

1999 STATE TRACK & FIELD CLASS 3A FINAL RESULTS

City High Wins Third Straight 3A Crown!!

****Michelle Lilienthal sets 3000m state meet record.**

****Michelle Lilienthal sets 1500m state meet and Iowa All-Time record.**

****Teesa Price wins 3rd and 4th state titles**

****4x800 relay of Anne Heefner, Patricia Ekiring, Kelsie Linder, and Michelle Lilienthal runs the 5th fastest relay of all time.**

3A TEAM SCORING

1. Iowa City High.....	61
2. Iowa City West.....	51
3. Cedar Rapids Prairie.....	31
4. Clinton.....	27.50
5. Marshalltown.....	25
6. Ames.....	22
6. Indianola.....	22
8. West Des Moines Valley.....	20
9. Waterloo East.....	18
10. Davenport North.....	17
11. Sioux City Heelan.....	15
12. Sioux City North.....	14
13. Bettendorf.....	13
13. Oskaloosa.....	13
13. Pleasant Valley.....	13
16. Davenport Central.....	12
17. Ankeny.....	11
17. Cedar Rapids Xavier.....	11
17. Des Moines Roosevelt.....	11

20. Fort Madison.....	10
21. Waterloo West.....	8
21. Dubuque Senior.....	8
23. Dubuque Wahlert.....	7
23. Lewis Central.....	7
23. Western Dubuque.....	7
26. Linn-Mar.....	6
26. Newton.....	6
26. Urbandale.....	6
29. LeMars.....	5.50
30. Burlington.....	5
31. Spencer.....	4
31. West Delaware.....	4
33. Fort Dodge.....	3
33. Sioux City West.....	3
33. West Des Moines Dowling.....	3
36. Davenport West.....	2
37. Cedar Rapids Kennedy.....	1
37. Des Moines Hoover.....	1
37. Pella.....	1

Class 3A 100 Meter Dash Finals

- 1 Kate Gordon, Sioux City North, 12.18
- 2 Pam Orris, Dubuque Senior, 12.63
- 3 Tina Klith, Cedar Rapids Prairie, 12.82
- 4 Tieesha Griffin, Sioux City West, 12.86
- 5 Christen Karniski, Iowa City West, 12.89
- 6 Katie Boney, Burlington, 13.00
- 7 Stacey Lawrence, Clinton, 13.23
- 8 Tiffany Cruikshank, Marshalltown, 13.23

Class 3A 200 Meter Dash Finals

- 1 Luyre Hupfer, Clinton, 25.01
- 2 Kate Gordon, Sioux City North, 25.06
- 3 Rasheeda Jones, Waterloo East, 26.13
- 4 Tina Klith, Cedar Rapids Prairie, 26.29
- 5 Christie Muenzenberger, West Des Moines Valley, 26.30
- 6 Hafina Jones, Davenport North, 26.35
- 7 Ambre Moton, Ankeny, 26.35
- 8 Sarah Riedel, Muscatine, 26.57

Class 3A 400 Meter Dash Finals

- 1 Christie Muenzenberger, West Des Moines Valley, 0:57.07
- 2 Candi Jones, Oskaloosa, 0:57.97
- 3 Lacey Adams-Brown, Indianola, 0:58.41
- 4 Maria Johnson, Cedar Rapids Xavier, 0:58.97
- 5 Angie German, West Delaware, 0:59.02
- 6 Nicole Dougherty, Dubuque Senior, 1:00.33
- 7 Megan Vens, Clinton, 1:01.87

Class 3A 800 Meter Run Finals

- 1 Carey Morris, Fort Madison, 2:14.54 J
- 2 Jessica Huff, Marshalltown, 2:14.79 J
- 3 Wendy Shaw, Davenport Central, 2:17.04
- 4 Ann Marie Noel, Dubuque Wahlert, 2:17.65
- 5 Katy Grady, LeMars, 2:17.91
- 6 Lesley Smith, Iowa City West, 2:18.20
- 7 Anne Heefner, Iowa City High, 2:18.31**
- 8 Jennifer Smith, Davenport North, 2:18.60
- 9 Michelle Sokol, Urbandale, 2:18.74
- 10 Lindsey Yunt, Dubuque Hempstead, 2:19.92
- 11 Beth Abramavich, West Des Moines Dowling, 2:20.43
- 12 Claire Gilchrist, Ames, 2:21.34
- 13 Alicia Irons, Boone, 2:21.95
- 14 Kristin Flood, West Des Moines Valley, 2:22.13
- 15 Renee Begyn, Bettendorf, 2:22.50
- 16 Brittany Keith, Iowa City West, 2:22.68
- 17 Jannae Holubar, Marshalltown, 2:24.26
- 18 Michelle Lake, Iowa City High, 2:25.07**
- 19 Anne Berger, Sioux City Heelan, 2:25.31
- 20 Cindy Loffler, Johnston, 2:25.59
- 21 Melissa Hough, CB Abraham Lincoln, 2:25.64
- 22 Kelsey Singletary, Ankeny, 2:26.00
- 23 Brandy Hunold, Fort Madison, 2:29.19
- 24 Ashley Kunkle, Cedar Falls, 2:32.14

Class 3A 1500 Meter Run Finals

- 1 Michelle Lilienthal, Iowa City High, 4:34.01 J (New State Meet record and Iowa All-Time record)**
- 2 Emily Shoopman, Waterloo West, 4:45.53 J
- 3 Anne Ruffcorn, Bettendorf, 4:46.38

4 Lindsay Wetzel, Iowa City High, 4:47.87

- 5 Casey Owens, Des Moines Roosevelt, 4:49.93
- 6 Jenni Frudden, Iowa City West, 4:50.10
- 7 Karen McCormick, Lewis Central, 4:51.57
- 8 Casey Hornick, Fairfield, 4:55.43
- 9 Lindsey Nye, Fort Madison, 4:55.84
- 10 Aimee Nielson, Mason City, 4:58.71
- 11 Lindsay Heligenthal, Ames, 5:01.59
- 12 Lauren Levy, Iowa City West, 5:01.70
- 13 Amanda Tuttle, Marshalltown, 5:01.94
- 14 Megan Riepma, Spencer, 5:03.20
- 15 Masumi Fottral, Cedar Rapids Prairie, 5:07.09
- 16 Audrey Schiltz, West Des Moines Dowling, 5:08.04
- 17 Katie Croker, Marshalltown, 5:08.66
- 18 Sara Semprini, Ankeny, 5:09.67
- 19 Julie White, Dubuque Hempstead, 5:10.54
- 20 Kim Irons, Boone, 5:11.38
- 21 Megan Tabor, Dubuque Senior, 5:12.76
- 22 Tracy Paustian, Davenport West, 5:14.67
- 23 Jessica Weible, Sioux City East, 5:21.66

Class 3A 3000 Meter Run Finals

1 Michelle Lilienthal, Iowa City High, 09:49.11 J*(New State Meet record)

- 2 Lesley Smith, Iowa City West, 10:14.02 J
- 3 Jeni Frudden, Iowa City West, 10:18.55 J
- 4 Casey Owens, Des Moines Roosevelt, 10:30.22
- 5 Emily Shoopman, Waterloo West, 10:42.68
- 6 Karen McCormick, Lewis Central, 10:44.60
- 7 Molly Meng, Iowa City High, 10:51.32**
- 8 Kathryn Stamler, Muscatine, 10:56.90
- 9 Sarah Lacina, Muscatine, 10:58.95
- 10 Julie Reger, Ames, 10:59.10
- 11 Nicole Wood, Dubuque Wahlert, 11:02.58
- 12 Audrey Schiltz, West Des Moines Dowling, 11:04.46
- 13 Amanda Tuttle, Marshalltown, 11:08.87
- 14 Allison Heid, Urbandale, 11:09.86
- 15 Megan Tabor, Dubuque Senior, 11:12.49
- 16 Masumi Fottral, Cedar Rapids Prairie, 11:14.49
- 17 Melissa Zeimat, Dubuque Wahlert, 11:26.24

- 18 Brooke Ralston, Cedar Rapids Jefferson, 11:29.73
- 19 Katie Murphy, Waterloo Col.-Don Bosco, 11:39.38
- 20 Stacy Egts, Bettendorf, 11:40.09
- 21 Jessica Deverell, Mason City, 11:42.69
- 22 Cathleen Miller, Davenport Central, 12:14.53

Class 3A 100 Meter Hurdles Finals

1 Teesa Price, Iowa City High, 14.19 J

- 2 Fiona Asigbee, Cedar Rapids Prairie, 14.53
- 3 Sarah Steffen, Western Dubuque, 14.55
- 4 Elizabeth Bicknell, Pleasant Valley, 15.10
- 5 Alissa Koerner, Sioux City Heelan, 15.10
- 6 Jill Arganbright, Iowa City West, 15.21
- 7 Stacy Van Vark, Pella, 15.64
- 8 Chrissy Hendricks, Ankeny, 16.04

Class 3A 400 Meter Hurdles Finals

1 Teesa Price, Iowa City High, 1:02.65 J

- 2 Fiona Asigbee, Cedar Rapids Prairie, 1:03.84
- 3 Amanda Manatt, Newton, 1:04.86
- 4 Sarah Steffen, Western Dubuque, 1:05.77
- 5 Jessica Wray, Ames, 1:05.91
- 6 Lara Janson, Iowa City West, 1:05.95
- 7 Brooke Plumb, Newton, 1:08.26
- 8 Tara Jetter, Clinton, 1:09.37

Class 3A 4x100 Meter Relay Finals

- 1 WATERLOO EAST, (Jessie Wellnitz, Tajah Theroith, Fallon Jenkins, Rasheeda Jones), 49.34
- 2 DAVENPORT NORTH, (Allison Harris, Destiny Sisk, Lolitha Marshall, Hafina Jones), 49.36
- 3 CLINTON, (Hillary Armstrong, Lindsey Larson, Luyre Hupfer, Stacey Lawrence), 49.67
- 4 IOWA CITY HIGH, (Amanda Nearad, Nicole Gatens, Amber Starr, Elizabeth Matzen), 50.13**
- 5 ANKENY, (Lindsay McCracken, Kylie Lago, Sarah Lindner, Ambre Moton), 50.19
- 6 SIOUX CITY HEELAN, (Kara Fenceroy, Jill Fisher, Laura Wharton, Sara Heying), 50.61
- 7 MUSCATINE, (Becca Aull, Becca Siler, Desiree Flickinger, Sarah Riedel), 50.67
- 8 SPENCER, (Megan Nuebel, Amanda Hentges, Jami Willfong, Amy Wigen), 50.88

Class 3A 4x200 Meter Relay Finals

- 1 CLINTON, (Stacey Lawrence, Hillary Armstrong, Lindsey Larson, Luyre Hupfer), 1:42.94
- 2 DAVENPORT NORTH, (Allison Harris, Destiny Sisk, Lolitha Marshall, Hafina Jones), 1:43.11
- 3 AMES, (Sarah Nutter, Erica Lynn, Kylan Loney, Erin Maysent), 1:44.18
- 4 WATERLOO EAST, (Jessie Wellnitz, Fallon Jenkins, Quinnteshia Tillman, Rasheeda Jones), 1:44.29
- 5 MARSHALLTOWN, (Beth Michael, Nicole Chizek, Teresa Wauters, Diane Gaskill), 1:44.75
- 6 DUBUQUE SENIOR, (Erin Strub, Melissa Millman, Katie Kluesner, Pam Orris), 1:44.93
- 7 ANKENY, (Kylie Lago, Lindsay McCracken, Sarah Lindner, Ambre Moton), 1:45.62
- 8 SIOUX CITY HEELAN, (Kara Fenceroy, Julie Moeller, Laura Wharton, Sara Heying), 1:46.04

Class 3A 4x400 Meter Relay Finals

- 1 INDIANOLA, (Dondra Nichols, Shaela Bresnan, Steph Suntken, Lacey Adams-Brown), 3:56.69
- 2 CEDAR RAPIDS PRAIRIE, (Lisa Ungerer, Debbie Akerly, Tina Klith, Fiona Asigbee), 3:59.41
- 3 IOWA CITY HIGH, (Anne Heefner, Nicole Gatens, Amber Starr, Teesa Price), 3:59.96**
- 4 CEDAR RAPIDS XAVIER, (Marie Zach, Ashley Anderson, Emily Putman, Maria Johnson), 4:00.82
- 5 WEST DES MOINES DOWLING, (Audrey Schiltz, Allison Schiltz, Sara Bird, Beth Abramavich), 4:01.49
- 6 AMES, (Erica Lynn, Jessica Wray, Lindsay Heligenthal, Kylan Loney), 4:01.58
- 7 SIOUX CITY HEELAN, (Alissa Koerner, Julie Moeller, Abby Lemek, Katie Berger), 4:07.10
- 8 CLINTON, (Hadley Armstrong, Lindsey Larson, Megan Vens, Jama Clark), 4:09.49

Class 3A 4x800 Meter Relay Finals

- 1 IOWA CITY WEST, (Sara Juvenal, Lauren Levy, Lesley Smith, Jeni Frudden), 09:18.96
- 2 IOWA CITY HIGH, (Patricia Ekiring, Kelsie Linder, Anne Heefner, Michelle Lilienthal), 09:20.61**
- 3 MARSHALLTOWN, (Jessica Huff, Teresa Wauters, Jannae Holubar, Katie Croker), 09:21.05
- 4 CEDAR RAPIDS XAVIER, (Marie Zach, Angel Russell, Shannon Geraghty,

Amanda Glynn), 09:38.15
5 FORT MADISON, (Brandy Hunold, Megan Rehm, Lindsey Nye, Carey Morris),
09:38.73
6 ANKENY, (Kelsey Singletary, Haley Younger, Sara Semprini, Bryony Jones),
09:42.45
7 MOUNT PLEASANT, (Jamie McLaughlin, Kristin Kelley, Jayme Jandrey, Jessica
Schultz), 09:44.60
8 WEST DES MOINES VALLEY, (Kristin Flood, Cassie Isaacson, Christy Drescher,
Ashley Tousley), 09:44.82
9 BOONE, (Kristen Anderson, Kim Irons, Melissa Gourley, Alicia Irons), 09:45.54
10 WEST DES MOINES DOWLING, (Beth Abramavich, Allison Schiltz, Sara Bird,
Abbie Smith), 09:46.08
11 JOHNSTON, (Sarah Kiester, Cindy Loffler, Sarah Smith, Kristin Way), 09:46.64
12 DUBUQUE WAHLERT, (Melissa Meyer, Annie Corken, Celie Corken, Ann
Marie Noel), 09:47.39
13 CLINTON, (Michele Larson, Shannon Parker, Megan Vens, Jama Clark), 09:48.08
14 SIOUX CITY HEELAN, (Anne Berger, Melissa Rhinehart, Abby Lemek, Katie
Berger), 09:48.57
15 BETTENDORF, (Renee Begyn, Tarrah Patton, Anne Ruffcorn, Amanda Moeller),
09:52.03
16 MASON CITY, (Aimee Nielson, Sarah Crane, Hollie Walusz, Melissa Barnes),
09:57.97
17 CEDAR FALLS, (Liz Myers, Kate Deaver, Kari Lien, Ashley Kunkle), 09:58.85
18 PELLA, (Stephanie Brown, Lindsay Kiefaber, Jenni Norris, Holly Goodyk),
09:59.12
19 CEDAR RAPIDS JEFFERSON, (Katie Fox, Annie Fox, Cassie Mitvalsky, Kristin
Scheumann), 09:59.28
20 DECORAH, (Auny Kerndt, Laura Storkamp, Mandy Reddel, Alex Cook),
10:00.05
21 PLEASANT VALLEY, (Jackie Kubik, Jill Borcharding, Jennifer Wendt, Erin
Arnold), 10:00.06
22 FAIRFIELD, (Sasha Luse, Casey Hornick, Kari Hunnerdosse, Carrie Clingen),
10:01.74
23 DUBUQUE SENIOR, (Emily Duchow, Jenna Specht, Emily Schrobilgen, Sarah
Lepp), 10:02.90

Class 3A Sprint Medley Relay Finals

1 WEST DES MOINES VALLEY, (Shannon Smith, Jeffia Hill, Lauren Fifer, Christie
Muenzenberger), 1:48.20
2 INDIANOLA, (Kacey Pritchard, Amy Bixler, Steph Suntken, Lacey Adams-
Brown), 1:48.52

3 IOWA CITY HIGH, (Amanda Nearad, Elizabeth Matzen, Nicole Gatens, Amber Starr), 1:48.52

4 OSKALOOSA, (Jenni Rinehart, Hayley Yarkosky, Megan Sash, Candi Jones), 1:51.78

5 WEST DELAWARE, (Andrea Bockenstedt, Whitney Erickson, Alison Bockenstedt, Angie German), 1:51.90

6 MARSHALLTOWN, (Tiffany Cruikshank, Beth Michael, Diane Gaskill, Nicole Chizek), 1:52.28

7 DUBUQUE SENIOR, (Erin Strub, Theresa Redding, Pam Orris, Nicole Dougherty), 1:52.71

8 SIOUX CITY HEELAN, (Kara Fenceroy, Laura Wharton, Julie Moeller, Laura Keane), 1:54.20

Class 3A Distance Medley Relay Finals

1 MARSHALLTOWN, (Teresa Wauters, Diane Gaskill, Nicole Chizek, Jessica Huff), 4:04.32 *

2 DAVENPORT CENTRAL, (Angie Young, Carrie Schnauber, Janelle Hester, Wendy Shaw), 4:12.75

3 URBAN DALE, (Sarah Turner, Diane Stratton, Kim Hibbert, Michelle Sokol), 4:13.14

4 SIOUX CITY HEELAN, (Alissa Koerner, Sara Heying, Abby Lemek, Katie Berger), 4:13.84

5 AMES, (Sarah Nutter, Megan Popelka, Claire Gilchrist, Lindsay Heligenthal), 4:15.43

6 BETTENDORF, (Ashley Guffey, Natalie Anderson, Jenny Frels, Anne Ruffcorn), 4:15.78

7 FAIRFIELD, (Amber Christopher, Sami Allison, Lindsey Smith, Casey Hornick), 4:17.04

8 MUSCATINE, (Kara Schuur, Desiree Flickinger, Natalie Hetzler, Colleen Schmidt), 4:17.20

9 SPENCER, (Amy Lensing, Mary Beth Leistad, Afton Erick, Megan Riepma), 4:17.98

10 JOHNSTON, (Lindsay Ruisch, Amy Young, Lacey Corcoran, Sarah Kiester), 4:18.10

11 CEDAR RAPIDS XAVIER, (Casey Novy, Stacey Gibbs, Emily Putman, Shannon Geraghty), 4:18.62

12 WEST DES MOINES VALLEY, (Angie Maupin, Lauren Fifer, Laura Burke, Kristin Flood), 4:18.78

13 CEDAR RAPIDS JEFFERSON, (Sarah Wieneke, Alisha Culp, Katie Fox, Kristin Scheumann), 4:19.24

14 DUBUQUE HEMPSTEAD, (Diane Kaufman, Jenny Noel, Amanda Oostendorp,

Lindsey Yunt), 4:22.49

15 IOWA CITY WEST, (Abby Buckwalter, Marla Froelich, Lara Janson, Lauren Levy), 4:23.33

16 CEDAR FALLS, (Peggy Owens, Carly Miller, Nicole Doeden, Liz Myers), 4:23.61

17 MASON CITY, (Anna Ziegler, Hollie Walusz, Julie Jacobson, Aimee Nielson), 4:24.42

18 IOWA CITY HIGH, (Morgan Rohrbach, Jill Tiemeyer, Katie Hill, Molly Gable), 4:24.89

19 LEMARS, (Lindsey Berding, Abby Ohm, Amber Arens, Katy Grady), 4:24.98

20 PLEASANT VALLEY, (Adrea Hensel, Liz Bolcom-Smith, Emily Kinning, Erin Arnold), 4:26.79

21 WAVERLY-SHELL ROCK, (Jessica Groth, Alyssa Rost, Amy Arns, Randi Mehmen), 4:27.91

22 LEWIS CENTRAL, (JJ Padilla, Nikki Poloncic, Ellen Jackson, Karen McCormick), 4:31.06

23 FORT MADISON, (Stephanie Scruggs, Megan Biddenstedt, Brandy Hunold, Katie Basham), 4:37.81

Class 3A Shuttle Hurdle Relay

1 IOWA CITY WEST, (Kerri Scholl, Pearl Ma, Jill Arganbright, Misa Nakato), 1:02.16

2 ANKENY, (Rachel Dierenfield, Michelle Gee, Steph Bremer, Chrissy Hendricks), 1:03.64

3 AMES, (Jessica Wray, Sarah Kitchell, Carly Mortensen, Erica Lynn), 1:03.70

4 BURLINGTON, (Chrisi Widbin, Natalie Johnson, Tamika Miller, Katie Boney), 1:03.98

5 NEWTON, (Tara Polastrini, Tori Dunham, Allison Kempenaar, Brooke Plumb), 1:04.52

6 WEST DES MOINES DOWLING, (Jana Eaton, Molly Nauman, Erin Fitzgerald, Tanya Miller), 1:04.70

7 PLEASANT VALLEY, (Anne Burgemeier, Beth Patterson, Lindsey Ven Horst, Elizabeth Bicknell), 1:05.93

8 CLINTON, (Stacy Boerema, Lindsey Schroeder, Tara Jetter, Kali Sander), 1:06.15

Heat 1

1 LEWIS CENTRAL, (Kellie Evans, JJ Padilla, Jenny Willer, Becky Lauver), 1:06.23

2 MASON CITY, (Emily Vold, Lena Hoard, Cassie Broome, Maria Hardinger), 1:06.43

3 CEDAR FALLS, (Christina Smith, Kellie Smith, Sarah Delp, Jamie Nemmers),

1:06.63

4 LEMARS, (Lindsey Berding, Laura Reuter, Dana Lehner, Katy Person), 1:10.65

Heat 2

1 WEST DES MOINES DOWLING, (Jana Eaton, Molly Nauman, Tanya Miller, Erin Fitzgerald), 1:05.34

2 WESTERN DUBUQUE, (Katie Rasmussen, Shannon Hunt, April Vorwald, Sarah Steffen), 1:05.97

3 FAIRFIELD, (Julie Burnham, Amy Thomas, Emily Sieber, Amber Christopher), 1:09.47

4 SIOUX CITY HEELAN, (Jessica Schermerhorn, Nicole Kreber, Melissa Staley, Molly Sewell), 1:18.28

Heat 3

1 ANKENY, (Rachel Dierenfield, Michelle Gee, Steph Bremer, Chrissy Hendricks), 1:04.81

2 PLEASANT VALLEY, (Anne Burgemeier, Beth Patterson, Lindsey Ven Horst, Elizabeth Bicknell), 1:05.94

3 URBANDALE, (Amy Selover, Lynn Hall, Stephanie Accurso, Lacey Woolf), 1:07.29

4 DUBUQUE WAHLERT, (Melanie Spiegel, Amanda Hohmann, Beth Herbst, Aimee Reichel), 1:09.99

Heat 4

1 IOWA CITY WEST, (Kerri Scholl, Pearl Ma, Jill Arganbright, Misa Nakato), 1:03.04

2 MARSHALLTOWN, (Ann Waters, Katy Benda, Brittany Garland, Kendra Crow), 1:06.13

3 PELLA, (Shelly McCulla, Holly Dorenkamp, Sarah Way, Stacy Van Vark), 1:06.41

4 WEST DELAWARE, (Angie Baumgartner, Mollie Wessels, Andrea Bockenstedt, Megan Nieman), 1:14.52

Heat 5

1 CLINTON, (Stacy Boerema, Lindsey Schroeder, Tara Jetter, Kali Sander), 1:05.78

2 BURLINGTON, (Chrisi Widbin, Natalie Johnson, Tamika Miller, Katie Boney), 1:05.90

3 SPENCER, (Katie Grave, Jenny Kabrick, Abby Hill, Angie Mahrt), 1:08.56

4 OSKALOOSA, (Angela Tapley, Megan Wisbrock, Hayley Yarkosky, Ashley Moore), 1:09.57

Heat 6

1 AMES, (Erica Lynn, Carly Mortensen, Sarah Kitchell, Jessica Wray), 1:04.14

2 NEWTON, (Tara Polastrini, Allison Kempenaar, Tori Dunham, Brooke Plumb), 1:04.85

3 IOWA CITY HIGH, (Laura Haas, Lisa Croker, Maureen Tabor, Katy Fraga), 1:08.52

Class 3A High Jump Finals

1 Tina Wolfe, Pleasant Valley, 5'03" (1.60m)

2 Brooke Zrudsky, Linn-Mar, 5'03" (1.60m)

3 Stacy Boerema, Clinton, 5'03" (1.60m)

3 Katy Grady, LeMars, 5'03" (1.60m)

5 Anna Friederichs, Davenport West, 5'03" (1.60m)

6 Jill Arganbright, Iowa City West, 5'03" (1.60m)

7 Amy Steenhoek, Pella, 5'02" (1.57m)

8 Kourtney Kelso, Cedar Rapids Kennedy, 5'02" (1.57m)

9 Tanya Miller, West Des Moines Dowling, 5'02" (1.57m)

10 Shannon Leonard, Ottumwa, 5'02" (1.57m)

11 Jaime Soma, Ames, 5'00" (1.52m)

12 Megan Leinau, Iowa City High, 5'00" (1.52m)

12 Kiley Fidler, Cedar Rapids Washington, 5'00" (1.52m)

12 Katie Weisz, Johnston, 5'00" (1.52m)

15 Jessica Jordan, Des Moines East, 5'00" (1.52m)

16 Jama Clark, Clinton, 5'00" (1.52m)

17 Erin Martin, Ames, 4'10" (1.47m)

17 Katie Northrup, Dubuque Senior, 4'10" (1.47m)

17 Carolyn Giese, Dubuque Wahlert, 4'10" (1.47m)

17 Sarah Joye, Urbandale, 4'10" (1.47m)

17 Michelle Burvee, Waterloo Col.-Don Bosco, 4'10" (1.47m)

22 Ashley Sly, Southeast Polk, 4'10" (1.47m)

Class 3A Long Jump Finals

1 Jill Fisher, Sioux City Heelan, 17'06" (5.33m)

2 Davonna Carr, Des Moines Roosevelt, 17'04.75" (5.30m)

3 Fiona Asigbee, Cedar Rapids Prairie, 17'03.75" (5.28m)

4 Tristan Smith, Fort Dodge, 17'03.00" (5.26m)

5 Teesa Price, Iowa City High, 16'08.25" (5.09m)

6 Holly Goodyk, Pella, 16'07" (5.05m)

- 7 Sarah Steffen, Western Dubuque, 16'05.5" (5.02m)
- 8 Stacy Boerema, Clinton, 16'04.25" (4.98m)
- 9 Kylan Loney, Ames, 16'02.00" (4.93m)
- 10 Rachel Dierenfield, Ankeny, 16'01.25" (4.91m)
- 11 Julie Gilbraith, Waverly-Shell Rock, 16'01" (4.90m)
- 12 Abby Vanderah, Marshalltown, 16'00.5" (4.89m)
- 13 Lindsey Berding, LeMars, 15'07.75" (4.77m)
- 14 Tanya Miller, West Des Moines Dowling, 15'07.5" (4.76m)
- 15 Meagan Harms, Ames, 15'05.5" (4.71m)
- 16 Alison Bockenstedt, West Delaware, 15'03.5" (4.66m)
- 17 Kelli Marlow, Pella, 15'03.5" (4.66m)
- 18 Casey Novy, Cedar Rapids Xavier, 15'00.5" (4.58m)
- 19 Emily Brooks, Boone, 14'11.5" (4.56m)
- 20 Theresa Redding, Dubuque Senior, 14'11" (4.55m)
- 21 Kristin Zillmer, Glenwood, 14'10.75" (4.54m)
- 22 Amanda Stidfole, Sioux City West, 14'08.5" (4.48m)
- 23 Fallon Jenkins, Waterloo East, 14'04.75" (4.39m)
- 24 Jessie Wellnitz, Waterloo East, 14'00" (4.27m)

Class 3A Shot Put Finals

- 1 Maureen Head, Iowa City West, 43'11.75" * (13.40m)
- 2 Abby Emsick, Lewis Central, 42'06.50" * (12.97m)
- 3 Rainie Goedken, Spencer, 39'09.25" * (12.12m)
- 4 Hayley Yarkosky, Oskaloosa, 39'06" (12.04m)
- 5 Stacie Dunlap, Ames, 39'05.75" * (12.03m)
- 6 Devin Achenbach, Cedar Rapids Kennedy, 38'07" (11.76m)
- 7 Jessie Boline, Bettendorf, 38'07" (11.76m)
- 8 Nichole Robison, Sioux City West, 38'02.75" * (11.65m)
- 9 Kim Jenkins, Cedar Rapids Jefferson, 38'00.50" * (11.60m)
- 10 Tara Davis, Spencer, 37'07" (11.46m)
- 11 Kim Hansen, Cedar Falls, 37'02.75" * (11.35m)
- 12 Aubrey Martin, Muscatine, 36'04" (11.07m)
- 13 Joli Coil, Waverly-Shell Rock, 36'01" (11.00m)
- 14 Kara Hinz, Cedar Falls, 35'10.75" * (10.94m)
- 15 Erica Price, Southeast Polk, 35'06.75" * (10.84m)
- 16 Toni Aquilar, Pleasant Valley, 35'02.50" * (10.73m)
- 17 Kate Sawyer, Iowa City West, 35'01.25" * (10.70m)
- 18 Jennie Bandstra, Pella, 35'00.25" * (10.67m)
- 19 Tina Farnum, Davenport West, 34'07.50" * (10.55m)
- 20 Tierra Kaiser, Des Moines Hoover, 34'04.50" * (10.48m)
- 21 Jessica Jordan, Des Moines East, 34'00" (10.36m)

- 22 Christine Steines, Dubuque Senior, 33'09.25" * (10.29m)
- 23 Lauren Miller, Davenport Central, 33'04.25" (10.17m)
- 24 Tiffany Steines, Dubuque Wahlert, 31'06.50" * (9.61m)

Class 3A Discus Finals

- 1 Jessie Boline, Bettendorf, 128'09" (39.24m)
- 2 Maureen Head, Iowa City West, 127'07" (38.89m)
- 3 Sue Stoffel, Dubuque Wahlert, 127'02" (38.76m)
- 4 Stacie Dunlap, Ames, 124'05" (37.92m)
- 5 Toni Aquilar, Pleasant Valley, 122'01" (37.21m)
- 6 Tierra Kaiser, Des Moines Hoover, 119'07" (36.45m)
- 7 Lacey Corcoran, Johnston, 118'10" (36.22m)
- 8 Kesley Egli, Cedar Falls, 115'05" (35.18m)
- 9 Kim Jenkins, Cedar Rapids Jefferson, 113'00" (34.44m)
- 10 Jessica Jordan, Des Moines East, 111'10" (34.09m)
- 11 Abby Emsick, Lewis Central, 111'08" (34.04m)
- 12 Nichole Robison, Sioux City West, 110'07" (33.71m)
- 13 Kristen Kinsel, Lewis Central, 110'05" (33.66m)
- 14 Tara Davis, Spencer, 110'03" (33.60m)
- 15 Lindsey Pleuss, Boone, 109'03" (33.30m)
- 16 Joni Kinney, Mason City, 108'06" (33.07m)
- 17 Kristi Falk, Bettendorf, 108'06" (33.07m)
- 18 Kim Hansen, Cedar Falls, 108'06" (33.07m)
- 19 Devin Achenbach, Cedar Rapids Kennedy, 106'10" (32.56m)
- 20 Leslie Schmailzl, Glenwood, 103'03" (31.47m)
- 21 Joli Coil, Waverly-Shell Rock, 101'01" (30.81m)
- 22 Kellie Krukow, North Scott, 098'10" (30.12m)
- 23 Leah Sterbick, Des Moines Lincoln, 095'00" (28.96m)
- 24 Morgan Edwards, Cedar Rapids Jefferson, 086'10" (26.47m)

Wheelchair 100 Meter Dash Finals

- 1 Molly Rezac, Armstrong-Ringsted, 24.04
- 2 Ashley Lerch, Anamosa, 25.42

Wheelchair 400 Meter Dash Finals

- 1 Molly Rezac, Armstrong-Ringsted, 1:37.07
- 2 Ashley Lerch, Anamosa, 1:49.34

Wheelchair Shot Put Finals

- 1 Molly Rezac, Armstrong-Ringsted, 11'01.25" * (3.38m)