

Iowa Girls & Boys 4A Regional Track Meet 2007 - 5/11/2007
Iowa City, City
Results

Event 7 Girls 100 Meter Dash 4A

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State Record: * 12.29 2004 LaNeisha Waller, CR Washington
All-Time: ! 11.50 1985 Natasha Kaiser, Des Moines Roosevelt
Name Year School Prelims Wind H#
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Preliminaries

1	Wilkinson, Ashley	9	Iowa City Ci	* 12.25q	NWI	2
2	Smith, Adrienne	11	Prairie Ceda	12.54q	NWI	2
3	Gehrke, Jessica	9	Iowa City We	12.59q	NWI	1
4	Koenig, Sydney	12	Iowa City Ci	12.66q	NWI	2
5	Mellecker, Lisa	12	Iowa City We	12.73q	NWI	1
6	Anderson, Sarah	9	Burlington	12.91q	NWI	2
7	Hadden, Caitlin	12	Oskaloosa	12.94q	NWI	1
8	Young, Alex	9	Cedar Rapids	13.00q	NWI	1
9	Mayes, Saterika	12	Cedar Rapids	13.01	NWI	2
10	McVey, Tiffany	11	Burlington	13.41	NWI	1
11	Lee, Marcayla	9	Prairie Ceda	13.42	NWI	1
12	Courtney, Kaitlin	12	Ottumwa	13.67	NWI	2
12	Peak, Kyla	11	Cedar Rapids	13.67	NWI	2
14	Allard, Whitley	12	Cedar Rapids	13.75	NWI	2
15	Yates, Molly	10	Ottumwa	13.84	NWI	1
16	Wellman, Kristi	12	Oskaloosa	14.93	NWI	1

Event 7 Girls 100 Meter Dash 4A

=====
State Record: * 12.29 2004 LaNeisha Waller, CR Washington
All-Time: ! 11.50 1985 Natasha Kaiser, Des Moines Roosevelt
Name Year School Finals Wind Points
=====

Finals

1	Wilkinson, Ashley	9	Iowa City Ci	12.23*	NWI	10
2	Mellecker, Lisa	12	Iowa City We	12.38	NWI	8
3	Smith, Adrienne	11	Prairie Ceda	12.57	NWI	6
4	Gehrke, Jessica	9	Iowa City We	12.60	NWI	4
5	Koenig, Sydney	12	Iowa City Ci	12.67	NWI	2
6	Hadden, Caitlin	12	Oskaloosa	12.83	NWI	1
7	Anderson, Sarah	9	Burlington	13.01	NWI	
--	Young, Alex	9	Cedar Rapids	DNF	NWI	

Event 15 Girls 200 Meter Dash 4A

=====
State Record: * 24.64 5/18/2006 Faith Burt, Cedar Falls
All-Time: ! 24.00 1975 Debbie Esser, Woodbine
Name Year School Prelims Wind H#
=====

Preliminaries

1	Spurgeon, Kendra	11	Ottumwa	26.17q	NWI	2
2	Nelson, Brittany	9	Iowa City Ci	26.25q	NWI	2
3	Mellecker, Lisa	12	Iowa City We	26.34q	NWI	1
4	Mabikulu, Lydie	12	Iowa City Ci	26.71q	NWI	2

5	O'Brien, Kellie	12	Burlington	27.03q	NWI	2
6	Hoagland, Chloe	9	Iowa City We	27.11q	NWI	1
7	Goddard, Sarah	11	Cedar Rapids	27.29q	NWI	1
8	Coleman, Jalisa	11	Cedar Rapids	27.74q	NWI	1
9	Anderson, Sarah	9	Burlington	27.77	NWI	2
10	Berryman, Andrea	10	Cedar Rapids	28.03	NWI	1
11	Williams, BreAnna	11	Cedar Rapids	28.65	NWI	2
12	VanWyk, Nakeesha	11	Oskaloosa	29.03	NWI	1
13	Kueny, Samantha	10	Prairie Ceda	29.05	NWI	2
14	Banes, Jessica	12	Prairie Ceda	29.07	NWI	1
15	Heller, Courtney	10	Ottumwa	31.51	NWI	2
16	Hornick, Mindy	10	Oskaloosa	35.17	NWI	1

Event 15 Girls 200 Meter Dash 4A

=====
 State Record: * 24.64 5/18/2006 Faith Burt, Cedar Falls
 All-Time: ! 24.00 1975 Debbie Esser, Woodbine
 Name Year School Finals Wind Points
 =====

Finals

1	Mellecker, Lisa	12	Iowa City We	25.66	NWI	10
2	Spurgeon, Kendra	11	Ottumwa	25.89	NWI	8
3	Nelson, Brittany	9	Iowa City Ci	25.98	NWI	6
4	Hoagland, Chloe	9	Iowa City We	26.70	NWI	4
5	O'Brien, Kellie	12	Burlington	26.84	NWI	2
6	Mabikulu, Lydie	12	Iowa City Ci	26.95	NWI	1
7	Goddard, Sarah	11	Cedar Rapids	27.39	NWI	
8	Coleman, Jalisa	11	Cedar Rapids	27.60	NWI	

Event 31 Girls 800 Meter Run 4A

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 State Record: * 2:13.55 5/20/2006 Betsy Flood, Dowling Cath WDM
 All-Time: ! 2:09.00 Jane Lange, Davenport West
 Name Year School Finals Points
 =====

1	VanDusseldorp, Trisha	11	Oskaloosa	2:21.76		10
2	Walz, Elise	11	Iowa City We	2:22.70		8
3	Ziegenhorn, Sarah	12	Iowa City Ci	2:23.05		6
4	Engelhardt, Nichole	10	Iowa City We	2:24.19		4
5	Sidwell, Samantha	12	Iowa City Ci	2:27.53		2
6	Steinmetz, Valerie	11	Cedar Rapids	2:36.96		1
7	Roy, Liz	12	Burlington	2:37.95		
8	Ritchie, Sarah	11	Cedar Rapids	2:39.03		
9	Meskimen, Lindsey	9	Prairie Ceda	2:43.44		
10	Boche, Bethy	09	Burlington	2:43.51		
11	Hopkins, Mariah	11	Ottumwa	2:45.39		
12	Kaminski, Jamiee	11	Ottumwa	2:46.62		
13	Hyland, Kelly	11	Oskaloosa	2:58.03		
--	Calef, Danielle	12	Prairie Ceda	DNF		

Event 39 Girls 1500 Meter Run 4A

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 State Record: * 4:35.08 5/20/2006 Betsy Flood, Dowling Cath WDM
 All-Time: ! 4:34.01 1999 Michelle Lilienthal, Iowa City High
 Name Year School Finals Points
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1	McKay, Annie	12	Iowa City Ci	4:53.62		10
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2	Wickman, Sarah	12	Iowa City We	4:56.98	8
3	Engelhardt, Nichole	10	Iowa City We	5:04.10	6
4	Fagan, Emily	9	Iowa City Ci	5:10.26	4
5	Lambert, Hannah	12	Burlington	5:15.35	2
6	Hills, Annie	9	Prairie Ceda	5:19.67	1
7	Nedderman, Laura	11	Cedar Rapids	5:22.96	
8	Whitters, Sarah	12	Cedar Rapids	5:25.29	
9	Dickinson, Sara	9	Oskaloosa	5:25.68	
10	Cook, Emilee	10	Ottumwa	5:29.99	
11	Bardsley, Rachel	10	Cedar Rapids	5:32.04	
12	DeGeest, Hannah	11	Oskaloosa	5:32.11	
13	Jacobsen, Kirsten	12	Cedar Rapids	5:47.92	
14	Earhart, Breanna	10	Burlington	5:53.28	
15	Shramek, Crystal	10	Prairie Ceda	5:54.68	

Event 47 Girls 3000 Meter Run 4A

=====
 State Record: * 9:50.83 5/18/2006 Stephanie Mundt, Urbandale
 All-Time: ! 9:47.53 2000 Michelle Lilienthal, Iowa City High
 Name Year School Finals Points

1	Fick, Allison	10	Iowa City We	10:47.45	10
2	Wickman, Sarah	12	Iowa City We	11:15.98	8
3	Kregel, Hannah	10	Iowa City Ci	11:22.05	6
4	Nedderman, Laura	11	Cedar Rapids	11:41.64	4
5	Dickinson, Sara	9	Oskaloosa	11:52.99	2
6	McFarland, Lindsay	10	Iowa City Ci	12:04.85	1
7	DeGeest, Hannah	11	Oskaloosa	12:14.00	
8	Thompson, Amy	11	Cedar Rapids	13:13.94	
--	Ebelsheiser, Shalynn	10	Ottumwa	DNF	

Event 55 Girls 100 Meter Hurdles 4A

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 State Record: * 13.76 5/20/2006 Jenna Caffrey, Burlington
 All-Time: ! 13.40 1998 Lolo Jones, Des Moines Roosevelt
 Name Year School Prelims Wind H#

Preliminaries

1	Jordan, Mariah	10	Iowa City Ci	14.51q	NWI	2
2	Johnson, Katie	12	Iowa City We	14.97q	NWI	1
3	Rydze, Veronica	12	Iowa City Ci	15.51q	NWI	1
4	Person, Katherine	11	Ottumwa	15.60q	NWI	1
5	Mason, Natalie	9	Iowa City We	15.62q	NWI	2
6	Hart, Courtney	11	Burlington	15.89q	NWI	2
7	Axline, Kelsey	11	Cedar Rapids	16.14q	NWI	2
8	Patton, Ashley	10	Burlington	16.27q	NWI	1
9	Threath, Tiffany	12	Cedar Rapids	16.45	NWI	2
10	Peak, Kyla	11	Cedar Rapids	16.56	NWI	1
11	Gordy, Jacque	10	Oskaloosa	17.01	NWI	1
12	Montgomery, Mariah	10	Prairie Ceda	17.03	NWI	2
13	Richardson, Brittany	12	Prairie Ceda	17.29	NWI	1
14	Roberts, Dana	12	Ottumwa	17.45	NWI	2
15	LeClere, Therese	12	Cedar Rapids	17.51	NWI	2

Event 55 Girls 100 Meter Hurdles 4A

=====
 State Record: * 13.76 5/20/2006 Jenna Caffrey, Burlington

All-Time: ! 13.40 1998

Lolo Jones, Des Moines Roosevelt

Name Year School Finals Wind Points

Finals

1	Jordan, Mariah	10	Iowa City Ci	14.68	NWI	10
2	Johnson, Katie	12	Iowa City We	14.80	NWI	8
3	Rydze, Veronica	12	Iowa City Ci	15.36	NWI	6
4	Person, Katherine	11	Ottumwa	15.69	NWI	4
5	Mason, Natalie	9	Iowa City We	15.73	NWI	2
6	Axline, Kelsey	11	Cedar Rapids	16.11	NWI	1
7	Hart, Courtney	11	Burlington	16.25	NWI	
8	Patton, Ashley	10	Burlington	16.33	NWI	

Event 60 Girls 400 Meter Hurdles 4A

State Record: * 1:03.48 5/19/2006 Jenna Caffrey, Burlington

All-Time: ! 57.30 1975 Debbie Esser, Woodbine

Name Year School Finals H# Points

1	Sabers, Molly	12	Iowa City Ci	1:04.80	2	10
2	Sosa, Sarah	11	Ottumwa	1:06.45	2	8
3	Rydze, Veronica	12	Iowa City Ci	1:06.86	2	6
4	Banes, Jessica	12	Prairie Ceda	1:08.22	1	4
5	Minor, Liza	10	Iowa City We	1:09.81	2	2
6	Mason, Natalie	9	Iowa City We	1:10.36	2	1
7	Katzman, Cierra	11	Cedar Rapids	1:11.43	2	
8	Miller, Jennifer	10	Cedar Rapids	1:11.78	1	
9	Hart, Courtney	11	Burlington	1:12.14	2	
10	Crew, Catherine	11	Cedar Rapids	1:13.06	2	
11	Brostrom, Haley	11	Oskaloosa	1:13.76	1	
12	Bixler, Jessica	12	Oskaloosa	1:14.05	1	
13	Montgomery, Mariah	10	Prairie Ceda	1:18.33	1	
14	King, Whitney	12	Cedar Rapids	1:22.48	1	
--	Patton, Ashley	10	Burlington	DNF	1	

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A

State Record: * 1:01.47 5/19/2005 Burlington, Burlington

N Standard, T Hendricks, K Smith, J Caffrey

All-Time: ! 1:00.80 2003 Mason City, Mason City

School Finals H# Points

1	Iowa City City High	1:02.36	2	10
	1) Rydze, Veronica 12		2) Jordan, Mariah 10	
	3) Harris, Mercedes 10		4) Sabers, Molly 12	
2	Burlington	1:03.24	2	8
	1) Hart, Courtney 11		2) Heath, Melanie 10	
	3) Smith, Kelsey 12		4) Hendricks, Tiffany 12	
3	Iowa City West	1:03.92	2	6
	1) Crutcher, Tiesha 11		2) Ludvicek, Brooke 10	
	3) Mason, Natalie 9		4) Johnson, Katie 12	
4	Cedar Rapids Jefferson	1:06.37	2	4
	1) Katzman, Cierra 11		2) LeClere, Therese 12	
	3) Threatt, Tiffany 12		4) Galvin, Allison 11	
5	Cedar Rapids Kennedy	1:07.38	1	2
	1) Axline, Kelsey 11		2) Allard, Whitley 12	
	3) Painter, Angela 12		4) Peak, Kyla 11	

6	Ottumwa	1:07.46	1	1
	1) Sosa, Sarah 11			
	2) Throgmartin, Rachel 12			
	3) Roberts, Dana 12			
	4) Person, Katherine 11			
7	Prairie Cedar Rapids	1:08.25	1	
	1) Richardson, Brittany 12			
	2) Banes, Jessica 12			
	3) Perlwitz, Breanne 9			
	4) Montgomery, Mariah 10			
8	Oskaloosa	1:12.86	1	
	1) Gordy, Jacque 10			
	2) VanWyk, Nakeesha 11			
	3) Bixler, Jessica 12			
	4) Rohloff, Allison 10			

Event 76 Girls 4x100 Meter Relay 4A

School	Finals	Points
1 Iowa City City High	49.45	10
1) Koenig, Sydni 12		
2) Nelson, Brittany 9		
3) Sparks, Emily 10		
4) Wilkinson, Ashley 9		
2 Burlington	49.97	8
1) Heath, Melanie 10		
2) Zaiser, Hannah 12		
3) Smith, Kelsey 12		
4) Hendricks, Tiffany 12		
3 Iowa City West	50.03	6
1) Nelson, Breanna 10		
2) Roskos, Morgan 9		
3) Johnson, Katie 12		
4) Gehrke, Jessica 9		
4 Cedar Rapids Jefferson	50.51	4
1) Young, Alex 9		
2) Mayes, Saterika 12		
3) Galvin, Allison 11		
4) Katzman, Cierra 11		
5 Cedar Rapids Kennedy	51.08	2
1) Axline, Kelsey 11		
2) Coleman, Jalisa 11		
3) Schatzle, Maggie 9		
4) Lichty, Daysha 10		
6 Prairie Cedar Rapids	51.79	1
1) Lee, Mar cayla 9		
2) Carver, Beth 11		
3) Kueny, Samantha 10		
4) Smith, Adrienne 11		
7 Oskaloosa	51.90	
1) DeHeer, Kaitlin 10		
2) Bixler, Jessica 12		
3) Converse, Courtney 9		
4) Hadden, Caitlin 12		
8 Ottumwa	51.95	
1) Throgmartin, Rachel 12		
2) Spurgeon, Kendra 11		
3) Person, Katherine 11		
4) Pope, Akiya 11		

Event 84 Girls 4x200 Meter Relay 4A

School	Finals	Points
1 Iowa City West	1:45.45	10
1) Gehrke, Jessica 9		
2) Hoagland, Chloe 9		
3) Roskos, Morgan 9		
4) Mellecker, Lisa 12		
2 Iowa City City High	1:46.59	8
1) Koenig, Sydni 12		
2) Mueller, Signe 12		
3) Wilkinson, Ashley 9		
4) Nelson, Brittany 9		
3 Cedar Rapids Jefferson	1:47.18	6
1) Sindelar, Sarah 9		
2) Mayes, Saterika 12		
3) Galvin, Allison 11		
4) Katzman, Cierra 11		
4 Cedar Rapids Kennedy	1:47.90	4
1) Schatzle, Maggie 9		
2) Coleman, Jalisa 11		

State Record: * 1:43.04 5/19/2006 Cedar Falls, Cedar Falls
 K Karsten, B Hutchins, N Savage, F Burt
 All-Time: ! 1:41.00 1975 Woodbine, Woodbine

3) Goddard, Sarah 11	4) Lichty, Daysha 10		
5 Prairie Cedar Rapids		1:49.04	2
1) Ternus, Audrey 10	2) Carver, Beth 11		
3) Peters, Rachel 9	4) Smith, Adrienne 11		
6 Burlington		1:49.84	1
1) Heath, Melanie 10	2) Cary, Mariah 10		
3) Smith, Kelsey 12	4) Redd, Tenyshia 10		
7 Oskaloosa		1:52.18	
1) DeHeer, Kaitlin 10	2) Converse, Courtney 9		
3) Bixler, Jessica 12	4) Hadden, Caitlin 12		
8 Ottumwa		1:54.67	
1) Throgmartin, Rachel 12	2) Pope, Akiya 11		
3) Courtney, Kaitlin 12	4) Kelly-Celania, Kelsey 10		

Event 92 Girls 4x400 Meter Relay 4A

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State Record: *	3:53.65	5/20/2006	Waukee, Waukee
			C Johannesan, W Westrum, A Cope, C Gnade
All-Time: !	3:51.70	1981	Starmont, Starmont
School			Finals Points
=====			
1 Iowa City West		4:01.30	10
1) Schilling, Kalee 10	2) Walz, Elise 11		
3) Schuette, Kristi 11	4) Mellecker, Lisa 12		
2 Iowa City City High		4:05.38	8
1) Mueller, Signe 12	2) Mills, Caroline 12		
3) Sabers, Molly 12	4) Krei, Kelly 11		
3 Cedar Rapids Kennedy		4:08.91	6
1) Koskamp, Bethany 12	2) Kleiman, Sarah 12		
3) Shimak, Trisha 12	4) Erickson, Nicole 11		
4 Ottumwa		4:15.24	4
1) Sosa, Sarah 11	2) Gray, Michelle 10		
3) McElroy, Kaitlin 9	4) Spurgeon, Kendra 11		
5 Prairie Cedar Rapids		4:15.30	2
1) Peters, Rachel 9	2) Carver, Beth 11		
3) Calef, Danielle 12	4) Ternus, Audrey 10		
6 Cedar Rapids Jefferson		4:15.71	1
1) Burger, Amanda 10	2) Berryman, Andrea 10		
3) Trosky, Lauren 9	4) Williams, BreAnna 11		
7 Oskaloosa		4:20.88	
1) VanDusseldorp, Trisha 11	2) Knoot, Amber 12		
3) Williams, Lauren 10	4) Stanton, Emily 12		
-- Burlington		DNF	
1) Anderson, Sarah 9	2) Dichraff, Bethany 9		
3) O'Brien, Kellie 12	4) Redd, Tenyshia 10		

Event 100 Girls 4x800 Meter Relay 4A

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State Record: *	9:22.38	2004	West Des Moines Valley, WDM Valley
			M. Jensen, L. Hill, L. Shaw, J. Wiegert
All-Time: !	9:09.09	2001	Iowa City West, Iowa City West
School			Finals Points
=====			
1 Iowa City City High		9:54.80	10
1) Fagan, Emily 9	2) Rethwisch, Amanda 10		
3) Ziegenhorn, Sarah 12	4) Sidwell, Samantha 12		
2 Iowa City West		9:56.14	8

1) Walz, Elise 11	2) Broghamer, Jenna 10		
3) Skopec, Christine 12	4) Engelhardt, Nichole 10		
3 Ottumwa		10:16.96	6
1) Swanstrom, Victoria 9	2) Gray, Michelle 10		
3) McElroy, Kaitlin 9	4) Cook, Emilee 10		
4 Prairie Cedar Rapids		10:20.31	4
1) Hadenfeldt, Teal 09	2) Calef, Danielle 12		
3) Hills, Annie 9	4) Leggat, Kaila 9		
5 Cedar Rapids Kennedy		10:28.59	2
1) Steinmetz, Valerie 11	2) Bardsley, Rachel 10		
3) Landon-Heinbuch, Bethany 10	4) Kleiman, Sarah 12		
6 Burlington		11:02.40	1
1) Boche, Bethy 09	2) Dichraff, Bethany 9		
3) Parrish, Ashley 9	4) Roy, Liz 12		
7 Oskaloosa		11:51.65	
1) Groet, Savannah 9	2) Alexander, Morgan 10		
3) Sams, Brittany 10	4) Greenhalgh, Megan 9		

Event 106 Girls 400 Meter Dash 4A

State Record: * 56.54 2004 Liz Bradfield, Cedar Falls					
All-Time: ! 54.09 1984 Natasha Kaiser, Des Moines Roosevelt					
Name	Year	School	Finals	H#	Points
1 Krei, Kelly	11	Iowa City Ci	56.47*	2	10
2 Erickson, Nicole	11	Cedar Rapids	58.59	2	8
3 Sa-Aadu, Hadiza	11	Iowa City We	58.86	2	6
4 Schuette, Kristi	11	Iowa City We	1:01.64	2	4
5 Harris, Mercedes	10	Iowa City Ci	1:02.52	2	2
6 O'Brien, Kellie	12	Burlington	1:03.45	2	1
7 Landon-Heinbuch, Bethany	10	Cedar Rapids	1:04.87	2	
8 Rotter, Ashley	9	Prairie Ceda	1:06.57	2	
9 Hopkins, Mariah	11	Ottumwa	1:07.75	1	
10 Hadenfeldt, Teal	09	Prairie Ceda	1:08.10	1	
11 Burden, Kindsay	12	Cedar Rapids	1:08.21	1	
12 Dostal, Vicki	09	Cedar Rapids	1:09.50	1	
13 Poncy, Alisha	10	Oskaloosa	1:12.19	1	
14 Reger, Becca	9	Burlington	1:12.21	1	

Event 114 Girls 800 Sprint Medley 4A

State Record: * 1:46.00 5/20/2006 Iowa City City High, Iowa City City					
S Koenig, S Anciaux, S Mueller, K Krei					
All-Time: ! 1:44.98 1985 Des Moines Roosevelt, Des Moines					
Roosevelt					
School			Finals	Points	
1 Iowa City City High			1:47.84	10	
1) Sparks, Emily 10	2) Mueller, Signe 12				
3) Mims, Kelsey 12	4) Krei, Kelly 11				
2 Burlington			1:50.15	8	
1) McVey, Tiffany 11	2) Smith, Kelsey 12				
3) Redd, Tenyshia 10	4) Hendricks, Tiffany 12				
3 Iowa City West			1:50.46	6	
1) Qiu, Qiong 11	2) Nelson, Breanna 10				
3) Roskos, Morgan 9	4) Sa-Aadu, Hadiza 11				
4 Cedar Rapids Kennedy			1:51.32	4	

1) Schatzle, Maggie 9	2) Lichty, Daysha 10		
3) Koskamp, Bethany 12	4) Erickson, Nicole 11		
5 Cedar Rapids Jefferson		1:52.79	2
1) Atwood, Angie 11	2) Mayes, Saterika 12		
3) Galvin, Allison 11	4) Sindelar, Sarah 9		
6 Prairie Cedar Rapids		1:52.81	1
1) Lee, Mar cayla 9	2) Peters, Rachel 9		
3) Smith, Adrienne 11	4) Carver, Beth 11		
7 Oskaloosa		1:54.35	
1) DeHeer, Kaitlin 10	2) Hadden, Caitlin 12		
3) Knoot, Amber 12	4) Stanton, Emily 12		
8 Ottumwa		1:59.76	
1) Throgmartin, Rachel 12	2) Pope, Akiya 11		
3) Courtney, Kaitlin 12	4) Swanstrom, Victoria 9		

Event 122 Girls High Jump 4A

State Record: * 5-07 5/19/2005 Alison Dirks, Iowa City West
 All-Time: ! 6-00 2002 Stacy Boerema, Clinton

Name	Year	School	Finals	Points
1 Nierman, Laura	11	Iowa City We	5-04.00	10
2 Brooks, Stephanie	9	Iowa City Ci	5-00.00	8
3 Peters, Rachel	9	Prairie Ceda	4-10.00	6
4 Banes, Jessica	12	Prairie Ceda	4-08.00	4
5 Hopkins, Mariah	11	Ottumwa	4-06.00	2
6 McCurn, Karissa	9	Iowa City Ci	4-06.00	1

Event 130 Girls Long Jump 4A

State Record: * 19-02.25 2004 LaNeisha Waller, CR Washington
 All-Time: ! 19-05 2003 LaNeisha Waller, Cedar Rapids Jefferson

Name	Year	School	Finals	Wind	Points
1 Gehrke, Jessica	9	Iowa City We	17-10.25	NWI	10
2 Hendricks, Tiffany	12	Burlington	17-03.00	NWI	8
3 Whiting, Ashley	11	Iowa City Ci	16-00.25	NWI	6
4 Hansen, Sami	11	Iowa City We	15-10.75	NWI	4
5 Cary, Mariah	10	Burlington	15-10.00	NWI	2
6 Porter, Kandice	10	Cedar Rapids	15-02.00	NWI	1
7 Painter, Angela	12	Cedar Rapids	15-00.50	NWI	
8 Brostrom, Haley	11	Oskaloosa	14-11.25	NWI	
9 Converse, Courtney	9	Oskaloosa	14-09.00	NWI	
10 Nunemaker, Jessica	10	Prairie Ceda	14-01.50	NWI	

Event 138 Girls Discus Throw 4A

State Record: * 139-00 5/19/2005 Katie Bartlett, DM Roosevelt
 All-Time: ! 162-05 2000 Abby Emsick, Lewis Central

Name	Year	School	Finals	Points
1 Freeman, Taylor	11	Iowa City We	158-04*	10
2 Haight, Danica	12	Iowa City We	133-03	8
3 Anciaux, Sarah	12	Iowa City Ci	133-01	6
4 Ziskovsky, Allie	11	Prairie Ceda	127-11	4
5 Banes, Jordan	12	Prairie Ceda	124-01	2
6 Lewis, Kyhia	12	Ottumwa	117-10	1

7	Hendricks, Brooke	11	Burlington	113-09
8	Minchk, Laura	12	Iowa City Ci	111-07
9	McDonnell, Elizabeth	10	Cedar Rapids	109-05
10	Downing, Karie	12	Ottumwa	109-03
11	Meyer, Ashley	12	Oskaloosa	92-01
12	West, Brittney	11	Cedar Rapids	91-04
13	McMenomy, Erica	11	Cedar Rapids	89-00
14	Wright, Cimone	9	Cedar Rapids	86-08
15	Whitehair, Jenni	9	Burlington	76-09
16	Weltch, Tamara	9	Oskaloosa	70-10

Event 146 Girls Shot Put 4A

State Record: * 45-01.75 5/19/2006 Danica Haight, Iowa City West
 All-Time: ! 53-03.50 1992 Paulette Mitchell, Council Bluffs AL
 Name Year School Finals Points

1	Haight, Danica	12	Iowa City We	47-07.75*	10
2	Freeman, Taylor	11	Iowa City We	42-09.25	8
3	Ziskovsky, Allie	11	Prairie Ceda	42-00.00	6
4	Anciaux, Sarah	12	Iowa City Ci	40-07.50	4
5	Minchk, Laura	12	Iowa City Ci	39-01.50	2
6	Williams, Rachel	12	Prairie Ceda	38-11.50	1
7	Lewis, Kyhia	12	Ottumwa	37-07.25	
8	Downing, Karie	12	Ottumwa	36-05.00	
9	Wright, Cimone	9	Cedar Rapids	33-00.00	
10	Hendricks, Brooke	11	Burlington	32-03.00	
11	Watson, Samantha	11	Cedar Rapids	31-07.00	
12	McMenomy, Erica	11	Cedar Rapids	31-02.00	
13	Whitehair, Jenni	9	Burlington	29-08.00	
14	Vonk, Ashley	11	Oskaloosa	29-03.00	
15	West, Brittney	11	Cedar Rapids	28-04.25	
16	Hamilton, Lorrie	10	Oskaloosa	27-03.50	

Event 151 Girls Distance Medley 4A

State Record: * 4:08.95 5/19/2006 Des Moines Roosevelt, DM Roosevelt
 L Cannaday, K Nangle, A Black-Scott, H Roeder
 All-Time: ! 4:03.56 2001 Iowa City High, Iowa City High
 School Finals Points

1	Iowa City City High			4:15.28	10
	1) Mueller, Signe 12	2)	Mills, Caroline 12		
	3) Mims, Kelsey 12	4)	McKay, Annie 12		
2	Oskaloosa			4:20.11	8
	1) Brostrom, Haley 11	2)	Knoot, Amber 12		
	3) Stanton, Emily 12	4)	VanDusseldorp, Trisha 11		
3	Iowa City West			4:20.47	6
	1) Qiu, Qiong 11	2)	Nelson, Breanna 10		
	3) Schilling, Kalee 10	4)	Wickman, Sarah 12		
4	Burlington			4:28.20	4
	1) Zaiser, Hannah 12	2)	Robinson, Tawana 12		
	3) Redd, Tenyshia 10	4)	Lambert, Hannah 12		
5	Cedar Rapids Jefferson			4:32.28	2
	1) Atwood, Angie 11	2)	Young, Alex 9		
	3) Burger, Amanda 10	4)	Whitters, Sarah 12		
6	Ottumwa			4:34.67	1

- | | |
|-------------------------|------------------------|
| 1) Spurgeon, Kendra 11 | 2) Pope, Akiya 11 |
| 3) Sosa, Sarah 11 | 4) Cook, Emilee 10 |
| 7 Prairie Cedar Rapids | 4:36.40 |
| 1) Sevcik, Jessica 10 | 2) Lee, Mar cayla 9 |
| 3) Ternus, Audrey 10 | 4) Meskimen, Lindsey 9 |
| -- Cedar Rapids Kennedy | DQ |
| 1) Schatzle, Maggie 9 | 2) Lichty, Daysha 10 |
| 3) Koskamp, Bethany 12 | 4) Kleiman, Sarah 12 |

Women - 4A - Team Rankings - 19 Events Scored

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1) Iowa City West	205	2) Iowa City City High	185
3) Burlington	45	4) Prairie Cedar Rapids	44
5) Ottumwa	35	6) Cedar Rapids Kennedy	34
7) Oskaloosa	21	8) Cedar Rapids Jefferson	20