

29TH ANNUAL A.C. FORWALD RELAYS
JOHN RAFFENSPERGER TRACK
IOWA CITY
APRIL 20, 2001
GIRLS' RESULTS

3000 METER RUN **Time: 10:18.70**

1. Jenny Funk City High 10:18.70
2. Nelle Trefz City High 11:02.73
3. Shirley Stern IC West High 11:20.46
4. Jessica Viner North Scott 11:28.39
5. Ashley Culp WDM Valley 11:41.81
6. Shanna Duffy WDM Valley 12:05.27

SHUTTLE HURDLE RELAY **Time: 1:03.85**

1. West Des Moines Valley 1:03.85
(Lindsey Anderson, Carolyn Schoen, Jessica Tracy, Allie Karns)
2. City High 1:04.06
3. Newton 1:05.88
4. Muscatine 1:07.66
5. Pleasant Valley 1:08.23
6. IC West High 1:08.66

4 X 800 METER RELAY **Time: 9:46.02**

1. Pleasant Valley 9:46.02
(Wendt, Kubik, Carson, Bales)
2. City High 9:59.01
3. Muscatine 10:03.74
4. IC West 10:04.10
5. Indianola 10:08.23
6. West Des Moines Valley 10:18.50

DISTANCE MEDLEY **Time: 4:22.49**

1. WDM Valley 4:22.49
(Fontanini, Schoen, Drescher, Perkins)
2. City High 4:28.70
3. North Scott 4:31.60
4. IC. West 4:38.33
5. Muscatine 4:42.92
6. Indianola 4:43.85

100 METER DASH **Time: :12.26**

1. Sarah Riedel Muscatine :12.26
2. Brook Bowman North Scott :12.56
3. Elizabeth Matzen City High :12.67
4. Virginia Dreier City High :12.68
5. S. Eichelberger Muscatine :12.70
6. Alyssa Cress IC West :12.81

WHEELCHAIR 100 METER

1. Kristina Gehrls North Scott :25.65

400 METER DASH Time: 1:00.03

1. Lauren Carruther Pleasant Valley 1:00.03
2. Monica Mims City High 1:00.39
3. Katie Hill City High 1:02.88
4. Alisa Scarrow WDM Valley 1:03.63
5. Laura Burke WDM Valley 1:04.72
6. Eden Olsen North Scott 1:04.75

4 X 200 METER RELAY Time: 1:48.50

1. West Des Moines Valley 1:48.50
(Fontanini, Brunnette, Drescher, Boisen)
2. City High 1:49.14
3. Pleasant Valley 1:50.21
4. Muscatine 1:51.29
5. Newton 1:51.31
6. IC West 1:55.37

100 METER HURDLES Time: :14.76

1. Lindsey Anderson WDM Valley :14.76
2. Maya monitto-Weber City High :14.86
3. Allie Karns WDM Valley :15.19
4. Emily Triplett City High :15.37
5. Ashley Tucker IC West :15.55
6. Becca Siler Muscatine :15.63

800 METER RUN Time: 2:17.62

1. Amanda Bales Pleasant Valley 2:17.62
2. Nelle Trefz City High 2:17.93
3. Meggan Reed City High 2:21.59
4. Lauren Levy IC West 2:22.54
5. Lauren Hill WDM Valley 2:35.16
6. Jamie Kohen IC West 2:37.84

200 METER DASH Time: :26.95

1. Alicia Graber Newton :26.95
2. Lauren Carruther Pleasant Valley :26.97
3. Virginia Dreier City High :27.39
4. Kelly Rembolt City High :27.96
5. Allie Cade WDM Valley :28.08
6. Sarah Best WDM Valley :28.29

WHEELCHAIR 200 METER

1. Kristina Gehrels North Scott :53.43

400 METER LOW HURDLES Time: 1:06.32

1. Brooke Plumb Newton 1:06.32
2. Kelsie Linder City High 1:06.79
3. Sara Boisen WDM Valley 1:07.78
4. Lara Janson IC West 1:07.80
5. Katie Frags City High 1:08.88
6. N. Liebergesell WDM Valley 1:09.37

SHOT PUT Distance: 42' 9 3/4"

1. Marla Froelich ICWest 42' 9 3/4"
2. Aubrey Martin Muscatine 42' 2 1/2"
3. Laura Leslein Pleasant Valley 38' 5 1/2"
4. Liz Hatfield WDM Valley 38' 4 1/2"
5. Jessica Elliott City High 37' 6 1/2"
6. Maria Linnenbrink North Scott 36' 6"

DISCUS Distance: 126' 10"

1. Jessica Elliott City High 126' 10"
2. Aubrey Martin Muscatine 123' 6"
3. Beth Aunan IC West 123' 1"
4. Sarah Thompson Pleasant Valley 123' 0"
5. Megan Gatens City High 111' 4"
6. Laura Leslein Pleasant Valley 110' 6"

HIGH JUMP Height: 5' 1"

1. Jessie Branstetter City High 5' 1"
2. Mandy Voss City High 5' 0"
3. Niki Sauerbrei Muscatine 5' 1"
4. Veronica Dykstra IC West 4' 10"
5. Larue /dew Muscatine 4' 10"
6. Missy Moore Newton 4' 10"

LONG JUMP Distance: 16' 7 1/2"

1. Jessica Tracy WDM Valley 16' 7 1/2"
2. Liz Huntley IC West 16' 3 1/2"
3. Marla Froelich IC West 16' 2 1/2"
4. Sarah Hoy WDM Valley 16' 2"
5. Ashton Strickland City High 15' 7"
6. Mindy Heidgerren North Scott 15' 2"

SPRINT MEDLEY Time: 1:53.13

1. IC West 1:53.13
(Huntley, Cress, Bang, Dobyys)
2. City High 1:53.57
3. Muscatine 1:55.41
4. North Scott 1:56.34

- 5. Pleasant Valley 1:58.44
- 6. WDM Valley 1:58.91

- 1500 METER RUN Time: 4:52.34**
- 1. Jenny Funk City High 4:52.34
 - 2. Lauren Levy IC West 4:56.76
 - 3. Rabdu Adam IC West 5:10.84
 - 4. Ashley Culp WDM Valley` 5:12.87
 - 5. Laurie Heckman City High 5:16.09
 - 6. Sarah Lacina Muscatine 5:16.09

- 4 x 100 METER RELAY Time: :50.87**
- 1. City High :50.87
 (Rohrbach, Tutson, Deier, Matzen)
 - 2. Muscatine :51.00
 - 3. Newton :51.27
 - 4. WDM Valley :51.29
 - 5. Indianola :51.48
 - 6. IC West :51.74

- 4 x 400 METER RELAY Time: 4:05.22**
- 1. IC West 4:05.22
 (Jacobs, Janson, Bang, Dobyys)
 - 2. Pleasant Valley 4:06.29
 - 3. City High 4:08.99
 - 4. WDM Valley 4:12.38
 - 5. Muscatine 4:17.08
 - 6. Indianola 4:21.55

TOTAL POINTS

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|-----------------|-----|
| City High | 159 |
| WDM Valley | 87 |
| IC West | 81 |
| Muscatine | 62 |
| Pleasant Valley | 56 |
| Newton | 31 |
| North Scott | 23 |
| Indianola | 6 |

