

36th Annual
A.C. Forwald Relays - 4/18/2008
City High School, Raffensperger Track
Results

Event 1 Girls 3000 Meter Run

New Record: ! 9:48.64 1999 Michelle Lilienthal, City High School				
Name	Year	School	Finals	Points
1 Allison Fick	11	Iowa City West	10:39.61	10
2 Nicole Engelhardt	11	Iowa City West	10:43.65	8
3 Emily Fagan	10	Iowa City City H	10:54.03	6
4 Lindsay McFarland	11	Iowa City City H	11:32.18	4
5 Sofiya Hupalo	12	Ames	11:38.48	2
6 Megan Skold	09	West Des Moines	11:57.75	1
7 Kirsten Angus	09	West Des Moines	11:57.88	
8 Izzy Shinnick-Gordon	10	Iowa City City H	x12:00.43	
9 Morgan Meseke	11	Pleasant Valley	12:01.24	
-- Jenna Broghamer	11	Iowa City West	NT	
-- Virginia Schuler	11	Pleasant Valley	NT	
-- Rachel Hauber	11	Ames	NT	
-- Kelsey Berens	10	North Scott	NT	
-- Alison Meyer	12	West Des Moines	NT	
-- Stacy Jones	12	Pleasant Valley	NT	

Event 2 Boys 4x800 Meter Relay

New Record: ! 7:57.68 1996 , Indianola High School Launspach, Bresnin, Laxton, Williams				
School			Finals	Points
1 Iowa City West 'A'			8:13.42	10
1) Joel Dotseth 12	2) Andrew Mitchell 11			
3) Matt Moore 12	4) Brady Fritz 12			
2 Pleasant Valley 'A'			8:13.77	8
1) John Sokolik 09	2) Austin O'Brien 10			
3) Wade Lang 11	4) Andrew Swanson 10			
3 Iowa City City High 'A'			8:20.56	6
1) Jeremy Krueger 11	2) Lukas Ovrom 10			
3) Dyllon McIntosh 11	4) Kody Stahle 10			
4 Des Moines East 'A'			8:36.69	4
1) Tanner Luft 12	2) Learie Jones 10			
3) Dunlap Hall 10	4) Zach Mitchell 11			
5 North Scott 'A'			8:38.42	2
1) Matt Meyer 12	2) Mike Cranston 11			
3) P.J. Mills 11	4) Marshall Phares 12			
6 Washington 'A'			8:47.47	1
1) jorden vittetoe 10	2) caleb boyd 11			
3) Robert Seubert 10	4) travis shelman 10			
7 Linn-Mar 'A'			8:49.53	
1) Travis Johnson 12	2) Kyle Dochterman 09			
3) Chase Atkinson 11	4) Jordan Koser 12			

Event 3 Girls 4x800 Meter Relay

New Record: ! 9:25.43 2002 , Iowa City West				
J. Frudden, J. Dobyms, J. Frudden, L. Dobyms				
School			Finals	Points
1 Pleasant Valley 'A'			9:53.53	10
1) Kelsey Gantzer 11	2) Payton Strawser 09			
3) Avery Malmgren 09	4) Anne Martin 09			
2 Ames 'A'			9:55.11	8
1) Laura Gehring 12	2) Bryanna Behning 10			
3) Rebecca Miller 11	4) Ellen Hansen 10			
3 West Des Moines Valley 'A'			10:05.63	6
1) Lindsey Thorson 11	2) Helen Saggau 12			
3) Kate Cunningham 09	4) Kelsey Galles 10			
4 Iowa City City High 'A'			10:16.15	4
1) Ashley Fuller 09	2) Amanda Rethwisch 11			
3) Hannah Kregel 11	4) Danielle Hudachek 09			
5 Iowa City West 'A'			10:18.95	2
1) Taylor Fehlberg 09	2) Bridget Novak 09			
3) Elise Walz 12	4) Anna Murray 12			
6 North Scott 'A'			10:24.92	1
1) Kayla Naber 09	2) Kara Danielsen 12			
3) Keeley Danielsen 12	4) Kate Ploessl 10			
7 Muscatine 'A'			11:01.94	
1) Angela Karkosh 11	2) Allison Kisner 11			
3) Rachel Price 11	4) Cassy Dittmer 11			

Event 4 Boys 3200 Meter Run

New Record: ! 9:27.50 1976 Randy Jackson, City High School				
Name	Year	School	Finals	Points
1 Calvin Simmons	11	Iowa City City H	9:44.28	10
2 Obsa Tadessa	12	Iowa City West	9:54.79	8
3 Frank Canady	10	Iowa City West	10:06.21	6
4 Zach Bozman	11	Pleasant Valley	10:11.25	4
5 Matt Rubins	11	Pleasant Valley	10:13.79	2
6 Chris Robertson	10	Iowa City City H	10:15.09	1
7 Scott Mittman	10	Iowa City City H	x10:16.53	
8 Sam Read	10	Linn-Mar	10:26.07	
9 Blake Colton	12	Linn-Mar	10:29.67	
10 Matt Hirsch	12	Muscatine	10:33.01	
11 Jason Kenyon	10	Muscatine	10:40.87	
12 Jacob Barker	12	Pleasant Valley	x10:53.78	
13 Jared Decker	10	Linn-Mar	x11:03.01	
14 Ahmed Abdallah	09	Iowa City West	x11:14.61	
15 Brandon Williams	11	Muscatine	x11:23.64	
16 Mike Jones	10	Des Moines East	11:54.54	
17 Jacob Sable	11	Des Moines East	12:00.57	
-- RJ Harris	11	Des Moines East	NT	

Event 5 Boys 4x110 Meter Shuttle Hurdle

New Record: ! 59.17 4/20/2007 Muscatine, Muscatine				
A Reimers, T Sulzberger, B Howard, A Bailey				
School			Finals	H# Points

1	Iowa City City High 'A'	59.62	2	10
	1) John Chelf 10			
	3) Chris Robison 12			
2	Washington 'A'	59.96	2	8
	1) Casey Negrete 11			
	3) Koby Wildenborg 10			
3	Muscatine 'A'	1:00.37	2	6
	1) Jared Hetzler 09			
	3) Kyle Allgood 11			
4	Iowa City West 'A'	1:00.75	1	4
	1) Peter Dolan 11			
	3) Ben Potter 11			
5	Des Moines East 'A'	1:00.78	2	2
	1) Tim Bolander 12			
	3) Jordan Owen 11			
6	Pleasant Valley 'A'	1:05.25	1	1
	1) Drew Shradel 12			
	3) Connor Peters 11			
7	North Scott 'A'	1:06.34	1	
	1) Connor Dahlstrom 11			
	3) Jake Garnette 09			
8	Linn-Mar 'A'	1:06.78	1	
	1) Noah Volgel 10			
	3) Nick Lucas 09			
	2) Noah Cmiel 10			
	4) James Taylor 10			
	2) Cody Redlinger 12			
	4) mike koehler 12			
	2) Jordan Lake 11			
	4) Alex Bailey 11			
	2) Leonard Sula 11			
	4) TJ Lytle 12			
	2) Sam Campbell 11			
	4) Josh Lewis 12			
	2) Andy Ambrose 11			
	4) Jake Forgie 09			
	2) Alex Rankin 10			
	4) Austin Schwartz 10			
	2) Andy Struik 10			
	4) Riley Neil 09			

Event 6 Girls 4x100 Meter Shuttle Hurdle

New Record: ! 1:02.43 4/19/2004 City High, City High School
V Rydze, A Fraga, M Sabers, E Triplett

School	Finals	H#	Points
1 Pleasant Valley 'A'	1:06.41	2	10
1) Leah Hodgin 12			
3) Leah Christensen 11			
2 Iowa City City High 'A'	1:06.43	2	8
1) Mercedes Harris 11			
3) Abby Neu 12			
3 Iowa City West 'A'	1:06.75	2	6
1) Brooke Ludvick 11			
3) Liza Minor 11			
4 West Des Moines Valley 'A'	1:09.31	2	4
1) Stephanie Weeks 10			
3) Meagan Anderson 12			
5 Ames 'A'	1:11.28	1	2
1) Autumn Thompson 12			
3) Kelsey Dietrich 11			
6 North Scott 'A'	1:18.12	1	1
1) Tessa Fink 10			
3) Dana Drummond 10			
2) Katie McNamara 10			
4) Susan Rodriguez 11			
2) Emily Sotelo 09			
4) Mariah Jordan 11			
2) Nicole Jensen 09			
4) Natalie Mason 10			
2) Laney Wallace 12			
4) Emma Swanson 12			
2) Maddie Andersen 09			
4) Lauren Naeve 12			
2) Torrie Carter 10			
4) Kelsi Rempe 09			

Event 7 Girls 100 Meter Dash

Name	Year	School	Finals	H#	Points
1 Ashley Wilkinson	10	Iowa City City H	12.60	2	10
2 Jessica Gehrke	10	Iowa City West	12.72	2	8

3	Jenna Higgins	11	North Scott	12.74	2	6
4	Breanna Nelson	11	Iowa City West	13.04	2	4
5	Christina Redd	10	West Des Moines	13.20	2	2
6	Majesty Tutson	11	Iowa City City H	13.65	1	1
7	Emily Guinn	10	Pleasant Valley	13.72	1	
8	Ashlin Hamner	12	West Des Moines	13.83	2	
9	Kelly McElhiney	09	Pleasant Valley	13.84	2	
10	Sophie Friedrich	12	Muscatine	14.28	1	
11	Megan Shoppa	09	Muscatine	14.31	1	
12	Kristen Norris	09	Ames	14.35	1	
13	Sally Moenk	10	North Scott	15.15	1	
--	Tulika Biswas	10	Ames	NT	2	

Event 8 Boys 100 Meter Dash

New Record: ! 10.53 1996		Merrill Coleman, City High School				
Name	Year	School	Finals	H#	Points	
1	Dorian Minter	12	Des Moines East	11.27	2	10
2	Kevin Dibbern	11	Iowa City City H	11.29	2	8
3	T.J. James	10	Des Moines East	11.58	2	6
4	Rontavius Farmer	12	Iowa City West	11.60	2	4
5	Gavin Smith	11	Iowa City West	11.74	2	2
6	Matt Petz	12	North Scott	11.78	2	1
7	Travis Anderson	09	North Scott	11.89	1	
8	Kyle Allgood	11	Muscatine	11.94	1	
9	Mitch Digmann	12	Linn-Mar	12.36	1	
10	Daniel Monroe	10	Muscatine	12.38	1	
11	Nick Schirmer	10	Linn-Mar	12.53	1	
12	Wade Lang	11	Pleasant Valley	12.58	1	
13	cole thomas	11	Washington	13.12	1	
--	david ochoa	11	Washington	NT	1	
--	Bryan Rohrbach	12	Iowa City City H	NT	2	

Event 11 Girls Distance Medley

New Record: ! 4:12.70 4/21/2006		Tipton High School, Tipton High Scho		
		B Foulks, C Kotz, C Marchik, A Miller		
School		Finals	Points	
1	Iowa City West 'A'	4:21.46	10	
	1) Chloe Hoagland 10			2) Qiong Qiu 12
	3) Kalee Schilling 11			4) Whitney Schuette 10
2	Pleasant Valley 'A'	4:26.79	8	
	1) Jenna McGee 09			2) Jenny Garter 12
	3) Sanjana Ramesh 09			4) Hannah Cassatt 10
3	Iowa City City High 'A'	4:27.93	6	
	1) Elaine Moen 12			2) Jill Stephenson 10
	3) Kelsey Coleman 09			4) Rebecca Rethwisch 09
4	Ames 'A'	4:40.03	4	
	1) Ashley Williams 11			2) Ally Eregbu 11
	3) Maggie Miller 09			4) Austin Gerritson 11
5	West Des Moines Valley 'A'	4:41.70	2	
	1) Sydney Borlabi 12			2) Bailey Wilson 09
	3) Miranda Paris 09			4) Emma Swanson 12
6	North Scott 'A'	4:43.86	1	
	1) Victoria Hawley 09			2) Alicia Rus 11

- | | |
|-----------------------|--------------------|
| 3) Kate Ploessl 10 | 4) Krista Cota 11 |
| 7 Muscatine 'A' | 5:16.30 |
| 1) Carly Hathaway 10 | 2) Sarah Tobias 11 |
| 3) MacKenzie Bisby 10 | 4) Dani Wanfalt 10 |

Event 12 Girls 400 Meter Dash

New Record: ! 57.21 2007		Kelly Krei, City High School		Finals	H#	Points
Name	Year	School				
1 Kelly Krei	12	Iowa City City H		58.10	2	10
2 Kristi Schuette	12	Iowa City West		59.81	2	8
3 Hadiza Sa-Aadu	12	Iowa City West		1:00.76	2	6
4 Stephanie Soh	12	Ames		1:03.06	2	4
5 Kayla Naber	09	North Scott		1:04.06	2	2
6 Lindsey Thorson	11	West Des Moines		1:05.11	2	1
7 Stacy Clark	09	Pleasant Valley		1:05.20	2	
8 Sadie Kaminski	11	Pleasant Valley		1:06.91	1	
9 Mallory Hynes	10	Iowa City City H		1:07.93	1	
10 Kaela Harrison	10	West Des Moines		1:08.29	2	
11 Christina Martin	11	North Scott		1:38.59	1	
-- Annie Block	10	Ames		NT	1	

Event 13 Boys 400 Meter Dash Dick Feeney

New Record: ! 47.50 2002		Calvin Davis, City High School		Finals	H#	Points
Name	Year	School				
1 Blake Irwin	12	Pleasant Valley		49.64	2	10
2 Kevin Dibbern	11	Iowa City City H		49.75	2	8
3 Alonzo Markham	11	Iowa City West		49.99	2	6
4 Mike Hemming	12	Pleasant Valley		51.16	2	4
5 Zach Braff	12	Linn-Mar		51.54	2	2
6 Leo Ukpan	11	Des Moines East		51.83	2	1
7 DeAngelo Hall	12	Des Moines East		52.03	2	
8 Andrew Mitchell	11	Iowa City West		52.63	1	
9 Ryan Stewart	09	Iowa City City H		53.87	1	
10 Jon Rehnstrom	12	Linn-Mar		54.24	2	
11 Stephen Luth	12	Muscatine		54.87	1	
12 Jacob Hirsch	11	Muscatine		56.33	1	
13 Chris Amaya	11	North Scott		57.31	1	

Event 14 Girls 4x200 Meter Relay

New Record: ! 1:42.89 1999		, City High School		Finals	Points
School		Knight, Gatens, Starr, Price			
1 Pleasant Valley 'A'				1:48.19	10
1) Kailey Bueker 09		2) Jenna McGinnis 10			
3) Anna Sokolik 12		4) Kelsey Kraft 11			
2 Iowa City West 'A'				1:48.98	8
1) Tiffany Roth 11		2) Dani Freeman 12			
3) Sarah Hagen 11		4) Mariah Hinton 11			
3 West Des Moines Valley 'A'				1:50.05	6
1) Nicole Krois 11		2) Ashlin Hamner 12			
3) Alex Borlabi 10		4) Christina Redd 10			

4	Iowa City City High 'A'	1:51.52	4
	1) Tara Mills 10	2) Sarah Maynard 12	
	3) Kari Mueller 09	4) Mercedes Harris 11	
5	Ames 'A'	1:52.99	2
	1) Lauren Bonett 10	2) Anna Ashley 11	
	3) Lauren Grant 09	4) Emily Wandling 10	
6	North Scott 'A'	1:54.96	1
	1) Stephanie Schmidt 10	2) Alexa Ashcraft 12	
	3) Paula Wagner 12	4) Kelsi Rempe 09	
7	Muscatine 'A'	1:59.82	
	1) Sarah Martin 10	2) Andrea Chatfield 09	
	3) Taylor Duncan 11	4) Megan Shoppa 09	

Event 15 Boys 4x200 Meter Relay

=====			
New Record: ! 1:27.66 4/19/2004 Des Moines East, Des Moines East			
Daniels, Hayes, Thomas, Thompson			
School		Finals	Points
=====			
1	Des Moines East 'A'	1:32.11	10
	1) Dorian Minter 12	2) Tim Bolander 12	
	3) Justyn Lewis 12	4) T.J. James 10	
2	Iowa City West 'A'	1:33.29	8
	1) Jonathan Williams 09	2) Leonard Sula 11	
	3) Keenan Bryant 12	4) Aaron Martin 12	
3	Iowa City City High 'A'	1:33.58	6
	1) Andrew Grove 11	2) Nick Reuter 10	
	3) Bryan Rohrbach 12	4) Nate Behlke 12	
4	Pleasant Valley 'A'	1:36.05	4
	1) Tim Martinez 10	2) Ellis Robinson 11	
	3) Maurice Terrell 09	4) Bruce Clark 12	
5	Linn-Mar 'A'	1:36.45	2
	1) Nick Lucas 09	2) Aaron Razo 09	
	3) Nick Schirmer 10	4) Max Carlson 10	
6	North Scott 'A'	1:40.93	1
	1) Tyler Johnson 11	2) Ethan Rus 11	
	3) Tommy Mitchell 12	4) Jake Garnette 09	
--	Muscatine 'A'		DQ
	1) Jordan Lake 11	2) TJ Husar 09	
	3) Jared Hetzler 09	4) Kyle Allgood 11	

Event 18 Boys 1600 Meter Run

=====				
New Record: ! 4:20.50 1992 Jon Estabrook, Muscatine High School				
Name	Year	School	Finals	Points
=====				
1	Devin Allbaugh	12 Pleasant Valley	4:18.57!	10
2	Brady Fritz	12 Iowa City West	4:28.78	8
3	Blake Irwin	12 Pleasant Valley	4:35.41	6
4	Obsa Tadessa	12 Iowa City West	4:38.05	4
5	Calvin Simmons	11 Iowa City City H	4:40.03	2
6	Matt Meyer	12 North Scott	4:44.87	1
--	Brandon Verwers	11 Muscatine	NT	
--	Brian Maw	11 Muscatine	NT	
--	Lukas Ovrom	10 Iowa City City H	NT	
--	Sam Read	10 Linn-Mar	NT	
--	Charlie Paul	Pleasant Valley	NT	

-- Blake Colton	12	Linn-Mar	NT
-- Jared Decker	10	Linn-Mar	NT
-- ethan schmitt	12	Washington	NT
-- kyle cox	09	Washington	NT
-- Marshall Phares	12	North Scott	NT
-- Frank Canady	10	Iowa City West	NT
-- caleb boyd	11	Washington	NT
-- Tanner Luft	12	Des Moines East	NT
-- Matt Hirsch	12	Muscatine	NT
-- P.J. Mills	11	North Scott	NT
-- Jason Roberts	12	Iowa City City H	NT

Event 19 Girls 100 Meter Hurdles

New Record: ! 14.40 1998		Teesa Price, City High School			
Name	Year	School	Finals	H#	Points
1	11	Iowa City City H	14.83	2	10
2	11	Pleasant Valley	15.44	2	8
3	11	Iowa City West	15.89	2	6
4	10	Iowa City West	16.19	2	4
5	12	Ames	16.51	2	2
6	12	West Des Moines	16.78	2	1
7	12	Ames	16.95	2	
8	12	Pleasant Valley	17.26	1	
9	12	Iowa City City H	17.43	1	
10	11	Muscatine	17.47	1	
11	10	North Scott	18.28	1	
--	10	West Des Moines	DNF	2	

Event 20 Boys 110 Meter Hurdles

New Record: ! 14.10 1992		Joey Woody, City High School			
Name	Year	School	Finals	H#	Points
1	12	Iowa City West	14.91	2	10
2	12	Pleasant Valley	15.62	2	8
3	11	Des Moines East	16.07	2	6
4	11	Muscatine	16.32	2	4
5	09	Linn-Mar	16.67	1	2
6	10	Washington	16.89	2	1
7	11	Pleasant Valley	17.09	1	
8	12	Iowa City City H	17.94	1	
9	10	Linn-Mar	18.27	1	
10	12	Des Moines East	18.61	2	
11	11	Muscatine	18.65	1	
12	10	North Scott	18.81	1	

Event 22 Girls 800 Meter Run

New Record: ! 2:16.18 4/22/2005		Ashley Miller, Tipton		
Name	Year	School	Finals	Points
1	10	Iowa City West	2:24.89	10
2	10	Ames	2:27.16	8
3	11	Iowa City City H	2:28.01	6
4	11	Iowa City West	2:28.33	4

5	Kelsey Galles	10	West Des Moines	2:28.73	2
6	Avery Malmgren	09	Pleasant Valley	2:30.39	1
7	Rebecca Miller	11	Ames	2:30.86	
8	Ashley Fuller	09	Iowa City City H	2:31.15	
9	Kelsey Gantzer	11	Pleasant Valley	2:32.65	
10	Kate Cunningham	09	West Des Moines	2:37.78	
11	Rachel Price	11	Muscatine	2:46.71	
12	Allison Kisner	11	Muscatine	2:46.72	
13	Krista Cota	11	North Scott	2:48.80	

Event 23 Girls 200 Meter Dash

New Record: ! 24.87 1998 Kristin Knight, City High School					
Name	Year	School	Finals	H#	Points
1	Jessica Gehrke	10	Iowa City West	25.81	2 10
2	Kelly Krei	12	Iowa City City H	26.21	2 8
3	Ashley Wilkinson	10	Iowa City City H	26.36	2 6
4	Jenna Higgins	11	North Scott	27.04	2 4
5	Breanna Nelson	11	Iowa City West	27.10	2 2
6	Kelsey Kraft	11	Pleasant Valley	27.11	2 1
7	Anna Sokolik	12	Pleasant Valley	27.40	2
8	Nicole Krois	11	West Des Moines	27.73	2
9	Emily Wandling	10	Ames	27.89	1
10	Sydney Borlabi	12	West Des Moines	29.10	1
11	Madison Mickelson	09	Ames	29.81	1
12	Chelsea Carroll	10	North Scott	36.77	1

Event 24 Boys 200 Meter Dash

New Record: ! 21.50 1994 Tim Dwight, City High School					
Name	Year	School	Finals	H#	Points
1	Kevin Dibbern	11	Iowa City City H	22.49	2 10
2	Alonzo Markham	11	Iowa City West	22.57	2 8
3	Matt Petz	12	North Scott	23.28	2 6
4	Justyn Lewis	12	Des Moines East	23.34	1 4
5	Mike Hemming	12	Pleasant Valley	23.36	2 2
6	Andrew Grove	11	Iowa City City H	23.59	2 1
7	Jonathan Williams	09	Iowa City West	24.02	2
8	Travis Anderson	09	North Scott	24.04	1
9	Tim Martinez	10	Pleasant Valley	24.06	2
10	Jon Rehnstrom	12	Linn-Mar	24.47	2
11	Mike Shade	12	Des Moines East	24.86	1
12	david ochoa	11	Washington	24.95	1
13	Xavier Bou	11	Muscatine	25.02	1
14	Fausto Mares-Davila	11	Washington	25.05	1
15	Mitch Digmann	12	Linn-Mar	25.11	1
16	Daniel Monroe	10	Muscatine	25.34	1

Event 27 Girls 400 Meter Hurdles

New Record: ! 1:05.47 4/21/2006 Molly Sabers, City High School					
Name	Year	School	Finals	H#	Points
1	Liza Minor	11	Iowa City West	1:09.12	2 10
2	Nicole Jensen	09	Iowa City West	1:10.46	2 8

3	Emma Swanson	12	West Des Moines	1:10.76	2	6
4	Sophie Friedrich	12	Muscatine	1:10.99	2	4
5	Emily Sotelo	09	Iowa City City H	1:11.02	2	2
6	Alexa Ashcraft	12	North Scott	1:12.64	2	1
7	Stacy Clark	09	Pleasant Valley	1:14.73	1	
8	Kelsey Dietrich	11	Ames	1:15.90	1	
9	Leah Thiessen	11	West Des Moines	1:15.93	1	
10	Katie McNamara	10	Pleasant Valley	1:16.20	1	
11	Anna Ashley	11	Ames	1:20.73	2	
--	Mercedes Harris	11	Iowa City City H	DNF	2	

Event 28 Boys 400 Meter Hurdles

New Record: ! 52.31 1992 Joey Woody, City High School						
Name	Year	School	Finals	H#	Points	
1	Drew Shradel	12	Pleasant Valley	55.79	2	10
2	Dan Davis	12	Iowa City West	56.84	2	8
3	Kyle Dunn	09	Linn-Mar	58.31	2	6
4	Andy Hodge	11	Iowa City City H	58.55	2	4
5	Jordan Lake	11	Muscatine	58.72	2	2
6	Andy Ambrose	11	Pleasant Valley	59.17	2	1
7	Bobby Millard	09	Iowa City City H	59.50	1	
8	TJ Husar	09	Muscatine	59.78	2	
9	Connor Dahlstrom	11	North Scott	1:00.00	2	
10	Leonard Sula	11	Iowa City West	1:01.11	1	
11	Aaron Razo	09	Linn-Mar	1:03.38	1	
11	Zach Mitchell	11	Des Moines East	1:03.38	1	
13	Josh Lewis	12	Des Moines East	1:04.00	1	
14	Alex Rankin	10	North Scott	1:06.81	1	

Event 29 Boys 1600 Sprint Medley

New Record: ! 3:33.50 1989 , Pleasant Valley HS						
Lyons, Malmgren, Kitzman, Manwiller						
School			Finals	Points		
1	Iowa City City High 'A'		3:42.31	10		
	1) Noah Cmiel 10	2) Tyler Grenko 12				
	3) Tim Ritter 10	4) Nic Reed 12				
2	Pleasant Valley 'A'		3:45.28	8		
	1) Ellis Robinson 11	2) Maurice Terrell 09				
	3) Wade Lang 11	4) Austin O'Brien 10				
3	Des Moines East 'A'		3:46.04	6		
	1) Mike Shade 12	2) Tyrae Kemp 10				
	3) Randy Duncan 12	4) Learie Jones 10				
4	Iowa City West 'A'		3:48.89	4		
	1) Jonathan Williams 09	2) Peter Dolan 11				
	3) Josh Perry 11	4) Obsa Tadessa 12				
5	North Scott 'A'		3:49.62	2		
	1) Tyler Johnson 11	2) Ethan Rus 11				
	3) Austin Schwartz 10	4) Jake Garnette 09				
6	Washington 'A'		3:55.03	1		
	1) cole thomas 11	2) micheal cavin 11				
	3) alex pim 11	4) caleb boyd 11				
7	Linn-Mar 'A'		3:57.88			
	1) Nick Schirmer 10	2) Brennan Hutson 11				

3) Jordan Ehlert 11	4) Chase Atkinson 11
8 Muscatine 'A'	4:11.12
1) Alex Bailey 11	2) Jared Hetzler 09
3) Kyle Allgood 11	4) Stephen Luth 12

Event 30 Girls 800 Sprint Medley

New Record: ! 1:47.99 1998 , City High School				
Nearad, Gatens, Knight, Price				
School			Finals	Points
1 Iowa City City High 'A'			1:56.83	10
1) Emily Sparks 11	2) Nicole Burian 09			
3) Kari Mueller 09	4) Kelsey Coleman 09			
2 Iowa City West 'A'			1:57.28	8
1) Qiong Qiu 12	2) Katie Kelley 09			
3) Chloe Hoagland 10	4) Elise Walz 12			
3 Pleasant Valley 'A'			1:59.39	6
1) Kelly McElhiney 09	2) Leah Hodgins 12			
3) Jenny Garter 12	4) Emily Guinn 10			
4 West Des Moines Valley 'A'			2:00.14	4
1) Sydney Borlabi 12	2) Ashlin Hamner 12			
3) Alex Borlabi 10	4) Miranda Paris 09			
5 Ames 'A'			2:03.79	2
1) Tulika Biswas 10	2) Lauren Bonett 10			
3) Ashley Williams 11	4) Austin Gerritson 11			
6 Muscatine 'A'			2:07.02	1
1) Kylie Meyer 09	2) Samantha Moody 11			
3) Steph Nagy 11	4) Angela Karkosh 11			

Event 31 Girls 1500 Meter Run

New Record: ! 4:36.08 2000 Michelle Lilienthal, City High School				
Name	Year	School	Finals	Points
1 Nicole Engelhardt	11	Iowa City West	4:54.85	10
2 Laura Gehring	12	Ames	4:58.93	8
3 Anna Murray	12	Iowa City West	5:03.06	6
4 Payton Strawser	09	Pleasant Valley	5:06.79	4
5 Emily Fagan	10	Iowa City City H	5:11.15	2
6 Amanda Clemens	09	Muscatine	5:13.14	1
7 Hannah Cassatt	10	Pleasant Valley	5:15.16	
8 Rebecca Rethwisch	09	Iowa City City H	5:15.37	
9 Marissa Diercks	11	Pleasant Valley	x5:16.82	
10 Melanie Holman	10	Iowa City City H	x5:17.51	
11 Kayla Naber	09	North Scott	5:19.21	
12 Helen Saggau	12	West Des Moines	5:20.29	
13 Bryanna Behning	10	Ames	5:31.27	
14 Kara Danielsen	12	North Scott	5:34.04	
15 Sofiya Hupalo	12	Ames	x5:34.89	
15 Hannah Skopec	10	Iowa City West	x5:34.89	
17 Megan Skold	09	West Des Moines	5:36.57	
18 Taylor Brown	12	West Des Moines	x6:09.03	

Event 32 Boys 800 Meter Run

New Record: ! 1:58.45 1987 Andy Blauvelt, IMS				
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Name	Year	School	Finals	Points
1 Zach Braff	12	Linn-Mar	1:56.26!	10
2 Devin Allbaugh	12	Pleasant Valley	1:57.76!	8
3 Brady Fritz	12	Iowa City West	1:59.54	6
4 Andrew Swanson	10	Pleasant Valley	2:00.22	4
5 RJ Harris	11	Des Moines East	2:04.57	2
6 DeAngelo Hall	12	Des Moines East	2:04.62	1
7 Matt Moore	12	Iowa City West	2:04.84	
8 Jordan Koser	12	Linn-Mar	2:07.42	
9 Nikalai Qual	IC	Iowa City City H	2:07.45	
-- alex pim	11	Washington	NT	
-- john schmitt	10	Washington	NT	
-- Chris Amaya	11	North Scott	NT	
-- Ryan Stewart	09	Iowa City City H	NT	
-- Jason Kenyon	10	Muscatine	NT	
-- Justin Conley	11	Muscatine	NT	

Event 33 Girls 4x100 Meter Relay

New Record: ! 49.18 1999 , City High School
Nearad, Gatens, Price, Knight

School	Finals	Points
1 Iowa City West 'A'	50.38	10
1) Qiong Qiu 12	2) Breanna Nelson 11	
3) Brooke Ludvicek 11	4) Jessica Gehrke 10	
2 North Scott 'A'	51.33	8
1) Alicia Rus 11	2) Paula Wagner 12	
3) Stephanie Schmidt 10	4) Jenna Higgins 11	
3 Pleasant Valley 'A'	51.51	6
1) Jenna McGinnis 10	2) Leah Christensen 11	
3) Anna Sokolik 12	4) Kelsey Kraft 11	
4 West Des Moines Valley 'A'	51.53	4
1) Christina Redd 10	2) Alex Borlabi 10	
3) Ashlin Hamner 12	4) Nicole Krois 11	
5 Iowa City City High 'A'	52.79	2
1) Emily Sparks 11	2) Mariah Jordan 11	
3) Nicole Burian 09	4) Majesty Tutson 11	
6 Ames 'A'	52.88	1
1) Autumn Thompson 12	2) Stephanie Soh 12	
3) Lauren Grant 09	4) Maddie Andersen 09	
7 Muscatine 'A'	55.61	
1) Tia Hagy 09	2) Erika Wagner 09	
3) Laura Ewalt 10	4) Hannah Howard 11	

Event 34 Boys 4x100 Meter Relay

New Record: ! 42.00 1996 , City High School
Fraga, Hill, McMahan, Coleman

School	Finals	Points
1 Des Moines East 'A'	44.01	10
1) Dorian Minter 12	2) Justyn Lewis 12	
3) Tim Bolander 12	4) T.J. James 10	
2 Iowa City City High 'A'	44.25	8
1) Andrew Grove 11	2) Noah Cmiel 10	

3) Bryan Rohrbach 12	4) Nate Behlke 12		
3 Iowa City West 'A'		44.62	6
1) Adrian Martin 11	2) Gavin Smith 11		
3) Keenan Bryant 12	4) Rontavius Farmer 12		
4 North Scott 'A'		45.47	4
1) Matt Petz 12	2) Travis Anderson 09		
3) Tommy Mitchell 12	4) Connor Dahlstrom 11		
5 Washington 'A'		45.70	2
1) Casey Negrete 11	2) donavon greiner 12		
3) alex klopfenstein 12	4) Cody Redlinger 12		
6 Muscatine 'A'		46.28	1
1) Nick Boeyink 11	2) Xavier Bou 11		
3) Anthony Cox 11	4) Alex Bailey 11		
7 Linn-Mar 'A'		46.36	
1) Max Carlson 10	2) Kyle Dunn 09		
3) Mitch Digmann 12	4) Jon Rehnstrom 12		
8 Pleasant Valley 'A'		47.11	
1) Mike Hemming 12	2) Ellis Robinson 11		
3) Drew Shradel 12	4) Bruce Clark 12		

Event 35 Girls 4x400 Meter Relay Coleman

=====			
New Record: ! 4:00.38 4/20/2007 Iowa City City High, Iowa City City H			
M Harris, M Sabers, A Wilkinson, K Krei			
School		Finals	Points
=====			
1 Iowa City City High 'A'		4:03.97	10
1) Tara Mills 10	2) Ashley Wilkinson 10		
3) Jill Stephenson 10	4) Kelly Krei 12		
2 Iowa City West 'A'		4:04.47	8
1) Dani Freeman 12	2) Kalee Schilling 11		
3) Hadiza Sa-Aadu 12	4) Kristi Schuette 12		
3 Ames 'A'		4:16.34	6
1) Emily Wandling 10	2) Stephanie Soh 12		
3) Anna Ashley 11	4) Ellen Hansen 10		
4 Pleasant Valley 'A'		4:21.88	4
1) Sanjana Ramesh 09	2) Kailey Bueker 09		
3) Jenna McGee 09	4) Sadie Kaminski 11		
5 West Des Moines Valley 'A'		4:32.10	2
1) Kelsey Galles 10	2) Lindsey Thorson 11		
3) Kate Cunningham 09	4) Kaela Harrison 10		
6 North Scott 'A'		4:34.88	1
1) Kelsi Rempe 09	2) Krista Cota 11		
3) Kate Ploessl 10	4) Victoria Hawley 09		
7 Muscatine 'A'		4:51.11	
1) Taylor Duncan 11	2) MacKenzie Bisby 10		
3) Angela Karkosh 11	4) Steph Nagy 11		

Event 36 Boys 4x400 Meter Relay Raffensperge

=====			
New Record: ! 3:19.30 1992 , City High School			
Woody, Pate, Keese, Dwight			
School		Finals	Points
=====			
1 Iowa City City High 'A'		3:24.42	10
1) Nic Reed 12	2) Nick Reuter 10		
3) Tim Ritter 10	4) Kevin Dibbern 11		

2	Iowa City West 'A'		3:25.18	8
	1) Andrew Mitchell 11	2) Aaron Martin 12		
	3) Dan Davis 12	4) Alonzo Markham 11		
3	Pleasant Valley 'A'		3:28.09	6
	1) Tim Martinez 10	2) Mike Hemming 12		
	3) Wade Lang 11	4) Blake Irwin 12		
4	Linn-Mar 'A'		3:37.07	4
	1) Aaron Razo 09	2) Brennan Hutson 11		
	3) Travis Johnson 12	4) Nick Lucas 09		
5	Muscatine 'A'		3:39.12	2
	1) Jordan Lake 11	2) Stephen Luth 12		
	3) Jason Kenyon 10	4) TJ Husar 09		
6	North Scott 'A'		3:39.79	1
	1) Mike Cranston 11	2) Matt Meyer 12		
	3) P.J. Mills 11	4) Marshall Phares 12		

Event 37 Boys Discus Throw

New Record: ! 186-05 4/20/2007 Nick Brayton, Iowa City West				
Name	Year	School	Finals	Points
1	Thomas Reynolds	12 Iowa City West	175-11	10
2	Ben Elmer	12 Pleasant Valley	140-03	8
3	Ryan Piche	10 Linn-Mar	131-04	6
4	Kevin Harp	11 Iowa City City H	129-05	4
5	Spencer Heath	11 Iowa City West	129-03	2
6	Aaron Keppler	11 Iowa City West	x128-00	
7	Andy Brown	12 Iowa City City H	125-04	1
8	Tucker Tholen	10 Iowa City City H	x122-09	
9	John Freemire	11 Pleasant Valley	120-03	
10	Ken Novy	12 Linn-Mar	119-04	
11	Chad Ihrig	12 North Scott	115-04	
12	Tony Milas	12 Pleasant Valley	x115-01	
13	Andy Fischer	12 Iowa City City H	x114-10	
14	Jacob Mirfield	10 North Scott	113-11	
15	Jason Jennings	12 Linn-Mar	x113-08	
16	Zach Hahn	11 North Scott	x110-00	
17	Mac Mahmens	09 Linn-Mar	x109-09	
18	Daryl Saunders	12 Des Moines East	108-07	
19	Devin Johnson	10 Pleasant Valley	x108-06	
20	Treavor Willis	11 Muscatine	104-00	
21	Nick Bargren	12 Iowa City West	x99-07	
22	Mike Tuftee	12 North Scott	x87-03	
23	Keith Searcy	11 Muscatine	86-03	
24	Nick Ganzley	10 Muscatine	x85-07	
25	Marvene Ackiss	10 Des Moines East	83-00	
26	Errol Sutton	10 Des Moines East	x79-01	

Event 38 Girls Discus Throw

New Record: ! 154-02 4/20/2007 Taylor Freeman, Iowa City West				
Name	Year	School	Finals	Points
1	Taylor Freeman	12 Iowa City West	130-11	10
2	Courtney Fritz	10 Iowa City West	117-05	8
3	Majesty Tutson	11 Iowa City City H	113-11	6
4	Aislinn D'Auben	12 Pleasant Valley	109-08	4

5	Sara Schaubroeck	12	Pleasant Valley	109-02	2
6	Alissa Martin	11	Muscatine	103-03	1
7	Micaela Haight	10	Iowa City West	x101-03	
8	Jordonna Wright	09	Ames	100-11	
9	Andrea Kenney	12	Iowa City City H	100-05	
10	Molly Moore	10	Ames	99-02	
11	Nicole Titus	10	Iowa City West	x97-10	
12	Danielle Frere	12	Muscatine	93-11	
13	Lauren Herting	10	West Des Moines	90-00	
14	Maddy Schuette	10	West Des Moines	89-06	
15	Sarah Boyer	10	Pleasant Valley	x85-09	
16	Allison Tim	10	Ames	x85-01	
17	Jasmine Harris	11	Ames	x84-08	
18	Kayla Hyché	09	Iowa City City H	x82-06	
19	Kait Heinen	10	North Scott	81-11	
20	Valerie Veiock	09	West Des Moines	x77-00	
21	Amber Radcliffe	11	North Scott	76-11	
22	Karissa Rempe	09	North Scott	x72-01	
23	Clair Mraz	09	West Des Moines	x70-03	
24	Emily Koeppel	12	Iowa City City H	x70-02	
25	Trisha DeFosse	10	Muscatine	x63-01	
26	Samantha Kisner	11	Muscatine	x61-08	

Event 39 Boys Shot Put

New Record: ! 56-01 1992		Andy Luett, City High School			
Name	Year	School	Finals	Points	
1	Thomas Reynolds	12	Iowa City West	53-04.00	10
2	Nick Behlke	12	Iowa City City H	50-07.00	8
3	Kevin Harp	11	Iowa City City H	49-06.00	6
4	Jason Jennings	12	Linn-Mar	48-06.00	4
5	james libe	11	Washington	47-10.00	2
6	Chad Wilson	12	Iowa City West	45-08.00	1
7	Tucker Tholen	10	Iowa City City H	x44-04.50	
8	Chris Henningsen	12	North Scott	44-02.50	
9	Chad Ihrig	12	North Scott	43-07.00	
10	Zach Hahn	11	North Scott	x42-00.00	
11	Tony Milas	12	Pleasant Valley	41-09.00	
12	Eric Ritter	11	Iowa City West	x40-08.00	
13	Ryan Boll	12	North Scott	x40-03.00	
14	Colton Oberbroeckling	11	Linn-Mar	40-01.50	
15	Will Chatman	11	Des Moines East	39-11.00	
16	Erik Moser	12	Pleasant Valley	39-06.00	
17	Corey Cannon	12	Iowa City West	x39-05.00	
18	Daryl Saunders	12	Des Moines East	38-11.50	
19	Isaac Ales	09	Muscatine	38-08.00	
20	Ryan Piche	10	Linn-Mar	x38-01.00	
20	joey hoback	11	Washington	38-01.00	
22	Treavor Willis	11	Muscatine	37-02.50	
23	Casey Mohr	11	Pleasant Valley	x36-11.00	
24	Nick Ganzley	10	Muscatine	x35-11.00	
25	Eric Green	11	Muscatine	x35-09.00	
25	Brandon Beaird	09	Linn-Mar	x35-09.00	
27	Jordan Owen	11	Des Moines East	x35-08.50	
28	Errol Sutton	10	Des Moines East	x35-01.50	
29	Andrew Laureijs	11	Pleasant Valley	x34-09.00	

Event 40 Girls Shot Put

New Record: ! 47-10.25 4/21/2006 Danica Haight, Iowa City West H				
Name	Year	School	Finals	Points
1 Danielle Frere	12	Muscatine	44-11.00	10
2 Micaela Haight	10	Iowa City West	44-02.00	8
3 Taylor Freeman	12	Iowa City West	44-01.50	6
4 Courtney Fritz	10	Iowa City West	x37-01.50	
5 Majesty Tutson	11	Iowa City City H	36-10.00	4
6 Alissa Martin	11	Muscatine	36-06.00	2
7 Liz Williams	09	Pleasant Valley	35-05.00	1
8 Cara Jansen	09	Iowa City West	x34-08.00	
9 Jasmine Harris	11	Ames	33-11.50	
10 Sarah Boyer	10	Pleasant Valley	32-01.00	
11 Kayla Hyché	09	Iowa City City H	31-04.00	
12 Jordonna Wright	09	Ames	30-03.50	
13 Valerie Veiock	09	West Des Moines	30-03.00	
14 Molly Moore	10	Ames	x29-10.00	
15 Maddy Schuette	10	West Des Moines	29-03.50	
15 Sara Schaubroeck	12	Pleasant Valley	x29-03.50	
17 Samantha Butlett	09	North Scott	28-06.00	
18 Jordan Wear	11	North Scott	28-05.50	
19 Allison Tim	10	Ames	x28-03.50	
20 Lauren Herting	10	West Des Moines	x28-03.00	
21 Andrea Kenney	12	Iowa City City H	x27-07.00	
22 Molly Kunc	11	Iowa City City H	x26-03.00	
23 Samantha Kisner	11	Muscatine	x26-01.50	
24 Trisha DeFosse	10	Muscatine	x25-08.00	
25 Liz Comp	10	Pleasant Valley	x25-06.50	
26 Kaitlyn Kennedy	09	West Des Moines	x23-05.50	

Event 42 Boys Long Jump

New Record: ! 23-08.75 1994 Tim Dwight, City High School				
Name	Year	School	Finals	Points
1 Aaron Martin	12	Iowa City West	21-09.25	10
2 Bobby Millard	09	Iowa City City H	21-03.75	8
3 Adrian Martin	11	Iowa City West	19-10.00	6
4 Tim Martinez	10	Pleasant Valley	19-07.25	4
5 anthony ossman	09	Washington	19-05.50	2
6 Xavier Bou	11	Muscatine	19-03.50	1
7 Noah Cmiel	10	Iowa City City H	19-01.50	
8 cole thomas	11	Washington	18-04.00	
9 Maurice Terrell	09	Pleasant Valley	18-03.25	
10 Kyle Dunn	09	Linn-Mar	18-03.00	
11 Mike Shade	12	Des Moines East	18-02.50	
12 Aaron Hunter	09	Linn-Mar	17-09.75	

Event 43 Girls Long Jump

New Record: ! 17-10.50 1998 Teesa Price, City High School				
Name	Year	School	Finals	Points
1 Jessica Gehrke	10	Iowa City West	17-11.00!	10

2	Emily Wandling	10	Ames	16-08.25	8
3	Autumn Thompson	12	Ames	16-03.00	6
4	Sami Hansen	12	Iowa City West	15-11.00	4
5	Ashley Whiting	12	Iowa City City H	15-04.25	2
6	Sarah Maynard	12	Iowa City City H	14-11.25	1
7	Paula Wagner	12	North Scott	14-09.75	
8	Sadie Kaminski	11	Pleasant Valley	14-02.00	
9	Bailey Wilson	09	West Des Moines	13-08.25	
10	Ayrin Hamner	10	West Des Moines	12-08.00	
11	Kassy Middagh	11	Muscatine	12-06.75	
12	Jenna McGinnis	10	Pleasant Valley	10-09.00	

Event 44 Boys High Jump

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 New Record: ! 6-07 Scott Armstrong, Mitch Doyle, Indianola High

Name	Year	School	Finals	Points	
1	Jon Rehnstrom	12	Linn-Mar	6-00.00	10
2	Dan Davis	12	Iowa City West	5-10.00	8
3	Kevin Lassen	11	Linn-Mar	5-08.00	5
3	Andrew Mitchell	11	Iowa City West	5-08.00	5
4	Jordan Owen	11	Des Moines East	J5-08.00	1.5
4	Tyler Grenko	12	Iowa City City H	J5-08.00	1.5
5	Austin Penningroth	10	Pleasant Valley	J5-06.00	
6	Tommy Mitchell	12	North Scott	J5-06.00	
6	Shaun Hudson	12	Pleasant Valley	J5-06.00	

Event 45 Girls High Jump

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 New Record: ! 5-05 4/19/2004 Alison Dirks, Iowa City West

Name	Year	School	Finals	Points	
1	Laura Nierman	12	Iowa City West	5-01.00	10
2	Abbey Adkins	12	Ames	5-00.00	8
3	Virginia Johnson	09	Iowa City City H	4-10.00	6
4	Kelly Hering	09	Pleasant Valley	4-08.00	3
4	Katie McNamara	10	Pleasant Valley	4-08.00	3
6	Stephanie Brooks	10	Iowa City City H	4-06.00	0.5
6	Leah Thiessen	11	West Des Moines	4-06.00	0.5

Women - Team Rankings - 19 Events Scored

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1) Iowa City West	222	2) Iowa City City High	
128.50			
3) Pleasant Valley	81	4) Ames	71
5) West Des Moines Valley	41.50	6) North Scott	26
7) Muscatine	19		

Men - Team Rankings - 18 Events Scored

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1) Iowa City West	162	2) Iowa City City High	
122.50			
3) Pleasant Valley	108	4) Des Moines East	
63.50			

5) Linn-Mar	51	6) North Scott	18
7) Washington	17	8) Muscatine	16