa City West,	12.81
8	Tiffany Cruikshank, Marshalltown,	13.05

Heat 1

1	Tieesha Griffin, Sioux City West,	12.55 Q
2	Ambre Moton, Ankeny,	12.55 Q
3	Allemeisha Tiesmann, Des Moines East,	13.12
4	Stephanie Burgmeier, Dubuque Wahlert,	13.29
5	Hannah Elkins, Ottumwa,	13.37
6	Becky Bartello, Newton,	13.47
999	Elizabeth Matzen, Iowa City High,	DNS
999	Sara Heying, Sioux City Heelan,	DNS

Heat 2

1	Sarah Riedel, Muscatine,	12.64 Q
2	Christen Karniski, Iowa City West,	12.66 Q
3	Kristyn Barber, Cedar Rapids Washington,	12.73 Q
4	Stacy Lawrence, Clinton,	13.04
5	Cassie Broome, Mason City,	13.24
6	Jessica Carson, Newton,	13.34
7	Lindsay Way, Johnston,	13.35
8	Abbi Orr, West Des Moines Valley,	13.52

Heat 3

1	Lolo Jones, Des Moines Roosevelt,	12.26 Q
2	Pam Orris, Dubuque Senior,	12.67 Q
3	Tiffany Cruikshank, Marshalltown,	12.86 Q
4	Kassie Daugherty, Davenport West,	13.27
5	Amy Bixler, Indianola,	13.34
5	Brook Bowman, North Scott,	13.34
999	Tina Klith, Cedar Rapids Prairie,	DNS
999	Amanda Johnston, Ankeny,	DNS

3A 200-METER DASH FINAL

1	Lolo Jones, Des Moines Roosevelt,	25.31
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2	Tieesha Griffin, Sioux City West,	25.87	
3	Tina Klith, Cedar Rapids Prairie,	25.92	
4	Sarah Riedel, Muscatine,	26.01	
5	Beth Michael, Marshalltown,	26.07	
6	Ambre Moton, Ankeny,	26.54	
7	Christy Muenzenberger, West Des Moines Valley,		26.67
8	Lindsay Ruisch, Johnston,	26.73	

Heat 1

1	Sarah Riedel, Muscatine,	26.03 Q	
2	Tina Klith, Cedar Rapids Prairie,	26.26 Q	
3	Amanda Reiss, Dubuque Wahlert,	27.07	
4	Katie Boggus, Cedar Rapids Washington,		27.33
5	Megan Sash, Oskaloosa,	28.05	
6	Anna Ziegler, Mason City,	28.15	
999	Pam Orris, Dubuque Senior,	DNF	
999	Rachel Rebling, Fairfield,	D-27.46	

Heat 2

1	Lolo Jones, Des Moines Roosevelt,	25.15 Q	
2	Tieesha Griffin, Sioux City West,	25.93 Q	
3	Christy Muenzenberger, West Des Moines Valley,		26.25 Q
4	Jenny Streinz, Iowa City West,	27.02	
5	Kim Hibbert, Urbandale,	27.26	
6	Allie Splinter, Dubuque Hempstead,	27.38	
7	Melissa Langhurst, Cedar Rapids Prairie,		27.67
8	Julie Gilbreath, Waverly-Shell Rock,	28.19	

Heat 3

1	Ambre Moton, Ankeny,	25.89 Q	
2	Beth Michael, Marshalltown,	25.97 Q	
3	Lindsay Ruisch, Johnston,	26.70 Q	
4	Amanda Oostendorp, Dubuque Hempstead,		27.32
5	Allemeisha Tiesmann, Des Moines East,		27.40
6	Mary Beth Leistad, Spencer,	28.21	
999	Amanda Nearad, Iowa City High,	DNS	
999	Brooke Niles, Sioux City Heelan,	DNS	

3A 400-METER DASH FINAL

1	Christy Muenzenberger, West Des Moines Valley,		0:57.16
2	Candi Jones, Oskaloosa,	0:57.84	
3	Steph Suntken, Indianola,	0:58.06	
4	Linnea Hopp, Harlan,	0:58.84	
5	Nicole Dougherty, Dubuque Senior,	0:59.19	
6	Lynn Dobyys, Iowa City West,	0:59.63	
7	Maria Johnson, Cedar Rapids Xavier,		1:00.07
999	Kylan Loney, Ames,	DNS	

Heat 1

1	Candi Jones, Oskaloosa,	0:58.36 Q	
2	Kylan Loney, Ames,	0:59.29 Q	
3	Anne Hamilton, North Scott,	1:00.93	
4	Emily Roling, Dubuque Wahlert,		1:01.77
5	Chelsi Auen, Spencer,	1:01.86	

999	Kelsey Linder, Iowa City High,	DNS	
999	Laura Keane, Sioux City Heelan,	DNS	
999	Erin Johnson, Cedar Rapids Kennedy,	D-1:00.06	
	Heat 2		
1	Christy Muenzenberger, West Des Moines Valley,		0:57.99 Q
2	Lynn Dobyys, Iowa City West,	0:59.10 Q	
3	Nicole Dougherty, Dubuque Senior,	0:59.11 Q	
4	Maria Johnson, Cedar Rapids Xavier,	0:59.24 Q	
5	Jessica Johnson, Waterloo East,	0:59.85	
6	Elizabeth Crispin, Des Moines Roosevelt,		1:00.14
7	Haley Adams, Davenport West,	1:03.28	
999	Afton Erick, Spencer,	DNS	
	Heat 3		
1	Steph Suntken, Indianola,	0:57.95 Q	
2	Linnea Hopp, Harlan,	0:59.07 Q	
3	Ellen Jackson, Lewis Central,	0:59.89	
4	Ashley Williams, Linn-Mar,	0:59.90	
5	Alison Burns, Marshalltown,	1:00.32	
6	Quinntesha Tillman, Waterloo East,		1:00.61
7	Katie Hill, Iowa City High,	1:01.29	
8	Megan Vens, Clinton,	1:01.60	

3A 800-METER RUN FINAL

1	Allison Werner, Mount Pleasant,	2:14.85 J	
2	Carey Morris, Fort Madison,	2:14.97 J	
3	Amanda Bales, Pleasant Valley,	2:15.89	
4	Wendy Shaw, Davenport Central,	2:16.88	
5	Elly Glass, Dubuque Senior,	2:16.89	
6	Beth Abramovich, West Des Moines Dowling,		2:16.90
7	Jeni Frudden, Iowa City West,	2:16.99	
8	Erin Kappeler, Bettendorf,	2:17.32	
9	Katy Grady, LeMars,	2:17.65	
10	Amy Garrett, Southeast Polk,	2:20.63	
11	Megan Glover, Cedar Rapids Xavier,	2:22.81	
12	Randi Mehmen, Waverly-Shell Rock,	2:23.68	
13	Jennifer Smith, Davenport North,	2:23.80	
14	Jackie Kubik, Pleasant Valley,	2:25.10	
15	Renee Begyn, Bettendorf,	2:25.21	
16	Robdu Adam, Iowa City West,	2:25.52	
17	Janelle Platts, Mason City,	2:26.10	
18	Ann Marie Noel, Dubuque Wahlert,	2:26.18	
19	Amanda Glynn, Cedar Rapids Xavier,	2:26.26	
20	Kristin Anderson, Boone,	2:26.62	
21	Kirsty Moreno, Iowa City High,	2:26.94	
22	Michelle Lake, Iowa City High,	2:27.57	
999	Anne Berger, Sioux City Heelan,	DNS	
999	Katie Berger, Sioux City Heelan,	DNS	

3A 1500-METER RUN FINAL

1	Michelle Lilienthal, Iowa City High,	4:34.42 J
2	Lesley Smith, Iowa City West,	4:43.14 J
3	Emily Shoopman, Waterloo West,	4:45.63 J
4	Elly Glass, Dubuque Senior,	4:48.43
5	Casey Owens, Des Moines Roosevelt,	4:48.84
6	Erin Kappeler, Bettendorf,	4:51.77
7	Nicole Wood, Dubuque Wahlert,	4:52.51
8	Lauren Levy, Iowa City West,	4:53.54
9	Lindsay Nye, Fort Madison,	4:54.41
10	Audrey Schiltz, West Des Moines Dowling,	4:54.96
11	Melissa Meyer, Dubuque Wahlert,	4:55.84
12	Megan Riepma, Spencer,	4:56.63
13	Karla Block, Sioux City Heelan,	4:56.71
14	Katy Grady, LeMars,	4:57.07
15	Ali Kirsch, Iowa City High,	4:58.64
16	Ashley Culp, West Des Moines Valley,	4:59.02
17	Quinn Vermie, Southeast Polk,	4:59.97
18	Alicia Irons, Boone,	5:01.36
19	Julie Reger, Ames,	5:01.92
20	Casey Hornick, Fairfield,	5:01.96
21	Kristin Scheumann, Cedar Rapids Jefferson,	5:02.37
22	Aimee Nielsen, Mason City,	5:02.61
23	Jessica Schultz, Mount Pleasant,	5:03.89
24	Stephanie Wilson, Sioux City West,	5:06.31

3A 3900-METER RUN FINAL

1	Michelle Lilienthal, Iowa City High,	09:57.97 J
2	Leslie Smith, Iowa City West,	10:11.12 J
3	Casey Owens, Des Moines Roosevelt,	10:22.34 J
4	Robdu Adam, Iowa City West,	10:24.29 J
5	Audrey Schiltz, West Des Moines Dowling,	10:29.78
6	Emily Shoopman, Waterloo West,	10:33.25
7	Erin Kappeler, Bettendorf,	10:36.47
8	Nicole Wood, Dubuque Wahlert,	10:40.83
9	Quinn Vermie, Southeast Polk,	10:44.85
10	Kristin Scheumann, Cedar Rapids Jefferson,	10:45.79
11	Katie Croker, Marshalltown,	10:47.49
12	Julie Reger, Ames,	10:50.54
13	Shannon Oster, Cedar Rapids Washington,	10:51.77
14	Melissa Zeimet, Dubuque Wahlert,	10:52.40
15	Jessica Deverell, Mason City,	11:01.68
16	Julie White, Dubuque Hempstead,	11:02.15
17	Cat Geres, West Des Moines Dowling,	11:06.05
18	Stephanie Wilson, Sioux City West,	11:06.84
19	Allison Heid, Urbandale,	11:10.16
20	Molly Meng, Iowa City High,	11:15.92
21	Kelly Kunde, Dubuque Hempstead,	11:19.42
22	Emily Miller, Davenport Central,	11:24.84
23	Cathleen Miller, Davenport Central,	11:25.88
24	Amber Nolan, Mason City,	11:27.29

3A 100-METER HURDLES FINAL

1	Lolo Jones, Des Moines Roosevelt,	14.03	J
2	Blair Anderson, Burlington,	14.84	
3	Lindsey Anderson, West Des Moines Valley,	14.95	
4	Becky Lauver, Lewis Central,	15.09	
5	Allie Karns, West Des Moines Valley,	15.14	
6	Elizabeth Bicknell, Pleasant Valley,	15.18	
7	Brooke Plumb, Newton,	15.49	
8	Jamie Nemmers, Cedar Falls,	15.67	

Heat 1

1	Lolo Jones, Des Moines Roosevelt,	14.15	J Q
2	Blair Anderson, Burlington,	14.93	Q
3	Maya Monitto-Webber, Iowa City High,	15.73	
4	Rachel Dierenfield, Ankeny,	15.80	
5	Molly Nauman, West Des Moines Dowling,	16.16	
6	Amy Klosterman, West Delaware,	16.71	
7	Kerri Scholl, Iowa City West,	16.89	
999	Megan Morrow, Ames,	DNS	

Heat 2

1	Allie Karns, West Des Moines Valley,	15.10	Q
2	Brooke Plumb, Newton,	15.10	Q
3	Jamie Nemmers, Cedar Falls,	15.28	Q
4	Emily Hall, Harlan,	15.40	
5	Chrissy Hendricks, Ankeny,	15.61	
6	Tara Jetter, Clinton,	15.64	
7	Carly Mortenson, Ames,	15.90	
8	Natalie Johnson, Burlington,	16.27	

Heat 3

1	Lindsey Anderson, West Des Moines Valley,	14.89	Q
2	Elizabeth Bicknell, Pleasant Valley,	15.22	Q
3	Becky Lauver, Lewis Central,	15.27	Q
4	April Reedy, CB Abraham Lincoln,	15.43	
5	Pearl Ma, Iowa City West,	15.46	
6	Tristan Smith, Fort Dodge,	15.48	
7	Kortney Kelso, Cedar Rapids Kennedy,	16.10	
8	Katie O'Byrne, Sioux City East,	16.48	

3A 400-METER HURDLES FINAL

1	Angie German, West Delaware,	1:01.86	J
2	Amanda Manatt, Newton,	1:03.01	J
3	Nicole Gatens, Iowa City High,	1:03.48	
4	April Reedy, CB Abraham Lincoln,	1:05.26	
5	Lara Janson, Iowa City West,	1:05.32	
6	Jamie Nemmers, Cedar Falls,	1:06.34	
7	Jessica Johnson, Waterloo East,	1:06.92	

8 Sarah Kiester, Johnston, 1:09.21

Heat 1

1 Amanda Manatt, Newton, 1:03.95 Q
2 Lara Janson, Iowa City West, 1:05.94 Q
3 Tara Jetter, Clinton, 1:07.32
4 Hillary Mills, Iowa City High, 1:07.51
5 Dawn Sherrill, Sioux City West, 1:09.68
6 Jennifer Snowbarger, Oskaloosa, 1:10.29
7 Rachelle Kuhlmann, Denison-Schleswig, 1:10.70
8 Molly Nauman, West Des Moines Dowling, 1:10.84

Heat 2

1 Nicole Gatens, Iowa City High, 1:04.19 Q
2 April Reedy, CB Abraham Lincoln, 1:05.76 Q
3 Sarah Kiester, Johnston, 1:06.42 Q
4 Sarah Boisen, West Des Moines Valley, 1:07.93
5 Hannah Elkins, Ottumwa, 1:09.26
6 Shannon Hunt, Western Dubuque, 1:10.41
7 Lindsay Smith, Fairfield, 1:10.49
8 Ashley Wilson, Urbandale, 1:10.50

Heat 3

1 Angie German, West Delaware, 1:02.90 J Q
2 Jessica Johnson, Waterloo East, 1:05.25 Q
3 Jamie Nemmers, Cedar Falls, 1:05.68 Q
4 Amanda Faas, Cedar Rapids Washington, 1:06.57
5 Lena Hoard, Mason City, 1:07.59
6 Michelle Gee, Ankeny, 1:10.99
999 Brooke Plumb, Newton, DNS
999 Erica Lynn, Ames, DNS

3A 4x100 METER RELAY FINAL

**1 IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen
Melissa Holland, Nicole Gatens) 49.48**
2 CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling
Carrissa Salwey, Tina Klith) 49.85
3 SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles
Laura Wharton, Sara Heying) 50.38
4 ANKENY (Haley Younger, Sarah Lindner
Lindsay McCracken, Kylie Lago) 50.42
5 MARSHALLTOWN (Beth Michael, Abby Vanderah
Alison Burns, Kalynn Rowley) 50.54
6 SPENCER (Kasey McDaniel, Amy Lensing
Megan Nuebel, Amy Wigen) 50.66
7 IOWA CITY WEST (Melissa Meng, Alyssa Cress
Katie Meade, Christen Karniski) 50.80
999 CEDAR RAPIDS WASHINGTON (Tracy Stranathan, Alynsia Bell
Katie Boggus, Kristyn Barber) DQ-50.99

Heat 1

**1 IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen
Melissa Holland, Nicole Gatens) 49.68 Q**
2 SPENCER (Kasey McDaniel, Amy Lensing

Megan Nuebel, Amy Wigen) 50.54 Q
 3 DUBUQUE WAHLERT (Leah Driscoll, Stephanie Burgmeier
 Amanda Reiss, Stephanie May) 50.91
 4 WATERLOO EAST (Jessica Johnson, Kamilah Stevens
 Tajah Theroith, Fallon Jenkins) 51.13
 5 CLINTON (Hillary Armstrong, Jade Ammons
 Hadley Armstrong, Stacy Lawrence) 51.15
 6 DAVENPORT NORTH (Kendra Maxwell, Courtney Sisk
 Marcia Hare, Breanna Manders) 51.25
 7 MUSCATINE (Laura Palmer, Margaret Lear
 Becca Siler, Natalie Hetzler) 51.72
 8 WAVERLY-SHELL ROCK (Jess Iserman, Lauren Waldstein
 Janessa Fink, Julie Gilbreath) 52.24

Heat 2

1 MARSHALLTOWN (Beth Michael, Abby Vanderah
 Alison Burns, Tiffany Cruikshank) 50.24 Q
 2 SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles
 Laura Wharton, Sara Heying) 50.66 Q
 3 IOWA CITY WEST (Melissa Meng, Alyssa Cress
 Katie Meade, Christen Karniski) 50.83 Q
 4 WEST DES MOINES VALLEY (Shannon Smith, Jeffia Hill
 Aubrie Fontanini, Lauren Fifer) 51.58
 5 NEWTON (Jessica Carson, Alicia Graber
 Becky Bartello, Abby Townsend) 51.60
 6 LEWIS CENTRAL (JJ Padilla, Abby Emsick
 Amanda Summy, Becky Lauver) 51.79
 7 WESTERN DUBUQUE (Jennifer Demmer, Beth Harris
 Rachel Steffen, Shannon Hunt) 52.50
 999 SIOUX CITY WEST (Jessica Winter, Jessica Kenagy
 Nichole Goergen, Shanna Kissinger) D-53.76

Heat 3

1 CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling
 Carrissa Salwey, Tina Klith) 50.06 Q
 2 ANKENY (Haley Younger, Sarah Lindner
 Lindsay McCracken, Kylie Lago) 50.58 Q
 3 CEDAR RAPIDS WASHINGTON (Tracy Stranathan, Alynsia Bell
 Katie Boggus, Kristyn Barber) 50.77 Q
 4 WEST DES MOINES DOWLING (Maggie Dohrmann, Erin Fitzgerald
 Amy Howe, Jamie Powers) 51.12
 5 URBANDALE (Natalie Koppen, Kim Hibbert
 Tessa Prati, Laura Simmons) 51.67
 6 NORTH SCOTT (Ashley Balli, Nikki Ferden
 Mindy Heidgerken, Brook Bowman) 51.96
 7 DUBUQUE SENIOR (Lori Smothers, Jordan Hougham
 Katie Kluesner, Tonya Ansel) 53.09
 8 HARLAN (Kallie Hansen, Sandy Simdorn
 Michelle Grabill, Allison Stracke) 53.51

3A 4x200 METER RELAY FINAL

1 ANKENY (Haley Younger, Kylie Lago
 Lindsay McCracken, Ambre Moton) 1:43.50
 2 CEDAR RAPIDS PRAIRIE (Lisa Ungerer, Debbie Akerly

Amber Schilling, Tina Klith) 1:44.46
**3 IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen
Morgan Rohrbach, Nicole Gatens) 1:45.11**
4 CEDAR RAPIDS JEFFERSON (Leslie Tiedtke, Kim Lorenzen
Alisha Culp, Sarah Wieneke) 1:45.36
5 SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles
Laura Wharton, Sara Heying) 1:45.36
6 MARSHALLTOWN (Beth Michael, Abby Vanderah
Kalynn Rowley, Alison Burns) 1:46.54
7 SPENCER (Megan Nuebel, Abby Hill
Mary Beth Leistad, Amy Wigen) 1:47.08
8 MUSCATINE (Laura Palmer, Valerie Vargus
Natalie Hetzler, Sarah Riedel) 1:47.65

Heat 1

**1 IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen
Morgan Rohrbach, Nicole Gatens) 1:44.99 Q**
2 CEDAR RAPIDS JEFFERSON (Leslie Tiedtke, Kim Lorenzen
Alisha Culp, Sarah Wieneke) 1:46.00 Q
3 MUSCATINE (Laura Palmer, Valerie Vargus
Natalie Hetzler, Sarah Riedel) 1:46.90 Q
4 MARSHALLTOWN (Beth Michael, Abby Vanderah
Kalynn Rowley, Tiffany Cruikshank) 1:47.05 Q
5 CEDAR RAPIDS WASHINGTON (Tracy Stranathan, Afor Nji
Katie Boggus, Kristyn Barber) 1:49.16
6 CHARLES CITY (Katie Kelly, Sheena Sullivan
Angie Williams, Jamie Hutchinson) 1:49.19
7 OSKALOOSA (Hilary Grotewold, Leah Boender
Kristen Foster, Amanda Knoot) 1:50.40
8 DENISON-SCHLESWIG (Kalin Kluver, Libby Carstensen
Jodi Boeck, Elizabeth Arkfeld) 1:50.44

Heat 2

1 SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles
Laura Wharton, Sara Heying) 1:46.22 Q
2 SPENCER (Megan Nuebel, Abby Hill
Mary Beth Leistad, Amy Wigen) 1:46.51 Q
3 LINN-MAR (Amanda Albaugh, Tara Hansen
Lindsey Kaspari, Brooke Rhatigen) 1:48.62
4 BETTENDORF (Jenny Eisenlauer, Angela Vianene
Leslie Paget, Jenny Frels) 1:49.54
5 SIOUX CITY NORTH (Jacinta Ojinnoka, Alex Wink
Kristi Henrichsen, Marie Lucas) 1:49.75
6 FORT DODGE (TiAnn Taylor, Machel Peterson
Julie Long, Brooke Karstens) 1:50.79
7 PLEASANT VALLEY (Adria Hensel, Anne Burgemeier
Lindsey VenHorst, Kim Ahrens) 1:51.56
8 NEWTON (Alicia Graber, Becky Bartello
Sara Birkenholz, Abby Townsend) 1:52.44

Heat 3

1 ANKENY (Haley Younger, Kylie Lago
Lindsay McCracken, Ambre Moton) 1:44.04 Q
2 CEDAR RAPIDS PRAIRIE (Lisa Ungerer, Debbie Akerly
Amber Schilling, Tina Klith) 1:44.71 Q
3 CEDAR RAPIDS XAVIER (Jenny Lorenson, Danielle Anderson
Madelyn Pilcher, Casey Novy) 1:48.24
4 WEST DES MOINES VALLEY (Sarah Boisen, Jeffia Hill
Laura Burke, Lauren Fifer) 1:49.11

5 HARLAN (Michelle Grabill, Allison Stracke
Katie Hosack, Taryn Mathis) 1:49.90
6 CLINTON (Hillary Armstrong, Angie Hensel
Hadley Armstrong, Stacy Lawrence) 1:50.36
6 WEST DELAWARE (Megan Nieman, Andrea Bockenstedt
Mollie Wessels, Allison Bockenstedt) 1:50.67
999 CLINTON (Hillary Armstrong, Angie Hensel
Hadley Armstrong, Stacy Lawrence) D-1:50.36
999 WEST DES MOINES DOWLING (Maggie Dohrmann, Meghan Menough
Jena Murray, Jamie Powers) DNF

3A 4x400 METER RELAY FINAL

1 NEWTON (Sara Birkenholz, Alicia Graber
Abby Townsend, Amanda Manatt) 3:59.86
2 AMES (Carly Mortenson, Erica Lynn
Sarah Tapper, Kylan Loney) 4:00.07
3 SIOUX CITY HEELAN (Laura Keane, Anne Berger
Abby Lemek, Katie Berger) 4:00.25
4 DUBUQUE WAHLERT (Emily Roling, Ann Marie Noel
Stephanie May, Lindsey May) 4:01.01
5 IOWA CITY WEST (Avery Bang, Marla Froelich
Lara Janson, Lynn Dobyms) 4:02.34
6 LINN-MAR (Ashley Williams, Claire Cullis
Katie Clymer, Tara Hansen) 4:04.02
7 WEST DES MOINES DOWLING (Meghan Menough, Nellie Walsh
Jena Murray, Beth Abramovich) 4:05.79
8 MOUNT PLEASANT (Haley Sinn, Robyn Werner
Danielle Hutchinson, Lisa Naab) 4:08.03

Heat 1

1 AMES (Carly Mortenson, Erica Lynn
Sarah Tapper, Kylan Loney) 4:01.72 Q
2 DUBUQUE WAHLERT (Emily Roling, Ann Marie Noel
Stephanie May, Lindsey May) 4:02.63 Q
3 LINN-MAR (Ashley Williams, Claire Cullis
Katie Clymer, Tara Hansen) 4:03.22 Q
**4 IOWA CITY HIGH (Monica Mims, Kelly Remboldt
Patricia Ekiring, Kelsey Linder) 4:06.42**
5 HARLAN (Kristen Goeser, Katie Hosack
Kara Carstens, Linnea Hopp) 4:06.75
6 BETTENDORF (Renee Begyn, Leslie Paget
Jenny Eisenlauer, Jenny Frels) 4:13.90
7 WAVERLY-SHELL ROCK (Amy Arns, Randi Mehmen
Amy Kueker, Janessa Fink) 4:14.64
8 SPENCER (Megan Riepma, Kim Haack
Abby Hill, Chelsi Auen) 4:19.31

Heat 2

1 IOWA CITY WEST (Avery Bang, Marla Froelich
Lara Janson, Lynn Dobyms) 4:03.43 Q
2 WEST DES MOINES DOWLING (Meghan Menough, Nellie Walsh
Jena Murray, Beth Abramovich) 4:05.83 Q
3 CEDAR RAPIDS XAVIER (Shannon Geraghty, Amanda Glynn

Shannon Ridge, Maria Johnson) 4:06.36
 4 CLINTON (Angie Hensel, Tamara Hummons
 Megan Vens, Kara Yahn) 4:06.46
 5 CEDAR RAPIDS PRAIRIE (Lisa Ungerer, Rachel Sippy
 Ashley Baird, Debbie Akerly) 4:07.57
 6 DUBUQUE HEMPSTEAD (Amanda Oostendorp, Rachel Kueter
 Jenny Noel, Allie Splinter) 4:07.65
 7 DENISON-SCHLESWIG (Katie Lokken, Rachelle Kuhlmann
 Kalin Kluver, Jodi Boeck) 4:10.89
 8 SIOUX CITY NORTH (Sara Lucas, Alex Wink
 Holly Boston, Marie Lucas) 4:15.97
 Heat 3
 1 NEWTON (Sara Birkenholz, Alicia Graber
 Abby Townsend, Amanda Manatt) 4:00.07 Q
 2 SIOUX CITY HEELAN (Laura Keane, Anne Berger
 Abby Lemek, Katie Berger) 4:01.23 Q
 3 MOUNT PLEASANT (Haley Sinn, Robyn Werner
 Danielle Hutchinson, Lisa Naab) 4:05.80 Q
 4 CEDAR RAPIDS JEFFERSON (Leslie Tiedtke, Sarah Wieneke
 Alisha Culp, Kristin Scheumann) 4:06.30
 5 WEST DELAWARE (Andrea Bockenstedt, Megan Nieman
 Allison Bockenstedt, Angie German) 4:08.24
 6 OTTUMWA (Brandie Moore, Melissa Ebelsneiser
 Anne Blommer, Hannah Elkins) 4:08.46
 7 MASON CITY (Julie Jacobson, Cassie Broome
 Kayla Sautter, Hollie Walusz) 4:09.25
 8 ANKENY (Courtney Shelquist, Dawn Caffrey
 Kelsey McKimpson, Leah Kramme) 4:11.01

3A 4x800 METER RELAY FINAL

1 IOWA CITY WEST (Lauren Levy, Lynn Dobyms
 Lesley Smith, Jeni Frudden) 09:11.62 *
 2 SIOUX CITY HEELAN (Karla Block, Anne Berger
 Abby Lemek, Katie Berger) 09:22.31
 3 FORT MADISON (Katie Basham, Lindsay Nye
 Brandy Hunold, Carey Morris) 09:26.60
 4 DUBUQUE WAHLERT (Melissa Meyer, Emily May
 Celie Corkren, Ann Marie Noel) 09:27.27
 5 MOUNT PLEASANT (Jessica Schultz, Jamie McLaughlin
 Robyn Werner, Allison Werner) 09:28.20
 6 IOWA CITY HIGH (Michelle Lake, Molly Gable
 Hillary Mills, Kelsey Linder) 09:28.26
 7 HARLAN (Linnea Hopp, Kara Carstens
 Kristen Goeser, Amber Morgan) 09:32.25
 8 WEST DES MOINES DOWLING (Beth Abramovich, Audrey Schiltz
 Abbie Smith, Emily Nessler) 09:36.14
 9 CEDAR RAPIDS XAVIER (Megan Glover, Shannon Geraghty
 Maria Johnson, Amanda Glynn) 09:36.81
 10 ANKENY (Kelsey Singletary, Dawn Caffrey
 Jessica Brandhorst, Sara Semprini) 09:39.59
 11 AMES (Sarah Tapper, Julie Reger
 Nassrene Hashemi-Toroghi, Rachel Tapper) 09:40.49

12 MASON CITY (Hollie Walusz, Sarah Crane
 Janelle Platts, Aimee Nielsen) 09:45.50
 13 BOONE (Kristin Anderson, Sarah Danilson
 Sarah Trowbridge, Alicia Irons) 09:47.68
 14 WEST DES MOINES VALLEY (Katie Funk, Cassie Isaacson
 Ashley Tousley, Ashley Culp) 09:49.21
 15 DENISON-SCHLESWIG (Jodi Boeck, Rachelle Kuhlmann
 Sarah Skoog, Katie Lokken) 09:50.92
 16 CEDAR FALLS (Nicole Doeden, Kate Deaver
 Liz Myers, Jess Bates) 09:56.24
 17 PLEASANT VALLEY (Jackie Kubik, Kim Ahrens
 Andrea Rheinart, Erin Arnold) 10:00.47
 18 FAIRFIELD (Cassie Schmitz, Casey Hornick
 Kari Hunnerdosse, Carrie Clingan) 10:01.04
 19 CLINTON (Cris Prins, Jenny Davis
 Megan Vens, Shannon Parker) 10:02.07
 20 CEDAR RAPIDS JEFFERSON (Nicole Walker, Kim Wutzke
 Jill Noah, Kristin Scheumann) 10:03.33
 21 MARSHALLTOWN (Jannae Holubar, Katie Croker
 Andrea Lowry, Katie Brown) 10:04.82
 22 NORTH SCOTT (Lisa Kirby, Abby Wiese
 Shea Newmeister, Allison Erichson) 10:07.60
 23 DUBUQUE SENIOR (Sarah Lepp, Emily Schrobilgen
 Emily Christians, Ashley McClain) 10:12.96
 24 INDIANOLA (Rhiannon Lyon, Stacie Suntken
 Karri Wells, Lindsay Till) 10:17.64

3A SPRINT MEDLEY RELAY FINAL

1 WEST DES MOINES VALLEY (Shannon Smith, Jeffia Hill
 Lauren Fifer, Christy Muenzenberger) 1:50.53
 2 OSKALOOSA (Hilary Grotewold, Amber Doud
 Megan Sash, Candi Jones) 1:50.66
 3 DUBUQUE SENIOR (Mary Ann Schilling, Katie Kluesner
 Pam Orris, Nicole Dougherty) 1:51.10
 4 DES MOINES ROOSEVELT (Kim Morris, Lindsay McClurg
 Davonna Carr, Elizabeth Crispin) 1:51.43
 5 CHARLES CITY (Katie Kelly, Laura Schmitt
 Angie Williams, Jamie Hutchinson) 1:51.56
 6 LINN-MAR (Amanda Albaugh, Tara Hansen
 Ashley Williams, Brooke Rhatigen) 1:52.58
 7 NORTH SCOTT (Ashley Balli, Nikki Ferden
 Brook Bowman, Anne Hamilton) 1:52.66
 8 INDIANOLA (Shaela Bresnan, Amy Bixler
 Krisin Lickiss, Steph Suntken) 1:53.11

Heat 1

1 DES MOINES ROOSEVELT (Kim Morris, Lindsay McClurg
 Davonna Carr, Elizabeth Crispin) 1:51.55 Q
 2 LINN-MAR (Amanda Albaugh, Tara Hansen
 Ashley Williams, Brooke Rhatigen) 1:52.74 Q
 3 NORTH SCOTT (Ashley Balli, Nikki Ferden
 Brook Bowman, Anne Hamilton) 1:52.90 Q

4 DAVENPORT CENTRAL (Ashley Nunn, Angie Young
Carrie Schnauber, Wendy Shaw) 1:53.68

5 CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling
Ashley Baird, Lisa Ungerer) 1:53.86

6 SPENCER (Kasey McDaniel, Megan Nuebel
Amy Wigen, Chelsi Auen) 1:53.99

7 ANKENY (Sarah Lindner, Kylie Lago
Lindsay McCracken, Haley Younger) 2:01.26

999 MOUNT PLEASANT (Danielle Hutchinson, Christy Nichting
Lisa Naab, Haley Sinn) D-1:54.81

Heat 2

1 INDIANOLA (Shaela Bresnan, Amy Bixler
Krisin Lickiss, Steph Suntken) 1:51.01 Q

2 OSKALOOSA (Hilary Grotewold, Amber Doud
Megan Sash, Candi Jones) 1:51.15 Q

3 DUBUQUE SENIOR (Nicole Dougherty, Katie Kluesner
Pam Orris, Mary Ann Schilling) 1:52.04 Q

4 CHARLES CITY (Katie Kelly, Laura Schmitt
Angie Williams, Jamie Hutchinson) 1:52.57 Q

5 MUSCATINE (Katie Petersen, Amanda Schroder
Valerie Vargus, Natalie Hetzler) 1:54.35

6 HARLAN (Michelle Grabill, Sandy Simdorn
Emily Hall, Leah Koesters) 1:55.34

7 CLINTON (Hillary Armstrong, Jade Ammons
Stacy Boerema, Hadley Armstrong) 1:55.61

8 SIOUX CITY NORTH (Jacinta Ojinnoka, LeeAnn Holland
Marie Lucas, Alex Wink) 1:55.71

Heat 3

1 WEST DES MOINES VALLEY (Shannon Smith, Jeffia Hill
Lauren Fifer, Christy Muenzenberger) 1:50.94 Q

2 WATERLOO EAST (Kamilah Stevens, Tajah Theroith
Fallon Jenkins, Quintesha Tillman) 1:53.89

**3 IOWA CITY HIGH (Morgan Rohrbach, Melissa Holland
Kelly Remboldt, Patricia Ekiring) 1:54.32**

4 LEWIS CENTRAL (JJ Padilla, Abby Emsick
Amanda Summy, Ellen Jackson) 1:54.42

5 SIOUX CITY HEELAN (Kara Fenceroy, Jessica Nepl
Lindsay Kayl, Laura Keane) 1:55.36

6 IOWA CITY WEST (Melissa Meng, Katie Meade
Ashley Johnson, Kristen Jacobs) 1:57.08

7 FORT DODGE (Kelli McCurdy, Julie Long
Brooke Karstens, Machel Peterson) 1:57.64

999 SIOUX CITY WEST (Jessica Kenagy, Shanna Kissinger
Tieesha Griffin, Niya Branch) D-1:53.58

3A DISTANCE RELAY FINAL

**1 IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen
Monica Mims, Michelle Lilienthal) 4:06.45**

2 DUBUQUE SENIOR (Pam Orris, Mary Ann Schilling
Nicole Dougherty, Elly Glass) 4:07.74

3 MOUNT PLEASANT (Haley Sinn, Christy Nichting
Lisa Naab, Allison Werner) 4:08.34

4 IOWA CITY WEST (Lindsey Windauer, Jenny Streinz
 Avery Bang, Jeni Frudden) 4:09.17
 5 FAIRFIELD (Rachel Rebling, Amber Christopher
 Lindsay Smith, Casey Hornick) 4:12.85
 6 SIOUX CITY HEELAN (Sara Heying, Laura Wharton
 Abby Lemek, Katie Berger) 4:13.17
 7 INDIANOLA (Krisin Lickiss, Kylee Welling
 Steph Suntken, Shaela Bresnan) 4:13.42
 8 JOHNSTON (Lindsay Ruisch, Lindsay Way
 Kristin Way, Sarah Kiester) 4:15.76
 9 SPENCER (Amy Lensing, Mary Beth Leistad
 Afton Erick, Megan Riepma) 4:16.39
 10 BOONE (Jessica Moul, Sherry Johnson
 Mia Wirth, Alicia Irons) 4:17.19
 11 DAVENPORT CENTRAL (Angie Young, Becki Zilly
 Carrie Schnauber, Wendy Shaw) 4:17.73
 12 WAVERLY-SHELL ROCK (Jess Groth, Lauren Waldstein
 Janessa Fink, Randi Mehmen) 4:19.69
 13 MASON CITY (Anna Ziegler, Lena Hoard
 Julie Jacobson, Janelle Platts) 4:20.11
 14 BETTENDORF (Angela Vianene, Natalie Anderson
 Jenny Frels, Renee Begyn) 4:20.48
 15 DENISON-SCHLESWIG (Elizabeth Arkfeld, Libby Carstensen
 Kalin Kluver, Katie Lokken) 4:20.65
 16 LINN-MAR (Amanda Albaugh, Brooke Rhatigen
 Claire Cullis, Darby Hollinrake) 4:21.48
 17 SOUTHEAST POLK (Tesi Dawson, Ashley Sly
 Jessica Von Ahsen, Amy Garrett) 4:23.05
 18 WEST DES MOINES VALLEY (Sarah Best, Aubrie Fontanini
 Christy Drescher, Cassie Isaacson) 4:23.20
 19 ANKENY (Ashley Danner, Leah Kramme
 Courtney Shelquist, Kelsey Singletary) 4:24.08
 20 CEDAR FALLS (Maggie Allen, Carly Miller
 Nicole Doeden, Kira Anderson) 4:24.11
 21 CLINTON (Briana Bousman, Sara Deters
 Tamara Hummons, Cris Prins) 4:24.73
 22 HARLAN (Allison Stracke, Molly Simdorn
 Leah Koesters, Megan Anderson) 4:24.74
 23 SIOUX CITY EAST (Breanna Hayes, Tiffany Socknat
 Emily Case, Sarah Heacock) 4:33.09
 999 WEST DES MOINES DOWLING (Jamie Powers, Meghan Meimann
 Emily Nessler, Sarah Bird) DQ-4:25.31

3A SHUTTLE HURDLE RELAY FINAL

1 WEST DES MOINES VALLEY (Lindsey Anderson, Carolyn Schoen
 Sarah Boisen, Allie Karns) 1:02.93
 2 IOWA CITY WEST (Kerri Scholl, Ashley Tucker
 Lara Janson, Pearl Ma) 1:03.08
 3 CLINTON (Kara Yahn, Stacy Boerema
 Kali Sander, Tara Jetter) 1:04.19
 4 WEST DES MOINES DOWLING (Tanya Miller, Erin Fitzgerald
 Amy Howe, Molly Nauman) 1:04.24

5 AMES (Kylan Loney, Erica Lynn
Megan Morrow, Carly Mortenson) 1:04.48
6 ANKENY (Rachel Dierenfield, Mackenzie Heston
Michelle Gee, Chrissy Hendricks) 1:04.52
999 NEWTON (Amanda Manatt, Tara Pollastrini
Tori Dunham, Brooke Plumb) DQ-1:06.19
999 WEST DELAWARE (Angie Baumgartner, Amy Klosterman
Megan Nieman, Angie German) DQ-1:04.89

Heat 1

1 WEST DELAWARE (Angie Baumgartner, Amy Klosterman
Megan Nieman, Angie German) 1:03.50 Q
2 PLEASANT VALLEY (Lindsey VenHorst, Neisha Stocking
Anne Burgemeier, Elizabeth Bicknell) 1:05.42
**3 IOWA CITY HIGH (Katy Fraga, Kara Evans
Maureen O'Sheridan-Tabor, Maya Monitto-Webber) 1:06.56**
4 BETTENDORF (Megan Seibert, Laura Tiemeier
Megan Mielnik, Erin Riley) 1:08.48

Heat 2

1 WEST DES MOINES VALLEY (Lindsey Anderson, Sarah Boisen
Allie Karns, Carolyn Schoen) 1:04.02 Q
2 HARLAN (Taryn Mathis, Jessy Heim
Liz Olson, Emily Hall) 1:06.36
3 CB ABRAHAM LINCOLN (April Reedy, Elisha Turek
Christine Wagner, Ashley Freeman) 1:06.54
4 MARSHALLTOWN (Brittany Garland, Kalynn Rowley
Jenni Packer, Katy Benda) 1:13.25

Heat 3

1 NEWTON (Amanda Manatt, Tara Pollastrini
Tori Dunham, Brooke Plumb) 1:03.81 Q
2 WEST DES MOINES DOWLING (Tanya Miller, Erin Fitzgerald
Amy Howe, Molly Nauman) 1:05.01 Q
3 BURLINGTON (Torie Wischmeier, Makalah Haessler
Natalie Johnson, Blair Anderson) 1:07.11
4 MUSCATINE (Katie Petersen, Vassaly Sivanthaphanith
Natalie Wieskamp, Becca Siler) 1:08.45

Heat 4

1 IOWA CITY WEST (Kerri Scholl, Ashley Tucker
Lara Janson, Pearl Ma) 1:03.60 Q
2 LEWIS CENTRAL (JJ Padilla, Kellie Evans
Rachel Hildreth, Becky Lauver) 1:05.25
3 SPENCER (Katie Grave, Abby Hill
Jenny Kabrick, Angie Mahrt) 1:08.64
4 FORT DODGE (Kelli McCurdy, Katie Craigmile
Emily Burmeister, Tristan Smith) 1:11.31

Heat 5

1 AMES (Carly Mortenson, Megan Morrow
Erica Lynn, Kylan Loney) 1:03.12 Q
2 OSKALOOSA (Ashley Moore, Jennifer Snowbarger
Angela Tapley, Jenni Rinehart) 1:05.83
3 MASON CITY (Cassie Broome, Kayla Sautter
Emily Silberstein, Lena Hoard) 1:06.19
4 KNOXVILLE (Megan Hixenbaujgh, Renee Flack
Brandy Garcia, Tara Haning) 1:08.97

Heat 6

1 ANKENY (Rachel Dierenfield, Mackenzie Heston
Michelle Gee, Chrissy Hendricks) 1:04.11 Q

2 CLINTON (Kara Yahn, Stacy Boerema
Kali Sander, Tara Jetter) 1:04.28 Q
3 URBANDALE (Lynn Hall, Tessa Prati
Lacey Woolf, Dana Hanson) 1:06.06
4 FAIRFIELD (Emily Sieber, Lindsay Smith
Amy Thomas, Amber Christopher) 1:09.80

3A HIGH JUMP FINAL

1 Sondra Rauterkus, Harlan, 5'06" (1.68m)
2 Stacy Boerema, Clinton, 5'06" (1.68m)
3 Ashley Freeman, CB Abraham Lincoln, 5'04" (1.63m)
4 Kortney Kelso, Cedar Rapids Kennedy, 5'04" (1.63m)
5 Tina Wolfe, Pleasant Valley, 5'02" (1.57m)
6 Rachel Sippy, Cedar Rapids Prairie, 5'02" (1.57m)
7 Lisa Miner, Cedar Falls, 5'00" (1.52m)
7 Katy Grady, LeMars, 5'00" (1.52m)
9 Megan Gleason, Dubuque Wahlert, 5'00" (1.52m)
10 Brooke Zrudsky, Linn-Mar, 5'00" (1.52m)
11 Kari Boscaljon, Johnston, 5'00" (1.52m)
12 Beth Ratterman, Dubuque Hempstead, 4'10" (1.47m)
12 Ashley Sly, Southeast Polk, 4'10" (1.47m)
14 Brittany Jones, Ankeny, 4'10" (1.47m)
999 Mandy Voss, Iowa City High, nh
999 Marika Nauman, Fort Madison, nh
999 Megan Nieman, West Delaware, nh
999 Megan Gaffney, Davenport Central, nh
999 Cathryn Henning, Waverly-Shell Rock, nh

3A LONG JUMP FINAL

1 Davonna Carr, Des Moines Roosevelt, 18'01.75" (5.53m)
2 Stacy Boerema, Clinton, 17'03.25" (5.26m)
3 Marla Froelich, Iowa City West, 17'03.25" (5.26m)
4 Steph Suntken, Indianola, 17'02.50" (5.25m)
5 Kasey McDaniel, Spencer, 16'11.75" (5.18m)
6 Patricia Ekiring, Iowa City High, 16'09.50" (5.12m)
7 Angie Hensel, Clinton, 16'07.25" (5.06m)
8 Julie Gilbreath, Waverly-Shell Rock, 16'06" (5.03m)
9 Tiffany Cruikshank, Marshalltown, 16'05" (5.00m)
10 Tristan Smith, Fort Dodge, 16'04.25" (4.98m)
11 Carrissa Salwey, Cedar Rapids Prairie, 16'04" (4.98m)
12 Tanya Miller, West Des Moines Dowling, 16'03" (4.95m)
13 Abby Vanderah, Marshalltown, 16'02.75" (4.95m)
14 Anne Berger, Sioux City Heelan, 16'02.50" (4.94m)
15 Jennifer Low, Mason City, 16'01.75" (4.92m)
16 Kylan Loney, Ames, 15'10.75" (4.85m)
17 Melissa Holland, Iowa City High, 15'09.25" (4.81m)
18 Aimee Rasmussen, Cedar Falls, 15'07.75" (4.77m)

19	Angie German, West Delaware,	15'07.75" (4.77m)
20	Jami Hester, Davenport Central,	14'11.50" (4.56m)
21	Amanda Albaugh, Linn-Mar,	14'11.50" (4.56m)
22	Jessica Tracy, West Des Moines Valley,	14'11.25" (4.55m)
23	Tonya Ansel, Dubuque Senior,	11'05" (3.48m)
999	Jennifer Demmer, Western Dubuque,	nd

3A SHOT PUT FINAL

1	Abby Emsick, Lewis Central,	44'08" (13.61m)
2	Raine Goedken, Spencer,	42'08.25" (13.01m)
3	Maureen Head, Iowa City West,	41'11.75" (12.80m)
4	Kim Hansen, Cedar Falls,	40'01" (12.22m)
5	Aubrey Martin, Muscatine,	39'10.50" (12.15m)
6	Susan Chamberlain, Harlan,	39'10" (12.14m)
7	Tara Davis, Spencer,	38'07.25" (11.77m)
8	Kim Jenkins, Cedar Rapids Jefferson,	38'00.25" (11.59m)
9	Sheena James, Southeast Polk,	36'11.50" (11.26m)
10	Morgen Edwards, Cedar Rapids Jefferson,	36'09.25" (11.21m)
11	Martina Phillips, Clinton,	36'07" (11.15m)
12	Liz Hatfield, West Des Moines Valley,	36'03" (11.05m)
13	Tiffany Steines, Dubuque Wahlert,	35'10.25" (10.93m)
14	Andrea Barker, Marshalltown,	35'06.25" (10.83m)
15	Marla Froelich, Iowa City West,	35'03.25" (10.75m)
16	Erica Price, Southeast Polk,	35'02" (10.72m)
17	Jessica Montag, Boone,	34'08.25" (10.57m)
18	Casey Cole, Marshalltown,	34'08" (10.57m)
19	Sara Thompson, Pleasant Valley,	34'06.50" (10.53m)
20	Kellie Krukow, North Scott,	34'06" (10.52m)
21	Monica Stringfellow, Waterloo West,	34'03.50" (10.45m)
22	Amy Beringer, Sioux City North,	34'00.75" (10.38m)
23	Kelli Cooney, CB Abraham Lincoln,	33'04.75" (10.18m)
24	Becky McDonald, Davenport Central,	32'10" (10.01m)

3A DISCUS FINAL

1	Abby Emsick, Lewis Central,	144'09" (44.12m)
2	Marquita Jenkins, Des Moines East,	134'11" (41.12m)
3	Maureen Head, Iowa City West,	132'10" (40.49m)
4	Kim Hansen, Cedar Falls,	121'05" (37.01m)
5	Beth Aunan, Iowa City West,	118'10" (36.22m)
6	Nichole Robison, Sioux City West,	118'03" (36.04m)
7	Kellie Price, CB Abraham Lincoln,	117'08" (35.86m)
8	Kesley Egli, Cedar Falls,	116'03" (35.43m)
9	Lindsey Pleuss, Boone,	114'00" (34.75m)
10	Jessica Elliott, Iowa City High,	112'01" (34.16m)
11	Kim Jenkins, Cedar Rapids Jefferson,	109'02" (33.27m)
12	Meg Bustin, West Des Moines Dowling,	106'06" (32.46m)
13	Julia Linser, Marshalltown,	106'04" (32.41m)

14	Morgen Edwards, Cedar Rapids Jefferson,	105'04" (32.11m)
15	Rainie Goedken, Spencer,	104'07" (31.88m)
16	Heather McEachran, Ames,	103'00" (31.39m)
17	Megan Christiansen, Clinton,	102'04" (31.19m)
18	Kristen Kinsel, Lewis Central,	100'10" (30.73m)
19	Betsy Funk, Urbandale,	100'04" (30.58m)
20	Sara Thompson, Pleasant Valley,	100'03" (30.56m)
21	Val Matters, Ames,	099'08" (30.38m)
22	Alexis Gant, Burlington,	099'01" (30.20m)
23	Mikala Larsen, CB Thomas Jefferson,	097'09" (29.79m)
24	Angie Wessels, West Delaware,	094'11" (28.93m)

Wheelchair 100 Meter Dash Finals Wind: -0.6 M/S

1	Molly Rezac, Armstrong-Ringsted,	22.13
2	Ashley Lerch, Anamosa,	23.29

Wheelchair 400 Meter Dash Finals

1	Molly Rezac, Armstrong-Ringsted,	1:22.42
2	Ashley Lerch, Anamosa,	1:28.06

Wheelchair Shot Put Finals

1	Molly Rezac, Armstrong-Ringsted,	15'10.50" * (4.84m)
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