

Iowa Girls & Boys State Track Meet 2023 - 5/18/2023 to 5/20/2023

Des Moines, Iowa
Drake Stadium
Performance List

Event 5 Girls 100 Meter Dash 3A (24) Prelims

Thursday 5/18/2023 - 6:37 PM

State Record: 12.08 2017 Keaton Kester, ADM
All-Time: 11.49 2018 Syndey Milani, Southeast Polk

| Name | Year | School | Seed Time | |
|------|--------------------|------------------|-----------|---|
| 1 | Jessica Kyne | 11 DSM, Hoover | 12.30 | 1 |
| 2 | Meghan McDonald | 12 Wahlert, Dub | 12.35 | 1 |
| 3 | Taylor Wing | 10 Maquoketa | 12.37 | 2 |
| 4 | Brynn Walters | 11 Epworth, WD | 12.38 | 3 |
| 5 | Tierney Huss | 11 MOC-FV | 12.40 | 1 |
| 6 | Makayla Crannell | 11 ADM, Adel | 12.47 | 2 |
| 7 | Hayley Stowe | 11 Decorah | 12.59 | 1 |
| 8 | Caliana Whitaker | 09 Mt Vernon | 12.61 | 2 |
| 9 | Ava Ramler | 11 Epworth, WD | 12.65 | 4 |
| 10 | Mackenzie Kauffman | 12 Spirit Lake | 12.70 | 2 |
| 11 | Kaleigh Tooker | 09 MOC-FV | 12.72 | 3 |
| 12 | Jada Grove | 10 ADM, Adel | 12.74 | 3 |
| 13 | Shay Sinnard | 12 Carroll | 12.82 | 1 |
| 14 | Maleah Walker | 12 Oskaloosa | 12.88 | 1 |
| 15 | Takira Smith | 11 DSM, Hoover | 12.93 | 4 |
| 16 | Laine Hadsall | 12 CPU | 12.97 | 5 |
| 17 | Shannon Cleary | 09 Bishop Heelan | 12.98 | 4 |
| 18 | Brinley Krivachek | 12 Decorah | 13.00 | 3 |
| 19 | Aiden Gosselink | 09 Grinnell | 13.03 | 2 |
| 20 | Mackenzie Harder | 10 Storm Lake | 13.08 | 2 |
| 21 | Piper Stahle | 09 Solon | 13.12 | 1 |
| 22 | Andi Scott | 11 Mt Pleasant | 13.14 | 2 |
| 23 | Emersyn McGrath | 09 Clear Lake | 13.19 | 1 |
| 24 | Cloe Savitski | 10 Webster City | 13.24 | 2 |

Event 13 Girls 200 Meter Dash 3A (24) Prelims

Thursday 5/18/2023 - 4:30 PM

State Record: 24.42 2022 Audrey Biermann, Western Dubuque
All-Time: 23.68 2018 Sydney Milani, Southeast Polk

| Name | Year | School | Seed Time | |
|------|------------------|----------------|-----------|---|
| 1 | Makayla Crannell | 11 ADM, Adel | 25.23 | 1 |
| 2 | Tierney Huss | 11 MOC-FV | 25.42 | 1 |
| 3 | Abigail Cave | 09 Marion | 25.69 | 1 |
| 4 | Jessica Kyne | 11 DSM, Hoover | 25.69 | 2 |
| 5 | Lani Hubka | 12 Decorah | 25.73 | 2 |
| 6 | Caliana Whitaker | 09 Mt Vernon | 25.75 | 3 |
| 7 | Aly Stahle | 10 Solon | 25.77 | 1 |
| 8 | Jacie Trine | 11 Pella | 25.91 | 1 |
| 9 | Brynn Walters | 11 Epworth, WD | 25.97 | 1 |
| 10 | Reese Brownlee | 10 Clear Lake | 26.07 | 1 |
| 11 | Erika Amendt | 12 Spencer | 26.13 | 2 |
| 12 | Ava Ramler | 11 Epworth, WD | 26.25 | 2 |
| 13 | Aiden Gosselink | 09 Grinnell | 26.36 | 2 |
| 14 | Kim Karnga | 11 DSM, Hoover | 26.40 | 3 |
| 15 | Danika Arnold | 11 Glenwood | 26.50 | 1 |
| 16 | Anna O'Rear | 09 W Delaware | 26.50 | 3 |

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Event 13 ... (Girls 200 Meter Dash 3A (24) Prelims)

| Name | Year | School | Seed Time | |
|---------------------|------|-----------------|-----------|---|
| 17 Mia Duckett | 11 | Solon | 26.66 | 2 |
| 18 Prisca Kalala | 12 | Clear Crk-Amana | 26.68 | 3 |
| 19 Maleah Walker | 12 | Oskaloosa | 26.73 | 3 |
| 20 Madi Huls | 11 | LeMars | 26.73 | 3 |
| 21 Josey Dunbar | 12 | Clarke | 26.74 | 4 |
| 22 Mackenzie Harder | 10 | Storm Lake | 26.84 | 2 |
| 23 Noel Boettger. | 12 | Ballard | 26.91 | 3 |
| 24 Emersyn McGrath | 09 | Clear Lake | 27.10 | 2 |

Event 21 Girls 400 Meter Dash 3A (24)

Thursday 5/18/2023 - 7:10 PM

State Record: 54.56 2022 Audrey Biermann, Western Dubuque
All-Time: 52.90 2018 Sydney Milani, Southeast Polk

| Name | Year | School | Seed Time | |
|---------------------|------|-----------------|-----------|---|
| 1 Gracie Federspiel | 11 | Solon | 56.97 | 1 |
| 2 Reese Brownlee | 10 | Clear Lake | 57.31 | 1 |
| 3 Rylee Steffen | 11 | Wahlert, Dub | 57.91 | 1 |
| 4 Jacie Trine | 11 | Pella | 58.02 | 1 |
| 5 Annika Kotula | 12 | Assumption | 59.59 | 2 |
| 6 Ava Rush | 12 | Atlantic | 59.59 | 1 |
| 7 Josey Dunbar | 12 | Clarke | 59.91 | 1 |
| 8 Reese Kuhlman | 11 | Maquoketa | 59.99 | 3 |
| 9 McKenzie Riley | 10 | Decorah | 1:00.09 | 1 |
| 10 Tess Erickson | 11 | Vinton-Shellbrg | 1:00.57 | 2 |
| 11 Emma Meester | 12 | Mt Vernon | 1:00.67 | 3 |
| 12 Madeline Fidone | 11 | Lewis Central | 1:00.71 | 2 |
| 13 Melanie Sullivan | 12 | Knoxville | 1:00.78 | 2 |
| 14 Brooklyn Shannon | 10 | Newton | 1:00.84 | 3 |
| 15 Kobi Lietz | 10 | Solon | 1:00.89 | 2 |
| 16 Avary Darling | 12 | Winterset | 1:01.11 | 2 |
| 17 Hannah Desmarais | 10 | ADM, Adel | 1:01.13 | 3 |
| 18 Laurel Mizerak | 10 | Gilbert | 1:01.53 | 2 |
| 19 Kenley Meis | 12 | Bishop Heelan | 1:01.55 | 1 |
| 20 Madi James | 10 | ADM, Adel | 1:01.58 | 4 |
| 21 Reaghan Ressler | 10 | Independence | 1:01.88 | 4 |
| 22 Jade Coots | 12 | Vinton-Shellbrg | 1:02.19 | 5 |
| 23 Mackenzie Harder | 10 | Storm Lake | 1:02.33 | 3 |
| 24 Maya Hogrefe | 09 | LeMars | 1:02.72 | 2 |

Event 29 Girls 800 Meter Run 3A (24)

Saturday 5/20/2023 - 10:50 AM

State Record: 2:07.51 5/21/2016 Joy Ripslinger, Assumption
All-Time: 2:06.52 2021 Ainsley Erzen, Carlisle

| Name | Year | School | Seed Time | |
|---------------------|------|------------|-----------|---|
| 1 Keira Andersen | 09 | Gilbert | 2:19.05 | 1 |
| 2 Sarah Feddersen | 10 | Gilbert | 2:19.10 | 2 |
| 3 Gracie Federspiel | 11 | Solon | 2:19.79 | 1 |
| 4 Liza Schaffer | 12 | North Polk | 2:20.45 | 3 |
| 5 Marie Dea | 11 | Carroll | 2:21.43 | 1 |
| 6 Maya Bergstrom | 11 | Carlisle | 2:21.59 | 1 |

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Event 29 ... (Girls 800 Meter Run 3A (24))

| Name | Year | School | Seed Time |
|------|------------------|-----------------|-----------|
| 7 | Ava Rush | 12 Atlantic | 2:22.22 2 |
| 8 | Abby Teagarden | 11 Pella | 2:22.80 1 |
| 9 | Iris Dahl | 09 Washington | 2:22.91 2 |
| 10 | Laura Swart | 12 Mt Vernon | 2:23.08 1 |
| 11 | Tierney Carter | 09 Oskaloosa | 2:25.50 2 |
| 12 | Claire Pellett | 11 Atlantic | 2:26.26 3 |
| 13 | Macie Ripplinger | 11 Assumption | 2:26.33 1 |
| 14 | Addison Doughan | 10 Clear Lake | 2:26.34 4 |
| 15 | Anna Quillin | 11 Solon | 2:26.67 3 |
| 16 | Kolby Oldenkamp | 09 Sioux Center | 2:26.73 1 |
| 17 | Sarah May | 10 MOC-FV | 2:26.81 2 |
| 18 | Jada Hoffman | 10 Assumption | 2:27.17 2 |
| 19 | Sienna Kass | 10 LeMars | 2:27.38 3 |
| 20 | Anna Feuerbach | 11 Clear Lake | 2:27.44 5 |
| 21 | Olivia Bellini | 09 Wahlert, Dub | 2:27.91 3 |
| 22 | Annika Larson | 10 Ballard | 2:27.97 4 |
| 23 | Sami Craven | 11 Winterset | 2:28.31 2 |
| 24 | Addison Dabroski | 09 Marion | 2:29.23 2 |

Event 37 Girls 1500 Meter Run 3A (24)

Saturday 5/20/2023 - 3:00 PM

State Record: 4:36.96 2022

Ainsley Erzen, Carlisle

All-Time: 4:26.39 2011

Shelby Houlihan, SC East

| Name | Year | School | Seed Time |
|------|-------------------|--------------------|-----------|
| 1 | Paityn Noe | 12 Ballard | 4:44.05 1 |
| 2 | Maya Bergstrom | 11 Carlisle | 4:51.86 1 |
| 3 | Marissa Ferebee | 09 Pella | 4:56.26 1 |
| 4 | Geneva Timmerman | 12 ADM, Adel | 4:56.28 2 |
| 5 | Liza Schaffer | 12 North Polk | 4:57.85 1 |
| 6 | Moriah Knapp | 12 Algona | 4:58.53 2 |
| 7 | Kira Barker | 10 Clear Crk-Amana | 4:59.22 1 |
| 8 | Iris Dahl | 09 Washington | 4:59.87 2 |
| 9 | Kayla Young | 12 Solon | 5:01.43 3 |
| 10 | Annika Larson | 10 Ballard | 5:01.65 2 |
| 11 | Clare Stahr | 11 Gilbert | 5:02.88 3 |
| 12 | Lindsey Sonderman | 10 Harlan | 5:03.58 3 |
| 13 | Avery Rump | 09 Fort Madison | 5:05.70 4 |
| 14 | Haley James | 09 ADM, Adel | 5:06.39 3 |
| 15 | Addison Doughan | 10 Clear Lake | 5:06.59 4 |
| 16 | Marie Daggett | 11 Carlisle | 5:06.78 4 |
| 17 | Morgan Sutton | 11 Winterset | 5:07.01 5 |
| 18 | Lily Graham | 10 Wahlert, Dub | 5:09.36 1 |
| 19 | Deni Katcher | 09 CPU | 5:09.37 2 |
| 20 | Katelyn Krieger | 12 Spirit Lake | 5:12.34 1 |
| 21 | Claire Jensen | 09 Mt Vernon | 5:12.74 1 |
| 22 | AudryElla Meyer | 10 Marion | 5:13.22 2 |
| 23 | Corinne McCord | 10 Sioux Center | 5:18.26 2 |
| 24 | Tierney Carter | 09 Oskaloosa | 5:22.17 2 |

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Event 45 Girls 3000 Meter Run 3A (24)

Thursday 5/18/2023 - 3:35 PM

State Record: 9:55.37 2017 Joy Ripslinger, Assumption

All-Time: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

| Name | Year | School | Seed Time |
|---------------------|------|------------------|------------|
| 1 Paityn Noe | 12 | Ballard | 10:01.37 1 |
| 2 Kayla Young | 12 | Solon | 10:44.14 1 |
| 3 Lindsey Sonderman | 10 | Harlan | 10:44.58 2 |
| 4 Avery Rump | 09 | Fort Madison | 10:52.54 2 |
| 5 Katelyn Krieger | 12 | Spirit Lake | 10:57.78 1 |
| 6 Maya Bergstrom | 11 | Carlisle | 10:58.04 1 |
| 7 Moriah Knapp | 12 | Algona | 10:59.40 1 |
| 8 Lola Mendlik | 10 | Denison-Schlschw | 11:00.50 3 |
| 9 Geneva Timmerman | 12 | ADM, Adel | 11:03.44 2 |
| 10 Addison Doughan | 10 | Clear Lake | 11:04.48 2 |
| 11 Marissa Ferebee | 09 | Pella | 11:09.28 1 |
| 12 Biyanca Dokter | 12 | MOC-FV | 11:16.21 2 |
| 13 Madelyn Berglund | 10 | Glenwood | 11:18.09 4 |
| 14 Lucy Murphy | 09 | Wahlert, Dub | 11:18.15 1 |
| 15 Emily McLaughlin | 11 | Clear Lake | 11:18.76 3 |
| 16 Deni Katcher | 09 | CPU | 11:19.41 2 |
| 17 Marie Daggett | 11 | Carlisle | 11:20.64 3 |
| 18 Emma Wilkerson | 11 | CPU | 11:25.09 3 |
| 19 Claire Jensen | 09 | Mt Vernon | 11:25.86 1 |
| 20 Peyton Morey | 10 | Spencer | 11:27.90 3 |
| 21 Avelyn Vance | 11 | Ballard | 11:31.70 5 |
| 22 Jaida Lyons | 11 | Benton Comm | 11:32.86 2 |
| 23 Elyse Zwart | 10 | Boy-Hul/Rock Val | 11:36.32 4 |
| 24 Tess Paulsen | 11 | Pella | 12:04.47 2 |

Event 51 Girls 100 Meter Hurdles 3A (24) Prelims

Friday 5/19/2023 - 4:10 PM

State Record: 14.51 2018 Grace Martensen, Benton Community

All-Time: 13.90 4/13/2010 Alex Gochenour, Logan-Mag.

| Name | Year | School | Seed Time |
|----------------------|------|------------------|-----------|
| 1 Silvana Kabolo | 12 | Clear Crk-Amana | 14.86 1 |
| 2 Addisyn Terpstra | 12 | Newton | 15.00 1 |
| 3 Naomi Durin | 12 | Xavier, CR | 15.19 1 |
| 4 Jerra Merchant | 12 | Spencer | 15.21 1 |
| 5 Sophia Stahle | 12 | Solon | 15.31 2 |
| 6 Hope Moore | 12 | Benton Comm | 15.51 1 |
| 7 Soren Maricle | 12 | Central DeWitt | 15.54 2 |
| 8 Sierra Durin | 12 | Xavier, CR | 15.62 3 |
| 9 Chloe Meester | 10 | Mt Vernon | 15.72 2 |
| 10 Hannah Quang | 11 | Oskaloosa | 15.74 2 |
| 11 Madison Tunning | 12 | Carroll | 15.75 1 |
| 12 Claire Miller | 12 | Denison-Schlschw | 16.04 2 |
| 13 JaKya Powell | 10 | DSM, Hoover | 16.18 1 |
| 14 Tiana Gehling | 12 | North Polk | 16.23 1 |
| 15 Carlie Clemmer | 11 | Glenwood | 16.23 3 |
| 16 Brooklyn Banghart | 09 | Independence | 16.25 3 |

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Event 51 ... (Girls 100 Meter Hurdles 3A (24) Prelims)

| Name | Year | School | Seed Time |
|-----------------------|------|--------------|-----------|
| 17 Jaya Kleemeier | 11 | Winterset | 16.25 2 |
| 18 Laura Downs | 12 | Carlisle | 16.29 3 |
| 19 Carly Dunn | 10 | Sioux Center | 16.32 2 |
| 20 Sydney Kipp | 11 | Decorah | 16.32 4 |
| 21 JaQuay Priest | 12 | Newton | 16.36 3 |
| 22 Jayci Reed | 09 | Atlantic | 16.44 4 |
| 23 Leighton Messinger | 09 | Washington | 16.47 3 |
| 24 Layla Arp | 10 | North Polk | 16.91 2 |

Event 59 Girls 400 Meter Hurdles 3A (24)

Friday 5/19/2023 - 5:50 PM

State Record: 1:02.53 5/19/2010 Holly Salzbrenner, Mount Vernon-Lisbon
 All-Time: 57.30 1975 Debbie Esser, Woodbine

| Name | Year | School | Seed Time |
|------------------------|------|-----------------|-----------|
| 1 Sophia Stahle | 12 | Solon | 1:05.47 1 |
| 2 Alivia Schulte | 12 | W Delaware | 1:06.37 1 |
| 3 Jerra Merchant | 12 | Spencer | 1:06.42 1 |
| 4 Laura Swart | 12 | Mt Vernon | 1:07.82 1 |
| 5 Reagan Roling | 12 | Carlisle | 1:08.07 1 |
| 6 Charlotte Pritchard | 11 | Spirit Lake | 1:08.12 2 |
| 7 Madi James | 10 | ADM, Adel | 1:08.14 2 |
| 8 Mia Stahle | 11 | Solon | 1:08.16 2 |
| 9 Reese Keenan | 10 | Spirit Lake | 1:08.18 3 |
| 10 Jaya Kleemeier | 11 | Winterset | 1:08.30 3 |
| 11 Breckyn Petersen | 10 | Glenwood | 1:08.37 1 |
| 12 Jaylin Herring | 09 | Clear Crk-Amana | 1:08.53 3 |
| 13 Carlie Clemmer | 11 | Glenwood | 1:08.68 2 |
| 14 Evelyn Adam | 11 | Oskaloosa | 1:08.95 1 |
| 15 Rellana Van Deuren | 11 | Mt Pleasant | 1:09.13 4 |
| 16 Morgan Botos | 10 | Atlantic | 1:09.31 3 |
| 17 Emma Arnold | 12 | Xavier, CR | 1:09.48 2 |
| 18 Kiersten Swart | 09 | Mt Vernon | 1:10.01 2 |
| 19 Sophia Bleich | 10 | Gilbert | 1:10.23 1 |
| 20 Hailey Kemper | 10 | Fort Madison | 1:10.42 5 |
| 21 Lauren Staudt | 11 | Charles City | 1:10.54 3 |
| 22 Elise Coghlan | 09 | ADM, Adel | 1:10.65 4 |
| 23 Jocelyn Manock | 09 | North Polk | 1:10.68 2 |
| 24 Emmalee Wells-Stout | 10 | Oskaloosa | 1:10.87 2 |

Event 68 Girls 4x100 Meter Shuttle Hurdle 3A (24) Prelims

Thursday 5/18/2023 - 8:00 PM

State Record: 1:03.13 5/21/2016 Pella, Pella
 K Pingel, E Holterhaus, E Thoreson, C McKinstrey
 All-Time: 1:00.44 2022 Dowling Catholic, Dowling Catholic
 O Kramer, R Leman, A Gaskell, E Okwaramoi

| Team | Relay | Seed Time |
|-----------------------|---------------------|------------------------|
| 1 Newton | 1 | 1:04.76 1 |
| 1) Macy Lampe 10 | 2) JaQuay Priest 12 | 3) Chloe Rorabaugh 11 |
| 5) Alyssa Beerends 11 | 6) Mack Sims 09 | 7) Tori White 09 |
| | | 4) Addisyn Terpstra 12 |
| | | 8) Annie Main 12 |

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Event 68 ... (Girls 4x100 Meter Shuttle Hurdle 3A (24) Prelims)

| | Team | Relay | Seed Time | |
|----|------------------------|---------------------------|---------------------------|-----------------------|
| 2 | Solon | 1 | 1:05.56 | 1 |
| | 1) Mia Stahle 11 | 2) Calla Foster 12 | 3) Sophia Stahle 12 | 4) Aly Stahle 10 |
| | 5) Trea Eidahl 09 | 6) Cydney Jaster 09 | 7) Grace Fiala 12 | 8) Bella Jedlicka 11 |
| 3 | Clear Crk-Amana | 1 | 1:06.94 | 2 |
| | 1) Jaylin Herring 09 | 2) Averie Lower 09 | 3) Sydney Pfeiffer 09 | 4) Silvana Kabolo 12 |
| 4 | Xavier, CR | 1 | 1:07.31 | 1 |
| | 1) Ava VanBerkum 10 | 2) Jaclyn Meyer 12 | 3) Sierra Durin 12 | 4) Naomi Durin 12 |
| | 5) Emma Arnold 12 | 6) Nora Maloney 11 | 7) Olivia Neal 09 | |
| 5 | Decorah | 1 | 1:07.98 | 1 |
| | 1) Sydney Kipp 11 | 2) Renae Wilson 09 | 3) Kelby Kerndt 09 | 4) Leslie Campbell 12 |
| | 5) Ava Holthaus 09 | 6) Autumn Schaller 12 | | |
| 6 | LeMars | 1 | 1:08.33 | 1 |
| | 1) Savannah Manley 12 | 2) Aubree Leusink 10 | 3) Liberty Larson 11 | 4) Claire Susemihl 09 |
| | 5) Holly McNaughton 10 | 6) Allie Kruse 10 | | |
| 7 | Winterset | 1 | 1:08.33 | 1 |
| | 1) Allie Soderberg 12 | 2) Brynn Acton 10 | 3) Gigi Hanselman 10 | 4) Jaya Kleemeier 11 |
| | 5) Jena Young 12 | 6) Neela Applegate 10 | 7) MaKenna Sheffield 11 | 8) Makayla Nichols 11 |
| 8 | Denison-Schlswg | 1 | 1:08.54 | 1 |
| | 1) Kamden Bruhn 10 | 2) Avery Bock 09 | 3) Kaitlyn Bruhn 12 | 4) Claire Miller 12 |
| | 5) Lauren Bowker 12 | 6) Kysa Neddermeyer 09 | | |
| 9 | Mt Vernon | 1 | 1:08.68 | 2 |
| | 1) Elsa Appleton 11 | 2) Lilly See 12 | 3) Kiersten Swart 09 | 4) Chloe Meester 10 |
| | 5) Olivia Haverback 10 | 6) Isabel Hawker 12 | 7) Laura Swart 12 | 8) Kyla Vaughn 12 |
| 10 | Spencer | 1 | 1:08.96 | 2 |
| | 1) Jerra Merchant 12 | 2) Ivy Hamilton 12 | 3) Sydnee Hopkins 09 | 4) Corinne Stave 12 |
| | 5) Kamryn Snyder 09 | 6) Liz Wempe 10 | | |
| 11 | Carlisle | 1 | 1:09.15 | 2 |
| | 1) Emma Robinson 09 | 2) Katie Keeney 12 | 3) Reagan Roling 12 | 4) Laura Downs 12 |
| | 5) Mallie Stoner 09 | 6) Tegan Stoner 10 | | |
| 12 | North Polk | 1 | 1:09.24 | 1 |
| | 1) Layla Arp 10 | 2) Anika Schoenberg 09 | 3) Aubrie Kiesling 12 | 4) Tiana Gehling 12 |
| | 5) Jocelyn Manock 09 | 6) Addison Mart 09 | 7) Reagan Petersen 09 | 8) Macie Robbins 10 |
| 13 | Benton Comm | 1 | 1:09.51 | 3 |
| | 1) Hope Moore 12 | 2) Haiden Moore 10 | 3) Mabry Sadler 10 | 4) Sophia Seeck 09 |
| | 5) Belle Werner 09 | 6) Piper Nelson 11 | 7) Ava Collum 09 | 8) Kennedy Donald 11 |
| 14 | Oskaloosa | 1 | 1:09.63 | 2 |
| | 1) Sadie Blommers 09 | 2) Lydia VanVeldhuizen 11 | 3) Emmalee Wells-Stout 10 | 4) Hannah Quang 11 |
| | 5) Ryleigh Wilken 09 | 6) Hayley VanArkel 11 | 7) Gabby Stropes 09 | 8) Tierney Carter 09 |
| 15 | ADM, Adel | 1 | 1:09.83 | 3 |
| | 1) Brianna Young 12 | 2) Haley Nelson 09 | 3) Lauren Case 12 | 4) Elise Coghlan 09 |
| | 5) Eliza Schmidt 09 | 6) Madelyn Roundcount 09 | 7) Madi James 10 | 8) Alexa Seidl 12 |
| 16 | Atlantic | 1 | 1:10.00 | 2 |
| | 1) Morgan Botos 10 | 2) Chloe Mullenix 12 | 3) Adler Bruce 09 | 4) Jayci Reed 09 |
| | 5) Avery Knuth 11 | 6) Lila Wiederstein 09 | | |
| 17 | W Delaware | 1 | 1:10.25 | 2 |
| | 1) Norah Peyton 09 | 2) Josie McMahon 10 | 3) Lauren LeClere 09 | 4) Alivia Schulte 12 |
| | 5) Abigail O'Rear 11 | 6) Kate Loecke 11 | 7) Erin Wegmann 11 | 8) Brooklin Ante 09 |
| 18 | Waverly-SR | 1 | 1:10.41 | 4 |
| | 1) Delilah Kroymann 09 | 2) Mia Englin 09 | 3) Coryn Eckerman 09 | 4) Ashlynn Golly 11 |
| | 5) Luisa Borchardt 12 | 6) Mimi Jensen 09 | | |

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Event 68 ... (Girls 4x100 Meter Shuttle Hurdle 3A (24) Prelims)

| Team | Relay | Seed Time |
|-----------------------------|--------------------------|------------------------|
| 19 MOC-FV | 1 | 1:10.75 3 |
| 1) Alyssa Vortherms 12 | 2) Lili Fleming 11 | 3) Emma Sassman 12 |
| 5) Jersey Fleming 09 | 6) Maggie Verschuure 09 | 7) Kaylea Bruxvoort 11 |
| 4) Payton Kleinhesselink 11 | 8) Teagan Tracy 09 | |
| 20 Hampton-Dumont-CAL | 1 | 1:10.78 2 |
| 1) Abigail Drier 10 | 2) Lily Hambly 10 | 3) Teaghan Bird 11 |
| 5) Zoe Erdman 11 | 6) Aubree Gronewold 10 | 7) Lydia Maas 11 |
| 4) Aubryee Showalter 10 | 8) Kodey Eilderts 10 | |
| 21 Fairfield | 1 | 1:10.84 3 |
| 1) Maya Lane 11 | 2) Lilly Bergren 10 | 3) Hayley Reinier 10 |
| 5) Maddy Martin 09 | 6) Lauren Martin 09 | 4) Isabel McCready 09 |
| 22 Glenwood | 1 | 1:10.94 3 |
| 1) Courtney Crawford 10 | 2) Kayden Kahl 12 | 3) Lauren Stanislav 12 |
| 5) Kate Hughes 12 | 6) Destiny Yale 12 | 7) Allison Koontz 10 |
| 4) Carlie Clemmer 11 | | |
| 23 Independence | 1 | 1:11.21 5 |
| 1) Natalie Doyle 12 | 2) Brooklyn Banghart 09 | 3) Kennedy Bevans 09 |
| 5) Mackenzie Christian 11 | 6) JorgieRae Wendling 10 | 4) Sydney Schwartz 12 |
| 24 Spirit Lake | 1 | 1:11.40 4 |
| 1) Gelena Duvall 09 | 2) Reese Keenan 10 | 3) Emma Henrickson 12 |
| 5) Fran Travis 11 | 6) Reese Lundt 09 | 7) Ellie Bolluyt 09 |
| 4) Charlotte Pritchard 11 | 8) Faith DeWild 10 | |

Event 74 Girls 4x100 Meter Relay 3A (24) Prelims

Friday 5/19/2023 - 6:30 PM

State Record: 48.21 2018 Wahlert, Dubuque, Wahlert, Dubuque
L Wedewer, A Sherman, C Broderick, B Hasken
All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt
CR Jefferson Tied in 2015

| Team | Relay | Seed Time |
|-------------------------|-----------------------------|--------------------------|
| 1 MOC-FV | 1 | 48.91 1 |
| 1) Carolyn Meines 12 | 2) Payton Kleinhesselink 11 | 3) Kaleigh Tooker 09 |
| 5) Kady Hoekstra 12 | 6) Olyvia Bahrke 09 | 7) Alyssa Vortherms 12 |
| 4) Tierney Huss 11 | 8) Addy Leusink 10 | |
| 2 Epworth, WD | 1 | 48.91 1 |
| 1) Claire Stuntz 09 | 2) Ava Ramler 11 | 3) Lucy Ehlers 10 |
| 5) Katie McKenna 10 | 6) Kaylee Hollenback 09 | 7) Ava Goins 11 |
| 4) Brynn Walters 11 | 8) Natalie Soppe 10 | |
| 3 Wahlert, Dub | 1 | 48.97 2 |
| 1) Rylee Steffen 11 | 2) Emma Donovan 12 | 3) Kylie Sieverding 09 |
| 5) Bella Eisbach 10 | 6) Karyn Ellis 09 | 7) Lauren McClimon 10 |
| 4) Meghan McDonald 12 | 8) Olivia Donovan 10 | |
| 4 Maquoketa | 1 | 49.01 3 |
| 1) Kacy Williams 11 | 2) Reese Kuhlman 11 | 3) Cora Widel 09 |
| 5) Kylie Trentz 10 | 6) Chloe Abeln 10 | 7) Katie Christiansen 10 |
| 4) Taylor Wing 10 | 8) Finley Starr 10 | |
| 5 ADM, Adel | 1 | 49.15 1 |
| 1) Calli Seehase 10 | 2) Jada Grove 10 | 3) Josi Dufoe 10 |
| 5) Aniston Tollari 10 | 6) Peyton Standley 09 | 7) Torianna Schmidt 11 |
| 4) Makayla Crannell 11 | 8) Lauren Case 12 | |
| 6 Decorah | 1 | 49.16 1 |
| 1) Brinley Krivachek 12 | 2) Hayley Stowe 11 | 3) Kailyn O'Gara 12 |
| 5) Ava Holthaus 09 | 6) Dahlyn Headington 12 | 7) Sami Mount 12 |
| 4) Lani Hubka 12 | 8) Sydney Kipp 11 | |
| 7 DSM, Hoover | 1 | 49.60 2 |
| 1) Takira Smith 11 | 2) Monah Kyne 09 | 3) Kim Karnga 11 |
| 5) Deu Wal 11 | 6) Andrea N'Goran 12 | 7) Jalina Jordan 11 |
| 4) Jessica Kyne 11 | 8) Ernestine Kennedy 09 | |
| 8 Solon | 1 | 49.74 1 |
| 1) Mia Duckett 11 | 2) Emma Wolff 12 | 3) Piper Stahle 09 |
| 5) Aisley Foster 12 | 6) Mia Stahle 11 | 7) Marin Ashbacker 09 |
| 4) Aly Stahle 10 | 8) Britta Elijah 11 | |

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Event 74 ... (Girls 4x100 Meter Relay 3A (24) Prelims)

| Event | Team | Relay | Seed Time |
|-------|--------------------------|--------------------------|------------------------------|
| 9 | Pella | 1 | 50.40 1 |
| | 1) Delanie Reynolds 12 | 2) Kamryn Long 09 | 3) Marissa Hackman 12 |
| | 5) Mollie Renaud 11 | 6) Ava Curry 11 | 7) abigail melvin 09 |
| | | | 8) Leah Boualavong 09 |
| 10 | Bishop Heelan | 1 | 50.53 2 |
| | 1) Alize Rau 10 | 2) Kenley Meis 12 | 3) Maria Brown 09 |
| | 5) Maddy Schermerhorn 09 | 6) Rosario Argueta 09 | 7) Alyssa Schorg 11 |
| | | | 8) Charlie Wiener 10 |
| 11 | Spencer | 1 | 50.55 3 |
| | 1) Khia Koenig 10 | 2) Erika Amendt 12 | 3) Jada Piercy 12 |
| | 5) Jerra Merchant 12 | 6) Shaylee Sutherland 10 | 7) Sydnee Hopkins 09 |
| | | | 8) Ava Buum 10 |
| 12 | Carlisle | 1 | 50.58 3 |
| | 1) Laura Downs 12 | 2) Aubrey McDaniel 10 | 3) Sage Austin 12 |
| | 5) Abby Barry 10 | 6) Sydney Light 10 | 7) Isabella Tuck 12 |
| | | | 8) Danica Penman 10 |
| 13 | Glenwood | 1 | 50.59 1 |
| | 1) Zoie Carda 11 | 2) Jaylynn Floyd 10 | 3) Danika Arnold 11 |
| | 5) Jenna Hopp 12 | 6) Lauren Stanislav 12 | 7) Addison Fichter 11 |
| | | | 8) Carlie Clemmer 11 |
| 14 | Newton | 1 | 50.66 2 |
| | 1) Lola Rivera 10 | 2) JaQuay Priest 12 | 3) Abby Bruce 10 |
| | 5) Chloe Rorabaugh 11 | 6) Lauren Clarke 09 | 7) Macy Lampe 10 |
| | | | 8) Taylor Schilling 11 |
| 15 | Clear Crk-Amana | 1 | 50.71 2 |
| | 1) Prisca Kalala 12 | 2) Silvana Kabolo 12 | 3) Elizabeth Timmerman 09 |
| | 5) Emma Descourouez 12 | 6) Anna Johnson 09 | 7) Kennedy Stratton 09 |
| | | | 8) Sydney Pfeiffer 09 |
| 16 | North Polk | 1 | 50.77 1 |
| | 1) Maddy Simoens 10 | 2) Ashley Owen 12 | 3) Kylie Rasmussen 11 |
| | 5) Devyn Caves 11 | 6) Lola Austin 11 | 7) Megan Elliott 12 |
| | | | 8) Peyton Westra 09 |
| 17 | Marion | 1 | 50.84 2 |
| | 1) Kenzie Lovell 10 | 2) Mila Van Weelden 11 | 3) Emma Mike 12 |
| | 5) Annie Lansdown 12 | 6) Solana Groothuis 10 | 4) Abigail Cave 09 |
| 18 | Boy-Hul/Rock Val | 1 | 50.90 4 |
| | 1) Rylee Bomgaars 10 | 2) Gretta Van Es 12 | 3) Kavri Van Kekerix 10 |
| | 5) Maya Netten 10 | 6) Brynlie Zomer 10 | 7) Clara Hoegh 10 |
| | | | 4) Makinze Rensink 10 |
| 19 | Mt Pleasant | 1 | 50.91 3 |
| | 1) Courtney Raub 11 | 2) Bailey Jalas 11 | 3) Tristian Shull 12 |
| | 5) Olivia McCormick 09 | 6) Alex Scott 09 | 7) Kynlee White 09 |
| | | | 8) Josie Gilmore 11 |
| 20 | Xavier, CR | 1 | 50.97 4 |
| | 1) Sierra Durin 12 | 2) Naomi Durin 12 | 3) Olivia Neal 09 |
| | 5) Regan Muhlbauer 11 | 6) Braylen Conlon 10 | 7) Erica Marek 09 |
| | | | 8) Lucy Oehler 10 |
| 21 | Boone | 1 | 50.97 4 |
| | 1) Kelsea Moorman 12 | 2) Carly Busch 10 | 3) Erin Ades 11 |
| | 5) Natalee Danner 12 | 6) Taylor Arringdale 09 | 4) Sydney Adams 10 |
| 22 | Bond-Farrar | 1 | 50.99 3 |
| | 1) Makenna West 12 | 2) Courtney Kiley 11 | 3) Sienna Lewis 10 |
| | 5) Addison Brown 09 | 6) Aubrie Waterhouse 10 | 7) Jaeden Lust 09 |
| | | | 8) Lauren Tegeler 10 |
| 23 | Carroll | 1 | 51.23 2 |
| | 1) Brenna Goins 11 | 2) Madison Tunning 12 | 3) Elizabeth Perkins 11 |
| | 5) Marasyn Wittrock 10 | 6) Aubrie Drake 09 | 7) Aubrie Schmitt-Hubbard 09 |
| | | | 8) Zoey Feld 09 |
| 24 | Algona | 1 | 51.97 2 |
| | 1) Ava Henry 12 | 2) Summer Thompson 09 | 3) Ella Lawson 12 |
| | 5) Reese Taylor 09 | 6) Ashlyn Waldera 11 | 7) Sydney Casey 12 |
| | | | 8) Jillian Burns 09 |

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Event 82 Girls 4x200 Meter Relay 3A (24)

Friday 5/19/2023 - 4:55 PM

State Record: 1:40.93 2018

Wahlert, Dubuque, Wahlert, Dubuque
L Wedewer, A Sherman, C Broderick, B Hasken

All-Time: 1:39.24 5/22/2015

CR Jefferson, CR Jefferson
A Ranschau, J Blue, M Meese, L Schneekloth

| Team | Relay | Seed Time |
|--------------------------|-------------------------|---------------------------|
| 1 ADM, Adel | 1 | 1:43.85 1 |
| 1) Aniston Tollari 10 | 2) Jada Grove 10 | 3) Josi Dufoe 10 |
| 5) Calli Seehase 10 | 6) Peyton Standley 09 | 7) Torianna Schmidt 11 |
| 4) Makayla Crannell 11 | 8) Lauren Case 12 | |
| 2 Epworth, WD | 1 | 1:45.06 1 |
| 1) Claire Stuntz 09 | 2) Ava Ramler 11 | 3) Lucy Ehlers 10 |
| 5) Ava Goins 11 | 6) Natalie Soppe 10 | 7) Alley Graber 09 |
| 4) Brynn Walters 11 | 8) Katie McKenna 10 | |
| 3 Mt Vernon | 1 | 1:45.39 1 |
| 1) Lilly See 12 | 2) Kara Swantz 10 | 3) Kate Dougherty 11 |
| 5) Josie Niehaus 11 | 6) Addison Gookin 11 | 7) Chloe Meester 10 |
| 4) Caliana Whitaker 09 | 8) Elsa Appleton 11 | |
| 4 Marion | 1 | 1:45.53 2 |
| 1) Kenzie Lovell 10 | 2) Mila Van Weelden 11 | 3) Natalie McAllister 11 |
| 5) Emma Mike 12 | 6) Ada Dietzenbach 09 | 4) Abigail Cave 09 |
| 5 Decorah | 1 | 1:45.77 3 |
| 1) Brinley Krivachek 12 | 2) Hayley Stowe 11 | 3) Kailyn O'Gara 12 |
| 5) Sami Mount 12 | 6) Leslie Campbell 12 | 7) Kelby Kerndt 09 |
| 4) Lani Hubka 12 | 8) Dahlyn Headington 12 | |
| 6 Spencer | 1 | 1:45.91 1 |
| 1) Jerra Merchant 12 | 2) Jada Piercy 12 | 3) Tyriana Vail 11 |
| 5) Khia Koenig 10 | 6) Sydnee Hopkins 09 | 7) Shaylee Sutherland 10 |
| 4) Erika Amendt 12 | 8) Ava Buum 10 | |
| 7 Wahlert, Dub | 1 | 1:45.91 2 |
| 1) Lauren McClimon 10 | 2) Meghan McDonald 12 | 3) Emma Donovan 12 |
| 5) Rylee Steffen 11 | 6) Karyn Ellis 09 | 7) Bella Eisbach 10 |
| 4) Kylie Sieverding 09 | 8) Olivia Donovan 10 | |
| 8 DSM, Hoover | 1 | 1:46.15 2 |
| 1) Takira Smith 11 | 2) Monah Kyne 09 | 3) Kim Karnga 11 |
| 5) Deu Wal 11 | 6) Ernestine Kennedy 09 | 7) Jalina Jordan 11 |
| 4) Jessica Kyne 11 | 8) Acown Kak 10 | |
| 9 Pella | 1 | 1:46.47 1 |
| 1) Delanie Reynolds 12 | 2) Kelsey Tauke 10 | 3) Marissa Hackman 12 |
| 5) Jacie Trine 11 | 6) Mara Schiebout 10 | 7) Ava Curry 11 |
| 4) Kamryn Long 09 | 8) Katie Pollock 12 | |
| 10 W Delaware | 1 | 1:46.47 3 |
| 1) Norah Peyton 09 | 2) Natalie Mensen 09 | 3) Alivia Schulte 12 |
| 5) Lauren LeClere 09 | 6) Josie McMahon 10 | 7) Kate Wenger 10 |
| 4) Anna O'Rear 09 | 8) Abigail O'Rear 11 | |
| 11 Boone | 1 | 1:46.54 3 |
| 1) Kelsea Moorman 12 | 2) Carly Busch 10 | 3) Natalee Danner 12 |
| 5) Joslyn Messler 11 | 6) Elaina Wadzinski 10 | 7) Erin Ades 11 |
| 4) Sydney Adams 10 | 8) Taylor Arringdale 09 | |
| 12 Gilbert | 1 | 1:46.70 1 |
| 1) Claire Grandgenett 10 | 2) Taylor Banning 11 | 3) Keaton Hanson 09 |
| 5) Ana Dantas 09 | 6) Natasha Flower 09 | 7) Brooklynn Nees 12 |
| 4) Averie Bruner 11 | 8) Sophia Overman 10 | |
| 13 Mt Pleasant | 1 | 1:46.74 1 |
| 1) Kynlee White 09 | 2) Bailey J alas 11 | 3) Courtney Raub 11 |
| 5) Olivia McCormick 09 | 6) Mica Carter 12 | 7) Alex Scott 09 |
| 4) Andi Scott 11 | 8) Tristian Shull 12 | |
| 14 Clear Crk-Amana | 1 | 1:46.78 2 |
| 1) Prisca Kalala 12 | 2) Kendra Eckrich 10 | 3) Elizabeth Timmerman 09 |
| 5) Bliss Beck 11 | 6) Emma Descourouez 12 | 7) Anna Johnson 09 |
| 4) Jaylin Herring 09 | 8) Kennedy Stratton 09 | |
| 15 North Polk | 1 | 1:46.91 2 |
| 1) Megan Elliott 12 | 2) Kylie Rasmussen 11 | 3) Maddy Simoens 10 |
| 5) Jocelyn Manock 09 | 6) Mia Doonan 10 | 7) Emma Daggett 10 |
| 4) Ashley Owen 12 | 8) Anika Schoenberg 09 | |

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Event 82 ... (Girls 4x200 Meter Relay 3A (24))

| | Team | Relay | Seed Time |
|----|------------------------|---------------------------|-----------------------------|
| 16 | Maquoketa | 1 | 1:47.03 4 |
| | 1) Kacy Williams 11 | 2) Cora Widel 09 | 3) Chloe Abeln 10 |
| | 5) Reese Kuhlman 11 | 6) Kylie Trentz 10 | 7) Katie Christiansen 10 |
| | | | 8) Lexi Wallroff 10 |
| 17 | Solon | 1 | 1:47.08 3 |
| | 1) Aisley Foster 12 | 2) Mia Duckett 11 | 3) Piper Stahle 09 |
| | 5) Aly Stahle 10 | 6) Sophia Stahle 12 | 7) Marin Ashbacker 09 |
| | | | 8) Kobi Lietz 10 |
| 18 | LeMars | 1 | 1:47.46 2 |
| | 1) Aubree Leusink 10 | 2) Stella Hector 11 | 3) Jenna Allen 12 |
| | 5) Holly McNaughton 10 | 6) Allie Kruse 10 | 7) Sienna Kass 10 |
| | | | 8) Maya Hogrefe 09 |
| 19 | Glenwood | 1 | 1:47.53 1 |
| | 1) Allison Koontz 10 | 2) Jenna Hopp 12 | 3) Brooklyn Schultz 10 |
| | 5) Zoie Carda 11 | 6) Ella Richards 10 | 7) Courtney Crawford 10 |
| | | | 8) Elaina Dougherty 10 |
| 20 | Waverly-SR | 1 | 1:48.45 4 |
| | 1) Cat Wedeking 09 | 2) Lilly Betts 11 | 3) Camryn Buseman 12 |
| | 5) Zayah Weigel 11 | 6) Delilah Kroymann 09 | 7) Lucy Korth 11 |
| | | | 4) Keiri Holmquist 12 |
| 21 | Sioux Center | 1 | 1:48.59 3 |
| | 1) Emalee Vermeer 11 | 2) Kendra Zeutenhorst 11 | 3) Avery Bitker 09 |
| | 5) Cori Harald 11 | 6) Maci Schmalbeck 10 | 7) Romee Bleeker 09 |
| | | | 8) Courteney Schmidt 09 |
| 22 | MOC-FV | 1 | 1:48.83 4 |
| | 1) Kaleigh Tooker 09 | 2) Olyvia Bahrke 09 | 3) Payton Kleinhesselink 11 |
| | 5) Eden Koedam 10 | 6) Kate Kleinhesselink 09 | 7) Kady Hoekstra 12 |
| | | | 8) Alyssa Vortherms 12 |
| 23 | Bond-Farrar | 1 | 1:48.97 2 |
| | 1) Lauren Tegeler 10 | 2) Courtney Kiley 11 | 3) Sienna Lewis 10 |
| | 5) Addison Brown 09 | 6) Jaeden Lust 09 | 7) Aubrie Waterhouse 10 |
| | | | 8) Makenna West 12 |
| 24 | Carroll | 1 | 1:50.07 2 |
| | 1) Brenna Goins 11 | 2) Marasyn Wittrock 10 | 3) Elizabeth Perkins 11 |
| | 5) Madison Tunning 12 | 6) Emily Puck 10 | 7) Aubrie Drake 09 |
| | | | 8) Zoey Feld 09 |

Event 90 Girls 4x400 Meter Relay 3A (24) Prelims

Friday 5/19/2023 - 7:20 PM

State Record: 3:53.05 5/24/2014 MOC-FV, MOC-FV
R Muilenburg, D Heimensen, K Landhuis, A Conaway
All-Time: 3:48.39 5/23/2009 Sioux City, East, Sioux City, E
S Houlihan, R Mikulicz, E McCarthy, E Dougherty

| | Team | Relay | Seed Time |
|---|--------------------------|------------------------|-----------------------|
| 1 | Solon | 1 | 4:02.58 1 |
| | 1) Kobi Lietz 10 | 2) Kerrigan Lyons 12 | 3) Grace Hoepfer 10 |
| | 5) Jozie Lahr 09 | 6) Anna Quillin 11 | 7) Hailey Miller 11 |
| | | | 8) Sophia Stahle 12 |
| 2 | Wahlert, Dub | 1 | 4:04.03 1 |
| | 1) Anna Roling 10 | 2) Olivia Donovan 10 | 3) Lauren McClimon 10 |
| | 5) Karley Belken 09 | 6) Emma Donovan 12 | 7) Meghan McDonald 12 |
| | | | 8) Olivia Bellini 09 |
| 3 | Pella | 1 | 4:05.11 1 |
| | 1) Macy Schroeder 11 | 2) Abby Teagarden 11 | 3) Lizzie Neumann 09 |
| | 5) Emerson Wogen 09 | 6) Maddie Schmitz 12 | 7) Chloe Punt 10 |
| | | | 8) Mara Schiebout 10 |
| 4 | Gilbert | 1 | 4:06.65 1 |
| | 1) Claire Grandgenett 10 | 2) Rebecca Schrader 11 | 3) Sarah Feddersen 10 |
| | 5) Keira Andersen 09 | 6) Clare Stahr 11 | 7) Taylor Banning 11 |
| | | | 8) Ella Overman 12 |
| 5 | W Delaware | 1 | 4:07.36 2 |
| | 1) Anna O'Rear 09 | 2) Alivia Schulte 12 | 3) Josie McMahon 10 |
| | 5) Natalie Mensen 09 | 6) Lauren LeClere 09 | 7) Kirstyn Kolbet 10 |
| | | | 8) Erin Mensen 09 |

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Event 90 ... (Girls 4x400 Meter Relay 3A (24) Prelims)

| Event | Team | Relay | Seed Time |
|-------|----------------------------|-------------------------|---------------------------|
| 6 | Mt Vernon | 1 | 4:07.53 1 |
| | 1) Kate Dougherty 11 | 2) Kara Swantz 10 | 3) Laura Swart 12 |
| | 5) Caliana Whitaker 09 | 6) Elsa Appleton 11 | 7) Kiersten Swart 09 |
| | | | 8) Lilly See 12 |
| 7 | Oskaloosa | 1 | 4:07.86 2 |
| | 1) Ryleigh Wilken 09 | 2) Hannah Quang 11 | 3) Evelyn Adam 11 |
| | 5) Josie Adam 09 | 6) Miley McCain 10 | 7) Lydia VanVeldhuizen 11 |
| | | | 8) Tierney Carter 09 |
| | | | 8) Maleah Walker 12 |
| 8 | Epworth, WD | 1 | 4:07.99 3 |
| | 1) Natalie Soppe 10 | 2) Ava Goins 11 | 3) Alley Graber 09 |
| | 5) Kasey McIlrath 10 | 6) Mallory Feldmann 12 | 7) Brynn Walters 11 |
| | | | 8) Paige Koetz 10 |
| | | | 8) Bella Meyers 10 |
| 9 | Clear Crk-Amana | 1 | 4:08.72 2 |
| | 1) Kiera Rogers 11 | 2) Sam Schrage 11 | 3) Averie Lower 09 |
| | 5) Jaylin Herring 09 | 6) Kendra Eckrich 10 | 7) Maycin Ernst 10 |
| | | | 8) Bliss Beck 11 |
| | | | 8) Kylie Koehn 10 |
| 10 | Sioux Center | 1 | 4:09.02 1 |
| | 1) Emalee Vermeer 11 | 2) Cori Harald 11 | 3) Avery Bitker 09 |
| | 5) Maci Schmalbeck 10 | 6) Mya Romero 11 | 7) Kendra Zeutenhorst 11 |
| | | | 8) Willow Bleeker 12 |
| | | | 8) Kolby Oldenkamp 09 |
| 11 | Carroll | 1 | 4:09.41 1 |
| | 1) Marasyn Wittrock 10 | 2) Averi Burke 11 | 3) Katelyn Aden 10 |
| | 5) Emily Puck 10 | 6) Amanda Wardell 09 | 7) Autumn Fortner 11 |
| | | | 8) Marie Dea 11 |
| | | | 8) Aubrie Drake 09 |
| 12 | Decorah | 1 | 4:09.53 2 |
| | 1) McKenzie Riley 10 | 2) Lillian Olson 10 | 3) Lily Sandhorst 10 |
| | 5) Danielle Losen 11 | 6) Paige Werner 12 | 7) Renae Wilson 09 |
| | | | 4) Sami Mount 12 |
| 13 | Newton | 1 | 4:09.64 3 |
| | 1) Bella Winther 10 | 2) Kate Muckler 12 | 3) Brooklyn Shannon 10 |
| | 5) Briana Shannon 10 | 6) Mack Sims 09 | 7) Alex Riney 10 |
| | | | 4) Lauren Clarke 09 |
| | | | 8) Harper Barton 09 |
| 14 | Glenwood | 1 | 4:09.70 2 |
| | 1) Brooklyn Schultz 10 | 2) Breckyn Petersen 10 | 3) Jenna Hopp 12 |
| | 5) Haylee Hughes 09 | 6) Kate Hughes 12 | 7) Lauren Hughes 11 |
| | | | 4) Danika Arnold 11 |
| | | | 8) Neyla Nanfita 11 |
| 15 | Lewis Central | 1 | 4:09.92 3 |
| | 1) Gracie Hays 12 | 2) Maddie Bergman 12 | 3) Irelynn James 11 |
| | 5) Stacy Merksick 12 | 6) Addison Holt 11 | 7) Ava Bussey 10 |
| | | | 4) Madeline Fidone 11 |
| 16 | LeMars | 1 | 4:10.63 2 |
| | 1) Maya Hogrefe 09 | 2) Madi Huls 11 | 3) Jenna Allen 12 |
| | 5) Claire Beitelspacher 09 | 6) Makenzie DeRocher 09 | 7) Allie Kruse 10 |
| | | | 4) Sienna Kass 10 |
| 17 | ADM, Adel | 1 | 4:11.30 1 |
| | 1) Hannah Desmarais 10 | 2) Aniston Tollari 10 | 3) Brenna Seidl 09 |
| | 5) Madi James 10 | 6) Madison Siefken 11 | 7) Makayla Crannell 11 |
| | | | 4) Brecken Morse 09 |
| | | | 8) Calli Seehase 10 |
| 18 | North Polk | 1 | 4:11.94 2 |
| | 1) Megan Elliott 12 | 2) Elyse Engebretson 10 | 3) Liza Schaffer 12 |
| | 5) Mia Doonan 10 | 6) Jady Halupnick 12 | 7) Hannah Haaland 09 |
| | | | 4) Emma Daggett 10 |
| | | | 8) Layla Arp 10 |
| 19 | MOC-FV | 1 | 4:12.11 3 |
| | 1) Kennedy Fernstrum 10 | 2) Maya Immeker 11 | 3) Kate Kleinhesselink 09 |
| | 5) Kaylea Bruxvoort 11 | 6) Olyvia Bahrke 09 | 7) Rachel Haverdink 09 |
| | | | 4) Adyson Jeltema 09 |
| | | | 8) Aryana Dokter 12 |
| 20 | Atlantic | 1 | 4:12.48 4 |
| | 1) Nicole Middents 11 | 2) Mariah Huffman 10 | 3) Chloe Mullenix 12 |
| | 5) Ava Rush 12 | 6) Morgan Botos 10 | 7) Aubrey Guyer 12 |
| | | | 4) Claire Pellett 11 |
| | | | 8) Abby Smith 12 |
| 21 | Waverly-SR | 1 | 4:12.55 3 |
| | 1) Lilly Betts 11 | 2) Zayah Weigel 11 | 3) Delilah Kroymann 09 |
| | 5) Camryn Buseman 12 | 6) Cameo Burgess 09 | 7) Lucy Korth 11 |
| | | | 4) Keiri Holmquist 12 |
| | | | 8) Ramey Dahlquist 11 |
| 22 | Bishop Heelan | 1 | 4:12.62 4 |
| | 1) Maddie Demke 11 | 2) Ava Wiltgen 10 | 3) Kenley Meis 12 |
| | 5) Imani Vogt 09 | 6) Kiki Demke 10 | 4) Scarlett Walsh 11 |

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Event 90 ... (Girls 4x400 Meter Relay 3A (24) Prelims)

| Team | Relay | Seed Time |
|------------------------|--------------------------|-----------------------|
| 23 Washington | 1 | 4:13.60 3 |
| 1) Grace Voss 12 | 2) Leighton Messinger 09 | 3) Eden Levetzow 10 |
| 5) Taylor Miksch 09 | 6) Carys Miller 09 | 7) Taylor Moore 10 |
| | | 4) Iris Dahl 09 |
| | | 8) Lauren Horak 10 |
| 24 Carlisle | 1 | 4:19.63 2 |
| 1) Cassandra Miller 12 | 2) Mallie Stoner 09 | 3) Kira Fisk 10 |
| 5) Reagan Roling 12 | 6) Macy Comito 09 | 7) Laura Downs 12 |
| | | 4) Isabelle Noring 12 |
| | | 8) Maya Bergstrom 11 |

Event 98 Girls 4x800 Meter Relay 3A (24)

Thursday 5/18/2023 - 5:25 PM

State Record: 9:17.72 5/18/2010 Mount Vernon/Lisbon, Mount Vernon/Lisbon

All-Time: 9:09.09 2001 Iowa City West, Iowa City West

| Team | Relay | Seed Time |
|--------------------------|--------------------------|---------------------------|
| 1 Solon | 1 | 9:47.67 1 |
| 1) Anna Quillin 11 | 2) Grace Hoepfer 10 | 3) Ashlyn Williams 11 |
| 5) Kayla Young 12 | 6) Ella Sheeley 10 | 7) Jillian Elijah 09 |
| | | 4) Gracie Federspiel 11 |
| | | 8) Mary Fiala 12 |
| 2 Gilbert | 1 | 9:47.72 1 |
| 1) Clare Stahr 11 | 2) Sophia Bleich 10 | 3) Keira Andersen 09 |
| 5) Rebecca Schrader 11 | 6) Adi Siegel 11 | 7) Abby Patel 10 |
| | | 4) Sarah Feddersen 10 |
| 3 Ballard | 1 | 9:52.65 1 |
| 1) Annika Larson 10 | 2) Brenna Baumgardner 09 | 3) Ava Richardson 10 |
| 5) Brynn Wilson 10 | | 4) Paityn Noe 12 |
| 4 ADM, Adel | 1 | 9:53.05 1 |
| 1) Hannah Desmarais 10 | 2) Haley James 09 | 3) Mackealin Sutton 10 |
| 5) Madi James 10 | 6) Madison Siefken 11 | 7) Brecken Morse 09 |
| | | 4) Geneva Timmerman 12 |
| | | 8) Paige Mattes 11 |
| 5 Clear Crk-Amana | 1 | 9:55.37 2 |
| 1) Kiera Rogers 11 | 2) Haidyn Barker 12 | 3) Sara Kinzenbaw 10 |
| 5) Kira Barker 10 | 6) Raegan Wyant 10 | 7) Harper Tecklenburg 10 |
| | | 4) Sam Schrage 11 |
| 6 Mt Vernon | 1 | 9:57.16 1 |
| 1) Kameron Brand 12 | 2) Sam Schoff 10 | 3) Abbie Moss 10 |
| 5) Laura Swart 12 | 6) Emma Meester 12 | 7) Claire Jensen 09 |
| | | 4) Kiersten Swart 09 |
| | | 8) Emrie Johnson 10 |
| 7 Xavier, CR | 1 | 9:57.57 1 |
| 1) Mia Deegan 09 | 2) Annabelle Neal 11 | 3) Elena Schmit 11 |
| 5) Teresa Nguyen 11 | 6) Paige Denman 12 | 7) Ellie Stephenson 09 |
| | | 4) Emma Arnold 12 |
| | | 8) Keira Richmond 10 |
| 8 Wahlert, Dub | 1 | 9:58.47 2 |
| 1) Olivia Donovan 10 | 2) Olivia Bellini 09 | 3) Samantha Callahan 12 |
| 5) Lucy Murphy 09 | 6) Sara Bandy 10 | 7) Grace Wethal 10 |
| | | 4) Lily Graham 10 |
| | | 8) Lucy Klavitter 09 |
| 9 MOC-FV | 1 | 9:58.70 1 |
| 1) Elin Van Der Werff 10 | 2) Maya Immeker 11 | 3) Kennedy Fernstrum 10 |
| 5) Aryana Dokter 12 | 6) Biyanca Dokter 12 | 7) Rachel Haverdink 09 |
| | | 4) Sarah May 10 |
| | | 8) Jada Abrahamson 12 |
| 10 Sioux Center | 1 | 9:58.92 2 |
| 1) Tatum Schmalbeck 12 | 2) Maci Schmalbeck 10 | 3) Mya Romero 11 |
| 5) Kolby Oldenkamp 09 | 6) Cori Harald 11 | 7) Rylan VandeVegte 09 |
| | | 4) Corinne McCord 10 |
| | | 8) Olivia Kraayenbrink 11 |
| 11 Washington | 1 | 10:00.35 3 |
| 1) Grace Voss 12 | 2) Lauren Horak 10 | 3) Kendall Hinrichsen 10 |
| 5) Abigail Kleese 11 | 6) Isabella Lujan 10 | 7) Taylor Miksch 09 |
| | | 4) Iris Dahl 09 |
| | | 8) Amelia Dahl 11 |
| 12 Atlantic | 1 | 10:01.05 2 |
| 1) Aubrey Guyer 12 | 2) Claire Pellett 11 | 3) Mariah Huffman 10 |
| 5) Claire Wiederstein 12 | 6) Abby Smith 12 | 4) Ava Rush 12 |
| | | |
| 13 Maquoketa | 1 | 10:01.58 3 |
| 1) Justice Armbruster 09 | 2) Clare Hackman 12 | 3) Kalyn Hackman 10 |
| 5) Allison Bean 11 | 6) Rylee Wing 10 | 7) Finley Starr 10 |
| | | 4) Isabelle Hardin 09 |
| | | 8) Hadley Ihrig 09 |

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Event 98 ... (Girls 4x800 Meter Relay 3A (24))

| | Team | Relay | Seed Time |
|----|-------------------------|--------------------------|------------------------|
| 14 | Marion | 1 | 10:04.14 2 |
| | 1) Kyra Cordes 10 | 2) AudryElla Meyer 10 | 3) Sydney Andresen 11 |
| | 5) Addison Dabroski 09 | 6) Natalie McAllister 11 | 4) Kendall Orozco 11 |
| 15 | Algona | 1 | 10:05.67 2 |
| | 1) Andi Jensen 10 | 2) Malyn Davis 10 | 3) Macy Knapp 09 |
| | 5) Kaitlyn Burns 10 | 6) Lauren McLaughlin 10 | 4) Moriah Knapp 12 |
| 16 | Bishop Heelan | 1 | 10:06.07 3 |
| | 1) Grace Roerig 09 | 2) Maddie Demke 11 | 3) Reese Bleeker 09 |
| | 5) Delaney Saulsbury 10 | 6) Ellie Ritz 12 | 7) Addison Bertrand 09 |
| 17 | Pella | 1 | 10:07.58 1 |
| | 1) Macy Schroeder 11 | 2) Abby Teagarden 11 | 3) Lizzie Neumann 09 |
| | 5) Marissa Ferebee 09 | 6) Tess Paulsen 11 | 7) Jacie Trine 11 |
| | | | 8) Kadence Jaworski 10 |
| 18 | Epworth, WD | 1 | 10:07.61 4 |
| | 1) Bella Meyers 10 | 2) Alyssa Klein 11 | 3) Paige Koetz 10 |
| | 5) Gabby Kaiser 12 | 6) Izzy Rima 10 | 4) Isabella Graber 12 |
| 19 | Assumption | 1 | 10:08.90 5 |
| | 1) Emerson Quick 11 | 2) Amelia Moore 09 | 3) Macie Ripslinger 11 |
| | 5) Molly Dolan 09 | 6) Lanie Schlicksup 10 | 7) Sophie Miller 10 |
| | | | 8) Alexis Pilgrim 09 |
| 20 | Decorah | 1 | 10:11.41 3 |
| | 1) Lillian Olson 10 | 2) Lily Sandhorst 10 | 3) Paige Werner 12 |
| | 5) Brynn Storhoff 11 | 6) Lauren Holthaus 09 | 7) Grace Brynsaas 11 |
| | | | 4) Danielle Losen 11 |
| 21 | Glenwood | 1 | 10:12.84 3 |
| | 1) Lauren Hughes 11 | 2) Neyla Nanfito 11 | 3) Haylee Hughes 09 |
| | 5) Madelyn Berglund 10 | 6) Emerson Griffin 12 | 7) Maya Schau 10 |
| | | | 8) Kate Hughes 12 |
| 22 | Nevada | 1 | 10:16.05 3 |
| | 1) Sophia Martinez 09 | 2) Brooke Axmear 09 | 3) Alexa Betting 09 |
| | 5) Mady Gibson 11 | 6) Stephanie Lopez 12 | 7) Bryn Crain 09 |
| | | | 8) Kylie Taylor 11 |
| 23 | Winterset | 1 | 10:16.42 2 |
| | 1) Sami Craven 11 | 2) Morgan Back 09 | 3) Siena Evans 09 |
| | 5) Mackenzie Craven 09 | 6) Luci Davis 10 | 7) Avary Darling 12 |
| | | | 8) Halle Hoefing 12 |
| 24 | Newton | 1 | 10:19.62 2 |
| | 1) Kate Muckler 12 | 2) Harper Barton 09 | 3) Bella Winther 10 |
| | 5) Briana Shannon 10 | 6) Alex Riney 10 | 7) Peyton Ray 10 |
| | | | 8) Abigail Preston 09 |

Event 112 Girls 800 Sprint Medley 3A (24)

Saturday 5/20/2023 - 9:25 AM

State Record: 1:43.58 2022

Western Dubuque, Western Dubuque
A Ramler, S Recker, B Walters, A Biermann
Linn-Mar, Linn-Mar
A Rolle, O Hubler, J Bennett, P Wensel

All-Time: 1:43.64 2018

| | Team | Relay | Seed Time |
|---|-------------------------|------------------------|-------------------------|
| 1 | Wahlert, Dub | 1 | 1:47.70 1 |
| | 1) Lauren McClimon 10 | 2) Emma Donovan 12 | 3) Meghan McDonald 12 |
| | 5) Olivia Donovan 10 | 6) Kylie Sieverding 09 | 7) Karyn Ellis 09 |
| | | | 8) Anna Roling 10 |
| 2 | Decorah | 1 | 1:48.95 1 |
| | 1) Brinley Krivachek 12 | 2) Kailyn O'Gara 12 | 3) Hayley Stowe 11 |
| | 5) Sami Mount 12 | 6) Ava Holthaus 09 | 7) Dahlyn Headington 12 |
| | | | 8) McKenzie Riley 10 |
| 3 | Clear Lake | 1 | 1:48.98 1 |
| | 1) Madison Leisure 10 | 2) Lydia Bratrud 10 | 3) Emersyn McGrath 09 |
| | 5) Anna Feuerbach 11 | 6) Lauren Englin 09 | 7) Makella Jacobs 12 |
| | | | 8) Rebekah Steinbron 10 |

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Event 112 ... (Girls 800 Sprint Medley 3A (24))

| Event | Team | Relay | Seed Time |
|-------|--------------------------|-----------------------------|----------------------------|
| 4 | Maquoketa | 1 | 1:49.01 2 |
| | 1) Kacy Williams 11 | 2) Kylie Trentz 10 | 3) Taylor Wing 10 |
| | 5) Katie Christiansen 10 | 6) Chloe Abeln 10 | 7) Cora Widel 09 |
| | | | 8) Holly Manders 10 |
| 5 | Solon | 1 | 1:49.09 1 |
| | 1) Mia Duckett 11 | 2) Emma Wolff 12 | 3) Aly Stahle 10 |
| | 5) Piper Stahle 09 | 6) Gracie Federspiel 11 | 7) Aisley Foster 12 |
| | | | 8) Kobi Lietz 10 |
| 6 | Spencer | 1 | 1:49.95 1 |
| | 1) Khia Koenig 10 | 2) Tyriana Vail 11 | 3) Jada Piercy 12 |
| | 5) Jerra Merchant 12 | 6) Sydnee Hopkins 09 | 7) Shaylee Sutherland 10 |
| | | | 8) Adalyn Schoelerman 11 |
| 7 | Mt Vernon | 1 | 1:50.14 2 |
| | 1) Kara Swantz 10 | 2) Addison Gookin 11 | 3) Kate Dougherty 11 |
| | 5) Emma Meester 12 | 6) Josie Niehaus 11 | 7) Lilly See 12 |
| | | | 8) Isabel Hawker 12 |
| 8 | Pella | 1 | 1:50.32 1 |
| | 1) Kamryn Long 09 | 2) Marissa Hackman 12 | 3) Delanie Reynolds 12 |
| | 5) Mollie Renaud 11 | 6) Kelsey Tauke 10 | 7) Macy Schroeder 11 |
| | | | 8) Emerson Wogen 09 |
| 9 | MOC-FV | 1 | 1:50.89 2 |
| | 1) Kaleigh Tooker 09 | 2) Payton Kleinhesselink 11 | 3) Tierney Huss 11 |
| | 5)Carolynn Meines 12 | 6) Emily Hoekstra 09 | 7) Olyvia Bahrke 09 |
| | | | 8) Kate Kleinhesselink 09 |
| 10 | Carroll | 1 | 1:51.24 1 |
| | 1) Brenna Goins 11 | 2) Elizabeth Perkins 11 | 3) Madison Tunning 12 |
| | 5) Shay Sinnard 12 | 6) Aubrie Drake 09 | 7) Emily Puck 10 |
| | | | 8) Amanda Wardell 09 |
| 11 | LeMars | 1 | 1:51.69 3 |
| | 1) Aubree Leusink 10 | 2) Stella Hector 11 | 3) Jenna Allen 12 |
| | 5) Allie Kruse 10 | 6) Holly McNaughton 10 | 7) Claire Beitelspacher 09 |
| | | | 8) Sienna Kass 10 |
| 12 | Boone | 1 | 1:51.69 1 |
| | 1) Kelsea Moorman 12 | 2) Sydney Adams 10 | 3) Carly Busch 10 |
| | 5) Erin Ades 11 | 6) Elaina Wadzinski 10 | 7) Joslyn Messler 11 |
| | | | 8) Natalee Danner 12 |
| 13 | Atlantic | 1 | 1:51.70 2 |
| | 1) Hailey Huffman 10 | 2) Morgan Botos 10 | 3) Jayci Reed 09 |
| | 5) Nicole Middents 11 | 6) Chloe Mullenix 12 | 7) Mariah Huffman 10 |
| | | | 8) Claire Pellett 11 |
| 14 | ADM, Adel | 1 | 1:51.80 2 |
| | 1) Calli Seehase 10 | 2) Josi Dufoe 10 | 3) Jada Grove 10 |
| | 5) Madi James 10 | 6) Brecken Morse 09 | 7) Makayla Crannell 11 |
| | | | 8) Peyton Standley 09 |
| 15 | North Polk | 1 | 1:51.98 2 |
| | 1) Maddy Simoens 10 | 2) Ashley Owen 12 | 3) Kylie Rasmussen 11 |
| | 5) Devyn Caves 11 | 6) Lola Austin 11 | 7) Emma Daggett 10 |
| | | | 8) Mia Doonan 10 |
| 16 | Xavier, CR | 1 | 1:52.95 3 |
| | 1) Naomi Durin 12 | 2) Olivia Neal 09 | 3) Kate Weiss 12 |
| | 5) Braylen Conlon 10 | 6) Sierra Durin 12 | 7) Lucy Oehler 10 |
| | | | 8) Taylor Rexroth 10 |
| 17 | Carlisle | 1 | 1:53.16 3 |
| | 1) Laura Downs 12 | 2) Sage Austin 12 | 3) Aubrey McDaniel 10 |
| | 5) Isabella Tuck 12 | 6) Abby Barry 10 | 7) Macy Comito 09 |
| | | | 8) Sydney Light 10 |
| 18 | Bond-Farrar | 1 | 1:53.86 2 |
| | 1) Makenna West 12 | 2) Mea Bell 12 | 3) Sienna Lewis 10 |
| | 5) Lauren Tegeler 10 | 6) Addison Brown 09 | 7) Aubrie Waterhouse 10 |
| | | | 8) Jaeden Lust 09 |
| 19 | Winterset | 1 | 1:54.44 4 |
| | 1) Neela Applegate 10 | 2) Ashlynn Devine 10 | 3) Jaya Kleemeier 11 |
| | 5) Luci Davis 10 | 6) Allie Soderberg 12 | 7) Bailey Acton 12 |
| | | | 8) Paige Wickman 12 |
| 20 | Gilbert | 1 | 1:54.46 3 |
| | 1) Ana Dantas 09 | 2) Brooklynn Nees 12 | 3) Keaton Hanson 09 |
| | 5) Taylor Banning 11 | 6) Averie Bruner 11 | 7) Claire Grandgenett 10 |
| | | | 8) Rebecca Schrader 11 |

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| Team | Relay | Seed Time |
|-----------------------|---------------------------|----------------------|
| 21 W Burlington | 1 | 1:54.73 2 |
| 1) Ady Lamm 10 | 2) Logan Kelley 11 | 3) Amiya Davis 12 |
| 4) Ava Parkins 12 | 5) McKenna Marlow 12 | 6) Anna Engberg 11 |
| 7) Lauren Summers 12 | 8) Hadley Augustine 11 | |
| 22 Waverly-SR | 1 | 1:54.83 3 |
| 1) Cat Wedeking 09 | 2) Sally Gade 11 | 3) Lilly Betts 11 |
| 4) Keiri Holmquist 12 | 5) Camryn Buseman 12 | 6) Lucy Korth 11 |
| 7) Ellie Booth 12 | 8) Delilah Kroymann 09 | |
| 23 W Delaware | 1 | 1:54.85 4 |
| 1) Kate Wenger 10 | 2) Lauren LeClere 09 | 3) Natalie Mensen 09 |
| 4) Anna O'Rear 09 | 5) Norah Peyton 09 | 6) Josie McMahon 10 |
| 7) Erin Wegmann 11 | 8) Alivia Schulte 12 | |
| 24 Independence | 1 | 1:54.87 4 |
| 1) Marleigh Louvar 12 | 2) Isabella Ressler 12 | 3) Dakota Whitman 12 |
| 4) Reaghan Ressler 10 | 5) Mackenzie Christian 11 | 6) Regan Reeg 09 |
| 7) Gabrielle Toale 11 | | |

Event 120 Girls High Jump 3A (24)

Thursday 5/18/2023 - 4:30 PM

State Record: 5-09 5/22/2014 Alexis Conaway, MOC-FV

All-Time: 6-01 2010 Hannah Wilms, Dike-NH

| Name | Year | School | Seed Mark |
|--------------------------|------|-----------------|-----------|
| 1 London Warmuth | 10 | ADM, Adel | 5-05.00 1 |
| 2 Sydney Maue | 10 | CPU | 5-05.00 1 |
| 3 Soren Maricle | 12 | Central DeWitt | 5-04.00 2 |
| 4 Madison Ehrig | 11 | Algona | 5-03.00 1 |
| 5 Blair Bandstra | 11 | Sioux Center | 5-02.00 1 |
| 6 Ava VanBerkum | 10 | Xavier, CR | 5-01.00 3 |
| 7 Keely Collins | 11 | Charles City | 5-01.00 1 |
| 8 Grace Voss | 12 | Washington | 5-01.00 1 |
| 9 Emma Robinson | 09 | Carlisle | 5-00.00 2 |
| 10 Morgan Mann | 10 | Humboldt | 5-00.00 2 |
| 11 Libby Fandel | 10 | Xavier, CR | 5-00.00 4 |
| 12 Melanie Chanthapangna | 09 | Storm Lake | 5-00.00 1 |
| 13 Ramey Dahlquist | 11 | Waverly-SR | 5-00.00 2 |
| 14 Bliss Beck | 11 | Clear Crk-Amana | 5-00.00 2 |
| 15 Kamryn Hilsabeck | 12 | North Polk | 5-00.00 3 |
| 16 Maya Hogrefe | 09 | LeMars | 4-10.00 2 |
| 17 Noelle Johnson | 10 | Boone | 4-10.00 4 |
| 18 Sara Mun | 09 | Denison-Schlswg | 4-10.00 2 |
| 19 Tori White | 09 | Newton | 4-10.00 1 |
| 20 Carlee Webber | 10 | Marion | 4-10.00 3 |
| 21 Nakila Toney | 12 | Charles City | 4-10.00 4 |
| 22 Lilly Towne | 11 | Solon | 4-10.00 3 |
| 23 Cadence Sinclair | 12 | Carlisle | 4-10.00 3 |
| 24 Kelsey Tauke | 10 | Pella | 4-08.00 2 |

Event 128 Girls Long Jump 3A (24)

Friday 5/19/2023 - 4:30 PM

State Record: 18-08.50 5/17/2019 Aliyah Carter, Wahlert, Dub

All-Time: 19-10.25 2014 Lexus Lovan, Urbandale

| Name | Year | School | Seed Mark |
|-------------------|------|------------|------------|
| 1 Shay Sinnard | 12 | Carroll | 18-06.75 1 |
| 2 Isabelle Noring | 12 | Carlisle | 18-04.50 1 |
| 3 Reese Brownlee | 10 | Clear Lake | 17-11.00 1 |

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Event 128 ... (Girls Long Jump 3A (24))

| | Name | Year | School | Seed | Mark |
|----|---------------------|------|------------------|----------|------|
| 4 | Maleah Walker | 12 | Oskaloosa | 17-09.25 | 1 |
| 5 | Mackenzie Harder | 10 | Storm Lake | 17-05.25 | 2 |
| 6 | Melanie Sullivan | 12 | Knoxville | 17-04.50 | 2 |
| 7 | Aiden Gosselink | 09 | Grinnell | 17-02.25 | 3 |
| 8 | Tiana Gehling | 12 | North Polk | 17-02.00 | 2 |
| 9 | Kenley Meis | 12 | Bishop Heelan | 17-01.50 | 1 |
| 10 | Rylee Bomgaars | 10 | Boy-Hul/Rock Val | 17-00.00 | 2 |
| 11 | Emma Descourouez | 12 | Clear Crk-Amana | 16-11.00 | 1 |
| 12 | Keely Collins | 11 | Charles City | 16-09.50 | 1 |
| 13 | Shannon Cleary | 09 | Bishop Heelan | 16-08.75 | 3 |
| 14 | Hailey Miller | 11 | Solon | 16-07.75 | 2 |
| 15 | Josey Dunbar | 12 | Clarke | 16-07.50 | 2 |
| 16 | Kylie Tauke | 12 | Pella | 16-07.25 | 4 |
| 17 | Avery Bock | 09 | Denison-Schlswg | 16-06.50 | 3 |
| 18 | Ava Maloney | 11 | CPU | 16-06.50 | 1 |
| 19 | Maddie Bergman | 12 | Lewis Central | 16-05.00 | 4 |
| 20 | Allie Kruse | 10 | LeMars | 16-03.25 | 4 |
| 21 | Elsa Appleton | 11 | Mt Vernon | 16-02.50 | 2 |
| 22 | Elizabeth Timmerman | 09 | Clear Crk-Amana | 16-02.00 | 3 |
| 23 | Anna Noble | 11 | North Polk | 16-02.00 | 3 |
| 24 | Jaclyn Meyer | 12 | Xavier, CR | 15-10.00 | 2 |

Event 136 Girls Discus Throw 3A (24)

Thursday 5/18/2023 - 2:00 PM

State Record: 154-07 5/17/2012 Katelyn Weimerskirch, Wahlert, Dub

All-Time: 179-07 2014 Kiana Phelps, KP-WC

| | Name | Year | School | Seed | Mark |
|----|-------------------|------|--------------------|--------|------|
| 1 | Charlee Morton | 10 | Hampton-Dumont-CAL | 141-00 | 1 |
| 2 | Makenna Walhof | 12 | Sioux Center | 138-09 | 1 |
| 3 | Libby Dix | 10 | Mt Vernon | 136-03 | 1 |
| 4 | Ashlynn Works | 11 | Humboldt | 133-04 | 2 |
| 5 | Fran Travis | 11 | Spirit Lake | 130-09 | 2 |
| 6 | Julia Alberts | 12 | Decorah | 128-00 | 2 |
| 7 | Ashlyn Gomez | 12 | MOC-FV | 124-06 | 3 |
| 8 | Ciara Heffron | 11 | Knoxville | 123-04 | 1 |
| 9 | Madison Hettinga | 10 | MOC-FV | 122-11 | 4 |
| 10 | Kate Shafer | 10 | Solon | 121-10 | 1 |
| 11 | Lauren Hagedorn | 09 | ADM, Adel | 118-05 | 1 |
| 12 | Hannah Kling | 12 | Grinnell | 118-04 | 2 |
| 13 | Taylor Luscomb | 12 | CPU | 117-07 | 1 |
| 14 | Erin Ades | 11 | Boone | 116-09 | 2 |
| 15 | Elise Thramer | 12 | Lewis Central | 115-11 | 1 |
| 16 | Carolyn Miller | 12 | Bond-Farrar | 115-05 | 3 |
| 17 | Elliana Heisinger | 12 | Spencer | 115-00 | 5 |
| 18 | Doryn Paup | 12 | Creston | 112-03 | 3 |
| 19 | Olivia Hilby | 10 | Wahlert, Dub | 112-00 | 2 |
| 20 | Abigail Felton | 11 | Solon | 111-08 | 2 |
| 21 | Lauren Travis | 09 | Spirit Lake | 111-00 | 6 |
| 22 | Emma Wiebold | 10 | Boone | 110-04 | 4 |

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Event 136 ... (Girls Discus Throw 3A (24))

| Name | Year | School | Seed | Mark |
|--------------------|------|-----------|--------|------|
| 23 Ashlyn Finarty | 12 | Knoxville | 109-07 | 4 |
| 24 Olivia Rowedder | 10 | Carroll | 107-08 | 2 |

Event 144 Girls Shot Put 3A (24)

Friday 5/19/2023 - 2:00 PM

State Record: 45-05 5/18/2007 Brooke Gritters, Pella
 All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

| Name | Year | School | Seed | Mark |
|---------------------|------|--------------------|----------|------|
| 1 Chloe Reiser | 12 | Decorah | 42-09.00 | 1 |
| 2 Charlee Morton | 10 | Hampton-Dumont-CAL | 41-10.50 | 1 |
| 3 Ashlyn Finarty | 12 | Knoxville | 41-06.50 | 1 |
| 4 Hannah Kling | 12 | Grinnell | 41-04.00 | 2 |
| 5 Lauren Travis | 09 | Spirit Lake | 40-08.00 | 1 |
| 6 Taylor Luscomb | 12 | CPU | 40-02.00 | 1 |
| 7 Kyla Vaughn | 12 | Mt Vernon | 39-07.00 | 2 |
| 8 Elliana Heisinger | 12 | Spencer | 39-05.00 | 2 |
| 9 Carolyn Miller | 12 | Bond-Farrar | 38-10.50 | 3 |
| 10 Katelyn Eggena | 11 | Waverly-SR | 38-05.50 | 3 |
| 11 Sophia Kreutner | 12 | Vinton-Shellbrg | 38-04.00 | 4 |
| 12 Leah Stewart | 10 | Charles City | 38-01.50 | 5 |
| 13 Kaylee Rosacker | 11 | Spencer | 37-11.50 | 3 |
| 14 Madison Hettinga | 10 | MOC-FV | 37-10.00 | 4 |
| 15 Ciara Heffron | 11 | Knoxville | 37-10.00 | 4 |
| 16 Kylie Krumm | 11 | Grinnell | 37-09.00 | 5 |
| 17 Elise Thramer | 12 | Lewis Central | 37-03.50 | 1 |
| 18 Ava English | 10 | Mt Pleasant | 37-03.00 | 1 |
| 19 Kennedy Stanford | 10 | ADM, Adel | 36-09.50 | 1 |
| 20 Leah Kollar | 11 | Solon | 36-06.50 | 2 |
| 21 Jordyn Matiyow | 10 | Lewis Central | 36-06.50 | 2 |
| 22 Maci Cook | 12 | Epworth, WD | 35-06.00 | 2 |
| 23 Ashlynn Works | 11 | Humboldt | 35-02.00 | 2 |
| 24 Gracelynn Brown | 10 | Winterset | 33-11.00 | 2 |

Event 150 Girls Distance Medley 3A (24)

Friday 5/19/2023 - 3:00 PM

State Record: 4:03.14 5/19/2006 Fairfield, Fairfield
 A Bowers, A Bandy, A Kuiken, J Kuiken
 All-Time: 3:55.82 2017 Assumption, Assumption

| Team | Relay | Seed | Time |
|------------------------|------------------------|--------------------------|------------------------|
| 1 Marion | 1 | 4:14.21 | 1 |
| 1) Kenzie Lovell 10 | 2) Emma Mike 12 | 3) Natalie McAllister 11 | 4) Addison Dabroski 09 |
| 5) Abigail Cave 09 | 6) Mila Van Weelden 11 | | |
| 2 Carroll | 1 | 4:16.83 | 1 |
| 1) Marasyn Wittrock 10 | 2) Madison Tunning 12 | 3) Averi Burke 11 | 4) Marie Dea 11 |
| 5) Katelyn Aden 10 | 6) Emily Puck 10 | 7) Brenna Goins 11 | 8) Shay Sinnard 12 |
| 3 Ballard | 1 | 4:18.00 | 2 |
| 1) Noel Boettger. 12 | 2) Kate Miller 12 | 3) Katie Tollefson 11 | 4) Paityn Noe 12 |
| 5) Annika Larson 10 | | | |
| 4 North Polk | 1 | 4:18.53 | 1 |
| 1) Ashley Owen 12 | 2) Kylie Rasmussen 11 | 3) Megan Elliott 12 | 4) Liza Schaffer 12 |
| 5) Jocelyn Manock 09 | 6) Lola Austin 11 | 7) Elyse Engebretson 10 | 8) Hannah Haaland 09 |

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Event 150 ... (Girls Distance Medley 3A (24))

| Event | Team | Relay | Seed Time |
|-------|----------------------------|-----------------------------|---------------------------|
| 5 | ADM, Adel | 1 | 4:19.61 1 |
| | 1) Calli Seehase 10 | 2) Josi Dufoe 10 | 3) Brecken Morse 09 |
| | 5) Hannah Desmarais 10 | 6) Jada Grove 10 | 4) Geneva Timmerman 12 |
| | | 7) Aniston Tollari 10 | 8) Madi James 10 |
| 6 | Oskaloosa | 1 | 4:20.79 1 |
| | 1) Hannah Quang 11 | 2) Maleah Walker 12 | 3) Evelyn Adam 11 |
| | 5) Ryleigh Wilken 09 | 6) Sarah Phillips 11 | 4) Tierney Carter 09 |
| | | 7) Alison Arellano-Munoz 11 | 8) Lydia VanVeldhuizen 11 |
| 7 | Mt Vernon | 1 | 4:21.21 2 |
| | 1) Josie Niehaus 11 | 2) Addison Gookin 11 | 3) Elsa Appleton 11 |
| | 5) Emma Meester 12 | 6) Kara Swantz 10 | 4) Laura Swart 12 |
| | | 7) Kate Dougherty 11 | 8) Caliana Whitaker 09 |
| 8 | Solon | 1 | 4:22.57 1 |
| | 1) Mia Stahle 11 | 2) Piper Stahle 09 | 3) Grace Hoepfer 10 |
| | 5) Gracie Federspiel 11 | 6) Sophia Stahle 12 | 4) Anna Quillin 11 |
| | | 7) Kobi Lietz 10 | 8) Kerrigan Lyons 12 |
| 9 | Gilbert | 1 | 4:23.00 2 |
| | 1) Claire Grandgenett 10 | 2) Averie Bruner 11 | 3) Rebecca Schrader 11 |
| | 5) Taylor Banning 11 | 6) Keaton Hanson 09 | 4) Clare Stahr 11 |
| | | 7) Keira Andersen 09 | 8) Sarah Feddersen 10 |
| 10 | Pella | 1 | 4:23.21 2 |
| | 1) Delanie Reynolds 12 | 2) Marissa Hackman 12 | 3) Maddie Schmitz 12 |
| | 5) Kelsey Tauke 10 | 6) Jacie Trine 11 | 4) Marissa Ferebee 09 |
| | | 7) Abby Teagarden 11 | 8) Macy Schroeder 11 |
| 11 | Sioux Center | 1 | 4:24.08 1 |
| | 1) Emalee Vermeer 11 | 2) Willow Bleeker 12 | 3) Cori Harald 11 |
| | 5) Maci Schmalbeck 10 | 6) Avery Bitker 09 | 4) Kolby Oldenkamp 09 |
| | | 7) Corinne McCord 10 | 8) Mya Romero 11 |
| 12 | Atlantic | 1 | 4:24.14 3 |
| | 1) Hailey Huffman 10 | 2) Nicole Middents 11 | 3) Chloe Mullenix 12 |
| | 5) Lila Wiederstein 09 | 6) Ava Rush 12 | 4) Claire Pellett 11 |
| | | 7) Jayci Reed 09 | 8) Mariah Huffman 10 |
| 13 | Spirit Lake | 1 | 4:24.25 2 |
| | 1) Reese Keenan 10 | 2) Addison Avery 11 | 3) Mackenzie Kauffman 12 |
| | 5) Maggie Bruinsma 09 | 6) Abby Scott 10 | 4) Katelyn Krieger 12 |
| | | 7) Faith DeWild 10 | 8) Charlotte Pritchard 11 |
| 14 | LeMars | 1 | 4:24.60 3 |
| | 1) Holly McNaughton 10 | 2) Allie Kruse 10 | 3) Sienna Kass 10 |
| | 5) Claire Beitelspacher 09 | 6) Ahrianna Westhoff 10 | 4) Makenzie DeRocher 09 |
| | | 7) Madi Huls 11 | 8) Jenna Allen 12 |
| 15 | Wahlert, Dub | 1 | 4:25.22 1 |
| | 1) Emma Donovan 12 | 2) Karyn Ellis 09 | 3) Anna Roling 10 |
| | 5) Kylie Sieverding 09 | 6) Bella Eisbach 10 | 4) Olivia Donovan 10 |
| | | 7) Lily Graham 10 | 8) Olivia Bellini 09 |
| 16 | W Delaware | 1 | 4:25.85 2 |
| | 1) Kate Wenger 10 | 2) Natalie Mensen 09 | 3) Josie McMahon 10 |
| | 5) Norah Peyton 09 | 6) Faith Litterer 12 | 4) Kirstyn Kolbet 10 |
| | | 7) Lauren LeClere 09 | 8) Anna O'Rear 09 |
| 17 | Carlisle | 1 | 4:26.74 2 |
| | 1) Aubrey McDaniel 10 | 2) Isabelle Noring 12 | 3) Cassandra Miller 12 |
| | 5) Maya Bergstrom 11 | 6) Mallie Stoner 09 | 4) Marie Daggett 11 |
| | | 7) Kira Fisk 10 | 8) Macy Comito 09 |
| 18 | Clear Crk-Amana | 1 | 4:26.79 2 |
| | 1) Emma Descourouez 12 | 2) Bliss Beck 11 | 3) Kiera Rogers 11 |
| | 5) Sam Schrage 11 | 6) Anna Johnson 09 | 4) Haidyn Barker 12 |
| | | 7) Elizabeth Timmerman 09 | 8) Kendra Eckrich 10 |
| 19 | Clear Lake | 1 | 4:27.96 3 |
| | 1) Madison Leisure 10 | 2) Lydia Bratrud 10 | 3) Anna Feuerbach 11 |
| | 5) Emersyn McGrath 09 | 6) Emily McLaughlin 11 | 4) Addison Doughan 10 |
| | | 7) Reese Brownlee 10 | 8) Rebekah Steinbron 10 |
| 20 | Denison-Schlschw | 1 | 4:28.64 4 |
| | 1) Kyia Clark 09 | 2) Kaitlyn Bruhn 12 | 3) Lauryn Turin 10 |
| | 5) Claire Miller 12 | 6) Sara Mun 09 | 4) Lola Mendlik 10 |
| | | 7) Alexa Tremblay 10 | 8) Ashlyn Herrig 12 |
| 21 | MOC-FV | 1 | 4:29.21 4 |
| | 1) Alyssa Vortherms 12 | 2) Kady Hoekstra 12 | 3) Kate Kleinhesselink 09 |
| | 5) Maya Immecker 11 | 6) Kennedy Fernstrum 10 | 4) Aryana Dokter 12 |
| | | 7) Sarah May 10 | 8) Adyson Jeltema 09 |

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| | Team | Relay | Seed Time | |
|----|------------------------|--------------------------|-----------------------|--------------------------|
| 22 | Benton Comm | 1 | 4:30.00 | 3 |
| | 1) Danika Nolte 11 | 2) Delaney Lohrer 12 | 3) Aubrey Kelly 09 | 4) Jaida Lyons 11 |
| | 5) Ashlyn Drahos 10 | 6) Carlie Sims 12 | 7) Abbie Jones 10 | 8) Gwen King 12 |
| 23 | Maquoketa | 1 | 4:30.60 | 3 |
| | 1) Kylie Trentz 10 | 2) Katie Christiansen 10 | 3) Kalyn Hackman 10 | 4) Clare Hackman 12 |
| | 5) Cora Widel 09 | 6) Chloe Abeln 10 | 7) Isabelle Hardin 09 | 8) Justice Armbruster 09 |
| 24 | Assumption | 1 | 4:31.61 | 4 |
| | 1) Ellyanna Johnson 09 | 2) Julia DeVries 11 | 3) Alexis Pilgrim 09 | 4) Amelia Moore 09 |
| | 5) Macie Ripslinger 11 | 6) Annika Kotula 12 | 7) Jada Hoffman 10 | 8) Kelly Grobstich 10 |