

1999 STATE TRACK & FIELD CLASS 1A FINAL RESULTS

By Track-on-a-Mac on 5/22/99 6:41 PM

Revised and updated Tuesday, May 25--7:00 p.m. Splits and years in school added, and some relay runners corrected.

On some browsers you may need to change your Page Setup to Landscape (wide) to print the relay runners correctly.

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ATTENDANCE: Friday--9,004; Saturday--8,912; Total--17,916

WEATHER: Friday--Early morning thundershowers passed through Des Moines just before start of 3000 meters. Temperature rose from low 60's to a hot a
Saturday--Bright and sunny all day. High temperatures of 75-80 for the last two hours of the meet. Little wind at 3-5 mph from North-Northw

FINAL TEAM SCORING

1. South Winneshiek 39
2. Aplington-Parkersburg 34
2. Tipton 34
4. Pocahontas Area 28
5. Fort Dodge St. Edmond 26
6. Remsen St. Mary's 20
7. AHST 18
7. Durant-Bennett 18
9. Calamus-Wheatland 16
9. Manson-NW Webster 16
11. Belle Plaine 15
12. Sac City 14
13. Elk Horn-Kimballton-Walnut 12
13. HLV 12
13. Schaller-Crestland 12
13. Treynor 12
17. Woodward-Granger 10
18. Algona Garrigan 8
18. Gilbert 8
18. Guttenberg 8
18. Hinton 8
18. Starmont 8
18. Wapsie Valley 8
24. Aquinas-Marquette 7
24. Bedford 7
24. Tripoli 7
27. Ar-We-Va 6
27. CAL-Dows 6
27. Cedar Falls NUH High 6
27. Central Lyon 6
27. Lake Mills 6
32. Midland 5
32. North Linn 5
34. Alburnett 4
34. Eagle Grove 4
34. Iowa Valley 4
34. Pella Christian 4
34. Southern Cal 4
34. Woodbury Central 4
40. BCLUW 3
40. Columbus 3
40. Des Moines Christian 3
40. Farragut 3
40. Preston-East Marshall 3
40. West Marshall 3
46. Janesville 2
46. Martensdale-St. Marys 2
46. Wall Lake View-Auburn 2
49. Audubon 1
49. Bondurant-Farrar 1
49. Denver 1
49. Dike-New Hartford 1
49. Eldora-New Providence 1
49. Grundy Center 1
49. Harmony 1
49. Lynnville-Sully 1
49. Nishna Valley 1
49. North Central 1

49. Northeast Hamilton 1
49. Sigourney 1

Class 1A 100 Meter Dash Finals

- 1 Julie Drzycimski-JR, Fort Dodge St. Edmond, 12.61
2 Jenny Goodall-JR, Lake Mills, 12.88
3 Robin Sullivan-SO, HLV, 13.03
4 Casey Thompson-SR, Aquinas-Marquette, 13.09
5 Angie Behrend-JR, Guttenberg, 13.13
6 Brandi Olson-FR, Iowa Valley, 13.15
7 Angie Miller-SO, Wilton, 13.21
8 Becky Miller-JR, Iowa City Regina, 13.33

Heat 1

- 1 Angie Behrend-JR, Guttenberg, 12.97
2 Robin Sullivan-SO, HLV, 12.98
3 Becky Miller-JR, Iowa City Regina, 13.00
4 Kim Loterbour-FR, Pocahontas Area, 13.03
5 Debbie Stephens-SR, Mount Ayr, 13.04
6 Pam Harland-SR, Mid-Prairie, 13.36
7 Mandy Grell-JR, Ar-We-Va, 13.40
8 Amber Daringer-SO, Tri-Center, 13.58

Heat 2

- 1 Casey Thompson-SR, Aquinas-Marquette, 12.77
2 Brandi Olson-FR, Iowa Valley, 12.91
3 Pam Betz-JR, CAL-Dows, 13.19
4 Steph Stamm-FR, Olin, 13.25
5 Jen Van Utrecht-SR, North Mahaska, 13.28
6 Arin Hotz-SO, Lone Tree-Highland, 13.40
7 Lacey Trei-FR, George-Little Rock, 13.46
8 Katie Larsen-JR, IKM, 13.50

Heat 3

- 1 Julie Drzycimski-JR, Fort Dodge St. Edmond, 12.35
2 Jenny Goodall-JR, Lake Mills, 12.62
3 Angie Miller-SO, Wilton, 13.01
4 Brooke Engelmann-SR, Albert City-Truesdale, 13.12
5 Julia Kurtz-SR, Hinton, 13.13
6 Lora Walke-FR, Guttenberg, 13.17
7 Nikki Jaycox-SR, Hartley-Melvin-Sanborn, 13.45

Class 1A 200 Meter Dash Finals

- 1 Julie Drzycimski-JR, Fort Dodge St. Edmond, 25.79
2 Annette Otdoerfer-SR, Starmont, 26.22
3 Amber Uhlenhopp-SO, Aplington-Parkersburg, 26.28
4 Brandi Olson-FR, Iowa Valley, 26.79
5 Casey Thompson-SR, Aquinas-Marquette, 26.89
6 Wendy Christy-JR, Harmony, 26.97
7 Julie Muller-FR, Rockford, 27.46
8 Kayla Lundt-SO, River Valley, 27.86

Heat 1

- 1 Amber Uhlenhopp-SO, Aplington-Parkersburg, 26.02
2 Kayla Lundt-SO, River Valley, 26.94
3 Steph Stamm-FR, Olin, 27.01
4 Calli Cronbaugh-SO, Iowa Valley, 27.32
5 Pam Betz-JR, CAL-Dows, 27.34
6 Carla Wosoba-JR, Midland, 27.42
7 Jen Van Utrecht-SR, North Mahaska, 27.48
8 Darci Garrett-SR, Exira, 28.17

Heat 2

- 1 Casey Thompson-SR, Aquinas-Marquette, 26.57
2 Brandi Olson-FR, Iowa Valley, 26.70
3 Julie Muller-FR, Rockford, 26.81
4 Jennifer Zumbach-SR, North Linn, 26.95
5 Brooke Engelmann-SR, Albert City-Truesdale, 26.96
6 Sarah Haan-SR, Pella Christian, 27.14
7 Jodi Epping-SR, Hartley-Melvin-Sanborn, 27.97
8 Andrea Johnson-SR, Des Moines Christian, 28.23

Heat 3

- 1 Julie Drzycimski-JR, Fort Dodge St. Edmond, 25.66
2 Annette Otdoerfer-SR, Starmont, 26.35
3 Wendy Christy-JR, Harmony, 26.91
4 Carrie Norman-SR, Lynnville-Sully, 27.08
5 Tina Sanders-SR, Sac City, 27.23
6 Meredith Austin-JR, Central Lyon, 27.28
7 Megan Covey-FR, Schaller-Crestland, 27.50

Class 1A 400 Meter Dash Finals

- 1 Tina Sanders-SR, Sac City, 0:58.83
2 Meghan Reifenrath-FR, Central Lyon, 0:59.02
3 Carla Wosoba-JR, Midland, 0:59.59
4 Andrea Johnson-SR, Des Moines Christian, 1:00.20
5 Jill Schwiebert-SO, Aplington-Parkersburg, 1:00.38
6 Krystle Cordes-FR, Dike-New Hartford, 1:00.58
7 Meredith Austin-JR, Central Lyon, 1:00.85
8 Sarah Haan-SR, Pella Christian, 1:01.72

Heat 1

1 Tina Sanders-SR, Sac City, 0:58.70
 2 Meghan Reifenrath-FR, Central Lyon, 0:59.28
 3 Stephanie Roepke-JR, East Buchanan, 1:01.05
 4 Stacy Lister-SR, Earlham, 1:01.50
 5 Jessica Jensen-SR, EH-Kimballton-Walnut, 1:01.98
 6 Katie Blair-FR, Gilbert, 1:02.75
 7 Brianne Henry-JR, Starmont, 1:02.77
 8 Sarah Stevens-SR, Eagle Grove, 1:06.28

Heat 2

1 Carla Wosoba-JR, Midland, 1:00.39
 2 Krystle Cordes-FR, Dike-New Hartford, 1:00.44
 3 Meredith Austin-JR, Central Lyon, 1:00.64
 4 Kim Peterson-SO, Fredericksburg, 1:00.95
 5 Jen Carbone-SO, Des Moines Christian, 1:01.26
 6 Teresa Hanna-FR, Laurens-Marathon, 1:01.32
 7 Abby McQuillen-SO, Wilton, 1:03.27
 8 Kerianne Hansen-SO, Corwith-Wesley-LuVerne, 1:03.27

Heat 3

1 Jill Schwiebert-SO, Aplington-Parkersburg, 0:59.87
 2 Andrea Johnson-SR, Des Moines Christian, 1:00.41
 3 Sarah Haan-SR, Pella Christian, 1:00.78
 4 Brooke Engelmann-SR, Albert City-Truesdale, 1:00.98
 5 Stephanie Collins-SR, AHST, 1:01.28
 6 Holly McGonegle-FR, Eagle Grove, 1:03.33
 7 Ashley Slaughter-SO, Lone Tree-Highland, 1:03.68
 8 Kayla Fulrath-SO, Preston-East Central, 1:04.03

Class 1A 800 Meter Run Finals

1 Erin Kappeler-SO, Durant-Bennett, 2:16.16
 2 Michelle Lahann-SR, Calamus-Wheatland, 2:16.42
 3 Sarah Stevens-SR, Eagle Grove, 2:17.91
 4 Ashley Drahn-SR, Belle Plaine, 2:18.45
 5 Mary Oppold-SO, Gilbert, 2:20.35
 6 Emery Burton-SO, Northeast Hamilton, 2:23.29
 7 Leah Zidon-SR, Bondurant-Farrar, 2:23.78
 8 Crystal Kadlec-JR, Alburnett, 2:24.02
 9 Jodi Stevens-FR, Walnut Ridge Baptist, 2:25.75
 10 Leslie Junker-JR, Aplington-Parkersburg, 2:25.80
 11 Nicole Lahann-JR, Calamus-Wheatland, 2:26.02
 12 Lindsay Kropf-SO, Wall Lake View-Auburn, 2:26.23
 13 Nichole Edwards-SR, Manson-NW Webster, 2:26.35
 14 Stephanie Collins-SR, AHST, 2:26.55
 15 Amy Marshall-JR, Harmony, 2:27.82
 16 Rachel Eide-FR, Hubbard-Radcliffe, 2:28.23
 17 Mary DeVore-JR, North Mahaska, 2:28.62
 18 Katie Lichter-JR, Galva-Holstein, 2:30.64
 19 Allison Amfahr-SO, Grundy Center, 2:31.08
 20 Heather Stence-SO, Algona Garrigan, 2:31.67
 21 Kenzie Schweers-SO, Ar-We-Va, 2:32.51
 22 Kelly Smith-SR, Nodaway Valley, 2:32.80
 23 Alicia Cox-JR, Wapsie Valley, 2:33.95

Class 1A 1500 Meter Run Finals

1 Sarah Arens-SR, Remsen St. Mary's, 4:42.54 J
 2 Erin Kappeler-SO, Durant-Bennett, 4:46.34
 3 Michelle Lahann-SR, Calamus-Wheatland, 4:48.73
 4 Marissa Wurzer-FR, South Winneshiek, 4:57.85
 5 Melanie Iler-SR, Southern Cal, 4:58.24
 6 Jennifer Kunkel-FR, Woodbury Central, 4:59.30
 7 Andrea Kirby-FR, Starmont, 5:03.86
 8 Heather Kite-SO, Jesup, 5:04.14
 9 Ann McMillen-SO, Bedford, 5:04.82
 10 Lara Bowman-FR, Preston-East Central, 5:06.73
 11 Laura Schwitzer-JR, Tipton, 5:07.95
 12 Makyla Sprouse-SO, Van Buren, 5:08.98
 13 Allison Abarr-SO, Gilbert, 5:09.31
 14 Megan Anderson-FR, IKM, 5:10.68
 15 Katie Rulapaugh-SR, SCMT, 5:11.13
 16 Karen Johnson-SO, West Branch, 5:11.33
 17 Ari-Anne Kleckner-JR, St. Ansgar, 5:12.17
 18 Holly Reilly-SR, CAM, 5:12.47
 19 Erin McGuire-SR, Manson-NW Webster, 5:12.76
 20 Stephanie Collins-SR, AHST, 5:13.40
 21 Rachel O'Connor-FR, Northeast, 5:15.32
 22 Sara Phillips-SO, Colo-Nesco, 5:15.57
 23 Karie Tigges-SO, Coon Rapids-Bayard, 5:24.93
 24 Teresa McGuire-FR, Algona Garrigan, 5:25.04

Class 1A 3000 Meter Run Finals

1 Sarah Arens-SR, Remsen St. Mary's, 10:08.86 J
 2 Michelle Lahann-SR, Calamus-Wheatland, 10:26.84
 3 Erin Kappeler-SO, Durant-Bennett, 10:29.38
 4 Jennifer Kunkel-FR, Woodbury Central, 10:47.57
 5 Melanie Iler-SR, Southern Cal, 10:54.87
 6 Lara Bowman-FR, Preston-East Central, 11:05.14
 7 Ann McMillen-SO, Bedford, 11:05.29
 8 Rachel O'Connor-FR, Northeast, 11:07.93
 9 Emily Klein-FR, South Hamilton, 11:09.11

10 Karen Johnson-SO, West Branch, 11:12.10
 11 Heather Kite-SO, Jesup, 11:14.35
 12 Jennifer Hedrick-JR, North Linn, 11:15.83
 13 Lacey Leinbaugh-JR, Galva-Holstein, 11:19.75
 14 Amber Tomlin-SO, Belle Plaine, 11:22.03
 15 Tara Pratt-SR, Denver, 11:24.25
 16 Makyla Sprouse-SO, Van Buren, 11:27.37
 17 Sheena Bohn-JR, Villisca, 11:29.31
 18 Teresa Wessling-SR, Guthrie Center, 11:32.71
 19 Zsofia Boden-JR, Wilton, 11:34.00
 20 Tiffany Foster-JR, Tripoli, 11:35.41
 21 Katie Rulapaugh-SR, SCMT, 11:55.49
 22 Amanda Potter-SR, Lake Mills, 12:01.00
 23 Lacey Smith-JR, Hubbard-Radcliffe, 12:02.42
 24 Emily Gerloch-SR, CAM, 12:26.80

Class 1A 100 Meter Hurdles Finals

1 Lindsay Schultz-JR, Manson-NW Webster, 15.15
 2 Courtney Brommell-SR, Tipton, 15.21
 3 Stephanie Goettsch-SR, AHST, 15.22
 4 Ashley Nally-FR, Bedford, 15.25
 5 Jacque Moyer-JR, Janesville, 15.32
 6 Elizabeth Teisinger-SR, Tripoli, 15.34
 7 Raegan Schultz-JR, Manson-NW Webster, 15.71
 8 Elicia Brocka-SR, Aplington-Parkersburg, 15.77

Heat 1

1 Jacque Moyer-JR, Janesville, 15.32
 2 Raegan Schultz-JR, Manson-NW Webster, 15.35
 3 Jenny Randeris-JR, Audubon, 15.79
 4 Ashley Todd-JR, River Valley, 15.80
 5 Autumn Knop-JR, Battle Creek-Ida Grove, 16.40
 6 Krystal Cary-, Underwood, 16.64
 999 Rachel Hoffman-SR, Ar-We-Va, DNF
 999 Nikki Gruber-FR, Pocahontas Area, DQ-16.30

Heat 2

1 Lindsay Schultz-JR, Manson-NW Webster, 15.32
 2 Ashley Nally-FR, Bedford, 15.34
 3 Stephanie Goettsch-SR, AHST, 15.40
 4 Callie Trei-SR, George-Little Rock, 15.91
 5 Melea Zacharias-SO, Aplington-Parkersburg, 15.95
 6 Liz Rasmussen-FR, Calamus-Wheatland, 16.48
 7 Emily Taylor-FR, Marcus-Meriden-Cleghorn, 16.66
 8 Megan Jacobs-FR, River Valley, 16.68

Heat 3

1 Elizabeth Teisinger-SR, Tripoli, 15.12
 2 Courtney Brommell-SR, Tipton, 15.44
 3 Elicia Brocka-SR, Aplington-Parkersburg, 15.55
 4 Erin Steinkamp-SR, Southern Cal, 15.64
 5 Jodi Block-JR, LeMars Gehlen Catholic, 16.07
 6 Nicole Baker-JR, Pekin, 16.47
 7 Stacy Stout-JR, North Mahaska, 16.71
 8 Leslie Dykstra-JR, Twin Cedars, 16.86

Heat 4 (RERUN)

1 Rachel Hoffman-SR, Ar-We-Va, 15.99

Class 1A 400 Meter Hurdles Finals

1 Stephanie Goettsch-SR, AHST, 1:04.69
 2 Jill Schwiebert-SO, Aplington-Parkersburg, 1:04.87
 3 Jessica Jensen-SR, EH-Kimballton-Walnut, 1:05.51
 4 Courtney Brommell-SR, Tipton, 1:05.59
 5 Elizabeth Teisinger-SR, Tripoli, 1:05.65
 6 Sarah Glynn-JR, Nishna Valley, 1:06.86
 7 Callie Trei-SR, George-Little Rock, 1:07.55
 8 Carmen Oswalt-SR, Collins-Maxwell-Baxter, 1:11.62

Heat 1

1 Jill Schwiebert-SO, Aplington-Parkersburg, 1:04.62
 2 Jessica Jensen-SR, EH-Kimballton-Walnut, 1:05.40
 3 Elizabeth Teisinger-SR, Tripoli, 1:05.50
 4 Carmen Oswalt-SR, Collins-Maxwell-Baxter, 1:07.02
 5 Kerryann Mehmen-SR, Nashua-Plainfield, 1:08.35
 6 Jill Anderson-SO, Audubon, 1:09.93

Heat 2

1 Courtney Brommell-SR, Tipton, 1:05.90
 2 Sarah Glynn-JR, Nishna Valley, 1:06.75
 3 Stevie Hudrilik-JR, Andrew, 1:07.06
 4 Kristi Rohe-SR, LeMars Gehlen Catholic, 1:08.76
 5 Anna Hellinga-JR, West Hancock, 1:08.88
 6 Rachel Derscheid-SR, Mount Ayr, 1:10.77

Heat 3

1 Stephanie Goettsch-SR, AHST, 1:05.19
 2 Callie Trei-SR, George-Little Rock, 1:05.83
 3 Meggan Farrell-JR, Ar-We-Va, 1:08.35
 4 Cicely Schramm-SR, Laurens-Marathon, 1:08.92
 5 Lindsay Schultz-JR, Manson-NW Webster, 1:09.34
 6 Jen Ware-SR, Glidden-Ralston, 1:09.58

Heat 4

1 Nicole Bontrager-FR, Mid-Prairie, 1:08.60

2 Sara Seeley-SO, Algona Garrigan, 1:09.71
 3 Amber Wood-SO, Alburnett, 1:09.73
 4 Ethanie Wallinga-JR, Hartley-Melvin-Sanborn, 1:10.87
 5 Lesley Menken-SR, Rockwell-Swaledale, 1:13.24
 6 Tara Pickering-JR, Calamus-Wheatland, 1:13.97
 7 Crystal Stokes-SO, West Bend-Mallard, 1:14.27

Class 1A 4x100 Meter Relay Finals

1 POCAHONTAS AREA, (Kim Loterbour, Rachael Jergens, Ashley Kakacek, Niki Dewall), 50.30
 2 HLV, (Gigi Fairchild, Mandy Fredericks, Cari Kinzenbaw, Robin Sullivan), 50.52
 3 SCHALLER-CRESTLAND, (Molly Movall, Mandy Rydberg, Traci Bode, Stephanie Lindgren), 50.94
 4 APLINGTON-PARKERSBURG, (Natalie Brocka, Angie Wessels, Ashley Uhlenhopp, Amber Uhlenhopp), 50.97
 5 STARMONT, (Leah Francois, Tara Robinson, Marcia Zitelman, Annette Otdoerfer), 51.33
 6 NORTH LINN, (Stephanie Corkery, Deanne Miller, Autum Boddicker, Jennifer Zumbach), 51.39
 7 DENVER, (Angela Gloede, Leia Adams, Amber Hillmann, Kristi Gloede), 51.78
 999 WAPELLO, (Karly Rossiter, Stacey Thomas, Christine Cary, Tiffany Pierce), DQ-51.97

Heat 1

1 SCHALLER-CRESTLAND, (Molly Movall, Mandy Rydberg, Traci Bode, Stephanie Lindgren), 51.38
 2 APLINGTON-PARKERSBURG, (Natalie Brocka, Angie Wessels, Ashley Uhlenhopp, Amber Uhlenhopp), 51.59
 3 DENVER, (Angela Gloede, Leia Adams, Amber Hillmann, Kristi Gloede), 52.19
 4 NORTHEAST, (Emily Wiese, Ashley Krogmann, Angie Hillman, Hadley Costello), 52.73
 5 BELLE PLAINE, (Ashley Jacobi, Shanna Hirschberger, Jessica Kurriger, Melynda Balvin), 53.03
 6 NORTH IOWA, (Rachel Heyer, Jessica Heyer, Heidi Jensvold, Mindy Kakacek), 53.59
 7 NORTH MAHASKA, (Shauna Dyjack, Jen Van Utrecht, Amanda Roose, Stacy Stout), 54.27

Heat 2

1 POCAHONTAS AREA, (Kim Loterbour, Rachael Jergens, Ashley Kakacek, Niki Dewall), 50.51
 2 STARMONT, (Leah Francois, Tara Robinson, Marcia Zitelman, Annette Otdoerfer), 51.78
 3 WAPELLO, (Karly Rossiter, Stacey Thomas, Christine Cary, Tiffany Pierce), 51.79
 4 HARTLEY-MELVIN-SANBORN, (Nikki Jaycox, Lisa Epping, Shanna Vetter, Jodi Epping), 52.29
 5 COLUMBUS, (Anna Sands, Jill Masonholder, Paula Pugh, Sammi Smith), 52.82
 6 WEST HARRISON, (Hannah Barrineau, Brandy Pape, Jessica Johnston, Valerie Carritt), 53.26
 7 MORAVIA/MOULTON-UDELL, (Tiffany Tallent, Morgan Doggett, Emily Self, Jennifer Godby), 53.29
 8 RIVER VALLEY, (Megan Jacobs, Kelly Mebius, Noelle Leonard, Marissa Simmons), 53.76

Heat 3

1 HLV, (Gigi Fairchild, Mandy Fredericks, Cari Kinzenbaw, Robin Sullivan), 51.10
 2 NORTH LINN, (Stephanie Corkery, Deanne Miller, Autum Boddicker, Jennifer Zumbach), 51.70
 3 CAL-DOWS, (Joelyn Wiarda, Andrea Ohl, Kara Pralle, Pam Betz), 52.42
 4 MARCUS-MERIDEN-CLEGHORN, (Abby Schlenger, Ryan Plueger, Julia LoVan, Emily Ehrig), 52.45
 5 TIPTON, (Kelly Cook, Michaela Osborn, Corey Arndt, Katie Foley), 52.70
 6 NEWELL-FONDA, (Erin Kiies, Kristi Kruchten, Kristen Gruntorad, Amy Nieland), 52.92
 7 OGDEN, (Karen Swanson, Meredith Mahoney, Jessica Duncan, Lindsay Clark), 52.95
 8 NORTH CENTRAL, (Krystal Lien, Brooke Broderson, Lindsey Hagen, Nicki Petersburg), 53.60

Class 1A 4x200 Meter Relay Finals

1 POCAHONTAS AREA, (Kim Loterbour, Rachael Jergens, Ashley Kakacek, Niki Dewall), 1:45.72
 2 APLINGTON-PARKERSBURG, (Natalie Brocka, Angie Wessels, Ashley Uhlenhopp, Amber Uhlenhopp), 1:45.88
 3 SCHALLER-CRESTLAND, (Molly Movall, Mandy Rydberg, Traci Bode, Stephanie Lindgren), 1:46.60
 4 NORTH LINN, (Kara Robinson, Deanne Miller, Autum Boddicker, Jennifer Zumbach), 1:47.11
 5 TREYNOR, (Jennifer Anderson, Jessica Sornson, Katie Lauver, Katie Maguire), 1:47.49
 6 DENVER, (Amber Hillmann, Leia Adams, Kristi Gloede, Heidi Brody), 1:47.78
 7 SOUTH WINNESHIEK, (Renee Lensing, Nikki Hitesman, Abby McNeal, Beth Moore), 1:48.03
 8 TIPTON, (Kristi Mente, Christy Hansen, Katie Foley, Kara Rechterman), 1:48.63

Heat 1

1 SCHALLER-CRESTLAND, (Molly Movall, Mandy Rydberg, Traci Bode, Stephanie Lindgren), 1:47.84
 2 POCAHONTAS AREA, (Kim Loterbour, Rachael Jergens, Ashley Kakacek, Niki Dewall), 1:49.02
 3 WEST HANCOCK, (Jamie Veldhouse, Dawn Weiskamp, Sara Miller, Allison Hejlik), 1:51.29
 4 NORTHEAST, (Angie Hillman, Ashley Krogmann, Ashley Costello, Hadley Costello), 1:51.38
 5 PRESTON-EAST CENTRAL, (Brandi Jorgensen, Ashley Helmle, Erin Daniels, Amy Young), 1:51.51
 6 EAST BUCHANAN, (Katie Steffen, Amber Teig, Emily Dolan, Kelly Dolan), 1:52.59
 7 ANDREW, (Courtney Casel, Sadie Bowling, Cassy Bliss, Stevie Hudrillik), 1:53.46
 8 INTERSTATE 35, (Brooke Stanley, Amy Weeks, Kelly Crouthamel, Alicia Hraha), 1:53.53

Heat 2

1 NORTH LINN, (Kara Robinson, Deanne Miller, Autum Boddicker, Jennifer Zumbach), 1:48.38
 2 TREYNOR, (Jennifer Anderson, Jessica Sornson, Katie Lauver, Katie Maguire), 1:48.91
 3 SOUTH WINNESHIEK, (Renee Lensing, Nikki Hitesman, Abby McNeal, Beth Moore), 1:49.22
 4 DENVER, (Amber Hillmann, Leia Adams, Kristi Gloede, Heidi Brody), 1:49.30
 5 NASHUA-PLAINFIELD, (Jill Trost, Sherry Matthias, Casey Willsher, Jill Sinnwell), 1:51.39
 6 HARTLEY-MELVIN-SANBORN, (Lisa Epping, Nikki Jaycox, Shanna Vetter, Jodi Epping), 1:52.13
 7 WAYNE, (Heather Long, Sarah Hook, Carolyn Blackford, Becky Green), 1:52.40
 8 RIVER VALLEY, (Marissa Simmons, Kelly Mebius, Vanessa Wright, Kayla Lundt), 1:52.50

Heat 3

1 APLINGTON-PARKERSBURG, (Natalie Brocka, Angie Wessels, Ashley Uhlenhopp, Amber Uhlenhopp), 1:47.98
 2 TIPTON, (Kristi Mente, Christy Hansen, Katie Foley, Kara Rechterman), 1:49.75
 3 BELLE PLAINE, (Molly DeMeulenaere, Ashley Jacobi, Michelle Bartachek, Shanna Hirschberger), 1:50.45
 4 COLUMBUS, (Mandy Orris, Stephani Smith, Sammi Smith, Paula Pugh), 1:50.62
 5 HLV, (Cari Kinzenbaw, Dani Smith, Mandy Fredericks, Robin Sullivan), 1:50.65
 6 AUDUBON, (Ashley Miltenberger, Rachel Carter, Amber Petersen, Megan Petersen), 1:51.48
 7 NEWELL-FONDA, (Erin Kiies, Amanda Kies, Kristi Kruchten, Amy Nieland), 1:52.14
 8 SIGOURNEY, (Abby Hammes, Becky O'Rourke, Tessa Hammes, Karla , Flynn), 1:52.61

Class 1A 4x400 Meter Relay Finals

1 TIPTON, (Courtney Brommell 59.8, Jenni Janssen 62.9, Kristi Mente 62.3, Kara Rechterman 58.6), 4:03.61
 2 SOUTH WINNESHIEK, (Abby McNeal 63.0, Beth Moore 61.8, Nikki Hitesman 60.4, Ann Bakewell 59.4), 4:04.62
 3 HINTON, (Julia Kurtz 60.9, Kyndara Hardersen 61.9, Ashley Bramstedt 62.1, Mikyla Hardersen 59.9,), 4:04.83
 4 BELLE PLAINE, (Michelle Bartachek 62.8, Lauren Drahos 61.6, Molly DeMeulenaere 62.4, Ashley Drahn 60.6), 4:07.35
 5 WALL LAKE VIEW-AUBURN, (Jessie Brotherton, Beth Fischer, Marie Sturm, Lindsay Kropf), 4:12.13

6 ELDORA-NEW PROVIDENCE, (Brittany Ewoltdt 62.1, Amy Anderson 62.7, Jenn Beare 66.6, Dia Dohlman 61.2), 4:12.63
 7 INTERSTATE 35, (Ashlee Dickinson, Tiffany Seibert, Alicia Hraha, Heather Beeler), 4:12.98
 8 MANSON-NW WEBSTER, (Heidi Hofbauer, Janelle Mersch, Nichole Edwards, Raegan Schultz), 4:18.52

Heat 1

1 SOUTH WINNESHIEK, (Abby McNeal 64.2, Beth Moore 61.1, Nikki Hitesman 63.1, Ann Bakewell 60.7), 4:09.14
 2 BELLE PLAINE, (Michelle Bartachek 63.7, Lauren Drahos 62.4, Molly DeMeulenaere 64.1, Ashley Drahn 60.1), 4:10.45
 3 WALL LAKE VIEW-AUBURN, (Jessie Brotherton 63.2, Beth Fischer 64.7, Marie Sturm 63.9, Lindsay Kropf 60.8), 4:12.69
 4 TREYNOR, (Jessica Sornson 64.4, Anna Brantz 62.8, Katie Lauver 64.3, Katie Maguire 61.6), 4:13.13
 5 AUDUBON, (Jenny Randeris, Megan Petersen, Erin Hoffman, Tiffany Christensen), 4:13.76
 6 AR-WE-VA, (Mandy Grell, Meggan Farrell, Sara Kock, Rachel Hoffman), 4:18.21
 7 POCAHONTAS AREA, (Nikki Gruber, Kate McCormick, Joanna Schrieber, Rachael Jergens), 4:21.32
 8 EAST BUCHANAN, (Emily Dolan, Jessie Sloan, Kelly Dolan, Stephanie Roepke), 4:26.11

Heat 2

1 TIPTON, (Courtney Brommell 59.3, Jenni Janssen 62.6, Kristi Mente 62.4, Kara Rechterman 60.5), 4:04.80
 2 ELDORA-NEW PROVIDENCE, (Brittany Ewoltdt 62.9, Amy Anderson 62.0, Jenn Beare 65.6, Dia Dohlman 60.8), 4:11.33
 3 MANSON-NW WEBSTER, (Heidi Hofbauer 62.4, Janelle Mersch 63.5, Nichole Edwards 62.3, Raegan Schultz 63.3), 4:11.54
 4 CALAMUS-WHEATLAND, (Nicole Lahann 62.3, Alisa Timmerman 64.5, Tara Pickering 64.7, Ashley Henning 62.2), 4:13.74
 5 CEDAR FALLS NU HIGH, (Bethany Richter 64.4, Kate Stater 63.2, Janelle Doddema 62.7, Rachel Koch 64.3), 4:14.78
 6 LAURENS-MARATHON, (Cicely Schramm 65.0, Jennifer Kliegl 66.9, Machelle Snow 64.9, Teresa Hanna 62.6), 4:19.16
 7 HARTLEY-MELVIN-SANBORN, (Keri Getting, Mary Harders, Lanea Naber, April Taylor), 4:19.87
 8 VILLISCA, (Anna Wainwright, Melissa Robinson, Lindsey Beem, Jessie Gray), 4:21.30

Heat 3

1 HINTON, (Julia Kurtz, Kyndara Hardersen, Ashley Bramstedt, Mikyla Hardersen), 4:09.44
 2 INTERSTATE 35, (Ashlee Dickinson, Tiffany Seibert, Alicia Hraha, Heather Beeler), 4:12.81
 3 WEST HANCOCK, (Anna Hellinga, Heather Gast, Dustie Smith, Allison Hejlik), 4:14.41
 4 LYNNVILLE-SULLY, (Keisha Lewis, Carrie Norman, Anna Conover, Susie Gray), 4:14.46
 5 LEMARS GEHLEN CATHOLIC, (Sara Langel, Jess Sitzmann, Kristi Rohe, Jodi Block), 4:14.92
 6 ST. ANSGAR, (Gretchen Porisch, Brianne Fossey, Kristy Larson, Katie Mayer), 4:14.92
 7 WACO, (Brittany Temple, Amanda Messer, Angela Unkrich, Alisha Lewis), 4:27.06
 999 CENTRAL LYON, (Kate Boeve, Abby Van Berkum, Meghan Reifenrath, Meredith Austin), dQ-4:12.16

Class 1A 4x800 Meter Relay Finals

1 SOUTH WINNESHIEK, (Brittany Buddenberg 2:27.9, Angie Holthaus 2:26.4, Bridget Buddenberg 2:28.8, Marissa Wurzer 2:21.7), 09:44.80
 2 WAPSIE VALLEY, (Kassie Leistikow 2:28.6, Joy Schutte 2:27.4, Chelsey Matthias 2:27.3, Alicia Cox 2:22.4), 09:45.68
 3 CEDAR FALLS NU HIGH, (Janelle Doddema 2:31.9, Rachel Koch 2:26.6, Bethany Richter 2:28.2, Kate Stater 2:27.2), 09:53.99
 4 GILBERT, (MacKenzie Henryson 2:27.6, Allison Abarr 2:28.8, Liz Dunshee 2:37.8, Mary Oppold 2:20.8), 09:55.04
 5 PRESTON-EAST CENTRAL, (Beth Rowan, Amy Young, Ashley Helmle, Linessa Bowman), 09:56.25
 6 LYNNVILLE-SULLY, (Erin Ver Ploeg 2:27.4, Jill Rosendaal 2:30.1, Erin Shearn 2:32.6, Susie Gray 2:27.8), 09:57.91
 7 ST. ANSGAR, (Ari-Anne Kleckner, Tina May, Gretchen Porisch, Katie Mayer), 09:58.10
 8 CALAMUS-WHEATLAND, (Katie Hayen 2:28.9, Alisa Timmerman, Tara Pickering, Nicole Lahann 2:21.7), 09:58.79
 9 NORTH LINN, (Jessie Sackett 2:26.4, Jennifer Hedrick 2:28.8, Jenni Mudd 2:30.1, Kyla Schulte 2:34.0), 09:59.32
 10 TIPTON, (Laura Schwitzer 2:29.4, Jolene Gravert, Erica Esbeck, Jenni Janssen), 10:00.80
 11 DENVER, (Emily Huber 2:28.8, Tara Pratt 2:35.9, Heidi Brody 2:29.4, Ingrid Syhre 2:27.0), 10:01.09
 12 ELDORA-NEW PROVIDENCE, (Ashley Smith 2:39.8, Dia Dohlman 2:27.5, Jenn Beare 2:32.6, Amy Anderson 2:27.5), 10:06.35
 13 AUDUBON, (Gina Baier, Sara Boehm, Erin Hoffman, Tiffany Christensen), 10:08.65
 14 MANSON-NW WEBSTER, (Abby Sweet, Erin McGuire, Kelli McCaulley, Nichole Edwards), 10:09.79
 15 JESUP, (Kelli Kayser 2:22.4, Cassie Frush 2:34.1, Jessica Smith 2:37.0, Marci Clayton 2:38.0), 10:11.24
 16 ALGONA GARRIGAN, (Ashley Arndorfer 2:34.9, Teresa McGuire 2:38.9, Angie Kohlhaas 2:33.1, Heather Stence 2:24.7), 10:11.62
 17 ESSEX, (Sara Comstock, Megan Slater, Corrie Bangston, Lisa Slater), 10:14.16
 18 HINTON, (Kyndara Hardersen 2:26.6, Cassandra Whitney, Lindsey Held, Mikyla Hardersen), 10:15.46
 19 PATON-CHURDAN, (Alison Bauer, Rachel Parks, Brooke Kersey, Andrea Bauer), 10:16.02
 20 WALL LAKE VIEW-AUBURN, (Beth Fischer, Renee Kraft, Marie Sturm, Lindsay Kropf), 10:17.81
 21 LEMARS GEHLEN CATHOLIC, (Lisa Shea 2:36.0, Jess Sitzmann 2:32.6, Bobbie Langel 2:33.9, Sara Langel 2:36.1), 10:19.23
 22 POCAHONTAS AREA, (Joanna Schrieber, Dena Ricklefs, Jana Brinkman, Kate McCormick), 10:27.87
 23 NODAWAY VALLEY, (Kelly Smith, Lisa Holan, Heather Bass, Phylisha Eshelman), 10:36.25
 24 WINFIELD-MT. UNION, (Heidi Cummings, Katie Mabeus, Megan Hamilton, Caitlin Welsch), 10:46.73

Class 1A Sprint Medley Relay Finals

1 FORT DODGE ST. EDMOND, (Missy Rork, Sarah Shanks, Kristan Shanks, Julie Drzycimski 58.8), 1:52.20
 2 SOUTH WINNESHIEK, (Renee Lensing, Kristin Schmitt, Beth Moore, Ann Bakewell 59.0), 1:52.61
 3 SAC CITY, (Aimee Lampe, Kathy Carlson, Sara Osborne, Tina Sanders 57.9), 1:53.23
 4 TREYNOR, (Anna Brantz, Jennifer Anderson, Jessica Sornson, Katie Maguire 59.6), 1:53.54
 5 COLUMBUS, (Jill Masonholder, Stephani Smith, Anna Sands, Paula Pugh 60.8), 1:54.53
 6 MIDLAND, (Mary Dabling, Megan Muhl, Jessy Berting, Carla Wosoba 61.0), 1:54.90
 7 SOUTHERN CAL, (Abbie Willis, Michelle Blessington, Erin Steinkamp, Michele Hardy), 1:56.40
 8 DIKE-NEW HARTFORD, (Christie Schreck, Diann Merfeld, Melissa Henriksen, Krystle Cordes), 1:58.39

Heat 1

1 SOUTH WINNESHIEK, (Renee Lensing, Kristin Schmitt, Beth Moore, Ann Bakewell), 1:52.40
 2 SAC CITY, (Aimee Lampe, Kathy Carlson, Sara Osborne, Tina Sanders), 1:53.09
 3 PELLA CHRISTIAN, (Sandi DeJong, Lacey Joe Huisman, Lindsey Talsma, Sarah Haan), 1:54.40
 4 WEST HANCOCK, (Heather Doughan, Ivy May, Dawn Weiskamp, Allison Hejlik), 1:55.35
 5 LONE TREE-HIGHLAND, (Kari Kiene, Krista Burich, Arin Hotz, Ashley Slaughter), 1:55.92
 6 PRESTON-EAST CENTRAL, (Brandi Jorgensen, Morgan Willey, Ashley Helmle, Amy Young), 1:56.82
 7 SIGOURNEY, (Abby Hammes, Becky O'Rourke, Tessa Hammes, Karla Flynn), 2:02.92
 999 STARMONT, (Leah Francois, Brianne Henry, Tara Robinson, Annette Otdoerfer), DNF

Heat 2

1 TREYNOR, (Anna Brantz, Jennifer Anderson, Jessica Sornson, Katie Maguire), 1:54.07
 2 DIKE-NEW HARTFORD, (Christie Schreck, Diann Merfeld, Melissa Henriksen, Krystle Cordes), 1:54.33
 3 SOUTHERN CAL, (Abbie Willis, Michelle Blessington, Erin Steinkamp, Michele Hardy), 1:54.39
 4 ALBURNETT, (Megan Burns, Jamie Bailey, Afton Strand, Crystal Kadlec), 1:54.49
 5 HARTLEY-MELVIN-SANBORN, (Lisa Epping, Lanea Naber, April Taylor, Shanna Vetter), 1:55.44
 6 EAGLE GROVE, (Lyndsay Davis, Amber Harrington, Holly McGonegle, Sarah Stevens), 1:55.49
 7 INTERSTATE 35, (Aimee Walther, Kelly Crouthamel, Brooke Stanley, Heather Beeler), 1:56.13
 8 CALAMUS-WHEATLAND, (Kendra Burzlaff, Anna Hass, Carrie Green, Ashley Henning), 1:57.51

Heat 3

1 FORT DODGE ST. EDMOND, (Missy Rork, Sarah Shanks, Kristan Shanks, Julie Drzycimski), 1:51.94
 2 COLUMBUS, (Jill Masonholder, Stephani Smith, Anna Sands, Paula Pugh 59.8), 1:54.05

3 MIDLAND, (Mary Dabling, Megan Muhl, Jessy Berting, Carla Wosoba 58.6), 1:54.22
 4 CORWITH-WESLEY-LUVERNE, (Tina Steenhard, Renee Hanselman, Kristin Rasmussen, Kerianne Hansen), 1:54.95
 5 FREDERICKSBURG, (Jenny Franzen, Katie Oswald, Bethany Ludwig, Kim Peterson), 1:55.94
 6 IOWA VALLEY, (Jodi Hinrichs, Erin Frimmel, Calli Cronbaugh, Brandi Olson), 1:56.66
 7 DES MOINES CHRISTIAN, (Michelle Jensen, Sarah Daniels, Sara Revell, Jen Carbone), 1:56.82
 8 ALGONA GARRIGAN, (Deanna Kohlhaas, Liz DeWaard, Mandy Roethler, Heather Stence), 2:00.23

Class 1A Distance Medley Relay Finals

1 SOUTH WINNESHIEK, (Nikki Hitesman, Abby McNeal, Ann Bakewell 60.2, Marissa Wurzer 2:21.3), 4:17.05
 2 BELLE PLAINE, (Molly DeMeulenaere, Shanna Hinschberger, Lauren Drahos 62.7, Ashley Drahn 2:19.1), 4:17.38
 3 TIPTON, (Kristi Mente, Kelly Foley, Kara Rechterman 60.1, Jenni Janssen 2:24.4), 4:19.73
 4 ALBURNETT, (Afton Strand, Jamie Bailey, Amber Wood, Crystal Kadlec), 4:21.62
 5 HINTON, (Sheena Getty, Ashley Bramstedt, Kyndara Hardersen 63.0, Mikyla Hardersen 2:22.4), 4:22.24
 6 BONDURANT-FARRAR, (Abbie Westrope, Kasey Knowles, Beth Nelson 63.5, Leah Zidon 2:22.8), 4:23.63
 7 ST. ANSGAR, (Kristy Larson, Steph Larson, Gretchen Porisch 64.2, Katie Mayer 2:22.2), 4:24.02
 8 INTERSTATE 35, (Brooke Stanley, Alicia Hraha, Heather Beeler 62.5, Ashlee Dickinson 2:25.9), 4:24.65
 9 PRESTON-EAST CENTRAL, (Brandi Jorgensen, Erin Daniels, Jamie Larson 62.9, Linessa Bowman 2:25.6), 4:25.17
 10 SIGOURNEY, (Abby Hammes, Becky O'Rourke,, Karla Flynn, Ashley Schutlz), 4:26.13
 11 LYNNVILLE-SULLY, (Anna Conover, Carrie Norman, Susie Gray 63.2, Erin Ver Ploeg 2:27.5), 4:26.30
 12 APLINGTON-PARKERSBURG, (Natalie Brocka, Ashley Uhlenhopp, Rachel Spree 63.9, Leslie Junker 2:29.8), 4:26.92
 13 NASHUA-PLAINFIELD, (Jill Trost, Sherry Matthias, Kristi Haberman 63.7, Shelly Matthias 2:27.4), 4:27.89
 14 NORTH LINN, (Katie Benesch, Deanne Miller, Kara Robinson 64.4, Jessie Sackett 2:26.6), 4:29.04
 15 DANVILLE, (Allison Wolkenhauer, Megan Fraise, Becky Hull, Brianna Wilkerson), 4:29.44
 16 COLO-NESCO, (Sara Peakin, Jill Robinson, Chelsie Reifschneider 63.2, Sara Phillips 2:27.09), 4:29.46
 17 EAST BUCHANAN, (Emily Dolan, Kelly Dolan, Jessie Sloan 64.7, Liz Carr 2:28.7), 4:29.74
 18 ENGLISH VALLEYS, (Amber Greene, Dana Wilkerson, Jill Provin 62.6, Amanda Weldon 2:32.5), 4:30.77
 19 ESSEX, (Bethany Stuart, Julie Green, Corrie Bangston 64.2, Lisa Slater 2:28.0), 4:31.18
 20 HUBBARD-RADCLIFFE, (Jill Duberke, Staci Friest, Abby Guard 64.0, Rachel Eide 2:29.0), 4:32.00
 21 OGDEN, (Jessica Duncan, Lindsay Anderson, Kara Lass 64.2, Jenny Bloomberg 2:32.5), 4:33.01
 22 HARMONY, (Wendy Christy, Sarah Sedore, Andra Jahn 66.8, Amy Marshall 2:31.1), 4:33.56
 23 CALAMUS-WHEATLAND, (Kendra Burzlauff, Carrie Green, Ashley Henning 62.9, Katie Hayden), 4:35.13
 24 REMSEN ST. MARY'S, (Maria Wiederholt, Katrina Klein, Steph Bacon 65.4, Sarah Arens 2:36.8), 4:41.12

Class 1A Shuttle Hurdle Relay Finals

1 APLINGTON-PARKERSBURG, (Elicia Brocka 15.4, Melea Zacharias 16.0, Angie Wessels 16.5, Jill Schwiebert 15.3), 1:03.28
 2 MANSON-NW WEBSTER, (Heidi Hofbauer 15.7, Raegan Schultz 15.9, Jennifer Jepson 16.4, Lindsay Schultz 15.3), 1:03.38
 3 AR-WE-VA, (Mandy Grell, Tiffany Wolterman, Meggan Farrell, Rachel Hoffman), 1:06.33
 4 TRIPOLI, (Kayla Buls, Angela Boeckmann, Patricia Dietz, Elizabeth Teisinger), 1:06.44
 5 GILBERT, (Christa Housken, Kaitlyn Greenbowe, Kelly Quarnstrom, Molly Sundberg), 1:06.58
 6 NORTH CENTRAL, (Connie Koob, Lindsey Hagen, Nicki Petersburg, Krystal Lien), 1:07.48
 7 CALAMUS-WHEATLAND, (Anna Hass, Amanda Goettsch, Carrie Green, Liz Rasmussen), 1:08.08
 8 LEMARS GEHLEN CATHOLIC, (Katie Schiltz, Katie Hughes, Kristi Rohe, Jodi Block), 1:09.01

Heat 1

1 AR-WE-VA, (Mandy Grell, Tiffany Wolterman, Meggan Farrell, Rachel Hoffman), 1:05.51
 2 GILBERT, (Christa Housken, Kaitlyn Greenbowe, Kelly Quarnstrom, Molly Sundberg), 1:06.09
 3 POCAHONTAS AREA, (Nicole Ayers, Tami MacRunnel, Morgan Hammer, Nikki Gruber), 1:08.69
 4 AUDUBON, (Erika Levis, Jami Wiges, Brooke Fancher, Jenny Randeris), 1:08.98

Heat 2

1 NORTH CENTRAL, (Connie Koob, Lindsey Hagen, Nicki Petersburg, Krystal Lien), 1:06.53
 2 LEMARS GEHLEN CATHOLIC, (Katie Schiltz, Kristi Rohe, Katie Hughes, Jodi Block), 1:06.79
 3 CALAMUS-WHEATLAND, (Anna Hass, Amanda Goettsch, Carrie Green, Liz Rasmussen), 1:07.90
 4 NORTH LINN, (Autum Boddicker, Tiffany Raddatz, Michelle Mais, Laura Reinhardt), 1:11.24

Heat 3

1 MANSON-NW WEBSTER, (Heidi Hofbauer, Raegan Schultz, Jennifer Jepson, Lindsay Schultz), 1:04.89
 2 OGDEN, (Karen Swanson, Meredith Mahoney, Annie Blyth, Lindsay Clark), 1:08.08
 3 COLLINS-MAXWELL-BAXTER, (Rachel Jackson, Kaylan Parker, Danielle Allen, Lindsay Dawson), 1:11.18
 4 AHST, (Lana Messinger, Robyn Playman, Kasey Diemer, Holly Lamp), 1:12.12

Heat 4

1 SENTIAL, (Katie Brink, Heather Cochran, Jodie Bierstedt, Christina Cochran), 1:08.24
 2 NASHUA-PLAINFIELD, (Kerryann Mehmen, Alisha Balsley, Cindy Hanneman, Jill Sinnwell), 1:10.57
 3 TREYNOR, (Katie Lauver, Theresa Trede, Linsey Boehm, Katie Maguire), 1:10.64
 4 EH-KIMBALLTON-WALNUT, (Jessica Jensen, Jill Troll, Cheyenne Pedersen, Heather Kay), 1:12.33

Heat 5

1 APLINGTON-PARKERSBURG, (Elicia Brocka, Melea Zacharias, Angie Wessels, Jill Schwiebert), 1:04.99
 2 CORNING, (Blaire McCuen, Stephanie DeVore, Sara Swartz, Sarah Olson), 1:08.30
 3 STARMONT, (Leah Francois, Julie Keppler, Jessica Klett, Marcia Zitelman), 1:08.31
 4 AQUINAS-MARQUETTE, (Jenny Haigh, Melissa Kramer, Valerie Noll, Jamie Beckert), 1:11.54

Heat 6

1 TRIPOLI, (Kayla Buls, Angela Boeckmann, Patricia Dietz, Elizabeth Teisinger), 1:07.73
 2 TIPTON, (Michaela Osborn, Meghan Osborn, Tracy Fell, Corey Arndt), 1:09.32
 3 WEST HANCOCK, (Anna Hellinga, Dustie Smith, Julie Rietema, Heather Doughan), 1:09.71
 4 FREDERICKSBURG, (Allison Anderson, Santana Hegland, Renee Hildebrandt, Amber Suckow), 1:11.52

Class 1A High Jump Finals

1 Angie Froehlich-JR, Algona Garrigan, 5'04" (1.63m)
 2 Stephanie Goettsch-SR, AHST, 5'03" (1.60m)
 3 Steph Bacon-FR, Remsen St. Mary's, 5'02" (1.57m)
 4 Paula Hughes-JR, Farragut, 5'02" (1.57m)
 5 Jen Alexander-JR, Martensdale-St. Marys, 5'02" (1.57m)
 6 Jenny Randeris-JR, Audubon, 5'02" (1.57m)
 7 Regan Campbell-SO, Lenox, 5'01" (1.55m)
 7 Angie VanderLeest-SR, Lynnville-Sully, 5'01" (1.55m)
 9 Christie Miller-SR, Battle Creek-Ida Grove, 5'01" (1.55m)
 10 Tina Sanders-SR, Sac City, 5'01" (1.55m)
 11 Katie Blair-FR, Gilbert, 5'00" (1.52m)
 12 Katie Stecker-SO, Pleasantville, 5'00" (1.52m)
 13 Ashley Blome-FR, Panorama, 5'00" (1.52m)

14 Jill Foster-JR, North Tama, 5'00" (1.52m)
 15 Annie Olson-SO, Clarion-Goldfield, 5'00" (1.52m)
 16 Susan Adrian-JR, Pekin, 4'10" (1.47m)
 999 Melissa Kramer-SO, Aquinas-Marquette, nh
 999 Kim Sturm-SR, Armstrong-Ringsted, nh
 999 Dena Olson-SO, Audubon, nh
 999 Ashley Henning-JR, Calamus-Wheatland, nh
 999 Lindsay Smith-FR, Dunkerton, nh
 999 Tarah Murray-SO, Hudson, nh
 999 Raegan Schultz-JR, Manson-NW Webster, nh
 999 Sara Arens-SO, Turkey Valley, nh

Class 1A Long Jump Finals

1 Jessica Jensen-SR, EH-Kimballton-Walnut, 16'10.75" (5.15m)
 2 Pam Betz-JR, CAL-Dows, 16'09.25" (5.11m)
 3 Ashley Nally-FR, Bedford, 16'07.00" (5.05m)
 4 Kara Rechtermann-SR, Tipton, 16'06.75" (5.05m)
 5 Casey Thompson-SR, Aquinas-Marquette, 16'06.00" (5.03m)
 6 Becky O'Rourke-SO, Sigourney, 16'05.00" (5.00m)
 7 Elicia Brocka-SR, Aplington-Parkersburg, 16'04.25" (4.98m)
 8 Paula Pugh-SR, Columbus, 16'04.25" (4.98m)
 9 Debbie Stephens-SR, Mount Ayr, 16'02.50" (4.94m)
 10 Meredith Austin-JR, Central Lyon, 16'02.00" (4.93m)
 11 Crystal Dugan-SO, Edgewood-Colesburg, 15'06.25" (4.73m)
 12 Carrie Norman-SR, Lynnville-Sully, 15'06.00" (4.72m)
 13 Jill Sinnwell-JR, Nashua-Plainfield, 15'05.50" (4.71m)
 14 Heidi Brody-SO, Denver, 15'05.00" (4.70m)
 15 Stevie Hudrilik-JR, Andrew, 15'03.75" (4.67m)
 16 Kari Petersen-SO, Rockwell-Swaledale, 15'03.25" (4.65m)
 17 Jessica Sornson-SO, Treynor, 15'00.75" (4.59m)
 18 Courtney Brommell-SR, Tipton, 14'09.25" (4.50m)
 19 Niki Dewall-SR, Pocahontas Area, 14'08.00" (4.47m)
 20 Molly Movall-JR, Schaller-Crestland, 14'07.00" (4.45m)
 21 Shanna Vetter-SO, Hartley-Melvin-Sanborn, 14'04.25" (4.38m)
 22 Liz Dunn-JR, Marcus-Meriden-Cleghorn, 14'02.25" (4.32m)
 999 Carmen Oswalt-SR, Collins-Maxwell-Baxter, Fouls
 999 Angie Hillman-JR, Northeast, Fouls

Class 1A Shot Put Finals

1 Alyse Hohensee-JR, Pocahontas Area, 40'00.25" (12.20m)
 2 Angie Behrend-JR, Guttenberg, 39'04.50" (12.00m)
 3 Sarah Vorthmann-SR, Treynor, 37'08.00" (11.48m)
 4 Echo Mull-SO, BCLUW, 37'07.25" (11.46m)
 5 Jen Bice-SR, Woodward-Granger, 37'01.25" (11.31m)
 6 Katie Hoback-SO, Columbus, 36'10.00" (11.23m)
 7 Alissah Brosamle-SR, Galva-Holstein, 36'06.50" (11.14m)
 8 Carrie Miller-JR, Earlham, 36'05.00" (11.10m)
 9 Abby Guard-JR, Hubbard-Radcliffe, 36'00.25" (10.98m)
 10 Janelle Sieren-SR, Pekin, 35'09.25" (10.90m)
 11 Cara DeHart-JR, Van Buren, 35'00.50" (10.68m)
 12 Megan Pagel-SR, Sumner, 34'11.75" (10.66m)
 13 Jaime Critchfield-SR, BCLUW, 34'10.25" (10.62m)
 14 Lori Trumblee-FR, Starmont, 34'09.75" (10.61m)
 15 Erika Bilden-JR, Valley CEW, 34'08.75" (10.59m)
 16 Emily Randolph-FR, Northeast, 34'08.75" (10.59m)
 17 Emily Droll-JR, Tipton, 34'01.50" (10.40m)
 18 Kathy Voss-SR, Durant-Bennett, 34'01.00" (10.39m)
 19 Alaina Meyer-SO, Tipton, 33'03.00" (10.13m)
 20 Angie Klaahsen-JR, Woodbine, 33'02.75" (10.13m)
 21 Annie Erickson-SR, Dike-New Hartford, 32'10.75" (10.03m)
 22 Julie Rietema-FR, West Hancock, 32'10.75" (10.03m)
 23 Anne Marie Zeller-SO, Woodward-Granger, 32'08.25" (9.96m)
 24 Lacey Trei-FR, George-Little Rock, 28'09.00" (8.76m)

Class 1A Discus Finals

1 Jen Bice-SR, Woodward-Granger, 132'11" (40.51m)
 2 Kelly Foley-JR, Tipton, 129'02" (39.37m)
 3 Sarah Haan-SR, Pella Christian, 119'10" (36.53m)
 4 Jill Eggers-SO, West Marshall, 118'08" (36.17m)
 5 Sarah Vorthmann-SR, Treynor, 115'08" (35.26m)
 6 Kristy Myers-JR, Grundy Center, 114'10" (35.00m)
 7 Janelle Ward-FR, BCLUW, 110'07" (33.71m)
 8 Anne Marie Zeller-SO, Woodward-Granger, 109'01" (33.25m)
 9 Angie Klaahsen-JR, Woodbine, 108'10" (33.17m)
 10 Kristin Schmitt-JR, South Winneshiek, 108'03" (32.99m)
 11 Emily Behrens-SO, Laurens-Marathon, 108'02" (32.97m)
 12 Traci Bode-JR, Schaller-Crestland, 108'00" (32.92m)
 13 Alyse Hohensee-JR, Pocahontas Area, 107'09" (32.84m)
 14 Deb Holloway-JR, Manning, 107'07" (32.79m)
 15 Jeanne Danner-SR, Manning, 107'03" (32.69m)
 16 Sara Hirschman-SR, Kingsley-Pierson, 107'01" (32.64m)
 17 Jaime Critchfield-SR, BCLUW, 106'02" (32.36m)
 18 Megan Pagel-SR, Sumner, 105'04" (32.11m)
 19 Kristi Mente-SO, Tipton, 105'02" (32.05m)
 20 Brandi Reed-SR, Interstate 35, 102'06" (31.24m)
 21 Staci Britson-JR, Hubbard-Radcliffe, 101'11" (31.06m)
 22 Amanda O'Connor-SO, Westwood, 100'09" (30.71m)
 23 Lindsay Rueckert-SO, Columbus, 099'09" (30.40m)

24 Kim Jordan-SO, Collins-Maxwell-Baxter, 096'02" (29.31m)

1999 STATE TRACK & FIELD CLASS 2A FINAL RESULTS

By Track-on-a-Mac on 5/22/99 6:17 PM

Revised and updated Tuesday, May 25--6:15 p.m. Splits and years in school added, and some relay runners corrected.

On some browsers you may need to change your Page Setup to Landscape (wide) to print the relay runners correctly.

[Go to District Results](#)

[Go to Class 3A results](#)

[Go to Class 1A results](#)

[Go to Friday results](#)

ATTENDANCE: Friday--9,004; Saturday--8,912; Total--17,916

WEATHER: Friday--Early morning thundershowers passed through Des Moines just before start of 3000 meters. Temperature rose from low 60's to a hot a Saturday--Bright and sunny all day. High temperatures of 75-80 for the last two hours of the meet. Little wind at 3-5 mph from North-Northw

TEAM SCORING

1. Atlantic.....	49
2. Williamsburg.....	30
3. Algona.....	26
3. Benton.....	26
5. Dyersville Beckman.....	25
6. Ballard.....	24
7. Okoboji.....	20
7. Prairie Valley.....	20
9. Oelwein.....	19
10. Clear Lake.....	16
10. Unity Christian.....	16
12. Harlan.....	15
13. Forest City.....	14
14. Sheldon.....	11
14. South O'Brien.....	11
16. Humboldt.....	10
16. Marion.....	10
18. Denison-Schleswig.....	8
18. Garner-Hayfield.....	8
18. Grinnell.....	8
18. Perry.....	8
22. Cascade.....	7
22. Estherville-Lincoln Central.....	7
22. Spirit Lake Park.....	7
25. Belmont-Klemme.....	6
25. Boyden-Hull-Rock Valley.....	6
25. Boyer Valley.....	6
25. Clear Creek-Amana.....	6
25. Shenandoah.....	6
25. Sibley-Ocheyedan.....	6
25. Western Christian.....	6
32. Chariton.....	5
32. Iowa Falls.....	5
32. New Hampton.....	5
32. North Fayette.....	5
36. Center Point-Urbana.....	4
36. Centerville.....	4
36. Clarinda.....	4
36. Clarke.....	4
36. Davis County-Fox Valley.....	4
36. DeWitt Central.....	4
42. Carroll.....	3
42. Council Bluffs St. Albert.....	3
42. Mount Vernon-Lisbon.....	3
42. South Tama.....	3
42. Storm Lake.....	3
47. Independence.....	2
47. Mediapolis.....	2
47. Union.....	2
50. Cherokee.....	1
50. Hampton-Dumont.....	1
50. Sergeant Bluff-Luton.....	1

Class 2A 100 Meter Dash Finals

- 1 Keely Huber-SO, Oelwein, 12.41
- 2 Amanda Beck-SR, Prairie Valley, 12.74
- 3 Michelle Sieck-SR, Center Point-Urbana, 12.78

4 Brandee Bierschenk-SR, Benton, 12.89
 5 Tasha Harvey-JR, Storm Lake, 12.91
 6 Molly O'Brien-JR, Williamsburg, 13.03
 7 Greta Goerss-JR, Spirit Lake Park, 13.11
 8 Beth Aanonson-JR, Ballard, 13.18

Heat 1

1 Brandee Bierschenk-SR, Benton, 12.58
 2 Beth Aanonson-JR, Ballard, 12.80
 3 Samantha Bohnstengel-JR, Union, 12.93
 4 Traci Simons-SR, Carroll Kuemper, 13.00
 5 Jennifer Buls-JR, Crestwood, 13.03
 6 Deb Reinfeld-FR, South O'Brien, 13.25
 7 Kara Van Den Top-SO, Boyden-Hull/Rock Valley, 13.29
 8 Kellie Hicks-SR, Clarinda, 13.33

Heat 2

1 Michelle Sieck-SR, Center Point-Urbana, 12.65
 2 Molly O'Brien-JR, Williamsburg, 12.77
 3 Jenn Wieck-SR, Hampton-Dumont, 12.93
 4 Tonya Gutshall-SO, Prairie Valley, 13.06
 5 Jen Brown-SO, DeWitt Central, 13.10
 6 Jennifer Collins-JR, Louisa-Muscatine, 13.16
 7 Madelyn Yocom-SO, Chariton, 13.18
 999 Tiffany Pedersen-SO, Atlantic, dns

Heat 3

1 Keely Huber-SO, Oelwein, 12.44
 2 Amanda Beck-SR, Prairie Valley, 12.62
 3 Greta Goerss-JR, Spirit Lake Park, 12.91
 4 Tasha Harvey-JR, Storm Lake, 12.91
 5 Stephanie Stratton-FR, Clear Creek-Amana, 13.03
 6 Audra Bark-FR, DeWitt Central, 13.06
 7 Kate Deatsch-SO, Centerville, 13.40
 8 Kirsten Overlie-SR, Sioux Center, 13.53

Class 2A 200 Meter Dash Finals

1 Amanda Beck-SR, Prairie Valley, 26.08
 2 Beth Aanonson-JR, Ballard, 26.91
 3 Greta Goerss-JR, Spirit Lake Park, 27.09
 4 Madelyn Yocom-SO, Chariton, 27.22
 5 Stephanie Pisarik-SO, Mount Vernon-Lisbon, 27.28
 6 Sabra Ellingson-SO, Iowa Falls, 27.33
 7 Sarah Tompkins-JR, Clear Lake, 27.45
 8 Shelly Hochstetler-SR, Clear Creek-Amana, 27.48

Heat 1

1 Beth Aanonson-JR, Ballard, 26.65
 2 Sabra Ellingson-SO, Iowa Falls, 27.04
 3 Sarah Tompkins-JR, Clear Lake, 27.05
 4 Jenn Wieck-SR, Hampton-Dumont, 27.07
 5 Michelle Bakkum-JR, MFL-MarMac, 27.33
 6 Tasha Harvey-JR, Storm Lake, 27.38
 7 Traci Simons-SR, Carroll Kuemper, 27.49
 8 Stephanie Fisk-JR, Okoboji, 27.98

Heat 2

1 Greta Goerss-JR, Spirit Lake Park, 26.65
 2 Stephanie Pisarik-SO, Mount Vernon-Lisbon, 26.87
 3 Shelly Hochstetler-SR, Clear Creek-Amana, 26.98
 4 Jennifer Buls-JR, Crestwood, 27.32
 5 Melissa Geiken-SR, Vinton-Shellsburg, 27.34
 6 Tonya Gutshall-SO, Prairie Valley, 27.53
 7 Jennifer Collins-JR, Louisa-Muscatine, 27.58
 8 Nicole Tietsworth-SO, Washington, 27.80

Heat 3

1 Amanda Beck-SR, Prairie Valley, 25.87
 2 Madelyn Yocom-SO, Chariton, 26.96
 3 Natalie Sanger-SR, Saydel, 27.34
 4 Amy Buck-SO, Nevada, 27.39
 5 Allison Thompson-SO, Roland-Story, 27.55
 6 Katie Novak-FR, DeWitt Central, 27.66
 7 Alison Pirkl-SR, Grinnell, 27.90
 8 Kylee Bradley-FR, Creston, 28.47

Class 2A 400 Meter Dash Finals

1 Audrey Lickhart-FR, Sheldon, 0:58.79
 2 Tami Smith-SR, Perry, 0:59.06
 3 Shelly Tomlinson-SO, Ballard, 0:59.27
 4 Sabra Ellingson-SO, Iowa Falls, 0:59.40
 5 Chelsey Wille-SO, Williamsburg, 1:00.59
 6 Ashley Gray-JR, Spirit Lake Park, 1:00.72
 7 Erin Schleeef-JR, Cherokee, 1:01.50
 8 Stacy Myers-JR, Prairie City-Monroe, 1:01.72

Heat 1

1 Tami Smith-SR, Perry, 0:59.70
 2 Chelsey Wille-SO, Williamsburg, 1:00.26
 3 Ashley Gray-JR, Spirit Lake Park, 1:01.28
 4 Jessie Brooks-JR, MFL-MarMac, 1:02.42

- 5 Betsy Regenfuss-JR, Iowa Falls, 1:03.54
- 6 Amanda Berns-SO, Center Point-Urbana, 1:03.64
- 7 Maggie Wernimont-FR, Atlantic, 1:03.71
- 8 Carmen Cox-FR, Red Oak, 1:05.40

Heat 2

- 1 Sabra Ellingson-SO, Iowa Falls, 1:00.50
- 2 Stacy Myers-JR, Prairie City-Monroe, 1:01.79
- 3 Ashley Mullen-JR, Union, 1:02.34
- 4 Kristi Pruitt-SR, Stuart West Central, 1:03.31
- 5 Tara Bruck-SR, Harlan, 1:03.47
- 6 Mandy Tryon-FR, ADM, 1:04.03
- 7 Kara Swindler-FR, Camanche, 1:04.06
- 8 Jessica Gappa-JR, Emmetsburg-Graettinger, 1:04.55

Heat 3

- 1 Audrey Lickhart-FR, Sheldon, 0:58.76
- 2 Shelly Tomlinson-SO, Ballard, 1:00.72
- 3 Erin Schleef-JR, Cherokee, 1:02.33
- 4 Crystal Heins-SR, MFL-MarMac, 1:02.69
- 5 Renae Roelfs-SO, Mediapolis, 1:02.70
- 6 Katie Hosack-SO, Harlan, 1:03.11
- 7 Heidi Snook-JR, Chariton, 1:03.62
- 8 Mary Beth Wims-FR, Knoxville, 1:03.89

Class 2A 800 Meter Run Finals

- 1 Jessica Rowenhorst-JR, Unity Christian, 2:17.60
- 2 Kristin Hansen-FR, Okoboji, 2:19.00
- 3 Emily Baumert-JR, Marion, 2:19.72
- 4 Angela Van Meeteren-JR, Sheldon, 2:22.27
- 5 Kristin Keefe-JR, Clear Lake, 2:22.91
- 6 Courtney Ebersole-SR, Sergeant Bluff-Luton, 2:23.25
- 7 Kara Swindler-FR, Camanche, 2:24.29
- 8 Kara Carstens-JR, Harlan, 2:24.54
- 9 Katie Prusha-FR, Benton, 2:24.92
- 10 Mikey Hammen-JR, Prairie Valley, 2:25.45
- 11 Katie Meyer-FR, Belmont-Klemme, 2:26.21
- 12 April Wilhelm-SO, Clear Lake, 2:26.70
- 13 Leslie Kealhofer-FR, Perry, 2:27.15
- 14 Ashley Friday-SO, Jefferson-Scranton, 2:27.32
- 15 Maggie Driscoll-SR, Davenport Assumption, 2:27.37
- 16 Tonya Holtrop-SO, Unity Christian, 2:27.83
- 17 Stefanie Richardson-JR, Washington, 2:27.94
- 18 Lindsey Meyer-SO, Atlantic, 2:28.87
- 19 Jill Latham-SO, Oelwein, 2:28.95
- 20 Jenny Wedewer-FR, Dyersville Beckman, 2:29.58
- 21 Haddi Bergstrom-SR, New Hampton, 2:30.92
- 22 Mindy Engel-SO, Union, 2:31.14
- 23 Lorraine Stamp-SR, Harlan, 2:31.69

Class 2A 1500 Meter Run Finals

- 1 Jessica Rowenhorst-JR, Unity Christian, 4:46.45
- 2 Kristin Hansen-FR, Okoboji, 4:49.03
- 3 Emily Baumert-JR, Marion, 4:55.24
- 4 Amy Olson-SR, Humboldt, 4:58.59
- 5 Kari Kruger-JR, Sibley-Ocheyedan, 5:01.23
- 6 Katie Milner-SO, Council Bluffs St. Albert, 5:03.99
- 7 Kristina Quigley-SR, Council Bluffs St. Albert, 5:06.80
- 8 Stephanie Legore-JR, Mount Vernon-Lisbon, 5:07.98
- 9 Kara Swindler-FR, Camanche, 5:08.08
- 10 Brenda Brighton-SO, Monticello, 5:09.10
- 11 Jennifer Van Beek-FR, Western Christian, 5:09.14
- 12 Georgia Millward-JR, Benton, 5:10.88
- 13 Missy Buttry-SO, Shenandoah, 5:10.90
- 14 Molly Duitsman-FR, Estherville-LC, 5:11.56
- 15 Molly Hosch-SR, Central Elkader-Garnavillo, 5:12.42
- 16 Lauri Owen-FR, Waukee, 5:13.69
- 17 Alison Lessenger-JR, Louisa-Muscatine, 5:14.21
- 18 Ashley Friday-SO, Jefferson-Scranton, 5:14.30
- 19 Steph Byriel-SO, Atlantic, 5:14.40
- 20 Lindsey Hansen-SR, New Hampton, 5:14.81
- 21 Amber Friedrich-SO, Algona, 5:15.34
- 22 Katey Hosch-SO, Central Elkader-Garnavillo, 5:15.59
- 23 Amberly Bult-FR, Clear Creek-Amana, 5:17.08
- 24 Jessica Haase-SR, Denison-Schleswig, 5:21.29

Class 2A 3000 Meter Run Finals

- 1 Kristin Hansen-FR, Okoboji, 10:48.10
- 2 Amy Olson-SR, Humboldt, 10:49.65
- 3 Kari Kruger-JR, Sibley-Ocheyedan, 10:53.88
- 4 Sara McDermott-FR, Cascade, 11:08.77
- 5 Kristina Quigley-SR, Council Bluffs St. Albert, 11:10.03
- 6 Georgia Millward-JR, Benton, 11:12.94
- 7 Jessica Haase-SR, Denison-Schleswig, 11:14.96
- 8 Lyndsy Owen-JR, Waukee, 11:16.78
- 9 Lindsey Meyer-SO, Atlantic, 11:19.83
- 10 Amber Friedrich-SO, Algona, 11:20.12
- 11 Mary Schermer-SR, Hampton-Dumont, 11:22.50
- 12 Jodi Van Meeteren-SR, Unity Christian, 11:23.95
- 13 Lauri Owen-FR, Waukee, 11:24.23

14 Kira Johannson-SR, Mount Vernon-Lisbon, 11:26.15
 15 Sarah Moreau-SR, Estherville-LC, 11:28.25
 16 Molly Campana-JR, Davenport Assumption, 11:28.91
 17 Steph Noonan-SO, Emmetsburg-Graettinger, 11:30.39
 18 Kirsten Sparks-JR, Oelwein, 11:32.31
 19 Lindsey Hansen-SR, New Hampton, 11:35.57
 20 Sarah Wynn-SO, Albia, 11:37.54
 21 Colleen Blough-JR, Davenport Assumption, 11:38.94
 22 Shannon White-SR, Atlantic, 11:42.44
 23 Nicole Hamilton-SR, Perry, 11:45.08
 24 Shantra Nuehring-SO, MFL-MarMac, 11:49.12

Class 2A 100 Meter Hurdles Finals

1 Tiffany Pedersen-SO, Atlantic, 14.40
 2 Molly O'Brien-JR, Williamsburg, 15.09
 3 Rachel Hutchins-JR, Cascade, 15.30
 4 Keely Huber-SO, Oelwein, 15.34
 5 Heather McLatchie-SO, Mediapolis, 15.55
 6 Abby Van Syoc-SO, Forest City, 15.60
 7 Heather Mitchell-JR, Centerville, 15.70
 8 Sara Wrage-SR, Cherokee, 16.01

Heat 1

1 Molly O'Brien-JR, Williamsburg, 14.86
 2 Rachel Hutchins-JR, Cascade, 15.41
 3 Heather Mitchell-JR, Centerville, 15.43
 4 Cristen Harleen-SO, Ballard, 15.86
 5 Jesse Harper-SO, North Fayette, 16.18
 6 Lindsay Albertson-JR, Union, 16.25
 7 Mala DeVore-JR, Chariton, 16.26

Heat 2

1 Keely Huber-SO, Oelwein, 15.29
 2 Abby Van Syoc-SO, Forest City, 15.43
 3 Lindsay Olson-SR, North Fayette, 15.75
 4 Kalyn Byers-JR, Clarinda, 15.84
 5 Jill Bouma-FR, Unity Christian, 16.17
 6 Kristin Hart-SR, Louisa-Muscatine, 16.54
 7 Rachel Sheldahl-JR, Boyden-Hull/Rock Valley, 16.64
 8 Ashlee Capper-SR, Williamsburg, 16.78

Heat 3

1 Tiffany Pedersen-SO, Atlantic, 14.40
 2 Heather McLatchie-SO, Mediapolis, 15.48
 3 Sara Wrage-SR, Cherokee, 15.49
 4 Brooke Christensen-SR, Winterset, 15.78
 5 Mandi Harms-SR, Shenandoah, 16.20
 6 Teri Stimmel-SR, Clear Creek-Amana, 16.38
 7 Renee Stuva-JR, Clarke, 16.43
 8 Merideth Anderson-SR, Knoxville, 16.47

Class 2A 400 Meter Hurdles Finals

1 Keely Huber-SO, Oelwein, 1:03.61
 2 Earleen Meseck-SR, Boyer Valley, 1:05.96
 3 Kalyn Byers-JR, Clarinda, 1:06.61
 4 Laura Korth-JR, Forest City, 1:07.20
 5 Lindsay Albertson-JR, Union, 1:07.52
 6 JoLyn Legg-FR, South Tama, 1:07.98
 7 Kristin McCord-JR, Centerville, 1:08.15
 8 Kristin Hart-SR, Louisa-Muscatine, 1:08.68

Heat 1

1 Laura Korth-JR, Forest City, 1:06.57
 2 Earleen Meseck-SR, Boyer Valley, 1:06.90
 3 JoLyn Legg-FR, South Tama, 1:06.98
 4 Julisa Leistad-JR, Jefferson-Scranton, 1:09.27
 5 Tricia Arellano-SR, Carroll Kuemper, 1:09.56
 6 Robyn Cejka-SR, Storm Lake, 1:09.87
 7 Jamie Wallace-SO, Mount Vernon-Lisbon, 1:12.16
 8 Sarah Smith-JR, North Fayette, 1:12.36

Heat 2

1 Keely Huber-SO, Oelwein, 1:03.78
 2 Kristin Hart-SR, Louisa-Muscatine, 1:06.47
 3 Lindsay Albertson-JR, Union, 1:06.56
 4 Kristi Robinson-SR, Okoboji, 1:09.13
 5 Stacie Snyder-SO, Carroll Kuemper, 1:09.52
 6 Kristin Volk-SR, New Hampton, 1:11.51
 7 Cassie Milder-SO, Williamsburg, 1:11.88
 8 Chelsea Snyder-FR, Clear Lake, 1:18.18

Heat 3

1 Kalyn Byers-JR, Clarinda, 1:06.10
 2 Kristin McCord-JR, Centerville, 1:07.26
 3 Brooke Christensen-SR, Winterset, 1:08.76
 4 Jen Jepsen-SR, Denison-Schleswig, 1:09.50
 5 Kristi Von Dielingen-SR, Atlantic, 1:10.06
 6 Rachelle Kuhlmann-SO, Boyer Valley, 1:10.45
 7 Tiffany Reedy-FR, Union, 1:11.79
 8 Kayla Crossett-FR, Washington, 1:12.40

Class 2A 4x100 Meter Relay Finals

1 ATLANTIC, (Ashley Hayes, Kelly Roecker, Stephanie Sieck, Tiffany Pedersen), 50.45

2 GRINNELL, (Katie Lidtka, Sarah Boyer, Danae Breeden, Alison PirkI), 51.08
 3 BENTON, (Kristin Smolik, Sara Schulte, Megan Kromminga, Brandee Bierschenk), 51.29
 4 DEWITT CENTRAL, (Audra Bark, Adria Sheil-Brown, Nema Meier, Jen Brown), 51.42
 5 NORTH FAYETTE, (Sarah Smith, Casey Graham, Dayna Jensen, Lindsay Olson), 51.59
 6 MOUNT VERNON-LISBON, (Kacey Kuntz, Jessica Enns, Becca Wumkes, Stephanie Pisarik), 51.61
 7 JEFFERSON-SCRANTON, (Courtney Duede, Sarah Carlson, Marissa Fagg, Angie Haluska), 51.80
 8 CLEAR CREEK-AMANA, (Ashley Jacobs, Laura Chipman, Amanda Eckrich, Stephanie Stratton), 51.83

Heat 1

1 NORTH FAYETTE, (Sarah Smith, Casey Graham, Dayna Jensen, Lindsay Olson), 51.27
 2 JEFFERSON-SCRANTON, (Courtney Duede, Sarah Carlson, Marissa Fagg, Angie Haluska), 51.65
 3 CLEAR CREEK-AMANA, (Ashley Jacobs, Laura Chipman, Amanda Eckrich, Stephanie Stratton), 51.78
 4 CASCADE, (Rachel Hutchins, Anne Knepper, Abby Loes, Carey Gile), 52.09
 5 MEDIAPOLIS, (Audra Wischmeier, Renae Roelfs, Sarah Nelson, Heather McLatchie), 52.46
 6 SOUTH O'BRIEN, (Jessica Larson, Allison Kruger, Ann-Marie Rosenboom, Deb Reinfeld), 53.00
 7 MAQUOKETA VALLEY, (Sasha DeShaw, Jamie Strum, Laura Norlin, Billie Jo Hunt), 53.66
 999 SAYDEL, (Laura Halbrook, Jennifer Smith, Kelsey Kain, Stephanie Hollingsworth), DNF

Heat 2

1 GRINNELL, (Katie Lidtka, Sarah Boyer, Danae Breeden, Alison PirkI), 51.23
 2 CENTER POINT-URBANA, (Niki Staskal, Melissa Margretz, Amber Narveson, Michelle Sieck), 52.18
 3 MFL-MARMAC, (Michelle Bakkum, Crystal Heins, Ashley Burton, Jessie Brooks), 52.19
 4 WEBSTER CITY, (Jenny Flora, Beth Eckhardt, Meisha Pruismann, Stefanie Hill), 52.71
 5 SHELDON, (Ange De Hoogh, Kristy Wagenaar, Nicki Shea, Michelle Kirschbaum), 53.10
 6 HARLAN, (Allison Stracke, Sandy Simdorn, Taryn Mathis, Casey Pash), 53.14
 7 WASHINGTON, (Kelly TeBockhorst, Elizabeth Greiner, Katy Doughty, Kati Roth), 53.18
 999 PRAIRIE VALLEY, (Tonya Gutshall, Jessie Beck, Mikey Hammen, Amanda Beck), DQ-51.92

Heat 3

1 ATLANTIC, (Ashley Hayes, Kelly Roecker, Stephanie Sieck, Tiffany Pedersen), 50.72
 2 BENTON, (Kristin Smolik, Sara Schulte, Megan Kromminga, Brandee Bierschenk), 50.95
 3 MOUNT VERNON-LISBON, (Kacey Kuntz, Jessica Enns, Becca Wumkes, Stephanie Pisarik), 51.72
 4 DEWITT CENTRAL, (Audra Bark, Adria Sheil-Brown, Nema Meier, Jen Brown), 51.83
 5 MARION, (Anna Kalkwarf, Elizabeth Meader, Michelle Petersen, Greta Nelson), 52.44
 6 CLARKE, (Renee Stuva, Amy Lundquist, Jenny Reynolds, Abby Reynolds), 52.84
 7 CLARINDA, (Trish Hughes, Nicole Baier, Kerri Brown, Kellie Hicks), 53.75
 999 GARNER-HAYFIELD, (Melissa Atalig, Beth Madsen, Jill Brandt, Steph Atalig), DQ-52.33

Class 2A 4x200 Meter Relay Finals

1 BENTON, (Sara Schulte, Amy Hemesath, Megan Kromminga, Brandee Bierschenk), 1:45.14
 2 ATLANTIC, (Stephanie Sieck, Kelly Roecker, Andi Thomsen, Kami Roecker), 1:46.08
 3 ALGONA, (Megan Hyslop, Melissa Nelson, Angie Kajewski, Lindsay Moss), 1:46.51
 4 CENTERVILLE, (Kate Deatsch, Lindsey Clark, Taren Carson, Erin Sherman), 1:46.94
 5 CLEAR CREEK-AMANA, (Tara Loan, Shelly Hochstetler, Amanda Eckrich, Stephanie Stratton), 1:46.96
 6 NEW HAMPTON, (Amy Sumner, Tara Heiselman, Trista Humpal, Lindsey Smith), 1:48.96
 999 NORTH FAYETTE, (Jenni Suckow, Tracy O'Donnell, Rachel Fate, Dayna Jensen), DQ-1:50.07
 999 WEBSTER CITY, (Jenny Flora, Beth Eckhardt, Stefanie Hill, Bobbi Ann Ruba), DQ-1:48.91

Heat 1

1 ATLANTIC, (Stephanie Sieck, Kelly Roecker, Andi Thomsen, Kami Roecker), 1:47.17
 2 CLEAR CREEK-AMANA, (Tara Loan, Shelly Hochstetler, Amanda Eckrich, Stephanie Stratton), 1:47.40
 3 NEW HAMPTON, (Amy Sumner, Tara Heiselman, Trista Humpal, Lindsey Smith), 1:48.27
 4 WEBSTER CITY, (Jenny Flora, Beth Eckhardt, Stefanie Hill, Bobbi Ann Ruba), 1:49.39
 5 GARNER-HAYFIELD, (Melissa Atalig, Steph Atalig, Jill Brandt, Beth Madsen), 1:49.71
 6 HAMPTON-DUMONT, (Misty Dirksen, Jessica Mennen, Jaime Brower, Jenn Wieck), 1:50.16
 7 PERRY, (Jolene Huitt, Rachel Kautzky, Krista Zagar, Jodan Robertson), 1:52.94
 8 MEDIAPOLIS, (Katie Hinson, Emily Vanderzwan, Sarah Nelson, Brianne Miller), 1:53.58

Heat 2

1 BENTON, (Sara Schulte, Amy Hemesath, Megan Kromminga, Brandee Bierschenk), 1:46.49
 2 NORTH FAYETTE, (Jenni Suckow, Tracy O'Donnell, Rachel Fate, Dayna Jensen), 1:49.10
 3 COUNCIL BLUFFS ST. ALBERT, (Kelly Burns, Kim Burns, Brandy Ficek, Alison Nicholas), 1:49.56
 4 CASCADE, (Helen Hughes, Abby Loes, Rachel Hutchins, Carey Gile), 1:49.76
 5 BOYDEN-HULL/ROCK VALLEY, (Lindsey Grom, Angela Scholfeldt, Kara Van Den Top, Lindsay Overman), 1:50.16
 6 DAVIS COUNTY-FOX VALLEY, (Stef Stookesberry, Angie Brown, Ranae Grinstead, Star Esslinger), 1:52.10
 7 DYERSVILLE BECKMAN, (Mandy Pins, Jenny Wedewer, Jessica Jacque, Carisa Wessels), 1:52.35
 8 MAQUOKETA VALLEY, (Sasha DeShaw, Jamie Strum, Laura Norlin, Billie Jo Hunt), 1:52.86

Heat 3

1 ALGONA, (Megan Hyslop, Melissa Nelson, Angie Kajewski, Lindsay Moss), 1:47.48
 2 CENTERVILLE, (Kate Deatsch, Lindsey Clark, Taren Carson, Erin Sherman), 1:48.60
 3 HARLAN, (Allison Stracke, Molly Simdorn, Kristen Goeser, Casey Pash), 1:50.06
 4 GRINNELL, (Sarah Boyer, T.J. Stepp, Danae Breeden, Alison PirkI), 1:50.48
 5 WASHINGTON, (Elizabeth Greiner, MaKenna Mullikin, Katy Doughty, Nicole Tietzsworth), 1:50.60
 6 MARION, (Anna Kalkwarf, Michelle Petersen, Leighann Freeman, Greta Nelson), 1:51.15
 7 SHELDON, (Ange De Hoogh, Kristy Wagenaar, Nicki Shea, Michelle Kirschbaum), 1:52.29
 999 DEWITT CENTRAL, (Audra Bark, Adria Sheil-Brown, Nema Meier, Jen Brown), DQ-1:53.14

Class 2A 4x400 Meter Relay Finals

1 FOREST CITY, (Laurel Gladish, Jennifer Ranheim, Laura Korth, Jana Benson), 4:06.17
 2 DYERSVILLE BECKMAN, (Carisa Wessels 63.8, Missy Domeyer 61.3, Amy Gravel 61.1, Alicia Nosbisch 60.0), 4:06.63
 3 HARLAN, (Katie Hosack, Tara Bruck, Kara Carstens, Kristen Goeser), 4:06.98
 4 BALLARD, (Beth Aanonson 63.5, Cristen Harleen 61.3, Danielle Beck 62.8, Shelly Tomlinson 59.4), 4:07.08
 5 ALGONA, (Amy Simpson 64.2, Melissa Nelson 61.8, Angie Kajewski 61.2, Lindsay Moss 61.7), 4:08.99
 6 IOWA FALLS, (Jill Jordahl, Betsy Regenfuss, Libby Jennings, Sabra Ellingson), 4:11.98
 7 PERRY, (Jodan Robertson 65.9, Rachel Kautzky 61.9, Leslie Kealhofer 63.9, Tami Smith 60.7), 4:12.37
 8 CENTERVILLE, (Heather Mitchell, Kristin McCord, Joani McClure, Erin Sherman), 4:14.20

Heat 1

1 DYERSVILLE BECKMAN, (Carisa Wessels 62.4, Missy Domeyer 62.1, Amy Gravel 61.9, Alicia Nosbisch 60.8), 4:07.29
 2 HARLAN, (Katie Hosack 62.9, Tara Bruck 62.4, Kara Carstens 62.7, Kristen Goeser 61.8), 4:09.81

3 DENISON-SCHLESWIG, (Jodi Boeck 63.6, Shauna Nelson 65.9, Jen Jepsen 62.7, Katie Lokken 61.5), 4:13.83
 4 WESTERN CHRISTIAN, (Marissa Kooima, Rachel Van Beek, Alyssa Van Bommel, Kristi Meendering), 4:16.58
 5 ATLANTIC, (Kristi Von Dielingen 62.1, Maggie Wernimont 64.6, Kristen Burkhart 64.8, Lindsey Meyer 65.7), 4:17.21
 6 KNOXVILLE, (Mary Beth Wims 62.8, Megan Leavengood, Erin Snider, Holly Davis), 4:19.22
 7 MEDIAPOLIS, (Amy Massner 63.1, Brianne Miller 65.8, Katie Hinson 66.4, Anne Steiner 64.6), 4:20.37
 999 CASCADE, (Helen Hughes 62.7, Molly Gassman 62.3, Abby Loes 67.0, Carey Gile 62.0), DQ-4:14.05

Heat 2

1 ALGONA, (Amy Simpson 64.1, Melissa Nelson 61.6, Angie Kajewski 60.5, Lindsay Moss 60.5), 4:06.77
 2 PERRY, (Jordan Robertson 64.2, Rachel Kautzky 61.7, Leslie Kealhofer 63.0, Tami Smith 60.2), 4:09.15
 3 CENTERVILLE, (Heather Mitchell 65.1, Kristin McCord 62.4, Joani McClure 62.7, Erin Sherman 61.4), 4:11.61
 4 UNION, (Tiffany Reedy 63.8, Ashley Mullen 62.2, Mindy Engel 63.5, Lindsay Albertson 63.2), 4:12.72
 5 CLARINDA, (Jessica Carper, Trish Hughes, Kellie Hicks, Kalyn Byers), 4:15.22
 6 SOUTH O'BRIEN, (Sandra Tjaden 62.7, Mary Kummerfeld 63.5, Leah Lundquist 64.7, Deb Reinflat 64.7), 4:15.60
 7 NORTH FAYETTE, (Tracy O'Donnell 63.8, Natalie Whitchoer 65.2, Rachel Fate 65.3, Heidi Walvatne 62.0), 4:16.33
 8 CHEROKEE, (Erin Schleef 63.0, Anna Veit 64.2, Julie Slota 66.4, Tonya Tuttle 63.8), 4:17.39

Heat 3

1 BALLARD, (Beth Aanonson 61.7, Cristen Harleen 62.7, Danielle Beck 62.9, Shelly Tomlinson 61.5), 4:08.81
 2 FOREST CITY, (Laurel Gladish 62.4, Jennifer Ranheim 65.1, Laura Korth 60.8, Jana Benson 60.7), 4:09.07
 3 IOWA FALLS, (Jill Jordahl 63.8, Betsy Regenfuss 63.7, Libby Jennings 64.8, Sabra Ellingson 60.3,), 4:12.62
 4 CARROLL KUEMPER, (Stephanie Feldman 63.6, Tricia Arellano 63.5, Stacie Snyder 63.8, Traci Simons 61.4), 4:13.20
 5 BENTON, (Amy Hemesath 62.5, Brittini Miller 63.2, Steph Koch 64.7, Kara Dietrich 63.3), 4:13.70
 6 VINTON-SHELLSBURG, (Erin Wessling 64.4, Jessica Wobeter 63.4, Melissa Abernathy 64.2, Katy Annis 63.1), 4:15.05
 7 LOUISA-MUSCATINE, (Jennifer Collins, Laura Clark, Kristin Hart, Falyann Dierickx), 4:26.72
 999 ADM, (Suzanne Martin, Mari Steele, Rebecca Hansen, Mandy Tryon), DQ-4:19.11

Class 2A 4x800 Meter Relay Finals

1 WILLIAMSBURG, (Abby Tiernan 2:24.6, Amber Ealy 2:27.4, Beth Neal 2:25.8, Chelsey Wille 2:17.6), 09:35.48
 2 DENISON-SCHLESWIG, (Jodi Boeck 2:21.4, Danielle Lawless 2:29.9, Jen Jepsen 2:25.7, Katie Lokken 2:20.9), 09:37.98
 3 SHENANDOAH, (MacKenzie Lauman 2:25.2, Carli Franks 2:27.8, Abby Ballain 2:27.3, Missy Buttry 2:22.9), 09:43.24
 4 ATLANTIC, (Steph Jacobs 2:22.2, Kristi Von Dielingen 2:29.4, Steph Byriel 2:29.8, Krysta Metz 2:23.3), 09:44.76
 5 BENTON, (Dove Morrow 2:25.6, Heidi Rathje 2:28.7, Maria Duncalf 2:27.3, Katie Prusha 2:23.3), 09:44.87
 6 DYERSVILLE BECKMAN, (Terese Nickol 2:33.3, Jenny Wedewer 2:25.1, Mary Nosbisch 2:27.6, Missy Domeyer 2:24.5), 09:50.53
 7 COUNCIL BLUFFS ST. ALBERT, (Katie Milner 2:25.6, Claire Weidman 2:28.9, Melissa Respeliers 2:30.3, Katie Busch 2:26.4), 09:52.22
 8 WESTERN CHRISTIAN, (Alyssa Van Bommel 2:30.6, Kallie Brenneman 2:31.8, Marissa Kooima 2:29.7, Kristi Meendering 2:21.3), 09:53.58
 9 SOLON, (Jackie Walton 2:26.9, Kelley Wilkinson 2:32.6, Jessica Havlicek 2:30.9, Stacey Luedtka 2:25.8), 09:55.29
 10 SERGEANT BLUFF-LUFON, (Sally Kucera, Nikki Huygens, Carrie Ratcliff 2:30.2, Courtney Ebersole 2:26.5), 09:57.10
 11 HAMPTON-DUMONT, (Misty Dirksen 2:24.6, Kari Peterson 2:31.4, Tara Brass 2:33.2, Naomi Brocka 2:31.4), 10:00.53
 12 HARLAN, (Tara Bruck, Lorraine Stamp, Amber Morgan, Kara Carstens), 10:00.60
 13 ESTHERVILLE-LC, (Molly Duitsman, Hope Shultz, Emily Christensen, Lindsey Croner), 10:02.12
 14 ADM, (Mari Steele, Kendal Bower, Rebecca Hansen, Mandy Tryon), 10:04.43
 15 MOUNT VERNON-LISBON, (Crystal Raiber, Jamie Wallace, Abby Brayton, Stephanie Legore), 10:09.15
 16 DEWITT CENTRAL, (Ellen Witte 2:31.9, Erin Dieckmann 2:28.7, Erin Thayer 2:39.1, Lyndsey Weller 2:32.1), 10:11.71
 17 EMMETSBURG-GRAETTINGER, (Steph Noonan, Haley Rose, Margeaux Schoofs, Jessica Gappa), 10:14.30
 18 MAQUOKETA VALLEY, (Angie Tumey, Abby Glew, Natalie Wendt, Leah Dunham), 10:15.82
 19 INDEPENDENCE, (Nancy Koskamp, Bridgette McKernan, Megan Plein, Jenny Crawford), 10:20.15
 20 CHARITON, (Heidi Snook, Rebecca Goldsmith, Kelly McNaughton, Allison Kuball), 10:22.65
 21 CENTRAL LEE, (Anna Myhre, Jeni Krebill, Kaitlyn Dodds, Andrea Gosnell), 10:24.08
 22 CASCADE, (Angie Hawkins, Jackie Welter, Jody Manternach, Lauren Strang), 10:24.31
 23 CENTER POINT-URBANA, (Amanda Berns, Jessie Bockenstedt, Megan Chapman, Tessa Reece), 10:27.33
 24 BELMOND-KLEMME, (Lindsey Thompson, Abby Gabrielson, Jennifer Olthoff, Katie Meyer), 10:41.67

Class 2A Sprint Medley Relay Finals

1 ALGONA, (Kristen Kuecker, Megan Hyslop, Lindsay Moss, Angie Kajewski 58.7), 1:51.54
 2 GARNER-HAYFIELD, (Jill Nevill, Beth Madsen, Jill Brandt, Steph Atalig), 1:53.12
 3 DYERSVILLE BECKMAN, (Mandy Pins, Carissa Wessels, Amy Gravel, Liz Nosbisch 59.5), 1:53.78
 4 DAVIS COUNTY-FOX VALLEY, (Angie Brown, Ranae Grinstead, Star Esslinger, Stef Stookesberry), 1:53.79
 5 SPIRIT LAKE PARK, (Kari Ohlaug, Janna Stahly, Greta Goerrs, Ashley Gray 60.1), 1:54.08
 6 HAMPTON-DUMONT, (Kendra Schurman, Jaime Brower, Jenn Wieck, Misty Dirksen 59.9), 1:54.47
 7 SHELDON, (Ange De Hoogh, Nicki Shea, Kristy Wagenaar, Audrey Lickhart 60.5), 1:55.23
 8 ATLANTIC, (Ashley Hayes, Kelly Roecker, Kami Roecker, Steph Jacobs 65.3), 1:55.89

Heat 1

1 ATLANTIC, (Ashley Hayes, Kelly Roecker, Kami Roecker, Steph Jacobs 60.3), 1:53.32
 2 DAVIS COUNTY-FOX VALLEY, (Angie Brown, Ranae Grinstead, Star Esslinger, Stef Stookesberry 62.0), 1:53.73
 3 NEW HAMPTON, (Cassie Beck, Ashley Hanson, Lindsey Smith, Tara Heiselman), 1:54.67
 4 PERRY, (Stacey Bullock, Brandi Thornburg, Jodan Robertson, Tami Smith), 1:55.44
 5 NORTH FAYETTE, (Casey Graham, Jaclyn Fritz, Dayna Jensen, Heidi Walvatne 60.4), 1:55.96
 6 CENTER POINT-URBANA, (Niki Staskal, Amber Narveson, Michelle Sieck, Amanda Berns 63.4), 1:56.20
 7 DEWITT CENTRAL, (Adria Sheil-Brown, Nema Meier, Katie Novak, Lyndsey Weller), 1:56.45
 8 DAVENPORT ASSUMPTION, (Rita Venaglia, Mo McInerney, Suzy Stelk, Jacki Hibbeler), 1:58.89

Heat 2

1 ALGONA, (Kristen Kuecker, Megan Hyslop, Lindsay Moss, Angie Kajewski 59.4), 1:52.16
 2 SHELDON, (Ange De Hoogh, Nicki Shea, Kristy Wagenaar, Audrey Lickhart), 1:53.10
 3 GARNER-HAYFIELD, (Jill Nevill, Beth Madsen, Jill Brandt, Steph Atalig 59.4), 1:53.12
 4 CASCADE, (Jodi Takes, Anne Knepper, Helen Hughes, Molly Gassman 60.5), 1:54.11
 5 COUNCIL BLUFFS ST. ALBERT, (Angie Peterson, Kim Burns, Alison Nicholas, Brandy Ficek), 1:54.71
 6 SOLO, (Beth Linderbaum, Nicki Barta, Beth Hanes, Jackie Walton), 1:55.45
 7 MOUNT VERNON-LISBON, (Kacey Kuntz, Becca Wumkes, Jessica Enns, Crystal Raiber), 1:57.96
 8 CLARKE, (Trisha Fry, Amy Lundquist, Jenny Reynolds, Abby Reynolds), 1:59.69

Heat 3

1 DYERSVILLE BECKMAN, (Mandy Pins, Carisa Wessels, Amy Gravel, Liz Nosbisch 59.0), 1:53.34
 2 HAMPTON-DUMONT, (Kendra Schurman, Jaime Brower, Jenn Wieck, Misty Dirksen), 1:53.61
 3 SPIRIT LAKE PARK, (Kari Ohlaug, Janna Stahly, Greta Goerrs, Ashley Gray 60.2), 1:53.77
 4 WILLIAMSBURG, (Heather Iburg, Jodi Johnson, Ashlee Capper, Chelsey Wille 59.4), 1:54.03
 5 MFL-MARMAC, (Michelle Bakkm, Crystal Heins, Ashley Burton, Jessie Brooks 60.7), 1:54.19
 6 MEDIAPOLIS, (Amy Massner, Sarah Nelson, Audra Wischmeier, Renae Roelfs 60.4), 1:55.37
 7 WASHINGTON, (Amy Rich, Elizabeth Greiner, Katy Doughty, Nicole Tietsworth), 1:59.16
 8 CLEAR CREEK-AMANA, (Ashley Jacobs, Laura Chipman, Shelly Hochstetler, Christine Berlin), 2:02.56

Class 2A Distance Medley Relay Finals

- 1 DYERSVILLE BECKMAN, (Mandy Pins, Amy Gravel, Missy Domeyer 60.6, Alicia Nosbisch 2:19.1), 4:13.95
- 2 CLEAR LAKE, (Kim Bacon, Kathy Bitker, Sarah Tompkins 61.6, Kristin Keefe 2:18.5), 4:17.05
- 3 WESTERN CHRISTIAN, (Teresa Nielsen, Rachel Van Beek, Marissa Kooima 61.7, Kristi Meendering 2:19.1), 4:17.16
- 4 BENTON, (Megan Kromminga, Sara Schulte, Amy Hemesath 60.6, Katie Prusha 2:22.7), 4:17.75
- 5 MARION, (Greta Nelson, Jana Bradley, Anna Kalkwarf 61.7, Emily Baumert 2:20.8), 4:18.29
- 6 ATLANTIC, (Kami Roecker, Andi Thomsen, Steph Jacobs 60.0, Krysta Metz 2:24.1), 4:18.93
- 7 UNITY CHRISTIAN, (Jessica Wassenaar, Marie Visser, Larissa Van Engen 65.8, Jessica Rowenhorst 2:18.5), 4:20.44
- 8 DENISON-SCHLESWIG, (Kristy Uber, Amanda Mahlberg, Jodi Boeck 62.1, Katie Lokken 2:22.1), 4:20.76
- 9 COUNCIL BLUFFS ST. ALBERT, (Brandy Ficek, Kim Burns, Katie Busch 63.1, Katie Milner 2:23.3), 4:21.50
- 10 FOREST CITY, (Michelle DeWaard, Becky Bartelson, Laurel Gladish 61.5, Jana Benson 2:26.7), 4:22.98
- 11 SOUTH O'BRIEN, (Shalene Miller, Allison Kruger, Sandra Tjaden 62.4, Mary Kummerfeld 2:25.1), 4:23.40
- 12 PERRY, (Christina Dowd, Krista Zagar, Rachel Kautzky 61.7, Leslie Kealhofer 2:24.3), 4:23.47
- 13 SOLON, (Stacy Carson, Nicki Barta, Jackie Walton 61.9, Stacey Luedtka 2:25.5), 4:24.10
- 14 DAVIS COUNTY-FOX VALLEY, (Angie Brown, Star Esslinger, Holly Huggins 63.6, Stef Stookesberry 2:24.8), 4:25.51
- 15 NORTH FAYETTE, (Jenni Suckow, Rachel Fate, Heidi Walvatne, Natalie Whitchee 2:24.7), 4:25.66
- 16 MOUNT VERNON-LISBON, (Becca Wumkes, Jessica Enns, Abby Brayton 63.9, Stephanie Legore 2:26.2), 4:26.04
- 17 VINTON-SHELLSBURG, (Melissa Geiken, Melissa Abernathy, Katy Annis 61.9, Jill Mangold 2:29.2), 4:26.04
- 18 UNION, (Nikki Hruska, Sarah Williams, Tiffany Reedy 65.1, Mindy Engel 2:25.3), 4:26.65
- 19 JEFFERSON-SCRANTON, (Angie Haluska, Marissa Fagg, Danielle Shaw 65.3, Ashley Friday 2:26.9), 4:26.90
- 20 ROLAND-STORY, (Maria Rogge, Allison Thompson, Amanda Kirkpatrick 63.1, Rachel Billerbeck 2:28.4), 4:27.56
- 21 SERGEANT BLUFF-LUTON, (Rachel Lea, Kara McGill, Nikki Huygens 63.7, Courtney Ebersole 2:27.1), 4:27.98
- 22 STUART WEST CENTRAL, (Jenni Burris, Sheresa Wilson, Heather Wendzel 64.5, Jen Hasty 2:27.1), 4:28.41
- 23 SPIRIT LAKE PARK, (Jayme Clayton, Janna Stahly, Hillary Brockshus 64.3, Leah Hentges 2:27.3), 4:28.79
- 24 ALGONA, (Wendy Divis, Abby Kajewski, Amy Simpson 65.8, Jenny Aanonson), 4:36.75

Class 2A Shuttle Hurdle Relay Finals

- 1 ATLANTIC, (Maggie Wernimont 16.4, Kaarin Lamb 16.4, Jamie McBride 16.6, Tiffany Pedersen 14.4), 1:04.06
- 2 WILLIAMSBURG, (Ashlee Capper, Abby Tiernan, Cassie Milder, Molly O'Brien 14.9), 1:05.17
- 3 CLEAR LAKE, (Chelsea Snyder, Jessica Healey, Amanda Jennings, Sarah Tompkins), 1:05.70
- 4 CLEAR CREEK-AMANA, (Ashley Jacobs, Laura Chipman, Jenna DeBrower, Teri Stimmel), 1:05.73
- 5 BALLARD, (Emily Harmon, Danalee Hokel, Melanie Wilson, Cristen Harleen), 1:06.02
- 6 CHEROKEE, (Anna Veit, Julie Slota, Kayla Hatch, Sara Wrage), 1:06.12
- 7 CENTERVILLE, (Taren Carson, Erin Sherman, Kristin McCord, Heather Mitchell), 1:06.94
- 999 FOREST CITY, (Abby Van Syoc 15.4, Laura Korth 16.0, Tiffany Anderson 16.4, Michelle DeWaard 15.7), DQ-1:03.49

Heat 1

- 1 HARLAN, (Jessy Heim, Kristen Goeser, Emily Hall, Liz Olson), 1:07.81
- 2 ROLAND-STORY, (Jamie Klein, Natalie Ewing, Jill Larson, Jill Padenhauer), 1:08.80
- 3 JEFFERSON-SCRANTON, (Julisa Leistad, Allison Koppen, Aimee Hane, Sarah Carlson), DQ-1:09.40
- 4 NORTH FAYETTE, (Sarah Meckley, Katie Hoey, Jesse Harper, Lindsay Olson), 1:11.97

Heat 2

- 1 CLEAR LAKE, (Chelsea Snyder, Kathy Bitker, Amanda Jennings, Sarah Tompkins), 1:06.56
- 2 CASCADE, (Anne Knepper, Jodi Takes, Megan Recker, Rachel Hutchins), 1:07.24
- 3 BOYER VALLEY, (Maria Melby, Rachel Kuhlmann, Leisha Kunze, Earleen Meseck), 1:08.60
- 4 BENTON, (Rebecca Silhanek, Heidi Meyer, Kristin Smolik, Kristin Agnew), 1:09.75

Heat 3

- 1 WILLIAMSBURG, (Ashlee Capper, Abby Tiernan, Cassie Milder, Molly O'Brien), 1:05.52
- 2 MARION, (Nicole Burrell, Leighann Freeman, Rachel Eagle, Michelle Petersen), 1:07.67
- 3 CRESTON, (Rhianon Snider, Kylee Bradley, Nellie Young, Michelle Clausen), 1:08.38
- 4 MEDIAPOLIS, (Erin Allen, Katrisha Hauenstein, Kathy Pilling, Heather McLatchie), 1:09.61

Heat 4

- 1 CENTERVILLE, (Taren Carson, Erin Sherman, Kristin McCord, Heather Mitchell), 1:05.96
- 2 CLEAR CREEK-AMANA, (Ashley Jacobs, Laura Chipman, Jenna DeBrower, Teri Stimmel), 1:06.69
- 3 UNITY CHRISTIAN, (Bridgette Dorhout, Jessica Wassenaar, Brittany Groeneweg, Jill Bouma), 1:07.85
- 4 KNOXVILLE, (Megan Hixenbaugh, Renee Flack, Tara Haning, Merideth Anderson), 1:07.89

Heat 5

- 1 ATLANTIC, (Maggie Wernimont, Kaarin Lamb, Jamie McBride, Tiffany Pedersen), 1:04.56
- 2 CHEROKEE, (Anna Veit, Julie Slota, Kayla Hatch, Sara Wrage), 1:06.75
- 3 NEW HAMPTON, (Jaime Schwier, Trista Humpal, Rebecca Junko, Ashley Hanson), 1:08.71
- 4 ALGONA, (Megan Hyslop, Heather Weishaar, Abby Kajewski, Kristen Kuecker), 1:10.82

Heat 6

- 1 FOREST CITY, (Abby Van Syoc, Laura Korth, Tiffany Andeson, Michelle DeWaard), 1:04.31
- 2 BALLARD, (Emily Harmon, Danalee Hokel, Melanie Wilson, Cristen Harleen), 1:07.07
- 3 SHENANDOAH, (Mandi Ketcham, Sarah Cuva, Jessica Teachout, Mandi Harms), 1:07.09
- 4 WEBSTER CITY, (Meisha Pruisman, Libby Doolittle, Amy Olson, Cassie Angstrom), 1:09.32

Class 2A High Jump Finals

- 1 Melissa Nelson-SR, Algona, 5'05" (1.65m)
- 2 Janae Anderson-JR, Boyden-Hull/Rock Valley, 5'04" (1.63m)
- 3 Sondra Rauterkus-SO, Harlan, 5'04" (1.63m)
- 4 Allison Kruger-SR, South O'Brien, 5'03" (1.60m)
- 5 JoLyn Legg-FR, South Tama, 5'03" (1.60m)
- 6 Dawn Anspach-SR, Storm Lake, 5'02" (1.57m)
- 7 Sandy Kirchner-JR, Clarinda, 5'00" (1.52m)
- 7 Kaly Byers-JR, Clarinda, 5'00" (1.52m)
- 7 Abby McCorkel-JR, Stuart West Central, 5'00" (1.52m)
- 10 Carmen Cox-FR, Red Oak, 5'00" (1.52m)
- 11 Erin Coghlan-JR, Cherokee, 5'00" (1.52m)
- 11 Leah Dvorak-SR, New Hampton, 5'00" (1.52m)
- 11 Margaret Wrage-SO, Union, 5'00" (1.52m)
- 11 Julie Westenberg-JR, Unity Christian, 5'00" (1.52m)
- 15 Erin Allen-SO, Mediapolis, 5'00" (1.52m)
- 16 Amanda Eckrich-SO, Clear Creek-Amana, 5'00" (1.52m)
- 17 Sarah Kleinsmith-SO, Mount Vernon-Lisbon, 4'10" (1.47m)
- 17 Trisha Atherton-JR, Norwalk, 4'10" (1.47m)
- 19 Amy Jo VanWesten-SO, Sibley-Ocheyedan, 4'10" (1.47m)
- 19 Lindsay Owen-JR, Waukee, 4'10" (1.47m)

21 Cristen Harleen-SO, Ballard, 4'10" (1.47m)
 21 Stacie Snyder-SO, Carroll Kuemper, 4'10" (1.47m)
 21 Megan Hanneman-SO, Vinton-Shellsburg, 4'10" (1.47m)
 999 Kelsey Kain-SR, Saydel, NH

Class 2A Long Jump Finals

1 Tiffany Pedersen-SO, Atlantic, 18'01.5" (5.52m)
 2 Amanda Beck-SR, Prairie Valley, 16'10" (5.13m)
 3 Allison Stracke-FR, Harlan, 16'09" (5.11m)
 4 Molly O'Brien-JR, Williamsburg, 16'05" (5.00m)
 5 Madelyn Yocom-SO, Chariton, 16'02.75" (4.95m)
 6 Molly Ouren-SO, Harlan, 16'02" (4.93m)
 7 Brooke Christensen-SR, Winterset, 15'09" (4.80m)
 8 Greta Goerrs-JR, Spirit Lake Park, 15'08.75" (4.79m)
 9 Leah Dvorak-SR, New Hampton, 15'06.75" (4.74m)
 10 Karlie Groth-FR, Creston, 15'05.5" (4.71m)
 11 Lindsay Olson-SR, North Fayette, 15'03.5" (4.66m)
 12 Jenni Suckow-SO, North Fayette, 15'03.25" (4.65m)
 13 Alison Nicholas-JR, Council Bluffs St. Albert, 15'02.75" (4.64m)
 14 Kendra Schurman-SO, Hampton-Dumont, 15'02.50" (4.64m)
 15 Jennifer Smith-JR, Saydel, 15'00.5" (4.58m)
 16 Teresa Nielsen-FR, Western Christian, 15'00" (4.57m)
 17 Jennifer Wieck-SR, Hampton-Dumont, 14'10.25" (4.53m)
 18 Kate Lesage-FR, Unity Christian, 14'05.25" (4.40m)
 19 Heidi Jordet-SO, Emmetsburg-Graettinger, 14'05.25" (4.40m)
 20 Janae Anderson-JR, Boyden-Hull/Rock Valley, 14'04.5" (4.38m)
 21 Jessica Enns-JR, Mount Vernon-Lisbon, 14'04" (4.37m)
 22 Ashley Hanson-FR, New Hampton, 14'04" (4.37m)
 23 Annie Mullin-JR, Denison-Schleswig, 14'02.75" (4.34m)
 24 Monica Vermeer-SR, Sioux Center, 13'09" (4.19m)

Class 2A Shot Put Finals

1 Allison Kruger-SR, South O'Brien, 42'06.75" (12.97m)
 2 Lorrie Grems-SR, Estherville-LC, 38'10.5" (11.85m)
 3 Lindsey Smith-JR, New Hampton, 37'10.25" (11.54m)
 4 Mary Streeter-SO, North Fayette, 37'04" (11.38m)
 5 Katie Shimon-SR, Perry, 37'01.25" (11.31m)
 6 Katy Ruby-SR, Humboldt, 36'10" (11.23m)
 7 Alyssa Dennis-JR, Ballard, 36'09" (11.20m)
 8 Susan Chamberlain-JR, Harlan, 36'04.5" (11.09m)
 9 Amanda Feldkamp-SO, Sibley-Ocheyedan, 35'11.75" (10.97m)
 10 Cindy Anderson-JR, Dallas Center-Grimes, 35'08.75" (10.89m)
 11 Angie Hogue-JR, Carroll, 35'07.25" (10.85m)
 12 Cora Blom-JR, MOC-Floyd Valley, 35'06.25" (10.83m)
 13 Kim Vinsand-SR, Humboldt, 35'02" (10.72m)
 14 Kristina Kapler-SO, Crestwood, 35'00.5" (10.68m)
 15 Kristy Wagenaar-JR, Sheldon, 34'08.75" (10.59m)
 16 Billie Jo Hunt-SR, Maquoketa Valley, 34'07" (10.54m)
 17 Katie Nelson-SO, Estherville-LC, 34'04.5" (10.48m)
 18 Jill Roach-SR, Eddyville-Blakesburg, 34'04" (10.46m)
 19 Melanie Thompson-JR, ADM, 34'02.25" (10.42m)
 19 Megan Maus-SR, Davenport Assumption, 33'07.25" (10.24m)
 20 Piper Orman-SO, Chariton, 33'07.25" (10.24m)
 22 Lindsay Diehl-JR, Clarke, 33'06.25" (10.22m)
 23 Gwen Meyer-SR, West Lyon, 33'01" (10.08m)
 24 Katie Van Engen-SO, Unity Christian, 30'06.25" (9.30m)

Class 2A Discus Finals

1 Alyssa Dennis-JR, Ballard, 128'09" (39.24m)
 2 Jennifer Hanson-SR, Belmond-Klemme, 125'05" (38.23m)
 3 Lindsay Diehl-JR, Clarke, 120'10" (36.83m)
 4 Angie Hogue-JR, Carroll, 119'09" (36.50m)
 5 Amy Michels-SR, Independence, 117'10" (35.92m)
 6 Lorrie Grems-SR, Estherville-LC, 117'01" (35.69m)
 7 Jessi Beck-SR, Roland-Story, 114'09" (34.98m)
 8 Bridgitt Duffy-JR, New Hampton, 109'11" (33.50m)
 9 Trisha Ping-SR, Sheldon, 109'05" (33.35m)
 10 Carrie Erger-JR, Benton, 109'04" (33.32m)
 11 Katie Koch-SR, Cherokee, 108'11" (33.20m)
 12 Michelle Digmann-JR, Maquoketa Valley, 108'01" (32.94m)
 13 Mindy Kephart-JR, Knoxville, 107'10" (32.87m)
 14 Melanie Thompson-JR, ADM, 104'03" (31.78m)
 15 Susan Chamberlain-JR, Harlan, 102'11" (31.37m)
 16 Amanda Feldkamp-SO, Sibley-Ocheyedan, 102'08" (31.29m)
 17 Sara Nolte-SR, Prairie Valley, 102'05" (31.22m)
 18 Jill Roach-SR, Eddyville-Blakesburg, 102'04" (31.19m)
 19 Jennie Madagan-JR, Spirit Lake Park, 101'04" (30.89m)
 20 Cora Blom-JR, MOC-Floyd Valley, 100'03" (30.56m)
 21 Jenny Hansen-SR, Creston, 095'06" (29.11m)
 22 Jacque Gibbs-SR, Okoboji, 094'09" (28.88m)
 23 Caroline Ruppert-SR, Clear Creek-Amana, 083'04" (25.40m)
 999 Amber Haberberger-JR, Denison-Schleswig, DNC

1999 STATE TRACK & FIELD CLASS 3A FINAL RESULTS

By Track-on-a-Mac on 5/22/99 6:17 PM

Revised and updated Tuesday, May 25--4:48 p.m. Splits and years in school added, and some relay runners corrected. This class also includes the Wheelchair results at the end

On some browsers you may need to change your Page Setup to Landscape (wide) to print the relay runners correctly.

[District Results](#)

[Go to Class 2A results](#)

[Go to Class 1A results](#)

[Go to Friday results](#)

ATTENDANCE: Friday--9,004; Saturday--8,912; Total--17,916

WEATHER: Friday--Early morning thundershowers passed through Des Moines just before start of 3000 meters. Temperature rose from low 60's to a hot

Saturday--Bright and sunny all day. High temperatures of 75-80 for the last two hours of the meet. Little wind at 3-5 mph from North-Northwest. 50% humidity.

3A TEAM SCORING

1. Iowa City High.....	61
2. Iowa City West.....	51
3. Cedar Rapids Prairie.....	31
4. Clinton.....	27.50
5. Marshalltown.....	25
6. Ames.....	22
6. Indianola.....	22
8. West Des Moines Valley.....	20
9. Waterloo East.....	18
10. Davenport North.....	17
11. Sioux City Heelan.....	15
12. Sioux City North.....	14
13. Bettendorf.....	13
13. Oskaloosa.....	13
13. Pleasant Valley.....	13
16. Davenport Central.....	12
17. Ankeny.....	11
17. Cedar Rapids Xavier.....	11
17. Des Moines Roosevelt.....	11
20. Fort Madison.....	10
21. Waterloo West.....	8
21. Dubuque Senior.....	8
23. Dubuque Wahlert.....	7
23. Lewis Central.....	7
23. Western Dubuque.....	7
26. Linn-Mar.....	6
26. Newton.....	6
26. Urbandale.....	6
29. LeMars.....	5.50
30. Burlington.....	5
31. Spencer.....	4
31. West Delaware.....	4
33. Fort Dodge.....	3
33. Sioux City West.....	3
33. West Des Moines Dowling.....	3
36. Davenport West.....	2
37. Cedar Rapids Kennedy.....	1
37. Des Moines Hoover.....	1
37. Pella.....	1

Class 3A 100 Meter Dash Finals

- 1 Kate Gordon, Sioux City North-SR, 12.18
- 2 Pam Orris, Dubuque Senior-SO, 12.63
- 3 Tina Klith, Cedar Rapids Prairie-JR, 12.82
- 4 Tiesha Griffin, Sioux City West-JR, 12.86
- 5 Christen Karniski, Iowa City West-FR, 12.89
- 6 Katie Boney, Burlington-SR, 13.00
- 7 Stacey Lawrence, Clinton-FR, 13.23
- 8 Tiffany Cruikshank, Marshalltown-SO, 13.23

Heat 1

- 1 Pam Orris, Dubuque Senior-SO, 12.46

- 2 Tina Klith, Cedar Rapids Prairie-JR, 12.60
- 3 Katie Boney, Burlington-SR, 13.00
- 4 Amy Wigen, Spencer-JR, 13.16
- 5 Casey Novy, Cedar Rapids Xavier-JR, 13.22
- 6 Abbie Orr, West Des Moines Valley-FR, 13.28
- 7 Jessica Carson, Newton-SO, 13.31
Elizabeth Matson, Iowa City High-FR, dns

Heat 2

- 1 Kate Gordon, Sioux City North-SR, 12.13 J
- 2 Tiesha Griffin, Sioux City West-JR, 12.50
- 3 Tiffany Cruikshank, Marshalltown-SO, 12.99
- 4 Erin Fitzgerald, West Des Moines Dowling-SO, 13.18
- 5 Tesi Dawson, Southeast Polk-JR, 13.18
- 6 Channy Dary, Mount Pleasant-SR, 13.20
- 7 Kassie Dougherty, Davenport West-SO, 13.22

Heat 3

- 1 Christen Karniski, Iowa City West-FR, 12.80
- 2 Stacey Lawrence, Clinton-FR, 12.94
- 3 Becky Bartello, Newton-JR, 13.36
- 4 Abby Tiedemann, Cedar Rapids Jefferson-SO, 13.37
- 5 Tajah Theroith, Waterloo East-JR, 13.40
- 6 Lolo Jones, Des Moines Roosevelt-JR, 13.41
- 7 Kristen Foster, Oskaloosa-FR, 13.74
Erin Maysent, Ames-SR, dns

Class 3A 200 Meter Dash Finals

- 1 Luyre Hupfer, Clinton-SR, 25.01
- 2 Kate Gordon, Sioux City North-SR, 25.06
- 3 Rasheeda Jones, Waterloo East-SR, 26.13
- 4 Tina Klith, Cedar Rapids Prairie-JR, 26.29
- 5 Christie Muenzenberger, West Des Moines Valley-JR, 26.30
- 6 Hafina Jones, Davenport North-SO, 26.35
- 7 Ambre Moton, Ankeny-JR, 26.35
- 8 Sarah Riedel, Muscatine-FR, 26.57

Heat 1

- 1 Christie Muenzenberger, West Des Moines Valley-JR, 25.71
- 2 Tina Klith, Cedar Rapids Prairie-JR, 26.16
- 3 Angie German, West Delaware-SO, 26.39
- 4 Jenny Pegler, Sioux City East-SR, 27.20
- 5 Tesi Dawson, Southeast Polk-JR, 27.61
- 6 Ashley Williams, Linn-Mar-FR, 28.09
- 7 Laura Palmer, Muscatine-SO, 28.17
Sarah Nutter, Ames-SR, dns

Heat 2

- 1 Kate Gordon, Sioux City North-SR, 25.31
- 2 Rasheeda Jones, Waterloo East-SR, 26.06
- 3 Ambre Moton, Ankeny-JR, 26.20
- 4 Alleshia Tiesmann, Des Moines East-SO, 26.59
- 5 Jenny Lorenzen, Cedar Rapids Xavier-FR, 27.08
- 6 Emily Riggle, Cedar Rapids Prairie-SR, 27.26
Amanda Nearad, Iowa City High-JR, dns
Dondra Nichols, Indianola-SR, dns

Heat 3

- 1 Luyre Hupfer, Clinton-SR, 25.18
- 2 Sarah Riedel, Muscatine-FR, 26.23
- 3 Hafina Jones, Davenport North-SO, 26.27
- 4 Beth Michael, Marshalltown-FR, 26.56
- 5 Katy Bogguss, Cedar Rapids Washington-SO, 26.85
- 6 Laura Simmons, Urbandale-SO, 27.23
- 7 Kim Rodgers, Ames-SO, 28.14

Class 3A 400 Meter Dash Finals

- 1 Christie Muenzenberger, West Des Moines Valley-JR, 0:57.07
- 2 Candi Jones, Oskaloosa-JR, 0:57.97
- 3 Lacey Adams-Brown, Indianola-SR, 0:58.41
- 4 Maria Johnson, Cedar Rapids Xavier-JR, 0:58.97
- 5 Angie German, West Delaware-SO, 0:59.02
- 6 Nicole Dougherty, Dubuque Senior-JR, 1:00.33
- 7 Megan Vens, Clinton-SO, 1:01.87
Amanda Manatt, Newton-JR, dns

Heat 1

- 1 Lacey Adams-Brown, Indianola-SR, 0:58.13
- 2 Nicole Dougherty, Dubuque Senior-JR, 0:59.44
- 3 Megan Vens, Clinton-JR, 0:59.61
- 4 Kristin Kelley, Mount Pleasant-SR, 1:00.12
- 5 Ashley Baird, Cedar Rapids Prairie-FR, 1:01.22
- 6 Sarah Hughes, Charles City-SO, 1:02.98
Nicole Chizek, Marshalltown-SR, dns
Julie Moeller, Sioux City Heelan-SR, dns

Heat 2

- 1 Christie Muenzenberger, West Des Moines Valley-JR, 0:57.48
- 2 Maria Johnson, Cedar Rapids Xavier-JR, 0:58.92
- 3 Quinnteshia Tillman, Waterloo East-FR, 1:01.26
- 4 Kristin Way, Johnston-SO, 1:01.70
- 5 Anne Hamilton, North Scott-JR, 1:01.78
- 6 Erin Fantroy, Waterloo West-JR, 1:03.96
- Amber Starr, Iowa City High-FR, dns
- Lisa Ungerer, Cedar Rapids Prairie-JR, dns

Heat 3

- 1 Candi Jones, Oskaloosa-JR, 0:58.39
- 2 Angie German, West Delaware-SO, 0:58.79
- 3 Amanda Manatt, Newton-JR, 0:59.80
- 4 Carrie Schnauber, Davenport Central-SO, 1:00.31
- 5 Chelsi Auen, Spencer-JR, 1:03.28
- 6 Brooke Karstens, Fort Dodge-JR, 1:04.41
- Nicole Gatens, Iowa City High-JR, dns
- Kylan Loney, Ames-SO, dns

Class 3A 800 Meter Run Finals

- 1 Carey Morris, Fort Madison-JR, 2:14.54 J
- 2 Jessica Huff, Marshalltown-SR, 2:14.79 J
- 3 Wendy Shaw, Davenport Central-JR, 2:17.04
- 4 Ann Marie Noel, Dubuque Wahlert-SO, 2:17.65
- 5 Katy Grady, LeMars-FR, 2:17.91
- 6 Lesley Smith, Iowa City West-SO, 2:18.20
- 7 Anne Heefner, Iowa City High-SR, 2:18.31
- 8 Jennifer Smith, Davenport North-JR, 2:18.60
- 9 Michelle Sokol, Urbandale-SO, 2:18.74
- 10 Lindsey Yunt, Dubuque Hempstead-FR, 2:19.92
- 11 Beth Abramavich, West Des Moines Dowling-SO, 2:20.43
- 12 Claire Gilchrist, Ames-SR, 2:21.34
- 13 Alicia Irons, Boone-FR, 2:21.95
- 14 Kristin Flood, West Des Moines Valley-SR, 2:22.13
- 15 Renee Begyn, Bettendorf-JR, 2:22.50
- 16 Brittany Keith, Iowa City West-JR, 2:22.68
- 17 Jannae Holubar, Marshalltown-SO, 2:24.26
- 18 Michelle Lake, Iowa City High-SO, 2:25.07
- 19 Anne Berger, Sioux City Heelan-SO, 2:25.31
- 20 Cindy Loffler, Johnston-SR, 2:25.59
- 21 Melissa Hough, CB Abraham Lincoln-SR, 2:25.64
- 22 Kelsey Singletary, Ankeny-JR, 2:26.00
- 23 Brandy Hunold, Fort Madison-JR, 2:29.19
- 24 Ashley Kunkle, Cedar Falls-JR, 2:32.14

Class 3A 1500 Meter Run Finals

- 1 Michelle Lilienthal, Iowa City High-JR, 4:34.01 J **
- 2 Emily Shoopman, Waterloo West-SO, 4:45.53 J
- 3 Anne Ruffcorn, Bettendorf-SR, 4:46.38
- 4 Lindsay Wetzel, Iowa City High-SR, 4:47.87
- 5 Casey Owens, Des Moines Roosevelt-SO, 4:49.93
- 6 Jenni Frudden, Iowa City West-FR, 4:50.10
- 7 Karen McCormick, Lewis Central-JR, 4:51.57
- 8 Casey Hornick, Fairfield-FR, 4:55.43
- 9 Lindsey Nye, Fort Madison-SO, 4:55.84
- 10 Aimee Nielson, Mason City-FR, 4:58.71
- 11 Lindsay Heligenthal, Ames-SR, 5:01.59
- 12 Lauren Levy, Iowa City West-SO, 5:01.70
- 13 Amanda Tuttle, Marshalltown-JR, 5:01.94
- 14 Megan Riepma, Spencer-FR, 5:03.20
- 15 Masumi Fottrall, Cedar Rapids Prairie-JR, 5:07.09
- 16 Audrey Schiltz, West Des Moines Dowling-JR, 5:08.04
- 17 Katie Croker, Marshalltown-JR, 5:08.66
- 18 Sara Semprini, Ankeny-SO, 5:09.67
- 19 Julie White, Dubuque Hempstead-SO, 5:10.54
- 20 Kim Irons, Boone-SR, 5:11.38
- 21 Megan Tabor, Dubuque Senior-SR, 5:12.76
- 22 Tracy Paustian, Davenport West-SO, 5:14.67
- 23 Jessica Weible, Sioux City East-SR, 5:21.66
- Shannon Parker, Clinton-FR, dnf

*-State Meet Record--old mark, 4:36.01, Julie Williams, Spencer, 1979

**-Iowa All-Time Best--old mark, 4:36.0, Robin Evans, Manilla, 1970

Class 3A 3000 Meter Run Finals

- 1 Michelle Lilienthal, Iowa City High-JR, 09:49.11 J*
- 2 Lesley Smith, Iowa City West-SO, 10:14.02 J
- 3 Jeni Frudden, Iowa City West-FR, 10:18.55 J
- 4 Casey Owens, Des Moines Roosevelt-SO, 10:30.22
- 5 Emily Shoopman, Waterloo West-SO, 10:42.68
- 6 Karen McCormick, Lewis Central-JR, 10:44.60
- 7 Molly Meng, Iowa City High-JR, 10:51.32
- 8 Kathryn Stamler, Muscatine-SR, 10:56.90

9 Sarah Lacina, Muscatine-FR, 10:58.95
 10 Julie Reger, Ames-SO, 10:59.10
 11 Nicole Wood, Dubuque Wahlert-JR, 11:02.58
 12 Audrey Schiltz, West Des Moines Dowling-JR, 11:04.46
 13 Amanda Tuttle, Marshalltown-JR, 11:08.87
 14 Allison Heid, Urbandale-FR, 11:09.86
 15 Megan Tabor, Dubuque Senior-SR, 11:12.49
 16 Masumi Pottral, Cedar Rapids Prairie-JR, 11:14.49
 17 Melissa Zeimat, Dubuque Wahlert-JR, 11:26.24
 18 Brooke Ralston, Cedar Rapids Jefferson-JR, 11:29.73
 19 Katie Murphy, Waterloo Col.-Don Bosco-JR, 11:39.38
 20 Stacy Egts, Bettendorf-SR, 11:40.09
 21 Jessica Deverell, Mason City-JR, 11:42.69
 22 Cathleen Miller, Davenport Central-SO, 12:14.53
 Rita Fiala, Johnston-SR, dns
 Elly Glass, Dubuque Senior-JR, dns

*-State Meet Record--old mark, 9:52.98, Christa Holms, West Des Moines Valley, 1986

Class 3A 100 Meter Hurdles Finals

1 Teesa Price, Iowa City High-SR, 14.19 J
 2 Fiona Asigbee, Cedar Rapids Prairie-SR, 14.53
 3 Sarah Steffen, Western Dubuque-SR, 14.55
 4 Elizabeth Bicknell, Pleasant Valley-SO, 15.10
 5 Alissa Koerner, Sioux City Heelan-SR, 15.10
 6 Jill Arganbright, Iowa City West-SR, 15.21
 7 Stacy Van Vark, Pella-SR, 15.64
 8 Chrissy Hendricks, Ankeny-JR, 16.04

Heat 1

1 Sarah Steffen, Western Dubuque-SR, 14.46
 2 Fiona Asigbee, Cedar Rapids Prairie-SR, 14.52
 3 Elizabeth Bicknell, Pleasant Valley-SO, 15.20
 4 April Reedy, CB Abraham Lincoln-JR, 15.46
 5 Molly Nauman, West Des Moines Dowling-SO, 15.64
 6 Maria Hardinger, Mason City-SR, 15.93
 7 Tara Jetter, Clinton-SO, 16.04
 Jessica Wray, Ames-SR, dns

Heat 2

1 Teesa Price, Iowa City High-SR, 14.26 J
 2 Alissa Koerner, Sioux City Heelan-SR, 15.07
 3 Lindsey Anderson, West Des Moines Valley-SO, 15.46
 4 Misa Nakato, Iowa City West-SR, 15.48
 5 Amber Johnson, Southeast Polk-SO, 15.71
 6 Stacy Boerema, Clinton-FR, 15.75
 7 Becky Lauver, Lewis Central-SO, 15.78
 8 Katie Mailander, Cedar Rapids Xavier-SR, 16.33

Heat 3

1 Jill Arganbright, Iowa City West-SR, 15.09
 2 Stacy Van Vark, Pella-SR, 15.19
 3 Chrissy Hendricks, Ankeny-JR, 15.40
 4 Tristan Smith, Fort Dodge-SO, 15.61
 5 Kiley Fidler, Cedar Rapids Washington-SR, 16.67
 6 Jamie Nemmers, Cedar Falls-JR, 22.74
 Erica Lynn, Ames-SO, dns
 Lolo Jones, Des Moines Roosevelt-JR, dns

Class 3A 400 Meter Hurdles Finals

1 Teesa Price, Iowa City High-SR, 1:02.65 J
 2 Fiona Asigbee, Cedar Rapids Prairie-SR, 1:03.84
 3 Amanda Manatt, Newton-JR, 1:04.86
 4 Sarah Steffen, Western Dubuque-SR, 1:05.77
 5 Jessica Wray, Ames-SR, 1:05.91
 6 Lara Janson, Iowa City West-SO, 1:05.95
 7 Brooke Plumb, Newton-SO, 1:08.26
 8 Tara Jetter, Clinton-SO, 1:09.37

Heat 1

1 Teesa Price, Iowa City High-SR, 1:05.00
 2 Brooke Plumb, Newton-SO, 1:05.66
 3 Jessica Wray, Ames-SR, 1:05.68
 4 Jamie Lemke, Decorah-SR, 1:09.49
 5 Mary Ann Schilling, Dubuque Senior-SO, 1:09.51
 6 Molly Nauman, West Des Moines Dowling-SO, 1:10.07
 7 Jenny Knapp, West Des Moines Valley-SR, 1:10.67
 8 Katie Mailander, Cedar Rapids Xavier-SR, 1:11.02

Heat 2

1 Amanda Manatt, Newton-JR, 1:05.08
 2 Tara Jetter, Clinton-SO, 1:06.76
 3 Jamie Nemmers, Cedar Falls-JR, 1:06.86
 4 April Reedy, CB Abraham Lincoln-JR, 1:07.37
 5 Cassie Broome, Mason City-JR, 1:08.76
 6 Haley Younger, Ankeny-FR, 1:08.78

- 7 Aimee Reichel, Dubuque Wahlert-SR, 1:08.95
- 8 Amber Johnson, Southeast Polk-SO, 1:10.39

Heat 3

- 1 Fiona Asigbee, Cedar Rapids Prairie-SR, 1:04.85
- 2 Lara Janson, Iowa City West-SO, 1:05.68
- 3 Sarah Steffen, Western Dubuque-SR, 1:05.71
- 4 Deanna Olson, Decorah-SR, 1:08.92
- 5 Jessica Johnson, Waterloo East-SO, 1:09.17
- 6 Kelsie Linder, Iowa City High-SO, 1:10.06
- Casee Constable, Southeast Polk-SR, dq-1:10.06
- Alissa Koerner, Sioux City Heelan-SR, dnf

Class 3A 4x100 Meter Relay Finals

- 1 WATERLOO EAST, (Jessie Wellnitz, Tajah Theroith, Fallon Jenkins, Rasheeda Jones), 49.34
- 2 DAVENPORT NORTH, (Allison Harris, Destiny Sisk, Lolitha Marshall, Hafina Jones), 49.36
- 3 CLINTON, (Hillary Armstrong, Lindsey Larson, Luyre Hupfer, Stacey Lawrence), 49.67
- 4 IOWA CITY HIGH, (Amanda Nearad, Nicole Gatens, Amber Starr, Elizabeth Matzen), 50.13
- 5 ANKENY, (Lindsay McCracken, Kylie Lago, Sarah Lindner, Ambre Moton), 50.19
- 6 SIOUX CITY HEELAN, (Kara Fenceroy, Jill Fisher, Laura Wharton, Sara Heying), 50.61
- 7 MUSCATINE, (Becca Aull, Becca Siler, Desiree Flickinger, Sarah Riedel), 50.67
- 8 SPENCER, (Megan Nuebel, Amanda Hentges, Jami Willfong, Amy Wigen), 50.88

Heat 1

- 1 WATERLOO EAST, (Jessie Wellnitz, Tajah Theroith, Fallon Jenkins, Rasheeda Jones), 49.98
- 2 AMES, (Sarah Nutter, Kylan Loney, Megan Popelka, Erin Maysent), 50.89
- 3 URBANDALE, (Laura Simmons, Kim Hibbert, Diane Stratton, Sarah Turner), 51.03
- 4 SIOUX CITY WEST, (Amanda Stidfole, Jessica Kenagy, Erin Steffe, Tiesha Griffin), 51.18
- 5 PELLA, (Kelli Marlow, Holly Goodyk, Wendy Marlow, Lacy Moffett), 51.21
- 6 IOWA CITY WEST, (Abby Buckwalter, Melissa Meng, Keri Koser, Christen Karniski), 51.31
- 7 WEST DES MOINES VALLEY, (Shannon Smith, Jeffia Hill, Angie Maupin, Lauren Fifer), 51.48
- 8 CEDAR RAPIDS PRAIRIE, (Emily Riggle, Amber Schilling, Rashelle Whitson, Emilie Williams), 52.07

Heat 2

- 1 DAVENPORT NORTH, (Allison Harris, Destiny Sisk, Lolitha Marshall, Hafina Jones), 49.55
- 2 SIOUX CITY HEELAN, (Kara Fenceroy, Jill Fisher, Laura Wharton, Sara Heying), 50.17
- 3 MARSHALLTOWN, (Tiffany Cruikshank, Beth Michael, Abby Vanderah, Diane Gaskill), 50.82
- 4 CEDAR RAPIDS JEFFERSON, (Abby Tiedemann, Liz Eckles, Kim Lorenzen, Sarah Wieneke), 51.18
- 5 DES MOINES ROOSEVELT, (Ronnie Caldwell, Kristin Cavanaugh, Davonna Carr, Kathleen Sprole), 51.33
- 6 DECORAH, (Teri Olson, Angie Kerndt, Josie Einck, Auny Kerndt), 51.45
- 7 PLEASANT VALLEY, (Lindsey Ven Horst, Anne Burgemeier, Liz Bolcom-Smith, Elizabeth Bicknell), 51.98
- 8 WESTERN DUBUQUE, (Jennifer Demmer, Beth Harris, Abbie Ruden, April Vorwald), 52.33

Heat 3

- 1 CLINTON, (Hillary Armstrong, Lindsey Larson, Luyre Hupfer, Stacey Lawrence), 49.73
- 2 ANKENY, (Lindsay McCracken, Kylie Lago, Sarah Lindner, Ambre Moton), 50.39
- 3 IOWA CITY HIGH, (Amanda Nearad, Nicole Gatens, Amber Starr, Elizabeth Matzen), 50.40
- 4 SPENCER, (Megan Nuebel, Amanda Hentges, Jami Willfong, Amy Wigen), 50.74
- 5 MUSCATINE, (Becca Aull, Becca Siler, Desiree Flickinger, Sarah Riedel), 50.80
- 6 DAVENPORT WEST, (Lindsey Ekblad, Crystal Mack, Leanna Martin, Kassie Dougherty), 51.84
- 7 NEWTON, (Jessica Carson, Alicia Graber, Becky Bartello, Abby Townsend), 51.86
- 8 DUBUQUE SENIOR, (Erin Strub, Theresa Redding, Sabrina Wombacher, Nicole Dougherty), 52.61

Class 3A 4x200 Meter Relay Finals

- 1 CLINTON, (Stacey Lawrence, Hillary Armstrong, Lindsey Larson, Luyre Hupfer), 1:42.94
- 2 DAVENPORT NORTH, (Allison Harris, Destiny Sisk, Lolitha Marshall, Hafina Jones), 1:43.11
- 3 AMES, (Sarah Nutter, Erica Lynn, Erin Maysent, Kylan Loney), 1:44.18
- 4 WATERLOO EAST, (Jessie Wellnitz, Fallon Jenkins, Quinnteshia Tillman, Rasheeda Jones), 1:44.29
- 5 MARSHALLTOWN, (Beth Michael, Nicole Chizek, Teresa Wauters, Diane Gaskill), 1:44.75
- 6 DUBUQUE SENIOR, (Erin Strub, Melissa Millman, Katie Kluesner, Pam Orris), 1:44.93
- 7 ANKENY, (Kylie Lago, Lindsay McCracken, Sarah Lindner, Ambre Moton), 1:45.62
- 8 SIOUX CITY HEELAN, (Kara Fenceroy, Julie Moeller, Laura Wharton, Sara Heying), 1:46.04

Heat 1

- 1 CLINTON, (Stacey Lawrence, Hillary Armstrong, Lindsey Larson, Luyre Hupfer), 1:44.05
- 2 SIOUX CITY HEELAN, (Kara Fenceroy, Julie Moeller, Laura Wharton, Sara Heying), 1:45.64
- 3 ANKENY, (Kylie Lago, Lindsay McCracken, Sarah Lindner, Ambre Moton), 1:45.92
- 4 DES MOINES ROOSEVELT, (Kristin Cavanaugh, Kathleen Sprole, Davonna Carr, Ronnie Caldwell), 1:47.96
- 5 CEDAR RAPIDS PRAIRIE, (Emily Riggle, Amber Schilling, Debbie Akerly, Lisa Ungerer), 1:48.06
- 6 NEWTON, (Alicia Graber, Becky Bartello, Sara Birkenholz, Abby Townsend), 1:48.26
- 7 URBANDALE, (Laura Simmons, Kim Hibbert, Diane Stratton, Sarah Turner), 1:48.72
- 8 WEST DES MOINES VALLEY, (Angie Maupin, Jeffia Hill, Shannon Smith, Carolyn Schoen), 1:49.02

Heat 2

- 1 AMES, (Sarah Nutter, Erica Lynn, Kylan Loney, Erin Maysent), 1:43.80
- 2 DUBUQUE SENIOR, (Erin Strub, Melissa Millman, Katie Kluesner, Pam Orris), 1:45.39
- 3 WATERLOO EAST, (Jessie Wellnitz, Fallon Jenkins, Quinnteshia Tillman, Rasheeda Jones), 1:45.90
- 4 SPENCER, (Megan Nuebel, Amanda Hentges, Jami Willfong, Abby Hill), 1:46.46
- 5 SIOUX CITY EAST, (Breanna Hayes, Emily Case, Tiffany Socknat, Jenny Fegler), 1:47.07
- 6 WEST DES MOINES DOWLING, (Abbey Jones, Melissa Dale, Jena Murray, Meghan Menough), 1:47.96
- 7 MOUNT PLEASANT, (Channy Dary, Brooke Liechty, Lindsey Lanferman, Lisa Naab), 1:49.80
- IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen, Amber Starr, Nicole Gatens), dq-1:45.59

Heat 3

- 1 DAVENPORT NORTH, (Allison Harris, Lolitha Marshall, Destiny Sisk, Hafina Jones), 1:43.43
- 2 MARSHALLTOWN, (Beth Michael, Nicole Chizek, Teresa Wauters, Diane Gaskill), 1:44.42
- 3 MUSCATINE, (Becca Aull, Natalie Hetzler, Desiree Flickinger, Sarah Riedel), 1:46.39
- 4 INDIANOLA, (Dondra Nichols, Aly Mikulanec, Kristin Lickiss, Steph Suntken), 1:47.01
- 5 CEDAR RAPIDS JEFFERSON, (Abby Tiedemann, Kim Lorenzen, Alisha Culp, Sarah Wieneke), 1:47.76
- 6 DECORAH, (Teri Olson, Angie Kerndt, Jamie Lemke, Auny Kerndt), 1:49.04
- 7 IOWA CITY WEST, (Jill Coan, Marla Froelich, Katie Meade, Jenny Streinz), 1:50.61
- 8 WESTERN DUBUQUE, (Rachel Steffen, Rachel Smith, Rachel Leibold, April Vorwald), 1:52.49

Class 3A 4x400 Meter Relay Finals

- 1 INDIANOLA, (Dondra Nichols 60.6, Shaela Bresnan 60.9, Steph Suntken 58.3, Lacey Adams-Brown 56.8), 3:56.69
- 2 CEDAR RAPIDS PRAIRIE, (Lisa Ungerer 61.2, Debbie Akerly 60.8, Tina Klith 58.2, Fiona Asigbee 59.2), 3:59.41
- 3 IOWA CITY HIGH, (Anne Heefner 62.0, Nicole Gatens 61.0, Amber Starr 59.8, Teesa Price 57.1), 3:59.96
- 4 CEDAR RAPIDS XAVIER, (Marie Zach 61.2, Ashley Anderson 61.2, Emily Putman 60.1, Maria Johnson 58.3), 4:00.82
- 5 WEST DES MOINES DOWLING, (Beth Abramavich, Melissa Dale, Jena Murray, Meghan Menough), 4:01.49
- 6 AMES, (Erica Lynn 61.4, Jessica Wray 60.5, Lindsay Heligenthal 61.8, Kylan Loney 57.7), 4:01.58
- 7 SIOUX CITY HEELAN, (Alissa Koerner, Julie Moeller, Abby Lemek, Katie Berger), 4:07.10
- 8 CLINTON, (Hadley Armstrong, Lindsey Larson, Megan Vens, Jama Clark), 4:09.49

Heat 1

- 1 CEDAR RAPIDS XAVIER, (Marie Zach 59.8, Ashley Anderson 60.9, Emily Putman 60.9, Maria Johnson 59.1), 4:00.71
- 2 CEDAR RAPIDS PRAIRIE, (Lisa Ungerer 60.5, Debbie Akerly 62.2, Tina Klith 60.2, Fiona Asigbee 57.8), 4:00.74
- 3 WEST DES MOINES DOWLING, (Beth Abramavich 61.4, Melissa Dale 60.0, Jena Murray 59.7, Meghan Menough 60.4), 4:01.53
- 4 NEWTON, (Sara Birkenholz 62.8, Brooke Plumb 61.9, Stacy Paget 62.8, Amanda Manatt 59.9), 4:07.48
- 5 MOUNT PLEASANT, (Jamie McLaughlin, Lindsey Lanferman, Kristin Kelley, Lisa Naab), 4:07.92
- 6 OSKALOOSA, (Jessica Cyphers 64.2, Brit Bailey 63.8, Amber Doud 64.6, Candi Jones 59.0), 4:11.58
- 7 DUBUQUE SENIOR, (Melissa Millman 62.6, Sabrina Weidenbacher 61.8, Mary Ann Schilling 62.7, Katie Kluesner 59.9), 4:11.95
- 8 DUBUQUE WAHLERT, (Emily Roling, Amanda Hohmann, Celie Corken, Ann Marie Noel), 4:12.21

Heat 2

- 1 AMES, (Erin Maysent 59.3, Jessica Wray 60.7, Erica Lynn 60.2, Kylan Loney 58.8), 3:59.06
- 2 IOWA CITY HIGH, (Anne Heefner 61.0, Nicole Gatens 61.7, Amber Starr 57.6, Teesa Price 59.0), 3:59.32
- 3 SIOUX CITY HEELAN, (Alissa Koerner 61.3, Julie Moeller 60.9, Abby Lemek 61.2, Katie Berger 61.3), 4:04.72
- 4 CLINTON, (Hadley Armstrong 61.5, Lindsey Larson 63.6, Megan Vens 60.0, Jama Clark 61.2), 4:06.33
- 5 ANKENY, (Haley Younger, Nicole Rieken, Courtney Shelquist, Leah Kramme), 4:07.91
- 6 JOHNSTON, (Amy Young 63.0, Sarah Kiester 62.6, Lacey Corcoran 61.7, Kristin Way 61.4), 4:08.73
- 7 SPENCER, (Mandi Mesner 62.2, Abby Hill 64.0, Megan Nuebel 63.1, Afton Erick 65.0), 4:14.28
- 8 MARSHALLTOWN, (Janna Holubar, Jenni Markham, Brittany Garland, Ashley McMahon), 4:15.39

Heat 3

- 1 INDIANOLA, (Dondra Nichols 61.0, Shaela Bresnan 61.6, Steph Suntken 59.0, Lacey Adams-Brown 58.3), 3:59.95
- 2 LINN-MAR, (Tara Hansen 61.9, Ashley Williams 60.9, Katie Clymer 61.9, Claire Cullis 63.0), 4:07.72
- 3 WEST DES MOINES VALLEY, (Laura Burke 62.3, Christy Drescher 62.6, Cassie Isaacson 63.0, Leah Lemale 63.3), 4:11.29
- 4 DECORAH, (Kara Lukes, Alex Cook, Jessie Moe, Jamie Lemke), 4:13.43
- 5 NORTH SCOTT, (Brooke Bowman 64.6, Lisa Kirby 65.1, Shea Newmeister 62.7, Anne Hamilton 61.8), 4:14.20
- 6 CEDAR RAPIDS JEFFERSON, (Katie Fox 63.0, Alisha Culp 65.9, Kristin Scheumann 61.8, Kim Lorenzen 64.2), 4:14.92
- 7 OTTUMWA, (Crystal Selby, Anne Bloomer, Shannon Leonard, Hannah Elkins), 4:15.76
- 8 IOWA CITY WEST, (Elizabeth Wurster 65.8, Missy Miller 65.0, Ashley Johnson 61.6, Sara Juvenal 62.5), 4:15.93

Class 3A 4x800 Meter Relay Finals

- 1 IOWA CITY WEST, (Sara Juvenal 2:21.4, Lauren Levy 2:20.6, Lesley Smith 2:19.2, Jeni Frudden 2:17.7), 09:18.96
- 2 IOWA CITY HIGH, (Patricia Ekiring 2:21.8, Kelsie Linder 2:23.4, Anne Heefner 2:21.2, Michelle Lilienthal 2:14.2), 09:20.61
- 3 MARSHALLTOWN, (Jessica Huff 2:16.0, Teresa Wauters 2:22.6, Janna Holubar 2:22.5, Katie Croker 2:20.0), 09:21.05
- 4 CEDAR RAPIDS XAVIER, (Marie Zach 2:24.9, Angel Russell 2:27.6, Shannon Geraghty 2:22.7, Amanda Glynn 2:22.9), 09:38.15
- 5 FORT MADISON, (Brandy Hunold 2:26.2, Megan Rehm 2:29.3, Lindsey Nye 2:21.6, Carey Morris 2:21.5), 09:38.73
- 6 ANKENY, (Kelsey Singletary, Haley Younger, Sara Semprini, Bryony Jones), 09:42.45
- 7 MOUNT PLEASANT, (Jamie McLaughlin 2:27.8, Kristin Kelley 2:20.1, Jayme Jandrey 2:30.0, Jessica Schultz 2:26.7), 09:44.60
- 8 WEST DES MOINES VALLEY, (Kristin Flood, Cassie Isaacson, Christy Drescher, Ashley Tousley), 09:44.82
- 9 BOONE, (Kristen Anderson 2:25.8, Kim Irons 2:26.9, Melissa Gourley 2:32.4, Alicia Irons 2:20.4), 09:45.54
- 10 WEST DES MOINES DOWLING, (Audrey Schiltz 2:25.4, Allison Schiltz 2:27.8, Sara Bird 2:28.6, Beth Abramavich 2:23.2), 09:46.08
- 11 JOHNSTON, (Sarah Kiester 2:20.7, Cindy Loffler 2:26.4, Sarah Smith 2:31.6, Kristin Way 2:27.5), 09:46.64
- 12 DUBUQUE WAHLERT, (Melissa Meyer, Annie Corken, Celie Corken, Ann Marie Noel), 09:47.39
- 13 CLINTON, (Michele Larson, Shannon Parker, Megan Vens, Jama Clark), 09:48.08
- 14 SIOUX CITY HEELAN, (Anne Berger, Melissa Rhinehart, Abby Lemek, Katie Berger), 09:48.57
- 15 BETTENDORF, (Renee Begyn 2:21.3, Tarrah Patton 2:33.1, Anne Ruffcorn 2:19.1, Amanda Moeller 2:28.2), 09:52.03
- 16 MASON CITY, (Aimee Nielson, Sarah Crane, Hollie Walusz, Melissa Barnes), 09:57.97
- 17 CEDAR FALLS, (Liz Myers 2:25.5, Kate Deaver 2:27.7, Kari Lien 2:22.8, Ashley Kunkle 2:23.0), 09:58.85
- 18 PELLA, (Stephanie Brown, Lindsay Kiefaber, Jenni Norris, Holly Goodyk), 09:59.12
- 19 CEDAR RAPIDS JEFFERSON, (Katie Fox, Annie Fox, Cassie Mitvalsky, Kristin Scheumann), 09:59.28
- 20 DECORAH, (Auny Kerndt, Laura Storkamp, Mandy Reddel, Alex Cook), 10:00.05
- 21 PLEASANT VALLEY, (Jackie Kubik, Jill Borcherding, Jennifer Wendt, Erin Arnold), 10:00.06
- 22 FAIRFIELD, (Sasha Luse, Casey Hornick, Kari Hunnerdosse, Carrie Clingen), 10:01.74
- 23 DUBUQUE SENIOR, (Emily Duchow, Jenna Specht, Emily Schrobilgen, Sarah Lepp), 10:02.90
- AMES (Claire Gilchrist, Emily Duffelmeyer, Brooke Sornsen, Lindsay Heligenthal), dnf

Class 3A Sprint Medley Relay Finals

- 1 WEST DES MOINES VALLEY, (Shannon Smith, Jeffia Hill, Lauren Fifer, Christie Muenzenberger 56.6), 1:48.20
- 2 INDIANOLA, (Kacey Pritchard, Amy Bixler, Steph Suntken, Lacey Adams-Brown 56.6), 1:48.52
- 3 IOWA CITY HIGH, (Amanda Nearad, Elizabeth Matzen, Nicole Gatens, Amber Starr 56.7), 1:48.52
- 4 OSKALOOSA, (Jenni Rinehart, Hayley Yarkosky, Megan Sash, Candi Jones 58.7), 1:51.78
- 5 WEST DELAWARE, (Andrea Bockenstedt, Whitney Erickson, Alison Bockenstedt, Angie German), 1:51.90
- 6 MARSHALLTOWN, (Tiffany Cruikshank, Beth Michael, Diane Gaskill, Nicole Chizek 60.5), 1:52.28
- 7 DUBUQUE SENIOR, (Erin Strub, Theresa Redding, Pam Orris, Nicole Dougherty 60.7), 1:52.71
- 8 SIOUX CITY HEELAN, (Kara Fenceroy, Laura Wharton, Julie Moeller, Laura Keane), 1:54.20

Heat 1

- 1 WEST DES MOINES VALLEY, (Shannon Smith, Jeffia Hill, Lauren Fifer, Christie Muenzenberger 57.3), 1:49.26
- 2 DAVENPORT CENTRAL, (Angie Young, Janelle Hester, Carrie Schnauber, Wendy Shaw 59.4), 1:52.06
- 3 SPENCER, (Amy Wigen, Amanda Hentges, Jami Willfong, Chelsi Auen), 1:53.10
- 4 CEDAR RAPIDS PRAIRIE, (Emilie Williams, Amber Schilling, Amber Baird 59.8), 1:53.59
- 5 SIOUX CITY EAST, (Breanna Hayes, Tiffany Socknat, Jenny Fegler, Emily Case), 1:53.91
- 6 MUSCATINE, (Jenny Hirt, Becca Siler, Becca Aull, Colleen Schmidt), 1:54.16
- 7 CEDAR RAPIDS XAVIER, (Mary Hays, Stacey Gibbs, Casey Novy, Shannon Ridge 63.4), 1:57.15
- 8 BURLINGTON, (Carissa Overstreet, Natalie Johnson, Katie Boney, Tamika Miller), 1:57.42

Heat 2

- 1 IOWA CITY HIGH, (Amanda Nearad, Elizabeth Matzen, Nicole Gatens, Amber Starr 57.5), 1:48.75
- 2 INDIANOLA, (Kacey Pritchard, Amy Bixler, Lacey Adams-Brown, Steph Suntken 59.1), 1:49.91
- 3 SIOUX CITY HEELAN, (Kara Fenceroy, Laura Wharton, Julie Moeller, Laura Keane 59.1), 1:51.45
- 4 WEST DELAWARE, (Andrea Bockenstedt, Whitney Erickson, Alison Bockenstedt, Angie German 57.8), 1:51.80
- 5 ANKENY, (Sarah Lindner, Kylie Lago, Lindsay McCracken, Leah Kramme 60.4), 1:53.01
- 6 CEDAR FALLS, (Peggy Owens, Becky Peterson, Carly Miller, Nicole Doeden), 1:54.41
- 7 NORTH SCOTT, (Jessie Johnston, Brooke Bowman, Shea Newmeister, Anne Hamilton), 1:56.38

Heat 3

- 1 DUBUQUE SENIOR, (Erin Strub, Theresa Redding, Pam Orris, Nicole Dougherty 58.3), 1:49.76
- 2 MARSHALLTOWN, (Tiffany Cruikshank, Beth Michael, Diane Gaskill, Nicole Chizek 59.2), 1:50.28
- 3 OSKALOOSA, (Jenni Rinehart, Hayley Yarkosky, Megan Sash, Candi Jones 57.9), 1:51.11
- 4 LEWIS CENTRAL, (Abby Emsick, Becky Lauver, JJ Padilla, Ellen Jackson), 1:53.96
- 5 DAVENPORT NORTH, (Angie Richardson, Jennifer Linberg, Kendra Maxwell, LaChari Robinson 61.6), 1:54.95
- 6 DECORAH, (Tonya Cook, Josie Einck, Teri Olson, Jessie Moe), 1:56.31
- 7 FORT MADISON, (Stephanie Scruggs, Heather Thannert, Megan Biddenstedt, Katie Basham), 2:00.57
- WAVERLY-SHELL ROCK (Jessica Iserman, Lauren Waldstein, Julie Gilbraith, Alyssa Rost), dq-1:55.14

Class 3A Distance Medley Relay Finals

- 1 MARSHALLTOWN, (Teresa Wauters, Diane Gaskill, Nicole Chizek 59.5, Jessica Huff 2:12.2), 4:04.32 *
- 2 DAVENPORT CENTRAL, (Angie Young, Carrie Schnauber, Janelle Hester 61.5, Wendy Shaw 2:16.2), 4:12.75
- 3 URBANDALE, (Sarah Turner, Diane Stratton, Kim Hibbert 61.1, Michelle Sokol 2:18.3), 4:13.14
- 4 SIOUX CITY HEELAN, (Alissa Koerner, Sara Heying, Abby Lemek 61.3, Katie Berger 2:19.7), 4:13.84
- 5 AMES, (Sarah Nutter, Megan Popelka, Claire Gilchrist 60.7, Lindsay Heligenthal 2:19.5), 4:15.43
- 6 BETTENDORF, (Ashley Guffey, Natalie Anderson, Jenny Frels 61.0, Anne Ruffcorn 2:18.9), 4:15.78
- 7 FAIRFIELD, (Amber Christopher, Sami Allison, Lindsey Smith 61.9, Casey Hornick 2:17.9), 4:17.04
- 8 MUSCATINE, (Kara Schuur, Desiree Flickinger, Natalie Hetzler 61.9, Colleen Schmidt 2:20.1), 4:17.20
- 9 SPENCER, (Amy Lensing, Mary Beth Leistad, Afton Erick 60.4, Megan Riepma 2:22.7), 4:17.98
- 10 JOHNSTON, (Lindsay Ruisch, Amy Young, Lacey Corcoran 62.2, Sarah Kiestler 2:21.3), 4:18.10
- 11 CEDAR RAPIDS XAVIER, (Casey Novy, Stacey Gibbs, Emily Putman 61.3, Shannon Geraghty 2:23.0), 4:18.62
- 12 WEST DES MOINES VALLEY, (Angie Maupin, Lauren Fifer, Laura Burke 62.1, Kristin Flood), 4:18.78
- 13 CEDAR RAPIDS JEFFERSON, (Sarah Wieneke, Alisha Culp, Katie Fox 61.7, Kristin Scheumann 2:23.9), 4:19.24
- 14 DUBUQUE HEMPSTEAD, (Diane Kaufman, Jenny Noel, Amanda Oostendorp 62.6, Lindsey Yunt 2:22.6), 4:22.49
- 15 IOWA CITY WEST, (Abby Buckwalter, Marla Froelich, Lara Janson 62.8, Lauren Levy), 4:23.33
- 16 CEDAR FALLS, (Peggy Owens, Carly Miller, Nicole Doeden 61.6, Liz Myers 2:26.5), 4:23.61
- 17 MASON CITY, (Anna Ziegler, Hollie Walusz, Julie Jacobson 61.8, Aimee Nielson 2:25.5), 4:24.42
- 18 IOWA CITY HIGH, (Morgan Rohrbach, Jill Tiemeyer, Katie Hill 63.4, Molly Gable 2:25.5), 4:24.89
- 19 LEMARS, (Lindsey Berding, Abby Ohm, Amber Arens 64.5, Katy Grady 2:24.6), 4:24.98
- 20 PLEASANT VALLEY, (Adrea Hensel, Liz Bolcom-Smith, Emily Kinning 62.8, Erin Arnold 2:27.1), 4:26.79
- 21 WAVERLY-SHELL ROCK, (Jessica Groth, Alyssa Rost, Amy Arns 62.4, Randi Mehmen 2:30.4), 4:27.91
- 22 LEWIS CENTRAL, (JJ Padilla, Nikki Poloncic, Ellen Jackson 61.7, Karen McCormick 2:33.2), 4:31.06
- 23 FORT MADISON, (Stephanie Scruggs, Megan Biddenstedt, Brandy Hunold 65.4, Katie Basham 2:35.4), 4:37.81
- DES MOINES HOOVER (Teresa Seabrooke, Kim Jones, Christy Meade, Stephanie Mann), dq-false start

*-STATE MEET RECORD--old mark, 4:04.35, Ames, 1985

CLASS 3A -- SHUTTLE HURDLE RELAY--FINALS

- 1 IOWA CITY WEST, (Kerri Scholl 16.3, Pearl Ma 15.6, Jill Arganbright 14.8, Misa Nakato 15.4), 1:02.16
- 2 ANKENY, (Rachel Dierenfield, Michelle Gee, Steph Bremer, Chrissy Hendricks), 1:03.64
- 3 AMES, (Jessica Wray 15.6, Sarah Kitchell 16.5, Carly Mortensen 16.2, Erica Lynn 15.4), 1:03.70
- 4 BURLINGTON, (Chrisi Widbin, Natalie Johnson, Tamika Miller, Katie Boney), 1:03.98
- 5 NEWTON, (Tara Polastrini, Tori Dunham, Allison Kempenaar, Brooke Plumb), 1:04.52
- 6 WEST DES MOINES DOWLING, (Jana Eaton, Molly Nauman, Erin Fitzgerald, Tanya Miller), 1:04.70
- 7 PLEASANT VALLEY, (Anne Burgemeier, Beth Patterson, Lindsey Ven Horst, Elizabeth Bicknell), 1:05.93
- 8 CLINTON, (Stacy Boerema, Lindsey Schroeder, Tara Jetter, Kali Sander), 1:06.15

Heat 1

- 1 LEWIS CENTRAL, (Kellie Evans, JJ Padilla, Jenny Willer, Becky Lauver), 1:06.23
- 2 MASON CITY, (Emily Vold, Lena Hoard, Cassie Broome, Maria Hardinger), 1:06.43
- 3 CEDAR FALLS, (Christina Smith, Kellie Smith, Sarah Delp, Jamie Nemmers), 1:06.63
- 4 LEMARS, (Lindsey Berding, Laura Reuter, Dana Lehner, Katy Person), 1:10.65

Heat 2

- 1 WEST DES MOINES DOWLING, (Jana Eaton, Molly Nauman, Tanya Miller, Erin Fitzgerald), 1:05.34
- 2 WESTERN DUBUQUE, (Katie Rasmussen, Shannon Hunt, April Vorwald, Sarah Steffen), 1:05.97
- 3 FAIRFIELD, (Julie Burnham, Amy Thomas, Emily Sieber, Amber Christopher), 1:09.47
- 4 SIOUX CITY HEELAN, (Jessica Schermerhorn, Nicole Kreber, Melissa Staley, Molly Sewell), 1:18.28

Heat 3

- 1 ANKENY, (Rachel Dierenfield, Michelle Gee, Steph Bremer, Chrissy Hendricks), 1:04.81
- 2 PLEASANT VALLEY, (Anne Burgemeier, Beth Patterson, Lindsey Ven Horst, Elizabeth Bicknell), 1:05.94
- 3 URBANDALE, (Amy Selover, Lynn Hall, Stephanie Accurso, Lacey Woolf), 1:07.29
- 4 DUBUQUE WAHLERT, (Melanie Spiegel, Amanda Hohmann, Beth Herbst, Aimee Reichel), 1:09.99

Heat 4

- 1 IOWA CITY WEST, (Kerri Scholl, Pearl Ma, Jill Arganbright, Misa Nakato), 1:03.04
- 2 MARSHALLTOWN, (Ann Waters, Katy Benda, Brittany Garland, Kendra Crow), 1:06.13
- 3 PELLA, (Shelly McCulla, Holly Dorenkamp, Sarah Way, Stacy Van Vark), 1:06.41
- 4 WEST DELAWARE, (Angie Baumgartner, Mollie Wessels, Andrea Bockenstedt, Megan Nieman), 1:14.52

Heat 5

- 1 CLINTON, (Stacy Boerema, Lindsey Schroeder, Tara Jetter, Kali Sander), 1:05.78
- 2 BURLINGTON, (Chrisi Widbin, Natalie Johnson, Tamika Miller, Katie Boney), 1:05.90
- 3 SPENCER, (Katie Grave, Jenny Kabrick, Abby Hill, Angie Mahrt), 1:08.56
- 4 OSKALOOSA, (Angela Tapley, Megan Wisbrock, Hayley Yarkosky, Ashley Moore), 1:09.57

Heat 6

- 1 AMES, (Erica Lynn, Carly Mortensen, Sarah Kitchell, Jessica Wray), 1:04.14
- 2 NEWTON, (Tara Polastrini, Allison Kempenaar, Tori Dunham, Brooke Plumb), 1:04.85
- 3 IOWA CITY HIGH, (Laura Haas, Lisa Croker, Maureen Tabor, Katy Fraga), 1:08.52
- 4 CEDAR RAPIDS KENNEDY (Jill Hlavacek, Sarah Ernst, Kourtney Kelso, Erin Johnson), dq-1:07.60

Class 3A High Jump Finals

- 1 Tina Wolfe, Pleasant Valley-JR, 5'03" (1.60m)
- 2 Brooke Zrudsky, Linn-Mar-SO, 5'03" (1.60m)
- 3 Stacy Boerema, Clinton-FR, 5'03" (1.60m)
- 3 Katy Grady, LeMars-FR, 5'03" (1.60m)
- 5 Anna Friederichs, Davenport West-SR, 5'03" (1.60m)
- 6 Jill Arganbright, Iowa City West-SR, 5'03" (1.60m)
- 7 Amy Steenhoek, Pella-SR, 5'02" (1.57m)
- 8 Kourtney Kelso, Cedar Rapids Kennedy-SO, 5'02" (1.57m)
- 9 Tanya Miller, West Des Moines Dowling-SO, 5'02" (1.57m)
- 10 Shannon Leonard, Ottumwa-SR, 5'02" (1.57m)
- 11 Jaime Soma, Ames-SR, 5'00" (1.52m)
- 12 Kiley Fidler, Cedar Rapids Washington-SR, 5'00" (1.52m)
- 12 Megan Leinaw, Iowa City High-SR, 5'00" (1.52m)
- 12 Katie Weisz, Johnston-SR, 5'00" (1.52m)
- 15 Jessica Jordan, Des Moines East-JR, 5'00" (1.52m)
- 16 Jama Clark, Clinton-SR, 5'00" (1.52m)
- 17 Erin Martin, Ames-SO, 4'10" (1.47m)
- 17 Katie Northrup, Dubuque Senior-SR, 4'10" (1.47m)
- 17 Carolyn Giese, Dubuque Wahlert-JR, 4'10" (1.47m)
- 17 Sarah Joye, Urbandale-SR, 4'10" (1.47m)
- 17 Michelle Burvee, Waterloo Col.-Don Bosco-JR, 4'10" (1.47m)
- 22 Ashley Sly, Southeast Polk-SO, 4'10" (1.47m)
- Casie Miller, Cedar Falls-JR, no ht
- Desiree Flickinger, Muscatine-SR, no ht

Class 3A Long Jump Finals

- 1 Jill Fisher, Sioux City Heelan-SR, 17'06" (5.33m)
- 2 Davonna Carr, Des Moines Roosevelt-JR, 17'04.75" (5.30m)
- 3 Fiona Asigbee, Cedar Rapids Prairie-SR, 17'03.75" (5.28m)
- 4 Tristan Smith, Fort Dodge-SO, 17'03.00" (5.26m)
- 5 Teesa Price, Iowa City High-SR, 16'08.25" (5.09m)
- 6 Holly Goodyk, Pella-SR, 16'07" (5.05m)
- 7 Sarah Steffen, Western Dubuque-SR, 16'05.5" (5.02m)
- 8 Stacy Boerema, Clinton-FR, 16'04.25" (4.98m)
- 9 Kylan Loney, Ames-SO, 16'02.00" (4.93m)
- 10 Rachel Dierenfield, Ankeny-JR, 16'01.25" (4.91m)
- 11 Julie Gilbraith, Waverly-Shell Rock-JR, 16'01" (4.90m)
- 12 Abby Vanderah, Marshalltown-SO, 16'00.5" (4.89m)
- 13 Lindsey Berding, LeMars-SO, 15'07.75" (4.77m)
- 14 Tanya Miller, West Des Moines Dowling-SO, 15'07.5" (4.76m)
- 15 Meagan Harms, Ames-AJAR, 15'05.5" (4.71m)
- 16 Alison Bockenstedt, West Delaware-FR, 15'03.5" (4.66m)
- 17 Kelli Marlow, Pella-SO, 15'03.5" (4.66m)
- 18 Casey Novy, Cedar Rapids Xavier-JR, 15'00.5" (4.58m)
- 19 Emily Brooks, Boone-SR, 14'11.5" (4.56m)
- 20 Theresa Redding, Dubuque Senior-SR, 14'11" (4.55m)
- 21 Kristin Zillmer, Glenwood-SR, 14'10.75" (4.54m)
- 22 Amanda Stidfole, Sioux City West-SR, 14'08.5" (4.48m)
- 23 Fallon Jenkins, Waterloo East-FR, 14'04.75" (4.39m)
- 24 Jessie Wellnitz, Waterloo East-SR, 14'00" (4.27m)

Class 3A Shot Put Finals

- 1 Maureen Head, Iowa City West-JR, 43'11.75" (13.40m)
- 2 Abby Emsick, Lewis Central-FR, 42'06.50" * (12.97m)
- 3 Rainie Goedken, Spencer-SO, 39'09.25" * (12.12m)
- 4 Hayley Yarkosky, Oskaloosa-FR, 39'06" (12.04m)
- 5 Stacie Dunlap, Ames-SR, 39'05.75" * (12.03m)
- 6 Devin Achenbach, Cedar Rapids Kennedy-SR, 38'07" (11.76m)
- 7 Jessie Boline, Bettendorf-SR, 38'07" (11.76m)
- 8 Nichole Robison, Sioux City West-JR, 38'02.75" * (11.65m)
- 9 Kim Jenkins, Cedar Rapids Jefferson-JR, 38'00.50" * (11.60m)
- 10 Tara Davis, Spencer-SO, 37'07" (11.46m)
- 11 Kim Hansen, Cedar Falls-SO, 37'02.75" * (11.35m)
- 12 Aubrey Martin, Muscatine-FR, 36'04" (11.07m)
- 13 Joli Coil, Waverly-Shell Rock-SO, 36'01" (11.00m)

- 14 Kara Hinz, Cedar Falls-SR, 35'10.75" * (10.94m)
- 15 Erica Price, Southeast Polk-SO, 35'06.75" * (10.84m)
- 16 Toni Aguilar, Pleasant Valley-SR, 35'02.50" * (10.73m)
- 17 Kate Sawyer, Iowa City West-SR, 35'01.25" * (10.70m)
- 18 Jennie Bandstra, Pella-SO, 35'00.25" * (10.67m)
- 19 Tina Farnum, Davenport West-SR, 34'07.50" * (10.55m)
- 20 Tierra Kaiser, Des Moines Hoover-SR, 34'04.50" * (10.48m)
- 21 Jessica Jordan, Des Moines East-JR, 34'00" (10.36m)
- 22 Christine Steines, Dubuque Senior-JR, 33'09.25" * (10.29m)
- 23 Lauren Miller, Davenport Central-SR, 33'04.25" (10.17m)
- 24 Tiffany Steines, Dubuque Wahlert-JR, 31'06.50" * (9.61m)

Class 3A Discus Finals

- 1 Jessie Boline, Bettendorf-SR, 128'09" (39.24m)
- 2 Maureen Head, Iowa City West-JR, 127'07" (38.89m)
- 3 Sue Stoffel, Dubuque Wahlert-SR, 127'02" (38.76m)
- 4 Stacie Dunlap, Ames-SR, 124'05" (37.92m)
- 5 Toni Aguilar, Pleasant Valley-SR, 122'01" (37.21m)
- 6 Tierra Kaiser, Des Moines Hoover-SR, 119'07" (36.45m)
- 7 Lacey Corcoran, Johnston-SR, 118'10" (36.22m)
- 8 Kesley Egli, Cedar Falls-FR, 115'05" (35.18m)
- 9 Kim Jenkins, Cedar Rapids Jefferson-JR, 113'00" (34.44m)
- 10 Jessica Jordan, Des Moines East-JR, 111'10" (34.09m)
- 11 Abby Emsick, Lewis Central-FR, 111'08" (34.04m)
- 12 Nichole Robison, Sioux City West-JR, 110'07" (33.71m)
- 13 Kristen Kinsel, Lewis Central-JR, 110'05" (33.66m)
- 14 Tara Davis, Spencer-SO, 110'03" (33.60m)
- 15 Lindsey Pleuss, Boone-SO, 109'03" (33.30m)
- 16 Joni Kinney, Mason City-SR, 108'06" (33.07m)
- 17 Kristi Falk, Bettendorf-SR, 108'06" (33.07m)
- 18 Kim Hansen, Cedar Falls-SO, 108'06" (33.07m)
- 19 Devin Achenbach, Cedar Rapids Kennedy-SR, 106'10" (32.56m)
- 20 Leslie Schmailzl, Glenwood-JR, 103'03" (31.47m)
- 21 Joli Coil, Waverly-Shell Rock-SO, 101'01" (30.81m)
- 22 Kellie Krukow, North Scott-JR, 098'10" (30.12m)
- 23 Leah Sterbick, Des Moines Lincoln-JR, 095'00" (28.96m)
- 24 Morgan Edwards, Cedar Rapids Jefferson-FR, 086'10" (26.47m)

WHEELCHAIR FINAL EVENTS

Wheelchair 100 Meter Dash Finals

- 1 Molly Rezac, Armstrong-Ringsted-SO, 24.04
- 2 Ashley Lerch, Anamosa-FR, 25.42

Wheelchair 400 Meter Dash Finals

- 1 Molly Rezac, Armstrong-Ringsted-SO, 1:37.07
- 2 Ashley Lerch, Anamosa-FR, 1:49.34

Wheelchair Shot Put Finals

- 1 Molly Rezac, Armstrong-Ringsted-SO, 11'01.25" (3.38m)