

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

Des Moines, Iowa

Drake Stadium

Performance List

Event 7 Girls 100 Meter Dash 4A (24) Prelims

Thursday 5/18/2023 - 12:57 PM

State Record: 11.49 2018 Sydney Milani, Southeast Polk

All-Time: 11.49 2018 Syndey Milani, Southeast Polk

| Name | Year | School | Seed Time |
|------|------------------|-------------------|-----------|
| 1 | Claire Farrell | 12 Norwalk | 12.12 1 |
| 2 | Elliana Harris | 11 SC, East | 12.33 1 |
| 3 | Mercie Hansel | 11 North Scott | 12.36 1 |
| 4 | Promise Zandy | 11 DSM, Roosevelt | 12.37 2 |
| 5 | Kanijah Angel | 11 Clinton | 12.42 1 |
| 6 | Alexis Boord | 12 SE Polk | 12.46 3 |
| 7 | Mylee Stiefel | 09 Burlington | 12.46 2 |
| 8 | Olivia Kramer | 12 Dowling Cath | 12.53 2 |
| 9 | Giada Grimes | 11 Johnston | 12.53 4 |
| 10 | Emily Heitzman | 10 Dowling Cath | 12.58 3 |
| 11 | Annie Schwartz | 12 IC, West | 12.59 3 |
| 12 | Nyla Norman | 12 WAT East | 12.59 2 |
| 13 | Carson Bohonek | 10 Bettendorf | 12.72 3 |
| 14 | Kellesse Heard | 12 SC, West | 12.81 4 |
| 15 | Quren Hullon | 11 CR Kennedy | 12.81 1 |
| 16 | Asia Ross | 12 Ames | 12.85 2 |
| 17 | Sarah Jordan | 12 Prairie, CR | 12.86 3 |
| 18 | Avery Schroeder | 11 Muscatine | 12.88 4 |
| 19 | Arina Tembo | 12 DSM, East | 12.92 1 |
| 20 | Esaba Okwaramoi | 12 Urbandale | 12.94 2 |
| 21 | Christella Boyer | 12 Burlington | 12.97 4 |
| 22 | Hannah Malli | 11 Clinton | 12.99 4 |
| 23 | Gentry Williams | 10 Waukee | 13.01 3 |
| 24 | Grace E Anderson | 10 Johnston | 13.02 5 |

Event 15 Girls 200 Meter Dash 4A (24) Prelims

Thursday 5/18/2023 - 10:50 AM

State Record: 23.68 2018 Sydney Milani, Southeast Polk

All-Time: 23.68 2018 Sydney Milani, Southeast Polk

| Name | Year | School | Seed Time |
|------|------------------------|--------------------|-----------|
| 1 | Claire Farrell | 12 Norwalk | 24.79 1 |
| 2 | Alexis Boord | 12 SE Polk | 25.10 2 |
| 3 | Elliana Harris | 11 SC, East | 25.19 1 |
| 4 | Mercie Hansel | 11 North Scott | 25.21 1 |
| 5 | Cameron Moon | 12 Ames | 25.27 1 |
| 6 | Nyla Norman | 12 WAT East | 25.47 1 |
| 7 | Giada Grimes | 11 Johnston | 25.50 3 |
| 8 | Lauren McCoy | 09 Dowling Cath | 25.65 2 |
| 9 | Olivia Kramer | 12 Dowling Cath | 25.81 3 |
| 10 | Promise Zandy | 11 DSM, Roosevelt | 25.82 4 |
| 11 | Addison Swartzendruber | 11 CR Kennedy | 25.82 2 |
| 12 | Anjelena Carder | 11 Waukee | 25.90 1 |
| 13 | Ashley Hansen | 09 Pleasant Valley | 25.97 2 |
| 14 | Grace Erick | 10 SC, East | 25.98 4 |
| 15 | Kanijah Angel | 11 Clinton | 26.01 2 |
| 16 | Sophia Hatcher | 09 Ames | 26.05 3 |

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Event 15 ... (Girls 200 Meter Dash 4A (24) Prelims)

| | Name | Year | School | Seed Time | |
|----|--------------------|------|-------------|-----------|---|
| 17 | Asia Russell | 10 | Prairie, CR | 26.06 | 4 |
| 18 | Karli Wagner | 11 | Johnston | 26.09 | 5 |
| 19 | Annie Schwartz | 12 | IC, West | 26.18 | 3 |
| 20 | Kierah Wiseman | 10 | Burlington | 26.30 | 3 |
| 21 | Quinn Nielsen | 11 | Clinton | 26.53 | 4 |
| 22 | Katie Stahl | 09 | Waukee NW | 26.63 | 2 |
| 23 | Emerson Swearinger | 09 | CR Kennedy | 26.63 | 5 |
| 24 | Carson Bohonek | 10 | Bettendorf | 26.67 | 4 |

Event 23 Girls 400 Meter Dash 4A (24)

Thursday 5/18/2023 - 1:30 PM

State Record: 52.90 2018

Sydney Milani, Southeast Polk

All-Time: 52.90 2018

Sydney Milani, Southeast Polk

| | Name | Year | School | Seed Time | |
|----|------------------------|------|-----------------|-----------|---|
| 1 | Addison Swartzendruber | 11 | CR Kennedy | 56.54 | 1 |
| 2 | Sidney Swartzendruber | 11 | CR Kennedy | 56.60 | 2 |
| 3 | Claire Farrell | 12 | Norwalk | 56.96 | 1 |
| 4 | Jayce Blanchard | 12 | Johnston | 58.05 | 2 |
| 5 | Cameron Moon | 12 | Ames | 58.16 | 3 |
| 6 | Ani Wedemeyer | 10 | IC, City High | 58.18 | 1 |
| 7 | Bethany Northrup | 12 | Linn-Mar | 58.33 | 4 |
| 8 | Lauren McCoy | 09 | Dowling Cath | 58.59 | 1 |
| 9 | Jaida Bell | 10 | Johnston | 58.74 | 3 |
| 10 | Julia Flick | 10 | Ankeny Cent | 58.81 | 4 |
| 11 | Maya Williams | 11 | Bettendorf | 58.92 | 2 |
| 12 | Karis Finley | 09 | Cedar Falls | 58.94 | 1 |
| 13 | Nyla Norman | 12 | WAT East | 59.07 | 2 |
| 14 | Maddy LaVoi | 12 | Ankeny Cent | 59.45 | 5 |
| 15 | Ke'Ayla Madison | 12 | Waukee NW | 59.77 | 1 |
| 16 | Morgan Johnson | 11 | Ankeny | 59.81 | 2 |
| 17 | Jenna Francois | 12 | SE Polk | 1:00.52 | 6 |
| 18 | Saylor Horras | 10 | Ames | 1:00.74 | 5 |
| 19 | Camdyn Kay | 11 | DUB Hempstead | 1:00.88 | 3 |
| 20 | Madison Nagel | 09 | Dowling Cath | 1:01.06 | 3 |
| 21 | Erinn Varga | 11 | IC, West | 1:01.35 | 4 |
| 22 | Felicity Severs | 11 | SE Polk | 1:01.77 | 7 |
| 23 | Raneen Rheem | 12 | Valley, WDM | 1:02.01 | 2 |
| 24 | Josie Case | 11 | Pleasant Valley | 1:02.38 | 3 |

Event 31 Girls 800 Meter Run 4A (24)

Saturday 5/20/2023 - 11:00 AM

State Record: 2:08.15 5/21/2011

Shelby Houlihan, SC, East

All-Time: 2:06.52 2021

Ainsley Erzen, Carlisle

| | Name | Year | School | Seed Time | |
|---|-------------------------|------|-----------------|-----------|---|
| 1 | Grace Boleyn | 10 | Pleasant Valley | 2:14.49 | 1 |
| 2 | Ani Wedemeyer | 10 | IC, City High | 2:15.72 | 2 |
| 3 | Keelee Leitzen | 11 | DUB Hempstead | 2:17.32 | 1 |
| 4 | Adrienne Buettner-Cable | 12 | DSM, Roosevelt | 2:19.26 | 1 |
| 5 | Josee Simonson | 10 | Cedar Falls | 2:19.76 | 2 |
| 6 | Alyx Woodley | 09 | Johnston | 2:20.15 | 2 |

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Event 31 ... (Girls 800 Meter Run 4A (24))

| Name | Year | School | Seed Time | |
|------|-----------------------|--------------------|-----------|---|
| 7 | Taylor Barbour | 10 SE Polk | 2:20.35 | 3 |
| 8 | Sidney Swartzendruber | 11 CR Kennedy | 2:21.27 | 1 |
| 9 | Paige Wilson | 09 Cedar Falls | 2:21.36 | 3 |
| 10 | Klaire Lietz | 10 Valley, WDM | 2:21.37 | 1 |
| 11 | Bethany Northrup | 12 Linn-Mar | 2:21.43 | 2 |
| 12 | Bree Mauro | 12 Norwalk | 2:21.48 | 4 |
| 13 | Anna Sheriff | 10 Waukee NW | 2:21.86 | 2 |
| 14 | Emily Naughton | 12 Indianola | 2:21.98 | 5 |
| 15 | Mya DouBrava | 12 Valley, WDM | 2:22.65 | 3 |
| 16 | Brooke O'Brien | 12 DUB Hempstead | 2:22.70 | 4 |
| 17 | Alex Mackie | 11 Urbandale | 2:22.98 | 4 |
| 18 | Jaylee Duncan | 09 Pleasant Valley | 2:23.42 | 3 |
| 19 | Aeriel Johnson | 10 DVPT, Central | 2:24.46 | 4 |
| 20 | Chloe Egbert | 09 Linn-Mar | 2:24.89 | 3 |
| 21 | Brogan Evans | 09 Mason City | 2:25.13 | 4 |
| 22 | Ivy Glendening | 11 SE Polk | 2:25.18 | 6 |
| 23 | Alli Macke | 10 Ankeny | 2:26.19 | 1 |
| 24 | Reagan Prendergast | 09 Ankeny | 2:26.73 | 2 |

Event 39 Girls 1500 Meter Run 4A (24)

Saturday 5/20/2023 - 3:07 PM

State Record: 4:27.76 5/23/2015 Stephanie Jenks, Linn-Mar

All-Time: 4:26.39 2011 Shelby Houlihan, SC East

| Name | Year | School | Seed Time | |
|------|-------------------------|--------------------|-----------|---|
| 1 | Lydia Sommer | 12 Pleasant Valley | 4:40.39 | 1 |
| 2 | Addison Dorenkamp | 11 Valley, WDM | 4:43.64 | 1 |
| 3 | Adrienne Buettner-Cable | 12 DSM, Roosevelt | 4:44.15 | 1 |
| 4 | Olivia Verde | 11 Johnston | 4:44.45 | 2 |
| 5 | Alyx Woodley | 09 Johnston | 4:47.46 | 3 |
| 6 | Marley Turk | 10 Ames | 4:48.53 | 1 |
| 7 | Keelee Leitzen | 11 DUB Hempstead | 4:48.95 | 1 |
| 8 | Drew Beason | 10 Ankeny | 4:49.52 | 1 |
| 9 | Leah Klapatauskas | 11 DUB Senior | 4:50.87 | 2 |
| 10 | Rondi Quass | 12 Ankeny Cent | 4:52.79 | 4 |
| 11 | Cori Mac | 11 IC, Liberty | 4:52.84 | 3 |
| 12 | Grace Boleyn | 10 Pleasant Valley | 4:56.80 | 2 |
| 13 | Sophia Dallal | 12 DUB Hempstead | 4:58.22 | 4 |
| 14 | Elena Gentry | 11 DSM, Roosevelt | 4:58.26 | 5 |
| 15 | Cohen Kooker | 11 Valley, WDM | 4:58.69 | 2 |
| 16 | Emily See | 11 Bettendorf | 4:59.18 | 3 |
| 17 | Nina Peterson | 10 IC, City High | 4:59.99 | 4 |
| 18 | Sydney Turk | 12 Ames | 5:00.23 | 2 |
| 19 | Dylan Moeller | 10 DVPT, Central | 5:00.49 | 5 |
| 20 | Michelle McConkey | 09 Waukee | 5:00.67 | 3 |
| 21 | Paige Beason | 12 Ankeny | 5:00.94 | 2 |
| 22 | Isabella Webb | 12 Waukee | 5:00.95 | 4 |
| 23 | Claire Hoyer | 10 DUB Senior | 5:01.05 | 5 |
| 24 | Rachel Mandt | 12 Cedar Falls | 5:01.49 | 6 |

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Event 47 Girls 3000 Meter Run 4A (24)

Thursday 5/18/2023 - 9:55 AM

State Record: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

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

| Name | Year | School | Seed Time | |
|---------------------------|------|-----------------|-----------|---|
| 1 Addison Dorenkamp | 11 | Valley, WDM | 9:53.11 | 1 |
| 2 Olivia Verde | 11 | Johnston | 10:09.66 | 1 |
| 3 Adrienne Buettner-Cable | 12 | DSM, Roosevelt | 10:13.39 | 2 |
| 4 Drew Beason | 10 | Ankeny | 10:25.43 | 1 |
| 5 Rondi Quass | 12 | Ankeny Cent | 10:25.58 | 3 |
| 6 Cori Mac | 11 | IC, Liberty | 10:25.96 | 1 |
| 7 Leah Klapatauskas | 11 | DUB Senior | 10:26.33 | 2 |
| 8 Anika Mohrhauser | 10 | Ankeny Cent | 10:26.93 | 4 |
| 9 Lydia Sommer | 12 | Pleasant Valley | 10:33.97 | 1 |
| 10 Michelle McConkey | 09 | Waukee | 10:38.88 | 2 |
| 11 Camryn Sattler | 11 | Clinton | 10:39.78 | 3 |
| 12 Emily See | 11 | Bettendorf | 10:41.80 | 2 |
| 13 Isabella Webb | 12 | Waukee | 10:43.88 | 3 |
| 14 Paige Beason | 12 | Ankeny | 10:50.51 | 2 |
| 15 Nicole Peterson | 10 | IC, City High | 10:50.53 | 3 |
| 16 Audrey Dummermuth | 09 | Johnston | 10:58.00 | 5 |
| 17 Marley Turk | 10 | Ames | 10:58.38 | 1 |
| 18 Liv Hall | 11 | Dowling Cath | 10:59.69 | 3 |
| 19 Emma Chesterman | 09 | DUB Senior | 10:59.85 | 4 |
| 20 Maddie Gallagher | 11 | Cedar Falls | 10:59.89 | 5 |
| 21 Nina Peterson | 10 | IC, City High | 11:00.29 | 4 |
| 22 Maddy Stevens | 10 | DC-Grimes | 11:00.78 | 4 |
| 23 Evie Henneberry | 10 | DUB Hempstead | 11:01.36 | 6 |
| 24 Lauren Risdal | 10 | Ames | 11:04.74 | 2 |

Event 55 Girls 100 Meter Hurdles 4A (24) Prelims

Friday 5/19/2023 - 10:30 AM

State Record: 14.10 2022 Mackenzie Carney, Waukee Northwest

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

| Name | Year | School | Seed Time | |
|------------------------|------|-----------------|-----------|---|
| 1 Ali Frandsen | 12 | Ames | 14.41 | 1 |
| 2 Esaba Okwaramoi | 12 | Urbandale | 14.94 | 1 |
| 3 Josie McGraw | 10 | Indianola | 14.97 | 1 |
| 4 Addy Patten | 12 | Pleasant Valley | 15.23 | 1 |
| 5 Emma Havighurst | 10 | Valley, WDM | 15.28 | 2 |
| 6 Ruby Leman | 10 | Dowling Cath | 15.29 | 1 |
| 7 Grace Braden | 12 | CR Kennedy | 15.33 | 2 |
| 8 Erinah Carter | 11 | IC, West | 15.45 | 1 |
| 9 Sydney Skarich | 11 | North Scott | 15.56 | 2 |
| 10 Jayla Williams | 09 | Ankeny | 15.62 | 2 |
| 11 Paige Paup | 11 | Cedar Falls | 15.64 | 2 |
| 12 Sophia Olivo | 10 | IC, West | 15.66 | 3 |
| 13 Alexandria Petersen | 12 | DVPT, West | 15.72 | 3 |
| 14 Alex Gaskell | 10 | Dowling Cath | 15.72 | 3 |
| 15 Rosa Monarch | 12 | Mason City | 15.81 | 3 |
| 16 Kate Desmond | 12 | Norwalk | 15.87 | 2 |

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Event 55 ... (Girls 100 Meter Hurdles 4A (24) Prelims)

| Name | Year | School | Seed Time |
|------|------------------|----------------|-----------|
| 17 | Lainey Drown | 11 Urbandale | 15.96 3 |
| 18 | Ryann Decker | 11 Prairie, CR | 15.99 4 |
| 19 | Kamryn Vogt | 11 Waukee NW | 16.06 4 |
| 20 | Bailey Mahoney | 09 Waukee NW | 16.07 5 |
| 21 | Natalie Sitzmann | 09 Waukee | 16.09 6 |
| 22 | Alina Markutsya | 12 Ames | 16.09 5 |
| 23 | Ella Schroeder | 12 Muscatine | 16.22 6 |
| 24 | Katy Hand | 12 Linn-Mar | 16.26 7 |

Event 60 Girls 400 Meter Hurdles 4A (24)

Friday 5/19/2023 - 12:10 PM

State Record: 1:00.15 2018 Payton Wensel, Linn-Mar
 All-Time: 57.30 1975 Debbie Esser, Woodbine

| Name | Year | School | Seed Time |
|------|-------------------|--------------------|-----------|
| 1 | Ali Frandsen | 12 Ames | 1:03.06 1 |
| 2 | Eva Reynolds | 12 IC, City High | 1:05.11 1 |
| 3 | Avery Winter | 10 Waukee NW | 1:05.70 1 |
| 4 | Lillian Smith | 11 Ankeny | 1:05.78 1 |
| 5 | Ariana Klein | 11 SC, North | 1:05.84 2 |
| 6 | Angelica Attinger | 09 Ames | 1:06.13 2 |
| 7 | Reese Ervin | 12 Dowling Cath | 1:06.21 3 |
| 8 | Maggie Burry | 11 Johnston | 1:07.40 1 |
| 9 | Alyssa Bartlett | 10 SE Polk | 1:07.54 2 |
| 10 | Erinn Varga | 11 IC, West | 1:07.79 1 |
| 11 | Natalie Sitzmann | 09 Waukee | 1:07.88 2 |
| 12 | Abby LaSalle | 12 CB, A Lincoln | 1:08.41 4 |
| 13 | Hannah McVey | 11 Pleasant Valley | 1:08.45 2 |
| 14 | Jessie Clemons | 11 Pleasant Valley | 1:08.68 3 |
| 15 | Gracie Lindaman | 10 Ankeny | 1:08.79 5 |
| 16 | Hannah Hughes | 10 Prairie, CR | 1:09.40 3 |
| 17 | Ella Schroeder | 12 Muscatine | 1:09.58 4 |
| 18 | Bailey Boddicker | 12 North Scott | 1:09.65 4 |
| 19 | Tatum Miller | 09 Bettendorf | 1:09.70 5 |
| 20 | Katherine Banker | 10 Dowling Cath | 1:09.76 6 |
| 21 | Johnna Dieken | 12 Cedar Falls | 1:09.86 2 |
| 22 | Bailey Birmingham | 10 Norwalk | 1:09.88 3 |
| 23 | Camille Strim | 11 SC, North | 1:10.31 7 |
| 24 | Sage Slessor | 12 CR Washington | 1:10.89 5 |

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A (24) Prelims

Thursday 5/18/2023 - 9:20 AM

State Record: 1:00.44 2022 Dowling Catholic, Dowling Catholic
 O Kramer, R Leman, A Gaskell, E Okwaramoi
 All-Time: 1:00.44 2022 Dowling Catholic, Dowling Catholic
 O Kramer, R Leman, A Gaskell, E Okwaramoi

| Team | Relay | Seed Time |
|------|-------------------------|----------------------|
| 1 | Ames | 1 1:02.80 1 |
| | 1) Angelica Attinger 09 | 2) Ireland Buss 12 |
| | 3) Alina Markutsya 12 | 4) Ali Frandsen 12 |
| | 5) Sophia Hatcher 09 | 6) Isabelle Stagg 09 |
| | 7) Brenna Van Cleave 09 | 8) Jada Britten 10 |

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Event 69 ... (Girls 4x100 Meter Shuttle Hurdle 4A (24) Prelims)

| Event | Team | Relay | Seed Time |
|-------|------------------------|------------------------|---------------------------|
| 2 | Dowling Cath | 1 | 1:05.27 1 |
| | 1) Katherine Banker 10 | 2) Alex Gaskell 10 | 3) Reese Ervin 12 |
| | 5) Franny Brooks 09 | 6) Olivia Kramer 12 | 7) Nicole Pedersen 12 |
| | | | 8) Berit Kallemeier 10 |
| 3 | IC, West | 1 | 1:05.44 1 |
| | 1) Sophia Olivo 10 | 2) Lily McConnell 10 | 3) Hebah War 12 |
| | 5) Erinn Varga 11 | 6) Eva Willis 09 | 7) Ania Willis 09 |
| | | | 8) Maliyah Lawrence 09 |
| 4 | Waukee NW | 1 | 1:05.80 1 |
| | 1) Aunya Van Zetten 10 | 2) Kamryn Vogt 11 | 3) Alayna Schulte 09 |
| | 5) Hailey Davis 11 | 6) Josie Vande Krol 11 | 7) Addison Rayburn 10 |
| | | | 8) Ruthvi Senthilkumar 09 |
| 5 | Norwalk | 1 | 1:05.93 1 |
| | 1) Kate Desmond 12 | 2) Ella Johnson 10 | 3) Chloe Martin 12 |
| | 5) Keara Arnold 12 | 6) Juliana Warren 12 | 7) Bailey Birmingham 10 |
| | | | 8) Ava Norem 09 |
| 6 | Valley, WDM | 1 | 1:06.13 2 |
| | 1) Emma Havighurst 10 | 2) Keely Rizley 12 | 3) Nyankuer Arou 11 |
| | 5) Lisa Gaye 10 | 6) Kaiya Gonzalez 12 | 7) Peyton Boisen 09 |
| | | | 8) Anna Stanbro 09 |
| 7 | Linn-Mar | 1 | 1:06.20 2 |
| | 1) Petra Sherman 11 | 2) Mariah Young 10 | 3) Allison Kriegel 12 |
| | 5) Ava Tuchel 12 | 6) Tori Sletteland 09 | 7) Christina Gorsich 09 |
| | | | 8) Andrea Reznicow 11 |
| 8 | Pleasant Valley | 1 | 1:06.24 1 |
| | 1) Hannah McVey 11 | 2) Jessie Clemons 11 | 3) Caroline Corcoran 12 |
| | 5) Reagan Hassel 12 | 6) Hanley Schmidt 09 | 4) Addy Patten 12 |
| 9 | Johnston | 1 | 1:07.05 2 |
| | 1) Jaida Bell 10 | 2) Ella Smithson 11 | 3) Taylor Arbuckle 12 |
| | 5) Grayce Reiners 09 | 6) Bella Grummert 09 | 7) Paityn Ahrens 09 |
| | | | 8) Avery Peterson 10 |
| 10 | Indianola | 1 | 1:07.47 3 |
| | 1) Sully Downey 10 | 2) Madison Rogers 10 | 3) Lauren Olson 09 |
| | 5) Gabby Akin 10 | 6) Sunny Farrell 10 | 7) Katie O'Neil 12 |
| | | | 8) Shae Sams 12 |
| 11 | Bettendorf | 1 | 1:07.67 2 |
| | 1) Cecelia Spector 09 | 2) Tatianna Day 12 | 3) Tatum Miller 09 |
| | 5) Anna Miller 09 | 6) Grace Boehm 10 | 4) Campbell Dopler 10 |
| 12 | Ankeny | 1 | 1:07.86 2 |
| | 1) Jayla Williams 09 | 2) Madeline Pook 11 | 3) Kaylyn Miller 10 |
| | 5) Lillian Smith 11 | 6) Isabel Crabbs 10 | 7) Marlee Buchan 10 |
| | | | 8) Grace Buch 10 |
| 13 | Cedar Falls | 1 | 1:08.09 2 |
| | 1) Paige Paup 11 | 2) Johnna Dieken 12 | 3) Lauren Waskow 11 |
| | 5) Mattie Dieken 10 | 6) Addi Spier 09 | 7) Laken Petrie 09 |
| | | | 8) Taytem Lehmann 09 |
| 14 | Urbandale | 1 | 1:08.11 3 |
| | 1) Esaba Okwaramoi 12 | 2) Rylie Pruitt 09 | 3) Camryn Johnson 10 |
| | 5) Kaidyn Shull 11 | | 4) Lainey Drown 11 |
| 15 | North Scott | 1 | 1:08.22 3 |
| | 1) Addison Allen 09 | 2) Harmony Hansel 11 | 3) Chloe Morrison 10 |
| | 5) Bailey Boddicker 12 | 6) Bryn Stephens 09 | 7) McKinley Toohey 11 |
| | | | 4) Sydney Skarich 11 |
| 16 | Muscatine | 1 | 1:09.02 3 |
| | 1) Ella Schroeder 12 | 2) Ayla McGlaughlin 09 | 3) Haley Thomas 11 |
| | 5) Kaitlyn Haag 10 | | 4) Fiona Glynn 11 |
| 17 | Waukee | 1 | 1:09.37 4 |
| | 1) Morgan Gach 12 | 2) Kendall Davey 10 | 3) Natalie Sitzmann 09 |
| | 5) Elise Stephenson 09 | 6) Hannah Wiemers 10 | 4) Nicole Sabatino 12 |
| 18 | DC-Grimes | 1 | 1:09.65 3 |
| | 1) Mara Redenius 10 | 2) Ashtyn Vaughan 09 | 3) Bailey Macumber 12 |
| | 5) Mya Christensen 09 | 6) Chloe Wanat 09 | 7) Sophia Bauman 10 |
| | | | 8) Kate Busby 10 |

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Event 69 ... (Girls 4x100 Meter Shuttle Hurdle 4A (24) Prelims)

| Team | Relay | Seed Time |
|----------------------------|------------------------|---------------------------|
| 19 Ankeny Cent | 1 | 1:10.03 4 |
| 1) Kylin Smith 10 | 2) Kylie Lincoln 09 | 3) Kori Lincicum 09 |
| 5) Jada Schmidt 12 | 6) Lila Blake 10 | 4) Ava Barten 09 |
| 20 IC, City High | 1 | 1:10.04 4 |
| 1) Gloria Konu 09 | 2) Eva Reynolds 12 | 3) Monique Schnoebelen 12 |
| 5) Kjirsten Kenlin 12 | 6) Debbie Pongo 12 | 4) Kayden Jensen 10 |
| 21 Mason City | 1 | 1:10.21 4 |
| 1) Ellea Lewerke 11 | 2) Gweneth Fiser 11 | 3) Ariel Lee 11 |
| 5) Rosa Monarch 12 | 6) Macy Schlitter 10 | 4) Greta Lewerke 10 |
| 22 SE Polk | 1 | 1:10.77 5 |
| 1) Sophia Pesek 09 | 2) Brooke Williams 09 | 3) Gabiella Severs 09 |
| 5) Zoe Hinze 10 | 6) Margaret Johnson 10 | 4) Abby Gustafson 10 |
| 23 CR Kennedy | 1 | 1:10.89 5 |
| 1) Kayla Langerman 09 | 2) Makenzie Cone 09 | 3) Taliyah McDaniel 11 |
| 5) Rachael Smith 10 | 6) Alyssa Peck 11 | 4) Grace Braden 12 |
| 24 IC, Liberty | 1 | 1:11.37 3 |
| 1) Stephanie Nuro Gyina 12 | 2) Cindy Eckhardt 09 | 3) Lucy Maassen 09 |
| 5) Brityn Gryp 12 | 6) Kinley Jones 09 | 4) Megan Brewer 10 |
| | | 8) Haley Schroeder 11 |

Event 76 Girls 4x100 Meter Relay 4A (24) Prelims

Friday 5/19/2023 - 12:50 PM

State Record: 47.89 5/19/2010 Iowa City West, Iowa City West

All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt

CR Jefferson Tied in 2015

| Team | Relay | Seed Time |
|------------------------|--------------------------|------------------------|
| 1 Dowling Cath | 1 | 48.87 1 |
| 1) Ashley Hall 12 | 2) Emily Heitzman 10 | 3) Shea Johnson 11 |
| 5) Marion Boot 09 | 6) Franny Brooks 09 | 4) Olivia Kramer 12 |
| 2 Waukee NW | 1 | 49.04 1 |
| 1) Aunya Van Zetten 10 | 2) Kiana Carnes 12 | 3) Katie Stahl 09 |
| 5) Avery Winter 10 | 6) Ke'Ayla Madison 12 | 4) Josie Vande Krol 11 |
| 3 Burlington | 1 | 49.26 1 |
| 1) Kierah Wiseman 10 | 2) Christella Boyer 12 | 3) Sophie Brown 10 |
| 4 Ames | 1 | 49.27 1 |
| 1) Ireland Buss 12 | 2) Ellie Lynch 12 | 3) Sophia Hatcher 09 |
| 5) Cameron Moon 12 | 6) Ali Frandsen 12 | 4) Asia Ross 12 |
| 5 SC, East | 1 | 49.49 2 |
| 1) Alyssa Erick 12 | 2) Elliana Harris 11 | 3) Bella Gordon 12 |
| 5) Olivia Mentzer 11 | 6) Mia Rice 11 | 4) Grace Erick 10 |
| 6 Pleasant Valley | 1 | 49.51 2 |
| 1) Elodie Stroup 10 | 2) Malayna Albertson 12 | 3) Sophia Lewis 10 |
| 5) Rhema Saddler 12 | 6) Mary Paige Withers 11 | 4) Ashley Hansen 09 |
| 7 Clinton | 1 | 49.58 1 |
| 1) Quinn Nielsen 11 | 2) Hannah Malli 11 | 3) Bella Chamberlin 09 |
| 5) Kayla Krogman 12 | 6) Callia Logan 11 | 4) Chloe Chamberlin 11 |
| 8 Johnston | 1 | 49.67 1 |
| 1) Karli Wagner 11 | 2) Kennedy Godfredsen 12 | 3) Makayla Howard 12 |
| 5) Ella Smithson 11 | 6) Keira Johannes 10 | 4) Kanijah Angel 11 |
| 9 DSM, Roosevelt | 1 | 49.82 2 |
| 1) Julia Knapp 09 | 2) Promise Zandy 11 | 3) Annmarie Scott 11 |
| 5) Nasiyah Tillman 09 | 6) Meredith Gentry 09 | 4) Avery Vukovich 10 |
| | | 8) Arianna Jackson 12 |

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Event 76 ... (Girls 4x100 Meter Relay 4A (24) Prelims)

| Team | Relay | Seed Time |
|-------------------------|-------------------------|------------------------------|
| 10 Ankeny Cent | 1 | 49.92 3 |
| 1) Olivia Larsen 10 | 2) Morgan Posusta 11 | 3) Mariah Belzer 12 |
| 5) Kambria Leazer 11 | 6) Cassidy Jenison 12 | 7) Crystal Opoku 11 |
| 8) Morgan Erwin 09 | | |
| 11 North Scott | 1 | 50.17 3 |
| 1) Jorie Hanenburg 12 | 2) Georgia Brunkan 11 | 3) Harmony Hansel 11 |
| 5) Emily Stutting 09 | 6) Natalie Naber 12 | 7) Natalie Nwatchock 09 |
| 8) Chloe Morrison 10 | | |
| 12 Prairie, CR | 1 | 50.29 2 |
| 1) Asia Russell 10 | 2) Catie Reittinger 11 | 3) Izzy McClure 11 |
| 5) Avah Cooper 09 | 6) Ryann Decker 11 | 7) Lauren Hunt 10 |
| 8) Sarah Kwilose 10 | | |
| 13 Valley, WDM | 1 | 50.31 2 |
| 1) Gabby Clark 11 | 2) Ashley Buchholz 11 | 3) Bella Mavinga 10 |
| 5) Kaylin Kiner 11 | 6) Makenna Paul 10 | 7) Priscilla Roemmich 09 |
| 8) Emma Viera 12 | | |
| 14 IC, Liberty | 1 | 50.40 2 |
| 1) Amira Coleman 11 | 2) Brynlee Slockett 11 | 3) Stephanie Nuro Gyina 12 |
| 5) Haley Schroeder 11 | 6) Jasmine Barney 12 | 7) Brityn Gryp 12 |
| 8) Natalie Ramsey 09 | | |
| 15 Waukee | 1 | 50.41 3 |
| 1) Valerie Jepkosgei 12 | 2) Miranda Peters 12 | 3) Ella McGee 11 |
| 5) Summer Nichols 11 | 6) Jayden Rees 09 | 7) Natalie Sitzmann 09 |
| 8) Anjelena Carder 11 | | |
| 16 Ankeny | 1 | 50.45 3 |
| 1) Macie Strnad 12 | 2) Morgan Conklin 10 | 3) Karsen Jacks 11 |
| 5) Jayla Williams 09 | 6) Larissa Miller 12 | 7) Riley Kayser 09 |
| 8) Ava Leinen 10 | | |
| 17 Norwalk | 1 | 50.62 4 |
| 1) Hailey Gear 11 | 2) Shae Ung 12 | 3) Jaylynn Brandt 11 |
| 5) Nyah Hulbert 10 | 6) Dani Peters 09 | 7) Ella Johnson 10 |
| 8) Kennedy Robbins 11 | | |
| 18 CR Kennedy | 1 | 50.65 3 |
| 1) Quren Hullon 11 | 2) Ava Kingsbury 11 | 3) Morgan Hospodarsky 09 |
| 5) Annie Garsayne 09 | 6) Kate Dyar 09 | 4) Grace Braden 12 |
| 19 Linn-Mar | 1 | 50.66 4 |
| 1) Gwen Gaffney 11 | 2) Katy Hand 12 | 3) Sydney Carsello 12 |
| 5) Sarah White 09 | 6) Abby Mecklenburg 09 | 7) Ja'Niya Crawford 10 |
| 8) Allison Kriegel 12 | | |
| 20 DVPT, Central | 1 | 50.66 4 |
| 1) Sanijah Brock 11 | 2) Khaliah Knox 11 | 3) Asia Pegues-Jarrett 12 |
| 5) JaKniah Lewis 11 | 6) Anayshia Mitchell 11 | 7) Claire O'Melia 10 |
| 4) Nazayda Bloch 10 | | |
| 21 WAT East | 1 | 50.83 3 |
| 1) Denia Willingham 11 | 2) Tia Waters 12 | 3) Amyah Todd 09 |
| 5) Faith Sykes 09 | 6) Miah Norman 11 | 7) Jamaiya Bradford-Gates 10 |
| 8) Nyla Norman 12 | | |
| 22 SE Polk | 1 | 50.97 5 |
| 1) Ellie Powell 09 | 2) Avery Warren 10 | 3) Ericka Thielen 12 |
| 5) JadyN Woods 09 | 6) Sienna Larsen 11 | 7) Alexis Boord 12 |
| 8) Gabiella Severs 09 | | |
| 23 CR Jefferson | 1 | 50.98 5 |
| 1) Samantha Fowler 12 | 2) Gift Gonpue 12 | 3) Brie Meyer 10 |
| 4) Mimi Kuundu 10 | | |
| 24 Indianola | 1 | 51.21 6 |
| 1) Kaydence Eaton 11 | 2) Kiley Kindelspire 10 | 3) Hadley Vetter 09 |
| 5) Sully Downey 10 | 6) Gabby Akin 10 | 7) Abbie Kluver 09 |
| 8) Josie McGraw 10 | | |
| 8) Brinley Cleveland 10 | | |

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Event 84 Girls 4x200 Meter Relay 4A (24)

Friday 5/19/2023 - 11:15 AM

State Record: 1:39.24 5/22/2015 CR Jefferson, CR Jefferson
A Ranschau, J Blue, M Meese, L Schneekloth

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 Waukee NW | 1 | 1:41.18 1 |
| 1) Katie Stahl 09 | 2) Kiana Carnes 12 | 3) Aunya Van Zetten 10 |
| 5) Ke'Ayla Madison 12 | 6) Josie Vande Krol 11 | 4) Avery Winter 10 |
| 7) Lilah Kress 10 | 8) Bri Jones 09 | |
| 2 Waukee | 1 | 1:42.40 2 |
| 1) Valerie Jepkosgei 12 | 2) Jenna Jones 11 | 3) Gentry Williams 10 |
| 5) Ella McGee 11 | 6) Natalie Sitzmann 09 | 4) Anjelena Carder 11 |
| 7) Jayden Rees 09 | 8) Miranda Peters 12 | |
| 3 Ames | 1 | 1:43.80 1 |
| 1) Ireland Buss 12 | 2) Elaina Deardorff 12 | 3) Ellie Lynch 12 |
| 5) Cameron Moon 12 | 6) Saylor Horras 10 | 4) Asia Ross 12 |
| 7) Sophia Hatcher 09 | 8) Edyn Cowles 09 | |
| 4 Burlington | 1 | 1:43.94 1 |
| 1) Kierah Wiseman 10 | 2) Christella Boyer 12 | 3) Sophie Brown 10 |
| 5) Kierstin Wax 11 | 6) Shariah Hart 11 | 4) Mylee Stiefel 09 |
| 7) Kilee Peoples 09 | 8) Jasmyn Shaw 10 | |
| 5 SC, East | 1 | 1:44.34 1 |
| 1) Bella Gordon 12 | 2) Elliana Harris 11 | 3) Alyssa Erick 12 |
| 5) Olivia Mentzer 11 | 6) Mia Rice 11 | 4) Grace Erick 10 |
| 6 Johnston | 1 | 1:44.34 1 |
| 1) Karli Wagner 11 | 2) Grace E Anderson 10 | 3) Kennedy Godfredsen 12 |
| 5) Paige Peterson 12 | 6) Brenna Murphy 11 | 4) Sydney Hodges 11 |
| 7) Regan Vukovich 12 | 8) Jayce Blanchard 12 | |
| 7 Clinton | 1 | 1:44.53 1 |
| 1) Quinn Nielsen 11 | 2) Hannah Malli 11 | 3) Kayla Krogman 12 |
| 5) Makayla Howard 12 | 6) Callia Logan 11 | 4) Kanijah Angel 11 |
| 8 Dowling Cath | 1 | 1:44.59 2 |
| 1) Reese Ervin 12 | 2) Shea Johnson 11 | 3) Emily Heitzman 10 |
| 5) Olivia Kramer 12 | 6) Lauren McCoy 09 | 4) Annie Smith 10 |
| 7) Ashley Hall 12 | 8) Kate Nelson 10 | |
| 9 Ankeny | 1 | 1:44.69 3 |
| 1) Karsen Jacks 11 | 2) Morgan Conklin 10 | 3) Sophie Loeffler 10 |
| 5) Alli Macke 10 | 6) Kaitlyn Braun 11 | 4) Zoe Shadravan 12 |
| 7) Ava Leinen 10 | 8) Larissa Miller 12 | |
| 10 SE Polk | 1 | 1:44.72 2 |
| 1) Ellie Powell 09 | 2) Avery Warren 10 | 3) Anna Van Kooten 11 |
| 5) Brooke Myers 09 | 6) Felicity Severs 11 | 4) Alexis Boord 12 |
| 7) Ericka Thielen 12 | 8) Kendall Woods 12 | |
| 11 Pleasant Valley | 1 | 1:44.90 2 |
| 1) Malayna Albertson 12 | 2) Sophia Lewis 10 | 3) Elodie Stroup 10 |
| 5) Mary Paige Withers 11 | 6) Hannah Horsfield 10 | 4) Ashley Hansen 09 |
| 7) Jessie Clemons 11 | 8) Hannah McVey 11 | |
| 12 Bettendorf | 1 | 1:45.18 3 |
| 1) Tessa Teagarden 12 | 2) Brooke Magistrelli 12 | 3) Anna Ostrom 10 |
| 5) Maya Williams 11 | 6) Tatum Miller 09 | 4) Carson Bohonek 10 |
| 7) Tatianna Day 12 | 8) Sara Cullum 09 | |
| 13 Prairie, CR | 1 | 1:45.50 2 |
| 1) Asia Russell 10 | 2) Catie Reittinger 11 | 3) Izzy McClure 11 |
| 5) Ryann Decker 11 | 6) Kelsey Dighton 11 | 4) Sarah Jordan 12 |
| 7) Hailey Gammon 11 | 8) Lyla Canny 09 | |
| 14 DSM, Roosevelt | 1 | 1:45.62 3 |
| 1) Julia Knapp 09 | 2) Promise Zandy 11 | 3) Meredith Gentry 09 |
| 5) Avery Vukovich 10 | 6) Nasiyah Tillman 09 | 4) Arianna Jackson 12 |
| 7) Sydney Goding 09 | | |
| 15 IC, Liberty | 1 | 1:45.73 2 |
| 1) Amira Coleman 11 | 2) Jasmine Barney 12 | 3) Stephanie Nuro Gyina 12 |
| 5) Natalie Ramsey 09 | 6) Hannah Ramsey 12 | 4) Alexi Thigpen 09 |
| 7) Lucy Maassen 09 | 8) Carleigh Maher 09 | |

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Event 84 ... (Girls 4x200 Meter Relay 4A (24))

| Team | Relay | Seed Time |
|------------------------|----------------------------|--------------------------|
| 16 North Scott | 1 | 1:46.06 4 |
| 1) Jorie Hanenburg 12 | 2) Natalie Nwachock 09 | 3) Georgia Brunkan 11 |
| 5) Natalie Naber 12 | 6) Emily Stutting 09 | 7) Chloe Morrison 10 |
| 8) Harmony Hansel 11 | | |
| 17 Valley, WDM | 1 | 1:46.50 3 |
| 1) Ashley Buchholz 11 | 2) Bella Mavinga 10 | 3) Makenna Paul 10 |
| 5) Gabby Clark 11 | 6) Taylor Burns 10 | 7) Kaylin Kiner 11 |
| 8) Avery Remsburg 11 | | |
| 18 Linn-Mar | 1 | 1:47.08 3 |
| 1) Abby Mecklenburg 09 | 2) Gwen Gaffney 11 | 3) Sydney Carsello 12 |
| 5) Brooklyn Guild 09 | 6) Maia Denge-Hagen 11 | 7) Katy Hand 12 |
| 8) Bethany Northrup 12 | | |
| 19 Ankeny Cent | 1 | 1:47.17 4 |
| 1) Mya Crawford 10 | 2) Aly Balashaitis 09 | 3) Kylin Smith 10 |
| 5) Julia Flick 10 | 6) Kacy Olson 10 | 7) Layla Hughes 12 |
| 8) Mariah Belzer 12 | | |
| 20 WAT West | 1 | 1:47.24 3 |
| 1) Alexa Zanders 11 | 2) Charlotte Gettman 11 | 3) Samantha Elliott 11 |
| 5) Jenaya Shaw 10 | 6) Jaelyn Rose 12 | 7) Charlotte Malecek 09 |
| 8) Briana Bell 10 | | |
| 21 IC, City High | 1 | 1:47.50 5 |
| 1) Sierra Pruessner 11 | 2) Josephine LeClair 10 | 3) Lucy Thompson 11 |
| 5) Eva Reynolds 12 | 6) Ani Wedemeyer 10 | 7) Bella Skay 12 |
| 8) Thisbe Lewis 09 | | |
| 22 Cedar Falls | 1 | 1:47.59 4 |
| 1) Avery Berte 10 | 2) Grace Hannam 10 | 3) Avalon Burns 11 |
| 5) Jacie Wessels 10 | 6) Kate Roussell 09 | 7) Sophia Mason 11 |
| 8) Brooklyn Francis 10 | | |
| 23 CR Kennedy | 1 | 1:47.75 4 |
| 1) Quren Hullon 11 | 2) Morgan Hospodarsky 09 | 3) Jovie Veach 11 |
| 5) Ava Kingsbury 11 | 6) Raelyn Van Kerckhove 10 | 4) Emerson Swearingen 09 |
| | | |
| 24 CB, A Lincoln | 1 | 1:47.80 4 |
| 1) Ava Watkins 11 | 2) Hutson Rau 10 | 3) Aubrey Sandbothe 10 |
| 5) Hailey Holcombe 11 | 6) Tana Witt 12 | 7) Olivia Williams 11 |
| 4) Abby LaSale 12 | | |

Event 92 Girls 4x400 Meter Relay 4A (24) Prelims

Friday 5/19/2023 - 1:40 PM

State Record: 3:48.49 5/20/2009 Sioux City East, Sioux City East

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 Ames | 1 | 3:55.33 1 |
| 1) Cameron Moon 12 | 2) Saylor Horras 10 | 3) Ellie Lynch 12 |
| 5) Sophia Hatcher 09 | 6) Ireland Buss 12 | 7) Natalya Deardorff 09 |
| 8) Suzy Guedeyi 11 | | |
| 2 SE Polk | 1 | 3:57.58 1 |
| 1) Anna Van Kooten 11 | 2) Libby Hartz 11 | 3) Carli Bennett 11 |
| 5) Jenna Francois 12 | 6) Felicity Severs 11 | 7) Ellie Powell 09 |
| 8) Taylor Barbour 10 | | |
| 3 Cedar Falls | 1 | 3:59.67 1 |
| 1) Grace Hannam 10 | 2) Karis Finley 09 | 3) Grace Knutson 11 |
| 5) Josee Simonson 10 | 6) Avery Berte 10 | 7) Zoe Zylstra 10 |
| 8) Kahlan Kearns 10 | | |
| 4 Ankeny Cent | 1 | 4:00.56 2 |
| 1) Mya Crawford 10 | 2) Maddy LaVoi 12 | 3) Addie Pollock 11 |
| 5) Kylin Smith 10 | 6) Layla Hughes 12 | 7) Cassidy Griggs 10 |
| 8) Hannah Varangkounh 11 | | |
| 5 CR Kennedy | 1 | 4:01.15 2 |
| 1) Addison Swartzendruber 11 | 2) Jovie Veach 11 | 3) Emerson Swearingen 09 |
| 5) Ramsay Geater 09 | 6) Morgan Hospodarsky 09 | 4) Sidney Swartzendruber 11 |
| | | |
| 6 IC, City High | 1 | 4:01.21 1 |
| 1) Ruth Cloyd 10 | 2) Josephine LeClair 10 | 3) Lucy Thompson 11 |
| 5) Eva Reynolds 12 | 6) Katiya Ellermeier 09 | 7) Cooper Hamilton 09 |
| 8) Sophie Stumbo 12 | | |

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Event 92 ... (Girls 4x400 Meter Relay 4A (24) Prelims)

| Event | Team | Relay | Seed Time |
|-------|----------------------------|-------------------------|--------------------------|
| 7 | Ankeny | 1 | 4:02.95 1 |
| | 1) Sophie Loeffler 10 | 2) Morgan Johnson 11 | 3) Zoe Shadravan 12 |
| | 5) Karsen Jacks 11 | 6) Lillian Smith 11 | 7) Reagan Prendergast 09 |
| | | | 8) Drew Beason 10 |
| 8 | Bettendorf | 1 | 4:04.01 2 |
| | 1) Calista Rasmer 10 | 2) Tessa Teagarden 12 | 3) Madeleine Moran 11 |
| | 5) Mackenzie Schaefer 10 | 6) Campbell Dopler 10 | 7) Tatum Miller 09 |
| | | | 8) Sara Cullum 09 |
| 9 | Johnston | 1 | 4:04.71 3 |
| | 1) Olivia Fehn 09 | 2) Jaida Bell 10 | 3) Sydney Hodges 11 |
| | 5) Maggie Burry 11 | 6) Paige Peterson 12 | 7) Krissy Spear 11 |
| | | | 8) Olivia Verde 11 |
| 10 | Waukee NW | 1 | 4:04.75 1 |
| | 1) Lilah Kress 10 | 2) Ke'Ayla Madison 12 | 3) Sadie Maas 11 |
| | 5) Emilie Parks 10 | 6) Anna Sheriff 10 | 7) Aubree Lalone 10 |
| | | | 8) Avery Winter 10 |
| 11 | IC, Liberty | 1 | 4:05.27 2 |
| | 1) Hannah Ramsey 12 | 2) Natalie Ramsey 09 | 3) Jasmine Barney 12 |
| | 5) Stephanie Nuro Gyina 12 | 6) Cori Mac 11 | 7) Marissa Becker 10 |
| | | | 8) Carleigh Maher 09 |
| 12 | IC, West | 1 | 4:06.60 3 |
| | 1) Annie Schwartz 12 | 2) Lydia Evans 09 | 3) Anna Prouty 12 |
| | 5) Kate Van Waning 09 | 6) Eva Willis 09 | 7) Evelyn Asay 10 |
| | | | 8) Emelia Grueter 09 |
| 13 | Dowling Cath | 1 | 4:07.55 2 |
| | 1) Annie Smith 10 | 2) Madison Nagel 09 | 3) Alex Gaskell 10 |
| | 5) Ella Anliker 11 | 6) Ashley Hall 12 | 7) Sally Gaskell 12 |
| | | | 8) Elizabeth Marsh 10 |
| 14 | Prairie, CR | 1 | 4:08.57 3 |
| | 1) Kelsey Dighton 11 | 2) Hannah Hughes 10 | 3) Ryann Decker 11 |
| | 5) Mackenzie Childers 10 | 6) Piper Johnson 09 | 7) Keirra Hess 11 |
| | | | 8) Emma Keiper 12 |
| 15 | Pleasant Valley | 1 | 4:08.84 3 |
| | 1) Jessie Clemons 11 | 2) Josie Case 11 | 3) Kailee Wilson 09 |
| | 5) Kaylee Mowen 10 | 6) Ashley Hansen 09 | 7) Grace Boleyn 10 |
| | | | 8) Kami Wood 09 |
| 16 | North Scott | 1 | 4:09.22 4 |
| | 1) Sydney Skarich 11 | 2) Natalie Nwachock 09 | 3) Emily Stutting 09 |
| | 5) Bailey Boddicker 12 | 6) Natalie Naber 12 | 7) Madison Wilshusen 11 |
| | | | 8) McKinley Toohey 11 |
| 17 | Linn-Mar | 1 | 4:09.73 4 |
| | 1) Breka Trapp 11 | 2) Ameriz Nielsen 12 | 3) Maia Denge-Hagen 11 |
| | 5) Chloe Egbert 09 | 6) Brooklyn Guild 09 | 7) Anna Sojka 09 |
| | | | 8) Jordyn Beck 12 |
| 18 | Waukee | 1 | 4:09.85 2 |
| | 1) Jenna Jones 11 | 2) Jayden Rees 09 | 3) Emerson Chance 09 |
| | 5) Gentry Williams 10 | 6) Natalie Sitzmann 09 | 7) Michelle McConkey 09 |
| | | | 8) Mallory Wurth 10 |
| 19 | Mason City | 1 | 4:10.32 5 |
| | 1) Megan Tobin 11 | 2) Janae Hansen 10 | 3) Savannah Davis 10 |
| | 5) Brogan Evans 09 | 6) Machaela Trask 10 | 7) Audra Mulholland 11 |
| | | | 4) Kamina Munson 11 |
| 20 | Valley, WDM | 1 | 4:10.57 3 |
| | 1) Kaelyn Wieland 09 | 2) Mya DouBrava 12 | 3) Klaire Lietz 10 |
| | 5) Finley Hancock 10 | 6) Autumn Mills 10 | 7) Taylor Burns 10 |
| | | | 8) Cali Trygstad 12 |
| 21 | DC-Grimes | 1 | 4:11.35 3 |
| | 1) Meredith McDermott 12 | 2) Olivia Curtis 11 | 3) Tess Meggison 11 |
| | 5) Anna Bahnsen 10 | 6) Haydn Little 11 | 7) Emerson McDermott 09 |
| | | | 8) Jordan Meyers 10 |
| 22 | WAT West | 1 | 4:11.64 4 |
| | 1) Alexa Zanders 11 | 2) Charlotte Gettman 11 | 3) Jada Smith 10 |
| | 5) Emma Beckman 10 | 6) Kate Chase 09 | 7) Alena Muheljic 09 |
| | | | 8) Esther Shin 09 |
| 23 | DUB Hempstead | 1 | 4:11.97 5 |
| | 1) Camdyn Kay 11 | 2) Isabel Brauhn 11 | 3) Maddie Leeser 11 |
| | 5) Sophia Dallal 12 | 6) Mallory Tomkins 09 | 7) Piper Birkenholtz 09 |
| | | | 8) Brooke O'Brien 12 |

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Event 92 ... (Girls 4x400 Meter Relay 4A (24) Prelims)

| Team | Relay | Seed Time |
|-------------------------------|--------------------|-----------------------|
| 24 CR Jefferson | 1 | 4:14.42 6 |
| 1) Cheyanna Thompson-Williams | 2) Ryah Nickell 10 | 3) Samantha Fowler 12 |
| | | 4) Mimi Kuundu 10 |

Event 100 Girls 4x800 Meter Relay 4A (24)

Thursday 5/18/2023 - 11:45 AM

State Record: 9:09.34 2018

Waukee, Waukee

L Campbell, J Caraway, M Groathouse, L Akason

All-Time: 9:09.09 2001

Iowa City West, Iowa City West

| Team | Relay | Seed Time |
|-------------------------|--------------------------|-------------------------------|
| 1 DSM, Roosevelt | 1 | 9:25.12 1 |
| 1) Meredith Gentry 09 | 2) Elena Gentry 11 | 3) Arianna Jackson 12 |
| 5) Ivy McFetridge 12 | 6) Emma Sherman 09 | 7) Abi Hahn 12 |
| | | 8) Adrienne Buettner-Cable 12 |
| 2 SE Polk | 1 | 9:30.90 2 |
| 1) Libby Hartz 11 | 2) Taylor Barbour 10 | 3) Jenna Francois 12 |
| 5) Alyssa Bartlett 10 | 6) Ivy Glendening 11 | 7) Gwen Willeford 12 |
| | | 8) Carli Bennett 11 |
| 3 DUB Hempstead | 1 | 9:32.54 1 |
| 1) Camdyn Kay 11 | 2) Brooke O'Brien 12 | 3) Sophia Dallal 12 |
| 5) Evie Henneberry 10 | 6) Mylee Lange 10 | 7) Isabel Brauhn 11 |
| | | 8) Keelee Leitzen 11 |
| 4 Ames | 1 | 9:33.86 1 |
| 1) Saylor Horras 10 | 2) Claire Helmers 10 | 3) Marley Turk 10 |
| 5) Charley Bleyle 11 | 6) Lauren Risdal 10 | 7) Katie Campbell 09 |
| | | 8) Sydney Turk 12 |
| 5 Waukee NW | 1 | 9:38.33 1 |
| 1) Lillian Sundet 11 | 2) Clara Olson 09 | 3) Jamison Reinders 09 |
| 5) Sadie Maas 11 | 6) Aubree Lalone 10 | 7) Brinley Heilesen 10 |
| | | 8) Anna Sheriff 10 |
| 6 Valley, WDM | 1 | 9:39.02 2 |
| 1) Mya DouBrava 12 | 2) Klaire Lietz 10 | 3) Cohen Kooker 11 |
| 5) Addison Dorenkamp 11 | 6) Finley Hancock 10 | 7) Autumn Mills 10 |
| | | 8) Raneen Rheem 12 |
| 7 Johnston | 1 | 9:41.21 3 |
| 1) Krissy Spear 11 | 2) Morgan Sullivan 10 | 3) Marissa Pewe 10 |
| 5) Olivia Verde 11 | 6) Micah Fitzgerald 09 | 7) Jayna Lamping 09 |
| | | 8) Alyx Woodley 09 |
| 8 Ankeny | 1 | 9:41.48 1 |
| 1) Sophie Loeffler 10 | 2) Reagan Prendergast 09 | 3) Olivia Graber 12 |
| 5) Drew Beason 10 | 6) Lauren Jackson 10 | 7) Sophia Graber 10 |
| | | 8) Paige Beason 12 |
| 9 Pleasant Valley | 1 | 9:44.51 1 |
| 1) Jaylee Duncan 09 | 2) Kaylee Mowen 10 | 3) Josie Case 11 |
| 5) Lydia Sommer 12 | 6) Caitlin Quinn 10 | 7) Kailee Wilson 09 |
| | | 8) Grace Boleyn 10 |
| 10 Dowling Cath | 1 | 9:45.01 2 |
| 1) Ella Anliker 11 | 2) Elise Huegerich 09 | 3) Molly O'Halloran 10 |
| 5) Liv Hall 11 | 6) Avery Muller 11 | 7) Sadie Reinhardt 09 |
| | | 8) Ava Van Ee 10 |
| 11 Cedar Falls | 1 | 9:47.43 2 |
| 1) Zoe Zylstra 10 | 2) Ruby Schillinger 10 | 3) Lainey Schreiber 12 |
| 5) Josee Simonson 10 | 6) Rachel Mandt 12 | 7) Jaden Swarts 12 |
| | | 8) Paige Wilson 09 |
| 12 Indianola | 1 | 9:48.12 4 |
| 1) Emily Naughton 12 | 2) Aspen Nelsen 10 | 3) Jordyn Brown 10 |
| 5) Michaela Appel 09 | 6) Leah Hartford 09 | 7) Bree Tenges 12 |
| | | 8) Gracie Foster 11 |
| 13 Urbandale | 1 | 9:51.27 3 |
| 1) Alex Mackie 11 | 2) Megan Carmell 12 | 3) Norah Seeley 11 |
| 5) Sarah Webster 10 | | 4) Victoria Martinez-Lohf 10 |
| 14 DC-Grimes | 1 | 9:55.41 3 |
| 1) Emerson McDermott 09 | 2) Tess Meggison 11 | 3) Addison Dooley 09 |
| 5) Maddy Stevens 10 | 6) Jordan Meyers 10 | 7) Emily Meyers 10 |
| | | 8) Meredith McDermott 12 |
| | | 8) Kylie Heaberlin 09 |

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Event 100 ... (Girls 4x800 Meter Relay 4A (24))

| | Team | Relay | Seed Time |
|----|--------------------------|--------------------------|----------------------------|
| 15 | Ankeny Cent | 1 | 9:55.67 5 |
| | 1) Tallie Plueger 10 | 2) Anja Peck 11 | 3) Camden Hershberger 12 |
| | 5) Bella Hodges 10 | 6) Dana Cleveland 11 | 4) Haley Hveem 10 |
| | | 7) Kyra Zinn 10 | 8) Cora DenHartog 10 |
| 16 | Bettendorf | 1 | 9:56.01 2 |
| | 1) Calista Rasmer 10 | 2) Mackenzie Schaefer 10 | 3) Kennah Block 10 |
| | 5) Emily See 11 | 6) Rowan Appel 10 | 4) Maya Williams 11 |
| | | 7) Izzy Giza 10 | 8) Macy Stierwalt 11 |
| 17 | DUB Senior | 1 | 9:58.93 3 |
| | 1) Nevaeh Kessler 09 | 2) Claire Hoyer 10 | 3) Emily Gorton 10 |
| | 5) Julia Kilgore 12 | 6) Kaitlyn Miller 11 | 4) Leah Klapatauskas 11 |
| 18 | Linn-Mar | 1 | 9:59.35 2 |
| | 1) Breka Trapp 11 | 2) Jordyn Beck 12 | 3) Ally Buck 11 |
| | 5) Rachel Adamson 12 | 6) Bethany Northrup 12 | 4) Chloe Egbert 09 |
| | | 7) Gabby Mauren 10 | 8) Abbey Vezina 12 |
| 19 | Prairie, CR | 1 | 9:59.93 3 |
| | 1) Sophie McNabb 09 | 2) Emma Keiper 12 | 3) Ava Christensen 11 |
| | 5) Mackenzie Childers 10 | 6) Stella Rose 09 | 4) Hannah Hughes 10 |
| | | 7) Keirra Hess 11 | 8) Chloe Bishop 09 |
| 20 | IC, West | 1 | 10:01.50 4 |
| | 1) Lydia Evans 09 | 2) Gabby Moniza 11 | 3) Cindy Wang 11 |
| | 5) Erinn Varga 11 | 6) Hannah Longmire 09 | 4) Kate Van Waning 09 |
| | | 7) Emelia Grueter 09 | 8) Annie Schwartz 12 |
| 21 | DVPT, Central | 1 | 10:01.64 3 |
| | 1) Merin Crowder 12 | 2) Hannah Ford 11 | 3) Dylan Moeller 10 |
| | 5) Evelyn Barfels 11 | 6) Cameron Shumpert 09 | 4) Alexis Bruce 12 |
| | | 7) Gabriela Marceleno 10 | 8) Aerielle Johnson 10 |
| 22 | Mason City | 1 | 10:04.12 4 |
| | 1) Janae Hansen 10 | 2) Brogan Evans 09 | 3) Savannah Davis 10 |
| | 5) Audra Mulholland 11 | 6) Kamina Munson 11 | 4) Aspen Cole 11 |
| 23 | Waukee | 1 | 10:08.23 4 |
| | 1) Mallory Wurth 10 | 2) Hayden Beyer 09 | 3) Taylor LeBlanc 11 |
| | 5) Eden Ransom 10 | 6) Sydney Berger 11 | 4) Macy Schulte 11 |
| | | 7) Michelle McConkey 09 | 8) Isabella Webb 12 |
| 24 | North Scott | 1 | 10:14.31 4 |
| | 1) Bailey Boddicker 12 | 2) Kaitlyn Knoche 12 | 3) Madison Wilshusen 11 |
| | 5) Ava Duncan 11 | 6) Kate Blodig 10 | 4) Kaelin Carlson-Gross 10 |
| | | 7) Natalie Nwatchock 09 | 8) Sydney Skarich 11 |

Event 114 Girls 800 Sprint Medley 4A (24)

Saturday 5/20/2023 - 9:37 AM

State Record: 1:43.64 2018 Linn-Mar, Linn-Mar
A Rolle, O Hubler, J Bennett, P Wensel
All-Time: 1:43.64 2018 Linn-Mar, Linn-Mar
A Rolle, O Hubler, J Bennett, P Wensel

| | Team | Relay | Seed Time |
|---|------------------------|--------------------------|------------------------------|
| 1 | CR Kennedy | 1 | 1:46.27 1 |
| | 1) Quren Hullon 11 | 2) Morgan Hospodarsky 09 | 3) Addison Swartzendruber 11 |
| | 5) Grace Braden 12 | 6) Jovie Veach 11 | 4) Sidney Swartzendruber 11 |
| 2 | Waukee NW | 1 | 1:46.66 1 |
| | 1) Ke'Ayla Madison 12 | 2) Kiana Carnes 12 | 3) Aunya Van Zetten 10 |
| | 5) Katie Stahl 09 | 6) Josie Vande Krol 11 | 4) Avery Winter 10 |
| | | 7) Sadie Maas 11 | 8) Lilah Kress 10 |
| 3 | Ames | 1 | 1:47.16 2 |
| | 1) Asia Ross 12 | 2) Elaina Deardorff 12 | 3) Sophia Hatcher 09 |
| | 5) Cameron Moon 12 | 6) Ali Frandsen 12 | 4) Ellie Lynch 12 |
| | | 7) Saylor Horras 10 | 8) Holly Dettbarn 10 |
| 4 | Johnston | 1 | 1:47.54 1 |
| | 1) Karli Wagner 11 | 2) Kennedy Godfredsen 12 | 3) Giada Grimes 11 |
| | 5) Grace E Anderson 10 | 6) Keira Johannes 10 | 4) Jayce Blanchard 12 |
| | | 7) Paige Peterson 12 | 8) Olivia Fehn 09 |

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Event 114 ... (Girls 800 Sprint Medley 4A (24))

| Event | Team | Relay | Seed Time |
|-------|--------------------------|----------------------------|--------------------------|
| 5 | Dowling Cath | 1 | 1:48.58 1 |
| | 1) Shea Johnson 11 | 2) Emily Heitzman 10 | 3) Annie Smith 10 |
| | 5) Ashley Hall 12 | 6) Marion Boot 09 | 7) Madison Nagel 09 |
| | | | 8) Olivia Kramer 12 |
| 6 | Waukee | 1 | 1:48.66 2 |
| | 1) Valerie Jepkosgei 12 | 2) Miranda Peters 12 | 3) Gentry Williams 10 |
| | 5) Jenna Jones 11 | 6) Summer Nichols 11 | 7) Natalie Sitzmann 09 |
| | | | 8) Jayden Rees 09 |
| 7 | Bettendorf | 1 | 1:48.93 1 |
| | 1) Cecelia Spector 09 | 2) Tessa Teagarden 12 | 3) Anna Ostrom 10 |
| | 5) Brooke Magistrelli 12 | 6) Carson Bohonek 10 | 7) Tatum Miller 09 |
| | | | 8) Tatianna Day 12 |
| 8 | IC, City High | 1 | 1:49.48 2 |
| | 1) Safia Almabrazi 12 | 2) Emily Arling 12 | 3) Eva Reynolds 12 |
| | 5) Bella Skay 12 | 6) Ruth Cloyd 10 | 7) Josephine LeClair 10 |
| | | | 8) Oumou Diallo 12 |
| 9 | Linn-Mar | 1 | 1:49.72 3 |
| | 1) Ja'Niya Crawford 10 | 2) Sydney Carsello 12 | 3) Gwen Gaffney 11 |
| | 5) Kaylee Bunn 11 | 6) Abby Mecklenburg 09 | 7) Maia Denge-Hagen 11 |
| | | | 8) Sarah White 09 |
| 10 | Pleasant Valley | 1 | 1:49.91 3 |
| | 1) Elodie Stroup 10 | 2) Malayna Albertson 12 | 3) Sophia Lewis 10 |
| | 5) Rhema Saddler 12 | 6) Mary Paige Withers 11 | 7) Josie Case 11 |
| | | | 8) Jessie Clemons 11 |
| 11 | Ankeny | 1 | 1:50.00 2 |
| | 1) Karsen Jacks 11 | 2) Lillian Smith 11 | 3) Morgan Conklin 10 |
| | 5) Macie Strnad 12 | 6) Kaitlyn Braun 11 | 7) Morgan Johnson 11 |
| | | | 8) Sophie Loeffler 10 |
| 12 | Ankeny Cent | 1 | 1:50.12 2 |
| | 1) Kylin Smith 10 | 2) Jaeden Pratt 10 | 3) Layla Hughes 12 |
| | 5) Julia Flick 10 | 6) Mya Crawford 10 | 7) Olivia Larsen 10 |
| | | | 8) Morgan Posusta 11 |
| 13 | Cedar Falls | 1 | 1:50.12 1 |
| | 1) Gillian McRae 12 | 2) Paige Paup 11 | 3) Avery Berte 10 |
| | 5) Ashlyn Latusick 11 | 6) Grace Hannam 10 | 7) Presley Davison 09 |
| | | | 8) Paige Wilson 09 |
| 14 | IC, Liberty | 1 | 1:50.34 2 |
| | 1) Amira Coleman 11 | 2) Stephanie Nuro Gyina 12 | 3) Natalie Ramsey 09 |
| | 5) Brynlee Slockett 11 | 6) Haley Schroeder 11 | 7) Brityn Gryp 12 |
| | | | 8) Jasmine Barney 12 |
| 15 | SE Polk | 1 | 1:50.62 3 |
| | 1) Ericka Thielen 12 | 2) Kendall Woods 12 | 3) Avery Warren 10 |
| | 5) Felicity Severs 11 | 6) Ellie Powell 09 | 7) Carli Bennett 11 |
| | | | 8) Alexis Boord 12 |
| 16 | Valley, WDM | 1 | 1:50.75 3 |
| | 1) Gabby Clark 11 | 2) Ashley Buchholz 11 | 3) Bella Mavinga 10 |
| | 5) Mya DouBrava 12 | 6) Kaylin Kiner 11 | 7) Priscilla Roemmich 09 |
| | | | 8) Raneen Rheem 12 |
| 17 | Clinton | 1 | 1:51.40 3 |
| | 1) Kayla Krogman 12 | 2) Hannah Malli 11 | 3) Quinn Nielsen 11 |
| | 5) Makayla Howard 12 | 6) Claire Unke 11 | 4) Carryn Sattler 09 |
| 18 | Urbandale | 1 | 1:51.59 4 |
| | 1) Ela Tabakovic 10 | 2) Precious Karyee 10 | 3) Lauren Nepper 12 |
| | 5) Dayna Spencer 11 | 6) Brooke Spencer 09 | 7) Ava Ross 11 |
| | | | 8) Elleana Lekkas 12 |
| 19 | SC, East | 1 | 1:52.11 3 |
| | 1) Olivia Mentzer 11 | 2) Alyssa Erick 12 | 3) Bella Gordon 12 |
| | 5) Elliana Harris 11 | 6) Mia Rice 11 | 4) Grace Erick 10 |
| 20 | IC, West | 1 | 1:52.30 4 |
| | 1) Natalie Steva 10 | 2) Lindsey McKane 10 | 3) Annie Schwartz 12 |
| | 5) Erinah Carter 11 | 6) Anna Prouty 12 | 7) Lily McConnell 10 |
| | | | 8) Evelyn Asay 10 |
| 21 | DUB Hempstead | 1 | 1:52.44 5 |
| | 1) Akeelah Anderson 10 | 2) Mallory Tomkins 09 | 3) Ayla Osterkamp 10 |
| | 5) Camdyn Kay 11 | 6) Jillian Renne 09 | 7) Maddie Leeser 11 |
| | | | 8) Isabel Brauhn 11 |

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Event 114 ... (Girls 800 Sprint Medley 4A (24))

| Team | Relay | Seed Time |
|-------------------------|---------------------------|-----------------------|
| 22 DVPT, Central | 1 | 1:53.37 4 |
| 1) JaKniah Lewis 11 | 2) Asia Pegues-Jarrett 12 | 3) Nazayda Bloch 10 |
| 5) Claire O'Melia 10 | 6) Hannah Ford 11 | 7) Khaliah Knox 11 |
| 8) Sanijah Brock 11 | | |
| 23 WAT West | 1 | 1:53.87 6 |
| 1) Jenaya Shaw 10 | 2) Samantha Elliott 11 | 3) Alexa Zanders 11 |
| 5) Jada Smith 10 | 6) Anna Riordan 10 | 7) Cassie Graff 12 |
| 8) Charlotte Malecek 09 | | |
| 24 CB, A Lincoln | 1 | 1:53.98 4 |
| 1) Ava Watkins 11 | 2) Hailey Holcombe 11 | 3) Hutson Rau 10 |
| 5) Abby LaSale 12 | 6) Tana Witt 12 | 7) Olivia Williams 11 |
| 8) Dominique Zarate 10 | | |

Event 122 Girls High Jump 4A (24)

Thursday 5/18/2023 - 11:30 AM

State Record: 5-08.25 5/19/2009 Khanishah Williams, Burlington

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

| Name | Year | School | Seed Mark |
|------------------------|------|--------------|-----------|
| 1 Meena Tate | 12 | IC, West | 5-04.00 1 |
| 2 Josie Moreland | 12 | Waukee | 5-04.00 1 |
| 3 Ellie Muller | 09 | Dowling Cath | 5-03.00 1 |
| 4 Lyla Canny | 09 | Prairie, CR | 5-03.00 1 |
| 5 Katy Hand | 12 | Linn-Mar | 5-03.00 2 |
| 6 Alex Gaskell | 10 | Dowling Cath | 5-02.00 4 |
| 7 Anisa Percival | 10 | Ames | 5-02.00 3 |
| 8 Ayak Akol | 09 | Ames | 5-02.00 4 |
| 9 Jayla Williams | 09 | Ankeny | 5-02.00 2 |
| 10 Reagan Hanfelt | 10 | Ankeny | 5-02.00 3 |
| 11 Allison Kriegel | 12 | Linn-Mar | 5-01.00 5 |
| 12 Sydney Skarich | 11 | North Scott | 5-01.00 1 |
| 13 Megan Tobin | 11 | Mason City | 5-01.00 5 |
| 14 Hannah Abbey | 11 | Johnston | 5-01.00 1 |
| 15 Kenya Harris | 10 | SC, West | 5-00.00 5 |
| 16 Alyssa O'Neal | 10 | Bettendorf | 5-00.00 2 |
| 17 Kambria Leazer | 11 | Ankeny Cent | 5-00.00 2 |
| 18 Sierra Emison Clair | 12 | Valley, WDM | 5-00.00 2 |
| 19 Natalie Nwatchock | 09 | North Scott | 5-00.00 3 |
| 20 Kendall Woods | 12 | SE Polk | 4-10.00 3 |
| 21 Cassidy Hartman | 12 | IC, Liberty | 4-10.00 2 |
| 22 Hannah Spencer | 10 | Waukee NW | 4-10.00 3 |
| 23 Elle Lonergan | 09 | Clinton | 4-10.00 3 |
| 24 Cambel Drapeau | 09 | DUB Senior | 4-10.00 4 |

Event 130 Girls Long Jump 4A (24)

Friday 5/19/2023 - 11:30 AM

State Record: 19-05 Waller/Thomas, CRW/CBAL

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

| Name | Year | School | Seed Mark |
|--------------------|------|--------------|------------|
| 1 Ruby Leman | 10 | Dowling Cath | 18-10.00 1 |
| 2 Jasmine Barney | 12 | IC, Liberty | 18-02.25 1 |
| 3 Abby Mecklenburg | 09 | Linn-Mar | 17-07.75 1 |
| 4 Petra Sherman | 11 | Linn-Mar | 17-07.25 2 |
| 5 Jaeden Pratt | 10 | Ankeny Cent | 17-05.00 1 |

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Event 130 ... (Girls Long Jump 4A (24))

| | Name | Year | School | Seed | Mark |
|----|--------------------|------|-----------------|----------|------|
| 6 | Aubrey Sandbothe | 10 | CB, A Lincoln | 17-04.00 | 2 |
| 7 | Brooke Magistrelli | 12 | Bettendorf | 17-03.00 | 1 |
| 8 | Meena Tate | 12 | IC, West | 17-02.25 | 2 |
| 9 | Alexi Thigpen | 09 | IC, Liberty | 17-02.00 | 3 |
| 10 | Kiya James | 09 | DSM, East | 16-11.50 | 1 |
| 11 | Lainey Drown | 11 | Urbandale | 16-11.00 | 2 |
| 12 | Maya Augustine | 12 | SC, West | 16-10.50 | 3 |
| 13 | Ruth Cloyd | 10 | IC, City High | 16-10.25 | 2 |
| 14 | Jazlyn Hoehle | 12 | Urbandale | 16-10.00 | 3 |
| 15 | Madelyn Houk | 12 | Ottumwa | 16-09.00 | 2 |
| 16 | Bella Chamberlin | 09 | Pleasant Valley | 16-08.50 | 5 |
| 17 | Elodie Stroup | 10 | Pleasant Valley | 16-08.50 | 3 |
| 18 | Emily Arling | 12 | IC, City High | 16-08.50 | 4 |
| 19 | Kambria Leazer | 11 | Ankeny Cent | 16-07.50 | 3 |
| 20 | Josie Vande Krol | 11 | Waukee NW | 16-06.00 | 4 |
| 21 | Lilah Kress | 10 | Waukee NW | 16-06.00 | 5 |
| 22 | Olivia Mentzer | 11 | SC, East | 16-04.75 | 4 |
| 23 | Ava Leinen | 10 | Ankeny | 16-04.25 | 5 |
| 24 | Sophia Bauman | 10 | DC-Grimes | 16-03.75 | 6 |

Event 138 Girls Discus Throw 4A (24)

Thursday 5/18/2023 - 9:00 AM

State Record: 156-04 5/17/2008 Taylor Freeman, Iowa City We

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

| | Name | Year | School | Seed | Mark |
|----|------------------|------|-----------------|--------|------|
| 1 | Reese Goodlet | 11 | Pleasant Valley | 144-04 | 1 |
| 2 | Kileigh Lachacz | 12 | DC-Grimes | 134-08 | 1 |
| 3 | Jorie Hanenburg | 12 | North Scott | 124-09 | 2 |
| 4 | Audrey Ott | 11 | Dowling Cath | 122-08 | 2 |
| 5 | Gabriella Ragins | 10 | Pleasant Valley | 122-07 | 3 |
| 6 | Ava Smith | 12 | Waukee NW | 120-11 | 1 |
| 7 | Mackenzie Mohler | 10 | Valley, WDM | 119-03 | 2 |
| 8 | Hannah Baier | 12 | Ankeny | 118-03 | 3 |
| 9 | Mariah Myers | 10 | Fort Dodge | 117-09 | 3 |
| 10 | Abbie Kluver | 09 | Indianola | 116-07 | 1 |
| 11 | Jaelyn Falls | 11 | Mason City | 116-00 | 1 |
| 12 | Delilah Subsin | 09 | Ottumwa | 113-02 | 2 |
| 13 | Gwen Gaffney | 11 | Linn-Mar | 112-03 | 2 |
| 14 | Jordan Pauls | 12 | Ottumwa | 111-09 | 3 |
| 15 | Yalayzah Lovan | 12 | Dowling Cath | 111-03 | 4 |
| 16 | Jolie Nordell | 11 | IC, Liberty | 111-02 | 1 |
| 17 | Ava Tichy | 10 | Indianola | 110-05 | 4 |
| 18 | Rachel Haack | 09 | IC, City High | 110-04 | 4 |
| 19 | Gabbi Frederick | 11 | DUB Hempstead | 109-08 | 2 |
| 20 | Kendra Winfrey | 12 | Ankeny | 109-07 | 5 |
| 21 | Erica Kinn | 10 | Linn-Mar | 109-05 | 3 |
| 22 | Hannah Braun | 09 | IC, City High | 109-00 | 5 |
| 23 | Olivia Christie | 12 | Waukee NW | 108-09 | 4 |
| 24 | Katie Strotman | 12 | Ames | 108-03 | 4 |

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Event 146 Girls Shot Put 4A (24)

Friday 5/19/2023 - 9:00 AM

State Record: 47-01.50 5/20/2016 **Erika Hammond, Clinton**
All-Time: 53-03.50 1992 **Paulette Mitchell, Council Bluffs AL**

| Name | Year | School | Seed | Mark |
|------|-------------------|--------------------|----------|------|
| 1 | Jorie Hanenburg | 12 North Scott | 42-01.50 | 1 |
| 2 | Kendall McDaniel | 11 Indianola | 40-06.00 | 1 |
| 3 | Mackenzie Fah | 10 Pleasant Valley | 40-05.00 | 2 |
| 4 | Kileigh Lachacz | 12 DC-Grimes | 40-02.25 | 1 |
| 5 | Delilah Subsin | 09 Ottumwa | 40-02.00 | 2 |
| 6 | Greta Brus | 09 DVPT, North | 39-10.00 | 3 |
| 7 | Abby Princehouse | 11 Waukee NW | 39-08.50 | 1 |
| 8 | Kennedy Evans | 12 Linn-Mar | 39-05.00 | 1 |
| 9 | Rachel Vonderhaar | 12 Pleasant Valley | 38-10.50 | 4 |
| 10 | Ava Smith | 12 Waukee NW | 38-08.00 | 2 |
| 11 | Mariah Myers | 10 Fort Dodge | 38-04.25 | 3 |
| 12 | Josianna Toingar | 11 Linn-Mar | 37-05.00 | 2 |
| 13 | Ellie Erpelding | 12 Bettendorf | 37-04.00 | 5 |
| 14 | Kendra Winfrey | 12 Ankeny | 37-00.25 | 2 |
| 15 | Tatum Johnson | 09 Urbandale | 36-02.50 | 4 |
| 16 | Jolie Nordell | 11 IC, Liberty | 36-00.00 | 1 |
| 17 | Helen Penning | 11 IC, West | 35-07.25 | 2 |
| 18 | Kamiyah Elders | 10 CR Washington | 35-05.00 | 3 |
| 19 | Lydia Smith | 11 Waukee | 34-10.00 | 5 |
| 20 | Emersyn Stout | 11 Prairie, CR | 34-08.00 | 4 |
| 21 | Zoey Valenta | 12 DC-Grimes | 34-07.25 | 3 |
| 22 | Mackenzie Dean | 11 Dowling Cath | 34-04.25 | 4 |
| 23 | Lainey Maehl | 12 Fort Dodge | 34-03.00 | 6 |
| 24 | Peyton Cota | 10 Cedar Falls | 33-09.50 | 3 |

Event 151 Girls Distance Medley 4A (24)

Friday 5/19/2023 - 9:20 AM

State Record: 4:00.19 5/17/2019 **Cedar Falls, Cedar Falls**
E Green, M Sterrett, S Stokes, M Michael
All-Time: 3:55.82 2017 **Assumption, Assumption**

| Team | Relay | Seed | Time | |
|------|-------------------------|--------------------------|----------------------|-----------------------|
| 1 | Johnston | 1 | 4:10.59 1 | |
| | 1) Annmarie Scott 11 | 2) Paige Peterson 12 | 3) Olivia Fehn 09 | 4) Olivia Verde 11 |
| | 5) Regan Vukovich 12 | 6) Brenna Murphy 11 | 7) Alyx Woodley 09 | 8) Krissy Spear 11 |
| 2 | DUB Hempstead | 1 | 4:10.60 1 | |
| | 1) Ayla Osterkamp 10 | 2) Mallory Tomkins 09 | 3) Brooke O'Brien 12 | 4) Keelee Leitzen 11 |
| | 5) Jillian Renne 09 | 6) Akeelah Anderson 10 | 7) Camdyn Kay 11 | 8) Evie Henneberry 10 |
| 3 | Ames | 1 | 4:11.05 1 | |
| | 1) Ireland Buss 12 | 2) Elaina Deardorff 12 | 3) Sophia Hatcher 09 | 4) Marley Turk 10 |
| | 5) Ellie Lynch 12 | 6) Saylor Horras 10 | 7) Asia Ross 12 | 8) Claire Helmers 10 |
| 4 | Cedar Falls | 1 | 4:11.94 2 | |
| | 1) Sophia Mason 11 | 2) Kate Roussell 09 | 3) Grace Knutson 11 | 4) Josee Simonson 10 |
| | 5) Avery Berte 10 | 6) Paige Wilson 09 | 7) Grace Hannam 10 | 8) Karis Finley 09 |
| 5 | Pleasant Valley | 1 | 4:13.11 1 | |
| | 1) Malayna Albertson 12 | 2) Mary Paige Withers 11 | 3) Jessie Clemons 11 | 4) Grace Boleyn 10 |
| | 5) Sophia Lewis 10 | 6) Lydia Sommer 12 | 7) Elodie Stroup 10 | 8) Ashley Hansen 09 |

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Event 151 ... (Girls Distance Medley 4A (24))

| Event | Team | Relay | Seed Time |
|-------|---------------------------|--------------------------|--------------------------|
| 6 | Valley, WDM | 1 | 4:13.61 1 |
| | 1) Ashley Buchholz 11 | 2) Bella Mavinga 10 | 3) Kaelyn Wieland 09 |
| | 5) Mya DouBrava 12 | 6) Klaire Lietz 10 | 7) Makenna Paul 10 |
| 7 | Waukee NW | 1 | 4:14.54 2 |
| | 1) Josie Vande Krol 11 | 2) Lilah Kress 10 | 3) Anna Sheriff 10 |
| | 5) Katie Stahl 09 | 6) Kiana Carnes 12 | 7) Ke'Ayla Madison 12 |
| 8 | DSM, Roosevelt | 1 | 4:15.47 2 |
| | 1) Julia Knapp 09 | 2) Meredith Gentry 09 | 3) Arianna Jackson 12 |
| | 5) Avery Vukovich 10 | 6) Nasiyah Tillman 09 | 7) Promise Zandy 11 |
| 9 | Ankeny | 1 | 4:16.53 1 |
| | 1) Lillian Smith 11 | 2) Zoe Shadravan 12 | 3) Sophie Loeffler 10 |
| | 5) Alli Macke 10 | 6) Reagan Prendergast 09 | 7) Karsen Jacks 11 |
| 10 | SE Polk | 1 | 4:17.29 3 |
| | 1) Ellie Powell 09 | 2) Avery Warren 10 | 3) Carli Bennett 11 |
| | 5) Anna Van Kooten 11 | 6) Brooke Myers 09 | 7) Jenna Francois 12 |
| 11 | IC, City High | 1 | 4:17.76 2 |
| | 1) Josephine LeClair 10 | 2) Ruth Cloyd 10 | 3) Eva Reynolds 12 |
| | 5) Ani Wedemeyer 10 | 6) Sierra Pruessner 11 | 7) Kjirsten Kenlin 12 |
| 12 | Urbandale | 1 | 4:18.68 3 |
| | 1) Ela Tabakovic 10 | 2) Dennon Rew 12 | 3) Elleana Lekkas 12 |
| | 5) Dayna Spencer 11 | 6) Avery Smit 09 | 7) Vanessa Twitty 09 |
| 13 | Bettendorf | 1 | 4:20.61 3 |
| | 1) Brooke Magistrelli 12 | 2) Anna Ostrom 10 | 3) Calista Rasmer 10 |
| | 5) Maya Williams 11 | 6) Carson Bohonek 10 | 7) Tessa Teagarden 12 |
| 14 | IC, Liberty | 1 | 4:21.10 3 |
| | 1) Hannah Ramsey 12 | 2) Lucy Maassen 09 | 3) Natalie Ramsey 09 |
| | 5) Jasmine Barney 12 | 6) Amira Coleman 11 | 7) Malia Taylor 12 |
| 15 | Norwalk | 1 | 4:21.91 4 |
| | 1) Juliana Warren 12 | 2) Jillian Hammond 09 | 3) Ashlyn Brown 11 |
| | 5) Ava Carlson 09 | 6) Claire Farrell 12 | 7) Kennedy Robbins 11 |
| 16 | Ankeny Cent | 1 | 4:22.68 5 |
| | 1) Layla Hughes 12 | 2) Kacy Olson 10 | 3) Mya Crawford 10 |
| | 5) Julia Flick 10 | 6) Rondi Quass 12 | 7) Malin Vallejo 12 |
| 17 | DVPT, Central | 1 | 4:23.17 4 |
| | 1) Asia Pegues-Jarrett 12 | 2) Sanijah Brock 11 | 3) Aerielle Johnson 10 |
| | 5) JaKniah Lewis 11 | 6) Cameron Shumpert 09 | 7) Hannah Ford 11 |
| 18 | CR Kennedy | 1 | 4:23.40 2 |
| | 1) Morgan Hospodarsky 09 | 2) Emerson Swearinger 09 | 3) Jovie Veach 11 |
| | 5) Anabel Bradley 12 | 6) Ava Kingsbury 11 | 4) Alyssa Brandt 11 |
| 19 | Mason City | 1 | 4:25.11 3 |
| | 1) Gweneth Fiser 11 | 2) Machaela Trask 10 | 3) Megan Tobin 11 |
| | 5) Brogan Evans 09 | 6) Ellea Lewerke 11 | 7) Rosa Monarch 12 |
| 20 | DC-Grimes | 1 | 4:25.32 2 |
| | 1) Asia Jahangir 11 | 2) Abby Osborn 12 | 3) Meredith McDermott 12 |
| | 5) Mara Redenius 10 | 6) Anna Bahnsen 10 | 7) Olivia Curtis 11 |
| 21 | Indianola | 1 | 4:25.43 6 |
| | 1) Kiley Kindelspire 10 | 2) Lauren Olson 09 | 3) Emily Naughton 12 |
| | 5) Kaydence Eaton 11 | 6) Abbie Kluver 09 | 7) Camden Palmer 10 |
| 22 | North Scott | 1 | 4:26.18 5 |
| | 1) Emily Stutting 09 | 2) Natalie Nwatchock 09 | 3) Kaitlyn Knoche 12 |
| | 5) Natalie Naber 12 | 6) Georgia Brunkan 11 | 7) Harmony Hansel 11 |
| | | | 4) Bailey Boddicker 12 |
| | | | 8) Peyton Madison 11 |

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| | Team | Relay | Seed Time |
|----|------------------------|------------------------|------------------------|
| 23 | Linn-Mar | 1 | 4:26.50 4 |
| | 1) Brooklyn Guild 09 | 2) Maia Denge-Hagen 11 | 3) Ameriz Nielsen 12 |
| | 5) Bethany Northrup 12 | 6) Chloe Egbert 09 | 7) Ja'Niya Crawford 10 |
| | | | 4) Rachel Adamson 12 |
| | | | 8) Sydney Carsello 12 |
| 24 | Clinton | 1 | 4:26.61 4 |
| | 1) Kayla Krogman 12 | 2) Makayla Howard 12 | 3) Carryn Sattler 09 |
| | 5) Hannah Malli 11 | 6) Claire Unke 11 | 4) Camryn Sattler 11 |