

28TH ANNUAL A.C. FORWALD RELAYS  
CITY HIGH TRACK  
APRIL 22, 2000  
GIRLS' RESULTS

3000 METER RUN      Time: 9:53.24  
1. Michelle Lilienthal      City 9:53.24  
2. Lesley Smith      West 10:23.46  
3. Sarah Lacina      Muscatine 10:54.59  
4. Lauren Levy      West 11:06.48  
5. Molly Meng      City 11:11.92  
6. Larisa Nordstrom      Valley 11:38.77

SHUTTLE HURDLE RELAY      Time: 1:03.36 RECORD (Old record 1:04.45 -  
Newton)  
1. Valley (Lindsey Anderson, Sarah Boisen, Carolyn Schoen, Alli Karnj)1:03.36  
2. West      1:03.61  
3. Newton      1:04.50  
4. City      1:05.99  
5. Pleasant Valley      1:08.49  
6. Indianola      1:08.71

4 X 800 METER RELAY      Time: 9:57.14  
1. City (Michelle Lake, Sarah Heefner, Kelsie Linder, Jordan Kerstetter)  
9:57.14  
2. Pleasant Valley      9:59.88  
3. West      10:11.00  
4. Valley      10:16.93  
5. Indianola      10:27.01  
6. Newton      11:07.25

DISTANCE MEDLEY      Time: 4:13.97 RECORD (Old record 4:15.96 - West)  
1. West (Lindsay Windauer, Ashley Johnson, Marla Froelich, Jeni Frudden)  
4:13.97  
2. City      4:22.53  
3. Valley      4:23.57  
4. Muscatine      4:39.69  
5. Pleasant Valley      4:44.02  
6. Newton      4:44.34

100 METER DASH      Time: :12.43  
1. Sarah Riedel      Muscatine :12.43  
2. Christen Karniski      West :12.63  
3. Elizabeth Matzen      City :12.70  
4. Brook Bowman      North Scott :13.15

5. Ashley Balli North Scott :13.17
6. Channing Thyberg Valley :13.40

400 METER DASH Time: :57.06 RECORD (Old record :58.38 - Indianola)

1. C. Muenzenberger Valley :57.06
2. Amanda Bales Pleasant Valley :59.26
3. Lynn Dobyns West 1:00.00
4. Anne Hamilton North Scott 1:00.55
5. Monica Mims City 1:01.33
6. Avery Bang West 1:01.67

4 X 200 METER RELAY Time: 1:46.56

1. City (Amanda Neard, Amber Thalken, Melissa Holland, Nicole Gatens)  
1:46.56
2. Newton 1:47.19
3. Muscatine 1:48.81
4. Valley 1:49.49
5. West 1:50.06
6. Pleasant Valley 1:50.94

100 METER HURDLES Time: :14.87

1. Lindsey Andersen Valley :14.87
2. Brooke Plumb Newton :15.15
3. Alli Karns Valley :15.27
4. Maya Monitto-Webber City :15.39
5. Pearl Ma West :15.40
6. Kerri Scholl West :15.73

800 METER RUN Time: 2:19.55

1. Amanda Bales Pleasant Valley 2:19.55
2. Lesley Smith West 2:24.48
3. Lynn Dobyns West 2:24.85
4. Shaela Bresnan Indianola 2:24.95
5. Kelsie Linder City 2:24.96
6. Molly Gable City 2:25.52

200 METER DASH Time: :25.74

1. Christie Muenzenberger Valley :25.74
2. Sarah Reidel Muscatine :25.80
3. Amanda Nearad City :26.06
4. Christen Karniski West :27.07

5. Melissa Holland City :27.49
6. Jenny Streinz West :27.62

400 METER LOW HURDLES Time: 1:05.24 RECORD (Old record 1:05.25 - City)

1. Nicole Gatens City 1:05.24
2. Lara Janson West 1:06.34
3. Sarah Boisen Valley 1:07.59
4. Hillary Mills City 1:07.99
5. Brooke Plumb Newton 1:10.69
6. Megan Daugherty Pleasant Valley 1:12.37

SPRINT MEDLEY Time: 1:50.90

1. Valley (Shannon Smith, Aubrie Fontanini, Jeffia Hill, Christie Muenzenberger)
2. Newton 1:51.24
3. City 1:53.53
4. West 1:55.40
5. North Scott 1:55.48
6. Pleasant Valley 1:57.95

1500 METER RUN Time: 4:36.08 RECORD (Old record 4:41.17 - City)

1. Michelle Lilienthal City 4:36.08
2. Jeni Frudden West 4:53.53
3. Ali Kirsch City 4:59.17
4. Lauren Levy West 5:08.68
5. Katie Funk Valley 5:21.46
6. Karri Wells Indianola 5:30.12

4 x 100 METER RELAY Time: :50.25

1. City (Amanda Nearad, Morgan Rohrbach, Melissa Holland, Elizabeth Matzen)
2. West :51.37
3. Valley :51.70
4. Muscatine :51.76
5. Newton :52.89
6. Indianola :54.84

4 x 400 METER RELAY Time: 4:04.74 RECORD (Old record 4:05.24 - City)

1. West (Avery Bang, Ashley Johnson, Lara janson, Lynn Dobyms) 4:04.74
2. Newton 4:06.16
3. City 4:08.42
4. Valley 4:11.61
5. Pleasant Valley 4:13.19
6. Muscatine 4:14.08

SHOT PUT Distance: 44'6" RECORD (Old record - 40'10" - Pleasant Valley)

1. Maureen Head West 44'6"
2. Liz Hatfield Valley 41'7"
3. Aubrey Martin Muscatine 41'5"
4. Marla Froelich West 38' 1/2"
5. Kellie Krukow North Scott 36'1 1/2"
6. B.J. McDuffie City 35'7"

DISCUS Distance: 140'2" RECORD (Old record - 125'8" - Muscatine)

1. Maureen Head West 140'2"
2. Jessica Elliott City 118'9"
3. Aubry Martin Muscatine 115'11"
4. Sara Thompson Pleasant Valley 111'9"
5. Erin Broberg Indianola 109'10"
6. Kellie Krukow North Scott 103'10"

HIGH JUMP Height: 5'0"

1. Neisha Stocking Pleasant Valley 5'0"
2. Mandy Voss City 5'0"
3. Niki Sauerbrei Muscatine 5'0"
4. Michelle Nielsen North Scott 4'10"
4. Melissa Moore Newton 4'10"
6. Jessica Branstetter City 4'10"
6. Sarah Hoy Valley 4'10"

LONG JUMP Distance: 15'11 1/2"

1. Marla Froelich West 15'11 1/2"
2. Jessica Tracy Valley 15'6 1/4"
3. Valerie Vargus Muscatine 15'2 1/4"
4. Andrea Hensel Pleasant Valley 14'7"
5. Shaela Bresnan Indianola 14'6 1/2"
6. Mindy Heidgerken North Scott 14'5 3/4"

TOTAL POINTS

West High	127
City High	118.5
WDM Valley	92.5
Muscatine	49
Pleasant Valley	45
Newton	44.5
North Scott	16.5
Indianola	12