

<b>2019 Women's MVC Track &amp; Field Results</b>			
<b>Event:</b>	<b>Sprint Medley Relay</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 1	Cedar Falls	1:53.52	1
Lane 1	Wahlert	1:53.78	2
Lane 5	Linn-Mar	1:53.87	3
Lane 6	W'loo East	1:58.02	4
Lane 8	Western Dubuque	1:58.43	5
Lane 4	Prairie	2:05.34	6
Lane 2	Jefferson	2:06.43	7
Lane 7	W'loo West	2:07.51	8
Lane 7	Hempstead	2:09.42	9
Lane 3	Kennedy	2:11.22	10
Lane 2	City High	2:11.92	11
Lane 6	Xavier	2:12.31	12
Lane 8	Senior	2:13.13	13
Lane 4	City West	2:16.38	14
Lane 5	Washington	2:24.62	15
<b>Event:</b>	<b>3000 m Run</b>		
	<i>Athlete/School</i>	<i>Time</i>	<i>Place</i>
Lane 2a	Deniz Ince (12) ICW	10:31.83	1
Lane 4b	Reagan Gorman (12) CRW	10:43.49	2
Lane 3b	Claire Edmondson (11) DS	10:49.15	3

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 5a	Cami Mac (10) ICL	10:52.00	4
Lane 3a	Kendall White (10) CRP	11:15.01	5
Lane 7b	Laurdyn Meyer (10) CRP	11:18.13	6
Lane 1a	Hannah Brown (11) DH	11:30.62	7
Lane 4a	Lilly Boge (9) WD	11:32.18	8
Lane 6b	Katie Hoefer (10) ICW	11:33.83	9
Lane 7a	Lauren Gray (10) CRK	11:34.40	10
Lane 1b	Jessica Van Dorn (12) CF		
Lane 2b	Briana McLaughlin (12) CRK		
Lane 5b	Emily Morley (11) DH		
Lane 6a	Sophia Schillinger (11) CF		
Lane 8a	Lilly Balayti (9) DS		
<b>Event:</b>	<b>4 X 800 m. Relay</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 6b	Linn-Mar	9:57.99	1
Lane 5a	City High	10:01.37	2
Lane 8b	Cedar Falls	10:11.46	3
Lane 4a	Senior	10:18.57	4
Lane 4b	Wahlert	10:26.39	5
Lane 2a	Prairie	10:30.15	6
Lane 8a	Western Dubuque	10:32.07	7
Lane 5b	Liberty	10:35.07	8
Lane 1b	Kennedy	11:22.46	9

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 1a	Jefferson	11:26.93	10
Lane 2b	Washington		
Lane 3a	Xavier		
Lane 3b	Hempstead		
Lane 6a	IC West		
Lane 7a	W'loo East		
Lane 7b	W'loo West		
<b>Event:</b>	<b>Shuttle Hurdle Relay</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lanes 7/8	City High	39.33	1
Lanes 3/4	IC West	39.47	2
Lanes 1/2	Liberty	41.33	3
Lanes 5/6	Cedar Falls	41.74	4
Lanes 3/4	Prairie	42.78	5
Lanes 7/8	Xavier	42.79	6
Lanes 1/2	Hempstead	43.99	7
Lanes 1/2	Kennedy	44.17	8
Lanes 1/2	W'loo West	45.73	9
Lanes 7/8	W'loo East	47.20	10
Lanes 5/6	Washington	49.47	11
<b>Event:</b>	<b>60 Meter Dash</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 8	Cheyene Mitchell - CRK1	7.79	1

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 7	Emma Cooper (12) ICH1	8.02	2
Lane 6	Anisia Smith (9) CF1	8.09	3
Lane 8	Devon Dunson (10) ICL1	8.10	4
Lane 5	Aliyah Johnson (9) DS1	8.13	5
Lane 1	Mia Dillingham (11) ICW1	8.13	5
Lane 5	Maddie Goodman (11) WD1	8.18	7
Lane 6	Alaina Schmidt (11) DW1	8.19	8
Lane 6	Jenneh Gee (11) CF	8.21	9
Lane 8	Jaylise Clark - CRK	8.22	10
Lane 4	Emma Hilkin (9) DH1	8.23	11
Lane 7	LaShonda Leach (9) CRJ	8.23	11
Lane 3	Londyn McClarity (12) WE1	8.30	13
Lane 8	Chaise Lange (10) ICL	8.32	14
Lane 7	Emma Clark (12) ICH	8.40	15
Lane 3	Sha'Lynn Cary - WE	8.50	16
Lane 1	Lanaysha Griffin - CRP1	8.61	17
Lane 2	Kasey Shanahan (10) LM1	8.67	18
Lane 6	Ana Chandlee (10) DW	8.80	19
Lane 2	Isabel Sherman (9) LM	8.83	20
Lane 4	Megan Hammerand (11)DH	8.84	21
Lane 5	Ashlyn Habel (11) WD	9.03	22
Lane 2	Dani Eniola (10) CRW1	9.05	23
Lane 3	Sam Triplett (11) CRX1	9.06	24
Lane 1	Emma Caster (10) ICW	9.22	25
Lane 5	Jen Bardon (11) DS	9.31	26

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 4	Brooklynn Smith (9) WW1	9.45	27
Lane 1	Sydney Dams - CRP	9.54	28
Lane 2	Masiya Fields (11) CRW	9.62	29
Lane 3	Megan Gradoville (11) CRX	9.80	30
Lane 7	Nayha Michel (9) CRJ1	9.93	31
Lane 4	Jennifer Nguyen (10) WW	9.97	32
<b>Event:</b>	<b>Distance Medley Relay</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 7	Liberty	4:26.20	1
Lane 8	Prairie	4:26.56	2
Lane 8	IC West	4:36.84	3
Lane 5	Wahlert	4:38.06	4
Lane 7	Kennedy	4:40.08	5
Lane 2	W'loo East	4:41.15	6
Lane 5	Cedar Falls	4:45.70	7
Lane 6	City High	4:52.55	8
Lane 3	Hempstead	4:55.57	9
Lane 4	Western Dubuque	4:55.64	10
Lane 2	Xavier	5:00.42	11
Lane 1	Linn-Mar	5:03.55	12
Lane 4	Senior	5:04.34	13
Lane 6	Jefferson	5:16.29	14
Lane 3	W'loo West	5:19.36	15

<b>2019 Women's MVC Track &amp; Field Results</b>			
<b>Event:</b>	<b>400 Meter Dash</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 4	Mackenzie Michael (11) CF 1	1:00.07	1
Lane 8	Lily Haars (9) LM 1	1:01.25	2
Lane 3	Audrey Biermann (9) WD 2	1:03.23	3
Lane 5	Jenna Burds (11) WD 1	1:03.67	4
Lane 8	Emily Schmidt (9) LM 2	1:03.75	5
Lane 2	Kaylee Leicht (11) DH 1	1:04.20	6
Lane 7	Emma Copeland (12) CRP1	1:05.22	7
Lane 6	Kaelyn Ryan (12) CRK1	1:06.10	8
Lane 2	Grace Ries (12) DH 2	1:06.71	9
Lane 7	Cassidy Kline (11) CRP2	1:06.87	10
Lane 4	Hayley Welbes (11) DW 1	1:09.03	11
Lane 4	Sha'Lynn Carey (9) WE 2	1:10.35	12
Lane 3	Emily Oldorf - CRW 1	1:11.56	13
Lane 4	Shelby Simons (11) CF 2	1:13.60	14
Lane 7	Jasmine Ortega (9) ICW1	1:15.28	15
Lane 1	Alonzia Quinn (9) WE 1	1:15.31	16
Lane 1	Ellie Kirby - DW 2	1:16.23	17
Lane 5	Alexis DuBrava (11) ICH2	1:16.46	18
Lane 7	P. Namutchibwe (12) ICW2	1:18.59	19
Lane 3	Nyla Noble - DS 1	1:21.06	20
Lane 1	Kaitlyn Hamlett (11) CRX1	1:25.25	21
Lane 8	Billie Burch (10) CRW2	1:35.28	22

<b>2019 Women's MVC Track &amp; Field Results</b>			
<b>Event:</b>	<b>4 X 200 m. Relay</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 3	Wahlert	1:48.71	1
Lane 3	Cedar Falls	1:49.38	2
Lane 4	City High	1:50.27	3
Lane 6	Prairie	1:52.91	4
Lane 7	Linn-Mar	1:54.21	5
Lane 2	Western Dubuque	1:55.01	6
Lane 1	W'loo West	1:55.39	7
Lane 1	Hempstead	1:57.13	8
Lane 8	W'loo East	1:59.13	9
Lane 5	Liberty	1:59.79	10
Lane 6	IC West	2:00.41	11
Lane 2	Senior	2:02.00	12
Lane 7	Washington	2:03.52	13
Lane 8	Xavier	2:05.02	14
Lane 4	Jefferson	2:06.43	15
<b>Event:</b>	<b>60 Meter Hurdles</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 4	Taylor Cannon (11) ICL1	8.66	1
Lane 6	Chana Northrup (11) LM 1	9.29	2
Lane 5	Ella Woods (9) ICW1	9.39	3

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 3	Jordan Sekafetz (10) ICH1	9.42	4
Lane 5	Amy Liao (10) ICW2	9.58	5
Lane 7	Brianna Yanga (11) CRX1	9.78	6
Lane 2	Lily Becker - CF 2	9.81	7
Lane 1	Meredith Bahl (9) WD 1	9.90	8
Lane 5	Anna Millard (11) CRP1	9.91	9
Lane 2	Noelani Mattson (10) CF 2	9.96	10
Lane 3	Kate Swenning (12) ICH2	9.99	11
Lane 6	Allly Bemus (12) CRW1	10.09	12
Lane 3	Osnaika Augustin (11) CRJ1	10.11	13
Lane 6	Sadie Staker (11) LM 2	10.18	14
Lane 2	Lauryn Bennett (10) CF 1	10.25	15
Lane 5	Jessa Day (10) CRP2	10.68	16
Lane 4	Hannah Wieland (11) CRK1	10.83	17
Lane 8	Laura Hepworth (10) WW 1	10.94	18
Lane 4	Izzy Woody (11) ICL2	10.96	19
Lane 1	Mariah Clay (10) DS 1	11.01	20
Lane 1	Izey Presley - CRK	11.15	21
Lane 7	Kylie Peterson (9) WE 1	11.25	22
Lane 8	Avrion Banks (11) WW 1	11.33	23
Lane 2	Carlee Traywick - CRJ 1	11.35	24
Lane 8	Allison Wild (12) DH 2	11.47	25
Lane 7	Jazmin Galvez (10) WE 1	11.62	26
Lane 3	Lainee Comer (10) CRJ2	11.83	27
Lane 8	Katelyn Hammerand (9) DH 1	11.92	28



<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 4	Hailey Spurgeon (10) CRK2	12.03	29
Lane 7	Julie Shoger (11) CRX2	12.09	30
Lane 6	Gracie Stark (12) CRW2	12.41	31
<b>Event:</b>	<b>800 Meter Run</b>		
	<i>Athlete/School</i>	<i>Time</i>	<i>Place</i>
Lane 6b	Gabby Cortez (9) CRP1	2:24.69	1
Lane 3a	Micah Poellet (10) LM 1	2:27.40	2
Lane 1b	C. Schaeckenbach (11) ICH1	2:29.85	3
Lane 4a	Carley Caughron (10) WW 1	2:30.80	4
Lane 1a	Abigail Klauer (10) DW 1	2:31.96	5
Lane 8a	Emma Holesinger (11) DH 2	2:32.63	6
Lane 1b	Rowan Boulter (9) ICH2	2:33.24	7
Lane 2b	Emma Kearney (10) ICW1	2:33.46	8
Lane 6b	Rachel Kilpatrick (12) CRP2	2:33.96	9
Lane 2a	Anna Reese (10) ICL1		
Lane 3b	Marissa Wood (10) WE 1		
Lane 4b	Jordan Burds (12) WD 1		
Lane 5a	Bailey Longnecker (12) CF 1		
Lane 5b	Paige Wiebke (10) CRJ1		
Lane 6a	Victoria Knight (9) CRK1		
Lane 7a	Maggie Gorman (9) CRW1		
Lane 7b	Lizzy Schmitt (10) CRX1		
Lane 8a	Hannah Brown (11) DH 1		

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Lane 8b	Kate Miron (11) DS 1		
Lane 1a	Aunna Huseman (11) DW 2		
Lane 2a	Lily Nicknish (10) ICL2		
Lane 2b	Lucy Westemeyer (10) ICW2		
Lane 3a	Sarah Murphy (10) LM 2		
Lane 3b	Bailee Nichols (9) WE 2		
Lane 4a	Jadyn Lyons (11) WW 2		
Lane 4b	Abbie Lenton (10) WD 2		
Lane 5a	Gretchen Fixen (11) CF 2		
Lane 6a	Kallie Kolthoff (10) CRK2		
Lane 7b	Lindsey Dunlay (11) CRX2		
Lane 8b	Josie Stackis (11) DS 2		
<b>Event:</b>	<b>200 Meter Dash</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 8	Libby Wedewer (11) DW1	26.05	1
Lane 4	Hannah Stuelke (9) CRW1	27.08	2
Lane 7	Jenna Burds (12) WD 1	27.71	3
Lane 8	Alaina Schmidt (11) DW 2	27.77	4
Lane 8	Lindsey Sires (10) CF 1	28.04	5
Lane 1	Emma Clark (12) ICH2	28.48	6
Lane 8	Anisia Smith (9) CF 2	28.56	7
Lane 3	Kamryn Grissel (9) CRP1	28.68	8
Lane 6	Hailey Klein (12) DH 1	28.73	9
Lane 4	Cathi Juergens (11) LM 2	28.98	10

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 3	Soomin Koh (9) ICW2	29.02	11
Lane 2	Chaise lange (10) ICL2	29.12	12
Lane 6	Emalee Ryder (11) DH 2	29.17	13
Lane 1	Emma Cooper (12) ICH1	29.23	14
Lane 4	Mary Gustason (9) LM 1	29.38	15
Lane 2	Kyla Holm (9) CRK1	30.33	16
Lane 7	Ella Schindler (10) WD 2	30.42	17
Lane 5	Kristen Hovda (12) CRX1	30.55	18
Lane 1	Hannah Hoeger (10) CRJ1	30.56	19
Lane 7	Melia Stackis (12) DS 1	30.57	20
Lane 2	Elizabeth Davis (11) ICL1	30.64	21
Lane 3	Anika Pisarik (11) CRP2	30.68	22
Lane 7	Lucie Lambe (9) DS 2	30.73	23
Lane 1	Sandra Furaha (10) CRJ2	31.32	24
Lane 2	Aspen Suthers (9) CRK2	31.59	25
Lane 6	Lelia Evans (9) WW 1	31.68	26
Lane 4	Ellie Rockwell (10) CRW2	31.82	27
Lane 3	Prisca Namutchiwe (12)ICW1	32.28	28
Lane 5	Olivia Richards (12) CRX2	32.70	29
Lane 6	Nicole Turner (11) WW 2	37.84	30
<b>Event:</b>	<b>1500 m. Run</b>		
	<i>Athlete/School</i>	<i>Time</i>	<i>Place</i>
Lane 4b	Ashlyn Keeney (9) ICL	4:41.84	1

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 2b	Deniz Ince (12) ICW	4:54.39	2
Lane 5b	Lilly Geelan (10) LM	5:06.39	3
	Reagan Gorman - CRW	5:06.80	4
Lane 1b	Chloe Skidmore (10) LM	5:07.14	5
Lane 2a	Paige Wagemann (9) CF	5:13.50	6
Lane 6b	Ashley Donovan (12) DS	5:19.35	7
	Kendall White - CRP	5:21.04	8
	Laurdyn Meyer - CRP		
Lane 3b	CeCe Kelly-Harvey (10) ICH		
Lane 3a	Olivia Hamblin (11) CRK		
Lane 4a	Izzy Gorton (10) DS		
Lane 5a	Ella Cadenhead (9) CRK		
Lane 6a	Elly Burds (10) WD		
Lane 7a	McKenzie Logan (10) ICL		
Lane 7b	Lauren Klein (10) WD (5:35)		
Lane 8a	Veit (11) ICH 5:40		
Lane 8b	Hecker (12) ICH (5:45)		
<b>Event:</b>	<b>4 X 100 m. Relay</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 2	IC West	52.02	1
Lane 7	Cedar Falls	52.93	2
Lane 3	Linn-Mar	53.22	3
Lane 2	Prairie	53.29	4

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 1	Kennedy	53.52	5
Lane 5	W'loo West	53.75	6
Lane 4	Xavier	53.84	7
Lane 6	Western Dubuque	54.04	8
Lane 1	Liberty	54.56	9
Lane 8	Jefferson	55.34	10
Lane 7	Wahlert	56.14	11
Lane 6	Senior	56.74	12
Lane 3	Washington	57.58	13
Lane 5	Hempstead	58.18	14
<b>Event:</b>	<b>4 X 400 m. Relay</b>		
	<i>School</i>	<i>Time</i>	<i>Place</i>
Lane 6	Cedar Falls	4:07.79	1
Lane 7	City High	4:09.69	2
Lane 2	Linn-Mar	4:15.01	3
Lane 1	Prairie	4:16.79	4
Lane 6	Wahlert	4:19.65	5
Lane 5	Senior	4:24.93	6
Lane 5	Western Dubuque	4:26.66	7
Lane 8	Liberty	4:30.61	8
Lane 4	W'loo West	4:31.21	9
Lane 4	Hempstead	4:32.00	10
Lane 1	IC West	4:39.36	11

<b>2019 Women's MVC Track &amp; Field Results</b>			
Lane 8	Kennedy	4:45.05	12
Lane 3	Xavier	4:50.67	13
Lane 7	Jefferson	4:58.56	14
Lane 3	W'loo East	5:03.40	15
Lane 2	Washington	5:08.82	16
<b>Event</b>	<b>Long Jump</b>		
Place	Name	Distance	
1st	Aliyah Carter - DW	17' 3"	
2nd	Dimia Burrell - LM	16' 11.5"	
3rd	Katie Severt - ICW	16' 10.5"	
4th	Emerson Green - CF	16' 9.5"	
5th	Ella Woods - ICW	16' 5"	
6th	Leah Longnecker - CF	16' 4.5"	
7th	Ella Johnson - DH	15' 10.5"	
8th	Tania Ansley - ICH	15' 10"	
9th	Catie Brosius - WD	15' 10"	
<b>Event</b>	<b>High Jump</b>		
Place	Name	Distance	
1st	Auriona Kimbrough - CF	5' 1"	
2nd	Hannah Stuelke - CRW	5' 1"	
3rd	Kajsa Gerkens - CRK	5' 0"	
4th	Taylor Peterson - CRP	5' 0"	
5th - T	Skyler Presler - LM	4' 8"	

## 2019 Women's MVC Track & Field Results

5th - T	Sabrina Leistikow - CF	4' 8"
7th	Laila Sain - CRK	4' 8"
8th - T	Kate Swenning - ICH	4' 8"
8th - T	Brook Pladsen - LM	4' 8"

### Event Shot Put

Place	Name	Distance
1st	Salima Omari - ICW	38' 10"
2nd	Lexie Little - ICW	36' 7"
3rd	Madison Fleckenstein - DH	35' 1"
4th	Natracia Ceaser - WW	35' 1"
5th	Allison Flancha - CF	34' 8"
6th	Jeany Toingar - LM	34' 0"
7th	Brooklyn Smith - WW	32' 11"
8th	Riley Kay - DH	32' 5"