

**Mississippi Valley Conference  
Women's Indoor Meet  
UNI-Dome, Cedar Falls, Iowa  
Saturday, March 20, 1999**

**4x100 Relay**

**Mississippi Division**

Time	Name	School
54.11	C.R. Prairie	
56.04	Cedar Falls	
56.60	C.R. Xavier	
57.08	Dubuque Hempstead	
58.65	C.R. Jefferson	
58.86	Dubuque Wahlert	
59.84	C.R. Prairie	
60.35	Cedar Falls	
60.86	C.R. Jefferson	
1:00.35	C.R. Xavier	
1:02.34	Dubuque Hempstead	

**Valley Division**

Time	Name	School
52.92	Iowa City West	
54.41	Dubuque Senior	
55.79	C.R. Washington	
56.89	Iowa City West	
<b>57.5</b>	<b>Iowa City High (Tabor, Croker, Goepford, Hill)</b>	
57.70	Linn-Mar	
59.08	Dubuque Senior	
59.3	Waterloo West	
60.83	C.R. Washington	
1:00.49	Linn-Mar	
1:02.5	Waterloo West	

**4x200 Relay**

**Mississippi Division**

Time	Name	School
1:52.95	C.R. Jefferson	
1:54.52	C.R. Prairie	
1:59.28	Cedar Falls	
1:59.32	C.R. Xavier	
2:02.6	Dubuque Hempstead	
2:02.52	C.R. Xavier	

2:03.78 C.R. Kennedy  
2:03.21 C.R. Prairie  
2:05.62 C.R. Kennedy  
2:05.49 C.R. Jefferson  
2:06.22 Cedar Falls  
2:18.41 Dubuque Hempstead

**Valley Division**

Time Name School

**1:46.36 Iowa City High (Nearad, Matzen, Price, Knight)**

1:55.3 Dubuque Senior  
2:00.7 C.R. Washington  
2:03.4 Waterloo West  
2:04.92 Linn-Mar

**2:05.32 Iowa City High (Dunham, Kinney, Nuygen, Goepford)**

2:09.5 C.R. Washington  
2:10.4 Dubuque Senior

**4x400 Relay**

**Mississippi Division**

Time Name School

4:09.58 CR Prairie  
4:17.78 CR Xavier  
4:21.76 CR Jefferson  
4:24.96 CR Xavier  
4:26.40 CR Prairie  
4:33.70 Dubuque Wahlert  
4:35.8 Cedar Falls  
4:42.79 CR Jefferson  
4:46.88 Cedar Falls  
4:46.33 CR Kennedy  
4:54.72 Dubuque Hempstead  
4:55.83 Cedar Falls  
5:12 Cedar Falls  
5:22.55 CR Jefferson  
5:38.02 CR Kennedy

**Valley Division**

Time Name School

4:19.35 Iowa City West  
4:27.08 Dubuque Senior  
4:32.87 Linn-Mar

**4:35.8 Iowa City High (Heefner, Meng, Lake, Sparks)**

4:46.55 Linn-Mar

4:51.31 Dubuque Senior  
4:53.2 CR Washington  
5:07.9 Linn-Mar  
5:10.96 Dubuque Senior  
5:23.84 Dubuque Senior  
5:56.5 CR Washington

### **4x800 Relay**

#### **Mississippi Division**

Time Name School  
10:18.6 CR Xavier  
10:19.72 CR Jefferson  
10:52.12 Dubuque Wahlert  
11:03.4 Cedar Falls  
11:16.76 CR Xavier  
11:16.16 Dubuque Hempstead  
11:25.5 Cedar Falls  
11:25.39 CR Jefferson  
11:41.37 CR Kennedy  
11:44.76 CR Xavier  
12:16.03 CR Jefferson  
DQ Dubuque Hempstead

#### **Valley Division**

Time Name School  
**9:50.1 Iowa City High (Heefner, Ekiring, Lake, Lillienthal)**  
10:47.3 Dubuque Senior  
11:13.8 CR Washington  
12:25.3 Dubuque Senior

### **Sprint Medley Relay**

#### **Mississippi Division**

Time Name School  
1:56.70 C.R. Prairie  
1:59.34 C.R. Jefferson  
2:03.20 C.R. Xavier  
2:05.19 C.R. Xavier  
2:08.53 Dubuque Wahlert  
2:09.31 Cedar Falls  
2:10.90 C.R. Kennedy  
2:11.92 C.R. Jefferson  
2:12.41 Dubuque Hempstead

2:14.6 Cedar Falls  
2:17.72 C.R. Kennedy

**Valley Division**

Time Name School

**1:54.7 Iowa City High (Nearad, Matzen, Price, Knight)**

1:59.38 Iowa City West  
2:02.52 C.R. Washington  
2:04.14 Dubuque Senior  
2:05.04 Linn-Mar  
2:06.83 Linn-Mar  
2:07.9 Iowa City High  
2:09.6 Dubuque Senior  
2:13.46 Waterloo West  
2:17.5 C.R. Washington

**Distance Medley Relay**

**Mississippi Division**

Time Name School

4:32.82 Cedar Falls  
4:34.69 C.R. Prairie  
4:47.85 C.R. Jefferson  
4:56.66 Dubuque Wahlert  
5:05.9 Cedar Falls  
5:15.63 Dubuque Hempstead

**Valley Division**

Time Name School

4:34.4 Dubuque Senior  
4:39.80 Iowa City West  
4:40.74 Linn-Mar

**4:46.3 Iowa City High (Dunham, Bueter, Heefner, Emerson)**

5:09.5 Waterloo West  
5:22.4 C.R. Washington  
5:24.7 C.R. Washington

**60m Dash**

**Mississippi Division**

Time Name School

7.92 T. Klith C.R. Prairie  
8.00 Amanda Reiss Dubuque Wahlert  
8.16 Wieneke C.R. Jefferson  
8.16 E. Williams C.R. Prairie  
8.29 Tiedeman C.R. Jefferson  
8.52 Ashley Anderson C.R. Xavier

8.70 Jennifer Vaughn C.R. Xavier  
8.81 Becky Peterson Cedar Falls  
8.86 Katie Ragsdale C.R. Xavier  
8.89 Aimee Reichel Dubuque Wahlert  
8.89 Abby Chapman Dubuque Wahlert  
8.94 Megan Ruchotzke C.R. Kennedy  
9.07 Lesley Workman Cedar Falls  
9.10 J. Leonard C.R. Prairie  
9.23 Scheil C.R. Jefferson  
9.24 Becky Webber C.R. Xavier  
9.27 K. Kohl C.R. Prairie  
9.33 Lindsey Carter Cedar Falls  
9.34 Lindsey Koontz C.R. Kennedy  
9.46 Tiffany Bahls Dubuque Hempstead  
9.56 Kelly Puehr Dubuque Hempstead  
9.78 Carie Garin C.R. Kennedy  
9.78 Nellie Moore Dubuque Hempstead  
10.0 Jessica Widman Cedar Falls  
10.33 Kristina Kaukaskie Dubuque Wahlert  
10.71 Angie Wiertel Dubuque Hempstead

### **Valley Division**

Time Name School

#### **7.88 Amanda Nearad Iowa City High**

8.10 Natasha Karniski Iowa City West  
8.22 Melissa Meng Iowa City West  
8.24 Katie Meade Iowa City West  
8.39 Nikky Darling Iowa City West

#### **8.48 Katie Hill Iowa City High**

8.5 Courtney Wilkerson C.R. Washington  
8.77 Brooke Benesh Linn-Mar  
8.8 Alyncia Bell C.R. Washington  
8.83 Tonya Ansel Dubuque Senior  
8.9 Lindsay McGrath C.R. Washington

#### **8.94 Sara Kinney Iowa City High**

#### **8.96 Kim Ngygen Iowa City High**

9.30 Lindsey Brandhorst Waterloo West  
9.46 Macy Schuett Linn-Mar  
9.90 Theresa Reiss Dubuque Senior  
9.94 Nicole Lee Waterloo West  
10.07 Kelly Barry C.R. Washington  
10.57 Natalie Boner Dubuque Senior

10.68 Mary Borrego Dubuque Senior  
9:58 Sara Buchheim Linn-Mar

### **60m Hurdles**

#### **Mississippi Division**

Time Name School

8.87 F. Asigbee C.R. Prairie  
9.80 Erin Johnson C.R. Kennedy  
9.93 R. Whitson C.R. Prairie  
9.94 Katie Mailander C.R. Xavier  
10.20 Kellie Smith Cedar Falls  
10.23 Aimee Reichel Dubuque Wahlert  
10.46 LeClere C.R. Jefferson  
10.52 Jenni Moser Dubuque Hempstead  
10.59 Lorenzon C.R. Jefferson  
10.63 Melanie Spiegel Dubuque Wahlert  
10.64 Lesley Payne Cedar Falls  
10.73 Shannon Oglesby C.R. Xavier  
10.80 Sarah Delp Cedar Falls  
10.84 Kortney Kelso C.R. Kennedy  
10.88 Kristen Guess Cedar Falls  
10.88 Zearley C.R. Jefferson  
10.91 Maggie Bernsten C.R. Xavier  
11.06 Monica Habel Dubuque Hempstead  
11.33 Ellen Ridler C.R. Kennedy  
11.53 Nicole Thor Dubuque Hempstead  
11.71 Nicole Cross Dubuque Hempstead  
11.74 K. Kohl C.R. Prairie  
11.88 Rhoads C.R. Jefferson  
12.15 Sara Meulabrock Dubuque Hempstead  
12.71 Alexa Knier Dubuque Hempstead

#### **Valley Division**

Time Name School

### **8.58 Teese Price Iowa City High**

9.05 Misa Nakato Iowa City West  
9.24 Jill Arganbright Iowa City West  
9.30 Christen Karniski Iowa City West  
9.73 Keli Koser Iowa City West  
10.23 Jessica Madsen Iowa City West

### **10.29 Lisa Croker Iowa City High**

10.3 Amanda Faas C.R. Washington

### **10.56 Maureen Tabor Iowa City High**

10.56 Abby Thompson Linn-Mar  
10.62 Meg Morse C.R. Washington  
10.75 Robin Nurre C.R. Washington  
10.83 Kristen Wursten Iowa City West  
11.02 Knight Dubuque Senior  
11.11 Melissa Wagner Waterloo West  
11.18 Smothers Dubuque Senior  
11.3 Anna Pease C.R. Washington  
11.35 Lindsay Brandhorst Waterloo West  
11.6 Rennee Golinvaux C.R. Washington  
11.72 Kohl Dubuque Senior  
11.74 Michelle Colton Linn-Mar  
11.87 Molly Greguwood Linn-Mar  
11.97 Melanie Wagner Waterloo West  
12.01 Jen Cook Linn-Mar  
12.51 Alison Kaune Dubuque Senior  
12.58 Andrea Kaune Dubuque Senior  
12.79 Amy Ahrens Waterloo West

### **200m Dash**

#### **Mississippi Division**

Time Name School

27.15 Amanda Reiss Dubuque Wahlert  
29.15 A. Schilling CR Prairie  
29.59 Heather Jenkins CR Kennedy  
29.95 Shannon Ridge CR Xavier  
30.24 Jenni Noel Dubuque Hempstead  
30.30 A. Baird CR Prairie  
30.49 Chelsey Dempster Cedar Falls  
30.83 Jenny Lorensen CR Xavier  
30.88 Krystal Halvorson Cedar Falls  
31.01 Peggy Owens Cedar Falls  
31.02 Brooke Smith CR Xavier  
31.2 Katie Burkhardt Cedar Falls  
31.34 Chenoa Mitchell Cedar Falls  
31.57 Schloss CR Jefferson  
31.97 Rebecca Hagley Cedar Falls  
32.00 Alexa Knier Dubuque Hempstead  
32.10 Katie Ragsdale CR Xavier  
32.6 Kee Oda Cedar Falls  
32.61 Scheil CR Jefferson  
32.62 Amy Opperman CR Kennedy

32.75 Carrie Garin CR Kennedy  
32.80 J. Allison CR Prairie  
33.04 Lindsey Carter Cedar Falls  
33.12 Liz Fortman CR Xavier  
33.17 C. Morris CR Prairie  
33.22 Jessica Widman Cedar Falls  
33.27 Amy Schadel Dubuque Hempstead  
33.40 Becky Webber CR Xavier  
33.5 Lesley Richardson Cedar Falls  
33.62 Nellie Moore Dubuque Hempstead  
33.65 Dekarske CR Jefferson  
33.78 Gefaller CR Jefferson  
33.85 Bowen CR Jefferson  
33.85 Fritts CR Jefferson  
33.9 Myndi Backer Cedar Falls  
34.50 Kristen Worley CR Xavier  
34.68 Kristina Purdy Cedar Falls  
34.81 Lynn Delaney Dubuque Hempstead  
34.85 Ashley Lampman Cedar Falls  
35.06 Molly Duggan CR Xavier  
35.56 Kaylor Bilden CR Kennedy  
35.66 Kristina Kaukaskie Dubuque Wahlert  
35.83 Clark CR Jefferson  
35.99 K. Dunham CR Prairie  
36.53 Sarah Humke Cedar Falls  
36.61 Megan Ruchotzke CR Kennedy  
37.78 Cari Mosier CR Kennedy

Valley Division  
Time Name School

28.28 Anne Fritsch Iowa City West  
28.5 Katie Bogus CR Washington  
29.42 Blayne Milligan Iowa City West  
**29.68 Katie Hill Iowa City High**  
29.99 Shannon Cuykandall Iowa City West  
**30.2 Leah Goepferd Iowa City High**  
**30.4 Brooke Bueter Iowa City High**  
30.51 Jenna Learen Iowa City West  
30.92 Brooke Beugh Linn-Mar  
31.3 Carol Stokke CR Washington  
31.49 Crystal henderson Iowa City West  
31.94 Jodie Schreiber Iowa City West



32.29 Sara Buchhgem Linn-Mar  
32.58 Eryn Hageman Waterloo West  
32.64 Kohl Dubuque Senior  
32.74 Steph Yoergen Linn-Mar  
32.85 Mary Schugh Linn-Mar  
33.37 Julie Lange Linn-Mar  
33.44 Sonya Erickson Iowa City West  
33.65 Jen Cook Linn-Mar  
**34.0 Kim Ngygen Iowa City High**  
35.17 Reiss Dubuque Senior  
36.93 Boner Dubuque Senior  
37.6 Aundrea Kaune Dubuque Senior  
37.69 Kirkendahl Dubuque Senior  
37.7 Cook Dubuque Senior  
37.79 Borrego Dubuque Senior  
38.08 Leslie Ellsworth Waterloo West  
39.06 Jenny Lange Linn-Mar

#### **400m Dash**

#### **Mississippi Division**

Time Name School

1:04.00 L. Ungerer C.R. Prairie  
1:05.64 A. Baird C.R. Prairie  
1:09.76 Beth Doeden Cedar Falls  
1:09.76 Erin Robinson Cedar Falls  
1:10.29 Glynn C.R. Jefferson  
1:13.40 Chelsey Meier C.R. Kennedy  
1:14.02 C. Morris C.R. Prairie  
1:17.08 Allison Wenndt Cedar Falls  
1:18.23 Sarah Humke Cedar Falls  
1:22.24 Becky Hanson C.R. Kennedy  
1:22.4 Kaylee Bilden C.R. Kennedy  
1:22.50 K. Dunham C.R. Prairie  
1:22.97 Natalie Ross C.R. Kennedy  
1:25.85 Dukes C.R. Jefferson

#### **Valley Division**

Time Name School

1:02.48 Nicole Dougherty Dubuque Senior  
1:05.98 Goergette Stein Iowa City West  
**1:07.2 Michelle Lake Iowa City High**  
1:10.4 Lindsey Drew Linn-Mar  
1:10.6 Ryann Naylor C.R. Washington

1:11.4 Lindsay Smith C.R. Washington  
1:12.5 Ann Ryder C.R. Washington  
1:12.65 Carolyn York Linn-Mar  
1:14.30 Hailey Hoffmann Linn-Mar  
1:16.91 Dusty Heslduga Linn-Mar  
1:19.3 Allison Reed Dubuque Senior  
1:21.47 Sonya Erickson Iowa City West  
1:29.1 Leslie Ellsworth Waterloo West

### **800m Run**

#### **Mississippi Division**

Time Name School

2:34.48 M. Fottral C.R. Prairie  
2:36.86 Nicole Doeden Cedar Falls  
2:39.28 Emily Sadler C.R. Xavier  
2:39.39 Liz Myers Cedar Falls  
2:41.3 A. Fox C.R. Jefferson  
2:42.36 Michell Odefey Dubuque Hempstead  
2:44.90 M. Patik C.R. Prairie  
2:45.2 Noah C.R. Jefferson  
2:47.37 Beth Ratterman Dubuque Hempstead  
2:49.28 April Irwin Cedar Falls  
2:51.93 Brandi Ward C.R. Kennedy  
2:53.36 Sarah Simon Dubuque Hempstead  
2:55.90 Jill Hlavacek C.R. Kennedy  
2:55.42 C. Bowman C.R. Prairie  
2:56.75 Eileen Eastburn C.R. Xavier  
2:58.54 Kristen Steffens Cedar Falls  
3:00.68 Ask C.R. Jefferson  
3:05.2 Seymour C.R. Jefferson  
3:10.29 Megan Tipple Dubuque Hempstead  
3:14.56 Michelle Trannel Dubuque Wahlert  
3:17.12 Ruth Genskow C.R. Kennedy  
3:23.02 Hillary Tebussek C.R. Kennedy

#### **Valley Division**

Time Name School

**2:26.6 Anne Heefner Iowa City High**  
2:28.44 Glass Dubuque Senior  
2:33.48 Maggie Gill Iowa City West  
**2:42.5 Abby Krueger Iowa City High**  
2:44 Ryan Noyler C.R. Washington  
**2:45.2 Kaye Sparks Iowa City High**

2:48 Rachel Dennis C.R. Washington  
2:48.0 Danielle Vezina Linn-Mar  
**2:48.9 Sarah Heefner Iowa City High**  
2:49.0 Steinbak Dubuque Senior  
2:50.5 Guetzko Dubuque Senior  
2:53 Steph Brustkern Waterloo West  
2:54 Lindsay Smith C.R. Washington  
2:54.4 Willems Dubuque Senior  
2:55.82 Dilara Yarbrough Iowa City West  
3:00.81 Heather Heit Waterloo East  
3:19 Amanda Schotter Waterloo West  
3:45.7 Kristina Roeder Linn-Mar

### **1500m Run**

#### **Mississippi Division**

Time Name School

5:22.55 Julie White Dubuque Hempstead  
5:23.78 M. Fottral CR Prairie  
5:23.98 Lindsey Yunt Dubuque Hempstead  
5:26 Ashley Kunkle Cedar Falls  
5:27.97 Nicole Wood Dubuque Wahlert  
5:28.9 Ralston CR Jefferson  
5:38.6 Walker CR Jefferson  
5:42 Kim Landau Cedar Falls  
5:46.44 Carie Knapp CR Xavier  
5:51 Kate Deaver Cedar Falls  
5:51.65 M. Patik CR Prairie  
5:59.38 Amy Jennings CR Xavier  
5:59.38 Leah Knapp CR Xavier  
6:04.75 Maggie Bernsten CR Xavier  
6:04.75 Shannon Eglesby CR Xavier  
6:08.91 Kruse CR Jefferson  
6:08.53 Kelly Glynn CR Xavier  
6:09.68 Hannah Stolba CR Xavier  
6:11.13 Jolene Cottrell Dubuque Hempstead  
6:11.39 Denise Herrig Dubuque Hempstead  
6:11.52 C. Bowman CR Prairie  
6:15.85 Allison Arenz Dubuque Wahlert  
6:17.35 Sara White Dubuque Hempstead  
6:21 Jenny Harrenstein Cedar Falls  
6:21 Justine Ruben Bauer Cedar Falls  
6:28.72 Sadler CR Jefferson

6:48.70 C. Barkalow CR Prairie  
6:48.96 Carolyn A'Hearn CR Xavier  
6:49.99 Erin Kane CR Xavier  
7:10.50 Michelle Pinkston CR Kennedy

### **Valley Division**

Time Name School

#### **4:50.7 Michelle Lilienthal Iowa City High**

5:04.6 Emily Shoopman Waterloo West  
5:07.38 Leslie Smith Iowa City West  
5:11.12 M. Tabor Dubuque Senior

#### **5:12.4 Kirsty Moreno Iowa City High**

5:26.87 S. Lepp Dubuque Senior  
5:36.9 Lia Gaffl CR Washington  
5:54.26 Heather Byers CR Washington

#### **5:59.5 Sophie Severance Iowa City High**

6:01.3 Suzie Drahos CR Washington  
6:12.3 Kim Larson CR Washington  
6:15.8 Kelly Baustien CR Washington  
6:35.4 April Ogden CR Washington  
7:03.4 Kirstianne Maxedon Linn-Mar

### **3000m Run**

#### **Mississippi Division**

Time Name School

11:58.68 Kelly Kunde Dubuque Hempstead  
12:15 M. Patie C.R. Prairie  
12:15.37 Melissa Zeimet Dubuque Wahlert  
12:44.31 Sandy Pfeiler C.R. Xavier  
12:51 Kristen Steffens Cedar Falls  
12:59 April Irwin Cedar Falls  
13:26.07 DeniseHerrig Dubuque Hempstead  
13:53 Jenny Harrenstein Cedar Falls  
13:53.88 Reyhan Ahimora C.R. Kennedy  
14:43 Crystal Bartealow C.R. Prairie  
15:47.43 Amanda Rupp Dubuque Hempstead

### **Valley Division**

Time Name School

10:45.67 Jeni Frudden Iowa City West  
10:46.63 Emily Shoodman Waterloo West  
11:17.08 Elly Glass Dubuque Senior

#### **11:30.4 Molly Meng Iowa City High**

#### **12:18.8 Erilynn Russo Iowa City High**

12:52 Rachel Daly C.R. Washington  
13:28 Kelly Baustien C.R. Washington

### **Shot Put**

39'3.25" Jenkins, C.R. Jefferson  
38'2.5" Achenbach, C.R. Kennedy  
36'9.25" Hinz, Cedar Falls  
34'8" Stienz, Wahlert  
34'4.25" Bulikefon, C.R. Washington  
33'5.5" Mackey, C.R. Prairie  
**29'6.5" McDuffie, Iowa City High**  
**29'2" Jackson, Iowa City High**

### **Long Jump**

17'4.5" Asigbee, C.R. Prairie  
15'7.5" Riggle, C.R. Prairie  
15'7" Darling, Iowa City West  
**15'4.5" Ekiring, Iowa City High**  
15'4.5" Wieneke, C.R. Jefferson  
15'2" Movy, C.R. Xavier  
15'2" Ostendorp, Hempstead

### **High Jump**

5'3" Zenosky, Linn-Mar  
5'1" Argenbright, Iowa City West  
4'11" Northrup, Dubuque Senior  
4'11" Akerly, C.R. Prairie  
**4'11" Voss, Iowa City High**  
**4'11" Leinau, Iowa City High**