

35th Annual

A.C. Forwald Relays - 4/20/2007  
City High School, Raffensperger Track  
Results

Women - Team Rankings - 19 Events Scored

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1) Iowa City West	195	2) City High School	170
3) West Des Moines Valley	66	3) Ames	66
5) Pleasant Valley	41	6) Tipton	34
7) Muscatine	17		

Girls 100 Meter Dash

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New Record: ! 12.14 1999 Kristin Knight, City High School

Name	Year	School	Finals	H#
1 Ashley Wilkinson	09	City High	13.06	2
2 Jessica Gehrke	09	Iowa City West	13.07	2
3 Lisa Mellecker	12	Iowa City West	13.09	2
4 Kelsey Kraft	10	Pleasant Valley	13.52	2
5 Christina Redd	09	West Des Moines	13.59	2
6 Signe Mueller	12	City High	13.60	2
7 Tulika Biswas	09	Ames	14.01	1
8 Emily Hejlik	11	West Des Moines	14.11	2
9 Ariel Zaruba	12	Tipton	14.15	1
10 Miranda Wehde	09	Tipton	14.18	1
11 Autumn Thompson	11	Ames	14.39	2
12 Mandy Mills	11	Muscatine	14.41	1
13 Amy Cooney	12	Muscatine	14.48	1
14 Dorshay Walker	11	Pleasant Valley	14.58	1
15 Ashley Lay	12	North Scott	14.96	1
16 Kirsten Baker	11	North Scott	15.25	1

Girls 200 Meter Dash

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New Record: ! 24.87 1998 Kristin Knight, City High School

Name	Year	School	Finals	H#
1 Lisa Mellecker	12	Iowa City West	25.95	2
2 Kelly Krei	11	City High	25.98	2
3 Ashley Wilkinson	09	City High	26.39	2
4 Jessica Gehrke	09	Iowa City West	26.62	2
5 Maddy Harmon	12	Muscatine	27.78	2
6 Amber Jardine	09	West Des Moines	28.05	2
7 Emily Guinn	09	Pleasant Valley	28.11	2
7 Lauren Bonett	09	Ames	28.11	1
9 Dorshay Walker	11	Pleasant Valley	29.42	1
10 Ariel Zaruba	12	Tipton	29.43	1
11 Ally Eregbu	10	Ames	31.41	1
12 Jessi Reichert	12	Tipton	31.71	1
13 Ashley Lay	12	North Scott	32.22	1
-- Kirsten Baker	11	North Scott	NT	1
-- Amy Cooney	12	Muscatine	NT	1
-- Emily Hejlik	11	West Des Moines	DNF	2

Girls 400 Meter Dash

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New Record: ! 57.06 2000 Christy Muenzenberger, West DesMoines Valley

Name	Year	School	Finals	H#
1 Kelly Krei	11	City High	57.21	2
2 Hadiza Sa-Aadu	11	Iowa City West	59.80	2
3 Lauren Brown	12	Ames	1:00.39	2
4 Kristi Schuette	11	Iowa City West	1:01.27	2
5 Kelsey Mims	12	City High	1:01.97	2
6 Amber Jardine	09	West Des Moines	1:02.03	2
7 Taylor Wilson	12	North Scott	1:04.73	1
8 Krista Cota	10	North Scott	1:04.97	2
9 Helen Saggau	11	West Des Moines	1:05.32	1
10 Ellen Hansen	09	Ames	1:05.39	2
11 Alicia Goetz	10	Tipton	1:06.93	1
12 Abby Sperry	09	Pleasant Valley	1:08.28	1
13 Brittney Latare	12	Tipton	1:08.41	1
14 Katie Cleppe	09	Pleasant Valley	1:08.58	1
-- Taylor Duncan	10	Muscatine	DNF	1

Girls 800 Meter Run

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New Record: ! 2:16.18 4/22/2005 Ashley Miller, Tipton

Name	Year	School	Finals
1 Elise Walz	11	Iowa City West	2:23.34
2 Sarah Ziegenhorn	12	City High	2:25.77
3 Laura Gehring	11	Ames	2:27.23
4 Emily Fagan	09	City High	2:27.68
5 Michelle Jensen	12	West Des Moines	2:27.75
6 Marissa Diercks	10	Pleasant Valley	2:28.52
7 Kelsey Galles	09	West Des Moines	2:29.64
8 Rebecca Miller	10	Ames	2:33.61
9 Kelsey Gantzer	10	Pleasant Valley	2:34.36
10 Justine Reichert	10	Tipton	2:34.72
11 Kate Ploessl	09	North Scott	2:37.00
12 Brittany Petz	12	North Scott	2:37.91
13 Amy McCurdy	10	Iowa City West	2:39.30
14 Shelby King	09	Tipton	2:40.18
15 Allison Kisner	10	Muscatine	2:46.83

Girls 1500 Meter Run

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New Record: ! 4:36.08 2000 Michelle Lilienthal, City High School

Name	Year	School	Finals
1 Ashley Miller	12	Tipton	4:44.20
2 Annie McKay	12	City High	4:56.00
3 Sarah Wickman	12	Iowa City West	4:57.67
4 Nicole Engelhardt	10	Iowa City West	5:02.95
5 Laura Gehring	11	Ames	5:09.16
6 Samantha Sidwell	12	City High	5:13.54
7 Bryanna Behning	09	Ames	5:13.94
8 Kelsey Beeding	12	Muscatine	5:14.38

9	Hannah Cassatt	09	Pleasant Valley	5:23.29
10	Kara Danielsen	11	North Scott	5:25.16
11	Kenney Mary	09	West Des Moines	5:29.71
12	Justine Reichert	10	Tipton	5:31.69
13	Keeley Danielsen	11	North Scott	5:32.83
14	Molly Lerston	10	West Des Moines	5:40.86
15	Stacy Jones	11	Pleasant Valley	5:53.09

Girls 3000 Meter Run

New Record: ! 9:48.64 1999 Michelle Lilienthal, City High School			
Name	Year	School	Finals
1	Sarah Wickman	12	Iowa City West 10:50.69
2	Allison Fick	10	Iowa City West 10:58.75
3	Annie McKay	12	City High 11:09.91
4	Mikhaila Norton	11	Pleasant Valley 11:47.96
5	Nicole Thien	12	Tipton 11:59.55
6	Rachel Hauber	10	Ames 12:03.45
7	Tori Mayfield	09	Ames 12:07.96
8	Rachel Echelbarger	12	Muscatine 12:08.97
9	Molly Lerston	10	West Des Moines 12:18.65
10	Lindsay McFarland	10	City High 12:20.49
11	Becky Suckow	10	West Des Moines 12:31.52
12	Tamara Kandziora	12	North Scott 12:52.79
13	Kelsey Berens	09	North Scott 13:00.50
14	Allison Kilburg	09	Tipton 13:05.02
15	Audrey Kirkeeng	11	Pleasant Valley 13:16.17

Girls 100 Meter Hurdles

New Record: ! 14.40 1998 Teesa Price, City High School					
Name	Year	School	Finals	H#	
1	Lauren Lindaman	12	West Des Moines	15.08	2
2	Katie Johnson	12	Iowa City West	15.20	2
3	Susan Rodriguez	10	Pleasant Valley	15.33	2
4	Veronica Rydze	12	City High	15.74	2
5	Molly Sabers	12	City High	15.79	2
6	Tiesha Crutcher	11	Iowa City West	16.09	2
7	Lauren Naeve	11	Ames	16.55	1
8	Autumn Thompson	11	Ames	16.93	2
9	Becky Brooker	11	Muscatine	16.94	2
10	Laney Wallace	11	West Des Moines	17.07	1
11	Ashley Tholen	12	Tipton	17.39	1
12	Katie McNamara	09	Pleasant Valley	17.46	1
13	Brittany Foulks	11	Tipton	17.81	1
14	Dana Drummond	09	North Scott	18.04	1
15	Torrie Carter	09	North Scott	18.66	1

Girls 400 Meter Hurdles

New Record: ! 1:05.47 4/21/2006 Molly Sabers, City High School					
Name	Year	School	Finals	H#	
1	Molly Sabers	12	City High	1:06.35	2
2	Veronica Rydze	12	City High	1:07.55	2

3	Lauren Lindaman	12	West Des Moines	1:09.13	2
4	Liza Minor	10	Iowa City West	1:10.06	2
5	Natalie Mason	09	Iowa City West	1:10.08	2
6	Maggie Wehde	11	Tipton	1:11.27	2
7	Emma Swanson	11	West Des Moines	1:11.74	2
8	Lauren Naeve	11	Ames	1:13.49	2
9	Leah Hodgkin	11	Pleasant Valley	1:16.13	1
10	Dana Drummond	09	North Scott	1:16.51	1
11	Kelsey Dietrich	10	Ames	1:16.76	1
12	Alicia Goetz	10	Tipton	1:18.50	1
13	Alexa Ashcraft	11	North Scott	1:18.72	1
--	Katie McNamara	09	Pleasant Valley	NT	1
--	Rachel Price	10	Muscatine	NT	1

#### Girls 4x100 Meter Relay

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

School	Finals
1 Iowa City West 'A'	50.35
1) Jessica Gehrke 09	2) Morgan Roskos 09
3) Katie Johnson 12	4) Breanna Nelson 10
2 City High School 'A'	51.29
1) Sydney Koenig 12	2) Sarah Anciaux 12
3) McKenzie Skay 11	4) Signe Mueller 12
3 Ames 'A'	51.78
1) Kyra Knuth 12	2) Stephanie Soh 11
3) Emily Wandling Wandling 09	4) Kersten Thorgaard 12
4 West Des Moines Valley 'A'	52.08
1) Sydney Borlabi 11	2) Christina Redd 09
3) Lindsay Wallace 12	4) Vanessa Buie 12
5 Muscatine 'A'	52.34
1) Maddy Harmon 12	2) Vanessa Evenson 12
3) Amy Cooney 12	4) Briana Catchpool 12
6 Pleasant Valley 'A'	53.60
1) Leah Christensen 10	2) Anna Sokolik 11
3) Emily Guinn 09	4) Kelsey Kraft 10
7 North Scott 'A'	55.27
1) Megan Wulf 10	2) Anna Wiese 12
3) Corrie Danielsen 09	4) Stephanie Schmidt 09
8 Tipton 'A'	55.97
1) Ashley Chapman 11	2) Brittany Foulks 11
3) Christine Marchik 12	4) Melissa Miller 10

#### Girls 4x200 Meter Relay

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 New Record: ! 1:42.89 1999 , City High School  
 Knight, Gatens, Starr, Price

School	Finals
1 Iowa City West 'A'	1:47.59
1) Breanna Nelson 10	2) Qiong Qiu 11
3) Chloe Hoagland 09	4) Morgan Roskos 09
2 City High School 'A'	1:47.96
1) Sydney Koenig 12	2) Brittany Nelson 09
3) Lydie Mabikulu 12	4) Signe Mueller 12

2 Ames 'A'		1:47.96
1) Kyra Knuth 12	2) Stephanie Soh 11	
3) Emily Wandling Wandling 09	4) Kersten Thorgaard 12	
4 West Des Moines Valley 'A'		1:48.97
1) Lindsay Wallace 12	2) Macey Stills 10	
3) Nicole Krois 10	4) Erin Johnson 10	
5 Tipton 'A'		1:51.38
1) Ashley Chapman 11	2) Brittany Foulks 11	
3) Alicia Goetz 10	4) Christine Marchik 12	
6 Pleasant Valley 'A'		1:53.95
1) Leah Christensen 10	2) Jenny Garter 11	
3) Dorshay Walker 11	4) Courtney Pilcher 11	
7 North Scott 'A'		1:54.31
1) Anna Wiese 12	2) Stephanie Schmidt 09	
3) Megan Wulf 10	4) Corrie Danielsen 09	
8 Muscatine 'A'		1:54.82
1) Amy Cooney 12	2) Steph Nagy 10	
3) Mandy Mills 11	4) Briana Catchpool 12	

#### Girls 4x400 Meter Relay

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 New Record: ! 4:01.37 4/19/2004 City High, City High  
 M. Leyendecker, K Mims, E Mozena, V Dreier

School	Finals
1 City High School 'A'	4:00.38!
1) Mercedes Harris 10	2) Molly Sabers 12
3) Ashley Wilkinson 09	4) Kelly Krei 11
2 Pleasant Valley 'A'	4:03.89
1) Jenny Garter 11	2) Anna Sokolik 11
3) Sadie Kaminski 10	4) Katie Cleppe 09
3 Iowa City West 'A'	4:11.14
1) Hadiza Sa-Aadu 11	2) Kristi Schuette 11
3) Elise Walz 11	4) Lisa Mellecker 12
4 Ames 'A'	4:16.70
1) Stephanie Soh 11	2) Lauren Brown 12
3) Emily Wandling Wandling 09	4) Kersten Thorgaard 12
5 Tipton 'A'	4:17.42
1) Ashley Chapman 11	2) Alicia Goetz 10
3) Christine Marchik 12	4) Ashley Miller 12
6 West Des Moines Valley 'A'	4:17.60
1) Amber Jardine 09	2) Michelle Jensen 12
3) Alex Borlabi 09	4) Erin Johnson 10
7 North Scott 'A'	4:19.43
1) Anna Wiese 12	2) Krista Cota 10
3) Taylor Wilson 12	4) Lyndsay Davis 10
8 Muscatine 'A'	4:39.23
1) Angela Karkosh 10	2) Steph Nagy 10
3) Taylor Duncan 10	4) Cassy Dittmer 10

#### Girls 4x800 Meter Relay

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 New Record: ! 9:25.43 2002 , Iowa City West  
 J. Frudden, J. Dobyms, J. Frudden, L. Dobyms

School	Finals
1 City High School 'A'	9:57.39

1) Emily Fagan 09	2) Amanda Rethwisch 10
3) Hannah Kregel 10	4) Sarah Ziegenhorn 12
2 Ames 'A'	10:01.64
1) Laura Gehring 11	2) Bryanna Behning 09
3) Rebecca Miller 10	4) Ellen Hansen 09
3 West Des Moines Valley 'A'	10:01.70
1) Michelle Jensen 12	2) Emma Swanson 11
3) Kelsey Galles 09	4) Helen Saggau 11
4 Iowa City West 'A'	10:11.89
1) Christine Skopec 12	2) Jenna Broghamer 10
3) Amy McCurdy 10	4) Elise Walz 11
5 Tipton 'A'	10:26.08
1) Shelby King 09	2) Christine Marchik 12
3) Ashley Miller 12	4) Melissa Miller 10
6 Pleasant Valley 'A'	10:39.44
1) Kelsey Gantzer 10	2) Hannah Cassatt 09
3) Sadie Kaminski 10	4) Stacy Jones 11
7 North Scott 'A'	10:40.72
1) Kate Ploessl 09	2) Kara Danielsen 11
3) Brittany Petz 12	4) Keeley Danielsen 11
8 Muscatine 'A'	11:03.00
1) Angela Karkosh 10	2) Allison Kisner 10
3) Cassy Dittmer 10	4) Rachel Price 10

#### Girls 800 Sprint Medley

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 New Record: ! 1:47.99 1998 , City High School  
 Nearad, Gatens, Knight, Price

School	Finals
1 Ames 'A'	1:51.13
1) Kyra Knuth 12	2) Emily Wandling Wandling 09
3) Lauren Brown 12	4) Kersten Thorgaard 12
2 City High School 'A'	1:52.93
1) Emily Sparks 10	2) Brittany Nelson 09
3) Lydie Mabikulu 12	4) Kelsey Mims 12
3 Iowa City West 'A'	1:54.76
1) Breanna Nelson 10	2) Katie Johnson 12
3) Chloe Hoagland 09	4) Kalee Schilling 10
4 West Des Moines Valley 'A'	1:56.20
1) Sydney Borlabi 11	2) Christina Redd 09
3) Nicole Krois 10	4) Erin Johnson 10
5 Tipton 'A'	1:58.93
1) Ashley Chapman 11	2) Brittany Foulks 11
3) Alicia Goetz 10	4) Christine Marchik 12
6 Pleasant Valley 'A'	2:01.70
1) Leah Christensen 10	2) Susan Rodriguez 10
3) Kelsey Kraft 10	4) Emily Prais 09
7 Muscatine 'A'	2:03.99
1) Mandy Mills 11	2) Briana Catchpool 12
3) Vanessa Evenson 12	4) Mycal Hogue 12
8 North Scott 'A'	2:09.29
1) Ashley Lay 12	2) Laikyn Holst 10
3) Jenna Gerard 09	4) Tamara Kandziora 12

#### 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
1 Tipton 'A'	4:16.56
1) Ashley Chapman 11	2) Brittany Foulks 11
3) Christine Marchik 12	4) Ashley Miller 12
2 Iowa City West 'A'	4:23.02
1) Mariah Hinton 10	2) Alex McDougall 10
3) Dani Freeman 11	4) Nicole Engelhardt 10
3 City High School 'A'	4:25.44
1) Emily Sparks 10	2) McKenzie Skay 11
3) Caroline Mills 12	4) Samantha Sidwell 12
4 Pleasant Valley 'A'	4:27.88
1) Emily Guinn 09	2) Anna Sokolik 11
3) Emily Prais 09	4) Marissa Diercks 10
5 Muscatine 'A'	4:29.29
1) Maddy Harmon 12	2) Vanessa Evenson 12
3) Mycal Hogue 12	4) Kelsey Beeding 12
6 West Des Moines Valley 'A'	4:34.65
1) Sydney Borlabi 11	2) Alex Borlabi 09
3) Emily Hejlik 11	4) Kenney Mary 09
7 Ames 'A'	4:39.11
1) Lauren Bonett 09	2) Angela Beckwith 12
3) Ally Eregbu 10	4) Cathy Pastiak 09
-- North Scott 'A'	DNF
1) Ellie Daley 11	2) Kayla Puls 11
3) Angie Wiebel 11	4) Ashley Oerman 11

Girls 4x100 Meter Shuttle Hurdle

School	Finals	H#
New Record: ! 1:02.43 4/19/2004 City High, City High School V Rydze, A Fraga, M Sabers, E Triplett		
1 City High School 'A'	1:03.15	2
1) Veronica Rydze 12	2) Mercedes Harris 10	
3) Mariah Jordan 10	4) Molly Sabers 12	
2 Iowa City West 'A'	1:04.09	2
1) Tiesha Crutcher 11	2) Brooke Ludvicek 10	
3) Natalie Mason 09	4) Katie Johnson 12	
3 Pleasant Valley 'A'	1:07.07	1
1) Leah Christensen 10	2) Katie McNamara 09	
3) Leah Hodgin 11	4) Susan Rodriguez 10	
4 West Des Moines Valley 'A'	1:07.42	2
1) Lauren Lindaman 12	2) Meagan Anderson 11	
3) Laney Wallace 11	4) Vanessa Buie 12	
5 Ames 'A'	1:08.64	2
1) Autumn Thompson 11	2) Mashette Syrkin-Nikolau 12	
3) Allison Dye 12	4) Lauren Naeve 11	
6 Tipton 'A'	1:11.68	1
1) Ashley Chapman 11	2) Alison Cawiezell 10	
3) Brittany Foulks 11	4) Alicia Goetz 10	
7 North Scott 'A'	1:15.40	1
1) Tessa Fink 09	2) Torrie Carter 09	
3) Dana Drummond 09	4) Ariel Fentress 10	

Girls High Jump

New Record: ! 5-05 4/19/2004 Alison Dirks, Iowa City West			
Name	Year	School	Finals
1 Lauren Lindaman	12	West Des Moines	5-02.00
2 Abbey Adkins	11	Ames	J5-02.00
3 Laura Nierman	11	Iowa City West	5-01.00
4 Stephanie Brooks	09	City High	5-00.00
5 Melissa Miller	10	Tipton	4-10.00
6 Steph Nagy	10	Muscatine	J4-10.00
7 Jenny St. Clair	11	Pleasant Valley	4-08.00
7 Krista Cota	10	North Scott	4-08.00
9 Jessica Gehrke	09	Iowa City West	J4-08.00
10 Angela Beckwith	12	Ames	J4-08.00
11 Samantha Sidwell	12	City High	4-06.00
12 Lauren Plummer	09	West Des Moines	4-04.00

Girls Long Jump

New Record: ! 17-10.50 1998 Teesa Price, City High School			
Name	Year	School	Finals
1 Lexi Oman	11	West Des Moines	16-03.75
2 Sami Hansen		Iowa City West	15-08.25
3 Autumn Thompson	11	Ames	15-08.00
4 Ashley Whiting	11	City High	15-04.75
5 Emily Guinn	09	Pleasant Valley	14-08.75
6 Courtney Pilcher	11	Pleasant Valley	14-07.25
7 Alex Borlabi	09	West Des Moines	14-06.75
8 Mycal Hogue	12	Muscatine	14-04.50
9 Holly Brechtel		Iowa City West	14-00.00
10 Ally Eregbu	10	Ames	13-09.75
11 Kirsten Baker	11	North Scott	13-05.00
12 Cathryn Carney	10	Tipton	12-09.50
13 Laura Weaver	12	Tipton	12-08.25

Girls Shot Put

New Record: ! 47-10.25 4/21/2006 Danica Haight, Iowa City West H			
Name	Year	School	Finals
1 Danica Haight	12	Iowa City West	46-07.00
2 Taylor Freeman	11	Iowa City West	43-05.00
3 Sarah Anciaux	12	City High	41-06.00
4 Danielle Frere	11	Muscatine	39-09.50
5 Micaela Haight	09	Iowa City West	x38-09.50
6 Alissa Martin	10	Muscatine	36-02.00
7 Majesty Tutson	10	City High	35-04.00
8 Laura Minchk	12	City High	x35-01.50
9 Cortnie Eagle	12	Muscatine	x33-09.00
10 Jordan Wear	10	North Scott	33-06.00
11 Jamine Harris		Ames	30-09.00
12 Vanessa Buie	12	West Des Moines	29-11.50
13 Vanessa Shipley	10	Tipton	29-06.00
14 Sara Schaubroeck	11	Pleasant Valley	29-02.00
15 Ann Taylor	12	Pleasant Valley	28-08.00

16 Krista Kirby	12 North Scott	28-03.50
17 Lauren Herting	09 West Des Moines	28-00.50
18 Molly Moore	09 Ames	27-09.50
19 Kelsey Lafayette	12 Pleasant Valley	x27-05.50
20 Katie Williams	Ames	x26-05.00

Girls Discus Throw

New Record: ! 140-02 2000 Maureen Head, West High School			
Name	Year	School	Finals
1 Taylor Freeman	11	Iowa City West	154-02!
2 Danica Haight	12	Iowa City West	144-02!
3 Sarah Anciaux	12	City High	124-09
4 Danielle Frere	11	Muscatine	123-05
5 Majesty Tutson	10	City High	114-02
6 Aislinn D'Auben	11	Pleasant Valley	114-01
7 Laura Minchk	12	City High	x112-01
8 Courtney Fritz	09	Iowa City West	x110-00
9 Alissa Martin	10	Muscatine	95-03
10 Sara Schaubroeck	11	Pleasant Valley	95-01
11 Molly Moore	09	Ames	93-11
12 Vanessa Shipley	10	Tipton	90-05
13 Ashton Steinke	12	Muscatine	x88-09
14 Kelsey Lafayette	12	Pleasant Valley	x87-10
15 Katie Williams		Ames	84-09
16 Kait Heinen	09	North Scott	75-01
17 Lauren Herting	09	West Des Moines	70-09
18 Jamine Harris		Ames	x65-10