

# 2002 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS DRAKE STADIUM/JIM DUNCAN TRACK MAY 17 & 18, 2002

ATTENDANCE--FRIDAY--9,173; SATURDAY--9,120 (Saturday record--old mark, 9,049 in 2001). TOTAL--18,294

WEATHER--FRIDAY--High temperature of 61 degrees at 4 p.m. Winds 12-15 mph North/Northwest. Temperature 55 degrees at 12:00 noon start.

SATURDAY--High temperature of 61 degrees at 3 p.m. Winds 10/12 mph from North/Northwest. Temperature 51 degrees at 9 a.m. start--58 degrees at 1 p.m.

## CLASS 3A OFFICIAL RESULTS

### TEAM SCORING

1	Iowa City High	65
2	Iowa City West	39
3	Cedar Falls	34
4	Mount Pleasant	30
5	Clinton	28
6	West Des Moines Valley	26
7	Muscatine	25
8	Mason City	24
9	Cedar Rapids Xavier	20
10	West Delaware	19
11	Linn-Mar	18
12	Cedar Rapids Washington	17
13	Cedar Rapids Jefferson	16
14	Cedar Rapids Prairie	15
15	Lewis Central	12
16	Council Bluffs Abraham Lincoln	10
	Dubuque Wahlert	10
	Ottumwa	10
19	Ankeny	9
20	Cedar Rapids Kennedy	8
21	Des Moines East	7
	Dubuque Hempstead	7
	Pleasant Valley	7
	Sioux City East	7
	West Des Moines Dowling	7
26	Des Moines Roosevelt	6
27	Marshalltown	5
	Oskaloosa	5
29	LeMars	4
	Storm Lake	4
31	Southeast Polk	3
32	Davenport West	2
	Pella	2
	Urbandale	2
35	Ames	1
	Spencer	1

### 100 METER DASH

1	Laneisha Waller, Cedar Rapids Washington	SO	12.20
2	Miriam Chisala, Des Moines Roosevelt	SO	12.45
3	Shatrece Burt, Cedar Falls	FR	12.57
4	Sarah Riedel, Muscatine	SR	12.61
5	Tenika Smith, Cedar Rapids Jefferson	JR	12.63
6	Lauren Cummings, Ankeny	FR	12.73
7	Alicia Graber, Newton	SR	12.80
8	Stacy Schmidt, Storm Lake	JR	13.19

#### Heat 1

1	Laneisha Waller, Cedar Rapids Washington	SO	12.38 Q
2	Lacy Brunette, West Des Moines Valley	SO	12.82
3	Beth Michael, Marshalltown	SR	12.93
4	Shannon Burge, Bettendorf	FR	13.15
5	Katie Cooper, Cedar Rapids Jefferson	SO	13.18
6	Lindsey Way, Johnston	SR	13.31
7	Brandi Saldeen, Burlington	FR	13.38
8	Sarah Adkins, Muscatine	SR	13.41

#### Heat 2

1	Sarah Riedel, Muscatine	SR	12.52 Q
2	Shatrece Burt, Cedar Falls	FR	12.56 Q
3	Lauren Cummings, Ankeny	FR	12.67 Q
4	Stacy Schmidt, Storm Lake	JR	12.81 Q
5	Tracy Marlow, Pella	JR	12.94
6	Amber Schilling, Cedar Rapids Prairie	SR	13.13
7	Sara Deters, Clinton	SR	13.25
8	Janet Ho, Boone	SO	13.78

#### Heat 3

1	Miriam Chisala, Des Moines Roosevelt	SO	12.51 Q
2	Tenika Smith, Cedar Rapids Jefferson	JR	12.57 Q
3	Alicia Graber, Newton	SR	12.79 Q
4	Cassie Tonjes, Sioux City East	SR	12.89
5	Kendra Maxwell, Davenport North	SR	13.02
6	Amanda Hyde, Johnston	SO	13.12
7	Sheena Bass, Clinton	SO	13.30
8	Ashley Wilde, Cedar Falls	FR	13.38

## 200 METER DASH

1	Sarah Riedel, Muscatine	SR	25.68
2	Jenny Lorenson, Cedar Rapids Xavier	SR	25.88
3	Lynette Wilson, Cedar Rapids Kennedy	JR	26.17
4	Jamie Powers, West Des Moines Dowling	JR	26.26
5	Katie Paulson, Ottumwa	SO	26.38
6	Alison Burns, Marshalltown	JR	26.49
7	Leslie Tiedtke, Cedar Rapids Jefferson	SR	26.53
8	Stacy Lawrence, Clinton	SR	26.63

### Heat 1

1	Lynette Wilson, Cedar Rapids Kennedy	JR	26.17 Q
2	Stacy Lawrence, Clinton	SR	26.70 Q
3	Alison Burns, Marshalltown	JR	26.72 Q
4	Allie Splinter, Dubuque Hempstead	SR	26.78
5	Tracy Marlow, Pella	JR	26.97
6	Lauren Carruthers, Pleasant Valley	SO	27.05
7	Dana Hanson, Urbandale	JR	27.21
8	Elise Watts, Bettendorf	FR	27.74

### Heat 2

1	Jenny Lorenson, Cedar Rapids Xavier	SR	25.99 Q
2	Leslie Tiedtke, Cedar Rapids Jefferson	SR	26.40 Q
3	Jamie Powers, West Des Moines Dowling	JR	26.49 Q
4	Kalin Kluver, Denison-Schleswig	SR	26.99
5	Sarah Eichelberger, Muscatine	SO	27.43
6	Erin Barnes, Des Moines Roosevelt	SO	27.48
7	Ashton Strickland, Iowa City High	SO	27.54
8	Sheila Pettygrew, Davenport Central	SO	28.23

### Heat 3

1	Sarah Riedel, Muscatine	SR	26.17 Q
2	Katie Paulson, Ottumwa	SO	26.47 Q
3	Beth Michael, Marshalltown	SR	26.81
4	Alicia Graber, Newton	SR	26.83
5	Stacy Schmidt, Storm Lake	JR	26.89
6	Dani Anderson, Cedar Rapids Xavier	JR	27.15
7	Carrie Jenaman, Dubuque Senior	SO	27.17
8	Rachel Rebling, Fairfield	JR	27.41

## 400 METER DASH

1	Ashley Williams, Linn-Mar	SR	58.90
2	Lauren Carruthers, Pleasant Valley	SO	59.27
3	Monica Mims, Iowa City High	JR	59.64
4	Alison Burns, Marshalltown	JR	1:00.07
5	Lynette Wilson, Cedar Rapids Kennedy	JR	1:00.32
6	Ashley Letze, Des Moines East	SO	1:01.08
7	Megan Curry, Southeast Polk	FR	1:01.65
8	Erin Penticoff, Cedar Rapids Xavier	FR	1:02.63

### Heat 1

1	Ashley Williams, Linn-Mar	SR	58.94 Q
2	Alison Burns, Marshalltown	JR	59.35 Q
3	Hannah Huinker, Decorah	SO	1:01.52
4	Sondra Vasquez, Cedar Rapids Prairie	SR	1:01.74
5	Rachel Steffen, Western Dubuque	SR	1:02.41
6	Haley Miller, Keokuk	FR	1:02.71
999	Nicole Harkness, Ankeny	SO	DNS
999	Katie Krei, Iowa City High	FR	DNS

### Heat 2

1	Lauren Carruthers, Pleasant Valley	SO	59.05 Q
2	Lynette Wilson, Cedar Rapids Kennedy	JR	59.40 Q
3	Megan Curry, Southeast Polk	FR	1:00.38 Q
4	Erin Penticoff, Cedar Rapids Xavier	FR	1:00.97 Q
5	Breanna Manders, Davenport North	JR	1:01.19
6	Carrie Cale, Sioux City North	SO	1:01.48
7	Cassie Raemakers, Davenport West	SO	1:01.76
999	Lindsey Windauer, Iowa City West	JR	DNS

## Heat 3

1	Monica Mims, Iowa City High	JR	58.38 Q
2	Ashley Letze, Des Moines East	SO	1:00.86 Q
3	Toshia Burrell, Fort Dodge	JR	1:01.35
4	Quinntesha Tillman, Waterloo East	SR	1:01.49
5	Michelle Gee, Ankeny	SR	1:01.69
6	Melissa Schmitz, Waterloo Columbus/Don Bosco	JR	1:01.70
7	Kalin Kluver, Denison-Schleswig	SR	1:02.01
8	Britni Persinger, Sioux City North	FR	1:03.54

## 800 METER RUN

1	Allison Werner, Mount Pleasant	JR	2:13.16
2	Meggan Reed, Iowa City High	JR	2:14.92
3	Katy Grady, LeMars	SR	2:18.05
4	Jessica Levin, Cedar Rapids Xavier	FR	2:20.68
5	Janelle Platts, Mason City	JR	2:21.08
6	Erin Penticoff, Cedar Rapids Xavier	FR	2:21.11
7	Amy Garrett, Southeast Polk	JR	2:21.56
8	Julia Frudden, Iowa City West	FR	2:22.41
9	Kelly Baustian, Cedar Rapids Washington	SR	2:22.42
10	Jen Wendt, Pleasant Valley	SR	2:23.09
11	Alicia Irons, Boone	SR	2:23.60
12	Karla Block, Sioux City Heelan	KR	2:23.81
13	Maggie Leyendecker, Iowa City High	FR	2:23.91
14	Julia Mead, Fort Madison	FR	2:24.80
15	Kristin Siepkes, Spencer	JR	2:24.84
16	Katie Nevins, West Des Moines Dowling	FR	2:27.27
17	Sara Gray, Fort Madison	JR	2:28.30
18	Randi Mehmen, Waverly-Shell Rock	SR	2:28.66
19	Nicole Phipps, Southeast Polk	SR	2:28.95
20	Anne Blommer, Ottumwa	SR	2:29.39
21	Gina Messamer, Oskaloosa	SO	2:29.40
22	Nicole Kreber, Sioux City Heelan	SR	2:30.55
23	Paige Gruis, Des Moines Lincoln	SO	2:33.86
999	Lynn Dobyms, Iowa City West	JR	DNS

## 1500 METER RUN

1	Sara Fassbinder, Dubuque Wahlert	SO	4:39.31
2	Jennie Funk, Iowa City High	SO	4:40.39
3	Megan Glover, Cedar Rapids Xavier	JR	4:49.68
4	Nelle Trefz, Iowa City High	SO	4:53.14
5	Robyn Werner, Mount Pleasant	JR	4:54.48
6	Janet Dobyms, Iowa City West	FR	4:55.13
7	Jeni Frudden, Iowa City West	SR	4:57.85
8	Tracy Hawley, Ames	SO	4:58.70
9	McKenzie Madison, Ankeny	SO	4:59.62
10	Janelle Platts, Mason City	JR	5:00.41
11	Kate Greer, Marshalltown	JR	5:00.44
12	Shannon Oster, Cedar Rapids Washington	JR	5:00.49
13	Whitney Mitvalsky, Cedar Rapids Jefferson	JR	5:01.28
14	Melissa Jay, Ottumwa	SO	5:01.52
15	Cassie Naaktgeboren, Cedar Falls	SO	5:01.55
16	Jessica Pape, Sioux City Heelan	SO	5:02.02
17	Quinn Vermie, Southeast Polk	JR	5:02.16
18	Lyssa Steckelberg, Cedar Falls	SO	5:02.36
19	Abbie Smith, West Des Moines Dowling	SR	5:03.51
20	Ashley Culp, West Des Moines Valley	JR	5:05.35
21	Nina Hoppenjan, Dubuque Wahlert	JR	5:05.96
22	Katie Stewart, Sioux City North	SO	5:09.51
23	Ellen Hart, Pleasant Valley	FR	5:12.35
24	Amy Garrett, Southeast Polk	JR	5:15.45

## 3000 METER RUN

1	Jennie Funk, Iowa City High	SO	10:11.80	J
2	Robdu Adam, Iowa City West	JR	10:22.75	J
3	Jeni Frudden, Iowa City West	SR	10:24.72	J
4	Quinn Vermie, Southeast Polk	JR	10:24.96	J
5	Shannon Oster, Cedar Rapids Washington	JR	10:41.62	
6	Tracy Hawley, Ames	SO	10:42.13	
7	Jessica Pape, Sioux City Heelan	SO	10:46.03	
8	Ashley Culp, West Des Moines Valley	JR	10:46.75	
9	Kate Greer, Marshalltown	JR	10:47.12	
10	Carolyn Sinsky, Dubuque Senior	SR	10:55.14	
11	Whitney Mitvalsky, Cedar Rapids Jefferson	JR	10:55.14	
12	Betsy Ellsmore, Iowa City High	JR	10:57.14	
13	Lisa Koll, Fort Dodge	FR	10:58.22	
14	Melissa Jay, Ottumwa	SO	11:00.27	
15	Aimee Nielsen, Mason City	SR	11:04.02	
16	Lauren Erickson, Mount Pleasant	FR	11:16.99	
17	Sarah Lacina, Muscatine	SR	11:18.24	
18	Sarah Mills, Southeast Polk	JR	11:20.53	
19	McKenzie Madison, Ankeny	SO	11:25.07	
20	Allison Heid, Urbandale	SR	11:27.53	
21	Kathryn Walker, West Delaware	JR	11:28.99	
22	Anne Pick, West Des Moines Dowling	SR	11:29.87	
23	Caylin Cervetti, Cedar Falls	JR	11:45.08	
999	Brenda Funke, Cedar Rapids Kennedy	JR		DNS

## 100 METER HURDLES

1	Kayla Sautter, Mason City	JR	14.41	
2	Nicole Carroll, Mason City	SO	14.63	
3	Sara Boisen, West Des Moines Valley	JR	14.95	
4	Laura Tomes, Sioux City East	JR	15.20	
5	Kara Yahn, Clinton	JR	15.22	
6	Maya Monitto-Weber, Iowa City High	JR	15.23	
7	Kasey McDaniel, Spencer	JR	15.37	
8	Amanda Faas, Cedar Rapids Washington	SR	15.56	

### Heat 1

1	Kayla Sautter, Mason City	JR	14.25	Q
2	Kara Yahn, Clinton	JR	14.90	Q
3	Amanda Faas, Cedar Rapids Washington	SR	15.29	Q
4	Katie O'Bryne, Sioux City East	SR	15.73	
5	Tessa Prati, Urbandale	JR	15.82	
6	Kati Person, LeMars	SR	15.87	
7	Laura Mitchell, Pella	FR	15.89	
8	Amy Rhoads, Cedar Rapids Jefferson	SR	16.19	

### Heat 2

1	Nicole Carroll, Mason City	SO	14.78	Q
2	Sara Boisen, West Des Moines Valley	JR	15.14	Q
3	Ashley Havlicek, Cedar Rapids Jefferson	SO	15.31	
4	Kristen Reavis, West Des Moines Dowling	SO	15.61	
5	Cali Lyons, Dubuque Hempstead	SO	15.90	
6	Emily Triplett, Iowa City High	SR	16.15	
7	Jocelyn Thurston, Cedar Falls	JR	16.24	
8	McKinsie Williams, Muscatine	FR	16.60	

### Heat 3

1	Kasey McDaniel, Spencer	JR	15.22	Q
2	Laura Tomes, Sioux City East	JR	15.25	Q
3	Maya Monitto-Weber, Iowa City High	JR	15.26	Q
4	Amy Klostermann, West Delaware	JR	15.75	
5	Aimee Rasmusson, Cedar Falls	JR	15.82	
6	Carrie Yaley, Fort Madison	SR	15.86	
7	Megan Nielsen, Southeast Polk	SO	16.07	
8	Stacy Holthaus, Urbandale	SO	16.14	

## 400 METER HURDLES

1	Sara Boisen, West Des Moines Valley	JR	1:02.97	
2	Deb Durey, West Delaware	SO	1:05.75	
3	Katie Fraga, Iowa City High	SR	1:06.49	
4	Jennifer Snowbarger, Oskaloosa	JR	1:06.49	
5	Ashley Wilson, Urbandale	SR	1:06.55	
6	Amanda Faas, Cedar Rapids Washington	SR	1:07.18	
7	Katie O'Bryne, Sioux City East	SR	1:08.31	
8	Kira Anderson, Cedar Falls	JR	1:08.80	

### Heat 1

1	Katie Fraga, Iowa City High	SR	1:06.71	Q
2	Amanda Faas, Cedar Rapids Washington	SR	1:06.86	Q
3	Kira Anderson, Cedar Falls	JR	1:07.09	Q
4	Katie O'Bryne, Sioux City East	SR	1:07.45	Q
5	Nora Liebergesell, West Des Moines Valley	SO	1:07.85	
6	Shawna Stumpf, Des Moines North	JR	1:09.17	
7	Dyann Peterson, Fort Dodge	FR	1:10.01	
8	Abby Erion, Decorah	JR	1:12.97	

### Heat 2

1	Sara Boisen, West Des Moines Valley	JR	1:04.96	Q
2	Ashley Wilson, Urbandale	SR	1:06.86	Q
3	Paige Havens, Storm Lake	JR	1:07.95	
4	Michelle Treska, West Des Moines Dowling	SO	1:09.06	
5	Ashley Baird, Cedar Rapids Prairie	SR	1:09.22	
6	Cherie Nichting, Mount Pleasant	SO	1:09.38	
7	Mindy Rauwolf, Pleasant Valley	FR	1:11.34	
8	Renee Golinvaux, Cedar Rapids Washington	SR	1:12.04	

### Heat 3

1	Deb Durey, West Delaware	SO	1:06.34	Q
2	Jennifer Snowbarger, Oskaloosa	JR	1:06.85	Q
3	Ashley Letze, Des Moines East	SO	1:07.80	
4	Laura Mitchell, Pella	FR	1:07.99	
5	Kelly Sherry, Iowa City High	JR	1:09.18	
6	Bryna Copes, Ankeny	SO	1:11.07	
7	Rachel Hutchinson, Mount Pleasant	FR	1:13.76	
8	Lindsey Schwartz, Pleasant Valley	FR	1:17.13	

## HIGH JUMP

1	Stacy Boerema, Clinton	SR	5'07"	
2	Ashley Freeman, CB Abraham Lincoln	SR	5'05"	
3	Laura Tomes, Sioux City East	JR	5'04"	
4	Rachel Sippy, Cedar Rapids Prairie	JR	5'03"	
5	Alyssa Fischer, Cedar Rapids Kennedy	FR	5'03"	
6	Lisa Miner, Cedar Falls	JR	5'03"	
7	Alison Dirks, Iowa City West	FR	5'03"	
7	Lindsay Scott, Mount Pleasant	FR	5'03"	
9	Amy Kopatch, Ottumwa	SO	5'02"	
10	Emily Ita, Burlington	SO	5'02"	
11	Jessie Branstetter, Iowa City High	SR	5'00"	
11	Veronica Dykstra, Iowa City West	SO	5'00"	
11	Emily Kinning, Pleasant Valley	SR	5'00"	
14	Amanda Brodsack, Cedar Rapids Prairie	FR	5'00"	
15	Jessica Winter, Sioux City West	SR	5'00"	
15	Lauren Waldstein, Waverly-Shell Rock	SR	5'00"	
17	Krissy Engle, Lewis Central	FR	5'00"	
18	Kayla Sautter, Mason City	JR	5'00"	
19	Lane Cox, Oskaloosa	SR	4'10"	
20	Angie Hensel, Clinton	JR	4'10"	
20	Angela Tapley, Oskaloosa	SR	4'10"	
999	Alicia Irons, Boone	SR		nh
999	Katie Longden, Des Moines Lincoln	SR		nh
999	Katy Grady, LeMars	SR		dnc

**SERIES**

	4-10	5-0	5-2	5-3	5-4	5-5	5-6	5-7	5-8
Boerema	p	x	x	x	x	x	oox	x	ooo
Freeman	p	x	x	x	ox	ox	ooo		
Tomes	x	x	x	x	ox	ooo			
Sippy	x	x	x	x	ooo				
Fischer	x	x	x	ox	ooo				
Miner	x	x	ox	ox	ooo				
Dirks	x	ox	x	oox	ooo				
Scott	x	x	ox	oox	ooo				
Kopatich	x	ox	oox	ooo					
Ita	x	oox	oox	ooo					
Branstetter	x	x	ooo						
Dysktra	x	x	ooo						
Kinning	x	x	ooo						
Broadsack	x	ox	ooo						
Winter	ox	ox	ooo						
Waldstein	ox	ox	ooo						
Engle	x	oox	ooo						
Sautter	ox	oox	ooo						
Cox	x	ooo							
Hensel	oox	ooo							
Tapley	oox	ooo							
Irons	ooo								
Longden	ooo								
Grady	dnc								

**LONG JUMP**

1	Angie Hensel, Clinton	JR	18'10.50"
2	Laniesha Waller, Cedar Rapids Washington	SO	18'05.75"
3	Amy Wulfekuhler, Storm Lake	JR	18'05.50"
4	Abby Lahr, West Delaware	SO	17'08.75"
5	Tracy Marlow, Pella	JR	17'06"
6	Kasey McDaniel, Spencer	JR	17'04.25"
7	Nicole Carroll, Mason City	SO	17'03.50"
8	Doni Berrone, West Des Moines Dowling	FR	17'02.25"
9	Brandy Olsen, Cedar Rapids Washington	SR	17'00.25"
10	Deb Durey, West Delaware	SO	16'10.50"
11	Tonya Ansel, Dubuque Senior	SR	16'10.15"
12	Shanna Kissinger, Sioux City West	SR	16'09.50"
13	Danna Kelly, Boone	FR	16'05"
14	Jess Iserman, Waverly-Shell Rock	SR	16'01.75"
15	Jennifer Low, Mason City	SR	16'00.50"
16	Brittany Lourens, Oskaloosa	FR	16'00.25"
17	Sadie White, Cedar Rapids Prairie	SO	15'11"
18	Brandi Saldeen, Burlington	FR	15'09.50"
19	Elisha Turek, CB Abraham Lincoln	JR	15'09.25"
20	Stacy Arkovich, Ames	SR	15'06.50"
21	Haley Sinn, Mount Pleasant	JR	15'05.50"
22	Kelly Meade, Des Moines Hoover	SO	14'00"
999	Dana Noss, Ames	SR	fouls
999	Aimee Rasmusson, Cedar Falls	JR	fouls

**SERIES**

Hensel	18'07.50	foul	17'11.50	17'05.25	18'01	18'10.50
Waller	17'09.75	foul	foul	foul	18'05.75	18'05
Wulfekuhler	18'03.50	18'00.75	foul	foul	17'10.25	18'05.50
Lahr	16'10	17'04	17'08.75	15'11.75	17'02.25	16'08
Marlow	foul	17'06	16'11.50	17'04.50	foul	16'10
McDaniel	foul	17'04.25	16'08.50	16'03	foul	foul
Carroll	17'03.50	16'10.50	16'07.50	16'07.50	foul	17'02.50
Berrone	15'10	17'02.25	15'07	16'06.75	16'03	14'09.50
Olsen	foul	foul	17'00.25			
Durey	foul	16'02.25	16'10.50			
Ansel	foul	16'10.25	16'10			
Kissinger	foul	16'09.50	15'04			

Kelly	16'05	foul	15'10
Iserman	14'07.50	16'01.75	foul
Low	15'00.50	foul	16'00.50
Lourens	14'11	16'00.25	14'03.75
White	15'00	15'03.25	15'11
Saldeen	15'04.50	foul	15'09.50
Turek	14'11.50	foul	15'09.25
Arkovich	foul	foul	15'06.50
Sinn	fol	fol	15'05.50
Meade	14'00	13'09.75	13'10.50
Noss	foul	foul	foul
Rasmusson	foul	foul	foul

**SHOT PUT**

1	Aubrey Martin, Muscatine	SR	45'10"
2	Sheena James, Clinton	JR	45'01"
3	Abby Emsick, Lewis Central	SR	43'04.25"
4	Micaela Mallett, Des Moines East	JR	40'09"
5	Johnna Gamble, Davenport West	JR	40'02.50"
6	Hayley Yarkosky, Oskaloosa	SR	39'10.75"
7	Jessica Elliott, Iowa City High	JR	39'03.75"
8	Morgen Edwards, Cedar Rapids Jefferson	SR	39'01.25"
9	Maria Linnenbrink, North Scott	JR	37'01"
10	Ashley Simpson, Dubuque Hempstead	SO	36'08"
11	Missy Fessler, Dubuque Hempstead	JR	36'04.50"
12	Amy Waggoner, Marshalltown	SO	36'03.50"
13	Tennille Thieschafer, Lewis Central	SR	35'06"
14	Jess Bates, Indianola	SO	35'05.50"
15	Rachel Spensley, Dubuque Senior	SO	35'02.50"
16	Chelsey Keller, Fairfield	JR	35'01.50"
17	Kesley Egli, Cedar Falls	SR	34'10.50"
18	Kellie Price, CB Abraham Lincoln	JR	34'09.50"
19	Brien Richard, Denison-Schleswig	SR	34'08.75"
20	Jenny Evans, Iowa City West	SR	34'05.75"
21	Lisa Glasoe, Cedar Rapids Washington	SR	33'09.75"
22	Betsy Funk, Urbandale	SR	33'08.75"
23	Ashley Partlow, Spencer	SR	33'03.75"
24	Cassie Cheever, Sioux City Heelan	SO	33'02.75"

**SERIES**

Martin	44'11.50	45'01	foul	43'09.75	43'09.25	45'10
James	41'00.25	42'04.25	foul	43'04.75	foul	45'01
Emsick	40'05.25	foul	foul	41'02.75	foul	43'04.25
Mallett	39'08.25	37'02.75	37'10	40'09	foul	36'00.25
Gamble	38'01.25	foul	38'02	foul	39'00	40'02.50
Yarkosky	38'11.25	39'10.75	39'08.25	foul	foul	38'01
Elliott	38'00.50	38'01	39'03.75	36'06	37'10	36'09.25
Edwards	39'01.25	35'10.50	37'08	foul	foul	38'07.25
Linnenbrink	37'01	35'08.25	35'05.25			
Simpson	35'09	36'08	35'11.25			
Fessler	33'09.50	36'04.50	35'05.50			
Waggoner	34'10.75	35'09.75	36'03.50			
Thieschafer	35'06	33'03.25	foul			
Bates	35'05.50	foul	35'02.50			
Spensley	33'06.75	31'10.25	35'02.50			
Keller	34'01.50	33'06.25	35'01.50			
Egli	foul	34'10.25	34'10.50			
Price	foul	33'10.50	34'09.50			
Richard	33'07	34'08.75	33'08.25			
Evans	34'05.75	32'03.50	31'03			
Glasoe	33'08.50	30'11.50	33'09.75			
Funk	33'02.50	33'08.75	33'06.25			
Partlow	33'03.75	29'10.75	31'05			
Cheever	foul	33'02.75	32'08.75			

## DISCUS

1	Abby Emsick, Lewis Central	SR	140'05"
2	Aubrey Martin, Muscatine	SR	134'00"
3	Kellie Price, CB Abraham Lincoln	JR	133'00"
4	Micaela Mallett, Des Moines East	JR	131'08"
5	Morgen Edwards, Cedar Rapids Jefferson	SR	131'02"
6	Kesley Egli, Cedar Falls	SR	128'09"
7	Betsy Funk, Urbandale	SR	125'09"
8	Tara King, Ottumwa	SR	125'07"
9	Jessica Elliott, Iowa City High	JR	125'01"
10	Amy Waggoner, Marshalltown	SO	121'00"
11	Megan Bustin, West Des Moines Dowling	SR	117'04"
12	Valerie Matters, Ames	SR	115'00"
13	Julie Wittrock, Boone	JR	114'00"
14	Wendy Milam, Cedar Rapids Washington	JR	113'03"
15	Leslie Sheridan, Dubuque Wahlert	SR	112'06"
16	Johnna Gamble, Davenport West	JR	111'03"
17	Brien Richard, Denison-Schleswig	SR	110'10"
18	Missy Fessler, Dubuque Hempstead	JR	110'08"
19	Jess Bates, Indianola	SO	107'03"
20	Holly Joens, Cedar Rapids Prairie	JR	103'07"
21	Jess Jewell, Decorah	SO	103'07"
22	Mikala Larsen, CB Thomas Jefferson	SR	102'01"
23	Jody Iversen, Denison-Schleswig	SR	099'01"
24	Sheena James, Clinton	JR	092'11"

## SERIES

Emsick	132'09	134'01	133'09	140'05	138'10	foul
Martin	121'07	133'11	foul	121'00	125'09	134'00
Price	122'02	123'10	133'00	116'00	127'00	121'11
Mallett	122'00	131'08	115'02	117'11	113'06	122'09
Edwards	131'02	foul	130'03	128'10	124'07	129'04
Egli	128'06	124'00	120'07	128'09	127'06	125'02
King	125'07	122'07	105'11	106'04	106'11	113'10
Elliott	116'01	122'01	125'01			
Waggoner	117'08	121'00	105'00			
Bustin	108'04	117'04	105'10			
Matters	108'08	112'06	115'00			
Wittrock	108'00	114'00	102'05			
Milam	108'08	113'03	foul			
Sheridan	105'00	110'11	112'06			
Gamble	110'09	106'09	111'03			
Richard	foul	110'10	109'11			
Fessler	108'07	107'02	110'08			
Bates	089'08	094'04	107'03"			
Joens	102'03	103'07	foul			
Jewell	103'07	foul	096'09			
Larsen	100'11	foul	102'01			
Iversen	094'05	097'09	099'00			
James	foul	foul	092'11			

## 4x100 METER RELAY

1	CEDAR RAPIDS JEFFERSON	48.93
	(Katie Cooper, Tara Fry Leslie Tiedtke, Tenika Smith)	
2	ANKENY	49.42
	(Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	
3	CEDAR FALLS	49.52
	(Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	

4	WEST DES MOINES VALLEY	49.74
	(Aubrie Fontanini, Allie Cade Alisa Scarrow, Lacy Brunnette)	
5	IOWA CITY HIGH	50.25
	(Camille Jordan, Virginia Dreier Maya Monitto-Weber, Elizabeth Matzen)	
6	MARSHALLTOWN	50.34
	(Alison Burns, Sarah Otten Kalyynn Rowley, Beth Michael)	
7	CEDAR RAPIDS WASHINGTON	50.55
	(Carrie Boyle, Cassandra Lumpkin Laneisha Waller, Laniesha Waller)	
8	DES MOINES ROOSEVELT	50.75
	(Miriam Chisala, Erin Barnes Jacqueline Stewart, Latasha Hudson)	

### Heat 1

1	WEST DES MOINES VALLEY	49.99 Q
	(Aubrie Fontanini, Allie Cade Lisa Scarrow, Lacy Brunnette)	
2	CEDAR RAPIDS WASHINGTON	50.46 Q
	(Carrie Boyle, Cassandra Lumpkin Alynsia Bell, Laneisha Waller,)	
3	MUSCATINE	50.73
	(Sarah Adkins, Sarah Eichelberger McKinsie Williams, Sarah Riedel)	
4	DUBUQUE WAHLERT	51.01
	(Amanda Reiss, Rachel Herrig Jackie Pepin, Stephanie Herbst)	
5	STORM LAKE	51.15
	(Stacy Schmidt, Paige Havens Billie Blanchard, Amy Wulfekuhler)	
6	CLINTON	51.19
	(Kara Yahn, Jade Ammons Stacy Boerema, Stacy Lawrence)	
7	SIOUX CITY EAST	51.84
	(Ashley Holstein, Chauntee Alfredson Cassie Tonjes, Betsy Reynolds)	
8	BURLINGTON	52.01
	(Joanna Opiekun, Lauren Lindstadt Cara Young, Carissa Overstreet)	

### Heat 2

1	ANKENY	49.42 Q
	(Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	
2	CEDAR FALLS	49.46 Q
	(Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	
3	MARSHALLTOWN	50.42 Q
	(Alison Burns, Sarah Otten Kalyynn Rowley, Beth Michael)	
4	MASON CITY	51.22
	(Jennifer Low, Nicole Carroll Andrea Sellers, Kayla Sautter)	
5	CEDAR RAPIDS KENNEDY	51.40
	(Melissa Kane, Alyssa Fischer RaeAnnon Fairlie, Lynette Wilson)	
6	WEST DELAWARE	51.51
	(Megan Klein, Michelle Wessels Allison Bockenstedt, Abby Lahr)	
7	BETTENDORF	51.94
	(Shannon Burge, Alex Hemberger Jenny Eisenlauer, Angela Vinene)	

999 WEST DES MOINES DOWLING (Christa Scott, Chelsea Drumheller Nellie Walsh, Lindsey Rizzuti)	DNF	3 WEST DELAWARE (Megan Nieman, Abby Lahr Allison Bockenstedt, Deb Durey)	1:47.31 Q
<b>Heat 3</b>		4 CLINTON (Stacy Lawrence, Sara Deters Angie Hensel, Stacy Boerema)	1:48.08
1 CEDAR RAPIDS JEFFERSON (Katie Cooper, Tara Fry Leslie Tiedtke, Tenika Smith)	49.24 Q	5 MOUNT PLEASANT (Danielle Hutchinson, Lindsay Scott Steph Park, Stephanie Benge)	1:48.91
2 IOWA CITY HIGH (Camille Jordan, Virginia Dreier Maya Monitto-Weber, Elizabeth Matzen)	50.20 Q	6 SIOUX CITY HEELAN (Sheena Wright, Megan Iverson Jenni Jones, Brooke Niles)	1:49.32
3 DES MOINES ROOSEVELT (Miriam Chisala, Erin Barnes Jacqueline Stewart, Latasha Hudson)	50.44 Q	7 MUSCATINE (Sarah Adkins, Katie Post Jessica Shaw, Sarah Eichelberger)	1:51.75
4 SPENCER (Maggie Roos, Abbie Waggoner Bre Schmillen, Kasey McDaniel)	50.64	8 DAVENPORT CENTRAL (Angie Young, Shivonne Foster Sheila Pettygrew, Becky Zilly)	1:52.01
5 CEDAR RAPIDS PRAIRIE (Andrea Jansa, Danielle Salwey Sadie White, Amber Schilling)	51.19	<b>Heat 2</b>	
6 SIOUX CITY HEELAN (Sheena Wright, Megan Iverson Jenni Jones, Brooke Niles)	51.60	1 CEDAR FALLS (Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:44.57 Q
7 DAVENPORT NORTH (Kendra Maxwell, Sarah Sheedy Marcia Hare, Breanna Manders)	51.69	2 ANKENY (Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	1:45.04 Q
8 MOUNT PLEASANT (Danielle Hutchinson, Lindsay Scott Steph Park, Haley Sinn)	52.71	3 OTTUMWA (Brandie Moore, Ashley Spurgeon Emily Roberts, Katie Paulson)	1:47.47 Q
<b>4x200 METER RELAY</b>		4 OSKALOOSA (Jennifer Snowbarger, Kristen Foster Amanda Knoot, Hilary Grotewold)	1:48.37
1 CEDAR FALLS (Adelle Close, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:44.50	5 PLEASANT VALLEY (Maggie Allen, Kelly Harris Sarah Seffrin, Emily Kinning)	1:49.05
2 WEST DES MOINES VALLEY (Alisa Scarrow, Sarah Best Allie Cade, Lacy Brunnette)	1:44.90	6 BURLINGTON (Joanna Opiekun, Lauren Lindstadt Cara Young, Carissa Overstreet)	1:49.11
3 DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Lindsey Derby, Nina Schnee)	1:45.49	7 CEDAR RAPIDS KENNEDY (Alyssa Fischer, Cierra French Rachel Wharton, RaeAnnon Fairlie)	1:49.32
4 CEDAR RAPIDS PRAIRIE (Danielle Salwey, Laura Carver Amber Schilling, Debbie Ackerly)	1:46.42	8 SPENCER (Maggie Roos, Mandi Mesner Liz Davis, Bre Schmillen)	1:50.35
5 CEDAR RAPIDS JEFFERSON (Katie Cooper, Tara Fry Tenika Smith, Leslie Tiedtke)	1:46.94	<b>Heat 3</b>	
6 OTTUMWA (Brandie Moore, Ashley Spurgeon Emily Roberts, Katie Paulson)	1:47.39	1 CEDAR RAPIDS PRAIRIE (Danielle Salwey, Laura Carver Amber Schilling, Debbie Ackerly)	1:45.61 Q
7 WEST DELAWARE (Megan Nieman, Abby Lahr Allison Bockenstedt, Deb Durey)	1:47.87	2 DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Lindsey Derby, Nina Schnee)	1:46.83 Q
999 ANKENY (Jenna Lago, Lauren Cummings Haley Younger, Kylie Lago)	DNF	3 BETTENDORF (Elise Watts, Alex Hemberger Jenny Eisenlauer, Angela Vinene)	1:49.22
<b>Heat 1</b>		3 DUBUQUE WAHLERT (Amanda Reiss, Jackie Pepin Rachel Alt, Stephanie Herbst)	1:49.22
1 WEST DES MOINES VALLEY (Lisa Scarrow, Allie Cade Allie Cade, Lacy Brunnette)	1:45.34 Q	5 WAVERLY-SHELL ROCK (Jen Green, Lisa Fiene April Suhr, Miranda Pickett)	1:52.22
2 CEDAR RAPIDS JEFFERSON (Katie Cooper, Tara Fry Tenika Smith, Leslie Tiedtke)	1:45.65 Q	999 IOWA CITY HIGH (Ashton Strickland, Virginia Dreier Camille Jordan, Elizabeth Matzen)	DQ-(#2-3 out of zone)-1:45.73

999 LINN-MAR DQ-(#2-3 out of zone)-1:54.20  
 (Lindsay Kaspari, Marissa Becker  
 Kelsey Long, Hayley Fry)  
 999 WDM DOWLING DQ-(#3 out of lane)-1:46.91  
 (Jamie Powers, Anne Abramovich  
 Maggie Dohrmann, Cat Ramirez)

**4x400 METER RELAY**

1 IOWA CITY WEST 4:00.83  
 (Nicole Novak 60.6, Kristin Jacobs 60.4  
 Lindsey Windauer 60.5, Lynn Dobyns 59.3)  
 2 CEDAR RAPIDS PRAIRIE 4:01.39  
 (Ashley Baird, 61.8 Sondra Vasquez 60.6  
 Laura Carver 59.3, Debbie Ackerly 59.6)  
 3 OTTUMWA 4:01.46  
 (Brandie Moore 61.3, Melissa Ebelsheiser 61.1  
 Ashley Spurgeon 59.3, Katie Paulson 59.7)  
 4 LINN-MAR 4:02.11  
 (Nicole Novy 60.6, Marissa Becker 61.3  
 Brooke Rhatigan 60.5, Ashley Williams 59.7)  
 5 WEST DES MOINES VALLEY 4:02.78  
 (Sara Boisen 59.5, Lisa Moser 62.7  
 Sarah Best 60.7, Sarah Cunningham 59.8)  
 6 IOWA CITY HIGH 4:03.36  
 (Katie Krei 61.6, Tiffiney Belmont 60.9  
 Meggan Reed 60.4, Monica Mims 60.4)  
 7 CEDAR RAPIDS WASHINGTON 4:07.65  
 (Kelly Baustian, Amanda Faas  
 Brandy Olsen, Latoya Johnson)  
 8 CEDAR FALLS 4:09.54  
 (Jess Bates, Ashley Barkema  
 Kira Anderson, Chelsey Dempster)

**Heat 1**

1 CEDAR RAPIDS PRAIRIE 4:03.53 Q  
 (Ashley Baird 62.9, Sondra Vasquez 61.4  
 Laura Carver 60.2, Debbie Ackerly 59.0)  
 2 WEST DES MOINES VALLEY 4:03.91 Q  
 (Sara Boisen 60.0, Sarah Best 61.2  
 Lisa Moser 62.6, Sarah Cunningham 60.0)  
 3 LINN-MAR 4:04.98 Q  
 (Nicole Novy 61.1, Marissa Becker 61.8  
 Brooke Rhatigan 61.1, Ashley Williams 61.0)  
 4 CEDAR FALLS 4:07.29 Q  
 (Jess Bates 62.1, Ashley Barkema 60.3  
 Kira Anderson 62.8, Chelsey Dempster 62.1)  
 5 DUBUQUE HEMPSTEAD 4:15.29  
 (Beth Morrow, Amber Ruden  
 Brittany Williams, Rachael Kueter)  
 6 MOUNT PLEASANT 4:16.32  
 (Jill Moeller, Emily Petrzelka  
 Elaina Mertens, Sarah Ita)  
 7 SPENCER 4:21.99  
 (Liz Davis, Mandi Mesner  
 Megan Spears, Bre Schmillen)  
 8 LEMARS 4:25.86  
 (Kati Person, Joei Hettwer  
 Dana Lehner, Ali Boehmer)

**Heat 2**

1 OTTUMWA 4:04.15 Q  
 (Brandie Moore 61.8, Melissa Ebelsheiser 61.4  
 Ashley Spurgeon 61.9, Katie Paulson 59.0)

2 URBANDALE 4:10.32  
 (Ashley Wilson, Allison Ripperger  
 Dana Hanson, Kristin Mollman)  
 3 DUBUQUE SENIOR 4:10.49  
 (Carrie Jenaman, Lacey Siegert  
 Tonya Ansel, Jenny Liphard)  
 4 WEST DES MOINES DOWLING 4:14.98  
 (Anne Abramovich, Jessica Katch  
 Katie Nevins, Kristen Reavis)  
 5 BOONE 4:15.31  
 (Danna Kelly 65.0, Kristin Behling 66.2  
 Megan Montag 62.3, Alicia Irons 61.8)  
 6 DECORAH 4:15.41  
 (Liz Elsbernd 65.3, Kelsey Wettach 62.1  
 Lydia Huinker 63.3, Hannah Huinker 65.1)  
 7 WESTERN DUBUQUE 4:18.61  
 (Kristen Pitz, Kristin Kluesner  
 Phylicia Schwartz, Rachel Steffen)  
 8 SIOUX CITY HEELAN 4:21.14  
 (Rachel Tritz, Nicole Kreber  
 Tami Roethler, Sara Funk)

**Heat 3**

1 IOWA CITY HIGH 4:03.29 Q  
 (Katie Krei 59.8, Tiffiney Belmont 63.8  
 Meggan Reed 60.1, Monica Mims 59.3)  
 2 IOWA CITY WEST 4:03.52 Q  
 (Nicole Novak 60.3, Kristin Jacobs 62.1  
 Lindsey Windauer 61.4, Lynn Dobyns 59.7)  
 3 CEDAR RAPIDS WASHINGTON 4:09.56 Q  
 (Kelly Baustian, Amanda Faas  
 Brandy Olsen, Latoya Johnson)  
 4 PLEASANT VALLEY 4:11.55  
 (Karina Carson 63.1, Maggie Schnackel 61.7  
 Jen Wendt 63.0, Sarah Seffrin 64.1)  
 5 ANKENY 4:12.21  
 (Michelle Gee 63.6, Danielle Leo 62.2  
 Nicole Harkness 62.4, Katy Fuchtman 64.0)  
 6 INDIANOLA 4:13.55  
 (Heather Elliott, Liz Homan  
 Emily Kaldenberg, Stacie Suntken)  
 7 SIOUX CITY NORTH 4:18.89  
 (Sarah Schoenfish 64.5, Carrie Cale 61.9  
 Katie Yockey 67.2, Britni Persinger 65.3)  
 8 WAVERLY-SHELL ROCK 4:21.84  
 (Jen Green, Randi Mehmen  
 April Suhr, Lisa Fiene)

**4x800 METER RELAY**

1 IOWA CITY WEST 9:18.68  
 (Julia Frudden 2:21.8, Janet Dobyns 2:24.1  
 Jeni Frudden 2:17.6, Lynn Dobyns 2:15.1)  
 2 IOWA CITY HIGH 9:27.01  
 (Katie Funk 2:21.4, Ali Kirsch 2:24.0  
 Nelle Trefz 2:19.4, Jennie Funk 2:22.2)  
 3 CEDAR FALLS 9:29.44  
 (Cassie Naaktgeboren, Lyssa Steckelberg  
 Samantha Nygren, Jess Bates)  
 4 CEDAR RAPIDS XAVIER 9:29.71  
 (Erin Penticoff, 2:21.3 Kristin Jennings 2:30.2  
 Megan Glover 2:18.7, Jessica Levin 2:19.6)  
 5 MOUNT PLEASANT 9:33.60  
 (Jill Moeller 2:24.3, Emily Petrzelka 2:25.2  
 Sarah Ita 2:24.4, Robyn Werner 2:19.7)

6 PLEASANT VALLEY	9:36.07	3 LINN-MAR	1:50.84
(Maggie Schnackel, Ellen Hart Karina Carson, Jen Wendt)		(Lindsay Kaspari, Nicole Novy Brooke Rhatigan, Ashley Williams 57.4)	
7 MASON CITY	9:42.79	4 CEDAR FALLS	1:51.76
(Janelle Platts 2:20.9, Noelle Peterson 2:24.1 Melissa Barnes 2:29.9, Aimee Nielsen 2:17.8)		(Adelle Close, Danielle Barkema Mattie Thompson, Ashley Barkema 59.7)	
8 CEDAR RAPIDS WASHINGTON	9:43.75	5 DUBUQUE WAHLERT	1:52.25
(Kelly Baustian 2:21.3, Zoe Marquardt 2:27.2 Suzanne Crumley 2:29.6, Shannon Oster 2:24.6)		(Stephanie Herbst, Rachel Herrig Amanda Reiss, Mary Bridget Corken 59.1)	
9 SOUTHEAST POLK	9:46.77	6 DUBUQUE HEMPSTEAD	1:52.56
(Quinn Vermie 2:22.8, Nicole Phipps 2:24.4 Sarah Mills 2:39.1, Amy Garrett 2:20.4)		(Lindsey Derby, Nina Schnee Rachael Kueter, Allie Splinter)	
10 WEST DES MOINES DOWLING	9:50.77	7 WEST DES MOINES DOWLING	1:52.94
(Katie Nevins 2:26.5, Chelsea Wirtz 2:33.2 Abbie Smith 2:28.9, Allie Thrall 2:22.1)		(Christa Scott, Maggie Dohrmann Cat Ramirez, Allie Thrall)	
11 MARSHALLTOWN	9:51.54	8 WEST DES MOINES VALLEY	1:53.76
(Katie Brown, 2:25.9 Andrea Lowry 2:28.2 Michelle Jebesen 2:29.0, Rachel Hawks 2:28.4)		(Aubrie Fontanini, Allie Cade Sarah Best, Sarah Cunningham 61.8)	
12 SIOUX CITY NORTH	9:52.98	<b>Heat 1</b>	
(Holly Boston 2:24.0, Katie Stewart 2:30.0 Christy Vongphakdy 2:30.8, Sharon Benzoni 2:27.4)		1 DUBUQUE WAHLERT	1:52.26 Q
13 SIOUX CITY HEELAN	9:53.67	(Stephanie Herbst, Rachel Herrig Amanda Reiss, Mary Bridget Corken 60.4)	
(Karla Block, Nicole Kreber Jessica Pape, Sarah Patterson)		2 DUBUQUE HEMPSTEAD	1:52.88 Q
14 DUBUQUE WAHLERT	9:54.28	(Lindsey Derby, Nina Schnee Rachael Kueter, Allie Splinter)	
(Nina Hoppenjan, Tess Miller Kim Tranel, Mary Bridget Corken 2:20.9)		3 ANKENY	1:53.37
15 SPENCER	9:54.65	(Ashley Danner, Kylie Lago Jenna Lago, Haley Younger 60.5)	
(Kristin Siepkes, Cindy Jones Jamie Keefer, Megan Riepma)		4 URBANDALE	1:54.24
16 WAVERLY-SHELL ROCK	9:57.69	(Stacy Holthaus, Tessa Prati Dana Hanson, Allison Ripperger 61.4)	
(Rhonda Hermening 2:30.4, Randi Mehmen 2:27.9 Cathryn Henning 2:30.4, Staci Ruebel 2:28.9)		5 NORTH SCOTT	1:54.85
17 INDIANOLA	9:58.69	(Amanda Wilford, Stephanie Leibold Mindy Heidgerken, Allison Erichsen 61.8)	
(Stacie Suntken, Heather Elliott Sarah Paplow, Kathy Bogs)		6 LEMARS	1:55.58
18 ANKENY	10:03.98	(Molly Reuter, Laura Reuter Jacki Weiler, Katy Grady 61.1)	
(Danielle Leo, Jessica Brandhorst Kelsey Andresen, Katy Fuchtmann)		7 DAVENPORT NORTH	1:57.39
19 URBANDALE	10:04.32	(Kendra Maxwell, Sarah Sheedy Marcia Hare, Breanna Manders 62.9)	
(Andrea Vance, Rachel Young Jessica Hibbs, Kristin Mollman)		999 PLEASANT VALLEY	DNF
20 DUBUQUE SENIOR	10:04.80	(Lindsey Ven Horst, Kelly Harris Maggie Allen, Lauren Carruthers)	
(Meghan Simpson, Natalie White Meghan Murphy, Carolyn Sinsky)		<b>Heat 2</b>	
21 CEDAR RAPIDS JEFFERSON	10:07.37	1 WEST DES MOINES VALLEY	1:50.70 Q
(Jenelle Vega, Sarah Samek Elizabeth Wiebold, Whitney Mitvalsky)		(Aubrie Fontanini, Allie Cade Sarah Best, Sarah Cunningham 58.2)	
22 DECORAH	10:07.37	2 IOWA CITY HIGH	1:51.21 Q
(Christina Gaard, Lydia Huinker Hannah Huinker, Kelsey Wettach)		(Monica Mims, Heaven Tutson Elizabeth Matzen, Virginia Dreier 59.1)	
23 OTTUMWA	10:15.34	3 WEST DES MOINES DOWLING	1:52.70 Q
(Vanessa Hasley, Molly Fisher Heather Thorgaard, Anne Blommer)		(Christa Scott, Maggie Dohrmann Cat Ramirez, Allie Thrall 61.8)	
24 DAVENPORT NORTH	10:30.90	4 OSKALOOSA	1:54.98
(Tabitha Kabala, Lauren Coughlin Annie Ripplinger, Sarah Sheedy)		(Kristen Foster, Amanda Knoot Hilary Grotewold, Gina Messamer)	
<b>SPRINT MEDLEY RELAY</b>		5 DAVENPORT WEST	1:55.32
1 IOWA CITY HIGH	1:50.00	(Tinny McGowan, Kassie Daugherty Erin Dillie, Elise Henson 61.6)	
(Virginia Dreier, Heaven Tutson Elizabeth Matzen, Monica Mims 58.4)		6 FORT DODGE	1:55.52
2 MOUNT PLEASANT	1:50.01	(Sara Lynch, Kati Egemo Tasha Nagel, Toshia Burrell)	
(Danielle Hutchinson, Lindsay Scott Haley Sinn, Allison Werner 57.6)		7 CEDAR RAPIDS WASHINGTON	1:59.50
		(Carrie Boyle, Brandy Olsen Laneisha Waller, Latoya Johnson 64.2)	



999 MARSHALLTOWN	DQ-(#3-4 out of zone-2:03.39)	
	(Phon Lovan, Amanda Stephan Laura Loney, Liz Balk 67.7)	
<b>Heat 3</b>		
1 MOUNT PLEASANT		1:49.59 Q
	(Danielle Hutchinson, Lindsay Scott Haley Sinn, Allison Werner 57.3)	
2 LINN-MAR		1:51.50 Q
	(Lindsay Kaspari, Nicole Novy Brooke Rhatigan, Ashley Williams 58.8)	
3 CEDAR FALLS		1:52.10 Q
	(Adelle Close, Danielle Barkema Mattie Thompson, Ashley Barkema 60.6)	
4 SIOUX CITY HEELAN		1:54.27
	(Sheena Wright, Jenni Jones Megan Iverson, Brooke Niles 60.5)	
5 DES MOINES ROOSEVELT		1:55.13
	(Miriam Chisala, Jacqueline Stewart Erin Barnes, Latasha Hudson)	
6 BURLINGTON		1:55.70
	(Jazzla Newman, Joanna Opiekun Cara Young, Carissa Overstreet 61.8)	
7 IOWA CITY WEST		1:56.81
	(Cara Montgomery, Liz Huntley Amanda Judisch, Naomi Hillsman)	
999 CEDAR RAPIDS PRAIRIE	DQ-(#3-4 out of zone)-2:15.37	
	(Danielle Salwey, Amber Schilling Laura Carver, Debbie Ackerly)	

### DISTANCE MEDLEY RELAY

1 MOUNT PLEASANT		4:06.98
	(Danielle Hutchinson, Haley Sinn Robyn Werner 60.8, Allison Werner 2:12.2)	
2 IOWA CITY WEST		4:07.23
	(Amanda Judisch, Liz Huntley Lindsey Windauer 60.4, Lynn Dobyys 2:13.7)	
3 IOWA CITY HIGH		4:09.82
	(Ashton Strickland, Camille Jordan Katie Krei 60.1, Meggan Reed 2:16.0)	
4 WEST DES MOINES DOWLING		4:12.02
	(Jamie Powers, Maggie Dohrmann Cat Ramirez, Allie Thrall)	
5 CEDAR RAPIDS XAVIER		4:13.87
	(Abby Zipperer, Dani Anderson Jenny Lorensen, Megan Glover)	
6 OTTUMWA		4:18.50
	(Brandie Moore, Ashley Spurgeon Melissa Ebelsheiser, Melissa Jay 2:22.9)	
7 SIOUX CITY HEELAN		4:18.62
	(Sheena Wright, Megan Iverson Brooke Niles 61.4, Karla Block 2:22.3)	
8 BOONE		4:20.2546
	(Kristy Ertz, Emily Greiner Megan Montag 61.3, Alicia Irons 2:22.5)	
9 NORTH SCOTT		4:21.22
	(Stephanie Leibold, Mindy Heidgerken Molli Hermiston 62.1, Abby Weise 2:23.5)	
10 CEDAR RAPIDS WASHINGTON		4:22.28
	(Murah Frana, Carrie Boyle Latoya Johnson, Zoe Marquardt)	
11 DUBUQUE SENIOR		4:22.86
	(Jenny Liphard, Lacey Siegert Carrie Jenaman 60.9, Meghan Simpson)	

12 CEDAR FALLS		4:23.88
	(Kira Anderson, Brynn Lantz Chelsey Dempster, Jess Bates)	
13 SOUTHEAST POLK		4:24.38
	(Danielle Davis, Liz Pollock Megan Curry, Nicole Phipps)	
14 CB ABRAHAM LINCOLN		4:27.03
	(Tiffany Shaheen, Christine Wagner Erin Kellar, Beth Knott)	
15 FORT MADISON		4:27.24
	(Ali Glenn, Danielle Boeding Sara Gray, Julia Mead)	
16 DECORAH		4:27.84
	(Alli Carolan, Abby Erion Lydia Huinker 62.0, Christina Gaard 2:30.1)	
17 PELLA		4:27.87
	(Lyndsay Van Maaren, Erika Englebrecht Allison Mansueto, Mary Hiemstra)	
18 SPENCER		4:28.10
	(Megan Spears, Liz Davis Mandi Mesner, Megan Riepma)	
19 WEST DELAWARE		4:28.97
	(Allison Bockenstedt, Amber Appleton Megan Klein 63.0, Katie Berry 2:29.1)	
20 ANKENY		4:31.33
	(Ashley Danner, Amanda Johnston Britt Jones, Kelsey McKimpson)	
21 FAIRFIELD		4:32.25
	(Rachel Rebling, Amanda Liebe Mandy Manchester, Laura Bogaards)	
22 DES MOINES HOOVER		4:32.31
	(Tiffany Ziegler, Linda Ubah Kelly Meade, Holly Tredway)	
23 MASON CITY		4:33.19
	(Shauna Olson, Jennifer Low Katie Anderson, Rachel Smalley)	
999 WEST DES MOINES VALLEY		DNF
	(Lisa Scarrow, Lauren Thorson Sarah Cunningham, Lauren Hill)	

### SHUTTLE HURDLE RELAY

1 WEST DELAWARE		1:02.41
	(Megan Nieman, Abby Lahr Amy Klostermann, Deb Durey)	
2 MASON CITY		1:02.44
	(Nicole Carroll, Danielle Hill Andrea Sellers, Kayla Sautter)	
3 IOWA CITY HIGH		1:02.82
	(Emily Triplett, Tara Whiting Katie Fraga, Maya Monitto-Weber)	
4 CLINTON		1:03.36
	(Kara Yahn, Jessica Hlubek Angie Hensel, Stacy Boerema)	
5 CEDAR FALLS		1:03.79
	(Aimee Rasmusson, Jenna Richtsmeier Emily White, Jocelyn Thurston)	
6 OSKALOOSA		1:05.36
	(Ashley Moore, Angela Tapley Chanelle Trowbridge, Jennifer Snowbarger)	
7 URBANDALE		1:05.57
	(Stacy Holthaus, Erica Heiden Stephanie Accurso, Tessa Prati)	
999 SIOUX CITY EAST	DQ-(#1 pushed hurdle)-1:05.94	
	(Laura Tomes, Laura Brouwer Chauntee Alfredson, Katie O'Bryne)	

Heat 1		Heat 6	
1 WEST DELAWARE	1:03.17 Q	1 MASON CITY	1:03.32 Q
(Megan Nieman, Abby Lahr Amy Klostermann, Deb Durey)		(Nicole Carroll, Danielle Hill Andrea Sellers, Kayla Sautter)	
2 CEDAR FALLS	1:05.42 Q	2 DUBUQUE HEMPSTEAD	1:05.79
(Aimee Rasmusson, Jenna Richtsmeier Emily White, Jocelyn Thurston)		(Nichole Schnee, Stacy Stender Leah Timmerman, Cali Lyons)	
3 BURLINGTON	1:07.23	3 ANKENY	1:06.69
(Hannah Luttenegger, Laura Maschmann Kellie Huckins, Torie Wischmeier)		(Iveree Christians, Whitney Richards Marcie McQuinn, Michelle Gee)	
4 NORTH SCOTT	1:10.81	4 MUSCATINE	1:09.80
(Chelsea Newmeister, Allyson Balli Rachel Murphy, Amanda Wilford)		(Katie Petersen, Natalie Wieskamp Ashley Carlson, McKinsie Williams)	
Heat 2			
1 SIOUX CITY EAST	1:03.87 Q		
(Laura Tomes, Laura Brouwer Chauntee Alfredson, Katie O'Bryne)			
2 CEDAR RAPIDS JEFFERSON	1:06.69		
(Amy Rhoads, Ashley Wensel Brittany Ruzicka, Ashley Havlicek)			
3 CB ABRAHAM LINCOLN	1:07.28		
(Elisha Turek, Kendra Chapin Ashley Freeman, Jessica Regan)			
4 DUBUQUE SENIOR	1:08.97		
(Tonya Ansel, Jill Thomas Rachel Lampe, Tiffany Kohl)			
Heat 3			
1 IOWA CITY HIGH	1:04.74 Q		
(Emily Triplett, Katie Fraga Tara Whiting, Maya Monitto-Weber)			
2 SOUTHEAST POLK	1:06.88		
(Jenna Wilkin, Kassady Gilmore Lindsey Denning, Megan Nielsen)			
3 AMES	1:08.24		
(Katie Adam, Dana Noss Lindsey Olson, Stacy Arkovich)			
4 PLEASANT VALLEY	1:08.77		
(Lindsey Ven Horst, Keeley Filgo Lindsey Schwartz, Mindy Rauwolf)			
Heat 4			
1 WEST DES MOINES VALLEY	1:05.59		
(Lindsay Anderson, Nora Liebergesell Ashley Coningsby, Meggie Kanis)			
2 MOUNT PLEASANT	1:06.15		
(Cherie Nichting, Catie Moore Rachel Hutchinson, Haley Sinn)			
3 WEST DES MOINES DOWLING	1:07.82		
(Michelle Treska, Katie White Lynndi Decker, Kristen Reavis)			
999 CEDAR RAPIDS XAVIER	DQ-(#4 out of zone)-1:08.85		
(Shannon Ridge, Brittany Oglesby Jamie Spoden, Elise Voss)			
Heat 5			
1 CLINTON	1:04.22 Q		
(Kara Yahn, Angie Hensel Jessica Hlubek, Stacy Boerema)			
2 OSKALOOSA	1:05.34 Q		
(Ashley Moore, Angela Tapley Chanelle Trowbridge, Jennifer Snowbarger)			
3 URBANDALE	1:05.51 Q		
(Stacy Holthaus, Erica Heiden Stephanie Accurso, Tessa Prati)			
4 WESTERN DUBUQUE	1:11.54		
(Lisa Steffen, Kristie Gravel Shawna Burkle, Kristin Kluesner)			