

# West Des Moines Valley 2023 [Results](#)

Thursday, April 8th, 2023

MEET STARTS: Field Events Running Events

HJ 5' 5"	Tommy S 4-09 6th				
LJ 17' 6"	Emily A 16-05 2nd				
SP 41'	Rachel H 29-09.25	Hannah B 28-02.75			
DISCUS 128'	Rachel H 110-02 3rd PR	Hannah B 102-08			
800 SMR*** 1:50.00	Safia A	Bella S	Eva R	Ani W	1:51.05 3rd
3000 10:20	Nina P 11:10.83 PR	Nicole P 11:02.02 8th			
4X800 9:40					
SHR 1:08					
100 12.5	Safia A -	Emily A 14.00			
1600 Med					
400 57.8	Ani W 58.20 2nd	Josie L 1:03.39 6th PR			
4X200 1:45.50	Sierra P	Bella S	Thisbe L	Ruth C	1:51.23 6th
100H 15.4					
800 2:18.0					
200	Josie L 28.39	Thisbe L 31.55			
400H 1:06.0	Eva R 1:05.76 2nd PR BS				
1500 4:46	Nina P 5:12.2	Nicole P 5:21.64			
4X100 51.00	Safia A	Emily A	Sierra P	Ruth C	52.22 8th
4X400 4:06	Josie L	Eva R	Bella S	Ani W	4:05.62 5th SB BS

1 x	Safia	Almabrazi	SMR, 100, 4x1
2 x	Emily	Arling	LJ, 100, 4x1
3 x	Hannah	Braun	SP, Disc
4	Ruth	Cloyd	LJ, 4x2, 4x1
5 x	Rachel	Haak	SP, Disc
6 x	Josie	Leclair	400, 200, 4x4
7 x	Thisbe	Lewis	SMR, 4x2, 200
8 x	Nicole	Peterson	3k, 1500
9 x	Nina	Peterson	3k, 1500
10 x	Sierra	Preusner	4x2, 4x1,
11 x	Tommy	Simmons	HJ
12 x	Bella	Skay	SMR, 4x4, 4x2
13 x	Eva	Reynolds	SMR, 400h, 4x4
14 x	Ani	Wedemeyer	SMR, 400, 4x4
15 x	Catalina	Armstrong	
16 x	Oumou	Diallo	
17 x	Kjirstin	Kenlin	