

**30TH ANNUAL A.C. FORWALD RELAYS
JOHN RAFFENSPERGER TRACK
IOWA CITY
APRIL 19, 2002
GIRLS' RESULTS**

Girls 3000 Meter Run 1. Jenny Funk – City High 2. Robdu Adam – West High 3. Betsy Elmore – City High 4. Shirley Stern – West High 5. Lauren Hill – WDM Valley 6. Sarah Lacina - Muscatine	Time: 10:14.43 10:14.43 10:38.34 10:47.08 10:54.96 11:37.11 11:43.79	
Girls 4x800 Relay 1. Iowa City West High (Julia Fudden, Janet Dobyms, Jeni Frudden 2. City High 3. Pleasant Valley 4. Indianola 5. West DM Valley 6. Muscatine	Time: 9:25.43 RECORD 9:25.43 , Lynn Dobyms) 9:29.44 9:52.68 10:13.21 10:53.41 11:02.28	Old record 9:42.69 Linder, Wetzel, Ekiring, Heefner City High
Girls Shuttle Hurdle Relay 1. City High School (Emily Triplet, Tara Whiting, Katie Fraga 2. West DM Valley 3. Muscatine 4. Pleasant Valley 5. IC West High 6. Newton High School	Time: 1:03.21 RECORD 1:03.21 1:05.34 1:08.08 1:09.84 1:10.06 1:12.05	Old record 1:03.36 Anderson, Boison, Axhown, Karnj WDM Valley
Girls Distance Medley 1. City High (Katie Lynch, Tiffany Belmont, Laura 2. IC West High 3. Pleasant Valley 4. Muscatine 5. Indianola 6. North Scott	Time: 4:25.12 4:25.12 Struve, Ali Kirsch) 4:29.00 4:43.41 4:44.80 4:46.34 4:51.09	
Girls 100 Meter Dash 1. Sarah Riedel - Muscatine 2. Elizabeth Matzen – City High 3. Alicia Graber - Newton 4. Allie Cade – WDM Valley 5. Sarah Eichelberger - Muscatine 6. Lauren Carruthers – Pleasant Valley	Time: :12.46 :12.46 :12.59 :12.61 :12.74 :12.76 :12.85	
Girls 400 Meter Dash 1. Virginia Dreier – City High 2. Lindsey Windauer – IC West 3. Sarah Cunningham – WDM Valley	Time: 1:00.56 1:00.56 1:01.87 1:02.33	

4. Ashton Strickland – City High 5. Amanda Judish – IC West 6. Allison Erickson – North Scott	1:02.90 1:04.76 1:05.10	
<u>Girls 4x200 Relay</u> 1. WDM Valley (Alisa Scarrow, Sarah Best, Allie Cade, 2. Muscatine 3. City High 4. Pleasant Valley 5. IC West 6. Indianola	<u>Time: 1:47.34</u> 1:47.34 Lacey Brunette) 1:50.57 1:51.50 1:52.05 1:54.46 1:55.10	
<u>Girls 100 Meter Hurdles</u> 1. Sara Boisen – WDM Valley 2. Monitto-Webber – City High 3. Emily Triplett – City High 4. Katie Petersen - Muscatine 5 Meggie Kanis – WDM Valley 6. McKinsie Williams - Muscatine	<u>Time: :14.79</u> :14.79 :15.12 :15.34 :15.74 :16.05 :16.08	
<u>Girls 800 Meter Run</u> 1. Lynn Dobyons – IC West 2. Jenni Frudden – IC West 3. Meggan Reed – City High 4. Abby Weise – North Scott 5. Katie Lumpa – West Branch 6 Maggie Leyendecker – City High	<u>Time: 2:18.21</u> 2:17.15 2:18.21 2:18.23 2:21.50 2:22.43 2:23.33	
<u>Girls 200 Meter Dash</u> 1. Sarah Riedel - Muscatine 2. Lauren Carruthers – Pleasant Valley 3. Alicia Graber - Newton 4. Lacy Brunette – WDM Valley 5. Lindsey Windauer – IC West 6. Ashton Strickland – City High	<u>Time: :26.03</u> :26.03 :26.62 :26.65 :27.09 :27.31 :27.39	
<u>Girls 400 Meter Low Hurdles</u> 1. Sara Boisen – WEM Valley 2. Katy Fraga – City High 3. Nora Liebergesell - WDV 4. Kelly Sherry – City High 5. Cali Dunham - Newton 6. Mindy Rauwolf – Pleasant Valley	<u>Time: 1:05.03</u> 1:05.03 1:07.53 1:08.58 1:10.03 1:10.12 1:11.25	
<u>Girls Sprint Medley</u> 1. City High (Liz Matzen, Heaven Tuttsen, Virginia 2. North Scott 3. WDM Valley 4. IC West 5. Muscatine 6. Pleasant Valley	<u>Time: 1:51.78</u> 1:51.78 Dreier, Monica Mims) 1:56.81 2:00.00 2:00.31 2:02.48 2:05.65	

Girls 1500 Meter Run	Time: 4:47.87	
1. Jenny Funk – City High	4:47.87	
2. Janet Dobyys – IC West	4:53.03	
3. Julia Frudden – IC West	4:58.39	
4. Lauren Hill – WDM Valley	5:06.30	
5. Rachel Manuel – City High	5:09.96	
6. Ellen Haart – Pleasant Valley	5:12.65	
Girls 4x100 Relay	Time: :50.59	
1. WDM Valley	:50.59	
2. Muscatine	:50.75	
3. City High	:51.40	
4. IC West	:52.00	
5. Pleasant Valley	:52.82	
6. North Scott	:54.18	
Girls Shot Put	Distance: 45' 10 1/4 RECORD	
1. Aubray Martin- Muscatine	45' 10 1/4	
2. Jess Bates - Indianola	40' 1 1/2	
3. Jessica Elliot – City High	40' 0	
4. Maria Linnenbrink – North Scott	37' 7 1/4	
5. Jenny Evans – IC West	34' 3	
6. Meghan Wood – Pleasant Valley	33' 9 1/2	
Girls Discus Throw	Distance: 126' 11"	
1. Jessica Elliott – City High	126' 11"	
2. Aubrey Martin - Muscatine	122' 0"	
3. Jess Bates - Indianola	117' 0"	
4. Audra Ketelsen - Anamosa	105' 9	
5. Meghan Wood – Pleasant Valley	104' 2"	
6. Stephanie Koepp – IC West	103' 10"	
Girls High Jump	Height: 5' 4" Tie Record	
1. Alison Dirks – IC West	5' 4"	
2. Veronica Dykstra – IC West	5' 2"	
3. Niki Sauerbrei - Muscatine	5' 2"	
4. Emily Kinning – Pleasant Valley	5' 2	
5. Jessie Branstetter – City High	5' 0"	
6. Larisa Nordstrom – WDM Valley	4' 10"	
Girls Long Jump	Distance: 16' 2	
1. Liz Huntley – IC West	16' 2	
2. Veronica Dysktra – IC West	15' 8 1/4	
3. Emily Kinning – Pleasant Valley	15' 7 3/4	
4. Kelly Harris – Pleasant Valley	15' 4 1/2	
5. Mindy Heidgerken – North Scott	14' 11 1/4	
6. Lacy Brunette – WDM Valley	14' 8 1/2	

<u>Girls 4x400 Relay</u>	<u>Time: 4:08.21</u>	
1. City High (Kelsey Full, Katie Krie, Nelle Trefz,	<u>4:08.21</u> Monica Mins)	
2. IC West	4:09.75	
3. Pleasant Valley	4:13.02	
4. WDM Valley	4:14.34	
5. Indianola	4:28.63	
6. North Scott	4:39.25	
<u>Girls 100 meter Wheelchair</u>	<u>Time: :27.12</u>	
1. Christine Gerlog – North Scott	:27.12	

TEAM POINTS

1. City High	139
2. IC West	113
3. WDM Valley	78
4. Muscatine	71
5. Pleasant Valley	54
6. North Scott	20
7. Indianola	19
8. Newton	11