

Iowa Girls & Boys State Track Meet 2007 - 5/17/2007 to 5/19/2007
Des Moines, Iowa
Drake Stadium
Results

Girls 100 Meter Dash 4A

Name	Year	School	Prelims	Finals
Wind Points				
Finals				
1 Burt, Faith	11	Cedar Falls	12.71	12.91
NWI 10				
2 Lamar, Gretchen		Des Moines Hoove	12.59	12.92
NWI 8				
3 Schmacker, Brittany	12	Waukee	12.79	13.01
NWI 6				
4 Williams, Gabriel	10	Sioux City W	12.63	13.02
NWI 5				
5 Higgins, Jenna	10	North Scott	12.83	13.17
NWI 4				
6 Wilkinson, Ashley	9	Iowa City Ci	12.87	13.25
NWI 3				
7 Forsythe, Shelby	10	Fort Dodge	12.90	13.27
NWI 2				
8 Sawyer, Abbey	10	Bettendorf	12.88	13.35
NWI 1				

Girls 200 Meter Dash 4A

Name	Year	School	Seed	Prelims
Preliminaries				
1 Burt, Faith	11	Cedar Falls	25.53	25.29q
NWI 2				
2 Twohig, Rae	9	Sioux City W	25.42	25.50q
NWI 1				
3 Lamar, Gretchen		Des Moines Hoove	25.56	25.54q
NWI 3				
4 Porter, Tiffanie		Des Moines E	26.20	26.17q
NWI 2				
5 Hutchins, Brianne	10	Cedar Falls	25.97	26.18q
NWI 1				
6 Mellecker, Lisa	12	Iowa City We	25.66	26.26q
NWI 3				
7 Nelson, Brittany	9	Iowa City Ci	25.98	26.26q
NWI 1				

8	Greer, Elsara	12	Waterloo Eas	26.59	26.31q
NWI	1				
9	Huntoon, Stephanie	10	Council Bluffs A	26.35	26.33
NWI	2				
10	Krois, Nicole	10	Valley West	26.62	26.77
NWI	2				
11	Turk, Kristen	12	Des Moines L	26.79	26.81
NWI	2				
12	Spurgeon, Kendra	11	Ottumwa	25.89	26.82
NWI	2				
13	Synacek, Tiffanie	12	Council Bluffs T	26.32	26.84
NWI	3				
14	Queck, Kari	10	Johnston	26.40	26.95
NWI	1				
15	Crooks, Kendra	12	Fort Dodge	26.28	26.96
NWI	3				
16	Bakker, Brittany		Urbandale	26.98	27.01
NWI	2				
17	Hudson, Alex	11	Dowling Cath	26.85	27.09
NWI	2				
18	O'Brien, Kellie	12	Burlington	26.84	27.15
NWI	1				
19	Robinson, Shahira		Des Moines E	26.80	27.18
NWI	1				
20	Harmon, Maddy	12	Muscatine	26.66	27.23
NWI	3				
21	Hoagland, Chloe	9	Iowa City We	26.70	27.52
NWI	3				
22	Mabikulu, Lydie	12	Iowa City Ci	26.95	27.56
NWI	3				
23	Butler, Ebonie	10	Davenport Ce	26.92	27.69
NWI	3				

Girls 200 Meter Dash 4A

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	Name	Year	School	Prelims	Finals
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	Wind Points				
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	=====				
	Finals				
1	Lamar, Gretchen		Des Moines Hoove	25.54	25.95
NWI	10				
2	Burt, Faith	11	Cedar Falls	25.29	26.08
NWI	8				
3	Mellecker, Lisa	12	Iowa City We	26.26	26.52
NWI	6				
4	Twohig, Rae	9	Sioux City W	25.50	26.58
NWI	5				
5	Nelson, Brittany	9	Iowa City Ci	26.26	26.97
NWI	4				
6	Hutchins, Brianne	10	Cedar Falls	26.18	27.32
NWI	3				
7	Porter, Tiffanie		Des Moines E	26.17	27.38
NWI	2				
8	Greer, Elsara	12	Waterloo Eas	26.31	27.51
NWI	1				

Girls 400 Meter Dash 4A

Points	Name	Year	School	Seed	Finals	H#
10	1 Krei, Kelly	11	Iowa City Ci	56.47	55.46	3
8	2 Dougherty, Ellen	9	Sioux City E	57.10	57.39	3
6	3 Thorgaard, Kersten	12	Ames	57.60	57.48	3
5	4 Cameron, Samantha	10	Bettendorf	58.50	58.63	3
4	5 Gnade, Colette	10	Waukee	59.24	58.64	3
3	6 Schuette, Kristi	11	Iowa City We	1:01.64	58.82	1
2	7 Sa-Aadu, Hadiza	11	Iowa City We	58.86	58.96	3
1	8 Huntoon, Stephanie	10	Council Bluffs A	1:00.96	58.99	2
	9 Johnson, Courtney	11	Linn-Mar Mar	59.40	59.06	2
	10 Erickson, Nicole	11	Cedar Rapids KEN	58.59	59.41	3
	11 Turk, Kristen	12	Des Moines L	1:01.19	59.97	2
	12 Curtis, Cassie	9	Johnston	1:00.31	1:00.07	2
	13 Lamar, Gretchen		Des Moines Hoove	1:00.05	1:00.44	2
	14 Sadler, Hilary	11	Lewis Centra	1:01.03	1:01.23	2
	15 Jardine, Amber	9	Valley West	1:00.25	1:01.40	2
	16 Hutchinson, Andrea	10	Lewis Centra	1:01.22	1:01.41	1
	17 Purdy, Rachel		Ankeny	1:01.32	1:01.44	1
	18 Heacock, Katie	12	Sioux City E	1:01.68	1:01.52	1
	19 Brown, Charisse		Des Moines Hoove	1:01.03	1:01.82	2
	20 Miller, Nicole	10	Davenport Ce	1:02.08	1:02.10	1
	21 Coselman, Abby	9	Waterloo Wes	1:01.72	1:03.05	1
	22 Bumpus, Shy-Londa		Des Moines E	1:02.40	1:04.27	1

Girls 800 Meter Run 4A

Points	Name	Year	School	Seed	Finals
10	1 Flood, Katie	9	Dowling Cath	2:18.66	2:12.71
8	2 Flood, Betsy	11	Dowling Cath	2:18.81	2:13.55
6	3 Dougherty, Ellen	9	Sioux City E	2:19.49	2:15.97
5	4 McDermott, Casey		Newton	2:21.40	2:16.59
4	5 Ellingson, Catie	12	Indianola	2:19.78	2:18.63

6	VanDusseldorp, Trisha	11	Oskaloosa	2:21.76	2:19.28
3					
7	Mundt, Stephanie		Urbandale	2:21.88	2:20.04
2					
8	Walz, Elise	11	Iowa City We	2:22.70	2:20.65
1					
9	Birru, Obsie	11	Johnston	2:24.40	2:20.96
10	Shaddox, Shawn	11	Cedar Falls	2:24.35	2:21.56
11	Sidwell, Samantha	12	Iowa City Ci	2:27.53	2:21.94
12	Schilling, Kathryn	10	Dubuque Seni	2:28.45	2:22.45
13	Jensen, Michelle	12	Valley West	2:28.53	2:22.55
14	Madson, Mo		Urbandale	2:27.95	2:23.53
15	Thorson, Lindsey	10	Valley West	2:20.56	2:23.60
16	Belner, Anna	9	Johnston	2:25.18	2:23.87
17	Engelhardt, Nichole	10	Iowa City We	2:24.19	2:24.24
18	Becker, Erin	12	Cedar Rapids WAS	2:26.43	2:24.47
19	Elbert, Jamie	10	Indianola	2:20.97	2:24.92
20	Ziegenhorn, Sarah	12	Iowa City Ci	2:23.05	2:26.37
21	Hersom, Paige	10	Cedar Falls	2:30.40	2:27.22
22	Martz, Emily	10	Davenport We	2:27.77	2:28.90
23	Louis, Melanie	11	Davenport Ce	2:28.11	2:29.12
24	Szall, Rachel	9	Bettendorf	2:30.45	2:29.79

Girls 1500 Meter Run 4A

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	Name	Year	School	Seed	Finals
Points	=====				
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1	Flood, Katie	9	Dowling Cath	4:49.11	4:36.23
10					
2	Mundt, Stephanie		Urbandale	4:45.85	4:39.92
8					
3	Flood, Betsy	11	Dowling Cath	4:51.36	4:46.24
6					
4	Wickman, Sarah	12	Iowa City We	4:56.98	4:47.28
5					
5	McDermott, Casey		Newton	4:53.75	4:49.18
4					
6	Ellingson, Catie	12	Indianola	4:53.99	4:49.21
3					
7	Birru, Obsie	11	Johnston	4:53.25	4:50.22
2					
8	Thompson, Katie	11	Fort Dodge	4:57.43	4:52.79
1					
9	Regan, Kelsey	10	Davenport No	5:04.08	4:52.88
10	Hubbell, Madie		Des Moines Roose	5:02.66	4:54.21
11	Lageshulte, Jill		Marshalltown	4:58.79	4:54.50
12	Bell, Meredith	12	Cedar Rapids WAS	5:03.70	4:55.81
13	Engelhardt, Nichole	10	Iowa City We	5:04.10	5:00.48
14	McKay, Annie	12	Iowa City Ci	4:53.62	5:03.03
15	Bruett, Sammi		Urbandale	5:05.74	5:03.69
16	Fagan, Emily	9	Iowa City Ci	5:10.26	5:07.01
17	Steiner, Madeline	11	Cedar Rapids WAS	5:11.34	5:08.39
18	Gehring, Laura	11	Ames	4:56.80	5:09.35
19	Beeding, Kelsey	12	Muscatine	5:11.98	5:10.10

20 Benzoni, Nicole	11 Sioux City N	5:09.62	5:10.66
21 Belner, Anna	9 Johnston	5:10.28	5:15.24
22 Cole, Alicia	9 Southeast Po	5:08.19	5:16.25
23 Goode, Taylor	12 Davenport No	5:08.15	5:18.86
24 Preston, Alycia	Marshalltown	5:06.70	5:29.83

Girls 3000 Meter Run 4A

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Points	Name	Year School	Seed	Finals
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10	1 Flood, Katie	9 Dowling Cath	10:15.86	9:42.17
8	2 Mundt, Stephanie	Urbandale	10:23.92	9:49.49
6	3 Decker, Ashlie	9 Dowling Cath	10:44.23	10:17.44
5	4 Lageshulte, Jill	Marshalltown	10:41.47	10:18.10
4	5 Birru, Obsie	11 Johnston	10:39.18	10:19.00
3	6 McDermott, Casey	Newton	10:36.22	10:21.31
2	7 Hubbell, Madie	Des Moines Roose	10:35.68	10:25.64
1	8 Regan, Kelsey	10 Davenport No	11:03.20	10:28.95
	9 Bell, Meredith	12 Cedar Rapids WAS	11:10.40	10:29.60
	10 Wickman, Sarah	12 Iowa City We	11:15.98	10:30.26
	11 Thompson, Katie	11 Fort Dodge	10:56.28	10:33.85
	12 Fick, Allison	10 Iowa City We	10:47.45	10:40.92
	13 Bruett, Sammi	Urbandale	11:01.16	10:55.37
	14 Mitchell, Kelsey	Des Moines Roose	11:16.25	11:04.99
	15 Guess, Kathryn	12 Des Moines L	11:19.87	11:05.01
	16 Becker, Madeline	9 Cedar Rapids WAS	11:23.25	11:06.17
	17 Beeding, Kelsey	12 Muscatine	11:20.24	11:06.37
	18 Duffy, Alissa	12 Valley West	11:27.46	11:07.36
	19 Kipp, Molli	10 Johnston	11:24.25	11:10.68
	20 Hall, Jennifer	11 Lewis Centra	11:41.62	11:13.05
	21 Davis, Kelsey	11 Cedar Falls	11:24.62	11:18.32
	22 Kregel, Hannah	10 Iowa City Ci	11:22.05	11:25.12
	23 Raymon, Kelly	12 Bettendorf	11:35.39	11:33.99
	24 Nedderman, Laura	11 Cedar Rapids KEN	11:41.64	11:50.89

Girls 100 Meter Hurdles 4A

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Wind H#	Name	Year School	Seed	Prelims
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	Preliminaries			
	1 Lindaman, Lauren	12 Valley West	14.56	15.04q
NWI 3				

2	Sandon, Kelsey		Urbandale	14.54	15.09q
NWI	2				
3	Bradford, Adreona	11	Davenport No	14.51	15.10q
NWI	1				
4	Savage, Nina	11	Cedar Falls	14.72	15.24q
NWI	1				
5	Johnson, Katie	12	Iowa City We	14.80	15.27q
NWI	2				
6	James, Emily	10	Waukee	14.68	15.34q
NWI	3				
7	Jordan, Mariah	10	Iowa City Ci	14.68	15.39q
NWI	2				
8	Rodriguez, Susan	10	Pleasant Val	14.90	15.58q
NWI	3				
9	Krier, Rachel	10	Dowling Cath	14.92	15.62
NWI	3				
10	Chesnut, Taylor	10	Johnston	14.99	15.66
NWI	1				
11	Kundert, Lauren	11	Mason City	15.01	15.89
NWI	2				
12	Nessan, Jessica	12	Dubuque Seni	14.92	15.94
NWI	2				
13	Cole, Katie	11	Fort Dodge	15.56	16.04
NWI	1				
14	Rydze, Veronica	12	Iowa City Ci	15.36	16.15
NWI	3				
15	Carlberg, Jillian	10	Waukee	15.47	16.30
NWI	3				
16	Person, Katherine	11	Ottumwa	15.69	16.35
NWI	3				
17	Thompson, Autumn	11	Ames	15.64	16.50
NWI	2				
18	Mason, Natalie	9	Iowa City We	15.73	16.64
NWI	3				
19	Wilden, Larissa	10	Clinton	15.48	16.65
NWI	2				
20	Schaeffer, Jessica		Ankeny	15.93	16.65
NWI	2				
21	Lewis, Stephanie	12	Bettendorf	15.64	16.86
NWI	1				
22	Menegbo, Kadinebari		Des Moines North	15.96	16.95
NWI	1				

Girls 100 Meter Hurdles 4A

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	Name	Year	School	Prelims	Finals
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	Wind Points				
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Finals					
1	Bradford, Adreona	11	Davenport No	15.10	14.87
NWI	10				
2	Sandon, Kelsey		Urbandale	15.09	14.91
NWI	8				
3	Lindaman, Lauren	12	Valley West	15.04	14.98
NWI	6				

4	Savage, Nina	11	Cedar Falls	15.24	14.99
NWI	5				
5	Johnson, Katie	12	Iowa City We	15.27	15.26
NWI	4				
6	Jordan, Mariah	10	Iowa City Ci	15.39	15.28
NWI	3				
7	James, Emily	10	Waukee	15.34	15.31
NWI	2				
8	Rodriguez, Susan	10	Pleasant Val	15.58	15.71
NWI	1				

Girls 400 Meter Hurdles 4A

Name	Year	School	Seed	Finals	H#
1 Thorgaard, Kersten	12	Ames	1:03.43	1:02.76	3
2 Rodriguez, Susan	10	Pleasant Val	1:05.22	1:03.70	3
3 Kalin, Jacqui	12	Sioux City N	1:03.60	1:03.71	3
4 Sabers, Molly	12	Iowa City Ci	1:04.80	1:04.81	3
5 Sandon, Kelsey		Urbandale	1:07.65	1:05.38	2
6 Lindaman, Lauren	12	Valley West	1:07.13	1:06.10	2
7 Shoeman, Krista	9	Johnston	1:07.12	1:06.50	3
8 Mitchell, Alexis	10	Davenport Ce	1:06.70	1:06.51	3
9 Roberts, Emily		Ankeny	1:07.64	1:07.36	2
10 Devens, Jenna	9	Johnston	1:09.71	1:07.64	1
11 Sosa, Sarah	11	Ottumwa	1:06.45	1:08.08	3
12 Tobias, Heather	9	Dowling Cath	1:07.72	1:08.17	2
13 Swanson, Emma	11	Valley West	1:07.71	1:08.51	2
14 Minor, Liza	10	Iowa City We	1:09.81	1:08.64	1
15 Hunefeld, Kayla		Urbandale	1:09.37	1:08.65	1
16 Hinzmann, Ashley	12	Dubuque Hemp	1:08.75	1:08.94	2
17 Rydze, Veronica	12	Iowa City Ci	1:06.86	1:08.97	3
18 Freeman, Renee	10	Waukee	1:09.58	1:09.15	1
19 Bol, Diana	11	Des Moines L	1:07.76	1:09.27	2
20 Prouty, Madicyn	10	Boone	1:09.84	1:09.69	1
21 Mason, Natalie	9	Iowa City We	1:10.36	1:10.67	1
22 Smith, Carissa		Des Moines North	1:09.39	1:10.94	1
23 Banes, Jessica	12	Prairie Ceda	1:08.22	1:13.70	2

Girls 4x100 Meter Relay 4A

School	Seed	Prelims	H#
1 Cedar Falls	49.30	49.56q	1
1) Savage, Nina 11			
2) Facciani, Raquel 12			

3) DeVries, Charla 11	4) Burt, Faith 11		
2 Iowa City West	50.03	49.57q	2
1) Qiu, Qiong 11	2) Nelson, Breanna 10		
3) Johnson, Katie 12	4) Gehrke, Jessica 9		
3 Waukee	50.28	49.61q	3
1) Schmacker, Brittany 12	2) Dupee, Jazmine 10		
3) Cope, Amaura 11	4) Westrum, Whitney 10		
4 Burlington	49.97	50.18q	3
1) Heath, Melanie 10	2) Zaiser, Hannah 12		
3) Smith, Kelsey 12	4) Hendricks, Tiffany 12		
5 Dowling Catholic WDM	50.82	50.30q	3
1) Tursi, Anna 12	2) Nauman, Maggie 12		
3) Wiedemeier, Maddie 9	4) Ferguson, Valarie 12		
6 Cedar Rapids Washington	50.09	50.34q	1
1) Barlow, Wakeisia 12	2) Halyard, Madeleine 10		
3) Smith, Katelyn 11	4) Oney, Katellin 11		
7 Davenport Central	50.35	50.36q	2
1) Airington, Christina 12	2) Overstreet, Airanisha 12		
3) Woods, Cassie 12	4) Butler, Ebonie 10		
8 Sioux City West	49.40	50.38q	2
1) Strong, Kieonna 10	2) Williams, Gabriel 10		
3) Andersen, Ashlee 12	4) Twohig, Rae 9		
9 Des Moines East	50.14	50.46	2
1) Enochs, Amanda	2) Fields, Kalynn		
3) Robinson, Shahira	4) Porter, Tiffanie		
10 Iowa City City High	49.45	50.48	3
1) Koenig, Sydni 12	2) Nelson, Brittany 9		
3) Sparks, Emily 10	4) Wilkinson, Ashley 9		
11 Cedar Rapids Jefferson	50.51	50.56	1
1) Young, Alex 9	2) Katzman, Cierra 11		
3) Galvin, Allison 11	4) Mayes, Saterika 12		
12 Valley West Des Moines	50.90	50.66	2
1) Borlabi, Sydney 11	2) Redd, Christina 9		
3) Hejlik, Emily 11	4) Buie, Vanessa 12		
13 Urbandale	51.32	51.02	2
1) Collier, Jenise	2) Wenck, Jessica		
3) Finn, Melissa	4) Bloomquist, Emily		
14 Waterloo East	50.10	51.11	1
1) Mure, Passion 10	2) Greer, Elsara 12		
3) Jordan, Jackie 10	4) Henderson, Akera 10		
15 Clinton	50.55	51.12	1
1) Olney, Kristen 12	2) Ralston, Audrey 12		
3) Kooi, Cortni 11	4) Wilden, Larissa 10		
16 Fort Dodge	50.34	51.20	3
1) Crooks, Kendra 12	2) Thomas, Rachel 11		
3) Nissen, Stacia 10	4) Forsythe, Shelby 10		
17 Davenport North	50.75	51.39	3
1) Ellis, Keneisha 11	2) Hinton, Shante 10		
3) Smith, India 9	4) Harrington, Amber 9		
18 Cedar Rapids Kennedy	51.08	51.40	2
1) Axline, Kelsey 11	2) Coleman, Jalisa 11		
3) Schatzle, Maggie 9	4) Lichty, Daysha 10		
19 North Scott Eldridge	51.03	51.43	1
1) Wulf, Megan 10	2) Wiese, Anna 12		
3) Schmidt, Stephanie 9	4) Higgins, Jenna 10		
20 Sioux City North	51.31	51.65	3
1) Bailey, Brittni 11	2) Lavalais, Kayla 9		

21	3) Kalin, Jacqui 12 Pleasant Valley	4) Robinson, Stephanie 11 51.02	51.72	1
	1) Christensen, Leah 10 3) Guinn, Emily 9	2) Sokolik, Anna 11 4) Kraft, Kelsey 10		
22	Ankeny		51.84	2
	1) Rourick, Bridgette 3) Willey, Erica	2) Misel, Mackenzie 4) Whitworth, Jodi		
23	Davenport West	51.50	51.93	1
	1) Honeycutt, Holly 11 3) Willich, Abby 9	2) Nichol, Hailey 11 4) Willich, Becca 10		
24	Des Moines Roosevelt	51.22	52.15	3
	1) Jolly, Clarissa 3) Talton, Olliesha	2) Kluppel, Allexia 4) Cannaday, Lindsay		

Girls 4x100 Meter Relay 4A

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	School		Prelims	Finals
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Points				
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Finals				
10	1 Cedar Falls		49.56	49.59
	1) Savage, Nina 11 3) DeVries, Charla 11	2) Hutchins, Brianne 10 4) Burt, Faith 11		
8	2 Waukee		49.61	49.84
	1) Schmacker, Brittany 12 3) Cope, Amaura 11	2) Dupee, Jazmine 10 4) Westrum, Whitney 10		
6	3 Iowa City West		49.57	49.99
	1) Qiu, Qiong 11 3) Johnson, Katie 12	2) Nelson, Breanna 10 4) Gehrke, Jessica 9		
5	4 Burlington		50.18	50.43
	1) Heath, Melanie 10 3) Smith, Kelsey 12	2) Zaiser, Hannah 12 4) Hendricks, Tiffany 12		
4	5 Dowling Catholic WDM		50.30	50.58
	1) Tursi, Anna 12 3) Wiedemeier, Maddie 9	2) Nauman, Maggie 12 4) Ferguson, Valarie 12		
3	6 Sioux City West		50.38	50.61
	1) Strong, Kieonna 10 3) Andersen, Ashlee 12	2) Williams, Gabriel 10 4) Twohig, Rae 9		
2	7 Cedar Rapids Washington		50.34	50.78
	1) Barlow, Wakeisia 12 3) Smith, Katelyn 11	2) Halyard, Madeleine 10 4) Oney, Katellin 11		
1	8 Davenport Central		50.36	51.31
	1) Airington, Christina 12 3) Woods, Cassie 12	2) Overstreet, Airanisha 12 4) Butler, Ebonie 10		

Girls 4x200 Meter Relay 4A

Points	School	Seed	Finals	H#
10	1 Cedar Falls	1:43.78	1:43.58	3
	1) Savage, Nina 11			
	2) Hutchins, Brianne 10			
	3) Shaddox, Shawn 11			
8	2 Iowa City City High	1:46.59	1:43.72	2
	1) Wilkinson, Ashley 9			
	2) Mueller, Signe 12			
	3) Nelson, Brittany 9			
6	3 Waukee	1:45.44	1:44.80	3
	1) Schmacker, Brittany 12			
	2) Cope, Amaura 11			
	3) Raike, Lauren 10			
5	4 Iowa City West	1:45.45	1:45.10	3
	1) Qiu, Qiong 11			
	2) Roskos, Morgan 9			
	3) Sa-Aadu, Hadiza 11			
4	5 Bettendorf	1:48.96	1:45.21	1
	1) McClure, Crystal 10			
	2) Stinson, Katie 11			
	3) Sawyer, Abbey 10			
3	6 Des Moines East	1:45.36	1:45.43	3
	1) Enochs, Amanda			
	2) Fields, Kalynn			
	3) Robinson, Shahira			
2	7 Sioux City West	1:43.55	1:45.57	3
	1) Andersen, Ashlee 12			
	2) Mace, Felicia 12			
	3) Williams, Gabriel 10			
1	8 Cedar Rapids Jefferson	1:47.18	1:46.49	2
	1) Young, Alex 9			
	2) Katzman, Cierra 11			
	3) Galvin, Allison 11			
	4) Mayes, Saterika 12			
	9 Ames	1:46.37	1:46.55	3
	1) Knuth, Kyra 12			
	2) Brown, Lauren 12			
	3) Soh, Stephanie 11			
	4) Wandling, Emily 9			
	10 Valley West Des Moines	1:46.39	1:46.57	3
	1) Borlabi, Sydney 11			
	2) Krois, Nicole 10			
	3) Borlabi, Alexandria 9			
	4) Johnson, Erin 10			
	11 Dowling Catholic WDM	1:48.36	1:46.70	1
	1) Wiedemeier, Maddie 9			
	2) Ferguson, Valarie 12			
	3) Krier, Rachel 10			
	4) Hudson, Alex 11			
	12 Cedar Rapids Washington	1:46.91	1:46.78	2
	1) Barlow, Wakeisia 12			
	2) Halyard, Madeleine 10			
	3) Breitbach, Kaitlin 12			
	4) Oney, Katellin 11			
	13 Fort Dodge	1:45.59	1:47.27	3
	1) Crooks, Kendra 12			
	2) Thomas, Rachel 11			
	3) Nissen, Stacia 10			
	4) Forsythe, Shelby 10			
	14 Johnston	1:46.46	1:47.75	2
	1) Strawhacker, Kristen 12			
	2) Shoeman, Krista 9			
	3) Gowey, Taylor 12			
	4) Queck, Kari 10			
	15 Prairie Cedar Rapids	1:49.04	1:47.87	1

1) Smith, Adrienne 11	2) Ternus, Audrey 10			
3) Peters, Rachel 9	4) Carver, Beth 11			
16 Cedar Rapids Kennedy		1:47.90	1:48.15	2
1) Schatzle, Maggie 9	2) Lichty, Daysha 10			
3) Koskamp, Bethany 12	4) Erickson, Nicole 11			
17 Clinton		1:47.88	1:48.57	2
1) Olney, Kristen 12	2) Ralston, Audrey 12			
3) Kooi, Cortni 11	4) Wenzel, Sarah 10			
18 Waterloo East		1:48.34	1:48.65	1
1) Mure, Passion 10	2) Henderson, Akera 10			
3) Jordan, Jackie 10	4) Greer, Elsara 12			
19 Ankeny			1:49.02	2
1) Willey, Erica	2) Purdy, Rachel			
3) Egli, Rheanna	4) Roberts, Emily			
20 Des Moines Roosevelt		1:47.79	1:49.30	2
1) Cannaday, Lindsay	2) Adams, Ciera			
3) Kluppel, Allexia	4) Talton, Olliesha			
21 Indianola		1:49.42	1:49.40	1
1) Montgomery, Brooke 11	2) Meyer, Jenny 11			
3) Powers, Morgan 10	4) Mayer, Katie 11			
22 Urbandale		1:49.66	1:49.68	1
1) Collier, Jenise	2) Wenck, Jessica			
3) Bloomquist, Emily	4) Hunefeld, Kayla			
23 Linn-Mar Marion		1:49.78	1:50.03	1
1) Stonebarger, Haley 9	2) Young, Megan 9			
3) McCight, Krista 10	4) Thayer, Chelsea 9			

Girls 4x400 Meter Relay 4A

School	Seed	Prelims	H#
Preliminaries			
1 Iowa City West	4:01.30	3:57.13q	2
1) Sa-Aadu, Hadiza 11	2) Schilling, Kalee 10		
3) Schuette, Kristi 11	4) Mellecker, Lisa 12		
2 Iowa City City High	4:05.38	3:57.45q	2
1) Harris, Mercedes 10	2) Mills, Caroline 12		
3) Krei, Kelly 11	4) Sabers, Molly 12		
3 Ames	4:02.84	3:59.28q	3
1) Thorgaard, Kersten 12	2) Soh, Stephanie 11		
3) Wandling, Emily 9	4) Brown, Lauren 12		
4 Waukee	4:06.55	4:02.96q	1
1) Johannesen, Clarie 10	2) Westrum, Whitney 10		
3) Cope, Amaura 11	4) Gnade, Colette 10		
5 Johnston	4:02.56	4:03.44q	3
1) Shoeman, Krista 9	2) Chesnut, Taylor 10		
3) Curtis, Cassie 9	4) Queck, Kari 10		
6 Valley West Des Moines	4:10.37	4:04.54q	2
1) Thorson, Lindsey 10	2) Johnson, Erin 10		
3) Jardine, Amber 9	4) Sharpe, Whitney 11		
7 Sioux City East	4:00.31	4:04.92q	1
1) Heacock, Katie 12	2) McCarthy, Emily 10		
3) Lierman, Lyndsay 12	4) Dougherty, Ellen 9		
8 Linn-Mar Marion	4:05.67	4:05.82q	1
1) Burkle, Chelsea 9	2) Stonebarger, Haley 9		
3) Hochstedler, Chelsea 12	4) Johnson, Courtney 11		
9 Indianola	4:08.15	4:06.23	2

1) Teas, Emily 12	2) Elbert, Jamie 10			
3) Archibald, Jordyn 11	4) Cory, Emily 11			
10 Pleasant Valley	4:12.09	4:06.65	1	
1) Rodriguez, Susan 10	2) Kraft, Kelsey 10			
3) Prais, Emily 9	4) Garter, Jenny 11			
11 Cedar Rapids Kennedy	4:08.91	4:07.18	3	
1) Koskamp, Bethany 12	2) Kleiman, Sarah 12			
3) Shimak, Trisha 12	4) Erickson, Nicole 11			
12 Boone	4:10.81	4:08.59	2	
1) Dalton, Desarae 9	2) Beer, Nicole 11			
3) Bunning, Carli 10	4) Cornelius, Robin 11			
13 Dowling Catholic WDM	4:08.65	4:08.62	3	
1) Tursi, Anna 12	2) Wiedemeier, Maddie 9			
3) Hudson, Alex 11	4) Tobias, Heather 9			
14 Ankeny		4:08.87	2	
1) Purdy, Rachel	2) Roberts, Emily			
3) Schlegel, Lindsey	4) Ruff, Johanna			
15 Cedar Rapids Washington	4:10.66	4:08.97	1	
1) Becker, Erin 12	2) Breitbach, Kaitlin 12			
3) Steinburg-Garner, Mariah 9	4) Oney, Katellin 11			
16 Council Bluffs A Lincoln	4:11.30	4:11.20	3	
1) Huntoon, Stephanie 10	2) Flom, Jessica 10			
3) Murray, Emma 9	4) Olsen, Emily 9			
17 Lewis Central	4:12.31	4:12.96	1	
1) Hutchinson, Andrea 10	2) Davids, Stephanie 11			
3) Wells, Tierra 11	4) Sadler, Hilary 11			
18 Cedar Falls	4:13.41	4:13.66	3	
1) Sturm, Danielle 11	2) Duchman, Allison 9			
3) Highland, Emily 11	4) Hersom, Paige 10			
19 North Scott Eldridge	4:11.45	4:13.91	3	
1) Davis, Linsay 10	2) Cota, Krista 10			
3) Wilson, Taylor 12	4) Wiese, Anna 12			
20 Urbandale	4:14.69	4:13.95	2	
1) Hunefeld, Kayla	2) Steinmeyer, Sami			
3) Bakker, Brittany	4) Pitts, Amy			
21 Davenport Central	4:10.51	4:14.08	1	
1) Miller, Nicole 10	2) VandenBerg, Jessi 11			
3) Louis, Melanie 11	4) Mitchell, Alexis 10			
22 Marshalltown	4:12.05	4:15.98	2	
1) Hunt, Emily	2) Schaumburg, Maira			
3) Chavez, Yessi	4) Stanton, Megan			
23 Ottumwa	4:15.24	4:19.20	1	
1) Sosa, Sarah 11	2) Spurgeon, Kendra 11			
3) Gray, Michelle 10	4) McElroy, Kaitlin 9			
24 Fort Dodge	4:13.18	4:21.06	3	
1) Jones, Kaylee 09	2) Thomas, Rachel 11			
3) Cole, Katie 11	4) Mitchell, Lauren 11			

Girls 4x400 Meter Relay 4A

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School	Prelims	Finals	
Points			
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Finals			

1	Waukee		4:02.96	3:55.54
10				
	1) Johannesen, Clarie 10	2) Westrum, Whitney 10		
	3) Cope, Amaura 11	4) Gnade, Colette 10		
2	Ames		3:59.28	3:57.05
8				
	1) Thorgaard, Kersten 12	2) Soh, Stephanie 11		
	3) Wandling, Emily 9	4) Brown, Lauren 12		
3	Iowa City West		3:57.13	4:00.08
6				
	1) Sa-Aadu, Hadiza 11	2) Schilling, Kalee 10		
	3) Schuette, Kristi 11	4) Mellecker, Lisa 12		
4	Iowa City City High		3:57.45	4:00.11
5				
	1) Mims, Kelsey 12	2) Mueller, Signe 12		
	3) Krei, Kelly 11	4) Sabers, Molly 12		
5	Valley West Des Moines		4:04.54	4:04.16
4				
	1) Thorson, Lindsey 10	2) Sharpe, Whitney 11		
	3) Johnson, Erin 10	4) Jardine, Amber 9		
6	Sioux City East		4:04.92	4:04.52
3				
	1) Heacock, Katie 12	2) Lierman, Lyndsay 12		
	3) McCarthy, Emily 10	4) Dougherty, Ellen 9		
7	Johnston		4:03.44	4:04.98
2				
	1) Shoeman, Krista 9	2) Chesnut, Taylor 10		
	3) Curtis, Cassie 9	4) Queck, Kari 10		
8	Linn-Mar Marion		4:05.82	4:05.19
1				
	1) Burkle, Chelsea 9	2) Stonebarger, Haley 9		
	3) Hochstedler, Chelsea 12	4) Johnson, Courtney 11		

Girls 4x800 Meter Relay 4A

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	School		Seed	Finals
	Points			
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===				
1	Valley West Des Moines		9:44.09	9:25.45
10				
	1) Jensen, Michelle 12	2) Thorson, Lindsey 10		
	3) Gallas, Kelsey 9	4) Sharpe, Whitney 11		
2	Dowling Catholic WDM		10:00.71	9:26.46
8				
	1) Weier, Kayla 10	2) Flood, Betsy 11		
	3) Decker, Ashlie 9	4) Flood, Katie 9		
3	Iowa City City High		9:54.80	9:28.14
6				
	1) Sidwell, Samantha 12	2) Fagan, Emily 9		
	3) Ziegenhorn, Sarah 12	4) McKay, Annie 12		
4	Indianola		9:58.81	9:36.99
5				
	1) Cory, Emily 11	2) Ellingson, Catie 12		
	3) Gross, Emily 10	4) Elbert, Jamie 10		

5	Iowa City West	9:56.14	9:39.63
4	1) Walz, Elise 11	2) Skopec, Christine 12	
	3) Wickman, Sarah 12	4) Engelhardt, Nichole 10	
6	Cedar Falls	9:48.47	9:41.45
3	1) Blanchard, Leah 11	2) Shaddox, Shawn 11	
	3) Hersom, Paige 10	4) Anderson, Summer 11	
7	Ames	9:51.30	9:51.98
2	1) Gehring, Laura 11	2) Miller, Rebecca 10	
	3) Behning, Bryanna 9	4) Hansen, Ellen 9	
8	Cedar Rapids Washington	10:11.52	9:52.43
1	1) Steiner, Madeline 11	2) Steiner, Ramsey 11	
	3) Bell, Meredith 12	4) Becker, Erin 12	
9	Johnston	10:01.43	9:53.23
	1) Lammers, Anna 12	2) Birru, Obsie 11	
	3) Kipp, Molli 10	4) Belner, Anna 9	
10	Dubuque Senior	10:00.58	9:53.24
	1) O'Neill, Mallory 12	2) Scherf, Carolyn 11	
	3) Hohmann, Rebecca 11	4) Schilling, Kathryn 10	
11	Pleasant Valley	10:06.33	9:53.88
	1) Gantzer, Kelsey 10	2) Cassatt, Hannah 9	
	3) Norton, Mikhalia 11	4) Diercks, Marissa 10	
12	Ankeny		9:55.45
	1) Roberts, Emily	2) Arneson, Laura	
	3) Schlegel, Lindsey	4) Larson, Tara	
13	Urbandale	10:03.93	10:06.20
	1) Madson, Mo	2) Steinmeyer, Sami	
	3) Zlab, Reilly	4) Wilson, Nicole	
14	Clinton	10:07.87	10:12.66
	1) Miller, Whitney 11	2) Harder, Friederike 11	
	3) Yoder, Mary 12	4) Haugen, Ashley 9	
15	Davenport North	10:26.09	10:13.60
	1) Goode, Taylor 12	2) Bys, Kailey 11	
	3) Heilig, Renee 9	4) Glider, Stefanie 12	
16	Ottumwa	10:16.96	10:14.56
	1) Swanstrom, Victoria 9	2) Gray, Michelle 10	
	3) McElroy, Kaitlin 9	4) Cook, Emilee 10	
17	Waukee	10:12.34	10:15.24
	1) Angell, Brittany 11	2) Fegen, Sammy 9	
	3) Kunze, Josie 9	4) Wink, Ashley 10	
18	Cedar Rapids Kennedy	10:28.59	10:16.21
	1) Steinmetz, Valerie 11	2) Bardsley, Rachel 10	
	3) Landon-Heinbuch, Bethany 10	4) Kleiman, Sarah 12	
19	Bettendorf	10:08.14	10:17.02
	1) Brown, Mollie 9	2) Coots, Kelsey 9	
	3) Szall, Rachel 9	4) Kabat, Erica 12	
20	Southeast Polk	10:12.52	10:17.43
	1) Rogers, Ashley 11	2) Cole, Alicia 9	
	3) Freel, Allison 12	4) McElree, Jenny 11	
21	Sioux City North	10:19.00	10:23.49
	1) Rice, Hillary 12	2) Madsen, Christine 9	
	3) Grupp, Amanda 12	4) Benzoni, Nicole 11	
22	Davenport Central	10:32.44	10:27.59
	1) Williams, Shaynetta 11	2) Young, Cassie 12	

3) Louis, Melanie 11	4) Peterson, Sarah 11		
23 Dubuque Hempstead	10:29.48	10:28.90	
1) Behnke, Janelle 10	2) Buchholtz, Kristin 10		
3) Seymour, Erin 10	4) Dolter, Kristina 10		
24 Prairie Cedar Rapids	10:20.31	10:40.78	
1) Hadenfeldt, Teal 09	2) Calef, Danielle 12		
3) Hills, Annie 9	4) Leggat, Kaila 9		

Girls 800 Sprint Medley 4A

School	Seed	Finals	H#
1 Iowa City City High	1:47.84	1:46.85	3
10			
1) Koenig, Sydni 12	2) Mueller, Signe 12		
3) Wilkinson, Ashley 9	4) Krei, Kelly 11		
2 Waukee	1:51.17	1:47.44	3
8			
1) Schmacker, Brittany 12	2) Dupee, Jazmine 10		
3) Westrum, Whitney 10	4) Gnade, Colette 10		
3 Ames	1:52.39	1:49.21	2
6			
1) Knuth, Kyra 12	2) Wandling, Emily 9		
3) Soh, Stephanie 11	4) Thorgaard, Kersten 12		
4 Burlington	1:50.15	1:50.11	3
5			
1) McVey, Tiffany 11	2) Smith, Kelsey 12		
3) Redd, Tenyshia 10	4) Hendricks, Tiffany 12		
5 Bettendorf	1:51.93	1:51.02	2
4			
1) Kuebler, Anna 11	2) Knight, Jaide 10		
3) Sawyer, Abbey 10	4) Cameron, Samantha 10		
6 Iowa City West	1:50.46	1:51.24	3
3			
1) Gehrke, Jessica 9	2) Nelson, Breanna 10		
3) Roskos, Morgan 9	4) Sa-Aadu, Hadiza 11		
7 Urbandale	1:53.79	1:51.42	1
2			
1) Collier, Jenise	2) Wenck, Jessica		
3) Finn, Melissa	4) Bakker, Brittany		
8 Linn-Mar Marion	1:51.72	1:51.67	2
1			
1) Moeller, Jenny 11	2) Borschel, Hannah 11		
3) Burkle, Chelsea 9	4) Johnson, Courtney 11		
9 Valley West Des Moines	1:50.59	1:51.85	3
1) Borlabi, Sydney 11	2) Redd, Christina 9		
3) Krois, Nicole 10	4) Sharpe, Whitney 11		
10 Des Moines Hoover	1:54.90	1:52.46	1
1) Thomas, Quanisha	2) Le, Nhu		
3) Lamar, Gretchen	4) Brown, Charisse		
11 Cedar Rapids Jefferson	1:52.79	1:52.74	2
1) Young, Alex 9	2) Mayes, Saterika 12		
3) Galvin, Allison 11	4) Sindelar, Sarah 9		
12 Johnston	1:54.00	1:52.85	1

	1) Chesnut, Taylor 10	2) Strawhacker, Kristen 12		
	3) Curtis, Cassie 9	4) Queck, Kari 10		
13	Sioux City West	1:52.43	1:52.88	2
	1) Strong, Kieonna 10	2) Williams, Gabriel 10		
	3) Twohig, Rae 9	4) Andersen, Ashlee 12		
14	Cedar Rapids Kennedy	1:51.32	1:53.16	3
	1) Schatzle, Maggie 9	2) Lichty, Daysha 10		
	3) Koskamp, Bethany 12	4) Erickson, Nicole 11		
15	Davenport North	1:51.53	1:53.20	3
	1) Ellis, Keneisha 11	2) Peer, Andrea 11		
	3) Harrington, Amber 9	4) Bys, Kailey 11		
16	Des Moines East	1:53.10	1:53.38	1
	1) Enochs, Amanda	2) Fields, Kalynn		
	3) Robinson, Shahira	4) Bumpus, Shy-Londa		
17	Cedar Falls	1:53.21	1:53.72	1
	1) DeVries, Charla 11	2) Facciani, Raquel 12		
	3) Duchman, Allison 9	4) Sturm, Danielle 11		
18	Indianola	1:54.36	1:54.01	1
	1) Montgomery, Brooke 11	2) Teas, Emily 12		
	3) Mayer, Katie 11	4) Archibald, Jordyn 11		
19	Davenport Central	1:54.93	1:54.33	1
	1) Airington, Christina 12	2) Butler, Ebonie 10		
	3) Overstreet, Airanisha 12	4) VandenBerg, Kelsey 9		
20	Clinton	1:54.47	1:54.43	1
	1) Olney, Kristen 12	2) Wenzel, Sarah 10		
	3) Ralston, Audrey 12	4) Wilden, Larissa 10		
21	Prairie Cedar Rapids	1:52.81	1:54.69	2
	1) Lee, Marcayla 9	2) Peters, Rachel 9		
	3) Smith, Adrienne 11	4) Carver, Beth 11		
22	Sioux City East	1:49.97	1:55.69	3
	1) Mercsh, Sam 9	2) Austin, Kaeli		
	3) Heacock, Katie 12	4) McCarthy, Emily 10		
23	Ankeny		1:58.29	2
	1) Willey, Erica	2) Purdy, Rachel		
	3) Egli, Rheanna	4) Ruff, Johanna		

Girls Distance Medley 4A

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School	Seed	Finals	H#
Points			
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=====			
1 Dowling Catholic WDM	4:11.08	4:06.00	3
10			
1) Tursi, Anna 12	2) Ferguson, Valarie 12		
3) Wiedemeier, Maddie 9	4) Flood, Betsy 11		
2 Iowa City City High	4:15.28	4:11.54	3
8			
1) Mueller, Signe 12	2) Nelson, Brittany 9		
3) Mims, Kelsey 12	4) McKay, Annie 12		
3 Waukee	4:21.63	4:11.97	2
6			
1) Ramono, Mariah 9	2) Cope, Amaura 11		
3) Johannesen, Clarie 10	4) Gnade, Colette 10		
4 Urbandale	4:14.70	4:12.40	3
5			

	1) Finn, Melissa	2) Sandon, Kelsey		
	3) Steinmeyer, Sami	4) Mundt, Stephanie		
5	Valley West Des Moines	4:16.50	4:14.27	3
4				
	1) Krois, Nicole 10	2) Johnson, Erin 10		
	3) Sharpe, Whitney 11	4) Gallas, Kelsey 9		
6	Iowa City West	4:20.47	4:14.77	2
3				
	1) Qiu, Qiong 11	2) Nelson, Breanna 10		
	3) Schuette, Kristi 11	4) Engelhardt, Nichole 10		
7	Sioux City East	4:28.65	4:15.22	1
2				
	1) Heacock, Katie 12	2) Austin, Kaeli		
	3) McCarthy, Emily 10	4) Dougherty, Ellen 9		
8	Indianola	4:14.71	4:16.27	3
1				
	1) Teas, Emily 12	2) Mayer, Katie 11		
	3) Cory, Emily 11	4) Ellingson, Catie 12		
9	Cedar Falls	4:20.19	4:17.70	2
	1) Hutchins, Brianne 10	2) Shaddox, Shawn 11		
	3) Sturm, Danielle 11	4) Blanchard, Leah 11		
10	Ames	4:20.14	4:18.75	2
	1) Wandling, Emily 9	2) Brown, Lauren 12		
	3) Soh, Stephanie 11	4) Gehring, Laura 11		
11	Oskaloosa	4:20.11	4:19.68	2
	1) Brostrom, Haley 11	2) Knoot, Amber 12		
	3) Stanton, Emily 12	4) VanDusseldorp, Trisha 11		
12	Fort Dodge	4:15.59	4:20.18	3
	1) Crooks, Kendra 12	2) Nissen, Stacia 10		
	3) Mitchell, Lauren 11	4) Thompson, Katie 11		
13	Davenport North	4:25.22	4:21.59	1
	1) Parks, Sherozna 11	2) Harrington, Amber 9		
	3) Bys, Kailey 11	4) Regan, Kelsey 10		
14	Marshalltown	4:23.34	4:22.89	2
	1) Stanton, Megan	2) Vopova, Jaleesa		
	3) Hunt, Emily	4) Lageshulte, Jill		
15	Boone	4:23.18	4:24.74	2
	1) Pestotnik, Maggie 11	2) Bunning, Carli 10		
	3) Cornelius, Robin 11	4) Dalton, Desarae 9		
16	Des Moines Roosevelt	4:26.41	4:26.00	1
	1) Jefferson, Shannon	2) Tindrell, Patience		
	3) Duncan, Kameesha	4) Hubbell, Madie		
17	Muscatine	4:26.65	4:26.28	1
	1) Harmon, Maddy 12	2) Mills, Mandy 11		
	3) Hogue, Mycal 12	4) Beeding, Kelsey 12		
18	Davenport West	4:29.37	4:27.34	1
	1) Honeycutt, Holly 11	2) Nichol, Hailey 11		
	3) Locke, Courtney 10	4) Martz, Emily 10		
19	Des Moines East	4:25.38	4:27.99	1
	1) Brown, Jocelyn	2) Fields, Kalynn		
	3) Carpenter, Kaitlyn	4) Smith, Shelby		
20	Davenport Central	4:22.87	4:28.08	2
	1) Airington, Christina 12	2) Mitchell, Alexis 10		
	3) VandenBerg, Kelsey 9	4) Young, Cassie 12		
21	Ankeny		4:29.44	1
	1) McIntosh, Ilyssa	2) Whitworth, Jodi		
	3) Cassebaum, Sarah	4) Larson, Tara		

22 Burlington	4:28.20	4:29.98	1
1) Zaiser, Hannah 12	2) Robinson, Tawana 12		
3) Redd, Tenyshia 10	4) Lambert, Hannah 12		

Girls 4x100 Meter Shuttle Hurdle 4A

School	Seed	Prelims	H#
Preliminaries			
1 Iowa City City High	1:02.36	1:03.15q	1
1) Rydze, Veronica 12	2) Jordan, Mariah 10		
3) Harris, Mercedes 10	4) Sabers, Molly 12		
2 Burlington	1:03.24	1:03.83q	2
1) Hart, Courtney 11	2) Heath, Melanie 10		
3) Smith, Kelsey 12	4) Hendricks, Tiffany 12		
3 Cedar Falls	1:04.43	1:04.34q	5
1) Savage, Nina 11	2) Hosper, Amanda 10		
3) DeVries, Charla 11	4) Facciani, Raquel 12		
4 Waukee	1:04.50	1:05.04q	6
1) Carlberg, Jillian 10	2) Freeman, Renee 10		
3) James, Emily 10	4) Phillips, Chelle 12		
5 Iowa City West	1:03.92	1:05.20q	3
1) Crutcher, Tiesha 11	2) Ludvicek, Brooke 10		
3) Mason, Natalie 9	4) Johnson, Katie 12		
6 Johnston	1:05.06	1:05.54q	6
1) Chesnut, Taylor 10	2) Embrey, Leah 11		
3) Buchanan, Alexis 12	4) Curtis, Cassie 9		
7 Dowling Catholic WDM	1:05.70	1:05.59q	4
1) Nauman, Maggie 12	2) Lickteig, Jennifer 12		
3) Weier, Kelsey	4) Krier, Rachel 10		
8 Cedar Rapids Jefferson	1:06.37	1:05.71q	2
1) Galvin, Allison 11	2) LeClere, Therese 12		
3) Threatt, Tiffany 12	4) Katzman, Cierra 11		
9 Mason City	1:04.15	1:05.91	4
1) Carroll, Stephanie 12	2) Sheahan, Hayley 9		
3) White, Abra 11	4) Kundert, Lauren 11		
10 Pleasant Valley	1:06.60	1:06.27	1
1) Christensen, Leah 10	2) McNamara, Katie 9		
3) Hodgin, Leah 11	4) Rodriguez, Susan 10		
11 Valley West Des Moines	1:05.96	1:06.88	3
1) Buie, Vanessa 12	2) Lindaman, Lauren 12		
3) Anderson, Meagan 11	4) Wallace, Laney 11		
12 Ankeny		1:06.94	5
1) Andresen, Cathleen	2) Shultice, Lexi		
3) Schaeffer, Jessica	4) Willey, Erica		
13 Ames	1:06.87	1:07.28	1
1) Thompson, Autumn 11	2) Dye, Allison 12		
3) Syrkin-Nikolau, Mashet 12	4) Naeve, Lauren 11		
14 Dubuque Senior	1:06.95	1:07.42	2
1) Nesson, Mary 9	2) Hearn, Holly 10		
3) Palmer, Lauren 11	4) Nesson, Jessica 12		
15 Ottumwa	1:07.46	1:08.26	4
1) Sosa, Sarah 11	2) Throgmartin, Rachel 12		
3) Roberts, Dana 12	4) Person, Katherine 11		
16 Cedar Rapids Kennedy	1:07.38	1:08.55	3
1) Axline, Kelsey 11	2) Allard, Whitley 12		
3) Painter, Angela 12	4) Peak, Kyla 11		

17	Des Moines North	1:08.80	1:08.84	4
	1) Menegbo, Kadinebari	2) Parrish, Aneisha		
	3) Gregory, Nicole	4) Smith, Carissa		
18	Cedar Rapids Washington	1:07.93	1:08.89	6
	1) Holtz, Kristin 12	2) Gutschmidt, Megan 11		
	3) Osborn, Keegan 10	4) Schmitt, Mary Kate 9		
19	Bettendorf	1:08.27	1:08.96	5
	1) Kuebler, Anna 11	2) Pierson, Kayla 9		
	3) Stoffer, Emilee 11	4) Lewis, Stephanie 12		
20	Dubuque Hempstead	1:09.38	1:09.28	1
	1) Belken, Alaina 10	2) Crawford, Kathleen 9		
	3) Wedewer, Brooke 10	4) Hinzmann, Ashley 12		
21	Boone	1:08.87	1:09.30	3
	1) Burma, Haylee 12	2) Kelly, Jessica 10		
	3) Pomernk, Alexa 10	4) Pestotnik, Maggie 11		
22	Muscatine	1:09.27	1:09.69	2
	1) Brooker, Becky 11	2) Wozney, Samantha 12		
	3) Howard, Hanna 10	4) Wozney, Danielle 11		
23	Urbandale	1:08.05	1:10.36	6
	1) Bloomquist, Emily	2) Rolfes, Rachel		
	3) Hunefeld, Kayla	4) Pitts, Amy		
24	Clinton	1:07.90	1:19.89	5
	1) Wilden, Larissa 10	2) Miller, Whitney 11		
	3) Harder, Friederike 11	4) Arvola, Katie 10		

Girls 4x100 Meter Shuttle Hurdle 4A

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	School	Prelims	Finals	H#
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Points				
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Finals				
10	1 Iowa City City High	1:03.15	1:02.38	2
	1) Rydze, Veronica 12	2) Jordan, Mariah 10		
	3) Harris, Mercedes 10	4) Sabers, Molly 12		
8	2 Burlington	1:03.83	1:03.40	2
	1) Hart, Courtney 11	2) Heath, Melanie 10		
	3) Smith, Kelsey 12	4) Hendricks, Tiffany 12		
6	3 Waukee	1:05.04	1:03.46	2
	1) Carlberg, Jillian 10	2) Freeman, Renee 10		
	3) James, Emily 10	4) Phillips, Chelle 12		
5	4 Cedar Falls	1:04.34	1:03.99	2
	1) Facciani, Raquel 12	2) DeVries, Charla 11		
	3) Hosper, Amanda 10	4) Savage, Nina 11		
4	5 Iowa City West	1:05.20	1:04.35	1
	1) Crutcher, Tiesha 11	2) Minor, Sarah 12		
	3) Mason, Natalie 9	4) Johnson, Katie 12		
3	6 Johnston	1:05.54	1:04.93	1
	1) Chesnut, Taylor 10	2) Embrey, Leah 11		
	3) Buchanan, Alexis 12	4) Curtis, Cassie 9		

7 Cedar Rapids Jefferson 1:05.71 1:06.29 1
 2
 1) Galvin, Allison 11 2) LeClere, Therese 12
 3) Threatt, Tiffany 12 4) Katzman, Cierra 11

Girls High Jump 4A

Name	Year	School	Seed	Finals
1 Synacek, Tiffanie 1.62m 10	12	Council Bluffs T	5-07.00	5-04.00
2 Bradford, Adreona 1.60m 8	11	Davenport No	5-06.00	5-03.00
3 Pederson, Allison 1.60m 6		Des Moines Roose	5-03.00	5-03.00
4 Cameron, Samantha 1.60m 5	10	Bettendorf	5-02.00	5-03.00
5 Williams, Ali 1.57m 3.5	11	Waukee	5-04.00	5-02.00
5 Nierman, Laura 1.57m 3.5	11	Iowa City We	5-04.00	5-02.00
7 Lindaman, Lauren 1.54m 2	12	Valley West	5-02.00	5-01.00
8 Yacinich, Jessica 1.54m 1	11	Dowling Cath	5-04.00	5-01.00
9 Nagy, Steph 1.54m	10	Muscatine	5-00.00	5-01.00
10 Carpenter, Trisha 1.52m	12	Waukee	5-03.00	5-00.00
11 Fisher, Mikaela 1.52m	12	Cedar Rapids WAS	5-00.00	5-00.00
12 Peters, Rachel 1.52m	9	Prairie Ceda	4-10.00	5-00.00
13 Burkle, Chelsea 1.52m	9	Linn-Mar Mar	4-10.00	5-00.00
13 Wright, Tiaira 1.52m	11	Waterloo Wes	5-01.00	5-00.00
13 Johnson, Hannah 1.52m		Ankeny	5-00.00	5-00.00
16 Sandon, Kelsey 1.47m		Urbandale	4-10.00	4-10.00
16 Adkins, Abbey 1.47m	11	Ames	5-02.00	4-10.00
18 Aspengren, Katie 1.47m	11	Boone	4-10.00	4-10.00
18 Wells, Tierra 1.47m	11	Lewis Centra	5-01.00	4-10.00
20 Milner, Sarah 1.47m	12	Council Bluffs A	5-01.00	4-10.00
20 Cota, Krista 1.47m	10	North Scott	5-02.00	4-10.00
22 Mays, Tiara 1.47m		Des Moines E	5-00.00	4-10.00

23 Brooks, Stephanie 9 Iowa City Ci 5-00.00 4-10.00
1.47m

Girls Long Jump 4A

Name	Year	School	Seed	Finals
1 Airington, Christina NWI 5.59m 10	12	Davenport Ce	18-05.25	18-04.25
2 Gehrke, Jessica NWI 5.43m 8	9	Iowa City We	17-10.25	17-10.00
3 Mitchell, Alexis NWI 5.42m 6	10	Davenport Ce	17-04.25	17-09.50
4 Vopova, Jaleesa NWI 5.32m 5		Marshalltown	17-09.50	17-05.75
5 Hendricks, Tiffany NWI 5.28m 4	12	Burlington	17-03.00	17-04.25
6 Wenzel, Sarah NWI 5.25m 3	10	Clinton	17-06.75	17-02.75
7 Kalin, Jacqui NWI 5.16m 2	12	Sioux City N	18-01.50	16-11.50
8 Dupee, Jazmine NWI 5.02m 1	10	Waukee	17-05.00	16-06.00
9 Nesson, Jessica NWI 4.95m	12	Dubuque Seni	17-03.00	16-03.00
10 Robinson, Stephanie NWI 4.81m	11	Sioux City N	16-01.25	15-09.50
11 Turk, Kristen NWI 4.78m	12	Des Moines L	17-03.50	15-08.50
12 Thompson, Autumn NWI 4.74m	11	Ames	16-07.00	15-06.75
12 Kever, Katie NWI 4.74m		Ankeny	15-09.50	15-06.75
14 Kooi, Cortni NWI 4.73m	11	Clinton	16-03.50	15-06.50
15 Whiting, Ashley NWI 4.71m	11	Iowa City Ci	16-00.25	15-05.75
16 Gowey, Taylor NWI 4.71m	12	Johnston	16-02.25	15-05.50
17 Willich, Becca NWI 4.67m	10	Davenport We	16-04.75	15-04.25
18 Phillips, Chelle NWI 4.63m	12	Waukee	16-00.00	15-02.50
19 Locke, Courtney NWI 4.58m	10	Davenport We	15-10.25	15-00.50
20 Hansen, Sami NWI 4.57m	11	Iowa City We	15-10.75	15-00.25
21 Thayer, Chelsea NWI 4.55m	9	Linn-Mar Mar	16-02.00	14-11.50
22 Nauman, Maggie NWI 4.55m	12	Dowling Cath	15-11.50	14-11.25

Girls Shot Put 4A

Name Points	Year	School	Seed	Finals
1 Haight, Danica 14.11m 10	12	Iowa City We	47-07.75	46-03.75
2 Frere, Danielle 13.00m 8	11	Muscatine	44-00.25	42-08.00
3 Freeman, Taylor 12.97m 6	11	Iowa City We	42-09.25	42-06.75
4 Higgins, Megan 12.86m 5	12	Lewis Centra	41-02.00	42-02.50
5 Coopman, Carissa 12.61m 4	11	Davenport No	40-07.00	41-04.50
6 McClelland, Molly 12.36m 3	12	Valley West	40-07.25	40-07.00
7 Anciaux, Sarah 12.23m 2	12	Iowa City Ci	40-07.50	40-01.75
8 Johnson, Mykenya 12.17m 1		Des Moines Roose	42-03.00	39-11.50
9 Ziskovsky, Allie 12.02m	11	Prairie Ceda	42-00.00	39-05.25
10 Greer, Elsara 11.74m	12	Waterloo Eas	39-08.50	38-06.50
11 Craw, Madison 11.62m	12	Mason City	37-00.00	38-01.75
12 Williams, Rachel 11.48m	12	Prairie Ceda	38-11.50	37-08.00
13 Rabon, Sydney 11.30m		Des Moines Roose	38-00.00	37-01.00
14 Lichtenberg, Ashley 10.99m	12	Bettendorf	36-08.50	36-01.00
15 James, Judy 10.89m	11	Dowling Cath	35-11.50	35-08.75
16 Sevigny, Erika 10.80m	11	Bettendorf	39-03.50	35-05.50
17 Martin, Alissa 10.79m	10	Muscatine	38-07.00	35-05.00
18 Minchk, Laura 10.79m	12	Iowa City Ci	39-01.50	35-05.00
19 Loerzel, Ashley 10.58m	11	Clinton	37-10.00	34-08.75
20 Hobbs, Dede 10.46m	12	Cedar Rapids WAS	35-06.50	34-04.00
21 Turner, Laura 10.42m	11	Valley West	36-09.00	34-02.50
22 Jackson Rushing, Akilah 10.29m		Des Moines Hoove	36-03.50	33-09.25
23 Bachman, Bethany 10.10m	11	Boone	35-09.25	33-01.75
24 Demmer, Brittany 8.07m	9	Dubuque Hemp	36-05.50	26-06.00

Girls Discus Throw 4A

Name Points	Year	School	Seed	Finals
1 Haight, Danica 44.37m 10	12	Iowa City We	133-03	145-07
2 Freeman, Taylor 43.56m 8	11	Iowa City We	158-04	142-11
3 Anciaux, Sarah 41.68m 6	12	Iowa City Ci	133-01	136-09
4 Lichtenberg, Ashley 39.80m 5	12	Bettendorf	12-00.50	130-07
5 Ziskovsky, Allie 37.10m 4	11	Prairie Ceda	127-11	121-09
6 Stroebele, Elizabeth 36.44m 3	12	Waukee	117-11	119-07
7 Turner, Laura 35.89m 2	11	Valley West	112-10	117-09
8 Banes, Jordan 35.83m 1	12	Prairie Ceda	124-01	117-07
9 Sodawasser, Erin 34.92m	12	Davenport Ce	13-10.50	114-07
10 Coopman, Carissa 34.72m	11	Davenport No	13-06.50	113-11
11 D'Auben, Ace 33.98m	11	Pleasant Val	112-05	111-06
12 Pieper, Jenn 33.50m	12	Fort Dodge	110-09	109-11
13 Lewis, Kyhia 33.35m	12	Ottumwa	117-10	109-05
14 Moore, Molly 32.96m	9	Ames	102-08	108-02
15 Bass, Kelli 32.94m	11	Boone	114-00	108-01
16 Turpen, Brittany 32.30m	12	Council Bluffs T	110-01	106-00
17 Frere, Danielle 31.77m	11	Muscatine	116-03	104-03
18 Feldman, Chelsea 31.52m		Marshalltown	105-01	103-05
19 Woodson, Nicole 31.21m	10	Davenport No	08-00.50	102-05
20 Hobbs, Dede 30.58m	12	Cedar Rapids WAS	110-03	100-04
21 Rabon, Sydney 30.53m		Des Moines Roose	103-02	100-02
22 Davis, Teresa 30.09m	12	Johnston	105-08	98-09
23 Schwalenberg, Kristin 30.02m	12	Dowling Cath	103-02	98-06
24 Ellingson, Ashley 29.33m	12	Valley West	109-10	96-03