

2005 State Track & Field Meet

Women - 4A - Team Rankings - 19 Events Scored

1) Valley West Des Moines	95	2) Iowa City West	87
3) Des Moines Roosevelt	64	4) Cedar Falls	63
5) Iowa City City High	62	6) Urbandale	48
7) Clinton	45	8) Ames	30
9) Waukee	27	10) Burlington	26
11) Davenport Central	19	12) Cedar Rapids Jefferson	15
13) Cedar Rapids Washington	14	14) Waterloo West	13
15) Fort Dodge	10	16) Bettendorf	9
17) Pleasant Valley	8	17) Boone	8
17) Council Bluffs Jefferson	8	20) Southeast Polk Runnells	7
20) Prairie Cedar Rapids	7	20) Cedar Rapids Kennedy	7
20) Dowling Catholic W Des Moi	7	20) Marshalltown	7
25) Mason City	6	25) Dubuque Senior	6
25) Sioux City North	6	28) Muscatine	5
28) Des Moines Lincoln	5	28) Linn-Mar Marion	5
31) Newton	4	32) Lewis Central Council Blu	3
32) Ankeny	3	32) Waterloo East	3
35) Ottumwa	2	35) Davenport North	2
35) Oskaloosa	2		

Event 130 Girls Long Jump 4A

Name	Year School	Finals	Wind	Points
Finals				
1 Airington, Christina	10 Davenport Central	17-10.50	1.1	10
2 Fischer, Ines	12 Clinton	17-09.75	1.5	8
3 Schottle, Lea	SE Polk	17-05.75	0.6	6
4 Palo, Jessi	11 Ames	17-03.75	1.2	5
5 Cook, Cierra	11 Cedar Falls	16-09.25	2.1	4
6 Kremer, Barb	11 Clinton	16-07.75	0.6	3
7 Sadler, Hillary	9 Lewis Central CB	16-07.50	1.4	2
8 Gilmore, Heather	11 SE Polk	16-07.00	1.3	1
9 Phillips, Chelle	10 Waukee	16-06.00	2.0	
10 Petty, Stephanie	10 North Scott	16-05.25	1.8	
11 Nessen, Jessica	10 Dubuque Senior	16-05.00	1.1	
12 Gowey, Taylor	10 Johnston	16-02.25	1.3	
13 Greer, Courtney	9 Waterloo East	16-01.25	1.7	
14 Schneider, Emily	10 Sioux City North	15-08.00	0.8	
15 Schlosser, Marissa	9 Bettendorf	15-07.25	0.7	
16 Harmon, Maddy	10 Muscatine	15-06.75	0.9	
17 Oman, Lexi	9 WDM Valley	15-05.00	1.5	
18 Carroll, Steph	10 Mason City	15-04.75	1.0	
18 Berane, Dani	9 Dowling Cath WDM	15-04.75	1.5	
20 Nauman, Maggie	10 Dowling Cath WDM	15-03.50	0.8	
21 Robinson, Stephanie	9 Sioux City North	15-02.00	1.3	
21 Tipton, Rachelle	11 Newton	15-02.00	0.6	
-- Hendricks, Tiffany	10 Burlington			ND

-- Turk, Kristin

10 Des Moines Lincoln

ND

Event 146 Girls Shot Put 4A

Name	Year School	Finals	Points
Finals			
1 Haight, Danica	10 Iowa City West	43-01.75	10
2 Bartlett, Katie	12 DM Roosevelt	40-01.00	8
3 Boeke, Rachel	12 CR Jefferson	39-01.25	6
4 Nylin, Elyse	11 Clinton	38-07.00	5
5 Anciaux, Sarah	10 Iowa City City High	37-03.00	4
6 Winslow, Stef	12 Pleasant Valley	37-00.25	3
7 Wittrock, Becky	12 Boone	36-11.50	2
8 Johnson, MyKenya	11 DM Roosevelt	36-01.50	1
9 Frere, Danielle	9 Muscatine	35-03.25	
9 Wagner, Corrie	12 Iowa City City High	35-03.25	
11 Graf, Sarah	11 Clinton	35-00.75	
12 Lindsey, Mikel	11 Waterloo West	34-06.75	
13 Coopman, Carissa	9 Davenport North	34-05.25	
14 Snowbarger, Jessica	9 Oskaloosa	34-03.50	
15 Johnikin, Kelsey	11 Sioux City West	34-03.00	
16 Craw, Madison	10 Mason City	34-02.75	
17 Banks, Marissa	11 Ames	34-01.50	
18 Downing, Karie	Ottumwa	33-10.75	
19 McClelland, Molly	10 WDM Valley	33-07.25	
20 Eagle, Cortnie	10 Muscatine	33-03.50	
21 Sevigny, Erika	9 Bettendorf	33-02.00	
22 Speck, Shelby	12 Des Moines East	32-04.00	
23 Berger, Jessica	12 WDM Valley	32-03.25	
24 Greer, Elsara	10 Waterloo East	31-04.00	

Event 138 Girls Discus Throw 4A

Name	Year School	Finals	Points
Finals			
1 Bartlett, Katie	12 DM Roosevelt	139-00	10
2 Boeke, Rachel	12 CR Jefferson	132-04	8
3 Wittrock, Becky	12 Boone	129-00	6
4 Judge, Casey	12 Des Moines Lincoln	123-10	5
5 Haight, Danica	10 Iowa City West	123-09	4
6 Gilson, Courtney	10 Urbandale	120-04	3
7 Winslow, Stef	12 Pleasant Valley	119-02	2
8 Graf, Sarah	11 Clinton	114-00	1
9 Pratt, Emily	11 Cedar Falls	112-00	
10 Heuvelmann, Heather	11 Burlington	111-07	
11 Auchus, Theresa	12 CR Jefferson	110-09	
12 Higgins, Megan	10 Lewis Central CB	110-08	
13 Lichtenberg, Ashley	10 Bettendorf	108-02	
14 Sevigny, Erika	9 Bettendorf	107-10	

15 Nelson, Catherine	11 Sioux City North	106-10
16 Banks, Marissa	11 Ames	106-07
17 Ganz, Kendra	11 Fort Dodge	105-08
18 Leon, Elena	11 WDM Valley	104-03
18 Freeman, Taylor	9 Iowa City West	104-03
20 St. Pierre, Danielle	11 DM Roosevelt	102-05
21 Anciaux, Sarah	10 Iowa City City High	101-00
22 Battin, Ellen	12 Linn-Mar Marion	98-02
23 Ziskovsky, Allie	9 Prairie CR	97-03
24 McAntire, Kristina	Ottumwa	96-04

Event 122 Girls High Jump 4A

Name	Year School	Finals	Points
Finals			
1 Dirks, Alison	12 Iowa City West	5-07.00	10
2 Synacek, Tiffanie	10 CB Jefferson	5-06.00	8
3 Tim, Christy	12 Ames	5-04.00	6
4 Dolan, Kayla	12 Dubuque Senior	5-03.00	5
5 Lindaman, Lauren	10 WDM Valley	5-02.00	4
6 Wiegert, Krista	Iowa City City High	5-02.00	3
7 Hoscheid, Betsey	12 Pleasant Valley	5-02.00	2
8 Jahns, Lauren	12 Bettendorf	5-02.00	1
9 Fisher, Mikaela	10 CR Washington	5-01.00	
10 Pederson, Allison	10 DM Roosevelt	5-01.00	
11 Reitz, Ashley	Davenport West	5-01.00	
12 Higginbotham, Jordan	CB Lincoln	5-00.00	
13 Hawkins, Troysheanna	12 Davenport West	5-00.00	
14 Schmeling, Mauren	11 Ames	5-00.00	
15 Keller, Emily	12 Des Moines Lincoln	5-00.00	
16 Clark, Cassandra	10 Newton	4-10.00	
16 Sidwell, Samantha	Iowa City City High	4-10.00	
16 Dennis, Courtney	12 Lewis Central CB	4-10.00	
16 Mays, Tiara	10 Des Moines East	4-10.00	
16 Sellers, Andrea	12 Mason City	4-10.00	
16 Anderson, Cathleen	9 Ankeny	4-10.00	
22 Wright, Tiaira	9 Waterloo West	4-10.00	
-- Riese, Amanda	12 Ankeny	NH	
-- Schneider, Emily	10 Sioux City North	NH	
-- Greer, Courtney	9 Waterloo East	NH	

Event 7 Girls 100 Meter Dash 4A

State Record: * 12.29 2004 LaNeisha Waller, CR Washington
 All-Time: ! 11.50 1985 Natasha Kaiser, Des Moines Roosevelt

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Burt, Faith	9 Cedar Falls	12.52q	-1.7	1
2 Nangle, Kaaydah	10 DM Roosevelt	12.75q	-1.2	3
3 Tursi, Anna	10 Dowling Cath WDM	12.78q	-2.0	2
4 Harmon, Maddy	10 Muscatine	12.81q	-2.0	2
5 Digmann, Lindsey	11 Linn-Mar Marion	12.90q	-2.0	2
6 Nzegwu, Barbara	12 Mason City	12.92q	-2.0	2
7 Burge, Shannon	12 Bettendorf	12.97q	-1.2	3

8 Bailey, Brittni	9 Sioux City North	12.97q	-1.7	1
9 Romano, Maddie	11 Waukee	12.99	-1.7	1
10 Derby, Lindsey	12 Dubuque Hempstead	13.03	-2.0	2
11 Montgomery, Brooke	9 Indianola	13.13	-1.7	1
12 Barlow, Wakeisha	10 CR Washington	13.14	-2.0	2
13 Greer, Courtney	9 Waterloo East	13.15	-1.2	3
14 Drumheller, Chelsea	12 Dowling Cath WDM	13.17	-1.7	1
15 Duncan, Emily	11 Bettendorf	13.19	-1.7	1
16 Lumpkin, Latara	11 CR Washington	13.20	-1.2	3
17 Talton, Oliesha	9 DM Roosevelt	13.26	-1.2	3
18 Fedler, Ainsley	11 Burlington	13.28	-1.7	1
19 Buie, Vanessa	10 WDM Valley	13.39	-1.2	3
20 Airington, Christina	10 Davenport Central	13.50	-1.2	3
21 Wenck, Jessica	9 Urbandale	13.52	-1.2	3
22 Augustine, Mandy	10 Dubuque Senior	13.54	-2.0	2
23 King, Chardae	9 Des Moines Hoover	13.57	-1.7	1
24 Ellis, Kenisha	9 Davenport North	13.67	-2.0	2

Event 7 Girls 100 Meter Dash 4A

State Record: * 12.29 2004 LaNeisha Waller, CR Washington

All-Time: ! 11.50 1985 Natasha Kaiser, Des Moines Roosevelt

Name	Year	School	Finals	Wind	Points
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Finals					
1 Burt, Faith	9	Cedar Falls	12.69	NWI	10
2 Burge, Shannon	12	Bettendorf	13.09	NWI	8
3 Nzegwu, Barbara	12	Mason City	13.12	NWI	6
4 Nangle, Kaaydah	10	DM Roosevelt	13.18	NWI	5
5 Digmann, Lindsey	11	Linn-Mar Marion	13.20	NWI	4
6 Bailey, Brittni	9	Sioux City North	13.26	NWI	3
7 Tursi, Anna	10	Dowling Cath WDM	13.30	NWI	2
8 Harmon, Maddy	10	Muscatine	13.36	NWI	1

Event 15 Girls 200 Meter Dash 4A

State Record: * 25.02 5/21/2005 Faith Burt, Cedar Falls

All-Time: ! 24.00 1975 Debbie Esser, Woodbine

Name	Year	School	Finals	Wind	H#
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Finals					
1 Burt, Faith	9	Cedar Falls	25.02*	NWI	3 10
2 Nangle, Kaaydah	10	DM Roosevelt	25.62	NWI	3 8
3 Mellecker, Lisa	10	Iowa City West	25.63	NWI	3 6
4 Aimable, Akeya	12	Waterloo West	25.68	NWI	3 5
5 Harmon, Maddy	10	Muscatine	26.22	NWI	3 4
6 Greer, Courtney	9	Waterloo East	26.33	NWI	3 3
7 Fischer, Alyssa	12	CR Kennedy	26.36	NWI	3 2
8 Digmann, Lindsey	11	Linn-Mar Marion	26.40	NWI	2 1
9 Nzegwu, Barbara	12	Mason City	26.44	NWI	2
10 Derby, Lindsey	12	Dubuque Hempstead	26.49	NWI	2
11 Embree, Betsy	11	Waukee	26.63	NWI	2
12 Johnson, Katie	10	Iowa City West	26.63	NWI	3
13 Airington, Christina	10	Davenport Central	26.68	NWI	2
14 Curry, Megan	12	SE Polk	26.73	NWI	2

15 Synacek, Tiffanie	10 CB Jefferson	26.86	NWI	1
16 Johnikin, Kelsey	11 Sioux City West	27.07	NWI	1
17 Cannady, Lyndsay	9 DM Roosevelt	27.16	NWI	2
18 Lang, Jamie	12 Dowling Cath WDM	27.36	NWI	1
19 Greer, Elsara	10 Waterloo East	27.47	NWI	1
20 Honeycutt, Kersten	11 Davenport West	27.51	NWI	1
21 McGowan, Latoia	11 Davenport West	27.52	NWI	1
22 Mills, Caroline	Iowa City City High	27.55	NWI	1
23 Zaiser, Hannah	10 Burlington	27.60	NWI	1
24 Skay, McKenzie	9 Iowa City City High	27.61	NWI	2

Event 23 Girls 400 Meter Dash 4A

State Record: * 56.54 2004		Liz Bradfield, Cedar Falls		
All-Time: ! 54.09 1984		Natasha Kaiser, Des Moines Roosevelt		
Name	Year School	Finals	H#	Points

Finals				
1 Sharpe, Whitney	9 WDM Valley	57.47	3	10
2 Aimable, Akeya	12 Waterloo West	57.99	3	8
3 Kemmet, Chelsy	12 Waukee	58.44	3	6
4 Fischer, Alyssa	12 CR Kennedy	58.58	3	5
5 Krei, Katie	Iowa City City High	58.79	3	4
6 Thorgaard, Kersten	10 Ames	59.02	3	3
7 Anderson, Christine	11 Ankeny	59.24	2	2
8 Tipton, Rachelle	11 Newton	59.38	1	1
9 Haendler, Jessica	12 Prairie CR	1:00.03	3	
10 Soh, Stephanie	9 Ames	1:00.20	2	
11 Paulson, Sarah	Ottumwa	1:00.32	2	
12 Mims, Kelsey	10 Iowa City City High	1:00.35	3	
13 Kouri, Nicole	12 Des Moines East	1:01.08	1	
13 Hudson, Alex	9 Dowling Cath WDM	1:01.08	2	
15 Masterson, Amanda	9 Davenport West	1:01.27	1	
16 Clark, Chekesha	9 Des Moines East	1:01.40	1	
17 Ripslinger, Annie	12 Davenport North	1:01.68	2	
18 Spurgeon, Kendra	Ottumwa	1:02.08	2	
19 West, Cerling	10 Clinton	1:02.10	2	
20 Walz, Elise	9 Iowa City West	1:02.61	2	
21 Carman, Megan	12 Newton	1:02.65	1	
22 Hogue, Mycal	10 Muscatine	1:03.22	1	
23 Breitbach, Kaitlin	10 CR Washington	1:03.53	1	
24 Steinmeyer, Sami	9 Urbandale	1:03.61	1	

Event 31 Girls 800 Meter Run 4A

State Record: * 2:15.55 2004		Nelle Trefz, Iowa City High		
All-Time: ! 2:09.00		Jane Lange, Davenport West		
Name	Year School	Finals	Points	

Finals				
1 Jensen, Michelle	10 WDM Valley	2:16.72	10	
2 Sokol, Cassi	11 Urbandale	2:17.60	8	
3 Leyendecker, Maggie	12 Iowa City City High	2:17.71	6	
4 Hall, Claire	11 Iowa City West	2:17.92	5	
5 Wiegert, Jessica	11 WDM Valley	2:18.28	4	

6	Rosenblatt, Betsy	12	DM Roosevelt	2:18.35	3
7	Fletcher, Emily	11	Fort Dodge	2:18.72	2
8	Wickman, Sarah	10	Iowa City West	2:18.77	1
9	Sadler, Hillary	9	Lewis Central CB	2:19.88	
10	Pankratz, Lori	11	Bettendorf	2:20.85	
11	Mitchell, Lacey	11	Indianola	2:20.89	
12	Vance, Haley	9	Ankeny	2:20.90	
13	Mundt, Stephanie	9	Urbandale	2:21.35	
14	McDermott, Casey	10	Newton	2:22.92	
15	McKay, Annie		Iowa City City High	2:23.19	
16	Cessna, Kim	12	Cedar Falls	2:24.39	
17	Arneson, Laura	9	Ankeny	2:24.49	
18	Nelson, Sarah	11	Sioux City North	2:25.65	
19	Birru, Obsie	9	Johnston	2:26.28	
20	Krog, Alex	12	Fort Dodge	2:26.80	
21	Scherf, Carolyn	9	Dubuque Senior	2:26.84	
22	Parker, Devin	12	CR Washington	2:26.90	
23	Plein, Whitney	9	Burlington	2:30.58	
24	Kelly, Danielle	10	Cedar Falls	2:32.72	

Event 39 Girls 1500 Meter Run 4A

Name	Year	School	Finals	Points
Finals				
1		Roeder, Hannah	11 DM Roosevelt	4:38.87 10
2		Sokol, Cassi	11 Urbandale	4:40.91 8
3		Wickman, Sarah	10 Iowa City West	4:41.80 6
4		Mundt, Stephanie	9 Urbandale	4:43.26 5
5		Rosenblatt, Betsy	12 DM Roosevelt	4:45.51 4
6		Shaw, Lindy	11 WDM Valley	4:46.06 3
7		Wiegert, Jessica	11 WDM Valley	4:46.43 2
8		Dobyns, Janet	12 Iowa City West	4:46.64 1
9		Bieri, Jenna	11 Davenport Central	4:48.91
10		Koll, Lisa	12 Fort Dodge	4:51.47
11		Nygren, Samantha	12 Cedar Falls	4:52.70
12		Larsen, Sarah	9 Cedar Falls	4:54.25
13		Sidwell, Samantha	Iowa City City High	4:54.29
14		Nelson, Sarah	11 Sioux City North	4:56.50
15		Birru, Obsie	9 Johnston	4:56.62
16		Lageschulte, Jill	9 Marshalltown	4:58.59
17		Thorgaard, Samantha	Ottumwa	5:00.28
18		Lambert, Hannah	10 Burlington	5:04.52
19		Leuenberger, Erica	12 CR Washington	5:04.97
20		Ripslinger, Annie	12 Davenport North	5:06.76
21		Bell, Meredith	10 CR Washington	5:06.99
22		McElree, Jenny	9 SE Polk	5:07.97
23		Kelly, Dana	12 Boone	5:10.65
24		Bobbin, Maggie	11 CR Kennedy	5:18.82

Event 47 Girls 3000 Meter Run 4A

Name	Year	School	Finals	Points
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Finals				
1	Mundt, Stephanie	9	Urbandale	10:08.11 10
2	Wickman, Sarah	10	Iowa City West	10:13.54 8
3	Koll, Lisa		Fort Dodge	10:16.71 6
4	Roeder, Hannah	11	DM Roosevelt	10:25.27 5
5	Bieri, Jenna		Davenport Central	10:27.30 4
6	Dobyns, Janet	12	Iowa City West	10:27.84 3
7	Lageschulte, Jill	9	Marshalltown	10:56.06 2
8	Wilson, Nicole	10	Urbandale	10:57.63 1
	9 Ripslinger, Annie		Davenport North	11:02.72
10	Bobbin, Maggie	11	CR Kennedy	11:06.57
11	Kelly, Dana	12	Boone	11:09.35
12	Bys, Kailey		Davenport North	11:10.23
13	Arora, Ruhee	12	Iowa City City High	11:10.27
14	Van Natta, Meredith	12	Iowa City City High	11:11.17
15	Calef, Danielle	10	Prairie CR	11:12.14
16	Pence, Kaylee	10	Waukee	11:20.75
17	Rover, Brittany	12	Ames	11:21.67
18	Parker, Devin	12	CR Washington	11:21.71
19	Duffy, Alyssa	10	WDM Valley	11:22.01
20	Kono, Paris	10	Waukee	11:38.95
21	Meyer, Amber	11	Ankeny	11:56.09
22	Blanchard, Leah	9	Cedar Falls	11:59.54
23	Hilby, Laura	11	Johnston	12:09.52
--	Altemeier, Megan	10	WDM Valley	DNS

Event 55 Girls 100 Meter Hurdles 4A

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Caffrey, Jenna	11	Burlington	14.12q	NWI 1
2	Fischer, Ines	12	Clinton	14.48q	NWI 3
3	Lindaman, Lauren	10	WDM Valley	14.88q	NWI 1
4	Freeman, Lindsay	12	Iowa City West	14.92q	NWI 3
5	Kremer, Barb	11	Clinton	15.00q	NWI 2
6	Smith, Kelsey	10	Burlington	15.05q	NWI 2
7	Rangel, Jerika	11	Davenport Central	15.14q	NWI 1
7	Savage, Nina	9	Cedar Falls	15.14q	NWI 1
9	Murphy, Laurel	9	Des Moines East	15.20	NWI 2
10	Braford, Adreonna	9	Davenport North	15.21	NWI 1
11	Olorundami, Natalie	12	Sioux City West	15.34	NWI 3
12	Hawkins, Troysheanna	12	Davenport West	15.47	NWI 2
13	Gilmore, Heather	11	SE Polk	15.52	NWI 1
14	Cunningham, Reiko	11	Waukee	15.57	NWI 3
15	Anderson, Melanie	12	Bettendorf	15.62	NWI 3
16	Sandon, Kelsey	9	Urbandale	15.69	NWI 3
17	Sellers, Andrea	12	Mason City	15.72	NWI 2
18	Ridenour, Brittany	9	CB Lincoln	15.73	NWI 1
19	Host, Kelsie	11	SE Polk	15.84	NWI 3
20	Metcalf, Ashley	11	Dubuque Senior	16.06	NWI 2
21	Ruzicka, Brittany	12	CR Jefferson	16.18	NWI 2
22	Langenberg, Olivia	11	Ames	16.29	NWI 3
23	Wirth, Kelly	10	Waterloo West	16.33	NWI 2
24	Willey, Erica	10	Ankeny	19.73	NWI 1

Event 55 Girls 100 Meter Hurdles 4A

Name	Year School	Finals	Wind	Points
State Record: * 13.90 2004 LaNeisha Waller, CR Washington				
All-Time: ! 13.40 1998 Lolo Jones, Des Moines Roosevelt				
Finals				
1 Caffrey, Jenna	11 Burlington	14.09	NWI	10
2 Fischer, Ines	12 Clinton	14.50	NWI	8
3 Freeman, Lindsay	12 Iowa City West	14.58	NWI	6
4 Lindaman, Lauren	10 WDM Valley	14.70	NWI	5
5 Kremer, Barb	11 Clinton	15.22	NWI	4
6 Savage, Nina	9 Cedar Falls	15.24	NWI	3
7 Rangel, Jerika	11 Davenport Central	15.25	NWI	2
-- Smith, Kelsey	10 Burlington		FS	

Event 60 Girls 400 Meter Hurdles 4A

Name	Year School	Finals	H#	Points
Finals				
1 Lindaman, Lauren	10 WDM Valley	1:03.78	3	10
2 Fischer, Ines	12 Clinton	1:04.26	3	8
3 Caffrey, Jenna	11 Burlington	1:04.96	3	6
4 Rowley, Taryn	10 Marshalltown	1:05.10	3	5
5 Sabers, Molly	Iowa City City High	1:05.29	3	4
6 Campbell, Sahvanuh	11 Davenport Central	1:05.35	2	3
7 Kalin, Jacqui	10 Sioux City North	1:05.58	3	2
8 Scherf, Sara	11 Dubuque Senior	1:06.22	3	1
9 Carman, Megan	12 Newton	1:06.29		1
10 Kirk, Laura	11 WDM Valley	1:06.38		2
11 Ronemous, Chelsea	Waterloo West	1:06.99		3
12 Hinzman, Ashley	10 Dubuque Hempstead	1:07.18		1
13 MacVey, Chantelle	12 Newton	1:07.36		1
14 Banes, Jessica	10 Prairie CR	1:07.48		2
15 Sellers, Andrea	12 Mason City	1:07.68		2
16 Cory, Emily	9 Indianola	1:07.85		2
17 Hillsman, Naomi	12 Iowa City West	1:07.97		1
18 Pierce, Kristin	11 Bettendorf	1:08.17		1
19 Murphy, Laurel	9 Des Moines East	1:08.22		2
20 Sosa, Sarah	Ottumwa	1:08.52		2
21 Mitchell, Jessica	11 Johnston	1:09.07		2
22 Donnelly, Kayla	9 Urbandale	1:10.10		1
23 Krumm, Laura	12 Iowa City City High	1:10.38		1
-- Savage, Nina	9 Cedar Falls		DNS	1

Event 76 Girls 4x100 Meter Relay 4A

School	Prelims	H#
Preliminaries		
1 Cedar Falls 'A'	48.94q	3
1) Cook, Cierra 11	2) Thompson, Mattie	
3) Goulden, Katie	4) Burt, Faith 9	

2 Burlington 'A'		49.63q	2
1) Fedler, Ainsley 11	2) Hendricks, Tiffany 10		
3) Smith, Kelsey 10	4) Caffrey, Jenna 11		
3 Iowa City City High 'A'		49.65q	1
1) Mueller, Signe 10	2) Jones, Patrice 12		
3) Kamber, Kerry 11	4) Skay, McKenzie 9		
4 Ames 'A'		49.84q	3
1) Palo, Jessi 11	2) Knuth, Kyra		
3) Engelen, Mallory	4) Soh, Stephanie 9		
5 Waukeee 'A'		49.87q	1
1) Romano, Maddie 11	2) Cunningham, Reiko 11		
3) Embree, Betsy 11	4) Kemmet, Chelsy 12		
6 Dowling Catholic W Des Moines 'A'		49.92q	1
1) Tursi, Anna 10	2) Drumheller, Chelsea 12		
3) Kern, Kari 11	4) Ferguson, Valarie 10		
7 Valley West Des Moines 'A'		50.02q	2
1) Robinson, Audra 11	2) Buie, Vanessa 10		
3) Anderson, Kelly 11	4) Elgin, Jenny 12		
8 Oskaloosa 'A'		50.30q	3
1) Carlson, Brittany 11	2) Knoot, Allison 12		
3) Hadden, Caitlin 10	4) Snowbarger, Jessica 9		
9 Cedar Rapids Jefferson 'A'		50.36	3
1) Goedken, Kristen	2) Mayes, Saterika		
3) Galvin, Allison 9	4) Atwood, Angie 9		
10 Des Moines East 'A'		50.67	1
1) Logan, Elyse 12	2) Wagner, Shauna 11		
3) Enochs, Amanda 10	4) Flaherty, Amy 10		
11 Mason City 'A'		50.69	1
1) Fitzgerald, Lindsay 10	2) Slaven, Katy 11		
3) Carroll, Steph 10	4) Nzegwu, Barbara 12		
12 Ankeny 'A'		50.83	3
1) Willey, Erica 10	2) Vance, Haley 9		
3) Schlegel, Lindsay 9	4) Andresen, Christine 11		
13 Bettendorf 'A'		51.10	2
1) Duncan, Emily 11	2) Ziegler, Catherine 10		
3) Anderson, Melanie 12	4) Burge, Shannon 12		
14 Southeast Polk Runnells 'A'		51.21	2
1) Bauer, Afton 11	2) Host, Kelsie 11		
3) Cummins, Tiffany 10	4) Curry, Megan 12		
15 Johnston 'A'		51.27	1
1) Meade, Ashley 11	2) Morris, Abby 11		
3) Strawhacker, Kristen 10	4) Green, Abby		
16 Davenport Central 'A'		51.50	1
1) Airington, Christina 10	2) Woods, Cassie 10		
3) Calvert, TaShyia 10	4) Mims, Kelsey 12		
17 Dubuque Hempstead 'A'		51.51	2
1) Grant, Lisa 10	2) Derby, Lindsey 12		
3) Herber, Racquel 10	4) Nebel, Rachel 9		
18 Muscatine 'A'		51.86	2
1) Williams, McKinsie 12	2) Evenson, Vanessa 10		
3) Shaw, Jessica 12	4) Harmon, Maddy 10		
19 Marshalltown 'A'		51.94	3
1) Ross, Meredith	2) Tice, Brooke 10		
3) Rowley, Taryn 10	4) Stanton, Megan 10		
20 Iowa City West 'A'		52.45	2
1) Qio, Qiong 9	2) Freeman, Taylor 9		
3) Brechtel, Heather 12	4) Bilskemper, Chelsea 11		

21 Des Moines Roosevelt 'A'	55.98	2
1) Jefferson, Shannon 9	2) Tapscott, Sam 9	
3) Talton, Oliesha 9	4) Nelson, Autumn 10	
-- Urbandale 'A'	FS	1
1) Finn, Melissa 10	2) Ripperger, Michelle 11	
3) Van Wyk, Sara 11	4) Sandon, Kelsey 9	
-- Cedar Rapids Washington 'A'	DNF	3
1) Lumpkin, Cassandra 12	2) Mattison, Claire	
3) Hobbs, Dede	4) Martin, Charity 9	
-- Sioux City North 'A'	DQ	3
1) Bailey, Brittni 9	2) Schneider, Emily 10	
3) Robinson, Stephanie 9	4) Dotson, Likeisha 9	

Event 76 Girls 4x100 Meter Relay 4A

State Record: * 48.94	5/19/2005	Cedar Falls, Cedar Falls
		C Cook, M Thompson, K Goulden, F Burt
All-Time: ! 48.57	5/19/2005	Denison-Schleswig, Denison-Schleswig
		C Burtnett, N Claussen, L Swanson, L Wiebers
School		Finals Points

Finals		
1 Cedar Falls 'A'	49.15	10
1) Cook, Cierra 11	2) Thompson, Mattie	
3) Goulden, Katie	4) Burt, Faith 9	
2 Waukee 'A'	49.40	8
1) Romano, Maddie 11	2) Cunningham, Reiko 11	
3) Embree, Betsy 11	4) Kemmet, Chelsy 12	
3 Iowa City City High 'A'	49.65	6
1) Mueller, Signe 10	2) Jones, Patrice 12	
3) Kamber, Kerry 11	4) Skay, McKenzie 9	
4 Dowling Catholic W Des Moines 'A'	49.74	5
1) Tursi, Anna 10	2) Drumheller, Chelsea 12	
3) Kern, Kari 11	4) Ferguson, Valarie 10	
5 Valley West Des Moines 'A'	49.85	4
1) Robinson, Audra 11	2) Buie, Vanessa 10	
3) Anderson, Kelly 11	4) Elgin, Jenny 12	
6 Ames 'A'	50.53	3
1) Palo, Jessi 11	2) Knuth, Kyra	
3) Engelen, Mallory	4) Soh, Stephanie 9	
7 Oskaloosa 'A'	51.10	2
1) Carlson, Brittany 11	2) Knoot, Allison 12	
3) Hadden, Caitlin 10	4) Snowbarger, Jessica 9	
-- Burlington 'A'	DNF	
1) Fedler, Ainsley 11	2) Hendricks, Tiffany 10	
3) Smith, Kelsey 10	4) Caffrey, Jenna 11	

Event 84 Girls 4x200 Meter Relay 4A

School	Finals	H#	Points
Finals			
1 Iowa City City High 'A'	1:44.32	3	10
1) Mueller, Signe 10	2) Jones, Patrice 12		
3) Krei, Kelly 9	4) Kamber, Kerry 11		

2 Cedar Rapids Washington 'A'	1:44.43	3	8
1) Lumpkin, Cassandra 12	2) Green, Alyssa 11		
3) Mattison, Claire	4) Martin, Charity 9		
3 Iowa City West 'A'	1:45.08	3	6
1) Johnson, Katie 10	2) Freeman, Lindsay 12		
3) Brechtel, Heather 12	4) Mellecker, Lisa 10		
4 Valley West Des Moines 'A'	1:45.30	3	5
1) Robinson, Audra 11	2) Elgin, Jenny 12		
3) Ellinwood, Elizabeth 10	4) Anderson, Kelly 11		
5 Ames 'A'	1:45.38	3	4
1) Palo, Jessi 11	2) Tim, Christy 12		
3) Engelen, Mallory	4) Thorgaard, Kersten 10		
6 Waukee 'A'	1:45.77	3	3
1) Romano, Maddie 11	2) Cope, Amaura 9		
3) Smith, Jill 12	4) Embree, Betsy 11		
7 Des Moines Roosevelt 'A'	1:45.88	3	2
1) Cannady, Lindsay 9	2) Jefferson, Shannon 9		
3) Talton, Oliesha 9	4) Nangle, Kaaydah 10		
8 Pleasant Valley 'A'	1:47.40	2	1
1) Christensen, Sara 11	2) Garbin, Amy 11		
3) Sokolik, Anna 9	4) Prais, Teresa 12		
9 Southeast Polk Runnells 'A'	1:47.45	2	
1) Bauer, Afton 11	2) Curry, Megan 12		
3) Host, Kelsie 11	4) Gilmore, Heather 11		
10 Cedar Rapids Jefferson 'A'	1:47.81	3	
1) Galvin, Allison 9	2) Atwood, Angie 9		
3) Mayes, Saterika	4) Goedken, Kristen		
11 Indianola 'A'	1:48.06	2	
1) Golly, Ashley 12	2) Mayer, Katie 9		
3) Teas, Emily 10	4) Cory, Emily 9		
12 Mason City 'A'	1:48.18	2	
1) Kaska, Sarah 10	2) Fitzgerald, Lindsay 10		
3) Myhre, Mackenzie 10	4) Nzegwu, Barbara 12		
13 Dubuque Hempstead 'A'	1:48.21	2	
1) Grant, Lisa 10	2) Nebel, Rachel 9		
3) Hinzman, Ashley 10	4) Derby, Lindsey 12		
14 Urbandale 'A'	1:48.28	1	
1) Finn, Melissa 10	2) Ripperger, Michelle 11		
3) Wenck, Jessica 9	4) Sandon, Kelsey 9		
15 North Scott Eldridge 'A'	1:48.68	2	
1) Krogman, Sara 11	2) Bennett, Allison 12		
3) McCubbin, Jami 11	4) Wiese, Anna 10		
16 Sioux City West 'A'	1:48.71	1	
1) Anderson, Tasha 11	2) Johnikin, Kelsey 11		
3) Andersen, Ashlee 10	4) Mosley, Katrina 11		
17 Clinton 'A'	1:49.19	1	
1) Lawrence, Megan 11	2) Kooi, Courtni 9		
3) Ralston, Audrey	4) Holy, Angela		
18 Prairie Cedar Rapids 'A'	1:49.83	1	
1) Banes, Jessica 10	2) Carver, Beth		
3) Cain, Lindsey	4) Carver, Laura 12		
19 Ottumwa 'A'	1:49.87	2	
1) Wetrich, Amy 11	2) Ebelsheiser, Mallory 12		
3) Rodriguez, Stacie 9	4) Spurgeon, Kendra		
20 Sioux City North 'A'	1:50.34	1	
1) Bailey, Brittni 9	2) Dotson, Likeisha 9		
3) Robinson, Stephanie 9	4) Supri, Brittaney 12		

21 Cedar Falls 'A'	1:50.76	1
1) Marshall, Ciarra	2) Cook, Cierra 11	
3) Hagerty, Caitlin	4) Thompson, Mattie	
22 Davenport West 'A'	1:51.03	1
1) McGowan, Tinny	2) Ahlers, Katie	
3) Honeycutt, Kersten 11	4) McGowan, Latoia 11	
23 Lewis Central Council Bluffs 'A'	1:51.91	1
1) Terry, Rachel 11	2) Husz, Mallory 9	
3) Dennis, Courtney 12	4) Southard, Rikki 12	
24 Davenport Central 'A'	1:51.94	2
1) Mims, Kelsey 12	2) Calvert, TaShyia 10	
3) Thomas, Renee 10	4) Campbell, Sahvanuh 11	

Event 92 Girls 4x400 Meter Relay 4A

School	Prelims	H#
Preliminaries		
1 Iowa City West 'A'	3:59.00q	1
1) SaAadv, Hadiza 9	2) McAleer, Annie 11	
3) Hillsman, Naomi 12	4) Mellecker, Lisa 10	
2 Prairie Cedar Rapids 'A'	4:01.13q	3
1) Banes, Jessica 10	2) Carver, Laura 12	
3) Haendler, Jessica 12	4) Carver, Beth	
3 Valley West Des Moines 'A'	4:01.60q	1
1) Anderson, Kelly 11	2) Kirk, Laura 11	
3) Jensen, Michelle 10	4) Sharpe, Whitney 9	
4 Iowa City City High 'A'	4:02.72q	2
1) Jones, Patrice 12	2) Krei, Kelly 9	
3) Mims, Kelsey 10	4) Sabers, Molly	
5 Cedar Falls 'A'	4:02.80q	1
1) Shaddox, Shawn	2) Thompson, Mattie	
3) Goulden, Katie	4) Hagerty, Caitlin	
6 Ames 'A'	4:02.86q	3
1) Soh, Stephanie 9	2) Brown, Lauren	
3) Tim, Christy 12	4) Thorgaard, Kersten 10	
7 Newton 'A'	4:02.91q	2
1) Tipton, Rachelle 11	2) Carman, Megan 12	
3) MacVey, Chantelle 12	4) McDermott, Casey 10	
8 Ankeny 'A'	4:03.63q	2
1) Andresen, Christine 11	2) Vance, Haley 9	
3) Keller, Chelsea 11	4) Schlegel, Lindsay 9	
9 Ottumwa 'A'	4:05.64	2
1) Spurgeon, Kendra	2) Jay, Katie 11	
3) Sosa, Sarah	4) Paulson, Sarah	
10 Cedar Rapids Kennedy 'A'	4:06.45	3
1) Bartels, Michelle 11	2) Haycraft, Karen 11	
3) Richardson, Cara 10	4) Fischer, Alyssa 12	
11 Waukee 'A'	4:08.01	2
1) Cope, Amaura 9	2) Jackson, Brooke 9	
3) Lejukole, Winnie 9	4) Crowell, Chelsea 9	
12 Linn-Mar Marion 'A'	4:08.18	1
1) Hurst, Melinda	2) Reid, Jessica	
3) Johnson, Courtney	4) Hochstedler, Chelsie	
13 Sioux City North 'A'	4:08.38	3
1) Kalin, Jenna 12	2) Lohry, Molly 11	

3) Williams, Susie 11	4) Kalin, Jacqui 10	
14 Pleasant Valley 'A'	4:09.41	3
1) Garbin, Amy 11	2) Sokolik, Anna 9	
3) Prais, Teresa 12	4) Hodgins, Leah 9	
15 Indianola 'A'	4:09.81	2
1) Mitchell, Lacey 11	2) Golly, Ashley 12	
3) Mayer, Katie 9	4) Cory, Emily 9	
16 Fort Dodge 'A'	4:10.13	2
1) Barkley, Mandi 11	2) Krog, Alex 12	
3) Peterson, Dyann	4) Fletcher, Emily 11	
17 Clinton 'A'	4:10.24	1
1) Kremer, Barb 11	2) Cerling, West	
3) Ralston, Audrey	4) Lawrence, Megan 11	
18 Waterloo West 'A'	4:10.78	3
1) Aimable, Akeya 12	2) Shirley, Hannah	
3) Ronemous, Chelsea	4) Lynch, Chelsea	
19 Johnston 'A'	4:11.23	1
1) Bjork, Lori 12	2) Mitchell, Jessica 11	
3) Van Vleet, Alexis 11	4) DePenning, Emily 11	
20 Davenport Central 'A'	4:11.45	3
1) Rangel, Jerika 11	2) Vanden Berg, Jessi 9	
3) Foster, Shivonne 12	4) Campbell, Sahvanuh 11	
21 Urbandale 'A'	4:14.03	2
1) Steinmeyer, Sami 9	2) Jensen, Katie 11	
3) Donnelly, Kayla 9	4) Lee, Tara 9	
22 Davenport North 'A'	4:14.73	1
1) Solomon, Desiree 9	2) Noble, Stephanie 9	
3) Bys, Kailey 9	4) Braford, Adreonna 9	
23 Bettendorf 'A'	4:21.03	3
1) Pierce, Kristin 11	2) Haynes, Jennifer 12	
3) Sickels, Katie 10	4) Hayward, Rachel 9	
-- Dowling Catholic W Des Moines 'A'	DQ	1
1) Flood, Betsy 9	2) Hudson, Alex 9	
3) Katch, Jessica 12	4) Tursi, Anna 10	

Event 92 Girls 4x400 Meter Relay 4A

State Record: * 3:55.59 2004 Pleasant Valley, Pleasant Valley
 J. Bingham, M. Schnackel, T. Prais, L. Carruthers
 All-Time: ! 3:51.70 1981 Starmont, Starmont

School Finals Points

Finals

1 Valley West Des Moines 'A'	3:57.62	10
1) Anderson, Kelly 11	2) Kirk, Laura 11	
3) Jensen, Michelle 10	4) Sharpe, Whitney 9	
2 Iowa City West 'A'	3:58.07	8
1) SaAadv, Hadiza 9	2) McAleer, Annie 11	
3) Hillsman, Naomi 12	4) Mellecker, Lisa 10	
3 Iowa City City High 'A'	3:59.89	6
1) Krei, Katie	2) Mims, Kelsey 10	
3) Jones, Patrice 12	4) Sabers, Molly	
4 Prairie Cedar Rapids 'A'	4:01.99	5
1) Banes, Jessica 10	2) Carver, Beth	
3) Carver, Laura 12	4) Haendler, Jessica 12	
5 Ames 'A'	4:02.42	4

1) Soh, Stephanie 9	2) Brown, Lauren
3) Tim, Christy 12	4) Thorgaard, Kersten 10
6 Newton 'A'	4:02.63 3
1) Tipton, Rachelle 11	2) Carman, Megan 12
3) MacVey, Chantelle 12	4) McDermott, Casey 10
7 Cedar Falls 'A'	4:04.94 2
1) Shaddox, Shawn	2) Thompson, Mattie
3) Goulden, Katie	4) Hagerty, Caitlin
8 Ankeny 'A'	4:09.48 1
1) Andresen, Christine 11	2) Vance, Haley 9
3) Keller, Chelsea 11	4) Schlegel, Lindsay 9

Event 100 Girls 4x800 Meter Relay 4A

School	Finals	Points
	Finals	
1 Valley West Des Moines 'A'	9:23.24	10
1) Jensen, Michelle 10	2) Shaw, Lindy 11	
3) Altemeier, Megan 10	4) Wiegert, Jessica 11	
2 Cedar Falls 'A'	9:25.89	8
1) Larsen, Sarah 9	2) Nygren, Samantha 12	
3) Cessna, Kim 12	4) Shaddox, Shawn	
3 Iowa City City High 'A'	9:29.08	6
1) Leyendecker, Maggie 12	2) Ziegenhorn, Sarah 10	
3) McKay, Annie	4) Sidwell, Samantha	
4 Urbandale 'A'	9:31.43	5
1) Mundt, Stephanie 9	2) Lee, Tara 9	
3) Steinmeyer, Sami 9	4) Sokol, Cassi 11	
5 Iowa City West 'A'	9:33.82	4
1) Mount, Steph 11	2) Dobyys, Janet 12	
3) Frudden, Julia 12	4) Hall, Claire 11	
6 Des Moines Roosevelt 'A'	9:37.15	3
1) Rosenblatt, Betsy 12	2) Fallon, Betsy 11	
3) Bell, Millie 12	4) Roeder, Hannah 11	
7 Fort Dodge 'A'	9:42.06	2
1) Krog, Alex 12	2) Thompson, Katie 9	
3) Koll, Lisa 12	4) Fletcher, Emily 11	
8 Sioux City North 'A'	9:48.15	1
1) Nelson, Sarah 11	2) Grupp, Amanda 10	
3) Rice, Hilary 10	4) Lohry, Molly 11	
9 Johnston 'A'	9:49.16	
1) Bjork, Lori 12	2) Weirich, Erica 10	
3) Birru, Obsie 9	4) Mitchell, Jessica 11	
10 Ankeny 'A'	9:51.71	
1) Vance, Haley 9	2) Arneson, Laura 9	
3) Donaghy, Christi 10	4) Olson, Morgan 10	
11 Cedar Rapids Washington 'A'	9:52.23	
1) Becker, Erin 10	2) Bell, Meredith 10	
3) Fisher, Mikaela 10	4) Leuenberger, Erica 12	
12 Dubuque Hempstead 'A'	9:55.37	
1) Wittman, Tonya 9	2) Johnson, Elizabeth 12	
3) Kloser, Amanda 11	4) Hosier, Lindsey 12	
13 Ottumwa 'A'	9:57.14	
1) Hendred, Sarah 10	2) Thorgaard, Samantha	
3) Spurgeon, Ashley 12	4) Paulson, Sarah	

14 Dowling Catholic W Des Moines 'A'	9:57.68
1) Flood, Betsy 9	2) Weiss, Hannah 11
3) Dowelius, Clare 9	4) Stock, Alex 11
15 Waukee 'A'	10:00.11
1) Barton, Kelsy 10	2) Conway, Kaitlyn 11
3) Hammer, Jessie 11	4) Knott, Kara 10
16 Davenport Central 'A'	10:07.60
1) Graham, Tarah 11	2) Young, Cassie 11
3) Peterson, Sarah 9	4) Louis, Melanie 9
17 Cedar Rapids Kennedy 'A'	10:08.55
1) Wacker, Andrea 12	2) Freiha, Linda 12
3) Allard, Jessica 10	4) Kleiman, Sarah 11
18 Pleasant Valley 'A'	10:09.84
19 Southeast Polk Runnells 'A'	10:10.08
1) McElree, Jenny	2) Freel, Allison 10
3) Rogers, Ashley 9	4) Harding, Paige 11
20 Cedar Rapids Jefferson 'A'	10:14.31
1) Jain, Sonam 12	2) Whitters, Sarah 10
3) Richie, Sarah 9	4) Kudn, Kym 11
21 Bettendorf 'A'	10:15.79
1) Gapinski, Diane 10	2) Kabot, Erica 10
3) Klosak, Jill 12	4) Pankratz, Lori 11
22 Indianola 'A'	10:17.29
1) Mitchell, Lacey 11	2) Ellingson, Catie 10
3) Lyon, Meredith 12	4) Dietz, Tallie 11
23 Muscatine 'A'	10:19.44
1) Orr, Beth 11	2) Fick, Meghan 12
3) Czerwiec, Ashli 10	4) Beeding, Kelsey 10
24 Marshalltown 'A'	10:50.69
1) Preston, Alycia 9	2) Wolff, Amanda 9
3) Stewart, Caitlyn 9	4) Hawks, Rachel 12

Event 151 Girls Distance Medley 4A

State Record: * 4:09.23 2004 Iowa City West, Iowa City West
A. Judisch, L. Mellecker, L. Huntley, C. Hall
All-Time: ! 4:03.56 2001 Iowa City High, Iowa City High
School Finals H# Points

Finals

1 Valley West Des Moines 'A'	4:11.46	3	10
1) Robinson, Audra 11	2) Ellinwood, Elizabeth 10		
3) Sharpe, Whitney 9	4) Jensen, Michelle 10		
2 Urbandale 'A'	4:12.15	1	8
1) Finn, Melissa 10	2) Sandon, Kelsey 9		
3) Lee, Tara 9	4) Sokol, Cassi 11		
3 Iowa City High 'A'	4:12.41	2	6
1) Sabers, Molly	2) Krei, Katie		
3) Mims, Kelsey 10	4) Leyendecker, Maggie 12		
4 Des Moines Roosevelt 'A'	4:12.75	3	5
1) Cannady, Lyndsay 9	2) Nangle, Kaaydah 10		
3) Rosenblatt, Betsy 12	4) Roeder, Hannah 11		
5 Iowa City West 'A'	4:14.42	3	4
1) Johnson, Katie 10	2) Mellecker, Lisa 10		
3) Hillsman, Naomi 12	4) Hall, Claire 11		
6 Cedar Falls 'A'	4:15.40	3	3

1) Goulden, Katie	2) Thompson, Mattie		
3) Hagerty, Caitlin	4) Shaddox, Shawn		
7 Davenport North 'A'	4:18.82	2	2
1) Parks, Sherozna 9	2) Solomon, Desiree 9		
3) Braford, Adreonna 9	4) Bys, Kailey 9		
8 Lewis Central Council Bluffs 'A'	4:18.83	2	1
1) Terry, Rachel 11	2) Southard, Rikki 12		
3) Husz, Mallory 9	4) Sadler, Hillary 9		
9 Newton 'A'	4:18.96	3	
1) MacVey, Chantelle 12	2) Speer, Amy		
3) Tipton, Rachelle 11	4) McDermott, Casey 10		
10 Dowling Catholic W Des Moines 'A'	4:20.00	1	
1) Kern, Kari 11	2) Boesen, Katelyn 12		
3) Katch, Jessica 12	4) Weiss, Hannah 11		
11 Prairie Cedar Rapids 'A'	4:20.64	1	
1) Carver, Laura 12	2) Carver, Beth		
3) Haendler, Jessica 12	4) Calef, Danielle 10		
12 Linn-Mar Marion 'A'	4:21.09	3	
1) Digmann, Lindsey 11	2) Johnson, Courtney		
3) Hurst, Melinda	4) Hochstedler, Chelsie		
13 Waukee 'A'	4:21.42	2	
1) Schmacker, Brittany 10	2) Smith, Jill 12		
3) Cope, Amaura 9	4) Barton, Kelsy 10		
14 Burlington 'A'	4:21.53	3	
1) Robinson, Tawana 10	2) Zaiser, Hannah 10		
3) O'Brien, Kellie 10	4) Lambert, Hannah 10		
15 Indianola 'A'	4:21.66	3	
1) Golly, Ashley 12	2) Mayer, Katie 9		
3) Haynes, Arienne 11	4) Mitchell, Lacey 11		
16 Johnston 'A'	4:21.99	2	
1) Morris, Abby 11	2) Green, Abby		
3) Bjork, Lori 12	4) Mitchell, Jessica 11		
17 Cedar Rapids Kennedy 'A'	4:23.15	1	
1) Bartels, Michelle 11	2) Haycraft, Karen 11		
3) Fischer, Alyssa 12	4) Bobbin, Maggie 11		
18 Fort Dodge 'A'	4:25.17	2	
1) Nagel, Tasha 12	2) Thomas, Rachel 9		
3) Peterson, Dyann	4) Fletcher, Emily 11		
19 Dubuque Hempstead 'A'	4:25.35	2	
1) Herber, Racquel 10	2) Nebel, Rachel 9		
3) West, Keri 12	4) Hosier, Lindsey 12		
20 Pleasant Valley 'A'	4:25.66	2	
1) Karwath, Kelly 10	2) Overturf, Alysha 12		
3) Hodgkin, Leah 9	4) Hart, Ellen 12		
21 Davenport Central 'A'	4:26.71	1	
1) Foster, Shivonne 12	2) Rangel, Jerika 11		
3) Vanden Berg, Jessi 9	4) Bieri, Jenna 11		
22 Ottumwa 'A'	4:27.64	1	
1) Jay, Katie 11	2) Cason, McKenzie 9		
3) Spurgeon, Ashley 12	4) Hendred, Sarah 10		
23 Oskaloosa 'A'	4:32.23	1	
1) Knoot, Allison 12	2) Knoot, Amber 10		
3) Stanton, Emily 10	4) VanDusseldorp, Trisha 9		
-- Cedar Rapids Washington 'A'	DQ	1	
1) Smith, Katelyn 9	2) Mattison, Claire		
3) Stewart, Kelly 11	4) Parker, Devin 12		

Event 114 Girls 800 Sprint Medley 4A

State Record: * 1:48.23	2004	Cedar Falls, Cedar Falls
		D. Barkema, M. Thompson, S. Burt, L. Bradfield
All-Time: ! 1:44.98	1985	Des Moines Roosevelt, Des Moines Roos School
		Finals H# Points

Finals

1 Cedar Falls 'A'	1:48.94	3	10
1) Cook, Cierra 11	2) Thompson, Mattie		
3) Burt, Faith 9	4) Shaddox, Shawn		
2 Valley West Des Moines 'A'	1:49.30	3	8
1) Robinson, Audra 11	2) Elgin, Jenny 12		
3) Anderson, Kelly 11	4) Sharpe, Whitney 9		
3 Cedar Rapids Washington 'A'	1:49.44	2	6
1) Lumpkin, Cassandra 12	2) Mattison, Claire		
3) Green, Alyssa 11	4) Martin, Charity 9		
4 Ames 'A'	1:50.75	3	5
1) Palo, Jessi 11	2) Engelen, Mallory		
3) Tim, Christy 12	4) Thorgaard, Kersten 10		
5 Waukee 'A'	1:51.13	3	4
1) Romano, Maddie 11	2) Cope, Amaura 9		
3) Embree, Betsy 11	4) Kemmet, Chelsy 12		
6 Iowa City City High 'A'	1:52.42	3	3
1) Koenig, Sydni 10	2) Mueller, Signe 10		
3) Jones, Patrice 12	4) Krei, Kelly 9		
7 Prairie Cedar Rapids 'A'	1:52.88	2	2
1) Carver, Beth	2) Cain, Lindsey		
3) Carver, Laura 12	4) Haendler, Jessica 12		
8 Cedar Rapids Jefferson 'A'	1:52.98	2	1
1) Pokorny, Brittny 9	2) Galvin, Allison 9		
3) Mayes, Saterika	4) Goedken, Kristen		
9 Pleasant Valley 'A'	1:53.20	2	
1) Christensen, Sara 11	2) Overturf, Alysha 12		
3) Garbin, Amy 11	4) Prais, Teresa 12		
10 Linn-Mar Marion 'A'	1:53.54	3	
1) Spencer, Amanda	2) Wood, Alex		
3) Digmann, Lindsey 11	4) Johnson, Courtney		
11 Des Moines East 'A'	1:53.97	2	
1) Logan, Elyse 12	2) Wagner, Shauna 11		
3) Clark, Chekesha 9	4) Kouri, Nicole 12		
12 Indianola 'A'	1:54.34	2	
1) Reisinger, Amber 12	2) Montgomery, Brooke 9		
3) Haynes, Arianne 11	4) Golly, Ashley 12		
13 Burlington 'A'	1:54.79	3	
1) Fedler, Ainsley 11	2) Smith, Kelsey 10		
3) Robinson, Tawana 10	4) Hendricks, Tiffany 10		
14 Dowling Catholic W Des Moines 'A'	1:55.04	1	
1) Kern, Kari 11	2) Nauman, Maggie 10		
3) Drumheller, Chelsea 12	4) Katch, Jessica 12		
15 Oskaloosa 'A'	1:55.13	1	
1) Hadden, Caitlin 10	2) Knoot, Allison 12		
3) Snowbarger, Jessica 9	4) Knoot, Amber 10		
16 North Scott Eldridge 'A'	1:55.24	2	
1) Krogman, Sara 11	2) Denner, Kayla 11		
3) McCubbin, Jami 11	4) Bennett, Allison 12		

17 Bettendorf 'A'		1:55.29	1
1) Weipert, Jenna 9	2) Burge, Shannon 12		
3) Duncan, Emily 11	4) Pierce, Kristin 11		
18 Fort Dodge 'A'		1:55.55	3
1) Crooks, Kendra 10	2) Thomas, Rachel 9		
3) Nagel, Tasha 12	4) Peterson, Dyann		
19 Ottumwa 'A'		1:55.60	1
1) Courtney, Caitlin 10	2) Wetrich, Amy 11		
3) Ebelsheiser, Mallory 12	4) Jay, Katie 11		
20 Boone 'A'		1:55.77	1
1) Ford, Drennon	2) Skare, Khristyne		
3) Sprengeler, Rachael	4) Cornelius, Robin		
21 Johnston 'A'		1:56.30	2
1) Strawhacker, Kristen 10	2) Morris, Abby 11		
3) Green, Abby	4) DePenning, Emily 11		
22 Clinton 'A'		1:56.30	1
1) Logsdon, Kim	2) Hlubek, Jesse		
3) Cerling, West	4) Kooi, Courtni 9		
23 Dubuque Hempstead 'A'		1:57.76	1
1) Grant, Lisa 10	2) Nebel, Rachel 9		
3) Dupont, Melissa 10	4) West, Keri 12		
-- Sioux City East 'A'		DQ	1
1) Marron, Ashley	2) Rysta, Cassie		
3) Gibson, Hillary	4) Heacock, Katie		

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A

School	Prelims	H#
Preliminaries		
1 Burlington 'A'	1:01.47q	1
1) Standard, Natalie 12	2) Hendricks, Tiffany 10	
3) Smith, Kelsey 10	4) Caffrey, Jenna 11	
2 Waukee 'A'	1:02.96q	4
1) Phillips, Chelle 10	2) Kemmet, Chelsy 12	
3) Crabbs, Abby 12	4) Cunningham, Reiko 11	
3 Clinton 'A'	1:03.41q	2
1) Fischer, Ines 12	2) Lawrence, Megan 11	
3) Hlubek, Jesse	4) Kremer, Barb 11	
4 Iowa City City High 'A'	1:04.01q	5
1) Rydze, Veronica 10	2) Whiting, Tara 12	
3) Sabers, Molly	4) Fraga, Annie 11	
5 Iowa City West 'A'	1:04.17q	3
1) Johnson, Katie 10	2) Crutcher, Tiesha 9	
3) Holida, Jenna 10	4) Freeman, Lindsay 12	
6 Mason City 'A'	1:04.57q	3
1) Sellers, Andrea 12	2) Slaven, Katy 11	
3) Carroll, Steph 10	4) Kundert, Lauren 9	
7 Cedar Falls 'A'	1:05.11q	5
1) Savage, Nina 9	2) Schlader, Grace	
3) Hess-Thomas, Katie	4) Doeden, Lisa	
8 Ottumwa 'A'	1:06.10q	1
1) McElroy, Rachel 12	2) Anderson, Aubrey 12	
3) Person, Katherine 9	4) Berges, Brittany 11	
9 Newton 'A'	1:06.28	4
1) Clark, Cassandra 10	2) Hiemstra, Keslie	

3) McAnally, Kylie	4) MacVey, Chantelle 12		
10 Bettendorf 'A'		1:06.49	2
1) Stoffer, Emilee 9	2) Kuebler, Anna 9		
3) Lewis, Stephanie 10	4) Anderson, Melanie 12		
11 Ames 'A'		1:06.55	5
1) Langenberg, Olivia 11	2) Dye, Allison		
3) Syrkin-Nikolau, Mashette	4) Naeve, Lauren		
12 Indianola 'A'		1:07.29	2
1) Lawrence, Steph 11	2) Coen, Jayme 11		
3) Webb, Lindze	4) Cory, Emily 9		
13 Sioux City West 'A'		1:07.41	3
1) Anderson, Tasha 11	2) Andersen, Ashlee 10		
3) Heisterkamp, Tori 9	4) Olorundami, Natalie 12		
14 Waterloo West 'A'		1:07.45	6
1) Wirth, Kelly 10	2) Bowers, Katy		
3) Anderson, Kristi	4) Ronemous, Chelsea		
15 Dubuque Senior 'A'		1:08.06	4
16 Davenport West 'A'		1:08.38	2
1) Ahlers, Katie	2) Gonzales, Rocki		
3) Rorick, Vanessa	4) Hawkins, Troysheanna 12		
17 Cedar Rapids Jefferson 'A'		1:08.45	3
1) Ruzicka, Brittany 12	2) Taylor, Kara 12		
3) Edwards, Rachel 11	4) O'Rannon, Chandire 12		
18 Boone 'A'		1:08.51	5
1) Burma, Haylee	2) Pestotnik, Maggie		
3) Martin, Mary Jo	4) Pohl, Kelly		
19 Ankeny 'A'		1:08.63	4
1) Anderson, Cathleen 9	2) Worford, Erin 10		
3) Severson, Kaitlin 9	4) Willey, Erica 10		
20 Pleasant Valley 'A'		1:09.62	6
21 Muscatine 'A'		1:10.52	1
1) Brooker, Becky 9	2) Keefe, Leah 10		
3) Solomon, Lindsey 11	4) Williams, McKinsie 12		
-- Johnston 'A'		DQ	1
1) Meade, Ashley 11	2) Grieve, Taylor 10		
3) Van Vleet, Alexis 11	4) Embrey, Sara 12		
-- Southeast Polk Runnells 'A'		DQ	6
1) Quick, Heather 11	2) Schottle, Lea		
3) Host, Kelsie 11	4) Gilmore, Heather 11		
-- Valley West Des Moines 'A'		DQ	6
1) Ellinwood, Elizabeth 10	2) Kirk, Laura 11		
3) Korell, Brittany 10	4) Lindaman, Lauren 10		

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A

State Record: * 1:01.47 5/19/2005 Burlington, Burlington
N Standard, T Hendricks, K Smith, J Caffrey
All-Time: ! 1:00.80 2003 Mason City, Mason City

School	Finals	H#	Points
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1 Burlington 'A'		1:02.49	2	10
1) Standard, Natalie 12	2) Hendricks, Tiffany 10			
3) Smith, Kelsey 10	4) Caffrey, Jenna 11			
2 Clinton 'A'		1:03.06	2	8
1) Fischer, Ines 12	2) Hlubek, Jesse			

3	Waukeee 'A'	3) Lawrence, Megan 11	4) Kremer, Barb 11	1:03.59	2	6
		1) Phillips, Chelle 10	2) Kemmet, Chelsy 12			
		3) Crabbs, Abby 12	4) Cunningham, Reiko 11	1:04.34	1	5
4	Iowa City West 'A'	1) Johnson, Katie 10	2) Crutcher, Tiesha 9			
		3) Holida, Jenna 10	4) Freeman, Lindsay 12	1:05.22	2	4
5	Iowa City City High 'A'	1) Rydze, Veronica 10	2) Whiting, Tara 12			
		3) Sabers, Molly	4) Fraga, Annie 11	1:05.40	1	3
6	Cedar Falls 'A'	1) Savage, Nina 9	2) Schlader, Grace			
		3) Hess-Thomas, Katie	4) Doeden, Lisa	1:09.28	1	2
7	Ottumwa 'A'	1) McElroy, Rachel 12	2) Anderson, Aubrey 12			
		3) Person, Katherine 9	4) Berges, Brittany 11			
--	Mason City 'A'				DQ	1
		1) Sellers, Andrea 12	2) Slaven, Katy 11			
		3) Carroll, Steph 10	4) Kundert, Lauren 9			