

2017 J-Hawk Relays - 4/1/2017

Kingston Stadium

Results

Event 1 Girls High Jump Junior Varsity

Record: 4-10 ! 4/1/2017 Jenna Wagemester

Name	School	Finals
Finals		
1 Wagemester, Jenna	CR Prairie	4-10.00!
2 Leistikow, Sabrina	Cedar Falls	4-08.00
3 Wilbanks, Sophie	Linn-Mar	4-06.00
3 Taylor, Alina	CR Kennedy	4-06.00
5 Lahey, Rebecca	Wahlert- Dub	4-04.00
6 Swenning, Kate	Iowa City	4-02.00
6 Hawkins, Arianna	CR Jefferson	4-02.00
6 McIlravy, Saylor	Solon	4-02.00

Event 2 Girls High Jump Varsity

Record: 5-04.50 ! 2004 Alison Dirks

Name	School	Finals
Finals		
1 Kimbrough, Auriona	Cedar Falls	5-02.00
2 Manning, Tarrel	Waterloo Eas	5-00.00
3 Smith, Abby	Solon	4-10.00
4 Burrell, Dimia	Linn-Mar	J4-10.00
4 Peterson, Taylor	CR Prairie	J4-10.00
6 Jones, Izzy	Iowa City	J4-10.00
7 Smith, Sabrina	Wahlert- Dub	J4-10.00
8 Reyerson, Grace	Waverly-SR	4-08.00
8 Prohaska, Meghan	CR Jefferson	4-08.00
8 Feen, Sophia	CR Kennedy	4-08.00
8 Irish, Jade	CR Kennedy	4-08.00
8 Vanderhoef, Cyan	Iowa City	4-08.00
13 Mason, Elizabeth	Cedar Falls	4-06.00
13 Miller, Nicole	CR Prairie	4-06.00
15 Young, Britney	Waverly-SR	4-04.00
15 Piphoo, Ambria	Decorah	4-04.00
15 Franzen, Emily	Decorah	4-04.00

Event 3 Girls Discus Throw Junior Varsity

Record: 95-06 ! 4/1/2017 Delaney Burt

Name	School	Finals
Finals		
1 Burt, Delaney	Ic- West	95-06!
2 Cook, Haile	CR Jefferson	93-04
3 Flanska, Allie	Cedar Falls	91-04
4 Gammon, Kaitlyn	CR Prairie	86-03
5 Hussain, Jordyn	Decorah	85-07
6 Little, Alexie	Ic- West	84-05
7 Miller, Tori	Decorah	84-02
8 Shannon, Olivia	Waterloo Eas	78-00
9 Shaw, Haley	Waverly-SR	76-02
10 Steffen, Jenna	Waverly-SR	70-01
11 Anderegg, Maleaha	CR Washington	66-11
12 Prull, Jamison	CR Kennedy	65-04
13 Troyer, Emily	Solon	65-00
14 Trout, Sky	CR Jefferson	63-05
15 Munoz, Sofia	Cedar Falls	61-02
16 Burgess, Zoe	Iowa City	57-05

17 Jackson, Markea	Linn-Mar	55-03
18 Linder, Reagan	CR Kennedy	51-05
19 Selemeni, Mami	Iowa City	48-04
20 Terry, Jayla	CR Washington	47-10
21 Evans, Zayna	CR Prairie	44-08
22 Rausch, Chloe	Linn-Mar	43-07

Event 4 Girls Discus Throw Varsity

Record: 152-08 ! 2007 Taylor Freeman

Name	School	Finals
Finals		
1 Dusterhoft, Leah	Ic- West	115-04
2 Haight, Chandler	Ic- West	111-04
3 Sill, Alicia	CR Prairie	107-02
4 Montgomery, Morgan	Wahlert- Dub	106-07
5 Murphy, Luci	Iowa City	98-11
6 Halterman, Katie	Cedar Falls	98-07
7 Jennings, Michelle	Iowa City	98-02
8 Wright, Katie	Waverly-SR	96-06
9 Nierling, Hailey	Decorah	94-10
10 Thurmond, Shavian	CR Jefferson	92-07
11 Lillegraven, McKinley	Decorah	88-09
12 Becicka, Elli	Solon	87-11
13 Ladage, Jenna	Solon	87-08
14 Heims, Jessica	CR Prairie	85-09
15 DeWitt, Emma	Cedar Falls	78-09
16 Trafelet, Izzy	Waverly-SR	78-02
17 Jellison, Grace	CR Jefferson	70-08
18 Dix, Kesslyn	CR Kennedy	68-09
19 McMahan, Audra	Wahlert- Dub	60-07
20 Meskimen, Nicole	Xavier Girls	58-05

Event 5 Girls Shot Put Junior Varsity

Record: 32-11 ! 4/1/2017 Carlie Robbins

Name	School	Finals
Finals		
1 Robbins, Carlie	Waverly-SR	32-11.00!
2 Burt, Delaney	Ic- West	30-06.00
3 Ladage, Jenna	Solon	29-09.50
4 Miller, Tori	Decorah	29-01.50
5 Mahnke, Abbey	CR Prairie	28-11.00
6 Lillegraven, McKinley	Decorah	28-03.50
7 Jellison, Grace	CR Jefferson	28-02.00
8 Nus, Laura	CR Kennedy	27-05.00
9 Steffen, Jenna	Waverly-SR	25-11.00
10 Berry, Bayanna	CR Washington	25-09.00
11 Jacobus, Kamae	CR Kennedy	25-04.50
12 Trout, Sky	CR Jefferson	24-01.50
13 Purchase, Diamond	Linn-Mar	23-07.00
14 Terry, Jayla	CR Washington	23-01.00
15 Spellman, Anna	Iowa City	23-00.50
16 Guevara, Carolina	Cedar Falls	22-11.00
17 Smith, Caitlyn	Cedar Falls	22-07.50
18 Haverkamp, Laurel	Ic- West	20-10.00
19 Selemeni, Mami	Iowa City	20-08.00
20 Stegemoller, Abby	CR Prairie	17-02.00

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Event 6 Girls Shot Put Varsity

Record: 47-00 ! 2006

Danica Haight

Name	School	Finals
Finals		
1 Haight, Chandler	Ic- West	40-04.00
2 Murphy, Luci	Iowa City	36-08.50
3 Halterman, Katie	Cedar Falls	36-06.00
4 Nierling, Hailey	Decorah	36-02.50
5 Cook, Haile	CR Jefferson	36-00.50
6 Kleckner, Lydia	Decorah	34-01.50
7 Wright, Katie	Waverly-SR	33-09.50
8 Troyer, Emily	Solon	32-08.00
9 Omari, Salima	Iowa City	31-05.50
10 Little, Alexie	Ic- West	31-02.00
11 Becicka, Elli	Solon	31-00.50
12 Oldenburger, Megan	CR Prairie	30-08.50
13 Shaw, Haley	Waverly-SR	30-06.00
14 Flanska, Allie	Cedar Falls	30-05.50
15 Sill, Alicia	CR Prairie	30-00.00
16 Thurmond, Shavian	CR Jefferson	29-11.00
17 Keiper, Amanda	CR Kennedy	29-03.50
18 Ray, Camryn	CR Kennedy	29-00.00
18 Montgomery, Morgan	Wahlert- Dub	29-00.00
20 McMahon, Audra	Wahlert- Dub	28-00.50
21 Anderegg, Maleaha	CR Washingto	24-04.50
22 Meskimen, Nicole	Xavier Girls	23-11.00

Event 7 Girls Long Jump Junior Varsity

Record: 15-03.75 ! 4/1/2017

Isabel Hansen

Name	School	Finals
Finals		
1 Hansen, Isabel	Iowa City	15-03.75!
2 Walsh, Bailey	Waverly-SR	15-03.50
3 Schmitt, Sarah	CR Prairie	15-03.25
4 Berns, Brooke	Decorah	14-11.50
5 Jenkins, Shamyia	Waterloo Eas	14-11.25
6 Dillingham, Mia	Ic- West	14-09.75
7 Bowling, Lauren	Cedar Falls	14-01.25
8 McCarron, Maddie	Wahlert- Dub	13-11.25
9 Rediske, Madi	Waverly-SR	13-02.25
9 Lacy, Lauren	CR Prairie	13-02.25
11 Kuehner, Amanda	Decorah	12-10.25

Event 8 Girls Long Jump Varsity

Record: 18-09.50 ! 2001

Laneisha Waller

Name	School	Finals
Finals		
1 Welch, Valerie	Ic- West	18-07.25
2 Bell, Kitra	Ic- West	17-11.75
3 Rolle, Ariana	Linn-Mar	16-03.75
4 Longnecker, Leah	Cedar Falls	16-03.00
5 Beckert, Haley	Waverly-SR	15-11.00
6 Larson, Krissa	Waverly-SR	15-10.75
7 Cooper, Emma	Iowa City	15-08.50
8 White, Cha'	Linn-Mar	15-08.25

9 Becker, Lily	Cedar Falls	15-05.75
10 Lewis, Morgan	CR Prairie	15-03.50
11 Murphy, Jada	Solon	15-02.25
12 Bormann, Brooke	Iowa City	14-02.50
13 Betts, Shayla	Decorah	13-01.00

Event 9 Girls 800 Sprint Medley Junior Varsity

Record: 7:30.00 ! 4/1/2017 Waverly-SR

C Reyna, K Schmitz, R Walvatne, L Van Hove

Team	Relay	Finals
Finals		
1 Waverly-SR	A	7:30.00!
1) Reyna, Cailey	2) Schmitz, Kassidi	
3) Walvatne, Rachel	4) Van Hove, Liz	
2 Waterloo East Trojan	A	10:11.00
--- CR Jefferson	A	DQ
1) Streeter, M'Kenzie	2) Sir, Amber	
3) Jansen, Tristen	4) Prochnow, Olivia	
--- CR Washington	A	DQ
1) Taylor, Ayla	2) Pridegon, Paige	
3) Johnson, Arieana	4) Klopfenstein, Ava	

Event 10 Girls 800 Sprint Medley Varsity

Record: 1:50.44 ! 2014 CR Jefferson

M. Ranschau, A. Ranschau, Schneekloth, Blue

Team	Relay	Finals
Finals		
1 Decorah	A	1:50.95
1) Hafner, Allie	2) Quandahl, Kayla	
3) Mikkelson, Sarah	4) Nimrod, Katie	
2 Ic- West	A	1:51.07
1) Steva, Peyton	2) Bauer, Ally	
3) Bell, Kitra	4) Welch, Valerie	
3 Wahlert- Dub	A	1:52.47
1) Vance, Bailey	2) Wedewer, Libby	
3) Sherman, Anna	4) Ganshirt, Jackie	
4 CR Prairie	A	1:52.90
1) Hilderbrand, Raenice	2) Ross, Jenna	
3) Andorf, Madie	4) Skriver, Kirstin	
5 Cedar Falls	A	1:53.54
1) Geerdes, Nicole	2) Longnecker, Leah	
3) Sterrett, Morgan	4) Davis, Sydney	
6 Solon	A	1:53.56
1) Prybil, Alli	2) Sands, Alexis	
3) Kerkhoff, Erin	4) Ryan, Taylor	
7 Linn-Mar	A	1:56.30
1) Huggins, Anna	2) Isaac, Dacia	
3) Hubler, Olivia	4) Saville, Hanna	
8 Iowa City	A	1:58.12
1) Bormann, Brooke	2) Green, Merrill	
3) Sartini-Rideout, Azzura	4) Green, Tiara	
9 CR Kennedy	A	1:58.20
1) Clark, Jaylise	2) Ray, Camryn	
3) Weiland, Hannah	4) Ratzer, Hannah	

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Finals ... (Event 10 Girls 800 Sprint Medley Varsity)

Team	Relay	Finals
10 Waverly-SR	A	1:59.20
1) Wosepka, Karlie	2) Young, Kelsey	
3) Buseman, Avery	4) Wagoner, Emma	
11 Xavier Girls	A	2:03.51
1) Miller, Grace	2) Schwach, Jenna	
3) Parr, Anna	4) Stanek, Kiana	
12 CR Washington	A	2:05.70
1) Taylor, Amara	2) Ward, Mariah	
3) Witt, Emma	4) Powers, Mya	
13 CR Jefferson	A	2:05.77
1) Weber, Shapreah	2) Washington, Kiara	
3) Clark, Nijah	4) Hepker, Corrine	

Event 11 Girls 3000 Meter Run Junior Varsity
Record: 11:40.77 ! 4/1/2017 Sophia Schillinger

Name	School	Finals
Finals		
1 Schillinger, Sophia	Cedar Falls	11:40.77!
2 Klein, Anna	CR Kennedy	12:36.07
3 Genskow, Olivia	Linn-Mar	12:56.16
4 Port, Maddie	Linn-Mar	13:05.56
5 Forrest, Samantha	CR Prairie	13:20.75
6 Denman, Hannah	Xavier Girls	14:06.29

Event 12 Girls 3000 Meter Run Varsity
Record: 9:51.23 ! 2015 Stephanie Jenks

Name	School	Finals
Finals		
1 Gorman, Reagan	CR Washingto	10:40.20
2 Frazee, Hannah	CR Prairie	10:43.66
3 Berlage, Josephine	Decorah	10:57.53
4 McCormick, Gabriel	Iowa City	11:26.44
5 Ronnebaum, Claire	Ic- West	11:26.95
6 Genskow, Maddy	Linn-Mar	11:30.93
7 Fusselman, Hannah	CR Kennedy	11:37.26
8 Van Rheenen, Abby	Linn-Mar	11:40.39
9 Rooney, Kaitlyn	Decorah	11:48.42
10 Earles, Emma	Wahlert- Dub	11:49.47
11 Larsen, Madison	Cedar Falls	11:50.55
12 Brune, Meghan	CR Prairie	12:01.67
13 Coffey, Emiko	Xavier Girls	12:10.89
14 Jensen, Annika	Ic- West	12:21.39
15 Iversen, Claire	Xavier Girls	12:23.49
16 Lindemann, Makayla	Solon	12:26.89

Event 13 Girls 4x800 Meter Relay Junior Varsity
Record: 11:15.00 ! 4/1/2017 Solon
N Shafer, A Foster, S Hauer, T Hansen

Team	Relay	Finals
Finals		
1 Solon	A	11:15.00!
1) Shafer, Nicole	2) Foster, Aira	
3) Hauer, Saige	4) Hansen, Taryn	

2 CR Prairie	A	11:24.92
1) Neubauer, Alissa	2) Boller, Anna	
3) Duerksen, Haley	4) Johnson, Abby	
3 Wahlert- Dub	A	11:37.30
1) Blosch, Olivia	2) Long, Gracie	
3) Kunnert, Emma	4) McDermott, Hannah	
4 Iowa City	A	11:37.41
1) Parrott, Lindsey	2) Djalali-Gomez, Maya	
3) Bounds, Mary	4) Parrott, Grace	
5 Linn-Mar	A	11:37.99
1) Kendrick, AJ	2) Cagnard, Elise	
3) Barajas-Peterson, Crystal	4) Eilders, Katelyn	
6 Cedar Falls	A	12:03.66
1) Martin, Sabine	2) Neese, Alyssa	
3) Knox, Jessica	4) Ravn, Jaydn	
7 Waterloo East Trojan	A	12:31.18
8 CR Washington	A	14:19.14
1) Schneidermann, Claire	2) Nichols, Natasha	
3) Rogers, Megan	4) Manson, Zoe	

Event 14 Girls 4x800 Meter Relay Varsity
Record: 9:39.87 ! 2015 Linn-Mar
M. Saville, Wensel, H. Saville, Decker

Team	Relay	Finals
Finals		
1 Ic- West	A	9:46.24
1) Moore, Olivia	2) Ince, Deniz	
3) Skopec, Gabby	4) Nock, Bailey	
2 Wahlert- Dub	A	10:05.89
1) Osterberger, Ellie	2) Huseman, Aunna	
3) Hohmann, Holly	4) Osterberger, Kaylee	
3 Decorah	A	10:14.59
1) Betts, Shayla	2) Galligan, Jenna	
3) Sessions, Meg	4) Berns, Brooke	
4 Cedar Falls	A	10:29.52
1) Christopher, Cassidy	2) Hertz, Anna	
3) Van Dorn, Jessica	4) Simpson, Miranda	
5 Linn-Mar	A	10:33.17
1) Hicks, Ally	2) Bohnenkamp, Rachel	
3) Kelley, Emma	4) Block, Maddie	
6 CR Kennedy	A	10:34.63
1) Ryan, Kaelyn	2) Button, Brooklyn	
3) Butschi, Morgan	4) Hamblin, Olivia	
7 Solon	A	10:35.00
1) Bullard, Gabbi	2) Nicol, Sophie	
3) Smith, Abby	4) Haasl, Calista	
8 Waverly-SR	A	11:05.37
1) Hoins, Anna	2) Dix, Libby	
3) Lindell, Eryn	4) Rediske, Madi	
9 Xavier Girls	A	11:06.50
1) Meyer, Megan	2) Schmitt, Bridget	
3) Lansing, Rilee	4) Sigmon, Annie	

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Event 15 Girls 4x100 Meter Shuttle Hurdle Junior Varsity

Record: 1:17.56 ! 4/1/2017 Waverly-SR

A Buseman, B Walsh, H Eckerman, M Schwab

Team	Relay	Finals
Finals		
1 Waverly-SR	A	1:17.56!
1) Buseman, Avery	2) Walsh, Bailey	
3) Eckerman, Haley	4) Schwab, Morgan	
2 Decorah	A	1:19.48
1) Quandahl, Kylah	2) Bjergum, Katie	
3) Franzen, Emily	4) Fahey, Madilyn	
3 Cedar Falls	A	1:20.85
1) Bowling, Lauren	2) Fixen, Kiersten	
3) Syharath, Ashton		
4 Iowa City	A	1:24.64
1) Rummelhart, Annie	2) DuBrava, Alexis	
3) Chalupa, Kiana	4) Bah, Assiatou	
5 CR Washington	A	1:32.06
1) Bemus, Alyssa	2) Adkins, Alanna	
3) Arrington, Amyah	4) Martens, Ellie	
--- Linn-Mar	A	DNF
1) Norris, Megan	2) Rivoire, Briesjiet	

Event 16 Girls 4x100 Meter Shuttle Hurdle Varsity

Record: 1:04.47 ! 2005 IC West

Johson, Crutcher, Holiday, Freeman

Team	Relay	Finals
Finals		
1 Solon	A	1:09.07
1) McIlravy, Saylor	2) Duckett, Molly	
3) Sands, Peyton	4) Sands, Alexis	
2 Decorah	A	1:09.37
1) Kerndt, Kylie	2) Sexton, Madison	
3) Syverson, Grace	4) Pipho, Ambria	
3 Waverly-SR	A	1:09.43
1) Larson, Krissa	2) Young, Britney	
3) Wosepka, Karlie	4) Beckert, Haley	
4 CR Prairie	A	1:11.42
1) Millard, Anna	2) Schmitt, Sarah	
3) Catlett, Ashton	4) Smith, Sophia	
5 Xavier Girls	A	1:11.80
1) Schwach, Jenna	2) Stovie, Maddix	
3) Baldus, Brie	4) Lampe, Theresa	
6 CR Kennedy	A	1:12.40
1) Lovell, Jayden	2) Peterson, Alexis	
3) McAllister, Natalie	4) Bennett, Lia	
7 Cedar Falls	A	1:12.66
1) Chestnut, Anna	2) Galvez, Dalilah	
3) Skarlis, Kate	4) Becker, Lily	
8 Linn-Mar	A	1:13.30
1) McNeese, Chloe	2) Riherd, Jaslyn	
3) Scolaro, Allie	4) Micek, Kayla	
9 Iowa City	A	1:15.82
1) Bormann, Brooke	2) Swenning, Kate	
3) Green, Merryl	4) Jennings, Michelle	

---	IC- West	A	DQ
1) Bauer, Ally	2) Young, Natalie		
3) Davis, Elizabeth	4) Cannon, Taylor		

Event 17 Girls 100 Meter Dash Junior Varsity

Record: 13.82 ! 4/1/2017 Brie Fuller

Name	School	Finals
Finals		
1 Fuller, Brie	CR Prairie	13.82!
2 Hitchings, Eryka	Waterloo Eas	13.91
3 Carr, Hanna	CR Jefferson	14.04
4 Kuehner, Amanda	Decorah	14.27
5 Benita, Jessica	CR Jefferson	14.46
6 Smith, Katie	Linn-Mar	14.49
7 DeMaris, Mackenzie	Waterloo Eas	14.56
8 Young, Kelsey	Waverly-SR	14.58
9 Kleckner, Lydia	Decorah	14.60
10 Simons, Shelby	Cedar Falls	14.78
11 Richey, Paige	CR Prairie	14.96
12 Duehr, Emma	Wahlert- Dub	15.02
13 Marovets, Ellie	Xavier Girls	15.17
14 Hemiden, Mira	CR Kennedy	15.65
15 Kavira, Deborah	Iowa City	15.72
16 Purchase, Diamond	Linn-Mar	15.72
17 Welch, Ellen	Xavier Girls	15.74
18 Reyna, Cailey	Waverly-SR	16.07
19 Pole, Belle	Wahlert- Dub	16.27
20 Balong, Alexa	Cedar Falls	16.45
21 Henderson, Ronique	Iowa City	16.59
22 McGuire, Jenna	CR Washington	16.96
23 Hall, Adrienne	CR Washington	19.06

Event 18 Girls 100 Meter Dash Varsity

Record: 11.75 ! 2015 Alanna Muhammad

Name	School	Finals
Finals		
1 Roberts, Kerris	Waterloo Eas	12.08
2 Muhammad, Alanna	Waterloo Eas	12.53
3 Bennett, Jill	Linn-Mar	12.54
4 Bergmann, MiAsia	CR Jefferson	12.57
5 Wedewer, Libby	Wahlert- Dub	12.92
6 Mitchell, Cheyenne	CR Kennedy	12.94
7 Clark, Emma	Iowa City	13.03
8 Cooper, Emma	Iowa City	13.05
9 Hafner, Allie	Decorah	13.14
10 Hilderbrand, Raenice	CR Prairie	13.28
11 Gullekson, Rose	Decorah	13.39
12 Kimbrough, Auriona	Cedar Falls	13.40
13 Rolle, Ariana	Linn-Mar	13.48
14 Ward, Mariah	CR Washington	13.64
15 Hoins, Grace	Waverly-SR	13.89
16 Weiland, Hannah	CR Kennedy	13.98
16 Ross, Jenna	CR Prairie	13.98
18 Winders, Emma	Solon	14.00
19 Shaw, Haley	Waverly-SR	14.17
20 Skoumal, Kaylie	Xavier Girls	14.17

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Finals ... (Event 18 Girls 100 Meter Dash Varsity)

Name	School	Finals
21 Stanek, Kiana	Xavier Girls	14.29
22 Moore, Taylor	Solon	14.45
23 Berry, Bayanna	CR Washingto	14.47
24 Turcotte, Katie	Cedar Falls	15.00

Event 19 Girls Distance Medley Junior Varsity

Record: 4:46.91 ! 4/1/2017 Wahlert- Dub

M McCarron, S Smith, K Krapfl, K Cox

Team	Relay	Finals
Finals		
1 Wahlert- Dub	A	4:46.91!
1) McCarron, Maddie	2) Smith, Sabrina	
3) Krapfl, Katie	4) Cox, Kylie	
2 Cedar Falls	A	4:50.30
1) Bowling, Lauren	2) Bronner, Kenidee	
3) Schmitz, Meg	4) Schillinger, Sophia	
3 Waterloo East Trojan	A	4:54.98
4 Decorah	A	4:59.95
1) Svestka, Alexis	2) Valkosky, Katie	
3) Kelly, Shania	4) Carolan, Cassidy	
5 CR Prairie	A	5:02.64
1) Nurre, Olivia	2) Heims, Jessica	
3) Smith, Avery	4) Booth, Victoria	
6 Xavier Girls	A	5:10.26
1) Yanga, Brianna	2) Tucker, Cate	
3) Kane, Ella	4) Stutzman, Maggie	
7 Iowa City	A	5:13.79
1) Sow, Maimouna	2) Fellows, Sydney	
3) Green, Merryl	4) DuBrava, Jordan	
8 Linn-Mar	A	5:16.97
1) Wilbanks, Sophie	2) Feldman, Jamison	
3) Eilders, Katelyn	4) Scott, Rebekah	
9 Waverly-SR	A	5:32.21
1) Walvatne, Rachel	2) Lindell, Eryn	
3) Tjebkes, Kayla	4) Bednarik, Rebekah	
10 CR Washington	A	5:36.21
1) Yock, Lindsey	2) Pitts, Jamiesha	
3) Appleby-Sparrow, Madalyn	4) Eck, Serena	

Event 20 Girls Distance Medley Varsity

Record: 4:21.25 ! 4/1/2017 Cedar Falls

M Sterrett, P Kvale, M Michael, C Ross

Team	Relay	Finals
Finals		
1 Cedar Falls	A	4:21.25!
1) Sterrett, Morgan	2) Kvale, Paige	
3) Michael, Mackenzie	4) Ross, Caroline	
2 Xavier Girls	A	4:29.87
1) Miller, Grace	2) Parr, Anna	
3) Marquardt, Nina	4) Tallett, Katie	
3 CR Prairie	A	4:29.88
1) Smith, Sophia	2) Wagemester, Jenna	
3) Copeland, Emma	4) Reittinger, Carli	

4 Iowa City	A	4:33.83
1) Green, Tiara	2) Hansen, Isabel	
3) Jones, Izzy	4) Arch, Mary	
5 Linn-Mar	A	4:34.09
1) Mather, Meghan	2) Pint, Erin	
3) White, Cha'	4) Saville, Hanna	
6 Ic- West	A	4:34.12
1) Gravelin, Micaela	2) Adams, Chamya	
3) Willis, Simone	4) Skopec, Jessie	
7 Decorah	A	4:36.70
1) Ranum, Rylea	2) Sexton, Madison	
3) Betts, Shayla	4) Betteridge, Sylvia	
8 CR Kennedy	A	4:47.41
1) Clark, Jaylise	2) Herold, Hannah	
3) Nus, Katherine	4) Fusselman, Hannah	
9 Solon	A	4:55.35
1) Murphy, Jada	2) Cross, Abby	
3) Jedlicka, Jeannie	4) Haasl, Calista	
10 CR Washington	A	4:56.07
1) Peal, Lopou	2) Johnson, Jayla	
3) Witt, Emma	4) Kennedy, Olivia	

Event 21 Girls 400 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Possehl, Paige	CR Prairie	1:07.33
2 Brokenshire, Rachel	Cedar Falls	1:08.43
3 Button, Brooklyn	CR Kennedy	1:08.80
4 Lyman, Abbie	Cedar Falls	1:10.96
5 Hawkins, Arianna	CR Jefferson	1:13.30
6 Quandahl, Kylah	Decorah	1:13.34
7 Rodriguez, Isabel	Iowa City	1:13.43
8 Weis, Emily	CR Washington	1:14.80
9 Shoppa, Emma Grace	Ic- West	1:15.03
10 Van Hove, Liz	Waverly-SR	1:15.64
11 Vlcko, Claire	CR Jefferson	1:15.69
12 Rooney, Kaitlyn	Decorah	1:16.21
13 Kluesner, Haley	Solon	1:17.74
14 Mwenemkamba, Anastasia	Iowa City	1:20.96
15 McDermott, Hannah	Wahlert- Dub	1:23.42
16 Prentice, Abby	Xavier Girls	1:23.90
17 Bunce, Megan	Linn-Mar	1:26.46

Event 22 Girls 400 Meter Dash Varsity

Name	School	Finals
Record: 57.84 ! 2015	Payton Wensel	
Finals		
1 Kerkhoff, Erin	Solon	59.85
2 Skriver, Kirstin	CR Prairie	59.92
3 Ryan, Taylor	Solon	1:01.45
4 Davis, Sydney	Cedar Falls	1:01.70
5 Quandahl, Kayla	Decorah	1:02.84
6 Hoins, Grace	Waverly-SR	1:04.31
7 Galligan, Jenna	Decorah	1:05.39
8 Leistikow, Sabrina	Cedar Falls	1:05.96
9 Short, Lauren	CR Kennedy	1:06.60

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Results

Finals ... (Event 22 Girls 400 Meter Dash Varsity)

Name	School	Finals
10 Arnold, Libby	Xavier Girls	1:07.91
11 Ryan, Kaelyn	CR Kennedy	1:08.25
12 Bechtel, Abby	Waverly-SR	1:08.43
13 Taylor, Ayla	CR Washington	1:08.48
14 Traore, Saye	Iowa City	1:08.50
15 Harper, Maddie	Linn-Mar	1:09.26
16 Lansing, Rilee	Xavier Girls	1:10.80
17 Slagle, Maddie	CR Jefferson	1:11.00
18 Abram, Elisa	Ic- West	1:12.58
19 Stuecker, Ashlyn	Linn-Mar	1:12.74

Event 23 Girls 4x200 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 CR Prairie	A	1:53.50
1) Lacy, Lauren	2) Dinicola, Cairo	
3) Pisarik, Anika	4) Fuller, Brie	
2 Waterloo East Trojan	A	1:59.11
3 Cedar Falls	A	2:03.28
1) Simons, Shelby	2) King, Haylee	
3) Valentine, Jordyn	4) Hunt, Nijae	
4 Linn-Mar	A	2:03.83
1) Smith, Katie	2) Agyemang, Gabriella	
3) Hooten, Tess	4) Shock, Peyton	
5 Wahlert- Dub	A	2:03.94
1) Duehr, Emma	2) Lahey, Rebecca	
3) Osterberger, Kaylee	4) Pole, Belle	
6 Decorah	A	2:04.17
1) Svestka, Alexis	2) Franzen, Emily	
3) Bachelder, Emma	4) Valkosky, Katie	
7 CR Kennedy	A	2:05.39
1) Rupert, Serena	2) Tuetken, Kaleigh	
3) Milsap, Anafernanda	4) Taylor, Alina	
8 Waverly-SR	A	2:05.48
1) Eckerman, Haley	2) Walvatne, Rachel	
3) Frantsen, Sarah	4) Schmitz, Kassidi	
9 Iowa City	A	2:08.09
1) Kavira, Deborah	2) DuBrava, Alexis	
3) Sow, Maimouna	4) Raghavan, Isabelle	
10 CR Washington	A	2:16.10
1) Martens, Kathryn	2) Pridegon, Paige	
3) Meyer-Boothby, Rowan	4) Johnson, Arieana	
11 CR Jefferson	A	2:17.37
1) Washington, Kiara	2) Prochnow, Olivia	
3) Streeter, M'Kenzie	4) Jansen, Tristen	

Event 24 Girls 4x200 Meter Relay Varsity

Record: 1:42.49 ! 2015 CR Jefferson

A. Ranschau, Blue, Meese, Schneekloth

Team	Relay	Finals
Finals		
1 Decorah	A	1:46.81
1) Hafner, Allie	2) Mikkelson, Sarah	
3) Berns, Brooke	4) Nimrod, Katie	

2 Wahlert- Dub	A	1:46.88
1) Ganshirt, Jackie	2) Wedewer, Libby	
3) Osterberger, Ellie	4) Sherman, Anna	
3 Iowa City	A	1:49.09
1) Clark, Emma	2) DePrenger, Sydney	
3) Sartini-Rideout, Azzura	4) Cooper, Emma	
4 CR Prairie	A	1:53.11
1) Schmitt, Sarah	2) Ross, Jenna	
3) Lewis, Morgan	4) Andorf, Madie	
5 Linn-Mar	A	1:53.84
1) Huggins, Anna	2) Hubler, Olivia	
3) Brown, Amanda	4) Burrell, Dimia	
6 Cedar Falls	A	1:54.63
1) Dietz, Brook	2) Burt, Talea	
3) Lenaerts, Maddy	4) Nichols, Makenzie	
7 CR Kennedy	A	1:54.67
1) Feen, Sophia	2) Johnston, Cassidy	
3) Milbrath, Carley	4) Dennis, Elizabeth	
8 CR Washington	A	1:55.90
1) Powers, Mya	2) Eniola, Vanessa	
3) Ward, Mariah	4) Peal, Lopou	
9 Solon	A	1:57.70
1) Prybil, Alli	2) Winders, Emma	
3) Moore, Taylor	4) McIlravy, Sayler	
10 CR Jefferson	A	1:57.78
1) Weber, Shapreah	2) Clark, Nijah	
3) Nagel, Rachel	4) Prohaska, Meghan	
11 Waverly-SR	A	2:00.42
1) Young, Britney	2) Schwab, Morgan	
3) Coulson, Kirsten	4) Rediske, Madi	
12 Ic- West	A	2:01.38
1) Davis, Elizabeth	2) Daniels, Celia	
3) Elliott, Leah	4) Adams, Chamya	

Event 25 Girls 100 Meter Hurdles Junior Varsity

Name	School	Finals
Finals		
1 Cannon, Taylor	Ic- West	16.63
2 Lovell, Jayden	CR Kennedy	17.35
3 Schwach, Jenna	Xavier Girls	17.83
4 Pipho, Ambria	Decorah	18.01
5 Sands, Peyton	Solon	18.06
6 Murphy, Jada	Solon	18.22
7 Scolaro, Allie	Linn-Mar	18.30
8 Rolle, Ariana	Linn-Mar	18.54
9 Prohaska, Meghan	CR Jefferson	18.73
10 Skarlis, Kate	Cedar Falls	18.99
11 Theroith, Jaela	Waterloo Eas	19.13
12 Buseman, Avery	Waverly-SR	19.14
13 Galvez, Dalilah	Cedar Falls	19.37
14 Stovie, Maddix	Xavier Girls	19.51
15 Catlett, Ashton	CR Prairie	20.11
16 Richey, Paige	CR Prairie	20.68
17 Arrington, Amyah	CR Washington	20.92
18 Chalupa, Kiana	Iowa City	21.15
19 Bennett, Lia	CR Kennedy	21.38

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Results

Finals ... (Event 25 Girls 100 Meter Hurdles Junior Varsity)

Name	School	Finals
20 Carr, Hanna	CR Jefferson	21.64
21 Hartwig, Rachel	CR Washingto	26.06

Event 26 Girls 100 Meter Hurdles Varsity

Record: 14.81 ! 1997 Tessa Price

Name	School	Finals
Finals		
1 Bergmann, MiAsia	CR Jefferson	15.41
2 Taylor, Amara	CR Washingto	15.71
3 Bell, Kitra	Ic- West	16.22
4 McAllister, Natalie	CR Kennedy	16.55
5 Sands, Alexis	Solon	16.57
6 Lampe, Theresa	Xavier Girls	16.68
7 Vance, Bailey	Wahlert- Dub	16.80
8 Duckett, Molly	Solon	17.03
9 Becker, Lily	Cedar Falls	17.19
10 Steva, Peyton	Ic- West	17.24
11 Smith, Sophia	CR Prairie	17.49
12 Peterson, Alexis	CR Kennedy	17.50
13 Millard, Anna	CR Prairie	17.64
14 Syverson, Grace	Decorah	17.73
15 Baldus, Brie	Xavier Girls	17.99
16 Riherd, Jaslyn	Linn-Mar	18.01
17 Swenning, Kate	Iowa City	18.11
18 Chestnut, Anna	Cedar Falls	18.12
19 McNeese, Chloe	Linn-Mar	18.29
20 Wosepka, Karlie	Waverly-SR	18.54
21 Reyerson, Grace	Waverly-SR	19.77
22 Bemus, Alyssa	CR Washingto	20.99

Event 27 Girls 800 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Kelly, Shania	Decorah	2:42.44
2 Blossch, Olivia	Wahlert- Dub	2:42.84
3 Fixen, Gretchen	Cedar Falls	2:44.24
4 O'Laughlin, Devin	Cedar Falls	2:45.37
5 Long, Gracie	Wahlert- Dub	2:47.18
6 Hamed, Sarah	Ic- West	2:48.10
7 Butschi, Morgan	CR Kennedy	2:48.67
8 Lindemann, Makayla	Solon	2:49.63
9 Duerksen, Haley	CR Prairie	2:50.30
10 Shafer, Nicole	Solon	2:51.31
11 Tjebkes, Kayla	Waverly-SR	2:51.62
12 Klein, Anna	CR Kennedy	2:56.32
13 Sigmon, Annie	Xavier Girls	2:57.14
14 Kamphaugh, Hannah	Linn-Mar	3:04.40
15 Thompson, Kasey	Decorah	3:07.26
16 Kaine, Aubryn	Iowa City	3:13.12
17 Schneidermann, Claire	CR Washingto	3:15.42
18 Doyle, Marin	Linn-Mar	3:17.40
19 Manley, Sophia	Waterloo Eas	3:21.58
20 Richter, Nora	Xavier Girls	3:26.09
21 Manson, Zoe	CR Washingto	3:37.27

Event 28 Girls 800 Meter Run Varsity

Record: 2:14.59 ! 2014 Stephanie Jenks

Name	School	Finals
Finals		
1 Anderson, Autumn	CR Jefferson	2:20.87
2 Skopec, Gabby	Ic- West	2:22.94
3 Belew, MaKayla	CR Jefferson	2:28.05
4 Kvale, Paige	Cedar Falls	2:31.20
5 Hamblin, Olivia	CR Kennedy	2:31.28
6 Reittinger, Carli	CR Prairie	2:31.39
7 Betts, Shayla	Decorah	2:33.09
8 Sessions, Meg	Decorah	2:35.05
9 Ronnebaum, Claire	Ic- West	2:35.18
10 Button, Brooklyn	CR Kennedy	2:36.95
11 Jones, Izzy	Iowa City	2:39.10
12 Neubauer, Alissa	CR Prairie	2:39.65
13 Neese, Alyssa	Cedar Falls	2:41.22
14 Hoins, Anna	Waverly-SR	2:41.93
15 Genskow, Maddy	Linn-Mar	2:45.30
16 Coffey, Emiko	Xavier Girls	2:46.08
17 Dix, Libby	Waverly-SR	2:46.12
18 Earles, Emma	Wahlert- Dub	2:46.20
19 Hauer, Saige	Solon	2:46.23
20 Knebel, Jessica	Waterloo Eas	2:47.78
21 Schmitt, Bridget	Xavier Girls	2:47.79
22 Hansen, Taryn	Solon	2:50.93
23 Sage, Mallory	Waterloo Eas	2:51.13

Event 29 Girls 200 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Jedlicka, Jeannie	Solon	29.83
2 Gwyan, Olivia	CR Prairie	30.23
3 Wagemester, Jenna	CR Prairie	30.74
4 Bachelder, Emma	Decorah	30.79
5 Krapfl, Katie	Wahlert- Dub	31.00
6 Quandahl, Kylah	Decorah	31.04
7 Dillingham, Mia	Ic- West	31.05
8 Cross, Abby	Solon	31.17
9 Hansen, Isabel	Iowa City	31.31
10 Reyerson, Grace	Waverly-SR	31.42
11 Stuecker, Ashlyn	Linn-Mar	31.44
12 Lahey, Rebecca	Wahlert- Dub	31.90
13 Elessais, Jessica	CR Washingto	32.08
14 Frantsen, Sarah	Waverly-SR	32.19
15 Hooten, Tess	Linn-Mar	32.22
16 Skala, Lauren	Xavier Girls	33.09
17 Meeks, Aaliya	Waterloo Eas	33.53
18 King, Haylee	Cedar Falls	33.58
19 Taylor, Alina	CR Kennedy	33.81
20 Bah, Assiatou	Iowa City	34.36
21 Ezell, Aariona	Waterloo Eas	34.88
22 Sumar, Ganna	Cedar Falls	35.06
23 Yock, Lindsey	CR Washingto	35.54
24 Streeter, M'Kenzie	CR Jefferson	36.62

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Results

Finals ... (Event 29 Girls 200 Meter Dash Junior Varsity)

Name	School	Finals
25 Jansen, Tristen	CR Jefferson	37.97
26 Prentice, Abby	Xavier Girls	38.35

Event 30 Girls 200 Meter Dash Varsity

Record: 25.51 ! 2004 Liz Bradfield

Name	School	Finals
Finals		
1 Roberts, Kerris	Waterloo Eas	25.00!
2 Welch, Valerie	Ic- West	26.16
3 Muhammad, Alanna	Waterloo Eas	26.41
4 Bennett, Jill	Linn-Mar	26.47
5 Mitchell, Cheyenne	CR Kennedy	27.42
6 Andorf, Madie	CR Prairie	27.77
7 Bauer, Ally	Ic- West	27.80
8 Peal, Lopou	CR Washingto	28.30
9 Ranum, Rylea	Decorah	28.30
10 Larson, Krissa	Waverly-SR	28.43
11 Mather, Meghan	Linn-Mar	28.53
12 Hoins, Grace	Waverly-SR	28.81
13 Lewis, Morgan	CR Prairie	28.82
14 Miller, Grace	Xavier Girls	28.93
15 Nichols, Makenzie	Cedar Falls	29.06
16 Marquardt, Nina	Xavier Girls	29.35
17 Gullekson, Rose	Decorah	29.48
18 Hepker, Corrine	CR Jefferson	29.50
19 Johnston, Cassidy	CR Kennedy	29.83
20 Winders, Emma	Solon	29.96
21 Parrott, Lindsey	Iowa City	30.08
22 Turcotte, Katie	Cedar Falls	30.23
23 Hawkins, Arianna	CR Jefferson	30.35
24 Sands, Peyton	Solon	30.58

Event 31 Girls 400 Meter Hurdles Junior Varsity

Name	School	Finals
Finals		
1 Chestnut, Anna	Cedar Falls	1:14.78
2 Bechtel, Abby	Waverly-SR	1:20.34
3 Miller, Nicole	CR Prairie	1:20.72
4 Mason, Elizabeth	Cedar Falls	1:21.03
5 Lindell, Eryn	Waverly-SR	1:24.54
6 Yanga, Brianna	Xavier Girls	1:25.05
7 Marovets, Ellie	Xavier Girls	1:25.49
8 Jennings, Michelle	Iowa City	1:25.98
9 Arrington, Amyah	CR Washingto	1:28.51
10 Shannon, Olivia	Waterloo Eas	1:30.61

Event 32 Girls 400 Meter Hurdles Varsity

Record: 1:04.83 ! 2011 Brooke Forman

Name	School	Finals
Finals		
1 Wensel, Payton	Linn-Mar	1:03.40!
2 Nimrod, Katie	Decorah	1:05.25
3 Sexton, Madison	Decorah	1:09.95
4 Schmitz, Meg	Cedar Falls	1:10.50

5 Davis, Sydney	Cedar Falls	1:10.74
6 Gravelin, Micaela	Ic- West	1:10.76
7 Taylor, Amara	CR Washingto	1:12.92
8 Beckert, Haley	Waverly-SR	1:13.56
9 Nicol, Sophie	Solon	1:13.83
10 Young, Britney	Waverly-SR	1:14.77
11 Schmitt, Sarah	CR Prairie	1:14.91
12 Green, Merryl	Iowa City	1:15.11
13 Peterson, Alexis	CR Kennedy	1:15.95
14 Williams, Shelby	CR Kennedy	1:17.08
15 Rummelhart, Annie	Iowa City	1:17.24
16 Micek, Kayla	Linn-Mar	1:19.15

Event 33 Girls 1500 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Van Dorn, Jessica	Cedar Falls	5:13.16
2 Christopher, Cassidy	Cedar Falls	5:13.40
3 Cox, Kylie	Wahlert- Dub	5:38.27
4 Courtney, Brooke	Decorah	5:41.65
5 Gretter, Ellie	Ic- West	5:45.19
6 Carolan, Cassidy	Decorah	5:51.89
7 Boller, Anna	CR Prairie	5:56.27
8 Kendrick, AJ	Linn-Mar	5:56.62
9 Iversen, Claire	Xavier Girls	6:01.35
10 Kunnert, Emma	Wahlert- Dub	6:08.70
11 Dilparic, Doris	Waterloo Eas	6:18.93
12 Shoppa, Emma Grace	Ic- West	6:23.87
13 Kohl, McKenzie	CR Prairie	6:29.38
14 Mwenemkamba, Anastasia	Iowa City	6:32.86
15 Kluesner, Haley	Solon	6:41.84
16 Rodriguez, Adriana	Waterloo Eas	6:52.03
17 Wampole, Kristen	CR Kennedy	7:01.62
18 Bednarik, Rebekah	Waverly-SR	7:10.01
19 Nichols, Natasha	CR Washingto	7:17.31
20 Bunce, Megan	Linn-Mar	7:19.58
21 Rogers, Megan	CR Washingto	7:59.36

Event 34 Girls 1500 Meter Run Varsity

Record: 4:44.85 ! 2015 Stephanie Jenks

Name	School	Finals
Finals		
1 Nock, Bailey	Ic- West	4:48.60
2 Frazee, Hannah	CR Prairie	4:58.64
3 Gorman, Reagan	CR Washingto	5:00.05
4 Tallett, Katie	Xavier Girls	5:00.83
5 Ross, Caroline	Cedar Falls	5:07.81
6 Berlage, Josephine	Decorah	5:10.25
7 Moore, Olivia	Ic- West	5:12.85
8 Hertz, Anna	Cedar Falls	5:16.95
9 Bohnenkamp, Rachel	Linn-Mar	5:18.98
10 Fusselman, Hannah	CR Kennedy	5:19.31
11 Huseman, Aunna	Wahlert- Dub	5:22.43
12 Galligan, Jenna	Decorah	5:25.32
13 Hohmann, Holly	Wahlert- Dub	5:26.70
14 Meyer, Megan	Xavier Girls	5:29.41

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Results

Finals ... (Event 34 Girls 1500 Meter Run Varsity)

Name	School	Finals
15 Block, Maddie	Linn-Mar	5:34.67
16 Hecker, Aly	Iowa City	5:34.99
17 Brune, Meghan	CR Prairie	5:45.18
18 Smith, Addy	Iowa City	5:54.96
19 Foster, Aira	Solon	6:01.36

Event 35 Girls 4x100 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 CR Prairie	A	53.88
1) Millard, Anna	2) Smith, Sophia	
3) Lacy, Lauren	4) Lewis, Morgan	
2 Ic- West	A	55.59
1) Davis, Elizabeth	2) Dillingham, Mia	
3) Young, Natalie	4) Elliott, Leah	
3 CR Jefferson	A	55.66
1) Washington, Kiara	2) Vlcko, Claire	
3) Hepker, Corrine	4) Benita, Jessica	
4 Waterloo East Trojan	A	56.33
5 CR Kennedy	A	56.41
1) Herold, Hannah	2) Johnston, Cassidy	
3) Milsap, Anafernanda	4) Tuetken, Kaleigh	
6 Solon	A	56.83
1) Winders, Emma	2) Hauer, Saige	
3) Moore, Taylor	4) Murphy, Jada	
7 Linn-Mar	A	57.58
1) Jackson, Markea	2) Rausch, Chloe	
3) Wilbanks, Sophie	4) Rivoire, Briesjiet	
8 Decorah	A	58.09
1) Syverson, Grace	2) Bjergum, Katie	
3) Pipho, Ambria	4) Fahey, Madilyn	
9 Xavier Girls	A	58.62
1) Marovets, Ellie	2) Welch, Ellen	
3) Skala, Lauren	4) Skoumal, Kaylie	
10 Wahlert- Dub	A	58.79
1) Lahey, Rebecca	2) Pole, Belle	
3) Long, Gracie	4) Blossch, Olivia	
11 Waverly-SR	A	59.14
1) Reyna, Cailey	2) Schwab, Morgan	
3) Frantsen, Sarah	4) Coulson, Kirsten	
12 Iowa City	A	59.41
1) Swenning, Kate	2) DuBrava, Alexis	
3) Sow, Maimouna	4) Grimes, Jada	
13 Cedar Falls	A	59.83
1) Hunt, Nijae	2) Sumar, Ganna	
3) Balong, Alexa	4) Bronner, Kenidee	
14 CR Washington	A	1:02.69
1) Pridegon, Paige	2) Martens, Kathryn	
3) McGuire, Jenna	4) Bemus, Alyssa	

Event 36 Girls 4x100 Meter Relay Varsity

Record: 48.63 ! 2015 CR Jefferson

Schneekloth, A. Ranschau, Meese, Blue

Team	Relay	Finals
Finals		
1 Linn-Mar	A	51.18
1) Rolle, Ariana	2) Hubler, Olivia	
3) Isaac, Dacia	4) Bennett, Jill	
2 Iowa City	A	51.83
1) Clark, Emma	2) Cooper, Emma	
3) DePrenger, Sydney	4) Sartini-Rideout, Azzura	
3 Cedar Falls	A	51.87
1) Geerdes, Nicole	2) Longnecker, Leah	
3) Nichols, Makenzie	4) Sterrett, Morgan	
4 Solon	A	52.08
1) Prybil, Alli	2) Duckett, Molly	
3) Sands, Alexis	4) Kerkhoff, Erin	
5 Ic- West	A	52.45
1) Steva, Peyton	2) Cannon, Taylor	
3) Adams, Chamya	4) Bauer, Ally	
6 CR Prairie	A	52.83
1) Hilderbrand, Raenice	2) Ross, Jenna	
3) Fuller, Brie	4) Andorf, Madie	
7 Decorah	A	52.86
1) Kerndt, Kylie	2) Hafner, Allie	
3) Ranum, Rylea	4) Gullekson, Rose	
8 CR Washington	A	53.34
1) Powers, Mya	2) Eniola, Vanessa	
3) Ward, Mariah	4) Taylor, Amara	
9 Xavier Girls	A	53.39
1) Miller, Grace	2) Lampe, Theresa	
3) Stanek, Kiana	4) Parr, Anna	
10 Wahlert- Dub	A	53.59
1) Vance, Bailey	2) McCarron, Maddie	
3) Krapfl, Katie	4) Smith, Sabrina	
11 CR Jefferson	A	54.41
1) Weber, Shapreah	2) Prohaska, Meghan	
3) Carr, Hanna	4) Clark, Nijah	
12 Waverly-SR	A	55.09
1) Shaw, Haley	2) Young, Kelsey	
3) Reyerson, Grace	4) Wosepka, Karlie	

Event 37 Girls 4x400 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Cedar Falls	A	4:36.21
1) Lenaerts, Maddy	2) Chestnut, Anna	
3) Valentine, Jordyn	4) Fixen, Gretchen	
2 CR Kennedy	A	4:37.05
1) Williams, Shelby	2) Ratzer, Hannah	
3) Meyer, Alissa	4) Svatek, Rose	
3 CR Prairie	A	4:37.12
1) Kline, Cassidy	2) Possehl, Paige	
3) Booth, Victoria	4) Heims, Jessica	

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Finals ... (Event 37 Girls 4x400 Meter Relay Junior Varsity)

Team	Relay	Finals
4 Iowa City	A	4:44.87
1) Jones, Izzy	2) Bormann, Brooke	
3) DuBrava, Jordan	4) Fellows, Sydney	
5 Decorah	A	4:45.57
1) Betts, Brenna	2) Oftendahl, Kalea	
3) Betteridge, Sylvia	4) Thompson, Kasey	
6 Linn-Mar	A	4:48.03
1) Harper, Maddie	2) Stuecker, Ashlyn	
3) Feldman, Jamison	4) Shock, Peyton	
7 Waverly-SR	A	4:51.93
1) Walsh, Bailey	2) Eckerman, Haley	
3) Lindell, Eryn	4) Wagoner, Emma	
8 Xavier Girls	A	4:51.93
1) Tucker, Cate	2) Kane, Ella	
3) Stutzman, Maggie	4) Denman, Hannah	
9 Wahlert- Dub	A	4:58.48
1) Duehr, Emma	2) Long, Gracie	
3) Blossch, Olivia	4) McDermott, Hannah	

11 Ic- West	A	4:34.36
1) Abram, Elisa	2) Ince, Deniz	
3) Skopec, Jessie	4) Willis, Simone	
12 Xavier Girls	A	4:56.06
1) Marquardt, Nina	2) Lampe, Theresa	
3) Schwach, Jenna	4) Parr, Anna	

Women - Varsity - Team Rankings - 19 Events Scored

1) IC- West	102
2) Decorah	72
3) Cedar Falls	66
4) CR PRAIRIE	55
5) Linn-Mar	46
6) Solon	43
7) Waterloo East Trojan	42
8) CR Jefferson	40
9) Iowa City	33
10) Wahlert- Dub	30
11) CR Washington	24
12) Xavier Girls	15
13) CR Kennedy	11
14) Waverly-SR	10

Event 38 Girls 4x400 Meter Relay Varsity

Record: 4:01.18 ! 2010 IC West

Knudson, Williams, Cronbaugh, Gerke

Team	Relay	Finals
Finals		
1 Decorah	A	4:04.59
1) Mikkelson, Sarah	2) Berns, Brooke	
3) Quandahl, Kayla	4) Nimrod, Katie	
2 CR Jefferson	A	4:04.64
1) Anderson, Autumn	2) Nagel, Rachel	
3) Bergmann, MiAsia	4) Belew, MaKayla	
3 Cedar Falls	A	4:05.64
1) Kimbrough, Auriona	2) Kvale, Paige	
3) Schmitz, Meg	4) Michael, Mackenzie	
4 Solon	A	4:10.29
1) Ryan, Taylor	2) Annis, Cayley	
3) Smith, Abby	4) Kerkhoff, Erin	
5 Wahlert- Dub	A	4:12.04
1) Osterberger, Ellie	2) Ganshirt, Jackie	
3) Osterberger, Kaylee	4) Wedewer, Libby	
6 CR Prairie	A	4:14.43
1) Skriver, Kirstin	2) Copeland, Emma	
3) Dinicola, Cairo	4) Piarik, Anika	
7 Linn-Mar	A	4:14.77
1) Huggins, Anna	2) Saville, Hanna	
3) White, Cha'	4) Wensel, Payton	
8 Iowa City	A	4:21.43
1) DePrenger, Sydney	2) Clark, Emma	
3) Green, Tiara	4) Arch, Mary	
9 Waverly-SR	A	4:26.40
1) Hoins, Grace	2) Beckert, Haley	
3) Larson, Krissa	4) Buseman, Avery	
10 CR Kennedy	A	4:28.36
1) Ryan, Kaelyn	2) Short, Lauren	
3) Nus, Katherine	4) Dennis, Elizabeth	