

## SU High School Classic

### 60m Dash

Note: Prelims were 55 m and hand times. Finals were 60m  
Finals

- 1 Christen Karniski I.C. West 8.01
- 2 Elizabeth Matzen I.C.High 8.08**
- 3 Tina Klith Cedar Rapids 8.15
- 4 Audra Bark Dewitt Centr 8.16
- 5 Ambre Moton Ankeny 8.17
- 6 Amanda Nearad I.C.High 8.23**
- 7 Timica Lee Roosevelt 8.27
- 8 Stephanie Stratton Clear Creek 8.30
- 9 Megan White Waukee 8.32
- 10 Pam Petz Cal-Dows 8.38
- 11 Jacinta Ojinnaka Sioux City 8.41
- 12 Jenny Goodall Lake Mills 8.45
- 13 Cari Walker Dallas Cente 8.50
- 14 Marie Lucas Sioux City 8.51
- 15 Becky Bartello Newton 8.61
- 16 Kristin Foshe Johnston 8.77

### 60m Dash Prelims

- 1 Ambre Moton Ankeny 6.97
- 2 Elizabeth Matzen I.C.High 7.05**
- 3 Christen Karniski I.C. West 7.08
- 4 Tina Klith Cedar Rapids 7.21
- 5 Megan White Waukee 7.29
- 6 Timica Lee Roosevelt 7.32
- 7 Jenny Goodall Lake Mills 7.35
- 8 Amanda Nearad I.C.High 7.36**
- 8 Audra Bark Dewitt Centr 7.36
- 10 Pam Petz Cal-Dows 7.37
- 11 Marie Lucas Sioux City 7.38
- 12 Stephanie Stratton Clear Creek 7.40
- 13 Kristin Foshe Johnston 7.48
- 14 Jacinta Ojinnaka Sioux City 7.52
- 15 Becky Bartello Newton 7.56
- 16 Cari Walker Dallas Cente 7.58
- 17 Krystal Hansen Ottumwa 7.59
- 18 Kelsea Cannon Clarke 7.60
- 19 Chelsea Kazamarck Assumption 7.63
- 20 Niki Staskal-Brecht Center Point 7.64
- 21 Christie Evans Collins-Maxw 7.65
- 22 Candice Cropp North 7.66
- 23 Becca Dahon Madrid 7.68
- 24 Beth Mathews Denison-Schl 7.69
- 25 Liz Brady Dewitt Centr 7.70
- 26 Kate Deatsch Centerville 7.71

26 Aubrie Fontanini Valley Wdm 7.71  
28 Heather MC Latchie Mediapolis 7.72  
29 Jamie Powers Dowling 7.73  
29 Kylie Lago Ankeny 7.73  
31 Hannah Elkins Ottumwa 7.74  
32 Amy Krumm Ballard Huxl 7.76  
32 Tonya Gutshall Prairie Vall 7.76  
34 Missy Rork Saint Edmund 7.77  
34 Jessica Healey Clear Lake 7.77  
36 Katie Larson I.K.M. 7.78  
37 Megan Maher Ames 7.79  
38 Sarah Levenhagen Dallas Cente 7.80  
39 Amber Narveson Center Point 7.81  
39 Jessica Olson Hoover 7.81  
39 Sara Jacobsen I.K.M. 7.81  
39 Channing Thyberg Valley Wdm 7.81  
43 Lindsey Grush Boone 7.82  
43 Erin Wooley Chariton 7.82  
45 Amanda Hill Norwalk High 7.84  
46 Jessica Cayson Newton 7.86  
47 Lynette Woodrow Glenwood 7.90  
48 Kallie Hanson Harlan 7.93  
48 Rachel Rebling Fairfield 7.93  
50 Ann-Marie Rosenboom South Obrien 7.94  
51 Natalie Kopp Urbandale 7.955  
52 Ashley Black Saint Edmund 7.96  
53 Joleen Sobotka Laurens-Mara 7.97  
54 Andrea Ohl Cal-Dows 7.98 5  
54 Megan Kromminga Benton 7.98 5  
54 Alison Lubbert Waterloo W 7.98 8  
57 Marta Erickson S.E. Webster 8.00 12  
57 Amy Bixler Indianola 8.00 7  
59 Jessica Larson South Obrien 8.01 11  
60 Sandy Simdorn Harlan 8.02 12  
61 Elisabet Folden Manson NW WE 8.03  
62 Andi JO Herrold Woodward-Gra 8.04  
63 Erin Hengesteg Lake Mills 8.05  
64 Lindsey Olson Ames 8.06  
64 Tess Silko Davis County 8.06 15  
66 Meghan Menough Dowling 8.08 6  
67 Megan Vance North Polk 8.09 20  
68 Kathleen Sparole Roosevelt 8.12 8  
68 Kristy Ertz Boone 8.12 11  
70 Kathlene Brosh Norwalk High 8.13 14  
71 Emillie Williams Cedar Rapids 8.14 4  
71 Lindsey Bennett Urbandale 8.14 17  
73 Tonya Vincent Indianola 8.15 10  
74 Bobbi Geiger Benton 8.19 12  
75 Terri Sanders Fort Dodge S 8.24 2  
76 Autumn O'Connor North 8.25 13  
76 Kari Vanhoever Woodward-Gra 8.25 15  
78 Melanie Mahr Denison-Schl 8.26 14  
79 Megan Roy Audubon 8.28 21  
79 Shannon Warner Manning 8.28 10

81 Lindsay Feld Carroll Kuem 8.30 19  
82 Abby Bell Laurens-Mara 8.32 14  
82 Shelby Sheffield Bedford 8.32 18  
84 Mallory Wilson Webster City 8.33 13  
85 Kristle Wolcott Clear Lake 8.36 8  
86 Tiffani Smith Norwalk High 8.39 14  
87 Tracie Wessels Dyersville B 8.41 17  
88 Sarah Torrey Centerville 8.42 14  
88 Tiffany Owenson S.E. Webster 8.42 15  
90 Laura Heithoff Manning 8.45 9  
91 Kristen Bass North Centra 8.46  
92 Sarah Berryman Davis County 8.49  
93 Heidi Fehring Red Oak 8.50  
94 Jessie Hanson Hudson 8.52  
94 Ellen Berger Carroll Kuem 8.52  
96 Paula Rupe Assumption 8.61  
97 Amanda French Waterloo W 8.63  
97 Jerah Bates Manson NW WE 8.63  
99 Andrea Hodgins Hudson 8.69  
100 Jennifer Landstrum Mt. Pleasant 8.73  
101 Kori Winum Glenwood 8.82  
102 Laura Preston North Kossut 8.90  
103 Teran Stark Nevada 8.92  
104 Rose Gibson North Polk 8.94  
105 Dana Olson Nevada 8.95  
106 Jillian Forbes Clear Creek 9.11  
107 Leslee Hupp Webster City 9.14  
108 Brandi Redel Red Oak 9.65  
109 Megan Stabbe Prairie Vall 11.93

### **800m Run**

1 Allison Werner Mt. Pleasant 2:18.13 \* 1  
2 Michelle Sokol Chariton 2:18.70 1  
3 Jill Latham Oelwein 2:21.71 2  
4 Leslie Smith I.C. West 2:22.84 1  
**5 Hillary Mills I.C.High 2:24.93 1**  
6 Kelsey Singletary Ankeny 2:25.15 1  
7 Jessica Carper Clarinda 2:25.20 2  
8 Sarah Glynn Nishna Valle 2:26.65 1  
9 Alicia Iron Boone 2:28.34 1  
10 Holly Boston Sioux City 2:28.69 3  
11 Ashley Culp Valley Wdm 2:28.74 1  
12 Misty Dirksen Hampton-Dumo 2:29.25 3  
13 Jacque Heberer Ankeny 2:29.45 2  
14 Mallory Klengtveltdt Roosevelt 2:29.79 2  
15 Sarah Danilson Boone 2:30.27 4  
16 Sara Maaske Dewitt Centr 2:30.64 7  
17 Brook Esslinger Davis County 2:30.73 3  
18 April Wilhelm Clear Lake 2:31.45 1  
19 Erin Hoffman Audubon 2:31.91 8  
20 Robyn Werner Mt. Pleasant 2:32.44 3  
21 Beth Abramovich Dowling 2:32.49 1  
22 Carmen White Mediapolis 2:32.82 5

23 Kara Carstens Harlan 2:34.81 1  
24 Mikey Hammen Prairie Vall 2:35.33 2  
25 Amber Morgan Harlan 2:36.38 3  
26 Jolena McCLOUD East Greene 2:37.25  
27 Mary Nosbisch Dyersville B 2:37.72  
28 Laren Morz Ames 2:38.00 2  
29 Julie Hardin Valley Wdm 2:38.10 2  
30 Ashley Black Saint Edmund 2:39.16 7  
31 Ashley Dickinson Interstate 3 2:39.84 3  
32 Katie Martin Prairie Vall 2:39.99  
33 Erica Lynn Ames 2:41.85  
34 Christy Graeve I.K.M. 2:42.22  
35 Jackie Schaefer Coon Rapids- 2:42.57  
36 Renae Vomacka Clear Creek 2:42.94  
37 Kelli McCAULLEY Manson NW WE 2:44.44  
38 Carrie Clingan Fairfield 2:44.68  
39 Sam Cox Laurens-Mara 2:45.00  
40 Mandy Aswegan North Polk 2:45.22  
41 Lindsay Gall Clarke 2:45.40  
42 Dawn Serrafini Glenwood 2:45.68  
43 Felisa Hansen Johnston 2:45.69  
44 Kristine Siebken Fort Dodge S 2:46.41  
45 Kari Hunnerdosse Fairfield 2:47.24  
46 Katie Wood Clear Creek 2:47.97  
47 Amanda Berns Center Point 2:48.00  
48 Jana Anderson Newton 2:48.85  
49 Holly Ross Johnston 2:48.88  
50 Amanda Crowley West Branch 2:49.06  
51 Amber Manske West Branch 2:49.26  
52 Shauna Rathje Benton 2:49.78  
53 Sara Smith Hudson 2:51.09  
54 Amy Mikkelsen Orient-Macks 2:51.10  
55 Kim Ware Dallas Cente 2:51.25  
56 Hannah Quandt Denison-Schl 2:51.30  
57 Tracy Comito Dallas Cente 2:51.50  
58 Katie Ranniger I.K.M. 2:51.66  
59 MACKENZIE Nelson Clarke 2:51.68  
60 Crystal Most Red Oak 2:51.78  
61 Jessica Latta Madrid 2:52.94  
62 Stephanie Fogleman Manning 2:53.68  
63 Brittany Fiala S.E. Webster 2:54.20  
64 Megan Wagoner Red Oak 2:56.37  
65 Jackie Jones Urbandale 2:57.02  
66 Holli Hamilton Denison-Schl 2:58.14  
67 Tamra Tomkins Assumption 2:58.67  
67 Mary Hermsen Carroll Kuem 2:58.67  
69 Kelsey Paulson Clear Lake 2:59.05  
70 Sarah Rodemeyer Hudson 2:59.88  
71 Tiffany Polich Madrid 3:02.59  
72 Amanda Schotter Waterloo W 3:03.45  
73 Sara Riley Carroll Kuem 3:04.11 7  
74 Brandi Struve Manning 3:05.75 7  
75 Christy Moss Laurens-Mara 3:05.82 7  
76 Stacey Steele Woodward-Gra 3:07.09 6

77 Michelle Jackovich Hoover 3:07.77 5  
78 Emily Johnson Lake Mills 3:07.79 8  
79 Jacklyn Page Nevada 3:12.29 7  
80 Kristen Clark North Kossut 3:15.40 8  
81 Victoria Edwards Orient-Macks 3:18.15 8  
82 Jackie Paul Centerville 3:20.62 8  
83 Crystal Chalstrom Webster City 3:21.85 7  
84 Nichole Pearce Woodward-Gra 3:42.45 8  
85 Teresa Hankins Hoover 3:51.77

### **3000m Run**

**1 Michelle Lilenthal I.C.High 9:51.20 (Meet Record, National Leading Indoor Time)**

2 Teresa Booth Stanton 10:35.23 1  
3 Audrey Schlitz Dowling 10:36.22 1  
4 Georgia Millward Benton 10:41.06 1  
5 Emily Shoopman Waterloo W 10:44.88 1  
6 Dani Wagaman Red Oak 10:46.40 1  
7 Casey Owens Roosevelt 10:46.86 1  
8 Molly Campana Assumption 10:53.86 3  
**9 Ali Kirsch I.C.High 10:54.55 1**  
10 Karen Johnson West Branch 11:01.58 1  
11 Sarah Semprini Ankeny 11:09.64 1  
12 Ann McMillen Bedford 11:14.67 1  
13 Julie Reger Ames 11:17.76 1  
14 Lyndsey Weller Dewitt Centr 11:30.11 2  
15 Erin Zimmer Dewitt Centr 11:36.81 2  
16 Kristin Sparks Oelwein 11:41.10 1  
17 Tiffany Dallenback Laurens-Mara 11:44.31 2  
18 Kari Peterson Hampton-Dumo 11:46.41 2  
19 Sara Hayes Waukee 11:54.82 2  
20 Cooleen Blough Assumption 11:54.84 3  
21 Shanna Duffy Valley Wdm 11:58.59 2  
22 Emily Schwartz Dowling 12:09.61 1  
23 Megan McDermott Clear Lake 12:11.79 2  
24 Amber Phillips North Polk 12:12.24 2  
25 Danielle Beery Johnston 12:13.53 3  
26 Meghan Kriz Benton 12:14.24 2  
27 Jenny Haub Rockwell-Cit 12:16.78 2  
28 Jamie Jones North 12:19.29 2  
29 Ashley Halbur Manning 12:19.76 3  
30 Lisa Keely Boone 12:19.84 2  
31 Holly Wurster Valley Cew 12:21.81 2  
32 Allison Werner Mt. Pleasant 12:25.34 1  
33 Brooke Freeman Harlan 12:25.80 3  
34 Tanya Trout Davis County 12:26.02 3  
35 Sheryl Bottjen Algona 12:27.45 3  
36 Ashley Jacobs Clear Creek 12:29.32 3  
37 Jana Brinkman Pocahontas 12:29.47 2  
38 Liz Raygor Adel 12:32.12 2  
39 Leslie Green North 12:32.79 2  
40 Julie Jackson S.E. Webster 12:40.19 1  
41 Erin Whitte Hoover 12:40.40 3

42 Melanie Goering Hudson 12:42.80 3  
43 Alaina Anderson Ottumwa 12:47.10 3  
44 MARRISA Bolden Clarke 13:36.34  
45 Mya Reddick Webster City 13:46.08  
46 Chelsea Gustafson Denison-Schl 13:48.66  
47 Holli Hamilton Denison-Schl 14:05.24  
48 Holly Fitzpartick Nevada 14:13.40  
49 Faith Carlson North Kossut 14:30.91

### **4x100 Relay**

1 ICW Iowa City West 51.98  
2 NEWT Newton High School 52.13  
3 DEW Dewitt Central 52.19 2  
4 VAL Valley Wdm 53.46  
**5 CITY Iowa City High (Matzen, Monitto-Weber, Dunn, Rembolt) 53.48**  
6 HARL Harlan 53.90  
7 AME Ames 54.18  
8 BECK Dyersville Beckman 54.69  
9 FDSH Fort Dodge Senior High 54.71  
10 SOB South Obrien 54.74  
11 RSVT Roosevelt 54.75  
12 CALD Cal-Dows 54.77  
13 ALG Algona 54.81  
13 NEV Nevada 54.81  
15 CLA Clarke (Osceola) 54.92  
16 MTPL Mt. Pleasant 55.00  
17 CHAR Chariton 55.02  
18 R.O. Red Oak 55.04  
19 LAKM Lake Mills 55.15  
19 DSMN Des Moines North 55.15  
21 HADU Hampton-Dumont 55.17  
22 WEBC Webster City 55.28  
23 BEDF Bedford Community 55.34  
24 WIL Williamsburg 55.38  
25 DCF Davis County-Fox Valley 55.43  
26 GLE Glenwood 56.09  
27 INDI Indianola 56.37  
28 OTT Ottumwa 56.48  
29 MAD Madrid 56.65  
30 EASG East Greene 56.79  
31 CRB Coon Rapids-Bayard 57.12  
32 PRVA Prairie Valley 57.16  
33 WOO Woodward-Granger 57.82  
34 NOR Norwalk High School 57.90  
35 CENT Centerville 57.91  
36 NPO North Polk 57.98  
37 BENT Benton Community 58.10  
38 CK Carroll Kuemper 58.30  
39 LAMA Laurens-Marathon 58.35  
40 I35 Interstate 35 58.96  
41 CCA Clear Creek Amana 59.06  
42 NKO North Kossuth 59.32  
43 MNW Manson NW Webster 59.45

44 MAN Manning 59.64  
45 HUDS Hudson 59.75  
46 WLW Waterloo West 59.94  
47 URB Urbandale 1:01.22 4  
48 SEWB Southeast Webster 1:03.56

#### **4x400 Relay**

1 HARL Harlan 4:09.08 \* 1  
2 BECK Dyersville Beckman 4:12.33 2  
3 CRP Cedar Rapids Prairie 4:12.75 1  
4 ICW Iowa City West 4:13.82 2  
5 CHAR Chariton 4:14.99 2  
6 VAL Valley Wdm 4:15.10 1  
7 NEWT Newton High School 4:15.12 2  
**8 CITY Iowa City High (Nearad, Lake, Ekiring, Lilienthal) 4:15.92 1**  
9 WIL Williamsburg 4:18.20 3  
10 MTPL Mt. Pleasant 4:18.72 2  
11 AME Ames 4:20.36 2  
12 ANK Ankeny 4:20.97 1  
13 OTT Ottumwa 4:21.80 3  
14 CLAR Clarinda 4:22.22 1  
15 R.O. Red Oak 4:22.40 3  
16 NEV Nevada 4:23.66 5  
17 CCA Clear Creek Amana 4:25.73 3  
18 SCN Sioux City North 4:25.95 4  
19 LAMA Laurens-Marathon 4:28.79 3  
20 BENT Benton Community 4:31.25 3  
21 CK Carroll Kuemper 4:32.51 5  
22 MAN Manning 4:34.38 5  
23 URB Urbandale 4:34.87 1  
24 INDI Indianola 4:35.28 4  
25 MNW Manson NW Webster 4:35.53 4  
26 DCF Davis County-Fox Valley 4:35.90 5  
27 PRVA Prairie Valley 4:37.01 6  
28 GLE Glenwood 4:37.43 5  
29 LAKM Lake Mills 4:39.51 4  
30 WLW Waterloo West 4:41.18 5  
31 WOO Woodward-Granger 4:43.20 6  
32 I35 Interstate 35 4:43.55 5  
33 ASSU Assumption 4:43.70 6  
34 FDSH Fort Dodge Senior High 4:44.51  
35 CLA Clarke (Osceola) 4:44.96  
36 ALG Algona 4:45.37  
37 DEW Dewitt Central 4:47.76  
38 NKO North Kossuth 4:49.70  
39 WEBC Webster City 4:51.17  
40 SEWB Southeast Webster 4:54.14  
41 DSMN Des Moines North 4:57.29  
42 NPO North Polk 4:59.18  
43 NCM North Central Manly 5:35.35

#### **4x600 Relay**

1 ICW Iowa City West 6:44.62

2 MTPL Mt. Pleasant 6:50.21  
**3 CITY Iowa City High (Lake, Heefner, Ekiring, Mills) 6:53.38**  
4 HARL Harlan 6:56.97  
5 WIL Williamsburg 6:59.41  
6 BOO Boone 7:08.61  
7 BECK Dyersville Beckman 7:10.01  
8 ANK Ankeny 7:13.88  
9 AME Ames 7:14.48  
10 CLH Clear Lake High School 7:15.04  
11 DESC Denison-Schleswig Schools 7:16.69  
12 LOMA Logan-Magnolia 7:24.42  
13 INDI Indianola 7:24.50  
14 OTT Ottumwa 7:26.97  
15 CRP Cedar Rapids Prairie 7:28.01  
16 ADEL Adel 7:28.55  
17 FAIR Fairfield 7:29.21  
18 CHAR Chariton 7:33.42  
19 VAL Valley Wdm 7:35.66  
20 BENT Benton Community 7:39.27  
21 HUDS Hudson 7:39.73  
22 WEBC Webster City 7:42.95  
23 MNW Manson NW Webster 7:43.89  
24 NPO North Polk 7:44.45  
25 DCG Dallas Center-Grimes 7:48.02  
26 CK Carroll Kuemper 7:48.58  
26 NEWT Newton High School 7:48.58  
28 ASSU Assumption 7:48.66  
29 DEW Dewitt Central 7:50.14 4  
30 CCA Clear Creek Amana 7:50.20 2  
31 HADU Hampton-Dumont 7:50.71 3  
32 R.O. Red Oak 7:53.08 3  
33 CRB Coon Rapids-Bayard 7:53.52 3  
34 LAMA Laurens-Marathon 7:55.10 3  
35 MAN Manning 7:56.33 4  
36 VCEW Valley Cew 8:03.70 4  
37 ALG Algona 8:03.76 3  
38 BEDF Bedford Community 8:04.94 4  
39 IKM Irwin-Kirkman-Manilla 8:05.99 3  
40 WLW Waterloo West 8:07.37 3  
41 RCL Rockwell-City-Lytton 8:07.57 2  
42 EASG East Greene 8:09.47 5  
43 FDSH Fort Dodge Senior High 8:09.50 5  
44 URB Urbandale 8:11.06 2  
45 PRVA Prairie Valley 8:11.20 3  
46 JOH Johnston 8:11.56 3  
47 CLA Clarke (Osceola) 8:15.18 4  
48 GLI Glidden-Ralston 8:16.77 4  
49 MAD Madrid 8:22.87 4  
50 RSVT Roosevelt 8:39.01 2  
51 SEWB Southeast Webster 8:48.78 5  
52 DSMH Des Moines Hoover 8:53.26 2  
53 OM Orient-Macksburg 8:55.63 3  
54 I35 Interstate 35 8:58.38 4  
55 DSMN Des Moines North 9:02.43 5



56 NKO North Kossuth 9:15.19

### Long Jump

- 1 Ashley Nally Bedford 5.12m 16'09.75
- 2 Pam Petz Cal-Dows 5.07m 16'07.75
- 3 Amber Starr I.C.High 4.98m 16'04.25**
- 4 Lindsay Schultz Manson NW WE 4.72m 15'06.00
- 5 Allison Stracke Harlan 4.68m 15'04.25
- 6 Tristan Smith Fort Dodge S 4.67m 15'04.00
- 7 Patricia Ekiring I.C.High 4.63m 15'02.25**
- 8 Matt Leesa Valley Cew 4.62m 15'02.00
- 9 Stefanie Hill Webster City 4.56m 14'11.50
- 10 Carrissa Salwey Cedar Rapids 4.54m 14'10.75
- 11 Alicia Buck Nevada 4.53m 14'10.50
- 12 Lyndsey Weller Dewitt Centr 4.52m 14'10.00
- 13 Brandi Redel Red Oak 4.51m 14'09.75
- 14 Lindsay Dawson Collins-Maxw 4.47m 14'08.00
- 15 Teresa Hanna Laurens-Mara 4.46m 14'07.75
- 16 Danielle Hutchinson Mt. Pleasant 4.45m 14'07.25
- 17 Sarah Glynn Nishna Valle 4.40m 14'05.25
- 18 Nicky Darling I.C. West 4.39m 14'05.00
- 19 Katie Davis Red Oak 4.36m 14'03.75
- 20 Kristin Foshe Johnston 4.35m 14'03.25
- 21 Leah Kramme Ankeny 4.34m 14'03.00
- 22 Lynette Woodrow Glenwood 4.33m 14'02.50
- 23 Madelyn Yocom Chariton 4.31m 14'01.75
- 24 Sara Jacobsen I.K.M. 4.27m 14'00.25
- 25 Katie Larson I.K.M. 4.24m 13'11.00
- 25 Jen Brown Dewitt Centr 4.24m 13'11.00
- 27 Shauna Stephenson Ottumwa 4.22m 13'10.25
- 27 Becky Bartello Newton 4.22m 13'10.25
- 29 Jessica Cayson Newton 4.19m 13'09.00
- 30 Stef Stookesberry Davis County 4.18m 13'08.75
- 30 Jenny Deierling Mt. Pleasant 4.18m 13'08.75
- 30 Jenny Flora Webster City 4.18m 13'08.75
- 33 Alicia Wilson Clarion-Gold 4.14m 13'07.00
- 34 Andi JO Herrold Woodward-Gra 4.13m 13'06.75
- 35 Chelsea Kazamarck Assumption 4.12m 13'06.25
- 35 Megan Flaws Ames 4.12m 13'06.25
- 37 Rachel Danner Glidden-Rals 4.08m 13'04.75
- 38 Ashley Taylor Hudson 4.07m 13'04.25
- 39 Lindsey Gee Cedar Rapids 4.04m 13'03.25
- 40 Ashley Arndorfer Bishop Garri 4.01m 13'02.00
- 41 Christie Evans Collins-Maxw 4.00m 13'01.50
- 41 Christa Lerch Valley Cew 4.00m 13'01.50
- 43 Laura Chipman Clear Creek 3.97m 13'00.25
- 44 Mallory Clausen Hudson 3.95m 12'11.50
- 44 Janel Richter Bishop Garri 3.95m 12'11.50
- 44 Kelsea Cannon Clarke 3.95m 12'11.50
- 47 Staci Hagen Lake Mills 3.92m 12'10.50
- 48 Emily Gleason Ames 3.90m 12'09.50
- 48 Chelsea Ramey Clear Creek 3.90m 12'09.50
- 48 Annie Mullin Denison-Schl 3.90m 12'09.50

48 Rachel Dierenfield Ankeny 3.90m 12'09.50  
52 Katie Denham Glenwood 3.89m 12'09.25  
53 Shelby Sheffield Bedford 3.86m 12'08.00  
54 Amber Narveson Center Point 3.85m 12'07.75  
55 Codie Lebo Madrid 3.84m 12'07.25  
56 Lindsay Gall Clarke 3.76m 12'04.00  
57 Mindy Koch Benton 3.70m 12'01.75  
58 Aubrie Fontanini Valley Wdm 3.69m 12'01.25  
59 Chrissy Appletoft Sioux City 3.68m 12'01.00  
60 Meggan Polich Madrid 3.66m 12'00.25  
61 Jodi Holmes Sioux City 3.65m 11'11.75  
62 Kristy Uber Denison-Schl 3.60m 11'09.75  
63 Jill Hetzler Valley Wdm 3.54m 11'07.50  
64 Kim Medick North Polk 3.52m 11'06.75  
65 Jenny Renze Manning 3.50m 11'05.75  
66 Libbi Rauk Lake Mills 3.42m 11'02.75  
67 Erin Hoover Fort Dodge S 3.37m 11'00.75  
68 Jerah Bates Manson NW WE 3.33m 10'11.25  
69 Amber Phillips North Polk 3.27m 10'08.75  
69 Kelli Schwartenbern Nevada 3.27m 10'08.75  
71 Amanda Berenguel North 2.95m 9'08.25

### **200 Meter Dash**

1 Ambre Moton Ankeny 26.50  
2 Davonna Carr Roosevelt 26.56 1  
3 Madelyn Yocom Chariton 27.17 1  
4 Alicia Buck Nevada 27.20 3  
5 Kylie Lago Ankeny 27.33 2  
6 Hannah Elkins Ottumwa 27.44 2  
7 Alicia Graber Newton 27.61 6  
8 Jen Brown Dewitt Centr 27.65 8  
9 Melissa Langhurst Cedar Rapids 27.70 4  
9 Sarah Tompkins Clear Lake 27.70 1  
11 Rachael Movick Lake Mills 27.72 6  
12 Jenny Streinz I.C. West 27.80 3  
13 Allison Stracke Harlan 27.88 3  
14 Deb Rienfeld South Obrien 27.97 5  
14 Amy Krumm Ballard Huxl 27.97 6  
16 Sarah Nord Glenwood 27.99 9  
17 Amy Buck Nevada 28.00 3  
17 Beth Erkardt Webster City 28.00 5  
19 Gretta Nelson Clear Creek 28.04 7  
20 Katie Novak Dewitt Centr 28.09 7  
20 Lindsey Windaver I.C. West 28.09 5  
22 Codie Lebo Madrid 28.10 8  
22 Megan White Waukee 28.10 3  
24 Sarah Glynn Nishna Valle 28.26 2  
**25 Kelly Rembolt I.C.High 28.33 2**  
26 Carolyn Schoen Valley Wdm 28.40 6  
27 Melissa Ebelsheiser Ottumwa 28.49 8  
28 Tonya Gutshall Prairie Vall 28.59 3  
29 Joleen Sobotka Laurens-Mara 28.65 11  
29 Emily Gleason Ames 28.65 2

31 Megan Montag Boone 28.82 9  
32 Danielle Salwey Cedar Rapids 28.88 4  
**33 Monica Mims I.C.High 28.90 2**  
34 Kallie Hanson Harlan 28.94 3  
35 Rachel Rebling Fairfield 29.02 12  
35 Cari Walker Dallas Cente 29.02 8  
37 Kim Rodgers Ames 29.08 3  
38 Missy Rork Saint Edmund 29.13  
39 Jenny Petersen Benton 29.19 8  
40 Libby Carstensen Denison-Schl 29.23 11  
41 Amber Christopher Fairfield 29.30 8  
41 Laura Burke Valley Wdm 29.30 4  
43 Janna BeBROWER Clear Creek 29.31 14  
44 TiAnn Taylor Fort Dodge S 29.32 13  
44 Lindsey Jackson Waterloo W 29.32 11  
44 Sarah Meiners Coon Rapids- 29.32 7  
47 Amber French Bedford 29.41 9  
48 Jessica Healey Clear Lake 29.42 6  
49 Sara Birkenholz Newton 29.46 5  
50 Kristin Foshe Johnston 29.56 6  
51 Paula Kloewer I.K.M. 29.67 9  
52 Abbie Lichty Hudson 29.77 9  
53 Liz Naughton Carroll Kuem 29.78 11  
54 Jill Patton Hampton-Dumo 29.84 11  
54 Sandra Tjaden South Obrien 29.84 8  
56 Alexa Woodruff Urbandale 29.85 4  
57 Courtney Goodman Ballard Huxl 29.91 4  
58 Emily Reicher Dyersville B 29.94 10  
59 Tonya Vincent Indianola 30.06 10  
60 Brandii Weaver Mt. Pleasant 30.10 4  
61 Andi JO Herrold Woodward-Gra 30.14  
62 Elizabeth Ramesy Manning 30.22 15  
63 Jill Andersen Audubon 30.26 16  
64 Amy Baughman Carroll Kuem 30.28  
65 Sherry Johnson Boone 30.31 10  
65 Megan Stabbe Prairie Vall 30.31  
67 Sasrah Lynch Manson NW WE 30.32  
68 Laura Simmons Urbandale 30.39 2  
69 Jessica Starmer Norwalk High 30.46 11  
69 Jen Newman North Polk 30.46 13  
71 Andrea Beyer Lake Mills 30.47 12  
72 Kandace Montague Benton 30.49 9  
73 Banlore Bishop Clarke 30.58 10  
74 Kalin Kluver Denison-Schl 30.65 12  
75 Krystal Lien North Centra 30.70 9  
76 Maria Croghan I.K.M. 30.72 10  
77 Andrea Hodgins Hudson 30.82 14  
77 Mandy Hanson Red Oak 30.82 12  
79 Heidi Fehring Red Oak 30.85 7  
80 Patricia Gauss North 31.13 15  
81 Jen Bogle Davis County 31.29 15  
82 Lashanda Davison North 31.49 10  
83 Bri Huber Assumption 31.59 14  
84 Shiera McDOWELL Clarke 31.60 14

85 Teresa Seabrooke Hoover 31.70 10  
86 Jenna Maiers Dyersville B 31.77 14  
87 Lisa Naab Mt. Pleasant 31.78 2  
88 Natalie Lampe Laurens-Mara 32.01 13  
89 Liz Shivvars Norwalk High 32.06 13  
90 Ann Ranniger Manning 32.14 15  
91 Lindsey Wilkinson Assumption 32.24 15  
92 Steph Hilgenberg Coon Rapids- 32.31 12  
93 Alissa Dudley North Kossut 32.32 11  
94 Kari Vanhoever Woodward-Gra 32.35 12  
95 Sarah Kruse Manson NW WE 32.52 13  
96 Jessica Griggs North Kossut 33.08 11  
97 Audrey Stewart S.E. Webster 33.20 14  
98 Leslee Hupp Webster City 33.27 9  
99 Alyson Gross Madrid 33.53 15  
100 Jennifer Claude Algona 34.00 12  
101 Tisa Gray Interstate 3 34.03 16  
102 Tiffany Smith Interstate 3 34.58 16  
103 Elizabeth Kent Bedford 34.88 15  
104 Ritu Sarin Waterloo W 35.40 13  
105 Kim Berns S.E. Webster 36.66 14

### **1500m Run**

1 Jeni Frudden I.C. West 4:45.94 1  
2 Emily Shoopman Waterloo W 4:55.32 1  
3 Teresa Booth Stanton 5:01.57 1  
4 Dani Wagaman Red Oak 5:02.00 1  
**5 Kristy Moreno I.C.High 5:07.76 1**  
6 Jessica Brandhorst Ankeny 5:12.05 2  
7 Georgia Millward Benton 5:13.12 1  
8 Sara Ita Mt. Pleasant 5:14.12 2  
9 Shannon Cassel Assumption 5:16.28 2  
10 Ann McMillen Bedford 5:18.30 1  
11 Megan Anderson Harlan 5:19.92 2  
12 Carmen Moss Laurens-Mara 5:20.61 2  
13 Jessica Seglar Dowling 5:21.00 1  
14 Masumi Forttral Cedar Rapids 5:22.99 1  
15 Angie Mahoney Clear Creek 5:24.34 4  
16 Julie Reger Ames 5:25.85 1  
17 Sara Hayes Waukee 5:26.26 3  
18 Kari Peterson Hampton-Dumo 5:26.59 2  
19 Andi Edwards Manson NW WE 5:30.55 4  
20 Casey Hornick Fairfield 5:32.10 1  
21 Jessica Johnson Webster City 5:32.70 3  
22 Erin Zimmer Dewitt Centr 5:35.10 3  
23 Kati Tigges Coon Rapids- 5:39.26 2  
24 Naomi Fottral Cedar Rapids 5:39.94  
25 Erin Makey Logan-Magnol 5:41.13  
26 Karri Wells Indianola 5:41.15  
27 Kelly McNAUGHTON Chariton 5:41.18  
28 Amber Phillips North Polk 5:42.98  
29 Jamie Jones North 5:43.03  
30 Janelle Cross Webster City 5:47.87

- 31 Jenna Spratt Williamsburg 5:48.43
- 32 Ellen Halvorson Waterloo W 5:48.67
- 33 Michelle Mullnix Williamsburg 5:48.86
- 34 Gina Berger Carroll Kuem 5:50.79
- 35 Tanya Trout Davis County 5:51.40
- 36 Alaina Anderson Ottumwa 5:53.46
- 37 Jamie Nagel Clarinda 5:53.62
- 38 Shanna Duffy Valley Wdm 6:01.43
- 39 Talia Ruble Chariton 6:04.23
- 40 Laura Redig Clarion-Gold 6:05.92
- 41 Carmen White Mediapolis 6:06.46
- 42 Crystal Brown Orient-Macks 6:07.61
- 43 Nicole Wesenberg Cal-Dows 6:08.99
- 44 Felisa Hansen Johnston 6:11.07
- 45 Melanie Brown Newton 6:11.31
- 46 Erica Fish Indianola 6:12.80
- 47 Lila Nickol Dyersville B 6:13.50
- 48 Jenny Hendricks Fort Dodge S 6:14.31
- 49 Leslie Green North 6:16.66
- 50 Marrisa Bolden Clarke 6:18.17
- 51 Maggie McKAY Urbandale 6:18.25
- 52 Crystal Meyer Manning 6:19.30
- 53 Toni Ann Gallagher Bedford 6:21.37
- 54 Ellen Van Den Henvel Prairie Vall 6:25.70
- 55 Christy Yuska Hudson 6:29.00
- 56 Nicole Gardner Hoover 6:29.33
- 57 Emily Johnson Lake Mills 6:29.93
- 58 Sammi Hanson Hudson 6:30.03
- 59 Carly Huhn Nevada 6:34.98
- 60 Mollie Ibbotson Newton 6:40.50
- 61 Jackie Burke Madrid 6:43.00

## **60m Hurdles**

### Finals

- 1 Lolo Jones Roosevelt 8.64 1
- 2 Ashley Nally Bedford 9.45 1
- 3 Allie Karns Valley Wdm 9.51 2
- 4 Emily Hall Harlan 9.52 2
- 5 Lindsay Schultz Manson NW WE 9.56 1
- 6 Sarah Tompkins Clear Lake 9.60 2
- 7 Kerri Scholl I.C. West 9.61 1
- 8 Brooke Plumb Newton 9.66 1
- 9 Carly Mortensen Ames 9.69 2
- 10 Pearl MA I.C. West 9.72 1
- 11 Raegan Schultz Manson NW WE 9.74 2
- 2 Heather MC Latchie Mediapolis 9.77 1
- 13 Linssey Anderson Valley Wdm 9.84 2
- 14 Liz Olsen Harlan 10.03 2
- 15 Tristan Smith Fort Dodge S 10.06

## **60m Hurdles**

### Prelims

- 1 Lolo Jones Roosevelt 9.23

2 Lindsay Schultz Manson NW WE 9.48  
3 Ashley Nally Bedford 9.51 5  
4 Heather MC Latchie Mediapolis 9.62  
4 Heather Mitchell Centerville 9.62  
6 Kerri Scholl I.C. West 9.66  
7 Pearl MA I.C. West 9.72  
7 Brooke Plumb Newton 9.72  
7 Tristan Smith Fort Dodge S 9.72  
10 Sarah Tompkins Clear Lake 9.73  
10 Allie Karns Valley Wdm 9.73  
12 Emily Hall Harlan 9.76  
13 Carly Mortensen Ames 9.83  
14 Linssey Anderson Valley Wdm 9.87  
15 Raegan Schultz Manson NW WE 9.88  
16 Liz Olsen Harlan 9.94  
17 Rachelle Kuhlmann Denison-Schl 9.95  
17 Mala DeVORE Chariton 9.95  
17 Amanda Manatt Newton 9.95  
20 Sarah Tapper Ames 9.99  
21 Carolyn Schoen Valley Wdm 10.01  
22 Rachel Dierenfield Ankeny 10.04  
23 Jenny Randeris Audubon 10.07  
24 Lynn Hall Urbandale 10.08  
**25 Maya Manitto-Weber I.C.High 10.16**  
26 Sarah Glynn Nishna Valle 10.20  
27 Haley Sinn Mt. Pleasant 10.21  
28 Adrian Sheil-Brown Dewitt Centr 10.22  
29 Betsy Behrerns Laurens-Mara 10.26  
30 Kristen Goeser Harlan 10.31  
30 Laura Chipman Clear Creek 10.31  
32 Erica Lynn Ames 10.34  
32 Amber Christopher Fairfield 10.34 7  
34 Kristin Kuecker Algona 10.39 5  
35 Renee Stuaa Clarke 10.44 4  
36 Dana Hanson Urbandale 10.50 14  
37 Autumn O'Connor North 10.51 13  
38 Lindsey Smith Fairfield 10.53 7  
39 Steph Powell Hudson 10.59 11  
40 Candice Cropp North 10.63 15  
40 Sam Rathje Dewitt Centr 10.63 14  
42 Ashley Dickinson Interstate 3 10.64 2  
43 Katie Craigmile Fort Dodge S 10.68 15  
43 Jessy Heim Harlan 10.68 7  
43 Chelsea O'Neill Clarke 10.68 15  
46 Krystal Lien North Centra 10.69 3  
47 Leslie Schmailzl Glenwood 10.72 12  
47 Mindy Stewart Laurens-Mara 10.72 14  
49 Becky Gustafson Chariton 10.73 12  
50 Brandt Chariton 10.77 11  
51 Rachel Wittrock Carroll Kuem 10.78 18  
52 Jocelyn Wiarda Cal-Dows 10.79 5  
53 Sasha Kemett Waukee 10.80 19  
54 Lindsey Meyer Laurens-Mara 10.81 12  
54 Jamie Irlbeck Manning 10.81 9

56 Amy Olson Webster City 10.82 6  
57 Janda Campbell S.E. Webster 10.84 6  
58 Lindsay Dawson Collins-Maxw 10.85 10  
58 Janna BeBROWER Clear Creek 10.85 9  
58 Missy Ahrends Fort Dodge S 10.85 12  
61 Lesley Horan Manson NW WE 10.87 12  
62 Melissa Wagner Waterloo W 10.89 5  
63 Lissa Amundson Nevada 10.90 11  
64 Rebecca Silhanek Benton 10.93 8  
65 Lana Meyer Hudson 10.96 9  
66 Mandy Williams Webster City 10.97 10  
67 Heather Wieshaar Algona 10.98 13  
68 Chelsey Synder Clear Lake 10.99 7  
69 Kristina Ludwig Glenwood 11.00 9  
70 Sarah Trowbridge Boone 11.01 17  
**71 Nicola Blignaut I.C.High 11.02 8**  
72 Ann Campbell Indianola 11.03 17  
**73 Jamie Dunn I.C.High 11.04 8**  
74 Melissa Ryan Norwalk High 11.07 10  
75 Tracy Thomas Madrid 11.08 20  
76 Christa Lerch Valley Cew 11.09 17  
77 JO Reed Dallas Cente 11.10 18  
78 Sarah Heiden Denison-Schl 11.12 23  
79 Ashley Jacobs Clear Creek 11.13  
79 Katie Lynch Rockwell-Cit 11.13  
81 Glenna Reckseen Woodward-Gra 11.15  
81 Erin Allen Mediapolis 11.15  
81 Melissa Sawyer Coon Rapids- 11.15  
84 Steph Hilgenberg Coon Rapids- 11.16  
85 Anna Burn Ottumwa 11.20  
86 Sami Christensen Coon Rapids- 11.21  
86 Marisa Porter Denison-Schl 11.21  
88 Cali Olson Webster City 11.23  
89 Nicole Rowe Bedford 11.28  
90 Amanda Berenguel North 11.31  
91 Amanda Stephan Indianola 11.32  
91 Kellie Handlos Carroll Kuem 11.32  
91 Amy Breeden Indianola 11.32  
94 Este Huston Red Oak 11.39  
95 Heidi Meyer Benton 11.40  
96 Rose Graham Newton 11.41  
97 Savannah Bougher North 11.45  
98 Ashley McKelderry Newton 11.46  
98 Melanie Wagner Waterloo W 11.46  
100 Libby Doolittle Webster City 11.48  
101 Brandie Glasnap Rockwell-Cit 11.49  
101 Libby Carstensen Denison-Schl 11.49  
103 Abby Knaack Benton 11.50  
104 Jennifer Evans Ankeny 11.52  
104 Kortney Thomas Ottumwa 11.52  
104 Rachel Homan Indianola 11.52  
107 Emily Gleich Ottumwa 11.56  
108 Shannon Schoening Glenwood 11.58  
109 Jayleen Gunn East Greene 11.60 23

109 Beth Beane Urbandale 11.60 16  
111 Mandy Hanson Red Oak 11.63 14  
112 Jill Helgeson Lake Mills 11.64 24  
113 Megan Storey Woodward-Gra 11.66  
114 Jenna Sandersfeld Cal-Dows 11.69  
115 Jackie Schaefer Coon Rapids- 11.70  
116 Abby Carney Sioux City 11.75  
117 Shannon Hewlett Clarke 11.81  
117 Carolyn Sidles Centerville 11.81  
119 Liz Shields Prairie Vall 11.83  
120 Aubrey Shawinsky Benton 11.86  
121 Matt Leesa Valley Cew 11.90  
122 Rachel Brundage S.E. Webster 11.91  
123 Katie Ryan Clear Creek 11.92  
124 Kjersti Rognes Lake Mills 11.95  
125 Megan Bradley Saint Edmund 11.96  
125 Heidi Fehring Red Oak 11.96  
125 Courtney Evans Glenwood 11.96 16  
128 Kari Lowe Clarke 11.99 15  
129 Becky Kleve Valley Cew 12.00 19  
130 Megan Rasmusen Prairie Vall 12.02 23  
131 Kathy Squire North Centra 12.07 5  
131 Lisa Langenwalter Manson NW WE 12.07 19  
133 Shani Blair Madrid 12.10 22  
134 Bri Huber Assumption 12.12 24  
135 Carole Gleich Ottumwa 12.32 18  
135 Genev Haub S.E. Webster 12.32 20  
137 Stacie Kienast Manning 12.33 17  
137 Lindsey Brandhorst Waterloo W 12.33 18  
139 Megan Rabey Cal-Dows 12.47 21  
140 Ashley Kenkel I.K.M. 12.54 23  
141 Val Gannon East Greene 12.59 23  
142 Jenn Hillman East Greene 12.68 23  
143 Mikaela Schaefer Cal-Dows 12.87 22  
144 Jill Andersen Audubon 12.92 24  
145 Lynne Erickson Madrid 13.00 22  
146 Amy Murphy Carroll Kuem 13.60 21  
147 Jessica Barkhaus S.E. Webster 13.82 20

### **Sprint Medley**

1 VAL Valley Wdm 1:51.98  
2 NEWT Newton High School 1:54.30  
3 ANK Ankeny 1:55.01 1  
4 NEV Nevada 1:56.08 2  
5 DEW Dewitt Central 1:56.26 5  
**6 CITY Iowa City High (Matzen, Monitto-Weber, Nearad, Mims) 1:57.06 1**  
7 HUX Ballard Huxley 1:58.01 2  
8 R.O. Red Oak 1:58.10 1  
9 MTPL Mt. Pleasant 1:58.34 2  
10 ICW Iowa City West 1:58.39  
11 SCN Sioux City North 1:59.72  
12 HARL Harlan 2:00.00  
13 CENT Centerville 2:00.03



14 LAMA Laurens-Marathon 2:00.40  
15 CLAR Clarinda 2:00.75  
15 ALG Algona 2:00.75  
17 CRP Cedar Rapids Prairie 2:01.06  
18 DSMN Des Moines North 2:01.76  
19 AME Ames 2:01.78  
20 FAIR Fairfield 2:01.86  
21 WEBC Webster City 2:02.08  
22 DESC Denison-Schleswig Schools 2:02.26  
23 DCF Davis County-Fox Valley 2:02.36  
24 LAKM Lake Mills 2:02.71  
25 CLH Clear Lake High School 2:03.09  
26 CALD Cal-Dows 2:03.86  
27 CCA Clear Creek Amana 2:03.92  
28 CLA Clarke (Osceola) 2:04.12  
29 BECK Dyersville Beckman 2:04.17  
30 AUD Audubon 2:04.83  
31 WLW Waterloo West 2:05.12  
32 SOB South Obrien 2:05.34  
33 WBR West Branch 2:05.56  
34 DCG Dallas Center-Grimes 2:05.59  
35 MAN Manning 2:05.87  
36 NPO North Polk 2:05.99  
37 OTT Ottumwa 2:06.56  
38 BENT Benton Community 2:06.95  
39 HUDS Hudson 2:07.05  
40 SEWB Southeast Webster 2:07.10  
41 HADU Hampton-Dumont 2:07.34  
42 CLG Clarion-Goldfield 2:07.36  
43 WIL Williamsburg 2:07.58  
44 INDI Indianola 2:07.71  
45 FDSH Fort Dodge Senior High 2:07.78  
46 NKO North Kossuth 2:07.85  
47 BOO Boone 2:09.07  
48 BEDF Bedford Community 2:09.45  
49 MNW Manson NW Webster 2:09.93  
50 CRB Coon Rapids-Bayard 2:10.33  
51 PRVA Prairie Valley 2:10.81  
52 CPU Center Point-Urbana 2:11.12  
53 EASG East Greene 2:11.28  
54 URB Urbandale 2:11.65  
55 IKM Irwin-Kirkman-Manilla 2:11.95  
56 I35 Interstate 35 2:12.08  
57 GLE Glenwood 2:13.32  
58 RCL Rockwell-City-Lytton 2:13.59  
59 MAD Madrid 2:14.51 8  
60 NOR Norwalk High School 2:18.57 4  
61 NCM North Central Manly 2:33.34 8  
62 CK Carroll Kuemper 2:37.50

### **High Jump**

1 Sondra Rauterkus Harlan 5'04.00" 1.63m  
2 Kalyn Byers Clarinda 5'02.00" 1.57m

3 Angie Froehlich Bishop Garri 5'02.00" 1.57m  
4 Carmen Cox Red Oak 5'00.00" 1.52m  
5 Annie Olson Clarion-Gold 5'00.00" 1.52m  
**6 Jessica Branstetter I.C.High 4'10.00" 1.47m**  
6 Joani McCLURE Centerville 4'10.00" 1.47m  
6 Stacy Theulen Harlan 4'10.00" 1.47m  
6 Raegan Schultz Manson NW WE 4'10.00" 1.47m  
6 Stacie Snyder Carroll Kuem 4'10.00" 1.47m  
11 Sandy Kirchner Clarinda 4'10.00" 1.47m  
12 Erin Allen Mediapolis 4'10.00" 1.47m  
13 Ashley Dickinson Interstate 3 4'10.00" 1.47m  
14 Rachel Sippy Cedar Rapids 4'10.00" 1.47m  
15 Amanda Eckrich Clear Creek 4'08.00" 1.42m  
15 Michelle Beeghley Fort Dodge S 4'08.00" 1.42m  
15 Margaret Wrage Union-Laport 4'08.00" 1.42m  
15 Brit Jones Ankeny 4'08.00" 1.42m  
15 Jamie Stark Center Point 4'08.00" 1.42m  
15 Nancy Puck Manning 4'08.00" 1.42m  
15 Tasha Derby Centerville 4'08.00" 1.42m  
15 Jenny Randeris Audubon 4'08.00" 1.42m  
15 Autumn O'Connor North 4'08.00" 1.42m  
15 Katie Ketchum Collins-Maxw 4'08.00" 1.42m  
25 Tracy Hartwig Rockwell-Cit 4'06.00" 1.37m  
25 Chelsea O'Neill Clarke 4'06.00" 1.37m  
25 Sarah Hoy Valley Wdm 4'06.00" 1.37m  
25 Allie Karns Valley Wdm 4'06.00" 1.37m  
25 Lindsay Stoolman Rockwell-Cit 4'06.00" 1.37m  
25 Rachelle Kuhlmann Denison-Schl 4'06.00" 1.37m  
25 Amanda Stratton Cedar Rapids 4'06.00" 1.37m  
25 Elizabeth Arkfeld Denison-Schl 4'06.00" 1.37m  
25 Haley Sinn Mt. Pleasant 4'06.00" 1.37m  
25 Jessica Brandhorst Ankeny 4'06.00" 1.37m  
25 Emily Barrick Webster City 4'06.00" 1.37m  
36 Amber Christopher Fairfield 4'04.00" 1.32m  
36 Emily Gleich Ottumwa 4'04.00" 1.32m  
36 Ashley Turner Glenwood 4'04.00" 1.32m  
36 Natalie Lampe Laurens-Mara 4'04.00" 1.32m  
36 Steph Stall North Polk 4'04.00" 1.32m  
36 Jeni Winters Hampton-Dumo 4'04.00" 1.32m  
36 Jaime Struve Manning 4'04.00" 1.32m  
36 Angela Schroeder Ames 4'04.00" 1.32m  
36 Laura Etnier Collins-Maxw 4'04.00" 1.32m  
36 Katie Martin Prairie Vall 4'04.00" 1.32m  
36 Leah Rohden Prairie Vall 4'04.00" 1.32m  
47 Jondle Koepke Fort Dodge S 4'02.00" 1.27m  
47 Michelle Lehman North Polk 4'02.00" 1.27m  
47 Steph Tiedemann Benton 4'02.00" 1.27m  
47 Alissa Dudley North Kossut 4'02.00" 1.27m  
47 Janeen Fell Lake Mills 4'02.00" 1.27m  
52 Lydia McKENZIE Clear Creek 4'00.00" 1.22m  
52 Shelby Terrell Ottumwa 4'00.00" 1.22m  
52 Courtney Jones Ames 4'00.00" 1.22m  
52 Missy Moore Newton 4'00.00" 1.22m

## Shot Put

- 1 Maureen Head I.C. West 39'10.75" 12.16m
- 2 Melanie Thompson Adel 39'05.00" 12.01m
- 3 Susan Chamberlen Harlan 39'03.00" 11.96m
- 4 Mary Thomas Davis County 38'11.00" 11.86m
- 5 Hayley Yarkosky Oskaloosa 38'06.00" 11.73m
- 6 Alyse Hohensee Pocahontas 37'05.50" 11.42m
- 7 Nichole Robison Sioux City W 37'00.75" 11.30m
- 8 Cindy Anderson Dallas Cente 36'02.00" 11.02m
- 9 Erika Bilden Valley Cew 35'10.50" 10.93m
- 10 Lindsay Diehl Clarke 35'07.50" 10.86m
- 11 Leslie Schmailzl Glenwood 35'00.50" 10.68m
- 12 Michele Kearney Center Point 33'11.50" 10.35m
- 13 Susan Kloewer Harlan 33'10.50" 10.33m
- 14 Kristen Vannoy Cedar Rapids 33'07.50" 10.25m
- 15 Ambre Moton Ankeny 33'06.00" 10.21m
- 16 Joy Shade North 33'05.75" 10.20m
- 17 Amy Beringer Sioux City 33'05.25" 10.19m
- 18 Carrie Bond Centerville 33'03.50" 10.15m
- 19 Tasha Peterman Bedford 32'10.00" 10.01m
- 20 Mary Beth Hart Ankeny 32'09.50" 9.99m
- 21 Meghan Oden Centerville 32'07.00" 9.93m
- 22 Chris Engel Indianola 32'06.50" 9.92m
- 23 Laurie Lenz Algona 32'02.25" 9.81m
- 24 Anne Marie Zeller Woodward-Gra 31'11.50" 9.74m
- 25 Amy Tvrdik Prairie Vall 31'10.00" 9.70m
- 26 Krystle Wocott Clear Lake 31'09.00" 9.68m
- 27 Piper Orman Chariton 31'08.75" 9.67m
- 28 Lisa Ungerer Cedar Rapids 31'08.50" 9.66m
- 29 Caroline Ruppert Clear Creek 31'07.00" 9.63m
- 30 Kyra Mason Clarke 31'06.75" 9.62m
- 31 Kim Jordon Collins-Maxw 31'06.25" 9.61m
- 32 Jessica Montag Boone 31'03.00" 9.53m
- 33 Paula Banowetz Dewitt Centr 30'08.50" 9.36m
- 34 Beronica Ellis Valley Wdm 30'07.75" 9.34m
- 35 Brandy Hoffman Glidden-Rals 30'06.50" 9.31m
- 35 Jessica Elliot I.C.High 30'06.50" 9.31m**
- 37 Steph Boley Dewitt Centr 30'04.50" 9.26m
- 38 Jodi Iverson Denison-Schl 30'04.00" 9.25m
- 39 Jessica Kastler Webster City 30'02.50" 9.21m
- 40 Hildebrand Waukee 29'10.50" 9.11m
- 41 Jill Ketcham Manning 29'08.50" 9.06m
- 42 Jessie Ubben Webster City 29'07.50" 9.03m
- 43 Jill Kaufman Lake Mills 29'07.25" 9.02m
- 44 Patricia Gauss North 29'04.50" 8.95m
- 45 Launa Rausch Fort Dodge S 29'01.75" 8.88m
- 45 Maxine Jackson I.C.High 29'01.75" 8.88m**
- 47 Rachel Tell S.E. Webster 29'01.00" 8.86m
- 48 Leia Barrett Laurens-Mara 29'00.00" 8.84m
- 48 Emily Borcharding Hampton-Dumo 29'00.00" 8.84m
- 50 Sarah Harms Sioux City 28'10.75" 8.81m
- 51 Sam Evans Collins-Maxw 28'10.00" 8.79m
- 52 Julie Felt Glenwood 28'06.50" 8.70m

53 Libby Williams Ottumwa 28'05.50" 8.67m  
54 Maggie Matijevich North Polk 28'03.75" 8.63m  
55 Jessica Finnerty Urbandale 28'02.25" 8.59m  
56 Kristan Farmer Ottumwa 28'01.50" 8.57m  
57 Deb Holloway Manning 27'10.50" 8.50m  
58 Este Huston Red Oak 26'09.75" 8.17m  
59 Betsy Funk Urbandale 26'05.75" 8.07m  
60 Lexie Olson Waterloo W 26'05.50" 8.06m  
61 Natasa Rasic Madrid 26'02.00" 7.98m  
62 Haley Stevenson Waterloo W 26'01.50" 7.96m  
63 Elizabeth Maus Assumption 26'01.00" 7.95m  
64 Valarie Matters Ames 26'00.75" 7.94m  
65 Mindy Gormley Clear Creek 26'00.50" 7.94m  
66 Elizabeth Guns Johnston 25'08.00" 7.82m  
67 Gibson North Polk 25'07.50" 7.81m  
68 Michelle Eichelberger Manson NW WE 25'07.00" 7.80m  
69 Micaela Tuttle Hoover 25'03.00" 7.70m  
70 Raelyn Holmgaard Prairie Vall 25'01.50" 7.66m  
71 Sharon Fara I.K.M. 25'01.00" 7.65m  
72 Laura Whitte Hampton-Dumo 25'00.50" 7.63m  
73 Jeni Burke Manson NW WE 24'11.50" 7.61m  
74 Cassidy Hall Ames 24'06.00" 7.47m  
75 Jacklyn Page Nevada 24'05.00" 7.44m  
76 Megan Ryan Dallas Cente 23'00.00" 7.01m  
76 Schrieber Fort Dodge S 23'00.00" 7.01m  
78 Erica Langfald Lake Mills 22'11.00" 6.98m  
79 Tiffin Duffy Wdm Valley 22'02.25" 6.76m  
80 Amundson Nevada 21'09.50" 6.64m  
81 Natalie Wilson Bedford 17'08.50" 5.40m