

2004 IOWA GIRLS' STATE

Drake University, Des Moines, Iowa
Friday-Saturday, May 21-22, 2004

Software by Track-on-a-Mac...1-707-538-5614

5/24@9:13 AM

Class 4A 100 Meter Dash Finals

Wind:

1	LaNeisha Waller (SR), Cedar Rapids Washington	12.29
2	Tara Fry (SR), Cedar Rapids Jefferson	12.88
3	Lauren Carruthers (SR), Pleasant Valley	12.93
4	Shannon Burge (JR), Bettendorf	13.04
5	Maddy Harmon (FR), Muscatine	13.15
6	Kaayday Nangle (FR), Des Moines Roosevelt	13.17
7	Lauren Cummings (SR), Ankeny	13.18
8	Tiffany Hendricks (FR), Burlington	13.23

Preliminary Heat 1

1	LaNeisha Waller (SR), Cedar Rapids Washington	12.43
2	Tara Fry (SR), Cedar Rapids Jefferson	13.11
3	Maddy Harmon (FR), Muscatine	13.23
4	Tinny McGowan, Davenport West	13.56
5	Rachel Terry, Lewis Central	13.77
6	Dawn Brugioni (SR), Ankeny	13.86
7	Kayla Dungan, Newton	13.91
8	Meaghan Bruner (JR), Des Moines East	13.93

Preliminary Heat 2

1	Shannon Burge (JR), Bettendorf	12.79
2	Lauren Carruthers (SR), Pleasant Valley	12.92
3	Tiffany Hendricks (FR), Burlington	13.19
4	Valerie Mozena (FR), Iowa City High	13.66
5	Sheena Bass (SR), Clinton	13.69
6	Channing Cason (SO), Des Moines Roosevelt	13.73
7	Stephanie Kunch, Newton	13.82
8	Stacy Holthaus (SR), Urbandale	13.93

Preliminary Heat 3

1	Kaayday Nangle (FR), Des Moines Roosevelt	12.90
2	Lauren Cummings (SR), Ankeny	13.10
3	Courtney Greer, Waterloo East	13.25
4	Clarissa Nelson, Waterloo West	13.35
5	Emily Duncan (SO), Bettendorf	13.51

6	Ainsley Fedler (SO), Burlington	13.60
7	Marissa Becker, Linn-Mar	13.67
8	Hillary Gibson (SO), Sioux City East	13.72

Class 4A 200 Meter Dash Finals

Wind:

1	Liz Bradfield (SR), Cedar Falls	25.13
2	Kersten Thorgaard (FR), Ames	25.75
3	Erin Barnes (SR), Des Moines Roosevelt	25.93
4	Miriam Chisala (SR), Des Moines Roosevelt	26.00
5	Akeya Aimable (JR), Waterloo West	26.30
6	Alyssa Fischer (JR), Cedar Rapids Kennedy	26.32
7	LaToya Johnson (SR), Cedar Rapids Washington	26.54
8	Lindsey Derby (JR), Dubuque Hempstead	26.70

Preliminary Heat 1

Wind:

1	Liz Bradfield (SR), Cedar Falls	25.98
2	LaToya Johnson (SR), Cedar Rapids Washington	26.75
3	Lindsey Derby (JR), Dubuque Hempstead	26.79
4	Carrie Cale (SR), Sioux City North	27.02
5	Alex Hemberger (SR), Bettendorf	27.52
6	Marissa Becker, Linn-Mar	27.83
7	Hannah Zaiser (SO), Burlington	28.16
8	Marqueesha Houston (SR), Davenport North	28.18

Preliminary Heat 2

Wind :

1	Kersten Thorgaard (FR), Ames	26.29
2	Erin Barnes (SR), Des Moines Roosevelt	26.36
3	Alyssa Fischer (JR), Cedar Rapids Kennedy	26.84
4	Rikki Southard, Lewis Central	27.79
5	Kelly Meade (SR), Des Moines Hoover	27.97
6	Patrice Jones (JR), Iowa City High	27.98
7	Nicole Kouri (JR), Des Moines East	28.17
8	Casey Judge (JR), Des Moines Lincoln	28.34

Preliminary Heat 3

Wind :

1	Miriam Chisala (SR), Des Moines Roosevelt	26.39
2	Akeya Aimable (JR), Waterloo West	26.59
3	Lauren Cummings (SR), Ankeny	27.09
4	Barbara Nzegwu (JR), Mason City	27.42
5	Sonya Anderson, Newton	27.48
6	Laura Carver (JR), Cedar Rapids Prairie	27.80
7	Heather Brechtel, Iowa City West	28.65
8	Kendra Crooks (FR), Fort Dodge	28.73

Class 4A 400 Meter Dash Finals

Wind:

1	Liz Bradfield (SR), Cedar Falls	0:56.54
2	Kersten Thorgaard (FR), Ames	0:56.60
3	Lauren Carruthers (SR), Pleasant Valley	0:56.84
4	Miriam Chisala (SR), Des Moines Roosevelt	0:57.90
5	Alyssa Fischer (JR), Cedar Rapids Kennedy	0:58.48
6	Katie Paulson (SR), Ottumwa	0:58.56
7	Rachelle Tipton, Newton	0:59.91
8	Kelly Meade (SR), Des Moines Hoover	1:00.26

Preliminary Heat 1

Wind:

1	Miriam Chisala (SR), Des Moines Roosevelt	0:58.87
2	Rachelle Tipton, Newton	0:59.93
3	LaToya Johnson (SR), Cedar Rapids Washington	0:59.97
4	Emily Fletcher (SO), Fort Dodge	1:01.21
5	Krista Wiegert (SO), Iowa City High	1:01.50
6	Carrie Cale (SR), Sioux City North	1:02.68
7	Melissa Dupont (FR), Dubuque Hempstead	1:04.54
	Nicole Novak (SR), Iowa City West	DNS

Preliminary Heat 2

Wind :

1	Lauren Carruthers (SR), Pleasant Valley	0:56.96
2	Liz Bradfield (SR), Cedar Falls	0:57.56
3	Katie Paulson (SR), Ottumwa	0:59.25
4	Kelly Meade (SR), Des Moines Hoover	0:59.86
5	Kelsey Mims (FR), Iowa City High	1:01.46
6	Courtney Lenz, Newton	1:03.63

Preliminary Heat 3

Wind :

1	Kersten Thorgaard (FR), Ames	0:58.29
2	Alyssa Fischer (JR), Cedar Rapids Kennedy	0:59.64
3	Sarah Cunningham (JR), West Des Moines Valley	1:00.05
4	Akeya Aimable (JR), Waterloo West	1:00.38
5	Nicole Kouri (JR), Des Moines East	1:00.88
6	Haley Miller (JR), Keokuk/Cardinal Stritch	1:02.98
7	Hannah Weiss (SO), Dowling Catholic	1:03.56
8	Jessica Haendler (JR), Cedar Rapids Prairie	1:03.58

Class 4A 800 Meter Run Finals

Wind:

1	Nelle Trefz (SR), Iowa City High	2:15.55
2	Cassi Sokol (SO), Urbandale	2:16.57

3	Hannah Roeder (SO), Des Moines Roosevelt	2:18.32
4	Michelle Jensen (FR), West Des Moines Valley	2:19.32
5	Jessica Wiegert (SO), West Des Moines Valley	2:19.36
6	Betsy Rosenblatt (SO), Des Moines Roosevelt	2:19.56
7	Melissa Jay (SR), Ottumwa	2:20.04
8	Kristin Mollman (SR), Urbandale	2:21.26
9	Casey McDermott (FR), Newton	2:21.56
10	Claire Anciaux (SO), Iowa City High	2:24.34
11	Julia Frudden (JR), Iowa City West	2:25.16
12	Alex Krog (JR), Fort Dodge	2:25.82
13	Emily Fletcher (SO), Fort Dodge	2:25.89
14	Sarah Nelson (SO), Sioux City North	2:26.32
15	Maggie Bobbin (SO), Cedar Rapids Kennedy	2:26.43
16	Sonam Jain (FR), Cedar Rapids Jefferson	2:28.71
17	Morgan Olson (FR), Ankeny	2:28.98
18	Erica Weirch (FR), Johnston	2:29.42
19	Kim Cessna (JR), Cedar Falls	2:30.11
20	Laura Kilen (JR), North Scott	2:30.87
21	Jill Klosack, Bettendorf	2:31.14
22	Denise Eslinger (SR), Ottumwa	2:32.88
23	Ellen Hart (JR), Pleasant Valley	2:35.00
	Claire Hall (SO), Iowa City West	DNF

Class 4A 1500 Meter Run Finals

Wind:

1	Sarah Wickman (FR), Iowa City West	4:42.94
2	Hannah Roeder (SO), Des Moines Roosevelt	4:43.01
3	Cassi Sokol (SO), Urbandale	4:44.08
4	Nelle Trefz (SR), Iowa City High	4:44.46
5	Jenna Bieri (SO), Davenport Central	4:47.06
6	Kelsey Bulat (SO), Pleasant Valley	4:51.16
7	Janet Dobyms (JR), Iowa City West	4:54.26
8	Samantha Nygren (JR), Cedar Falls	4:55.28
9	Traci Hawley (SR), Ames	4:57.69
10	Jennie Funk (SR), Iowa City High	4:58.77
11	Lisa Koll (JR), Fort Dodge	5:00.32
12	Lindy Shaw (SO), West Des Moines Valley	5:01.04
13	Diane Gapinski (FR), Bettendorf	5:04.55
14	Betsy Rosenblatt (SO), Des Moines Roosevelt	5:05.10
15	Nicole Wilson (FR), Urbandale	5:05.33
16	Erica Leuenberger (JR), Cedar Rapids Washington	5:05.36
17	Alissa Duffy (FR), West Des Moines Valley	5:07.08
18	Alex Krog (JR), Fort Dodge	5:07.88
19	Catie Ellingson (FR), Indianola	5:09.42
20	Lyssa Steckelberg (SR), Cedar Falls	5:09.73
21	Jessica Viner, North Scott	5:11.01
22	Samantha Thorgaard (SO), Ottumwa	5:12.06
23	Beth Whalen (SR), Bettendorf	5:20.74
24	Tabitha Kabala (SR), Davenport North	5:26.01

Class 4A 3000 Meter Run Finals

Wind:

1	Jennie Funk, Iowa City High	10:18.33
2	Jenna Bieri, Davenport Central	10:26.55
3	Sarah Wickman, Iowa City West	10:30.34
4	Julia Frudden, Iowa City West	10:42.35
5	Traci Hawley, Ames	10:47.15

6	Lisa Koll, Fort Dodge	10:48.04
7	Beth Whalen, Bettendorf	11:04.40
8	Nicole Wilson, Urbandale	11:08.30
9	Diane Gapinski, Bettendorf	11:11.30
10	Erica Leuenberger, Cedar Rapids Washington	11:12.32
11	Mackenzie Madison, Ankeny	11:20.10
12	Alissa Duffy, West Des Moines Valley	11:22.70
13	Casey Baustain, Cedar Rapids Washington	11:34.79
14	Autumn McMahan, Oskaloosa	11:37.74
15	Ruhee Arora, Iowa City High	11:39.11
16	Jessica Viner, North Scott	11:48.96
17	Amber Meyer, Ankeny	11:51.20
18	Danna Kelly, Boone	11:52.11
19	Whitney Mark, Indianola	11:52.97
20	Allison Donahue, Dowling Catholic	11:53.50
21	Stephanie Whalen, Dubuque Senior	11:55.56
22	Lindsay Niffenegger, West Des Moines Valley	12:03.80
23	Annie Ripslinger, Davenport North	12:04.23
24	Rachel Hawks, Marshalltown	12:04.85

Class 4A 100 Meter Hurdles Finals

Wind:

1	LaNeisha Waller (SR), Cedar Rapids Washington	13.90
2	Jenna Caffrey (SO), Burlington	14.26
3	Kelsey Smith (FR), Burlington	14.40
4	Nicole Carroll (SR), Mason City	14.74
5	Cali Lyons (SR), Dubuque Hempstead	14.93
6	Emily Triplett (SR), Iowa City High	15.26
7	Jerika Rangel (SO), Davenport Central	15.75
8	Heather Gilmore (SO), Southeast Polk	16.06

Preliminary Heat 1

1	LaNeisha Waller (SR), Cedar Rapids Washington	15.13
2	Megan Nielsen (SR), Southeast Polk	15.88
3	Natalie Olorundami (JR), Sioux City West	15.96
4	Tocarra Ross (SR), Davenport Central	16.16
5	Amy Kopatich (SR), Ottumwa	16.47
6	Lisa Doeden, Cedar Falls	16.66
7	Erica Heiden (SR), Urbandale	16.86
8	Ashley Havlicek (SR), Cedar Rapids Jefferson	18.07

Preliminary Heat 2

1	Kelsey Smith (FR), Burlington	14.80
2	Nicole Carroll (SR), Mason City	14.95
3	Lindsay Freeman, Iowa City West	15.91
4	Brittany Ruzicka (JR), Cedar Rapids Jefferson	16.10
5	Leah Timmerman (SR), Dubuque Hempstead	16.32
6	Kendra Chapin (SR), CB Abraham Lincoln	17.22
7	Rachel McElroy (JR), Ottumwa	18.02
8	Melanie Anderson (JR), Bettendorf	18.16

Preliminary Heat 3

1	Jenna Caffrey (SO), Burlington	14.45
2	Cali Lyons (SR), Dubuque Hempstead	15.06
3	Emily Triplett (SR), Iowa City High	15.18
4	Jerika Rangel (SO), Davenport Central	15.64
5	Heather Gilmore (SO), Southeast Polk	15.75
6	Meggie Kanis (SR), West Des Moines Valley	15.77

7	Andrea Sellers (JR), Mason City	16.02
8	Martha Meiners (SR), Johnston	16.89

Class 4A 400 Meter Hurdles Finals

Wind:

1	Gina Messamer (SR), Oskaloosa	1:04.17
2	Nicole Carroll (SR), Mason City	1:05.09
3	Lauren Lindaman (FR), West Des Moines Valley	1:06.11
4	Jacqui Kalin (FR), Sioux City North	1:06.62
5	Megan Nielsen (SR), Southeast Polk	1:06.86
6	Bryna Copes (SR), Ankeny	1:06.89
7	Sahvanuh Campbell (SO), Davenport Central	1:07.26
8	Molly Sabers (FR), Iowa City High	1:07.42
8	Laura Kirk (SO), West Des Moines Valley	1:07.42
10	Chelsea Ronemous, Waterloo West	1:08.22
11	Kristen Reavis (SR), Dowling Catholic	1:09.16
12	Chantelle MacVey, Newton	1:09.55
13	Brittany Ruzicka (JR), Cedar Rapids Jefferson	1:09.57
14	Laura Krumm (JR), Iowa City High	1:09.60
15	Elise Watts (JR), Bettendorf	1:09.70
16	Sara Scherf (SO), Dubuque Senior	1:09.75
17	Ashley Hinzman (FR), Dubuque Hempstead	1:09.76
18	Michelle Treska (SR), Dowling Catholic	1:10.01
19	Kayla Donnelly (SO), Urbandale	1:10.31
20	Dyann Peterson (JR), Fort Dodge	1:10.68
21	Molly Lohry (SO), Sioux City North	1:11.08
22	Keely Fligo (SR), Pleasant Valley	1:13.54
23	Katie Brimeyer, Ames	1:15.77
24	Ashley Barkema (SR), Cedar Falls	1:17.31

Class 4A 4x100 Meter Relay Finals

Wind:

1	WEST DES MOINES VALLEY Andrea Robinson, Jenny Elgin Kelly Anderson, Lacy Brunette	49.17
2	CEDAR RAPIDS WASHINGTON Cassandra Lumpkin, Abby Klocke Latara Lumpkin, LaNeisha Waller	49.38
3	IOWA CITY HIGH Emily Triplett, Signe Mueller Ashton Strickland, Camille Jordan	49.50
4	CEDAR RAPIDS JEFFERSON Ashley Havlicek, Britni Kellison Katie Cooper, Tara Fry	49.77
5	CEDAR FALLS Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt	50.11
6	DES MOINES ROOSEVELT Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle	50.19
7	OSKALOSOA Chanelle Trowbridge, Allison Knoot Caitlin Hadden, Jessica Snowbarger	51.22
8	SOUTHEAST POLK Afton Bauer, Kelsie Host Danielle Davis, Megan Curry	51.39

Preliminary Heat 1

Wind:

1	CEDAR RAPIDS WASHINGTON Cassandra Lumpkin, Abby Klocke Latara Lumpkin, LaNeisha Waller	49.57
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2	CEDAR RAPIDS JEFFERSON Ashley Havlicek, Britni Kellison Katie Cooper, Tara Fry	50.33
3	OSKALOSOA Chanelle Trowbridge, Allison Knoot Caitlin Hadden, Jessica Snowbarger	51.25
4	CLINTON Sheena Bass, Sarah Hagge Megan Lawrence, Barb Kremer	51.32
5	INDIANOLA Ashley Golley, Emily Teas Amber Reisinger, Liz Homan	51.57
6	LEWIS CENTRAL Rachel Terry, Rikki Southard Kristyn Hill, Lili Kovacs	52.02
7	NORTH SCOTT Stephanie Pickett, Allison Bennett Sara Krogman, Stephanie Leibold	52.59
	DAVENPORT CENTRAL Christina Airington, Sheila Pettigrew Kelsey Mims, Katy Detmer	D

Preliminary Heat 2

Wind :

1	IOWA CITY HIGH Emily Triplett, Signe Mueller Ashton Strickland, Camille Jordan	49.86
2	CEDAR FALLS Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt	50.60
3	SOUTHEAST POLK Afton Bauer, Kelsie Host Danielle Davis, Megan Curry	51.16
4	BETTENDORF Emily Duncan, Alex Hemberger Melanie Anderson, Shannon Burge	51.28
5	SIOUX CITY EAST Hillary Gibson, Cassie Rysta Kelli Herman, Ashley Marron	51.94
6	DOWLING CATHOLIC Kari Kern, Maggie Nauman Dani Berone, Chelsea Drumheller	52.50
7	AMES Rachel Koch, Christina Tim Allison Metzger, Mallory Engelen	52.61
8	DUBUQUE HEMPSTEAD Nichole Schnee, Lisa Grant Brooke Baker, Ashley Simpson	53.24

Preliminary Heat 3

Wind :

1	WEST DES MOINES VALLEY Andrea Robinson, Jenny Elgin Kelly Anderson, Lacy Brunette	49.70
2	DES MOINES ROOSEVELT Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle	50.46
3	JOHNSTON Ashley Meade, Taylor Gowey Amanda Hyde, Abby Green	51.52
4	MUSCATINE Maddy Harmon, Vanessa Evenson McKinsie Williams, Jessica Shaw	51.56
5	WATERLOO WEST Clarissa Nelson, Laurel Krause Phylicia Proctor, Akeya Aimable	51.57

6	IOWA CITY WEST Christina Swift, Lindsay Freeman Heather Brechtel, Lisa Mellecker	51.88
7	PLEASANT VALLEY Morgan Betker, Amy Garbin Sara Christensen, Betsy Hoscheid	52.69
8	URBANDALE Stacy Holthaus, Sara Van Wyk Katie Kooiega, Megan Probasco	52.88

Class 4A 4x200 Meter Relay Finals

Wind:

1	IOWA CITY HIGH Ashton Strickland, Kerry Kamber Virginia Dreier, Camille Jordan	1:43.14
2	DES MOINES ROOSEVELT Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle	1:43.56
3	CEDAR FALLS Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt	1:43.88
4	WEST DES MOINES VALLEY Andrea Robinson, Kelly Anderson Jenny Elgin, Lacy Brunette	1:44.44
5	SOUTHEAST POLK Afton Bauer, Heather Gilmore Danielle Davis, Megan Curry	1:46.76
6	NEWTON Tebetha McCormick, Chantelle MacVey Stephanie Goos, Sonya Anderson	1:46.95
7	CEDAR RAPIDS WASHINGTON Cassandra Lumpkin, Sha-Mique Haynes Abby Klocke, Latara Lumpkin	1:47.77
8	JOHNSTON Emily Depenning, Taylor Gowey Amanda Hyde, Abby Green	1:48.54

Preliminary Heat 1

Wind:

1	WEST DES MOINES VALLEY Andrea Robinson, Kelly Anderson Jenny Elgin, Lacy Brunette	1:45.14
2	NEWTON Tebetha McCormick, Chantelle MacVey Stephanie Goos, Sonya Anderson	1:46.22
3	DOWLING CATHOLIC Anna Tursi, Jamie Lang Jessica Katch, Valarie Ferguson	1:48.89
4	DUBUQUE SENIOR Sara Scherf, Carrie Jenaman Ashley Metcalf, Teri McPoland	1:49.68
5	PLEASANT VALLEY Jessica Bingham, Morgan Betker Amy Garbin, Sara Christensen	1:50.02
6	CLINTON Sheena Bass, Sarah Hagge Megan Lawrence, Barb Kremer	1:50.91
7	SIOUX CITY NORTH Michelle Smith, Candace Harrell Emily Schneider, Jenna Kalin	1:51.46
	AMES Mallory Engelen, Kate Polush Emily Tuttle, Christina Tim	FS

Preliminary Heat 2

Wind :

1	IOWA CITY HIGH	1:44.08
	Ashton Strickland, Kerry Kamber Virginia Dreier, Camille Jordan	
2	CEDAR FALLS	1:45.47
	Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt	
3	SOUTHEAST POLK	1:47.99
	Afton Bauer, Heather Gilmore Danielle Davis, Megan Curry	
4	CEDAR RAPIDS WASHINGTON	1:48.05
	Cassandra Lumpkin, Sha-Mique Haynes Abby Klocke, Latara Lumpkin	
5	JOHNSTON	1:48.61
	Emily Depenning, Taylor Gowey Amanda Hyde, Abby Green	
6	NORTH SCOTT	1:49.27
	Sara Krogman, Anna Wiese Laura Bjurstrom, Jami McCubbin	
7	LEWIS CENTRAL	1:49.73
	Rachel Terry, Lili Kovacs Courtney Percy, Rikki Southard	
8	BETTENDORF	1:50.24
	Catherine Ziegler, Elise Watts Mollie Gold, Alex Hemberger	

Preliminary Heat 3

Wind :

1	DES MOINES ROOSEVELT	1:44.67
	Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle	
2	CEDAR RAPIDS JEFFERSON	1:48.66
	Tara Fry, Britni Kellison Kristin Goedken, Katie Cooper	
3	DUBUQUE HEMPSTEAD	1:49.00
	Cali Lyons, Leah Timmerman Nina Schnee, Lindsey Derby	
4	LINN-MAR	1:49.21
	Lindsay Digmann, Kateline Blasingame Melissa Hurst, Amanda Spencer	
5	MUSCATINE	1:49.51
	Maddy Harmon, Jessica Shaw Briana Catchpool, Cari Sauerbrei	
6	BURLINGTON	1:50.87
	Ainsley Fedler, Tiffany Hendricks Lauren Lindstadt, Jazzla Newman	
7	INDIANOLA	1:52.35
	Jayne Coen, Ashley Golley Amber Reisinger, Liz Homan	
8	CEDAR RAPIDS KENNEDY	1:53.62
	Michelle Bartels, Cierra French Cara Richardson, Rachel Wharton	

Class 4A 4x400 Meter Relay Finals

Wind:

1	PLEASANT VALLEY	3:55.59
	Jessica Bingham, Maggie Schnackel Teresa Prais, Lauren Carruthers	
2	OTTUMWA	3:57.11
	Katie Jay, Emily Roberts Amy Wetrich, Katie Paulsen	
3	WEST DES MOINES VALLEY	4:00.38
	Lauren Lindaman, Laura Kirk Katie Stilwell, Sarah Cunningham	

4	IOWA CITY WEST	4:02.08
	Naomi Hillsman, Annie McAleer Nicole Novak, Lizz Huntley	
5	IOWA CITY HIGH	4:02.53
	Maggie Leyendecker, Kelsey Mims Elise Mozena, Virginia Dreier	
6	DOWLING CATHOLIC	4:04.38
	Hannah Weiss, Kathleen Ramirez Ally Thrall, Jessica Katch	
7	NEWTON	4:05.77
	Rachelle Tipton, Courtney Lenz Chantelle MacVey, Stephanie Goos	
8	ANKENY	4:09.98
	Bryna Copes, Chelsea Kellar Christine Andresen, Katy Fuchtmann	

Preliminary Heat 1

Wind:

1	IOWA CITY HIGH	4:02.98
	Maggie Leyendecker, Kelsey Mims Elise Mozena, Virginia Dreier	
2	DOWLING CATHOLIC	4:09.24
	Hannah Weiss, Kathleen Ramirez Ally Thrall, Jessica Katch	
3	LINN-MAR	4:13.69
	Melissa Hurst, Stacey Hamilton Jessica Reid, Nicole Novy	
4	DAVENPORT CENTRAL	4:16.09
	Jerika Rangel, Jenny Wehrley Shivonne Foster, Cassie Young	
5	CEDAR RAPIDS PRAIRIE	4:16.37
	Jessica Haendler, Danielle Calef Jessica Statler, Laura Carver	
6	NORTH SCOTT	4:17.87
	Taylor Wilson, Anna Wiese Laura Bjurstrom, Jami McCubbin	
7	DUBUQUE HEMPSTEAD	4:23.39
	Keri West, Emily Wieland Brittany Williams, Lindsey Hosier	
	SIOUX CITY NORTH	D
	Jenna Kalin, Carrie Cale Michelle Smith, Molly Lohry	

Preliminary Heat 2

Wind :

1	PLEASANT VALLEY	4:01.58
	Jessica Bingham, Maggie Schnackel Teresa Prais, Lauren Carruthers	
2	IOWA CITY WEST	4:03.66
	Naomi Hillsman, Annie McAleer Nicole Novak, Lizz Huntley	
3	NEWTON	4:04.86
	Rachelle Tipton, Courtney Lenz Chantelle MacVey, Stephanie Goos	
4	BETTENDORF	4:14.80
	Lindsey Scott, Lauren Kasper Elise Watts, Mollie Gold	
5	CEDAR RAPIDS WASHINGTON	4:16.51
	Sha-Mique Haynes, Kelly Stewart Andrea Freeman, Whitney Roberts	
6	DUBUQUE SENIOR	4:16.54
	Carrie Jenaman, Natalie White Mallory O'Neill, Sara Scherf	
7	JOHNSTON	4:20.47
	Lori Bjork, Jessica Mitchell Kristen Strawhacker, Liz Hilby	

8 CEDAR RAPIDS KENNEDY 4:24.94
Michelle Bartels, Cara Richardson
Karen Haycraft, Sarah Kleiman

Preliminary Heat 3

Wind :

1 OTTUMWA 4:01.30
Katie Jay, Emily Roberts
Amy Wetrich, Katie Paulsen

2 WEST DES MOINES VALLEY 4:04.52
Lauren Lindaman, Laura Kirk
Katie Stilwell, Sarah Cunningham

3 ANKENY 4:07.43
Bryna Copes, Chelsea Kellar
Christine Andresen, Katy Fuchtmann

4 AMES 4:09.33
Emily Tuttle, Kate Polush
Katie Kramer, Christina Tim

5 CEDAR FALLS 4:14.68
Cassie Naaktgeboren, Brynn Lantz
Katie Goulden, Kim Cessna

6 INDIANOLA 4:15.98
Ashley Golley, Liz Homan
Emily Teas, Lacey Mitchell

7 SIOUX CITY EAST 4:19.35
Kelli Herman, Whitney Kellen
Megan Tuttle, Katie Heacock

8 URBANDALE 4:24.41
Katie Jensen, Sara Van Wyk
Kayla Donnelly, Tammy Kirchner

Class 4A 4x800 Meter Relay Finals

Wind:

1 WEST DES MOINES VALLEY 09:22.38
Michelle Jensen, Lauren Hill
Lindy Shaw, Jessica Wiegert

2 IOWA CITY HIGH 09:27.90
Maggie Leyendecker, Elise Mozena
Sarah Ziegenhorn, Jennie Funk

3 IOWA CITY WEST 09:32.00
Nicole Novak, Julia Frudden
Sarah Wickman, Claire Hall

4 DES MOINES ROOSEVELT 09:44.49
Betsy Rosenblatt, Millie Bell
Meagan Whetstone, Hannah Roeder

5 CEDAR FALLS 09:45.85
Samantha Nygren, Caylin Cervetti
Lyssa Steckelberg, Kim Cessna

6 OTTUMWA 09:46.11
Melissa Jay, Sarah Hendred
Samantha Thorgaard, Denise Eslinger

7 ANKENY 09:52.83
Katy Fuchtmann, Christine Andresen
Kelly Vogel, Bryna Copes

8 FORT DODGE 09:53.65
Alex Krog, Ashton Newman
Lisa Koll, Emily Fletcher

9 PLEASANT VALLEY 09:54.39
Chaeli Coopman, Maggie Schnackel
Kelsey Bulat, Ellen Hart

10 NEWTON 09:54.54
Megan Carman, Courtney Lenz
Kylie McAnally, Casey McDermott

11 BETTENDORF 10:01.36
Lindsey Scott, Megan Flynn
Amanda Dunlavy, Lori Pankratz

12 JOHNSTON 10:03.69
Emily Depenning, Erica Weirch
Jessica Mitchell, Katie Johnson

13 CEDAR RAPIDS WASHINGTON 10:09.96
Amy Zmolek, Mikaela Fisher
Erin Becker, Devin Parker

14 SIOUX CITY NORTH 10:11.59
Sarah Nelson, Jacqui
Kalin
Hilary Rice, Susie Williams

15 INDIANOLA 10:12.68
Lacey Mitchell, Catie Ellingson
Tallie Dietz, Meredith Lyon

16 AMES 10:16.71
Katie Kramer, Brittany Rover
Olivia Langenberg, Colleen Armstrong

17 DAVENPORT NORTH 10:17.32
Tabitha Kabala, Chris Specht
Lauren Coughlin, Annie Ripslinger

18 DOWLING CATHOLIC 10:19.01
Hannah Weiss, Alex Stork
London Muse, Katie Nevins

19 DUBUQUE HEMPSTEAD 10:19.26
Lindsey Hosier, Katie Trujillo
Elizabeth Johnson, Morgan Loveless

20 CEDAR RAPIDS KENNEDY 10:19.30
Andrea Wacker, Maggie Bobbin
Sharon Heyer, Sarah Kleiman

21 DUBUQUE SENIOR 10:21.80
Katheyine McCabe, Tiffany Hoffman
Allison George, Natalie White

22 CEDAR RAPIDS JEFFERSON 10:30.11
Whitney Gorseegner, Sarah Whitters
Kym Kuda, Sonam Jain

23 CLINTON 10:31.13
Heather Parker, Brooke Determan
Paige Temperley, West Cerling

24 URBANDALE 10:34.81
Tammy Kirchner, Katie Jensen
Kara Neuman, Kristin Mollman

Class 4A Sprint Medley Relay Finals

Wind:

1 CEDAR FALLS 1:48.23
Danielle Barkema, Mattie Thompson
Shatrece Burt, Liz Bradfield

2 IOWA CITY HIGH 1:49.49
Emily Triplett, Signe Mueller
Camille Jordan, Virginia Dreier

3 IOWA CITY WEST 1:49.81
Katie Johnson, Amanda Judisch
Lisa Mellecker, Lizz Huntley

4 WEST DES MOINES VALLEY 1:49.98
Andrea Robinson, Jenny Elgin
Lacy Brunette, Sarah Cunningham

5 BURLINGTON 1:50.88
Jazzla Newman, Lauren Lindstadt
Jenna Caffrey, Tiffany Hendricks

6 AMES 1:51.62
Mallory Engelen, Emily Tuttle
Christina Tim, Kersten Thorgaard

7 CEDAR RAPIDS WASHINGTON 1:52.9
Cassandra Lumpkin, Abby Klocke
Sha-Mique Haynes, LaToya Johnson

8 NORTH SCOTT 1:52.51
Sara Krogman, Allison Bennett
Stephanie Leibold, Jami McCubbin

9	OSKALOSOA Jessica Snowbarger, Allison Knoot Chanelle Trowbridge, Gina Messamer	1:52.62	6	WEST DES MOINES VALLEY Kelly Anderson, Katie Stilwell Laura Kirk, Jessica Wiegert	4:13.98
10	DOWLING CATHOLIC Anna Tursi, Maggie Nauman Kathleen Ramirez, Ally Thrall	1:52.89	7	OSKALOSOA Jessica Snowbarger, Allison Knoot Amber Knoot, Gina Messamer	4:17.15
11	NEWTON Tebetha McCormick, Leah Spilly Sonya Anderson, Rachelle Tipton	1:52.92	8	NEWTON Tebetha McCormick, Keslie Hiemstra Megan Carman, Casey McDermott	4:20.55
12	SOUTHEAST POLK Afton Bauer, Kelsie Host Danielle Davis, Megan Curry	1:53.37	9	DES MOINES LINCOLN Kristin Turk, Casey Judge Terra Broadus, Paige Gruis	4:23.59
13	CEDAR RAPIDS KENNEDY Karen Haycraft, Muffy Sadler Rachel Wharton, Alyssa Fischer	1:53.39	10	CEDAR FALLS Brynn Lantz, Cierra Cook Ciarra Marshall, Caylin Cervetti	4:24.88
14	LINN-MAR Lindsay Digmann, Amanda Spencer Melissa Hurst, Nicole Novy	1:53.92	11	INDIANOLA Jayme Coen, Emily Teas Catie Ellingson, Lacey Mitchell	4:26.41
15	MUSCATINE Vanessa Evenson, Lisa Eichelberger Briana Catchpool, Cari Sauerbrei	1:54.32	12	URBANDALE Megan Probasco, Sara Van Wyk Tammy Kirchner, Kristin Mollman	4:26.86
16	DUBUQUE HEMPSTEAD Nichole Schnee, Nina Schnee Lindsey Derby, Melissa Dupont	1:54.34	13	LINN-MAR Lindsay Digmann, Amanda Spencer Nicole Novy, Molly Davis	4:27.84
17	ANKENY Dawn Brugioni, Lauren Cummings Christine Andresen, Katy Fuchtmann	1:54.76	14	BETTENDORF Stephanie Mendendorp, Lauren Kasper Kristen Pierce, Lori Pankratz	4:27.89
18	JOHNSTON Taylor Gowey, Amanda Hyde Abby Green, Emily Depenning	1:54.94	15	CEDAR RAPIDS WASHINGTON Claire Mattison, Cari Squires Whitney Roberts, Amy Zmolek	4:29.31
19	CEDAR RAPIDS JEFFERSON Ashley Havlicek, Britni Kellison Katie Cooper, Kristin Goedken	1:55.56	16	ANKENY Leah Kline, Carly Thiel Chelsea Kellar, Christy Donaghy	4:29.64
20	DES MOINES HOOVER Tasha Wells, Mary Aikoriegie Cheri Mayes, Kelly Meade	1:55.73	17	NORTH SCOTT Allison Bennett, Stephanie Leibold Laura Kilen, Jessica Viner	4:29.71
21	SIOUX CITY EAST Hillary Gibson, Ashley Marron Kelli Herman, Katie Heacock	1:58.74	18	AMES Nichole Loughren, Angela Beckwith Lauren Brown, Colleen Armstrong	4:29.84
22	SIOUX CITY WEST Tasha Anderson, Sierra Lammers Nicole Olney, Kelsey Johnikin	2:01.10	19	BURLINGTON Hannah Zaiser, Tawana Robinson Kellie O'Brien, Hannah Lambert	4:30.24
	BETTENDORF Shannon Burge, Emily Duncan Catherine Ziegler, Mollie Gold	DQ	20	DAVENPORT NORTH Courtnee Owens, Marqueesha Houston Annie Ripslinger, Tabitha Kabala	4:30.74
	DES MOINES EAST Jaime Wagner, Meaghan Bruner Felicia Wagner, Nicole Kouri	DNF	21	CEDAR RAPIDS PRAIRIE Lindsey Lehman, Jessica Statler Laura Carver, Danielle Calef	4:32.25
			22	DUBUQUE HEMPSTEAD Brooke Baker, Brittany Williams Ashley Hinzman, Lindsey Hosier	4:33.78
			23	BOONE Selena Ulrick, Khrystyne Skare Lacie Greiner, Jenny Mack	4:36.86
			24	SIOUX CITY NORTH Michelle Smith, Candace Harrell Any Tomshca, Hilary Ryan	4:39.15

Class 4A Distance Medley Relay Finals

Wind:

1	IOWA CITY WEST Amanda Judisch, Lisa Mellecker Lizz Huntley, Claire Hall	4:09.23
2	IOWA CITY HIGH Ashton Strickland, Kerry Kamber Maggie Leyendecker, Nelle Trefz	4:09.32
3	PLEASANT VALLEY Jessica Bingham, Amy Garbin Teresa Prais, Kelsey Bulat	4:09.47
4	OTTUMWA Katie Jay, Amy Wetrich Emily Roberts, Melissa Jay	4:10.74
5	DOWLING CATHOLIC Anna Tursi, Jamie Lang Kathleen Ramirez, Ally Thrall	4:11.85

Class 4A Shuttle Hurdle Relay Finals

Wind:

1	DUBUQUE HEMPSTEAD Nina Schnee, Nichole Schnee Cali Lyons, Leah Timmerman	1:02.45
2	MASON CITY Andrea Selles, Stephanie Carroll Danielle Hill, Nicole Carroll	1:02.67

3	SOUTHEAST POLK Heather Quick, Kelsie Host Heather Gilmore, Megan Nielsen	1:03.01
4	WEST DES MOINES VALLEY Elizabeth Ellinwood, Katie Stilwell Meggie Kanis, Lauren Lindaman	1:03.15
5	CLINTON Kim Logsdon, Jesse Hlubek Sarah Hagge, Barb Kremer	1:03.26
6	BURLINGTON Natalie Standard, Kelsey Smith Emily Ita, Jenna Caffrey	1:04.50
7	IOWA CITY WEST Katie Johnson, Christina Swift Lindsay Freeman, Amanda Judisch	1:05.09
8	BETTENDORF Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson	1:05.84

Preliminary Heat 1

Wind:

1	CLINTON Kim Logsdon, Jesse Hlubek Sarah Hagge, Barb Kremer	1:03.64
2	IOWA CITY HIGH Veronica Rydze, Annie Fraga Molly Sabers, Emily Triplett	1:06.82
3	INDIANOLA Steph Lawrence, Lindze Webb, Natti Tipayamongkol, Anna Robbins	1:07.12
4	DAVENPORT WEST Katie Ahlers, Raquel Gonzales Vanessa Rorick, Troysheanna Hawkins	1:09.21

Preliminary Heat 2

Wind :

1	SOUTHEAST POLK Heather Quick, Kelsie Host Heather Gilmore, Megan Nielsen	1:03.33
2	MASON CITY Nicole Carroll, Danielle Hill Stephanie Carroll, Andrea Selles	1:03.78
3	SIOUX CITY WEST Sierra Lammers, Gina Christensen Molly Amman, Natalie Olorundami	1:09.14
4	WATERLOO WEST Laurel Krause, Chelsea Ronemous Katy Bowers, Kelly Wirth	1:09.43

Preliminary Heat 3

Wind :

1	BURLINGTON Natalie Standard, Kelsey Smith Emily Ita, Jenna Caffrey	1:03.28
2	JOHNSTON Ashley Meade, Taylor Grieve Sara Embrey, Erica Weirch	1:05.71
3	DOWLING CATHOLIC Maggie Nauman, Michelle Treska Lynndi Decker, Kristen Reavis	1:05.92
4	DAVENPORT CENTRAL Tocarra Ross, Julia Martin Jerika Rangel, Sahvanuh Campbell	1:06.72

Preliminary Heat 4

Wind :

1	WEST DES MOINES VALLEY Elizabeth Ellinwood, Katie Stilwell Meggie Kanis, Lauren Lindaman	1:04.27
2	BETTENDORF Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson	1:05.32
3	NEWTON Stephanie Goos, Chelsea Munoz Chantelle MacVey, Cali Dunham	1:06.28
4	DUBUQUE SENIOR Ashley Metcalf, Karina Schroeder Jessica Nessian, Lee Bly	1:07.86

Preliminary Heat 5

Wind :

1	IOWA CITY WEST Katie Johnson, Christina Swift Lindsay Freeman, Amanda Judisch	1:03.36
2	CEDAR FALLS Brynn Lantz, Grace Schlader Emily White, Lisa Doeden	1:04.41
3	AMES Katie Brimeyer, Tricia Stubbs Olivia Langenberg, Allison Dye	1:07.47
4	CEDAR RAPIDS JEFFERSON Brittany Ruzicka, Kara Taylor Chandice O'Bannon, Rachel Edwards	1:09.08

Preliminary Heat 6

Wind :

1	DUBUQUE HEMPSTEAD Nina Schnee, Nichole Schnee Cali Lyons, Leah Timmerman	1:01.97
2	URBANDALE Mallory Zimmerman, Erica Heiden Katie Kooiega, Stacy Holthaus	1:04.98
3	OTTUMWA Rachel McElroy, Aubrey Anderson Brittney Berges, Amy Kopatich	1:06.74
4	CB ABRAHAM LINCOLN Kendra Chapin, Crystal Reedy Sarah Milner, Lindsey McCoy	1:11.18

Preliminary Heat 7

Wind :

1	BETTENDORF Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson	1:04.40
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Class 4A High Jump Finals

1	Jessica Statler (SO), Cedar Rapids Prairie	5'04"
2	Emily Ita (SR), Burlington	5'03"
3	Allison Dirks (JR), Iowa City West	5'02"
3	Tiffanie Synacek (FR), CB Thomas Jefferson	5'02"
5	Cae Lamb (JR), Iowa City West	5'02"
5	Christina Tim (JR), Ames	5'02"
7	Amy Kopatich (SR), Ottumwa	5'02"
8	Lauren Lindaman (FR), West Des Moines Valley	5'00"
8	Molly Hermiston (SR), North Scott	5'00"
10	Katie Kooienga (SR), Urbandale	5'00"
10	Tocarra Ross (SR), Davenport Central Samantha Sidwell (FR), Iowa City High	5'00"

Jenna Bergeson (SO), West Des Moines Valley
 Emily White (SR), Cedar Falls
 Mikaela Fisher (FR), Cedar Rapids Washington
 Betsy Hoscheid (JR), Pleasant Valley
 Katie McGuire (JR), Ottumwa
 Selena Ulrick (SR), Boone
 Alyssa Fischer (JR), Cedar Rapids Kennedy
 Jenny Licktieg (FR), Dowling Catholic
 Ashley Meade (SO), Johnston
 Amanda Riese (JR), Ankeny
 Cassandra Clark (FR), Newton
 Kelsey Whitaker (FR), Keokuk/Cardinal Stritch
 Krissy Engle (JR), Lewis Central

Class 4A Long Jump Finals

1	LaNeisha Waller (SR), Cedar Rapids Washington	19'02.25"
2	Kersten Thorgaard (FR), Ames	18'05.00"
3	Liz Bradfield (SR), Cedar Falls	17'03.50"
4	Nicole Carroll (SR), Mason City	17'02.50"
5	Taylor Gowey (FR), Johnston	17'01.50"
6	Sarah Hagge (JR), Clinton	16'11.00"
7	Stephanie Petty (FR), North Scott	16'10.25"
8	Lindsay Digmann, Linn-Mar	16'08.75"
9	Lauren Cummings (SR), Ankeny	16'07.25"
10	Valerie Mozena (FR), Iowa City High	16'06.00"
11	Lili Kovacs, Lewis Central	16'05.75"
12	Lori Bjork (JR), Johnston	16'05.50"
13	Cierra Cook (SO), Cedar Falls	16'04.75"
14	Emily Schneider (FR), Sioux City North	16'02.50"
15	Dani Berrone, Dowling Catholic	16'02.00"
16	Erica Heiden (SR), Urbandale	16'00.00"
17	Barb Kremer (SO), Clinton	15'11.00"
18	Heather Gilmore (SO), Southeast Polk	15'10.75"
19	Sarah Cunningham (JR), West Des Moines Valley	15'10.50"
20	Kristen Reavis (SR), Dowling Catholic	15'10.25"
21	Emily Sibbing (SR), Keokuk/Cardinal Stritch	15'09.50"
22	Rachelle Tipton, Newton	15'06.25"
23	Sara Christensen (SO), Pleasant Valley	14'10.00"
24	Tiffany Hendricks (FR), Burlington	

Class 4A Shot Put Finals

1	Ashley Simpson (SR), Dubuque Hempstead	39'06.75"
2	Jordan Johnson (SR), Sioux City East	38'11.50"
3	Amy Waggoner (SR), Marshalltown	38'07.50"
4	Elyse Nylin (SO), Clinton	38'05"
5	Danica Haight (FR), Iowa City West	38'00.25"
6	Rachel Boeke (JR), Cedar Rapids Jefferson	37'09.25"
7	Sara Anciaux (FR), Iowa City High	37'05.25"
8	Becky Wittrock (JR), Boone	37'00.25"
9	Tanyana West (SR), Des Moines Roosevelt	36'05.75"
10	Corrie Wagner (JR), Iowa City High	35'11"
11	Joslyn Siems (JR), Cedar Falls	35'02"
12	Autumn Maxwell (JR), Marshalltown	34'11.50"
13	Jane Ebot, Iowa City West	34'09"
14	Kristin Mariner (SR), Mason City	34'06.75"
15	Jess Bates (SR), Indianola	34'03.50"
16	Stef Winslow (JR), Pleasant Valley	33'11.75"

17	Abbie Toney (SR), Johnston	33'00"
18	Shelby Speck (JR), Des Moines East	32'10"
19	Heather Heuvelmann (SO), Burlington	32'04"
20	Emily Pratt (SO), Cedar Falls	32'00.75"
21	Alana Jung (JR), Des Moines North	31'11"
22	Emilee Harvey (SR), CB Abraham Lincoln	31'10.50"
23	Noemi Gonzalez (SO), Muscatine	30'08.50"
24	Erin Bindewald (JR), Bettendorf	30'00.50"

Class 4A Discus Finals

1	Amy Waggoner (SR), Marshalltown	131'10"
2	Becky Wittrock (JR), Boone	131'00"
3	Katy Bartlett, Des Moines Roosevelt	128'10"
4	Jess Bates (SR), Indianola	119'07"
5	Debra Borcharding (SR), Ames	117'09"
6	Jordan Johnson (SR), Sioux City East	115'04"
7	Joslyn Siems (JR), Cedar Falls	114'09"
8	Stef Winslow (JR), Pleasant Valley	111'08"
9	Ashley Lichtenberg (FR), Bettendorf	109'05"
10	Cat Nelson (SO), Sioux City North	109'01"
11	Rachel Boeke (JR), Cedar Rapids Jefferson	108'04"
12	Heather Heuvelmann (SO), Burlington	107'08"
13	Jessi Carver (SR), Cedar Rapids Prairie	107'03"
14	Katie Stilwell (SR), West Des Moines Valley	106'07"
15	Elyse Nylin (SO), Clinton	106'02"
16	Steph Koepp (SR), Iowa City West	106'00"
17	Teresa Auchus (JR), Cedar Rapids Jefferson	105'02"
18	Casey Judge (JR), Des Moines Lincoln	100'02"
19	Kendra Gantsz (SO), Fort Dodge	097'00"
20	Abbie Toney (SR), Johnston	096'07"
21	Danica Haight (FR), Iowa City West	095'08"
22	Rikki Southard, Lewis Central	093'07"
23	Shelby Shadden, CB Thomas Jefferson	091'03"
24	Sara Anciaux (FR), Iowa City High	091'00"