

# 2003 IOWA GIRLS STATE TRACK & FIELD MEET

MAY 23-24 DRAKE STADIUM, DES  
MOINES

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**\*\*CITY HIGH WINS 5 EVENTS\*\***

**\*\*CITY HIGH RUNNER-UP IN 4 EVENTS\*\***

**\*\*CITY HIGH WINS 5TH TITLE\*\***

**\*\*CITY HIGH SETS STATE MEET SCORING RECORD\*\***

**\*\*CITY HIGH SETS STATE MEET WINNING MARGIN  
RECORD\*\***

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**Check out these news articles:**

[City High Off To Fast Start \(Gazette, 5-24-03\)](#)

[City High Strikes Early \(PC, 5-24-03\)](#)

[Waller, City High Soar \(Gazette, 5-25-03\)](#)

[City High Second Coming of Big Red Machine \(Gazette, 5-25-03\)](#)

[City Runs Away With Title \(PC, 5-25-03\)](#)

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Click [HERE](#) to download the results in PDF format

## TEAM SCORING

### CLASS 3A

1.	Iowa City High	82 (state record)
2.	West Des Moines Valley	42
3.	Mount Pleasant	40
4.	Cedar Rapids Washington	31
5.	Iowa City West	24
6.	Cedar Falls	22
	Cedar Rapids Xavier	22
8.	Des Moines Roosevelt	19
9.	Ankeny	17
	West Delaware	17
11.	Cedar Rapids Kennedy	14
	Sioux City East	14
13.	Mason City	13
14.	Cedar Rapids Jefferson	12
	Cedar Rapids Prairie	12
	Clinton	12
17.	Dubuque Wahlert	11
	Burlington	11
19.	Denison-Schleswig	10
20.	Marshalltown	9
	Sioux City West	9
22.	Central DeWitt	8
	Spencer	8
24.	North Scott	7
25.	Waukee	5
26.	Council Bluffs Abraham Lincoln	4
	Des Moines East	4
	Ottumwa	4
	Sioux City Heelan	4
	Southeast Polk	4
31.	Pleasant Valley	3
	Storm Lake	3
33.	Dubuque Hempstead	2
	Sioux City North	2
35.	Ames	1
	Davenport West	1
	Fort Dodge	1
	Urbandale	1

## Class 3A 100 Meter Dash Finals

LaNeisha Waller (JR), Cedar Rapids Washington 1 12.05

Miriam Chisala (JR), Des Moines Roosevelt 2 12.31

Tenika Smith (SR), Cedar Rapids Jefferson 3 12.43

Sonya Bonwell (SO), Sioux City West 4 12.61

Megan White (SR), Waukee 5 12.71

Sara Lynch (SR), Fort Dodge 6 12.76

Shannon Burge (SO), Bettendorf 7 12.81

Shatrece Burt (JR), Cedar Falls 8 12.84

## **Preliminary Heat 1**

Miriam Chisala (JR), Des Moines Roosevelt 1 12.31

Shatrece Burt (JR), Cedar Falls 2 12.67

Shannon Burge (SO), Bettendorf 3 12.68

Megan Iverson (JR), Sioux City Heelan 4 12.88

Tinny McGowan (SO), Davenport West 5 13.24

Chelsea Drumheller (SO), West Des Moines Dowling 6 13.35

Andrea Hawthorne (JR), Central DeWitt 7 13.43

Lacy Brunnette (JR), West Des Moines Valley DNS

## **Preliminary Heat 2**

Sonya Bonwell (SO), Sioux City West 1 12.42

Sara Lynch (SR), Fort Dodge 2 12.76

Lindsey Digmann (FR), Linn-Mar 3 12.92

Jazzla Newman (SO), Burlington 4 13.00

Rachel Terry (FR), Lewis Central 5 13.11

Latara Lumpkin (FR), Cedar Rapids Washington 6 13.21

Betsy Reynolds (SR), Sioux City East 7 13.21

Camille Jordan (JR), Iowa City High DNS

## **Preliminary Heat 3**

LaNeisha Waller (JR), Cedar Rapids Washington 1 12.27

Tenika Smith (SR), Cedar Rapids Jefferson 2 12.63

Megan White (SR), Waukee 3 12.80

Emily Prinson (FR), West Delaware 4 12.94

Erica Cook (FR), Keokuk 5 13.22

Muffy Sadler (FR), Cedar Rapids Kennedy 6 13.45

Sheena Bass (JR), Clinton 7 13.55

Audra Robinson (FR), West Des Moines Valley DNS

### **Class 3A 200 Meter Dash Finals**

Miriam Chisala (JR), Des Moines Roosevelt 1 24.96

Lynnette Wilson (SR), Cedar Rapids Kennedy 2 25.30

Liz Bradfield (JR), Cedar Falls 3 25.46

Lindsay Wiebers (SO), Denison-Schleswig 4 25.87

Chelsy Kemmet (SO), Waukee 5 26.06

Megan Iverson (JR), Sioux City Heelan 6 26.24

Alison Burns (SR), Marshalltown 7 26.26

Kelsey Steffens (SO), Central DeWitt 8 26.42

### **Preliminary Heat 1**

Lindsay Wiebers (SO), Denison-Schleswig 1 25.83

Alison Burns (SR), Marshalltown 2 26.36

Erin Barnes (JR), Des Moines Roosevelt 3 26.4642

Tara Fry (JR), Cedar Rapids Jefferson 4 26.78

Megan Curry (SO), Southeast Polk 5 27.17

Abby Zipperer (JR), Cedar Rapids Xavier 6 27.29

Meaghan Bruner (SO), Des Moines East 7 27.70

Camille Jordan (JR), Iowa City High DNS

## **Preliminary Heat 2**

Miriam Chisala (JR), Des Moines Roosevelt 1 25.24

Liz Bradfield (JR), Cedar Falls 2 25.77

Megan Iverson (JR), Sioux City Heelan 3 26.45

Kelsey Steffens (SO), Central DeWitt 4 26.4615

**Patrice Jones (SO), Iowa City High 5 26.65**

Akeya Aimable (SO), Waterloo West 6 26.86

Tracy Marlow (SR), Pella 7 26.90

LaToya Johnson (JR), Cedar Rapids Washington 8 27.98

## **Preliminary Heat 3**

Lynnette Wilson (SR), Cedar Rapids Kennedy 1 25.71

Chelsy Kemmet (SO), Waukee 2 26.35

Lindsey Digmann (FR), Linn-Mar 3 26.82

Brooke Witcher (SR), Waverly-Shell Rock 4 26.89

Betsy Embree (FR), Waukee 5 26.96

Brooke Niles (SR), Sioux City Heelan 6 27.57

Candace Harrell (FR), Sioux City North 7 27.73

Lauren Carruthers (JR), Pleasant Valley DNS

### **Class 3A 400 Meter Dash Finals**

Lynnette Wilson (SR), Cedar Rapids Kennedy 1 0:57.86

Sarah Cunningham (SO), West Des Moines Valley 2 0:58.36

Liz Bradfield (JR), Cedar Falls 3 0:58.58

Lauren Carruthers (JR), Pleasant Valley 4 0:58.65

Alison Burns (SR), Marshalltown 5 0:59.80

Mary Bridget Corken (SO), Dubuque Wahlert 6 1:00.23

Carrie Jenaman (JR), Dubuque Senior 7 1:00.82

Ashley Letze (JR), Des Moines East 8 1:01.57

### **Preliminary Heat 1**

Lauren Carruthers (JR), Pleasant Valley 1 0:58.80

Sarah Cunningham (SO), West Des Moines Valley 2 0:59.06

Carrie Jenaman (JR), Dubuque Senior 3 1:00.46

Haley Miller (SO), Keokuk 4 1:01.40

Steph Mount (FR), Iowa City West 5 1:01.75

**Laura Struve (SR), Iowa City High 6 1:02.52**

Lindsey Beckwith (JR), Ames 7 1:06.97

Lindsey Windauer (SR), Iowa City West DNS

## **Preliminary Heat 2**

Liz Bradfield (JR), Cedar Falls 1 0:58.79

Cris Prins (SR), Clinton 2 10.08490

Rachelle Tipton (FR), Newton 3 1:00.92

Akeya Aimable (SO), Waterloo West 4 1:01.18

Nicole Novy (JR), Linn-Mar 5 1:02.56

Mary Beth Kluesner (FR), Ames 6 1:08.27

Katie Krei (SO), Iowa City High DNS

Lindsey Boldt (FR), Mount Pleasant DNS



### **Preliminary Heat 3**

Lynnette Wilson (SR), Cedar Rapids Kennedy 1 0:58.78

Mary Bridget Corken (SO), Dubuque Wahlert 2 0:59.61

Alison Burns (SR), Marshalltown 3 0:59.73

Ashley Letze (JR), Des Moines East 4 1:00.8484

Kelsey Dicken (FR), Johnston 5 1:02.16

Molly Lohry (FR), Sioux City Heelan 6 1:03.97

Nicole Kouri (SO), Des Moines East 7 1:04.10

LaToya Johnson (JR), Cedar Rapids Washington 8 1:04.95

### **Class 3A 800 Meter Run Finals**

Lynn Dobyys (SR), Iowa City West 1 2:15.84

Erin Penticoff (SO), Cedar Rapids Xavier 2 2:17.51

Mary Bridget Corken (SO), Dubuque Wahlert 3 2:18.02

Allison Werner (SR), Mount Pleasant 4 2:18.17

Abby Wiese (SR), North Scott 5 2:19.97

Cassi Sokol (FR), Urbandale 6 2:21.57

Katie Stewart (JR), Sioux City North 7 2:21.99

Anne Grady (FR), LeMars 8 2:22.57

Gina Messamer (JR), Oskaloosa 9 2:23.04

Noelle Peterson (SR), Mason City 10 2:23.58

Alex Krog (SO), Fort Dodge 11 2:24.19

**Maggie Leyendecker (SO), Iowa City High 12 2:24.21**

Kristin Siepkes (SR), Spencer 13 2:24.40

Lindy Shaw (FR), West Des Moines Valley 14 2:24.63

Maggie Schnackel (JR), Pleasant Valley 15 2:24.89

Amy Garrett (SR), Southeast Polk 16 2:26.75

Janelle Platts (SR), Mason City 17 2:27.02

Kelsey Wettach (SO), Decorah 18 2:27.93

Molly Fisher (JR), Ottumwa 19 2:29.43

Jackie Brannen (JR), Ames 20 2:32.50

Lindsey Hosier (SO), Dubuque Hempstead 21 2:32.64

Meggan Reed (SR), Iowa City High DNS

Lauren Hill (JR), West Des Moines Valley DNS

Kate Greer (SR), Marshalltown DNS

## **Class 3A 1500 Meter Run Finals**

**Nelle Trefz (JR), Iowa City High 1 4:40.00**

Sara Fassbinder (JR), Dubuque Wahlert 2 4:44.36

Megan Glover (SR), Cedar Rapids Xavier 3 4:44.60

Shannon Oster (SR), Cedar Rapids Washington 4 4:46.73

Hannah Roeder (FR), Des Moines Roosevelt 5 4:48.10

Kate Greer (SR), Marshalltown 6 4:48.23

Robdu Adam (SR), Iowa City West 7 4:48.65

Traci Hawley (SR), Ames 8 4:50.22

Nina Hoppenjan (SR), Dubuque Wahlert 9 4:50.91

Jessica Brandhorst (SR), Ankeny 10 4:54.22

Julia Frudden (SO), Iowa City West 11 4:55.29

Melissa Jay (JR), Ottumwa 12 4:56.24

Lisa Koll (SO), Fort Dodge 13 4:56.30

Jenna Bieri (FR), Davenport Central 14 4:56.45

Katie Stewart (JR), Sioux City North 15 4:56.52

**Jennie Funk (JR), Iowa City High 16 4:57.15**

Sara Hayes (SR), Waukee 17 4:57.51

Mackenzie Madison (JR), Ankeny 18 4:58.56

Ellen Hart (SO), Pleasant Valley 19 4:59.37

Samantha Nygren (SO), Cedar Falls 20 5:01.35

Quinn Vermie (SR), Southeast Polk 21 5:01.42

Lyssa Steckelberg (JR), Cedar Falls 22 5:02.82

Robyn Werner (SR), Mount Pleasant 23 5:04.09

Lauren Erickson (SO), Mount Pleasant 24 5:11.60

### **Class 3A 3000 Meter Run Finals**

**Nelle Trefz (JR), Iowa City High 1 10:10.21**

**Jennie Funk (JR), Iowa City High 2 10:16.36**

Shannon Oster (SR), Cedar Rapids Washington 3 10:21.97

Hannah Roeder (FR), Des Moines Roosevelt 4 10:24.59

Robdu Adam (SR), Iowa City West 5 10:24.77

Traci Hawley (SR), Ames 6 10:25.36

Kate Greer (SR), Marshalltown 7 10:28.29

Jenna Bieri (FR), Davenport Central 8 10:29.42

Lisa Koll (SO), Fort Dodge 9 10:32.90

Sara Hayes (SR), Waukee 10 10:34.62  
Mackenzie Madison (JR), Ankeny 11 10:36.84  
Quinn Vermie (SR), Southeast Polk 12 10:43.12  
Beth Whalen (JR), Bettendorf 13 10:48.85  
Whitney Mark (FR), Indianola 14 11:03.64  
Jessica Pape (JR), Sioux City Heelan 15 11:07.86  
Janet Dobyys (SO), Iowa City West 16 11:08.52  
Whitney Mitvalsky (SR), Cedar Rapids Jefferson 17 11:13.50  
Jessica Viner (JR), North Scott 18 11:14.24  
Kim Cessna (SO), Cedar Falls 19 11:17.28  
Sarah Ahearn (FR), Cedar Rapids Xavier 20 11:29.01  
Heather Collum (JR), Central DeWitt 21 11:29.27  
Liz Schyver (SO), Marshalltown 22 11:33.95  
Shayla Houlihan (SR), Sioux City East 23 11:45.52  
Brenda Funke (SR), Cedar Rapids Kennedy DNF

### **Class 3A 100 Meter Hurdles Finals**

Kasey McDaniel (SR), Spencer 1 14.19

Jenna Caffrey (FR), Burlington 2 14.31

Sara Boisen (SR), West Des Moines Valley 3 14.69

Nicole Carroll (JR), Mason City 4 14.91

Kelsey Steffens (SO), Central DeWitt 5 15.11

Kara Yahn (SR), Clinton 6 15.14

Kayla Sauter (SR), Mason City 7 15.24

**Emily Triplett (JR), Iowa City High 8 15.36**

## **Preliminary Heat 1**

Kasey McDaniel (SR), Spencer 1 14.30

Nicole Carroll (JR), Mason City 2 14.65

Kelsey Steffens (SO), Central DeWitt 3 14.96

Megan Nielsen (JR), Southeast Polk 4 15.26

Cali Lyons (JR), Dubuque Hempstead 5 15.37

Stacy Holthaus (JR), Urbandale 6 15.74

Melanie Anderson (SO), Bettendorf 7 15.77

Amy Kopatich (JR), Ottumwa 8 15.80

## **Preliminary Heat 2**

Jenna Caffrey (FR), Burlington 1 14.24

Sara Boisen (SR), West Des Moines Valley 2 14.76

**Emily Triplett (JR), Iowa City High 3 14.93**

Mackenzie Heston (SR), Ankeny 4 15.21

Amanda Brodsack (SO), Cedar Rapids Prairie 5 15.44

Toccaro Ross (JR), Davenport Central 6 15.88

Christina Swift (JR), Iowa City West 7 16.23

Martha Meiners (JR), Johnston 8 16.37

## **Preliminary Heat 3**

Kara Yahn (SR), Clinton 1 14.81

Kayla Sauter (SR), Mason City 2 14.94

Laura Tomes (SR), Sioux City East 3 15.09

**Maya Monitto-Webber (SR), Iowa City High 4 15.12**

Amy Klostermann (SR), West Delaware 5 15.52

Leah Timmerman (JR), Dubuque Hempstead 6 15.80

Chelsea Newmeister (SR), North Scott 7 16.32

Ashley Havlicek (JR), Cedar Rapids Jefferson DNS

### **Class 3A 400 Meter Hurdles Finals**

Sara Boisen (SR), West Des Moines Valley 1 1:03.71

Deb Durey (JR), West Delaware 2 1:04.71

Maura McDermott (SO), Central DeWitt 3 1:06.68

Ashley Letze (JR), Des Moines East 4 1:07.19

**Kelly Sherry (SR), Iowa City High 5 1:07.49**

Paige Havens (SR), Storm Lake 6 1:07.83

Laura Kirk (FR), West Des Moines Valley 7 1:08.86

Elise Watts (SO), Bettendorf 8 1:12.93

### **Preliminary Heat 1**

Sara Boisen (SR), West Des Moines Valley 1 1:04.18

Elise Watts (SO), Bettendorf 2 1:06.23

Kristen Reavis (JR), West Des Moines Dowling 3 1:08.12

Michelle Treska (JR), West Des Moines Dowling 4 1:08.35

Kara Yahn (SR), Clinton 5 1:08.94



Megan Lawrence (FR), Clinton 6 1:09.01

Jessica Regan (JR), CB Abraham Lincoln 7 1:09.55

Nicole Carroll (JR), Mason City DNS

## **Preliminary Heat 2**

Maura McDermott (SO), Central DeWitt 1 1:05.73

Paige Havens (SR), Storm Lake 2 1:05.82

Laura Kirk (FR), West Des Moines Valley 3 1:07.59

Caylin Cervetti (JR), Cedar Falls 4 1:08.42

Ashley Wehle (FR), Denison-Schleswig 5 1:08.49

Abby Erion (SR), Decorah 6 1:09.09

Amber Appleton (SO), West Delaware 7 1:10.95

Lindsey Boldt (FR), Mount Pleasant DNS

## **Preliminary Heat 3**

Deb Durey (JR), West Delaware 1 1:05.27

Ashley Letze (JR), Des Moines East 2 1:06.59

**Kelly Sherry (SR), Iowa City High 3 1:07.28**

Jennifer Snowbarger (SR), Oskaloosa 4 1:08.03

Bryna Copes (JR), Ankeny 5 1:09.13

**Laura Krumm (SO), Iowa City High 6 1:09.26**

Cherie Nichting (JR), Mount Pleasant 7 1:09.76

Amber Brueklander (JR), Pella 8 1:12.23

### **Class 3A 4x100 Meter Relay Finals**

CEDAR FALLS 1 49.34

Liz Bradfield, Mattie Thompson

Danielle Barkema, Shatrece Burt

CEDAR RAPIDS JEFFERSON 2 49.42

Ashley Havlicek, Tara Fry

Katie Cooper, Tenika Smith

MOUNT PLEASANT 3 49.44

Danielle Hutchinson, Lindsey Scott

Mallory Henderson, Haley Sinn

ANKENY 4 49.62

Amanda Johnston, Christine Andresen

Jenna Lago, Lauren Cummings

WEST DES MOINES VALLEY 5 50.00

Aubrie Fontanini, Audra Robinson

Kelly Anderson, Lacy Brunnette

WEST DELAWARE 6 50.50

Megan Klein, Emily Prinson

Misty Ross, Abby Lahr

BETTENDORF 7 51.01

Elise Watts, Alex Hemberger

Melanie Anderson, Shannon Burge

STORM LAKE 8 51.53

Stacy Schmidt, Paige Havens

Molly Daniels, Amy Wulfekuhler

## **Preliminary Heat 1**

ANKENY

Amanda Johnston, Christine Andresen

Jenna Lago, Lauren Cummings

1 49.66

STORM LAKE

Stacy Schmidt, Paige Havens

Molly Daniels, Amy Wulfekuhler

2 50.93

WAUKEE

Maddie Romano, Chelsy Kemmet

Jaymi Kragel, Megan White

3 51.08

IOWA CITY HIGH

Ashton Strickland, Heaven Tutson

Megan Hichwa, Kerry Kamber

4 51.82

CEDAR RAPIDS PRAIRIE

Kimie Jaeger, Lindsey Lehman

Sadie White, Danielle Salwey

5 51.87

WEST DES MOINES DOWLING

Christie Scott, Dani Berrone

Chelsea Drumheller, Jaime Lang

6 52.79

IOWA CITY WEST

Cara Montgomery, Annie McAleer

Kristin Jacobs, Heather Brechtel

7 53.18

CEDAR RAPIDS WASHINGTON

Carrie Boyle, Claire Mattison

Cassandra Lumpkin, LaNeisha Waller

DIS-49.73

## **Preliminary Heat 2**

CEDAR RAPIDS JEFFERSON

Ashley Havlicek, Tara Fry

Katie Cooper, Tenika Smith

1 49.60

WEST DES MOINES VALLEY

Aubrie Fontanini, Audra Robinson

Kelly Anderson, Lacy Brunnette

2 50.19

WEST DELAWARE

Megan Klein, Emily Prinson

Misty Ross, Abby Lahr

3 50.44

BETTENDORF

Elise Watts, Alex Hemberger

Melanie Anderson, Shannon Burge

4 50.56

URBANDALE

Reda Chester, Stacy Holthouse

Katie Kooienga, Dana Hanson

5 51.23

CEDAR RAPIDS KENNEDY

Muffy Sadler, Alyssa Fischer

Melissa Kane, Raeannon Fairlie

6 51.54

INDIANOLA

Ashley Golly, Amber Reisinger

Emily Kaldenberg, Liz Homan

7 51.78

DUBUQUE HEMPSTEAD

Lindsey Derby, Brittany Williams

Audrey Decker, Rachael Kueter

8 51.91

### **Preliminary Heat 3**

CEDAR FALLS

Liz Bradfield, Mattie Thompson

Danielle Barkema, Shatrece Burt

1 49.43

MOUNT PLEASANT

Danielle Hutchinson, Lindsey Scott

Mallory Henderson, Haley Sinn

2 49.63

SPENCER

Maggie Roos, Abbie Waggoner

Kasey McDaniel, Ariel Hornby

3 51.16

## BURLINGTON

Joanna Opiekun, Emily Hayhoe

Lauren Lindstadt, Jazzla Newman

4 51.46

## DAVENPORT WEST

Troysheanna Hawkins, Nicole Jackson

Erin Dillie, Tinny McGowan

5 51.62

## SIOUX CITY WEST

Sonya Bonwell, Lee Holland

Antoinette Greene, Kelli Nelson

6 51.63

## CENTRAL DEWITT

Megan Machovec, Kaitlyn Petersen

Andrea Hawthorne, Samantha Leslie

7 52.25



MUSCATINE

Amber Fisher, Jessica Shaw

McKinsie Williams, Sarah Eichelberger

8 52.79

**Class 3A 4x200 Meter Relay Finals**

MOUNT PLEASANT            1 1:43.70

Danielle Hutchinson, Stephanie Fedler

Lindsey Boldt, Mallory Henderson

**IOWA CITY HIGH            2 1:44.06**

**Patrice Jones, Ashton Strickland**

**Virginia Dreier, Camille Jordan**

ANKENY                        3 1:44.34

Amanda Johnston, Lauren Cummings

Christine Andresen, Jenna Lago

WEST DES MOINES VALLEY 4 1:45.50

Aubrie Fontanini, Audra Robinson

Kelly Anderson, Lacy Brunnette

WEST DELAWARE                      5 1:45.55

Emily Prinson, Abby Lahr

Misty Ross, Deb Durey

DENISON-SCHLESWIG                      6 1:45.86

Lindsey Swanson, Liz Glenn

Liz Peterson, Lindsay Wiebers

CEDAR FALLS                              7 1:45.92

Danielle Barkema, Mattie Thompson

Ashley Barkema, Shatrece Burt

OTTUMWA                                  8 1:47.09

Katie Jay, Emily Roberts

Amy Wetrich, Katie Paulson

# **Preliminary Heat 1**

## **IOWA CITY HIGH**

**Patrice Jones, Ashton Stickland**

**Virginia Dreier, Camille Jordan**

**1 1:43.96**

## WEST DES MOINES VALLEY

Aubrie Fontanini, Audra Robinson

Kelly Anderson, Lacy Brunnette

2 1:44.78

## CEDAR FALLS

Danielle Barkema, Mattie Thompson

Ashley Barkema, Shatrece Burt

3 1:46.17

## BETTENDORF

Alex Hemberger, Shannon Burge

Lauren Kasper, Elise Watts

4 1:47.76

## PELLA

Lyndsay Van Maaren, Sierra Smith

Allison Mansueto, Tracy Marlow

5 1:48.61

CEDAR RAPIDS KENNEDY

Raeannon Fairlie, Alyssa Fischer

Karen Haycraft, Rachel Wharton

6 1:49.38

SPENCER

Maggie Roos, Dani Merchant

Liz Davis, Ariel Hornby

7 1:50.16

DES MOINES ROOSEVELT

Erin Barnes, Dominique Jenkins

Jacqueline Stewart, Miriam Chisala

dis-1:48.22

## **Preliminary Heat 2**

WEST DELAWARE

Emily Prinson, Abby Lahr

Misty Ross, Deb Durey

1 1:44.52

ANKENY

Amanda Johnston, Lauren Cummings

Christine Andresen, Jenna Lago

2 1:44.55

OTTUMWA

Katie Jay, Emily Roberts

Amy Wetrich, Katie Paulson

3 1:45.95

DAVENPORT NORTH

Bre Manders, Quesha Houston

Courtney Sisk, April Mech

4 1:46.57

STORM LAKE

Stacy Schmidt, Amy Wulfekuhler

Molly Daniels, Paige Havens

5 1:47.40

## WAUKEE

Maddie Romano, Chelsy Kemmet

Jaymi Kragel, Megan White

6 1:48.21

## CEDAR RAPIDS PRAIRIE

Laura Carver, Lindsey Lehman

Danielle Salwey, Melissa Langhurst

7 1:48.81

## KEOKUK

Emily Sibbing, Lindy Rader

Lindsey Hurt, Erica Cook

8 1:49.84

## **Preliminary Heat 3**

### MOUNT PLEASANT

Danielle Hutchinson, Stephanie Fedler

Lindsey Boldt, Mallory Henderson

1 1:44.36

## DENISON-SCHLESWIG

Lindsey Swanson, Liz Glenn

Liz Peterson, Lindsay Wiebers

2 1:45.52

## CEDAR RAPIDS JEFFERSON

Ashley Havlicek, Tara Fry

Katie Cooper, Tenika Smith

3 1:46.87

## CENTRAL DEWITT

Quinn Hanrahan, Kaitlyn Petersen

Maura McDermott, Alyssa Maher

4 1:46.88

## WEST DES MOINES DOWLING

Jamie Powers, Jessica Katch

Ann Abramovich, Kathleen Ramirez

5 1:47.70

## AMES

Emily Tuttle, Kate Pollush

Christina Tim, Amy Rodgers

6 1:47.97

SOUTHEAST POLK

Afton Bauer, Liz Pollack

Danielle Davis, Heather Gilmore

7 1:49.72

NEWTON

Leiah Spilly, Vanessa Jimenez

Stephanie Kunch, Madison Sheets

8 1:52.41

### **Class 3A 4x400 Meter Relay Finals**

**IOWA CITY HIGH            1 3:56.94**

**Monica Mims, Katie Krei**

**Virginia Dreier, Meggan Reed**

IOWA CITY WEST            2 3:57.90

Steph Mount, Claire Hall

Lindsey Windauer, Lynn Dobyms



WEST DES MOINES VALLEY 3 3:59.35

Sara Boisen, Lauren Thorson

Lauren Hill, Sarah Cunningham

OTTUMWA 4 4:02.23

Katie Jay, Katie Paulson

Emily Roberts, Ashley Spurgeon

DENISON-SCHLESWIG 5 4:04.17

Lindsey Swanson, Liz Peterson

Ashley Wehle, Lindsay Wiebers

SIOUX CITY NORTH 6 4:04.56

Britni Persinger, Carrie Cole

Christy Vongphakdy, Katie Yockey

PLEASANT VALLEY 7 4:05.64

Lauren Carruthers, Teresa Prais

Maggie Schnackel, Alysha Overturf

WEST DES MOINES DOWLING 8 4:06.34

Kathleen Ramirez, Jessica Katch

Ann Abramovich, Ally Thrall

## **Preliminary Heat 1**

WEST DES MOINES VALLEY

Sara Boisen, Lauren Thorson

Lauren Hill, Sarah Cunningham

1 4:00.81

OTTUMWA

Katie Jay, Katie Paulson

Ashley Spurgeon, Emily Roberts

2 4:03.67

CEDAR FALLS

Jess Bates, Cassie Naaktgeboren

Katie Goulden, Ashley Barkema

3 4:08.04

DES MOINES EAST

Meaghan Bruner, Nicole Kouri

Elyse Logan, Ashley Letze

4 4:09.10

WAVERLY-SHELL ROCK

Beth Dove, Erica St. John

April Suhr, Brooke Witcher

5 4:11.92

JOHNSTON

Stacy Johnson, Lori Bjork

Kelsey Dicken, Emily DePenning

6 4:12.52

OSKALOOSA

Jennifer Snowbarger, Kasey Kerr

Hilary Groetwold, Gina Messamer

7 4:12.80

DUBUQUE SENIOR

Lacy Siegert, Natalie White

Katherine McCabe, Carolyn Egan

8 4:17.31

## **Preliminary Heat 2**

IOWA CITY WEST

Steph Mount, Claire Hall

Lindsey Windauer, Lynn Dobyms

1 4:00.86

DENISON-SCHLESWIG

Lindsey Swanson, Liz Peterson

Ashley Wehle, Lindsay Wiebers

2 4:04.61

WEST DES MOINES DOWLING

Kathleen Ramirez, Jessica Katch

Ann Abramovich, Ally Thrall

3 4:04.84

PLEASANT VALLEY

Lauren Carruthers, Teresa Prais

Maggie Schnackel, Amy Garbin

4 4:05.42

ANKENY

Christine Andresen, Dawn Caffrey

Chelsea Kellar, Katy Fuchtman

5 4:06.65

MASON CITY

Shauna Olson, Janelle Platts

Andrea Sellers, Noelle Peterson

6 4:08.81

AMES

Amy Rodgers, Katie Kramer

Emily Tuttle, Christina Tim

7 4:09.17

MOUNT PLEASANT

Emily Petrzela, Jill Moeller

Elaine Mertens, Sammie Schneider

8 4:21.97

## **Preliminary Heat 3**

### **IOWA CITY HIGH**

**Meggan Reed, Katie Krei**

**Maggie Leyendecker, Virginia Dreier**

**1 4:02.40**

### **SIOUX CITY NORTH**

Britni Persinger, Carrie Cole

Christy Vongphakdy, Katie Yockey

2 4:04.26

### **NORTH SCOTT**

Allison Erichsen, Ashley Balli

Abby Wiese, Stephanie Leibold

3 4:07.30

### **DAVENPORT NORTH**

Bre Manders, Courtney Sisk

Annie Ripslinger, April Mech

4 4:07.95

### **LEMARS**

Jaclyn TeBrink, Jodi Hettwer

Jessica Harringa, Anne Grady

5 4:08.08

DECORAH

Liz Elsbernd, Kelsey Wettach

Abby Erion, Lydia Huinker

6 4:10.03

CENTRAL DEWITT

Sarah Leners, Kim Osmun

Tory Harrington, Quinn Hanrahan

7 4:10.06

NEWTON

Courtney Lenz, Rachelle Tipton

Tabetha McCormick, Chantelle MacVey

8 4:10.61

## **Class 3A 4x800 Meter Relay Finals**

**IOWA CITY HIGH**

**1 09:14.85**

**Maggie Leyendecker, Jennie Funk**

**Meggan Reed, Nelle Trefz**

CEDAR RAPIDS XAVIER 2 09:15.38

Jessica Levin, Sara Clancy

Megan Glover, Erin Penticoff

MOUNT PLEASANT 3 09:24.12

Jill Moeller, Robyn Werner

Lauren Erickson, Allison Werner

CEDAR FALLS 4 09:31.00

Samantha Nygren, Caylin Cervetti

Lyssa Steckelberg, Jess Bates

WEST DES MOINES VALLEY 5 09:37.84

Jessica Wiegert, Lindy Shaw

Megan Altemeier, Lauren Hill



ANKENY

6 09:42.37

Dawn Caffrey, Jessica Brandhorst

Mackenzie Madison, Katy Fuchtman

IOWA CITY WEST

Julia Frudden, Robdu Adam

Janet Dobyms, Claire Hall

7 09:43.59

MASON CITY

Janelle Platts, Nicole Meany

Rachel Busch, Noelle Peterson

8 09:46.48

SPENCER

Kristin Siepkes, Cindy Jones

Heather Brown, Jamie Keefer

9 09:47.64

WEST DES MOINES DOWLING

Hannah Weiss, Chelsea Wirtz

Kate Nevins, Jenni Baker

10 09:50.15

DECORAH

Kelsey Wettach, Liz Madrigal

Lydia Huinker, Christina Gaard

11 09:50.16

URBANDALE

Jessica Hibbs, Andrea Vance

Kristin Mollman, Cassi Sokol

12 09:52.32

OTTUMWA

Molly Fisher, Samantha Thorgaard

Melissa Jay, Denise Eslinger

13 09:55.04

NEWTON

Megan Carman, Rachelle Tipton

Courtney Lenz, Chantelle MacVey

14 09:57.83

FORT DODGE

Lisa Koll, Jill Winninger

Lydia Gawtry, Alex Krog

15 09:58.87

DUBUQUE SENIOR

Carrie Jenaman, Megan Simpson

Meghan Murphy, Natalie White

16 10:00.14

INDIANOLA

Stacie Suntken, Lacey Mitchell

Kathy Bogs, Heather Elliott

17 10:01.39

SIOUX CITY HEELAN

Karla Block, Ali Lenz

Sara Funk, Sarah Pattison

18 10:01.48

DAVENPORT NORTH

Tabitha Kabala, Lauren Coughlin

Sarah Sheedy, Annie Ripslinger

19 10:01.75

BETTENDORF

Jill Klosak, Rachel Lawrence

Amanda Dunlavy, Megan Flynn

20 10:02.17

CENTRAL DEWITT

Sarah Leners, Brittany Mangan

Aileen Gilroy, Erin Connell

21 10:02.23

DENISON-SCHLESWIG

Ashley Wehle, Chelsea Gustafson

McKenzi Mendlik, Sara Slater

22 10:02.82

DUBUQUE HEMPSTEAD

Lindsey Hosier, Elisabeth Johnson

Jamie Schmitt, Morgan Loveless

23 10:06.75

PELLA

Amber Brueklender, Mary Heimstra

Clare Stofferahn, Tera Behning

24 10:13.70

## **Class 3A Sprint Medley Relay Finals**

WEST DES MOINES VALLEY 1 1:49.67

Aubrie Fontanini, Audra Robinson

Lacy Brunnette, Sarah Cunningham

**IOWA CITY HIGH 2 1:49.86**

**Emily Triplett, Maya Monitto-Webber**

**Camille Jordan, Monica Mims**

ANKENY 3 1:50.85

Amanda Johnston, Lauren Cummings

Jenna Lago, Katy Fuchtman

MOUNT PLEASANT 4 1:51.12

Mallory Henderson, Haley Sinn

Stephanie Fedler, Lindsey Boldt

BURLINGTON 5 1:53.55

Ainsley Fedler, Lauren Lindstadt

Jazzla Newman, Jenna Caffrey

WAUKEE 6 1:54.47

Maddie Romano, Jaymi Kragel

Betsy Embree, Chelsy Kemmet

WEST DES MOINES DOWLING 7 1:55.16

Christie Scott, Dani Berrone

Jamie Powers, Kathleen Ramirez

IOWA CITY WEST 8 1:55.59

Christina Swift, Annie McAleer

Lizz Huntley, Kristin Jacobs

## **Preliminary Heat 1**

**IOWA CITY HIGH**

**Emily Triplett, Maya Monitto-Webber**

**Camille Jordan, Monica Mims**

**Virginia Dreier, Patrice Jones**

**1 1:50.36**

INDIANOLA

Emily Kaldenberg, Amber Reisinger

Liz Homan, Ashley Golly

Heather Elliott, Lacey Mitchell

2 1:53.35

CENTRAL DEWITT

Andrea Hawthorne, Megan Machovec

Alyssa Maher, Quinn Hanrahan

Sarah Leners, Kelsey Steffens

3 1:54.12

DAVENPORT NORTH

Sonya Fulton, Quesha Houston

April Mech, Courtney Sisk

4 1:54.69

LINN-MAR

Kelsey Long, Katelin Blasingame

Lindsey Digmann, Nicole Novy

Renaë Kitson, Amanda Brown

5 1:55.09

PELLA

Lyndsay Van Maaren, Sierra Smith

Allison Mansueto, Tracy Marlow

Erika Englebrecht, Kelly Hoopes

6 1:55.61

SOUTHEAST POLK

Afton Bauer, Kassady Gilmore

Danielle Davis, Amy Garrett

Paige Harding, Tori Vermie

7 1:56.39

CEDAR RAPIDS KENNEDY

Raeannon Fairlie, Alyssa Fischer

Karen Haycraft, Lynnette Wilson

Karen Haycraft,



## **Preliminary Heat 2**

WEST DES MOINES VALLEY

Aubrie Fontanini, Audra Robinson

Lacy Brunnette, Sarah Cunningham

Jenny Elgin, Brandi Miller

1 1:49.88

BURLINGTON

Ainsley Fedler, Lauren Lindstadt

Jazzla Newman, Jenna Caffrey

Joanna Opiekun, Emily Hayhoe

2 1:52.81

WAUKEE

Maddie Romano, Jaymi Kragel

Betsy Embree, Chelsy Kemmet

3 1:52.91

CEDAR RAPIDS PRAIRIE

Andrea Jansa, Danielle Salwey

Melissa Langhurst, Laura Carver

4 1:53.68

LEMARS

Molly Reuter, Natasha Schulz

Jackie Weiler, Anne Grady

Jaclyn TeBrink, Emily Snyder

5 1:53.89

JOHNSTON

Ashley Meade, Chelsea Hudson

Amanda Hyde, Kelsey Dicken

Kellie Durand, Abby Green

6 1:55.02

KEOKUK

Emily Sibbing, Lindsey Hurt

Erica Cook, Haley Miller

Lindy Rader, Emily Sibbing

7 1:55.80

DENISON-SCHLESWIG

Amy Larson, Katie Kruse

Nicole Clausen, Emily Haase

Nicole Clausen, Amy Larson

8 1:58.63

### **Preliminary Heat 3**

ANKENY

Amanda Johnston, Lauren Cummings

Jenna Lago, Katy Fuchtman

Mackenzie Heston, Christine Andresen

1 1:51.29

MOUNT PLEASANT

Mallory Henderson, Haley Sinn

Stephanie Fedler, Lindsey Boldt

2 1:51.42

IOWA CITY WEST

Lizz Huntley, Christina Swift

Kristin Jacobs, Lindsey Windauer

Lynn Dobyngs, Naomi Hillsman

3 1:52.26

## WEST DES MOINES DOWLING

Christie Scott, Dani Berrone

Jamie Powers, Kathleen Ramirez

Katie Dempsey, Stephanie Miner

4 1:53.24

## DUBUQUE HEMPSTEAD

Lindsey Derby, Leah Timmerman

Nina Schnee, Rachael Kueter

Audrey Decker, Cali Lyons

5 1:54.03

## CEDAR FALLS

Ashley Wilde, Katie Goulden

Brynn Lantz, Cassie Naaktgeboren

Liz Bradfield, Ashley Wilde

6 1:55.46

## CEDAR RAPIDS XAVIER

Heather Waddell, Abby Zipperer

Jennifer Potts, Jessica Levin

Abby Zipperer, Sarah Ahearn

7 1:57.60

DES MOINES HOOVER

Cherie Mayes, Hannah Laird

Holly Tredway, Kelly Meade

Britini Atkins, Mary Aikoriegie

### **Class 3A Distance Medley Relay Finals**

**IOWA CITY HIGH            1 4:04.54**

**Virginia Dreier, Camille Jordan**

**Monica Mims, Meggan Reed**

MOUNT PLEASANT            2 4:06.20

Danielle Hutchinson, Lindsey Scott

Lindsey Boldt, Allison Werner

IOWA CITY WEST            3 4:06.56

Lizz Huntley, Lindsey Windauer

Claire Hall, Lynn Dobyms

CEDAR RAPIDS XAVIER 4 4:10.04

Heather Waddell, Jennifer Potts

Erin Penticoff, Megan Glover

NORTH SCOTT 5 4:13.49

Allison Bennett, Abby Wiese

Ashley Balli, Abby Wiese

SIOUX CITY NORTH 6 4:13.88

Carrie Cole, Candace Harrell

Britni Persinger, Katie Stewart

WEST DES MOINES DOWLING

Jessica Katch, Jamie Powers

Ann Abramovich, Ally Thrall

7 4:14.38

OTTUMWA

Katie Jay, Emily Roberts

Katie Paulson, Melissa Jay

8 4:15.40

WEST DES MOINES VALLEY

Kelly Anderson, Jenny Elgin

Lauren Thorson, Jessica Wiegert

9 4:16.14

PLEASANT VALLEY

Kelly Harris, Maggie Allen

Alysha Overturf, Kelsey Bulat

10 4:18.48

CEDAR FALLS

Ashley Wilde, Katie Goulden

Cassie Naaktgeboren, Caylin Cervetti

11 4:18.54

SOUTHEAST POLK

Danielle Davis, Liz Pollack

Megan Curry, Amy Garrett

12 4:19.49

OSKALOOSA

Hilary Groetwold, Allison Knoot

Kasey Kerr, Gina Messamer

13 4:19.99

DES MOINES HOOVER

Cherie Mayes, Hannah Laird

Kelly Meade, Holly Tredway

14 4:21.17

DECORAH

Jessica Nanke, Abby Erion

Lydia Huinker, Christina Gaard

15 4:22.07

URBANDALE

Stacy Holthaus, Dana Hanson

Katie Kooienga, Cassi Sokol

16 4:23.06

WAVERLY-SHELL ROCK

Brooke Witcher, Beth Dove

Erica St. John, Staci Ruebel

17 4:24.03



CB ABRAHAM LINCOLN

Christine Wagner, Britney Thomas

Erin Kellar, Beth Knott

18 4:25.91

DAVENPORT NORTH

Sonya Fulton, Qeesha Houston

Bre Manders, Annie Ripslinger

19 4:26.21

CEDAR RAPIDS PRAIRIE

Sadie White, Melissa Langhurst

Laura Carver, Amanda Carson

20 4:26.68

PELLA

Lyndsay Van Maaren, Sierra Smith

Allison Mansueto, Amber Bruekländer

21 4:27.20

CEDAR RAPIDS WASHINGTON

Carrie Boyle, Claire Mattison

Whitey Roberts, Erica Leuenberger

22 4:28.15

ANKENY

Amber Bohlen, Dawn Brugioni

Bryna Copes, Shawn Paca

23 4:29.11

DUBUQUE WAHLERT

Rachel Alt, Mary Bridget Corken

Tess Miller, Sara Fassbinder

DQ

### **Class 3A Shuttle Hurdle Relay Finals**

MASON CITY 1 1:00.89

Nicole Carroll, Danielle Hill

Andrea Sellers, Kayla Sauter

**IOWA CITY HIGH 2 1:01.60**

**Emily Triplett, Annie Fraga**

**Tara Whiting, Maya Monitto-Webber**

WEST DELAWARE            3 1:02.66

Abby Lahr, Ashten Stelken

Amy Klostermann, Deb Durey

SOUTHEAST POLK            4 1:02.83

Jenna Wilkin, Kelsie Host

Heather Gilmore, Megan Nielsen

CENTRAL DEWITT            5 1:03.74

Maura McDermott, Kelly Menneke

Alyssa Maher, Kelsey Steffens

BURLINGTON            6 1:04.39

Emily Ita, Natalie Standard

Hannah Luttenegger, Jenna Caffrey

MOUNT PLEASANT    7 1:05.06

Cherie Nichting, Sara Graf

Anne Graber, Haley Sinn

OTTUMWA 8 1:06.45

Anna Burn, Aubrey Anderson

Amy Kopatich, Rachel McElroy

## **Preliminary Heat 1**

MASON CITY

Nicole Carroll, Danielle Hill

Andrea Sellers, Kayla Sauter

1 1:01.70

MOUNT PLEASANT

Cherie Nichting, Sara Graf

Anne Graber, Haley Sinn

2 1:05.34

CB ABRAHAM LINCOLN

Kendra Chapin, Elisha Turek

Jessica Regan, Crystal Reedy

3 1:06.60

INDIANOLA

Steph Lawrence, Anna Robbins

Lindze Webb, Natti Tipayamongkol

4 1:07.54

## **Preliminary Heat 2**

BURLINGTON

Emily Ita, Natalie Standard

Hannah Luttenegger, Jenna Caffrey

1 1:05.20

WAUKEE

Anna Stork, Reiko Cunningham

Kati Beller, Sasha Kemmet

2 1:08.84

BETTENDORF

Kristin Baker, Kelly Hill

Kelsie Sass, Melanie Anderson

3 1:09.90

CLINTON

Angie Hensel, Barb Kremer

Jesse Hlubek, Kara Yahn

D

### **Preliminary Heat 3**

SOUTHEAST POLK

Jenna Wilkin, Kelsie Host

Heather Gilmore, Megan Nielsen

1 1:02.89

DENISON-SCHLESWIG

Amy Larson, Katie Kruse

Ashton Schmidt, Liz Peterson

2 1:07.70

CEDAR RAPIDS PRAIRIE

Amanda Brodsack, Renee Dawson

Whitney Carson, Lindsey Gee

3 1:09.27

DUBUQUE HEMPSTEAD

Cali Lyons, Nichole Schnee

Nina Schnee, Leah Timmerman

D

## **Preliminary Heat 4**

CENTRAL DEWITT

Maura McDermott, Kelly Menneke

Alyssa Maher, Kelsey Steffens

1 1:04.05

WEST DES MOINES DOWLING

Lynndi Decker, Kristen Reavis

Michelle Treska, Cara Coy

2 1:06.62

SPENCER

Ariel Hornby, Chelsea Linsley

Lisa Paulsen, Kasey McDaniel

3 1:06.79

IOWA CITY WEST

Lindsay Freeman, Chloe Mellecker

Kristen Shaffer, Christina Swift

4 1:08.01

## **Preliminary Heat 5**

WEST DELAWARE

Abby Lahr, Ashten Stelken

Amy Klostermann, Deb Durey

1 1:05.44

OTTUMWA

Anna Burn, Aubrey Anderson

Amy Kopatich, Rachel McElroy

2 1:06.03

JOHNSTON

Ashley Meade, Sara Embrey

Charili Richter, Martha Meiners



3 1:07.95

NORTH SCOTT

Chelsea Newmeister, Allyson Balli

Kimi Logan, Rachel Murphy

D

## **Preliminary Heat 6**

**IOWA CITY HIGH**

**Emily Triplett, Annie Fraga**

**Tara Whiting, Maya Monitto-Webber**

**1 1:02.96**

WEST DES MOINES VALLEY

Lindsay Anderson, Megan Kanis

Ashley Coningsby, Sara Hawley

2 1:06.51

ANKENY

Mackenzie Heston, Lexi Frye

Allison Stewart, Cyndi O'Hern

3 1:07.28

CEDAR RAPIDS JEFFERSON

Brittany Ruzicka, Kara Taylor

Ashley Havlicek, Chandice O'Bannon

4 1:08.78

### **Class 3A High Jump Finals**

Laura Tomes (SR), Sioux City East 1 5'06"

Rachel Sippy (SR), Cedar Rapids Prairie 2 5'05"

Jessica Statler (FR), Cedar Rapids Prairie 3 5'03"

Lindsey Scott (SO), Mount Pleasant 4 5'03"

Jenna Caffrey (FR), Burlington 5 5'03"

Ashten Stelken (SO), West Delaware 6 5'03"

Alison Dirks (SO), Iowa City West 7 5'03"

Lindsey Boldt (FR), Mount Pleasant 8 5'02"

Alyssa Fischer (SO), Cedar Rapids Kennedy 8 5'02"

Cae Lamb (SO), Iowa City West 10 5'02"

Lisa Miner (SR), Cedar Falls 11 5'00"

Katie Kooienga (JR), Urbandale 11 5'00"

Kayla Trenkamp, West Delaware 13 5'00"

Mollie Hermiston (JR), North Scott 13 5'00"

Amy Kopatich (JR), Ottumwa 13 5'00"

Angie Hensel (SR), Clinton 16 5'00"

Amber Ruden (SR), Dubuque Hempstead 16 5'00"

Stephanie Petsche (FR), Lewis Central 16 5'00"

Dania Liebergesell (FR), West Des Moines Valley

Aubry Boles (JR), Des Moines Roosevelt

Emily Ita (JR), Burlington

Megan Freeman (JR), CB Abraham Lincoln

Karine Grindberg (SO), Fort Dodge

Toccara Ross (JR), Davenport Central

Christina Gaard (SR), Decorah

Sarah Reese (FR), Johnston

Amanda Wollman (FR), LeMars

## **Class 3A Long Jump Finals**

LaNeisha Waller (JR), Cedar Rapids Washington 1 19'05.00"  
Laura Tomes (SR), Sioux City East 2 18'00.75"  
Lindsey Swanson (FR), Denison-Schleswig 3 17'11.75"  
Angie Hensel (SR), Clinton 4 17'11.50"  
Amy Wulfekuhler (SR), Storm Lake 5 17'10.50"  
Abby Lahr (JR), West Delaware 6 17'06.75"  
Deb Durey (JR), West Delaware 7 17'04.50"  
Nicole Carroll (JR), Mason City 8 17'02.75"  
Danielle Hutchinson (SR), Mount Pleasant 9 17'02.50"  
Liz Bradfield (JR), Cedar Falls 10 16'08.25"  
Kelly Meade (JR), Des Moines Hoover 11 16'07.75"  
Katie Paulson (JR), Ottumwa 12 16'06.25"  
Kristen Reavis (JR), West Des Moines Dowling 13 16'06.00"  
Mallory Henderson (FR), Mount Pleasant 14 16'06.00"  
Kasey McDaniel (SR), Spencer 15 16'04.50"  
Tracy Marlow (SR), Pella 16 16'04.00"  
Kara Yahn (SR), Clinton 17 16'03.75"  
Lacy Brunnette (JR), West Des Moines Valley 18 15'11.75"  
April Mech (SR), Davenport North 19 15'11.00"

Elisha Turek (SR), CB Abraham Lincoln 20 15'11.00"

Jessica Kugler (SR), Waterloo East 21 15'03.50"

Erica Heiden (JR), Urbandale 22 15'03.25"

Caroline Strait (SR), Des Moines North 23 15'00.50"

Krystle Blanks (FR), Decorah 24 14'10.00"

### **Class 3A Shot Put Finals**

Sheena James (SR), Clinton 1 43'03.50"

Lee Holland (SR), Sioux City West 2 41'00.50"

**Jessica Elliott (SR), Iowa City High 3 39'11.75"**

Maria Linnenbrink (SR), North Scott 4 39'10.50"

Ashley Simpson (JR), Dubuque Hempstead 5 39'06.00"

Micaela Mallett (SR), Des Moines East 6 38'07.00"

Megan Hinds (SR), Sioux City Heelan 7 37'07.50"

Holly Joens (SR), Cedar Rapids Prairie 8 37'04.75"

Amy Waggoner (JR), Marshalltown 9 36'10.00"

Rachel Boeke (SO), Cedar Rapids Jefferson 10 36'09.00"

Angela Sheridan (SO), Dubuque Wahlert 11 36'04.50"

Johnna Gamble (SR), Davenport West 12 36'04.05"

Angel Anderson (SR), Davenport Central 13 36'04.00"

Julie Wittrock (SR), Boone 14 36'03.50"

Libby Williams (SR), Ottumwa 15 36'01.00"

Cassie Cheever (JR), Sioux City Heelan 16 35'08.50"

Brandi Mulder (SO), Waverly-Shell Rock 17 35'08.00"

Joselyn Siems (SO), Cedar Falls 18 35'07.50"

**Corrie Wagner (SO), Iowa City High 19 35'07.00"**

Kellie Price (SR), CB Abraham Lincoln 20 35'02.00"

Amy Kamies (SR), Spencer 21 34'08.50"

Tanyana West (JR), Des Moines Roosevelt 22 34'06.00"

Anne Morgan (JR), Spencer 23 34'05.00"

Megan Callahan (SO), Dubuque Wahlert 24 34'04.00"

### **Class 3A Discus Finals**

Wendy Milam (SR), Cedar Rapids Washington 1 132'05"

Amy Waggoner (JR), Marshalltown 2 131'07"

Kellie Price (SR), CB Abraham Lincoln 3 126'02"

Megan Hinds (SR), Sioux City Heelan 4 123'07"

Holly Joens (SR), Cedar Rapids Prairie 5 122'03"

Johnna Gamble (SR), Davenport West 6 121'02"

Sheena James (SR), Clinton 7 119'00"

Jessica Bates (JR), Indianola 8 116'11"

Michaela Mallett (SR), Des Moines East 9 112'04"

Becky Wittrock (SO), Boone 10 112'00"

**Jessica Elliott (SR), Iowa City High 11 111'10"**

Missy Fessler (SR), Dubuque Hempstead 12 111'04"

Jess Jewell (JR), Decorah 13 110'07"

Joslyn Siems (SO), Cedar Falls 14 109'00"

Rachel Boeke (SO), Cedar Rapids Jefferson 15 107'06"

Stef Winslow (SO), Pleasant Valley 16 104'09"

Katie Stilwell (JR), West Des Moines Valley 17 102'05"

Anne Morgan (JR), Spencer 18 102'03"

Elena Leon (FR), West Des Moines Valley 19 100'07"

Kathleen Armbruster (SR), Sioux City Heelan 20 099'10"

Cat Nelson (FR), Sioux City North 21 099'00"

Monica Diercks (JR), Waverly-Shell Rock 22 098'00"

Marissa Banks (FR), Ames

Rikki Southard (SO), Lewis Central

### **Wheelchair 100 Meter Dash Finals**

Kristina Gehrls (SR), North Scott 1 30.93

Erin Hobbs (SO), Norwalk 2 38.67

Rachel Marshall (SO), Cedar Rapids Kennedy 3 50.91

### **Wheelchair 400 Meter Dash Finals**

Kristina Gehrls (SR), North Scott 1 1:52.83

Erin Hobbs (SO), Norwalk 2 2:30.10

### **Wheelchair Shot Put Finals**

Kristina Gehrls (SR), North Scott 1 10'00.25"

Rachel Marshall (SO), Cedar Rapids Kennedy 2 08'11"