

FORWALD RELAYS

APRIL 19, 1999

GIRL'S TEAM RESULTS: City High 153, West 138, Pleasant Valley 99, Newton 76

3000 Meter Run (Old Record 10:29.30- Michelle Lilienthal -1998)

1. Michelle Lilienthal City 9:48.64 NEW RECORD

2. Jenni Frudden West 10:47.42
3. Lesley Smith West 10:56.56
4. Molly Meng City 11:1

Discus (Old Record-)

auren Marshall Newton 33'5"

6. Alicia Graber Newton 30'10 1/2"

4X800 (Old Record-City -Linder, Ekiring, Paul-Peterson, Mills-9:53.09-1998)

1. Kelsie Linder City 9:42.69 NEW RECORD

Lindsay Wetzel

Patricia Ekiring

Anne Heefner

2. Pleasant Valley 10:09.31
3. City B (Sparks, Krueger, Gable, S. Heefner)10:27.71
4. West 10:47.44

Distance Medley (Record-West-Matthews, Brown, Fastenow, Helms-4:15.96-1996)

1. Elizabeth Bolkcom-Smith Pleasant Valley 4:25.82

Kim Ahrens

Emily Kinning

Erin Arnold

2. West 4:30.97

3. City (Hill, Quigley, Teimeyer, Moreno) 4:32.60

4. Newton 4:43.75

100 Meter Dash (Old Record-Kristin Knight-City-:12.24-1998)

1. Kristin Knight City 12.14 NEW RECORD

2. Christen Karniski West 12.71

3. Elizabeth Matzen City 12.98

4. Alicia Graber Newton 13.15

5. Jessica Carson Newton 13.16

6. Becky Bartello Newton 13.21

400 Meter Dash (Record - Lacy Adams-Brown-Indianola-:58.38)

1. Amanda Manatt Newton 1:00.66

2. Amanda Nearad City 1:01.02

3. Anne Heefener City 1:01.08

4. Laura Janson West 1:03.00

5. Sara Juvenal West 1:03.29

6. Jill Borcharding Pleasant Valley 1:07.83

4 X 200 Relay (Old Record - Knight ,Madlock,Nordquist, Price-City-1:45.75-1996)

1. Kristin Knight City 1:42.89 NEW RECORD

Nicole Gatens

Amber Starr

Teesa Price

2. West 1:50.00

3. Newton 1:50.60

4. Pleasant Valley 1:53.25

5. City C (Gilpin, Quigley, Thalken, Lynch) 1:53.84

6. City B (Hinshaw, Bock, Dunham, Steyers) 2:01.79

High Jump (Record - Kim Griffin - Muscatin - 5'4"-1988)

1. Tina Wolfe Pleasant Valley 5'3"

2. Elizabeth Bicknell Pleasant Valley 5'2"

3. Jill Arganbright West 5'0"

4. Megan Lineau City 5'0" tie

Neisha Stocking Pleasant Valley 5'0" tie

6. Mandy Voss City 4'10"

100 Meter Hurdles (Record- Teesa Price - :14.4 - City - 1998)

1. Jill Arganbright West :14.72
2. Elizabeth Bicknell Pleasant Valley :15.36
3. Brooke Plumb Newton :15.64
4. Kerri Scholl West :15.84
5. Ashley Tucker West :16.45
6. Beth Patterson Pleasant Valley :16.56

800 Meter Run (Record - Keely Barnett -2:17.13 - City - 1996)

1. Jeni Frudden West 2:23.67
2. Lauren Levy West 2:24.50
3. Jackie Kubik Pleasant Valley 2:26.15
4. Erin Arnold Pleasant Valley 2:27.81
- 5. Michelle Lake City 2:28.06**
- 6. Kelsie Linder City 2:28.07**

Long Jump (Record - Teesa Price - 17' 10 1/2" - City - 1998)

- 1. Melissa Holland City 16' 1 1/2"**
- 2. Teesa Price City 15' 9 1/2"**
- 3. Patricia Ekiring City B 15' 1"**
4. Nicky Darling West 14' 6 1/4"
- 5. Nicole Gatens City B 14' 4 1/4"**
6. Neisha Stocking Pleasant Valley 14' 1 1/4"

400 Meter Hurdles (Old Record- Liz Cooper - Indianola - 1:07.18 - 1997)

- 1. Teesa Price City 1:05.25 NEW RECORD**
2. Amanda Manatt Newton 1:06.40
3. Lara Janson West 1:07.96
- 4. Laura Haas City 1:11.13**
5. Courtney Elliot Newton 1:11.67
6. Megan Daugherty Pleasant Valley 1:12.48

200 Meter Dash(Record - Kristin Knight - :24.87 - City - 1998)

- 1. Amanda Nearad City :26.15**
- 2. Amber Starr City :26.67**
3. Sara Birkenholz Newton :27.93

4. Jessica Carson Newton :28.29
5. Andrea Hensel Pleasant Valley :28.54
6. Shelly Wright Newton :28.56

Sprint Medley Relay (Record - Nearad, Gatens, Knight, Price - City 1:47.99- 1998)

1. Morgan Rohrbach City 1:53.886

Melissa Holland

Elizabeth Matzen

Nicole Gatens

2. Pleasant Valley 1:59.32

3. West 1:59.63

4. Newton 2:03.07

5. City B (Goepford, Ellis, Gilpin,)2:08.96

1500 Meter Run(Old Record - Lauren Levy - 4:57.24 - West - 1998)

1. Michelle Lilienthal City 4:41.17 NEW RECORD

2. Lindsay Wetzel City 4:55.12

3. lesley Smith West 4:57.68

4. Lauren Levy West 5:07.94

5. Kirstie Moreno City B 5:19.50

6. Andrea Reinhart Pleasant Valley 5:24.71

4 X 100 (Old Record - Rankin, Parsons, Seaberg, Anderson-:50.20- Pleasant Valley-1989)

1. Amanda Nearad City :49.18 NEW RECORD

Nicole Gatens

Teesa Price

Kristin Knight

2. West :52.05

3. Newton :52.56

4. Pleasant Valley :52.65

5. City B (Rohrbach, Teimeyer, Hill, Holland) :54.21

6. Newton B :56.06

4 X 400 (Record - Chesnut, Gatens, Heefner, Price-4:05.24-City-1998)

1. Anne Heefner City 4:09.01

Amber Starr

Michelle Lake

Patricia Ekiring

2. Newton 4:11.43

3. West 4:17.87

4. Pleasant Valley 4:19.91

5. City B (Linder, Kennedy, Tabor, Gable) 4:23.76

6. Newton B 4:44.27

Discus (Record -Brooke Ennen-Muscatine-125'8"-1998)

1. Tony Aguilar Pleasant Valley 118'8"

2. Kate Sawyer West 104' 5"

3. Beth Aunan West 103' 6"

4. Teresa Appleby Newton 96' 3"

5. Sarah Thompson Pleasant Valley 82' 10"

6. Lindsey Witt Newton 75' 6"